

CHECK OUT in the
May/June Lifeline,
reclaiming abstinence
after relapse.

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Hot Pen

Writing has been a very effective Tool for me through my six years in OA. My sponsor introduced the “hot pen” to me saying, “Set your pen to paper, and before you know it, the thoughts and feelings bottled up inside will flow out, and new freedom will come.” Since then, scribbling my thoughts and sharing them has proven the wisdom of maintaining an ongoing written inventory. On occasion, I even publish my insights in our intergroup newsletter.

Last month, I was in a real fog and was losing my serenity. A friend suggested I go back to Steps One and Two. I admitted I was powerless over my emotions and that my life was unmanageable, and I prayed for my Higher Power to restore me to sanity.

The next day, a newsletter from another intergroup came in the mail. Searching for words of comfort, I opened it and read:

“Until I believe this program will work in all my affairs, I will keep slipping. I am powerless not only over food but over other people, my emotions, and all events in my life.

“Trying to control my life didn’t work. It only brought unhappiness. I became defensive and miserable,

and I didn’t like myself or the people around me.

“When I came to believe that a Power greater than myself could restore me to sanity, everything changed.”

As I read, hope returned. I was not alone.

Then I noticed the byline. What a surprise! The piece was an excerpt from an article I wrote months ago.

I thank God for putting this latest “coincidence” in my path, and I thank my sponsor for teaching me the value of the hot pen.

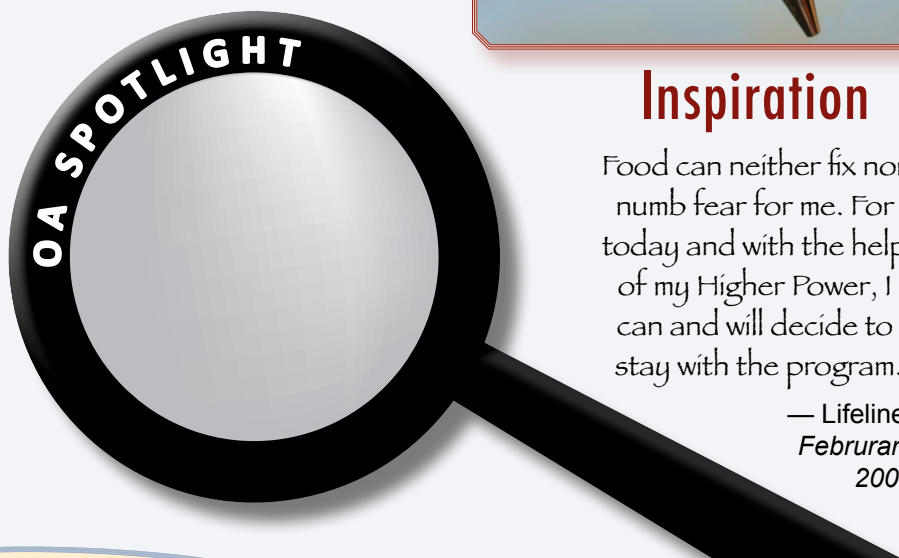
— Lifeline, July 1982



Inspiration

Food can neither fix nor numb fear for me. For today and with the help of my Higher Power, I can and will decide to stay with the program.

— Lifeline,
February
2003

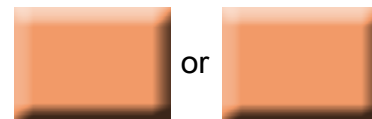


A Call To Service

Anonymous says, “Service has kept me coming back to program for thirty-plus years! Without service, I would have quit many times. It is my connection to the OA Fellowship.”

How will you serve this week?

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