

CHECK OUT the
Sept/Oct Lifeline
for stories of finding
emotional sanity

Lifeline 2014 WEEKLY

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Chuckwalla Thinking

The chuckwalla is a lizard that lives in the deserts of the southwestern United States and Mexico. It has a unique method of protecting itself from harm. Whenever it feels threatened, it slips into a crack or crevice and distends its body by sucking in air until it's big enough to block the entrance.

The chuckwalla's predators are unable to dislodge it, and it stays safely in its crevice until the danger passes. The only way to extricate a chuckwalla is to pry the hole apart with a crowbar—or explosives!

As a compulsive overeater, I can relate to the chuckwalla. Fat and food had long been a crack for me to crawl into when things got tough. There wasn't room in that refuge for much more than my disease.

The view was lousy, but I didn't care. I was safe—safe from people, safe from disappointment, safe from expectations, safe from life. Nothing could force me out of my crevice.

It didn't matter that the danger had long since passed, or that I'd cut myself off from sunlight. I'd

become used to the confines of my self-contained universe.

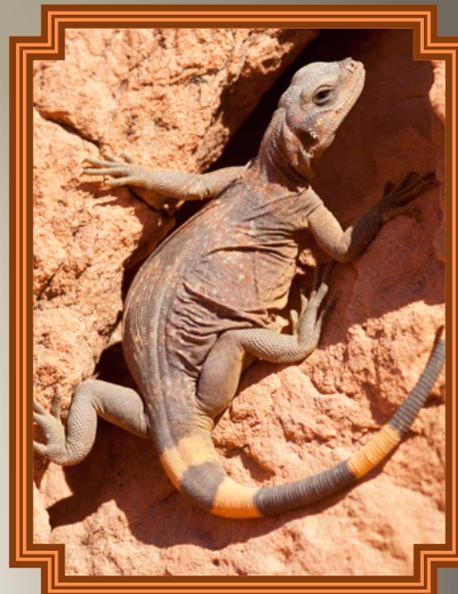
Then one day, it was like the earth shook, and daylight streamed in. I shrank back.

"Don't be afraid," my Higher Power said. "I'm here to help you dig your way out of this hole."

Before long, I emerged in the real world, blinking at the brightness of the light. I discovered I no longer needed to be so large.

In losing one refuge, I'd gained another—my Higher Power.

— Lifeline, August 1992



Inspiration

There is a balance to be found in every twenty-four hours. It's mine when I slow down, take it easy, and leave the results to God.

— Lifeline,
February
1983

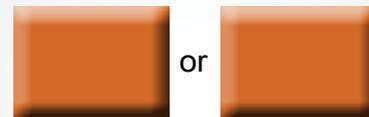


A Call To Service

Courtney J. from Chesapeake, Virginia USA, says, "OA is the best place to leap into service. Take the plunge! Try something new. Let OA be your practice ground for something you were always afraid to try."

How will you serve this week?

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