

**COMING UP** in the March/April 2011 issue of Lifeline, great stories about abstinence on vacation

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# Lifeline Weekly

**2011**

## I Missed You

Sometimes I consider not attending my weekly OA meeting because I'm tired or busy. Other times I hesitate to go because I'm feeling guilty about something and I don't relish the honesty. Sometimes I almost stay home because I'm feeling down: "Nobody will miss me. They'll have a fine meeting without me."

But even if I think I don't need a meeting, I always go—unless it's absolutely impossible. Why? I am committed to my OA family and to my own recovery. I've learned that I mean something to others, that even by just being there I help other members. This has been proven to me, to my amazement and delight on many occasions, and I always feel blessed that it should be so. But most of all I go just for me, for my own sanity. I depend on that meeting as a place where I can share my joys and sorrows, my triumphs and failures, and listen to others share theirs. And every time I go, however reluctantly, I'm glad I did.

During the past week, I made many discoveries, felt much pain, reached glorious heights. I went to tonight's meeting, nervous about sharing my experiences, but com-

forted by knowledge that my fellow members would understand. I went, hoping to be of help to someone else, in however small a way. I went in honor of my commitment to my OA family and to myself. I went, and no one was there!

I know there are times when we truly cannot get to a meeting, but please remember me next time you consider staying away. And remember yourself. You missed the joy and comfort and inspiration of that meeting as much as I did.

— Lifeline, August 1982

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



**OA SPOTLIGHT**

OA offers free guidelines on many useful topics to help your group. View the OA Guidelines at [www.aa.org/services-for-members/oa-guidelines.php](http://www.aa.org/services-for-members/oa-guidelines.php).

## Inspiration

I have yet to be at a meeting with other compulsive overeaters where I have not learned something.

— Lifeline, September 1996

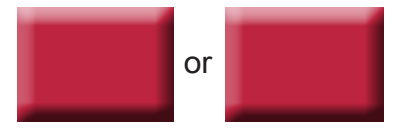
## A Call To Service

Carmen D. from Québec, Canada has served in many OA service positions at the group and intergroup levels. She also acts as liaison between the English-speaking and French-speaking intergroups in her area.

*How will you serve this week?*

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