

COMING UP in the
December Lifeline, a
member's ten actions
to achieve abstinence

Lifeline

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Weekly

Protecting Our Unity

Despite my best efforts, I sometimes feel overly involved with an OA personality. When I don't feel it is in the best interest of my recovery to participate directly with a particular OA member, I use the OA Steps, Principles, and Tools, such as literature, writing, prayer, and meditation, until I can sit in the same room with the person I'm having problems with and stay in recovery.

I love OA. I've been in recovery for almost two decades. My last binge was around fifteen years ago. I wear the same clothes year after year. Yet, I find that I sometimes feel rejected, criticized, judged, blamed, disapproved of, or treated harshly by individuals in OA.

I don't know if I'm overly sensitive or if the people are truly unkind, but it doesn't matter. If a personality is a problem for me, I have to protect myself without breaking OA unity or Principles. By using this varied, rich recovery program provided so lovingly

by HP, I can stay in recovery. Sometimes, if an OA individual is particularly difficult for me, I have to avoid his or her presence by switching meetings.

I had an unhappy childhood, but by the grace of God and recovery programs like OA, my wonderful, recovering adulthood has more than compensated for my childhood.

God gives me ways to protect my personal recovery and OA unity.

— Lifeline, February 1999



Inspiration

The real gift is that I have found a new way of living. The Twelve Steps of our program are an outline for life. All I have to do is plug in the action.

— Lifeline,
March
1984



A Call To Service

Linda M. from Argyle, New York USA, says, "An OA friend suggested I simply tell God I'm willing to do service and let go of what it looks like.

Within a week, someone asked me to audit the intergroup financial records. I said yes, laughing to myself at how God works."

How will you serve this week?

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