

Lifeline

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Weekly

CHECK OUT the
December Lifeline, for
"An Honest Look at
Whom We Have Harmed"

Okay To Be Human

I am a 62-year-old, African-American woman. I came to OA in the mid-1990s from another Twelve-Step program that had disbanded. I always say I came through those doors kicking and screaming.

I am the only person of color in my meeting, but the pain of our disease is colorblind. For the first year, I never shared or gave service, but I kept showing up. Because of my work hours, I sometimes slept through meetings, but even then something sunk in.

Amazing things have happened to me since I joined OA. I have traveled alone to two World

Service Conventions. I am group secretary and intergroup rep for my meeting. I have written articles published in our paper. I purchased a cell phone and make calls. I have found a home in OA; it is okay to be human.

— Lifeline, January 2005

Overeaters Anonymous
www.aa.org



Inspiration

In my old life I was stuck in the past, but through working the Twelve Steps, I have forgotten the past, live in the present and press toward the goal of an upward calling.

— Lifeline,
February
2006

OA SPOTLIGHT

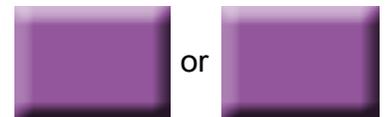
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A Call To Service

John F. from Olympia, Washington USA has served by carrying the message to family and friends and at health fairs at his church. He keeps a "before" picture in his wallet to show when he tells people about his OA recovery.

How will you serve this week?

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