

COMING UP in the  
December Lifeline, how  
service helps recovery

# Lifeline 2014 Weekly

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## Tunnel Vision

Tired, heavy, dejected, and isolated, I stand at a long tunnel that stretches before me. A pinpoint of light somehow shines through tightly packed garbage, which obstructs what I am told is full illumination at the other end. Someone hands me a tool, and having been given word of promises, I begin to dig.

The work almost overwhelms me, but for once I am not alone. Other workers shout encouragement from up ahead. They see more light and less garbage as they progress, and their reflected light flickers in the tunnel.

I am quickened, and so I dig. I am renewed by rest, reflection, and careful replenishment with food sufficient for the task at hand. I am grateful for a strength and warmth growing inside me. My way appears clearer.

Newcomers far behind me now stand where I once stood, and I take up the shout of encouragement. "Pick up a tool. We'll share what we have. There is hope if you are willing to begin."

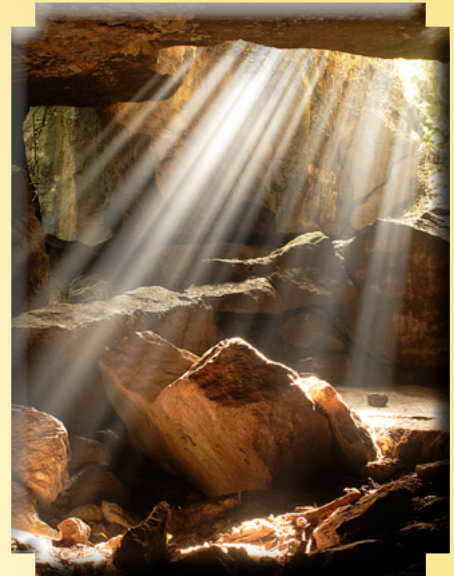
Sometimes a worker drops his tool and leaves the tunnel, backing into total darkness. Others call, "Keep coming back." They know

a deserted tunnel will fill with junk and block the light.

The light is there. Perhaps you will see only a glimmer at first, but it is there for you, and you will be changed by it. Pick up a tool and dig. It becomes easier as you become more willing to work.

There is fellowship with others and time to rest, reflect, replenish, and rejoice. No longer alone and with a common goal, we share the light in humble gratitude, knowing the promise that is ours.

— Lifeline, July/August 1976



## Inspiration

The situations of my life haven't changed, but I am abstinent now, and my spirit is free. Thank you, HP, for pulling me as I reached.

— Lifeline,  
November  
1995

OA SPOTLIGHT

## A Call To Service

Jo H. from Santa Fe Springs, California USA, says, "One of my favorite memories is when I searched for a speaker by approaching strangers in meetings. How wonderfully alive I felt! Reaching out to other people taught me how to reach inward to release myself."

*How will you serve this week?*

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