

# After the Miracle

Before OA, food overfilled and expanded my body. Now food and exercise nourish my body.

Before OA, food covered a hole in my heart. Now people fill my heart.

Before OA, food filled my time. Now service, friends, and relaxation fill my time.

Before OA, food covered a hole in my spirit. Now grace fills my spirit.

Before OA, food covered my feelings. Now I feel my feelings.

Before OA, food masked my low self-esteem. Now I believe I am worthy just because I was born.

-Lifeline, November 2011



# Inspiration

The end result for anyone who works the Steps is increased self-esteem. The Twelve Steps are, indeed, more powerful than the disease.

> Lifeline. June 1986

### A Call To Service

M.D.C. from Ontario, Canada, says, "When a volunteer is needed, I put my hand up. I know I have to give other people a chance to do service. Fortunately, plenty of work needs to be done, and we can all help."

How will you serve this week?

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