

# Lifeline

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# Weekly

CHECK OUT the December Lifeline for stories of incorporating the Steps into daily life

## I Choose

I have received at least 10 invitations for holiday open-house events. It's nice to know people enjoy my company and want to invite me. However, it is overwhelming to think of all that food spread on tables, looking so tantalizing.

I must remember that just because the rest of the world seems to eat with reckless abandon (it's the holidays; I deserve it!), that doesn't give me the green light to change my food plan by even a morsel. And I need to remember this is not a punishment. Keeping the same food plan during holidays, just like any other time, is one of the greatest gifts I can give myself and those around me.

I know that if I start playing in the holiday goodies, I will end up back where I started with my face in a candy dish and my soul full of shame. This can only bring misery. I don't know about you, but to me that sounds like a pretty sad

way to spend the holidays.

This year I choose to do the following: stick with my food plan, attend meetings, talk to my sponsor and other recovering compulsive overeaters, and use the tools and Steps to help me through this holiday period without picking up that first compulsive bite. This program gives me more than I could ever ask for on a wish list—inner peace, hope and unconditional love.

— Lifeline, December 2007

Overeaters Anonymous  
[www.oa.org](http://www.oa.org)



## Inspiration

Today, I'm committed to fulfilling my dreams.

— Lifeline, October 1992

OA SPOTLIGHT

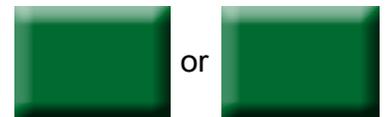
The Second Chance Drawing ends Dec. 15. Renew your *Lifeline* today and be entered to win one of three prizes for your group! Visit [oa.org/lifeline-magazine](http://oa.org/lifeline-magazine)

## A Call To Service

K.O. from Wilmington, Delaware USA, says, "I serve as literature secretary for both of my groups. I especially enjoy sharing *Lifeline* with newcomers."

*How will you serve this week?*

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