

## Life Begins at 65

It's said an old dog cannot learn new tricks. Well, I'm writing to contest that assumption. In OA, anything is possible through the help of our Higher Power.

I have been an obese, compulsive overeater since age 13. In the last fifty years, I came to believe, through experience and from what I read and heard, that compulsive overeating is irreversible. So I felt helpless and hopeless for a long time.

I reached 230 pounds (104 kg) and thought that at my age there was simply nothing to do but eat myself to death. Then I heard about OA on *The David Susskind Show* in March 1973 and experienced new hope.

In no time, I was attending OA meetings, taking the first three Steps, and working program.

I reduced my weight to 170 pounds (77kg), but more important, I found serenity with my food plan. I am most grateful that my compulsion was arrested by divine providence, with the sense of sheer freedom achieved for the first time in my long life.

What a change! The emptiness is no longer filled with carbohydrates, but rather with new life. Instead of

food talking to me, OA and AA literature speaks words of understanding and wisdom. I am peaceful within and exploring my relationship with God. I am also aware of a deepening willingness to surrender to OA as a way of life.

Not only am I aware of an internal change, but others also see a new creation. I am viewed as happier looking and am even told my walk is bouncy. Life is opening up to a senior citizen.

There is hope for all sufferers.

— Lifeline, Sept-Oct 1973



## Inspiration

Believe me. Even when it looks like there's no way forward, keep coming back—it works! If it works for me, it'll work for anybody.

— Lifeline, May 1991

## A Call To Service

Anonymous says, "I continue to give service because service saves lives, and I need to be of service to stay alive. The Big Book tells me that I can't keep my recovery unless I give it away."

*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!