

CHECK OUT in the
May/June Lifeline,
members share about
Steps Five and Six.

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Calling for Acceptance

I had a slip yesterday. I left a message on my sponsor's answering machine telling her what I ate and that I ate out of self-pity. Then I turned on the TV and ate some more.

I called my sponsor again, she answered, and I told her what I ate. She listened and said, "Just keep being honest about your food." Then I hung up, cried, and felt the shame I had been trying to avoid with TV and food. I did not eat compulsively for the rest of the day.

When I'm alone, I often don't know what I'm feeling. When I call another person and am honest, I feel that person's acceptance of me. Then I can get past the committee in my head and feel my feelings. This allows me to be in the solution.

Calling someone when I eat and even before I eat is not a habit for me yet, but I am desperate enough now, after thirteen years, to do it. This is my way of being scrupulously honest with my food, which is new for me.

Thank God I continue to grow in this program!

— Lifeline, May 2001



Inspiration

When things look grim,
I accept and let go,
trusting that God's plan,
not mine, is best for me.

— Lifeline,
October 1982



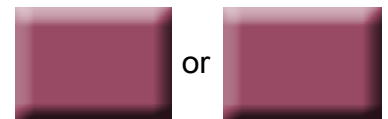
A Call To Service

Anonymous says, "If I'm focused on the group, our trusted servants, and how I can be of service, I get out of myself. I belong! So I look for ways to be of service. It's good to belong!"

How will you serve this week?

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