

Lifeline

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Weekly

COMING UP in the
January Lifeline,
"How OA Changed
My Life."

One Day at a Time

One of the most quoted sayings in OA is "one day at a time," but this often repeated saying shouldn't be taken lightly.

One day at a time is the best way to live, but it's not always an easy thing to do. Rationally, I know I should live a day at a time, but sometimes I punish or torture myself over yesterdays and tomorrows.

What does living one day at a time mean? It means to let go of the past and not dwell on the future, or fear it. It means living today the best we can and accepting what today has to offer. If we do our best with all the little "nows" that make up the day, every yesterday can become a pleasant memory and every tomorrow a vision of hope.

When I first began OA, I weighed 298 pounds (135 kg), and the thought of having to lose over half my body weight depressed me. It was going to take at least a year to lose. I told my sponsor I couldn't possibly stick with any diet for that long.

She said today was the only day I needed to be concerned with, and that proved to be so true. I found I could do anything just for today, and with God's help, one day at a time, I lost 140 pounds (64 kg). Of all the things I learned, this little

saying helped me the most.

We all have different, physical recovery goals. By taking it a day at a time, we can all achieve our goal weight without losing our minds in the process.

Today, I can hardly believe that the time has passed by so quickly. I don't feel like I've been abstaining for fourteen months. It feels more like two or three months. I guess that's because my food plan has become a way of life instead of a diet.

— Lifeline, July/August 1977



Inspiration

Accepting our fellow OAers with all their defects is very difficult sometimes, but we grow spiritually if we learn to place Principles before personalities.

— Lifeline,
February
1997



A Call To Service

C.K. from Lockport, New York USA, says, "I've learned that to give a smile, a hug, and any part of what this OA program has given me is special. I've learned to keep something wonderful by giving it away."

How will you serve this week?

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