

Lifeline

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WEEKLY

COMING UP in the
January Lifeline,
members share how
OA changed their lives.

A Self-Chosen Concept

When I was a child, people told me what my concept of God should be. This gave me an image of a jealous, demanding, judgmental God, not a source of unconditional love. Because I hated being told what to think, this also aroused criticism and rebellion in me. As a result, I never found a God I could talk to and listen to.

But OA is unique. You told me to find a Higher Power of my own understanding, and you silenced the inner critic forever. How can I criticize a concept I made myself and can modify at any time? At last I was able to feel a closeness with a power greater than myself, and my gradual spiritual awakening began.

Before OA, my efforts at meditation were mostly disappointing. I was never able to clear my mind of visualizations. But at an OA retreat, an experienced meditator gave me validation; he said that focusing on an inspiring mental image is a perfectly valid, even excellent, meditation technique. I had been doing it right after all! So visualization during meditation became my way of staying close to my Higher Power.

I knew my concept of a Higher Power was feminine, but I needed a specific image. With a mind free of prior religious programming, I looked anew at a statue that I keep in my bedroom. I saw a female figure with a face expressing the essence of unconditional love and compassion.

For the remainder of my day, I am a responsible adult. But in my moments of meditation, I am a child at peace, safe in his Mother's arms.

— Lifeline, December 1996



Inspiration

Meetings are a daily reminder that I am not alone and this program works. By the grace of God, my abstinence returned after a six-year relapse. Thank you, God!

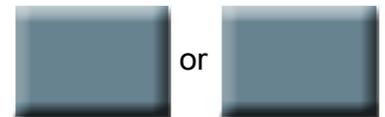
— Lifeline,
March
2006

A Call To Service

J.R. of North Ridgeville, Ohio USA, says,
"All of us can do service at each and every meeting we attend,
and we can offer service on an annual basis as group secretary,
treasurer, *Lifeline* rep, or intergroup rep."

How will you serve this week?

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