

COMING UP in the
August Lifeline,
memorable and inspiring
moments from meetings

Lifeline Weekly

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A Life to Live

When I came to OA five years ago, I was suicidal. I couldn't imagine gaining weight yet another time. I was in my first new relationship since my husband of twenty years had left our marriage ten months prior. But my "new boyfriend diet" had worn off, and I was starting to expand. I couldn't bear to gain weight again. It was too humiliating!

When I told my sister I felt desperate and suicidal, she suggested therapy. I couldn't afford it, but I realized I had to do something. The divorce was bad enough for my two teenage sons; their mother committing suicide would be much worse.

I went to an OA meeting once ten years ago. I couldn't relate, so I left and gained 50 pounds (23 kg). Five years later, I decided to try again. This time I could relate. I felt at home, and I didn't feel alone anymore. I knew people in the rooms understood my pain, fear, and agony about inhaling food.

Today I am sitting at my dining room table. I just ate dinner, and then I stopped eating. I have never stopped before. Food is left over, but I am full and don't want to eat anymore. This is a miracle!

I have learned to get a sponsor, have a food plan, make phone calls, do service, attend meetings, work the Steps, write, share what I write, sponsor others, meditate, make amends, pray for the people with whom I have problems, exercise, and turn everything over to God. It's amazing how doing these things, one step at a time, has brought me to not wanting to overeat anymore.

OA has given me a life to live—a life I love most of the time. When I don't love it, I ask God to help me through it.

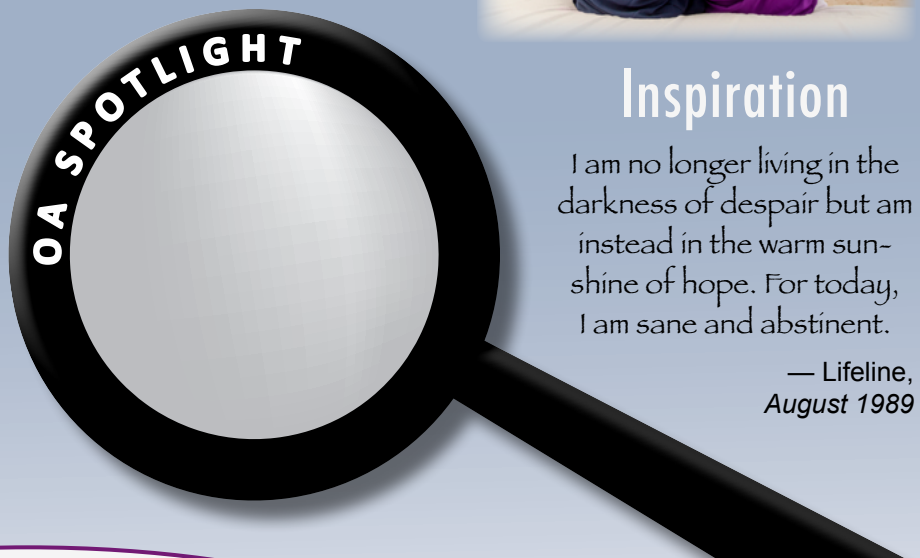
— Lifeline, *January 2003*



Inspiration

I am no longer living in the darkness of despair but am instead in the warm sunshine of hope. For today, I am sane and abstinent.

— Lifeline,
August 1989



A Call To Service

Anonymous says, "Service is for all of us. Step beyond your comfort zone and get involved. Committees need help. Jobs in intergroups go unfilled. Members are searching for sponsors. Opportunities abound if we are just willing. Service equals recovery."

How will you serve this week?

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