

COMING UP in the
March Lifeline,
"Gems from My Sponsor."

Lifeline

2015

Vol. 6, No. 5 Feb. 2-8

Weekly

Quiet Time

How many times have I heard my sponsor say, "Have some quiet time in your life."

Part of my illness is my frantic involvement in different things and my inclination to give of myself to so many people. What began as a desire to be helpful became a compulsion. The end result was a fragmented person.

The Eleventh Step tells us to seek conscious contact with God through prayer and meditation.

When I take quiet time, I am reaffirming that God is the most important power in my life. I am putting my life in order. I take time to smell the flowers, and in so doing, I become an integrated person. Then everything falls into place, and for the first time in years, I am whole.

In specific terms, taking quiet time means to look at God's creation with loving admiration, to think about it, to let it sink into my very being, and if I am chosen, to be the recipient of the gift of contemplating God.

Those days when I take quiet time are the days when I not only get more things done but also get a good night's sleep. Before, I had to be content with many sleepless nights.

Finally, though certainly not the least of my blessings, I have lost 30 pounds (14 kg) in three months, and with the help of my Higher Power, I have been abstinent going on ten months.

— Lifeline, March 1986



Inspiration

God was there when I ate compulsively. Today he is with me, and I can ask him to guide me and remove my shortcomings.

— Lifeline,
June
2010

OA SPOTLIGHT

OA is offering FREE virtual workshops on working the Twelve Steps. See the **Datebook Calendar** to participate live or listen to the podcasts at oa.org/oapodcasts/.

A Call To Service

L.M. from Silver Spring, Maryland USA, says, "I used to think I had to have some huge amount of time under my belt to do service, but God showed me that if I want to keep this precious gift, I must give it away."

How will you serve this week?

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