

## From Reed to Recovery

I came to Overeaters Anonymous not trusting myself, my God, my family, or my willpower.

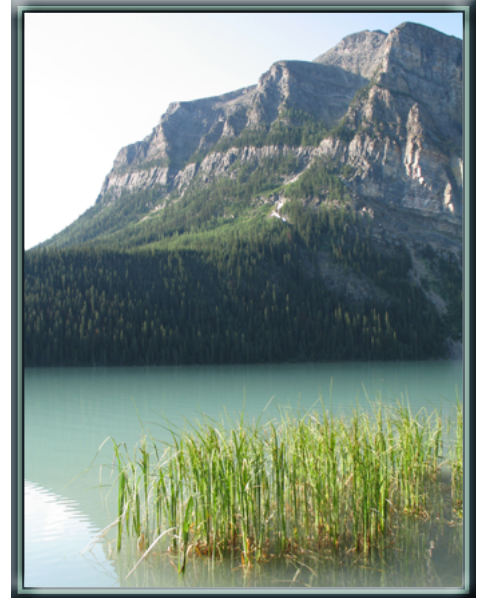
But at my first OA meeting, one person struck me as having recovery. She was strong and glowing, yet not dominating. Relaxed and confident, she had achieved that level of peace that comes from loving yourself. This one person had so much faith in the possibility of OA that I believed because she believed. I kept coming back, hoping to see her light still shining and her faith still strong. In a way, I was looking for proof: If she can make it, so can I.

Eventually, subtle changes began to occur in my life. One day, I didn't have to spill my guts at a meeting. I sat quietly, even serenely. I began to recognize that now I believed because of my faith.

At one particular meeting, the member I came to see was not there. I realized that she had been slowly and steadily replaced by God, who sits and listens patiently—smiling as I glow with the burgeoning love that was once only a flimsy reed.

Yes, I believe I too am recovering.

— Lifeline, *June 1987*



## Inspiration

The ultimate ingredient is God, and his process is completely out of human control. Having done the footwork, the only thing we can do is surrender and wait with patience.

— Lifeline,  
*May/June 1976*



## A Call To Service

Anonymous says, "I enjoy doing translations, and service helps me practice languages. Being an interpreter, I learn to let go of my fear of speaking in public. I learn how to act with love and patience in the assembly and intergroup meetings. These things make my life better."

*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!