

Lifeline

2013

Vol. 4, No. 45 Nov 11-17

Weekly

CHECK OUT the
November Lifeline, for
"How Do You Work
Your Program?"

A Desire to Stop

Somehow through the fog of junk food, second helpings and 2 a.m. snacks, I realized I was eating without tasting and without even being hungry.

As I headed for the kitchen again, it finally hit me that a fad diet wasn't going to do it. God knows how many I'd tried already between compulsively cutting them out of magazines, adopting friends' diets and repeating the same old ones I'd been on before. The results were always the same.

It finally came to me that food was controlling me; that I was an unconscious eater, feeding myself constantly without knowing it or, more precisely, without thinking about it.

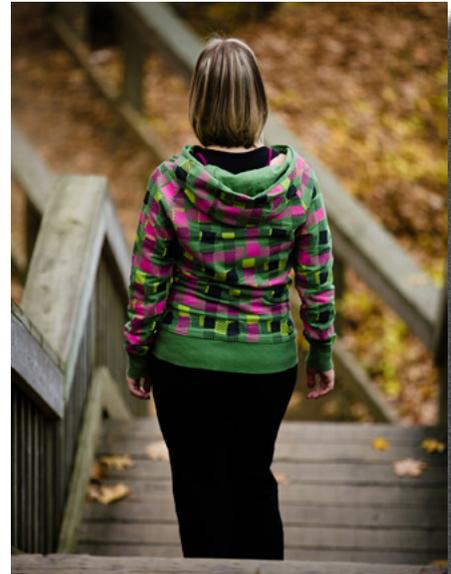
I now know I am a compulsive overeater, and I have the desire to stop feeding my face when I neither need nor benefit from such excessive amounts of food.

In Overeaters Anonymous, I have the opportunity to get well. There are people here who understand me and want to help.

Through this program, I can seek a strength greater than my own to deal with my problem. I can be part of a group whose purpose is to offer help to everyone who wants to stop overeating compulsively.

— Lifeline, November 1986

Overeaters Anonymous
www.oa.org



Inspiration

Just being in the company of others who share the same struggle strengthens my personal growth and weakens the power of denial.

— Lifeline,
October
1989

OA SPOTLIGHT

November 16 is OA's International Day Experiencing Abstinence (IDEA), encouraging OA members worldwide to begin or reaffirm their abstinence from compulsive eating.

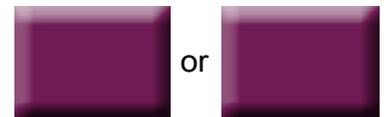
A Call To Service

Lisa B. from San Francisco, California USA, serves by holding a group-level position, being an intergroup rep, helping set up before home meetings, and introducing herself to newcomers and giving them her contact info.

How will you serve this week?

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