

CHECK OUT the
Sept/Oct Lifeline
for ten ways to
stay abstinent

Lifeline 2014 WEEKLY

Vol. 5, No. 31 Sept. 22–28

Great Relationships

Three years prior to coming into OA, my life was one long nightmare. A thundercloud was constantly following me around. I didn't have a job, and I didn't have any scruples. Being fat, I was very lonely and dissatisfied with life, and my only companions were the pills and other stimulants I used regularly because I thought they made the world a little easier to live in. I had rejected God entirely, but I was so despondent that I finally had to ask him for help.

He surely heard me because in February of 1969, I changed my environment and went to work. In March, I started dating a girl named Kathy, whom I had known since high school days, and was I ever lucky she happened to be in the OA program.

On March 28, 1969, Kathy took me to my first OA meeting. My top weight was 225 pounds (102 kg) and I had a 44-inch (112-cm) waist. By September of 1969, I weighed 165 pounds (75 kg) and my waist was down to 33 inches (84 cm).

I have maintained my weight loss ever since.

This program has changed my life completely. I'm very happy, and I love life. I married Kathy, and we work the program together daily. I have a great relationship with my Higher Power, and I have a good job. I live life only one day at a time, and to get me through trying times, I work the Steps and just keep turning things over. This program really works for me because I work it!

— Lifeline, May 1970



Inspiration

All I have to do is stay in the solution.

Sometimes that solution may seem difficult, but it is so simple.

— Lifeline,
July 2006



A Call To Service

M.D.C. says, "My group started a weekly newcomers/public information meeting. What a fabulous experience this service has been for me! I have seen newcomers go from having pain in their eyes to sharing the joy in their lives. What a miracle!"

How will you serve this week?

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