

COMING UP in the
March Lifeline,
how sponsors help
sponsees recover.

Lifeline

2015

Vol. 6, No. 6 Feb. 9–15

Weekly

Turn to the Steps

I've faced many difficult situations since I came to OA thirty years ago. It's not always easy to resist eating over my problems. The compulsion to overeat has not left me. It creeps up on me when I least expect it.

The difference is that I don't have to act on it. When I start feeling tempted by food, I turn to the Twelve Steps and the Tools of the program for help. I talk to my Higher Power and my sponsor and I write. At night I write a Tenth Step. I write about my fears, my resentments, and things for which I am grateful. One Step at a time, one day at a time, the situation either goes away or changes.

If it doesn't, I learn to accept it the way it is. My husband's death took years to work through.

I haven't returned to the hell that I was in when I was eating compulsively every day. For that I am grateful to God and this wonderful program.

Keep coming back. It works if you work it.

— Lifeline, *November 2004*



Inspiration

I don't walk in darkness anymore, and all I needed was to be "willing to grow along spiritual lines."

— Lifeline,
January 1988

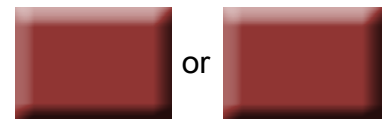
A Call To Service

M.P. from Stamford, Connecticut USA, says, "If I focus on selfless contribution, I cannot be self-centered or feel empty. When I am giving, I am always full."

How will you serve this week?

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