

COMING UP in the
Sept/Oct Lifeline,
recovery from binges
and B.I.N.G.E.s

Lifeline 2014 Weekly

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To a Mossy Tree

After attending OA meetings for a year and a half, I finally became abstinent. With the food tumult gone, I felt a gut-level loneliness that I knew only my Higher Power could dispel. The problem was, I didn't know how to establish a relationship with God. I tried many things, but still I felt lonely.

Before I left for an OA retreat, a friend suggested that I hug a tree while I was there. Willing to do anything, I agreed to give this odd suggestion a try.

I climbed to the top of a hill and found a huge tree, but it was out in the open, and I didn't want anyone to see me. So, I hiked deep into the woods until I came to a tree covered with moss. I put my arms around it and hugged it for fifteen minutes. I felt so much support, strength, and power emanating from that tree, that it was unbelievable. I sensed God's power flowing

through the tree and filling my entire being.

Today I feel serene and in contact with God, thanks to that mossy tree.

Later that weekend, two other people at the retreat shared that they had hugged a tree. I realized then that God shows me, through people, trees—indeed through all creation—that I am not alone.

— Lifeline, November 1982

Overeaters Anonymous
www.aa.org



Inspiration

We can't be normal, but we can enjoy life with more happiness and serenity than most normal people ever experience.

— Lifeline,
November 1996



A Call To Service

Joel I. from Boca Raton, Florida USA says, "I love OA because OA saved my life. Giving service is the best way to give back what I have received."

How will you serve this week?

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