

Lifeline

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Weekly

COMING UP in the
December Lifeline,
Region Eight finds Fellowship
in South America

We'll Still Be Here

I am a grateful compulsive overeater, and by the grace of God, I am abstinent today. I am now in my thirtieth year of continuous recovery. I have not binged in over twenty-five years. My Higher Power and you OA members can take credit for many of my successes during this time.

One day at a time, I am recovering physically, emotionally, mentally, and spiritually. I make powerless and gratitude lists and post them on my refrigerator. I'm not perfect with food or anything else in my life. I don't have to be.

For the last fifteen years, I've used my own yardstick to measure my recovery on all levels. Death has claimed past sponsors; they can't tell anyone how far I've come. I can because I've lived through it all.

To deal with change, I work the Steps and Traditions with my sponsor and others. I use the slogans "progress, not perfection" and "by the grace of God, there go I."

My first Fourth Step took fifteen hours, and my most recent Fourth Step took four hours. My first fear list was fifteen pages; this last one was one page. I've never had to do a Fourth Step on the same stuff more than once.

Why do I stay at age 58? Life is

a lot better with OA than without it. I stay to pass on all that has been given to me. I stay because I want to keep free of the binges, the psych hospitals and doctors, the jails, the grave, and the insanity of overeating. I stay because I can't love others, my Higher Power, or myself without your help. I can't do it alone and don't have to.

It doesn't matter if OA changes. We have to make mistakes as we go forward. Higher Power is in control. Ten years from now, we'll still be here for newcomers and the rest of us.

— Lifeline, August 2008



Inspiration

Through the Twelve Steps, I found a God I had never known, a God I could turn to for all my needs. I found my God inside myself, where I had never looked before.

— Lifeline,
January
1967

OA SPOTLIGHT

"I have every reason to have hope today. Miracles continue to happen in my life."

(*Overeater's Anonymous, Third Edition, p. 185.*)

Available now at
bookstore.
oa.org

A Call To Service

Anonymous says, "Service gave me something tangible and positive to focus on during a difficult time in my life. The time could have been spent in the disease. I'm glad I chose to do service instead."

How will you serve this week?

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