

# Lifeline

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# Weekly

COMING UP in the  
January Lifeline, "How  
OA Changed My Life"

## You Are Not Alone

You may feel alone, but a whole fellowship of friends will grow up around you if you let it. And there is a Higher Power that loves you and wants what's best for you. All you have to do is believe. Keep coming to meetings.

Don't be afraid, or feel the fear and do it anyway. Ask for help to follow through on OA members' suggestions. Don't set yourself up with unrealistic expectations.

Make a list of the tools, decide which ones you are willing to use and commit those to a sponsor. Pray for the willingness to do what you're not willing to do.

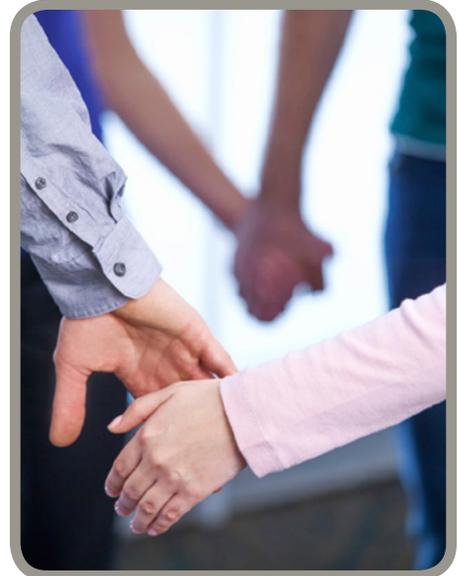
This only has to be done one day at a time. Stay in

today, and leave the results to God. Be honest about where you are and about your food. If you feel shame or guilt, work the Steps and ask God to take the shame and guilt away.

We are all sick people who need help getting well. We will help you. Call anyone in OA.

— Lifeline, May 2008

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



## Inspiration

May each and every one of you be blessed with a comfortable abstinence and with the peace that gratitude brings as we work this blessed program.

— Lifeline,  
November  
1984

OA SPOTLIGHT

Browsing in  
the Bookstore?  
*A New Beginning:*  
*Stories of Recovery from  
Relapse* and more than  
100 other recovery-related  
products are available at  
[bookstore.oa.org](http://bookstore.oa.org)

## A Call To Service

E.K.S. from Erie, Pennsylvania USA, says, "[Lifeline] helps me share my experience, strength and hope when the editors choose to publish an article of mine. I could be helping someone anywhere in the world just by sharing part of my recovery."

*How will you serve this week?*

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