

COMING UP in the
November Lifeline,
working toward a
healthy body weight

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Reclaim the Spirit

When I look at old pictures, I see a young girl spinning, smiling, and smelling lilacs. But my parents divorced when I was 7, and life became more difficult. Slowly, I retreated and began to eat and eat. Each year I saw another 10 pounds (5 kg) on the scale and more dismay and harassment from my family. I topped out, and bottomed out, at just over 300 pounds (136 kg).

Then I found OA, where I belonged the minute I walked in the door. Recovery could come only from a power outside myself because my best devices took me to a demoralizing weight. In my disease, I thought the solution was to exercise compulsively. This is laughable in hindsight. No exercise regimen could counteract the calories I was taking in!

Once in program, I started to exercise in a healthy way and replace my family's dysfunction with the Traditions and Steps. Since joining ten years ago, I have given up things that no longer serve me, whether foods or friends. I lost over 150 pounds (68 kg) and have maintained that loss for more than seven years.

The greatest opportunity and challenge of my life came this year. I accepted a job in Brazil! The process felt higher powered, and I'm happy to find the Twelve Steps and OA literature here too.

My Higher Power has taken me far from home, but the will of God will never take me where the grace of God cannot protect me. I know no matter where I am on earth, as I turn away from excess food and toward my Higher Power, I will make it through whatever is on my path.

My life is on a changed trajectory from where it would have been without OA. Every time I feared letting go of something that did not suit me, I was rewarded with serenity and growth on the other side. In surrendering, I reclaim the spirit I see in those childhood pictures of myself.

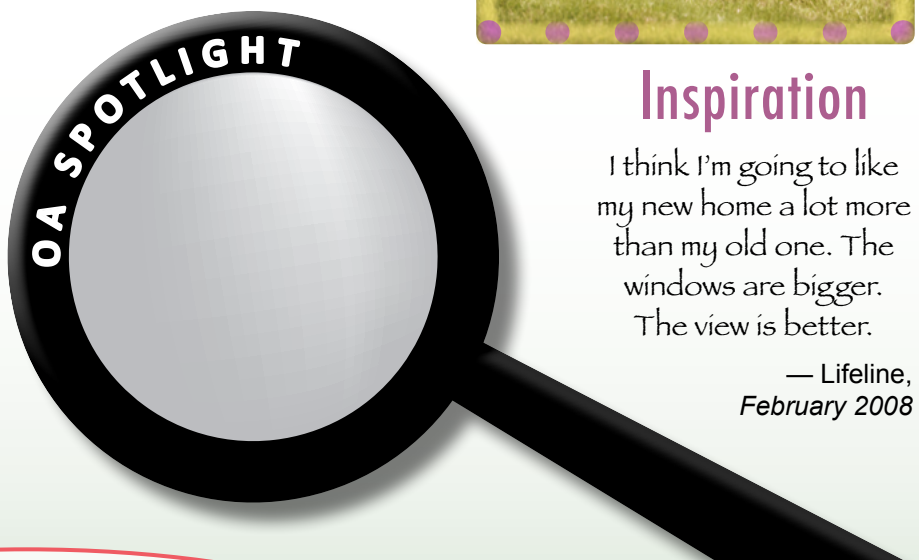
— Lifeline, May 2005



Inspiration

I think I'm going to like my new home a lot more than my old one. The windows are bigger. The view is better.

— Lifeline,
February 2008



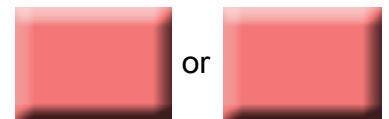
A Call To Service

K.J. from Sydney, Australia, says, "I took on public information after learning about it at WSBC. Now I get a big smile on my face every time I see an OA display I've pinned on a notice board."

How will you serve this week?

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