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November Lifeline for
stories of working
the program

Lifeline

2013

Vol. 4, No. 44 Nov 4-10

Weekly

Let Go

If you want to be healthy morally, mentally and physically, just let go. Let go of the little annoyances of everyday life, the irritations and the petty vexations that cross your path daily. Don't take them up, nurse them, pet them and brood over them. They are not worthwhile. Let them go. That little hurt you got from your friend, perhaps it wasn't intended, perhaps it was, but never mind, let it go.

Let go of the hatred you have for another; the jealousy, the envy, the malice, let go of such thoughts. Sweep them out of your mind, and you will be surprised what a cleansing and rejuvenating effect it will have upon you, both physically and mentally. Let them go; you house them at a deadly risk.

But the big troubles, the bitter disappointments, the deep wrongs, the heartbreaking tragedies of life—what about them? Why, just let them go too. Drop them, softly maybe, but surely. Put away all regrets and bitterness and let sorrow be only a softening influence. Yes, let them go too, and make the most of the future. It is not hard once you get in the habit

of it. You will find letting go such an easy way to get rid of the things that mar and embitter life that you will enjoy letting them go. You will find the world such a beautiful place. You will find it beautiful because you will be free to enjoy it, in mind and body.

The greatest factor in helping us let go is to see with faith that God permits—if he does not will—these daily, nay hourly, annoyances. If we look at them in the light of eternity, we shall profit by them in this life and in the life to come.

— Lifeline, January 1968

Overeaters Anonymous
www.aa.org



Inspiration

We are finally free
enough to enjoy
happiness.

— Lifeline,
May/June 1977

OA SPOTLIGHT

Browsing in
the Bookstore?
*Seeking the Spiritual
Path: A Collection from
Lifeline*, plus more than
100 other recovery-related
products, is available
at **bookstore.**
oa.org

A Call To Service

P.M. from Charlotte, North Carolina USA, serves by being a sponsor to several OA members and by participating in a Big-Book study every week for a year. She is convinced that recovery lies in service to others.

How will you serve this week?

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