

# Lifeline

2014

Vol. 5, No. 16 April 21–27

# Weekly

COMING UP in the  
May Lifeline, keeping  
outside issues out  
of meetings

## Right On OA

When I became a sponsor a few months ago, I was just beginning to realize some of the feelings I have about OA and my fellow compulsive overeaters.

I feel no pressure here in OA. I'm glad there are no scales. OA has made me think about my dependency on food more than I wanted to. I've hated myself for a long time. I've appreciated the material aspects of OA—all the little pamphlets and sayings—and I've learned from them.

However, the OA members have had the most effect on me. Because, to me, OA is the look of determination in Ginger's face when she says, "Abstinence must be the most important thing in your life without exception." It's the lovely glow Ellen has when she talks about herself and her success, which includes a great weight loss. It's the serenity that surrounds Marilyn when she's asked to explain anonymity for the 15th time. It's the touch of curiosity and flicker of hope I see in

the eyes of all the newcomers when they hear us share an embarrassing experience and realize that they are not alone!

It's the quiet desperation I felt when I first came to OA, kept hidden under fat jokes and brittle laughter, that is now slowly dissolving into a new acceptance of myself and a long awaited peace of mind. OA is all of you and me really trying together and, if the desire is there, succeeding together.

— Lifeline, Sept/Oct 1975

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



## OA SPOTLIGHT

Lifeline needs your stories for our Stepping Out and Living Traditions features. Tell us how the Steps and Traditions affect your life. Email stories to [info@oa.org](mailto:info@oa.org) with "Lifeline" in the subject.

## Inspiration

Why do I stay?  
I would be lost  
without OA.

— Lifeline,  
August 2008

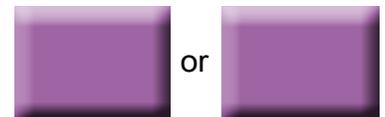
## A Call To Service

A "Green Dot" serving for the first time at WSBC says, "Hearing OA business discussed in Danish opened my eyes to the global nature of our disease. My heart is touched each time the Serenity Prayer is said in a different language."

*How will you serve this week?*

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