

Lifeline

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Weekly

COMING UP in the
May 2012 Lifeline issue,
inspiring stories about
sexuality and body image

Traveling Far

I'm on my way back home by train—a two-and-a-half-hour ride—from an OA meeting in Amsterdam, where meetings are oldest and strongest. I never thought I'd travel this far and pay this much to get to a meeting.

OA came into my life while I was an exchange student in Louisiana two years ago. There was an article on OA in the first magazine I came across there; I then discovered I was in a city with a large number of meetings. I didn't come to appreciate that until now.

Slowly but surely, OA has become essential to my life. I realize now that in order to recover, I need to change totally, and I need OA and all I found there to do so. I'm one who likes to think she'll do it on her own again one day, but now I see there is no such thing as living life alone.

I'm not 100 percent abstinent yet, and recovery takes up almost all my time. So, it feels like a gift from my Higher Power

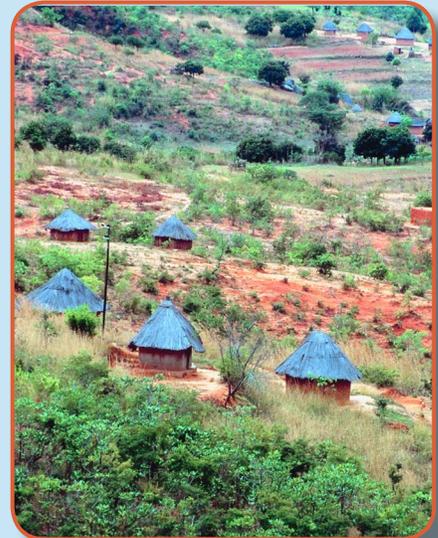
that I'm jobless right now; I trust he'll tell me when to get back to what kind of work.

As I write this, I'm aware of all the miracles he has brought into my life. I never thought I'd have a relationship with a Higher Power that I could trust like this.

Thank you, HP, and all you OAers both far and near, because I need you.

— Lifeline, December 1995

Overeaters Anonymous
www.oa.org



Inspiration

I have found
my tribe.
I have come home.
— Lifeline,
January 2007

OA SPOTLIGHT

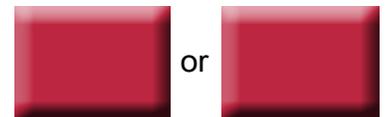
Lifeline
1X1 Campaign
challenges all OA groups
to purchase one group
subscription and to renew it
every year. Order at www.oa.org/lifeline-magazine/subscribe.php.

A Call To Service

"Sponsors are willing to share their recovery with other members of the Fellowship and are committed to abstinence" (*The Tools of Recovery*, p. 2). Sponsors help guide members through the OA Twelve-Step program. As a sponsor, you could help change someone's life.

How will you serve this week?

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