Lifeline Weekly

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OA Helps Anyone With Food Addiction

I am an anorexic who is grateful to be in recovery today. In my addiction, I didn't binge, overeat, or purge. I just starved.

When I shared about my eating disorder with one of my friends, she informed me she was in Overeaters Anonymous and thought the program might help me too.

I looked at her, more than slightly irritated, and said, "Didn't you hear me? I'm anorexic! How could Overeaters Anonymous possibly help me? I don't eat, much less overeat."

Ah, my arrogance and ignorance. After seven months in the OA program, working the Steps and using the Tools every day, I have found an amazing level of peace, serenity, and true recovery. I have gained 15 pounds (7 kg) and am close to a normal weight. I experience deeper levels of emotional recovery and mental stability with each passing day. I am learning more about my Higher Power and beginning to trust him, and I am more aware of the kindness, joy, and fun he brings to my life.

If your relationship with food is causing you pain, whether it's bingeing, overeating, bulimia, or anorexia, OA can help. While our external behaviors may look very different, we all share the same compulsion and have experienced the same pain. OA is a solution that works.

Please join us. What do you have to lose? Absolutely nothing. What do you have to gain? More than you could ever know.

— Lifeline, *May 2008*

Overeaters Anonymous
www.oa.org

OA SPOTLIGHT
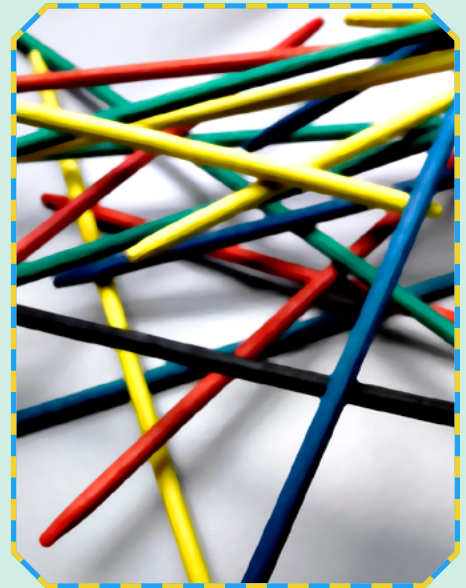
Inspiration

I thank God that I kept coming back. I'm just beginning to do the work I need to do to lay the foundation for a new me.

— Lifeline, *October 1985*

A Call To Service

Anonymous says, "When that clipboard comes around, I look for what needs to be done and sign up to lead a meeting, clean up after it, or greet newcomers. Service is my favorite Tool and the best way to stay out of isolation and work a strong program."

How will you serve this week?

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