

Lifeline

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Weekly

COMING UP in the
December Lifeline,
incorporating the Steps
into daily life

Time To Let Go

While suffering painfully during a recent relapse, I came face to face with the realization that self-will is killing me. No matter how enticing its promise of happiness appears, it is temporary happiness at best and more often not happiness at all.

Self-will seems wonderful at the moment, and I want what it offers. I am learning, however, it is not the fun and games I imagine. Self-will is a form of seduction into despair. It is deceitful, somehow making me think that if I succumb, I will be satisfied.

I have found that self-will leads to bondage. Its appetite is insatiable, even in areas other than food. Self-will takes over my spending and has led me into deadly food traps time and again.

I am learning that giving in to self-will and ignoring Higher Power's will leads me off the road of serenity into the ditch of despair. Allowing self-will to be in charge of my daily decisions has bred an emotional rollercoaster

of a lifestyle and a pain-filled saga of weight-related problems. I am now attempting to look at myself and ask the question: "Isn't it time to let go?"

My self-willed power has given me a 40-year demonstration of its disastrous, killing incompetence. How much more proof do I need that I require a power other than self-will?

Higher Power, please take over. Thy will be done, one moment at a time.

— Lifeline, July 1985



A Call To Service

Anonymous says, "Our leaders are a dynamic group of people, and their excitement attracts others to help where needed. They deserve our encouragement and gratitude. Without brave and strong leaders, OA could not accomplish all that it has."

How will you serve this week?

Overeaters Anonymous
www.oa.org

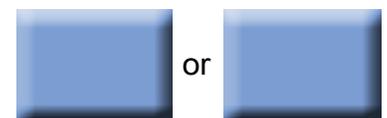


Inspiration

My message of recovery is simple: OA has worked for me and transformed my life to where I no longer feel the world is caving in on me. I owe this program my life.

— Lifeline,
January
2008

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