

COMING UP in the
April Lifeline,
strategies for working
all Twelve Steps.

Lifeline 2015 WEEKLY

Vol. 6, No. 13 Mar. 30–Apr. 5

A Baby Again

I have been in OA for three and a half years and have lost 120 pounds (54 kg). Sounds great, doesn't it?

When I first came in I was desperate and willing, and the program worked for me. Then I became a success. I knew what it was all about, and I could tell anyone how to do it.

But something was wrong. After two years, I started getting sloppy with my food, doing the very things I saw others doing. How could I break my abstinence? Well, I kidded myself that since I wasn't eating sugar or flour, I still had my abstinence. My ego would not let me face the truth, so I certainly couldn't ask for help—successes don't ask for help. I was on a binge. It did not include sugar or flour, but it was worse than anything I could remember before OA. Of course, I didn't go to meetings, and I used every excuse I could think of to stay away.

But the program had gotten to me. I finally showed up at my regular meeting, and guess what? It was everything I knew it would be. Everyone was glad to see me.

No questions, just love. I hadn't fooled anyone.

I am a baby again, and it feels good. Why did I have to put myself through such hell? I am a compulsive overeater, and I needed to be reminded of that. I can't do it alone. Only my Higher Power can help me, through the people in this program.

To be a real success in this program is to remember that on a daily basis. Thank God I know it today.

— Lifeline, October 1982



Inspiration

I had a sense of my recovery as a series of conversations with God. I held my breath as I realized that God's will for me was that I live in freedom and peace.

— Lifeline,
November
2003

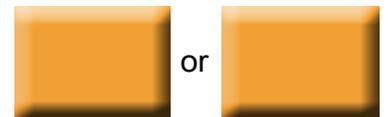


A Call To Service

N.R. from Ipswich, Massachusetts USA, says, "OA needs each of us to work toward becoming in recovery what we were intended to be. It starts with putting down the food and learning to tell our stories in front of our fellows."

How will you serve this week?

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