

COMING UP in the  
January Lifeline,  
out with resolutions,  
in with the action plan.

# Lifeline

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# Weekly

## Abstinent for the Holidays

When I think of the precautions I take during the holidays, one principle guides me: abstinence first. Anything I put before abstinence, I will lose, including the good times I long for.

In my early recovery, this meant giving up many things. When parties were too much about food and alcohol, I brought my own meal, ate separately, and socialized with soda water and lime. If my thinking started stinking, I would excuse myself and go to an OA meeting. I also didn't indulge in New Year's or Super Bowl parties.

The most important thing I learned when I came into recovery is, for me, food was a drug. I had to accept that even the smallest treat could lead to a horrible relapse. So I adopted the mantra, "If in doubt, do without."

This is what I learned that first abstinent holiday season:

- With the help of my Higher Power and others in recovery, I could remain abstinent.
- I was never sorry I had stayed cleanly abstinent.
- I discovered a new spirit of the holidays, one I had missed when preoccupied with food.

Gratitude has replaced the food

and social frenzy—first, for my abstinence, and second, for the new life of the spirit I have found in me and in others. I even attend a gratitude meeting and bring myself full of this Twelve Step spirit as a gift to my family and friends.

Even New Year's Eve has a feeling of recovery. I attend a candlelight meeting to reflect on the past year and how my Higher Power's will and mine can become one.

Now that's celebrating an abstinent holiday.

— Lifeline, December 2003



## Inspiration

Discovering the Twelve Steps has been worth the struggle. For this is where I found the power to change myself and my most deeply rooted perceptions.

— Lifeline,  
September  
1979



## A Call To Service

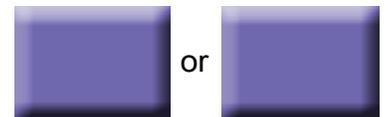
Anonymous says, "I have served at WSBC on several occasions since 2000, and I am amazed how I have grown in self-esteem, courage, and willingness. I have passed this incredible gift on whenever I can.

The more service I do, the more I receive."

*How will you serve this week?*

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