

CHECK OUT the
Sept/Oct Lifeline for
the truths hidden by
our strongest emotions

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They're All Action Steps

There is so much to this program. As I complete more than four years of abstinence, I am just beginning to be aware of the full extent of my disease.

There is only one cure for the emotional, mental, and spiritual illness I suffer: actively working the Steps. Being thin won't cure it, nor will having money, a good job, or a boyfriend. I am powerless over my recovery. It is an inside job that my Higher Power is in charge of.

I am at the point where I want recovery more than anything in the world. I've been thin for a long time, and the glow, thrill, and adventure of being so have vanished. Once again I am faced with dealing with who I am. As I rigorously examine myself, I see things I like and things I don't like.

That's where the Steps come in. With defects, I see the pain that they cause me, and I use Steps Six and Seven—often. With my life, my will, and my

day, it's taking Steps Ten and Eleven—constantly.

Only in this manner can I recover from the illness that got me fat in the first place. If I don't recover, I'll inevitably end up where I was or worse: a fat bulimic who was suicidal, angry, and crazy.

By the grace of God and OA, I am growing further and further away from that person.

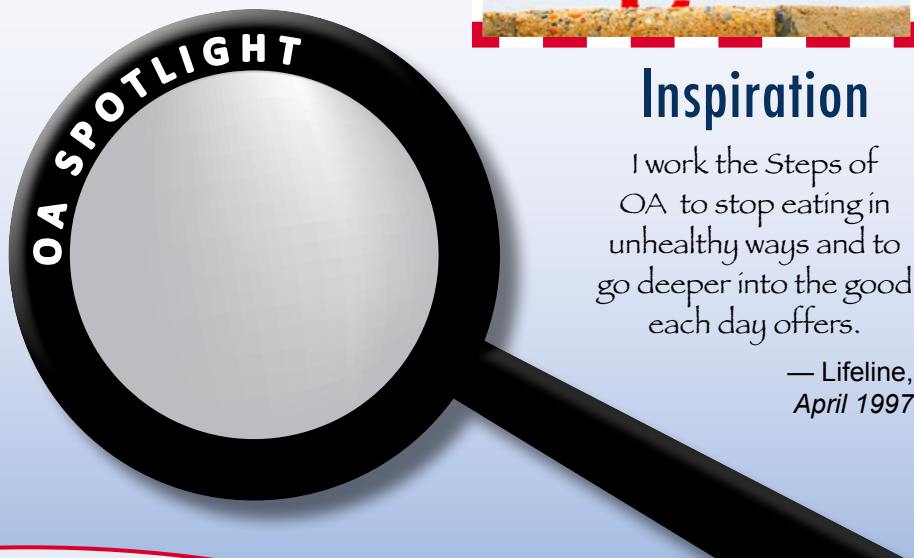
— Lifeline, July 1985



Inspiration

I work the Steps of OA to stop eating in unhealthy ways and to go deeper into the good each day offers.

— Lifeline,
April 1997

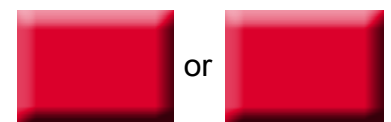


A Call To Service

Anonymous says, "It's hard to work the Tool of service without working another Tool right along with it. When one Tool makes you work another, it creates more momentum for your recovery. Service gets me to a meeting and out of the isolation of my disease."

How will you serve this week?

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