

Lifeline Weekly

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COMING UP in the
September Lifeline,
how relationships are
renewed in recovery

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.

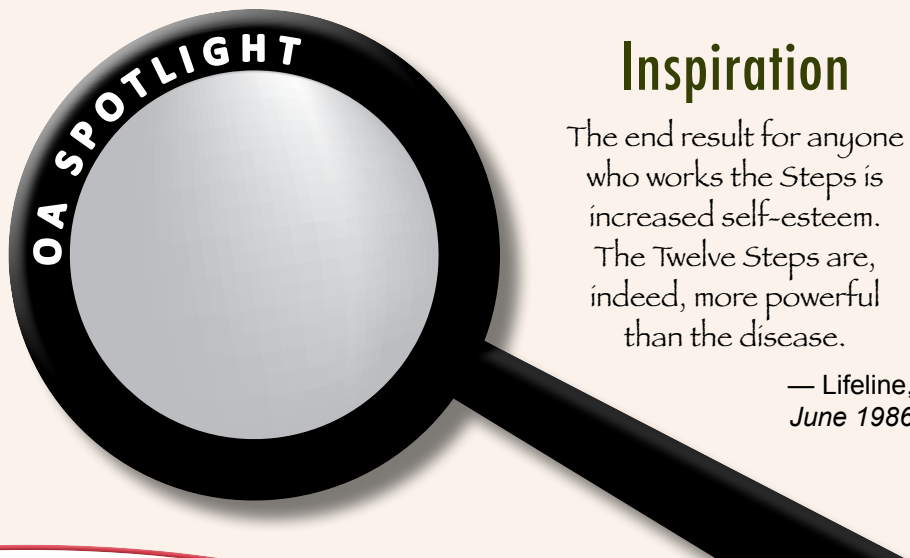
Before OA, food
filled my time.
Now service, friends,
and relaxation fill my time.

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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