

# Lifeline

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# Weekly

COMING UP in the  
March Lifeline,  
sharing the sponsor/  
sponsee relationship.

## Defining My Program

Recently I have been struggling with my abstinence and with my desire to be slim. I am getting married in four weeks, and I want to look good in the wedding pictures.

My biggest struggle is defining what my program means to me. "Take what you want and leave the rest" leaves a lot to the imagination. I struggle with going to meetings as a slim person. I struggle with compulsive overeating, but I am at a normal weight. Part of my sickness is the nagging voice that says, "You don't belong here. You are at a normal weight, so you don't have a problem with food." This negative thinking could easily keep me home from meetings and in extreme isolation.

I need to define exactly why I go to meetings and remember why. I go to meetings to remind myself of the deadliness of the disease of compulsive overeating. I need to get mini pep talks from members in recovery who pitch at meetings, and I need to pitch.

I must remind myself of when I hit bottom. What was it like? Why do I never want to experience it again? How can I keep this memory fresh in my mind without falling into

depression? As I have heard it said so many times, "This program is simple, but it is not easy." How can I listen to struggling overeaters talk about their misery without feeling down and depressed? I don't have the answer.

The one thing I do know is that as it is, life is hard; when I am bingeing, it is twice as difficult.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

— Lifeline, November 1998



## Inspiration

Only by developing my spirituality and taking time to be alone with my Higher Power can I begin to release my will. I am becoming willing.

— Lifeline,  
January  
1983



## A Call To Service

D.H. from Albuquerque, New Mexico USA, says,  
"No matter what job you do or at what level, service is  
a wonderful Tool to guarantee you will keep coming back."

*How will you serve this week?*

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