

Lifeline

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Weekly

COMING UP in the November Lifeline, ten ways to make program your daily routine

Warning Signal

I still lived with my husband when I was first in OA. For years, I tried to minimize my eating around him because my weight was a big issue between us.

His evening pattern was to go to bed early, which meant I had an hour or so to myself after finishing chores and putting the kids to bed.

When he retired to the bedroom, the coast was clear for eating. Of course, I courteously shut the bedroom door, so my activities wouldn't bother him. Actually, I wanted a barrier, so he wouldn't hear the cupboard doors or food wrappers. The door was also a warning signal. If I heard it open, I quickly hid the food I was eating.

After experiencing a short period of abstinence in OA, I once again found myself in the evening-at-home situation. Now I was abstaining one day at a time. The marital relationship had seriously deteriorated, and my husband was traveling so much that the bedtime scenario was much less common.

One night when he went to bed, I heard the door whoosh shut as I had never noticed before, and my body almost leaped up to go rummage through the cupboards. This

time though God was in control, not the food, and I didn't eat. What a miracle! It was a great example to me of a non-food trigger, and I was thankful to have recognized it.

I am divorced now and in a different house with different sounds. Sometimes, I still feel the need to hide what I am eating, though it is my kids who would catch me.

I know if I am concerned about hiding my food when I hear a door open, I may be eating compulsively. That's a signal to me that I need to check my food and my abstinence.

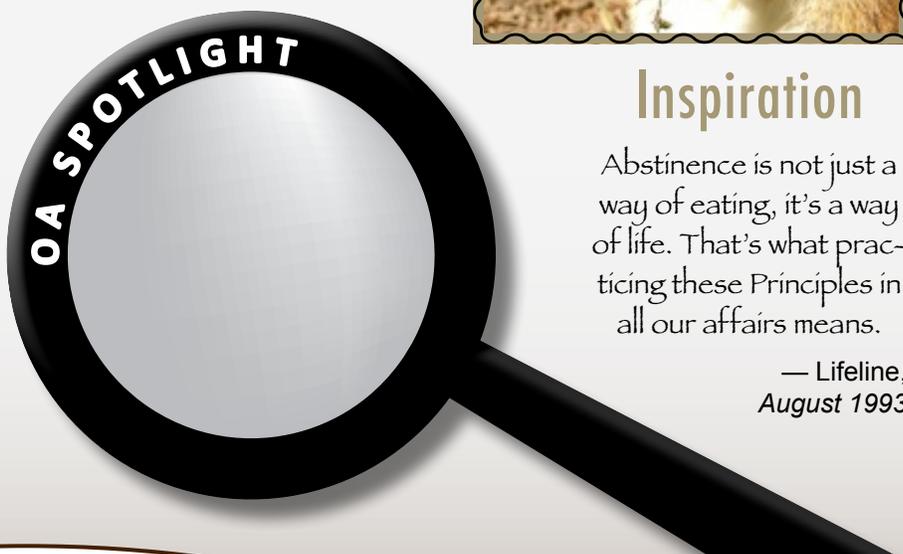
— Lifeline, July 1999



Inspiration

Abstinence is not just a way of eating, it's a way of life. That's what practicing these Principles in all our affairs means.

— Lifeline, August 1993



A Call To Service

M.R. from Victoria, Texas USA, says, "It is time to stop wondering why others don't do service. It is time for me to renew my commitment to recovery—to redouble my service. My life depends on it.

How will you serve this week?

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