

Lifeline Weekly

COMING UP in the August 2011 issue of Lifeline, success stories of reaching out to young people

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2011

Victory in Defeat

The Monday night meeting room began filling up with people in various stages of recovery.

As I watched from my usual seat, I took a mental inventory: “How am I doing? Am I sharing the best of me? Am I giving hope to the newcomers? Do they feel welcome? Will they come back?”

Our program is growing in numbers and recovery, but my heart goes out to those who come but miss the joy of surrender to the First Step. It is such a powerful admission of powerlessness. How hard it is to finally admit complete defeat over such a common item as food.

Those who are not compulsive overeaters can never completely understand why we cannot just “stop bending the elbow” or “push the plate away half empty.” These platitudes are no defense against the need I’ve had to abuse myself with food.

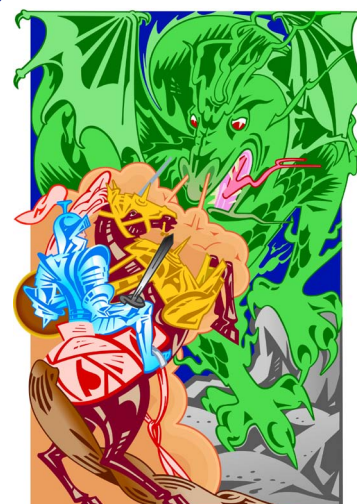
The despair, self-judgment, self-recrimination and spiritual demoralization are just a few of the reasons I kept food as my source

of comfort and my best friend. I sometimes grieve for that weak-willed person I was accused of being, so today I nurture the child within who was neglected and abused.

No matter how painful it may have been, I am so grateful I became willing to take the First Step and the eleven Steps that follow, leading me gently to God as I understand God.

— Lifeline, May 1990

Overeaters Anonymous
www.aa.org



Inspiration

... it seems like a fairy tale come true.

— Lifeline, March 1981

OA SPOTLIGHT

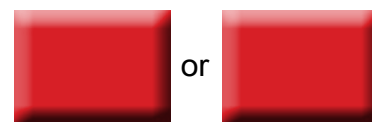
Financial assistance from the Professional Exhibit Fund can help your service body exhibit at a local event. Download an application for funds at www.aa.org/services-for-members/service-body.php#PEF.

A Call To Service

N.R. from Beverly, Massachusetts USA has served by setting up the meeting room, sponsoring, becoming a *Lifeline* representative, and sharing as a convention speaker and workshop leader.

How will you serve this week?

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