

CHECK OUT the  
Sept/Oct Lifeline  
for meditations on  
Steps Nine and Ten

# Lifeline Weekly

2014

Vol. 5, No. 29 Sept. 8–14

## Most Loving Thing

I have spent most of my life pleading with God not only to remove my excess weight but also to stop me from gossiping. Day after day, no matter how earnestly I prayed, I would binge on a good gossip session. In time, I found myself angry with God and feeling unworthy of his help and love.

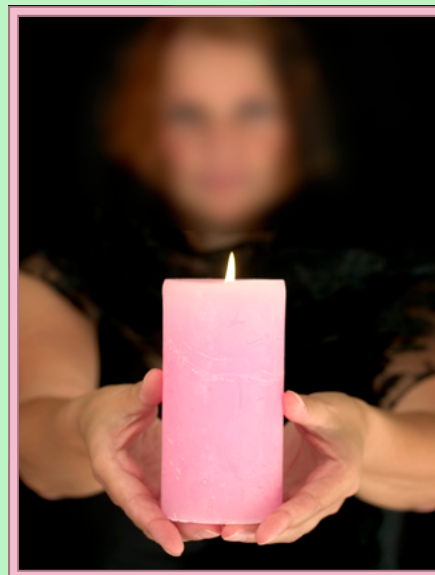
After maintaining two years of abstinence, a 40-pound (18-kg) weight loss, and practicing the Twelve Steps every day, I now find myself turning away from opportunities to gossip. This defect has been removed via the backdoor—by working the Steps and becoming familiar with my defects and limitations, I've come to understand we all possess such things.

For example, one day others around me were ridiculing an acquaintance of mine, and I recognized what they were criticizing: character defects! I knew this because I had identified the defects in myself. I realized she is as entitled to her character defects as I am to mine. I understood that I had participated in gossip because of my dissatisfaction with the imperfect, both in others and in myself.

Now I see this acquaintance in a different light. I no longer concern myself with her defects. That is a God-sized job. I recognize her many attributes and worth, and I feel love, compassion, and tenderness toward her. She brings to my life what no other person can.

I am grateful for this newfound freedom. When I first read the Twelve Steps, they appeared frightening and even pointless. But working them is the most loving thing I've ever done for myself and others.

— Lifeline, May 2007



## Inspiration

If I listen to my body  
and to God within me,  
I am at peace.

— Lifeline,  
November 1986

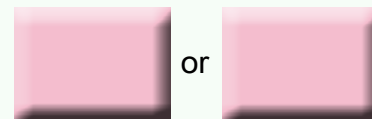


## A Call To Service

A.M. from Raleigh, North Carolina USA, says, "Service is a gift that keeps on giving! I get multiple gifts of recovery: connection with HP, freedom from food obsession, feelings of usefulness, joy in living, serenity and the tools to maintain it, and healthy relationships."

*How will you serve this week?*

Want to read more?  
Subscribe to e-Lifeline!



Already a subscriber? Pass  
Lifeline Weekly on to OA friends  
and encourage them to subscribe!