

Lifeline

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Weekly

COMING UP in the
Sept/Oct Lifeline,
stories of being
restored to sanity

Measuring Up

There are two precepts in OA that, until recently, I accepted as separate ideas. They are: "half-measures availed us nothing" and "progress, not perfection."

Then, during a reading of the opening pages of "How It Works," came the passage, "half-measures availed us nothing." (*Alcoholics Anonymous*, 4th ed., p. 59) The words I had heard hundreds of times suddenly crashed into my consciousness. Now, it seemed to contradict the "progress, not perfection" that I had clung to for two and a half years; the self-worth and serenity I had gained by letting go of my perfectionist tendencies helped me maintain a 40-pound (18-kg) weight loss for two years.

Was I hearing something different now? That half-measures, which are the only measures I am capable of, would avail me nothing?

Because the program has worked so well for me, I felt uneasy about questioning such a fundamental part of it. But my OA experience has also taught me to speak out about anything I feel unsure of, even the program itself.

I announced to the group that I was sorry; I had to admit that I use half-measures exclusively because I am incapable of working the program perfectly. I work it as well as I can at whatever point I happen to be.

As I listened to my words, they seemed suddenly illuminated.

"Maybe that's it," I said. "Working the program according to my ability is not a half-measure!"

Several heads nodded and some longtimers smiled. I saw clearly that what seemed to be a contradiction is thoroughly logical if properly understood.

Even though I am not perfect, I am doing as well as I can at this moment. That is a *full measure*. It is better than I have ever done before. And it has availed me everything.

— Lifeline, March 1978



Inspiration

I've learned that you can't have faith and fear at the same time. I ask God to remove the fear, so I have to be willing to let it go.

— Lifeline,
Nov/Dec
1974



A Call To Service

Christina T. from Oakland, California USA, says, "Set aside your fear, thoughts that you don't have time, beliefs that you're not needed, or whatever has kept you from doing service. Try it with an open mind. You may find that service is a wonderful part of this program."

How will you serve this week?

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