

2016 *Lifeline* Topics & Writing Prompts

Deadlines for monthly featured topics are three and a half months prior to the first day of the month of publication. Please indicate the topic and month for which you are submitting the article based on the deadlines in parentheses. Typed letters by email, mail, or fax are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print. *Lifeline* promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers. Thank you.

JANUARY (Deadline: 9/15/15)

How OA Changed My Life

Describe your life before and after being in OA. Include your physical state before and after OA.

FEBRUARY (Deadline: 10/15/15)

Abstinence Through the Ages

How has your abstinence changed as your body's needs have changed through aging, pregnancy, or other situations? How have you adjusted your program in response to life changes? How do you make OA your first priority? If you are a young person in program, how do you live for today while planning for your future?

Unity Day

February 27 is Unity Day, when OA members pause to reaffirm the strength inherent in OA's unity. What does being part of the worldwide Fellowship of OA mean to you and your recovery? Unity is the spiritual Principle of Tradition One. Share your experience, strength, and hope as it relates to Tradition One.

MARCH (Deadline: 11/15/15)

Recovery Is Attractive

How do you carry the message of recovery to others through attraction rather than promotion? What role does threefold recovery—spiritual, emotional, and physical—play in attraction? How did someone first carry the message to you through attraction or threefold recovery? How does the OA Responsibility Pledge inspire you?

OA's Virtual Fellowship

Share your experience, strength, and hope related to finding recovery and inspiration in OA's virtual Fellowship.

Let's Meet at Convention

Share your favorite stories from Conventions past. What opportunities does Convention offer to carry the message? What gems from Convention, Conference, workshops, or retreats sparked your recovery?

APRIL (Deadline: 12/15/15)

New Body, New Life

How have you adjusted to life at a healthy body weight? How has physical recovery changed you? How has your body image changed in recovery? How has your experience of intimate relationships changed?

MAY/JUNE (Deadline: 1/15/16)

The Right Tool for the Job

How do you use the nine Tools in your daily life? What is your experience using the action plan Tool? How does the plan of eating Tool help you with restaurants, special occasions, or travel? Which Tool do you use the most? Which Tool do you struggle with the most?

JULY (Deadline: 3/15/16)

Generally Speaking

Write on any topic that has meaning for you

AUGUST (Deadline: 4/15/16)

Struggles, Stresses, and Setbacks

How do you handle "life on life's terms" in recovery? What has been your recovery experience during major life challenges such as death of a loved one, divorce, changing jobs, or moving? How have you maintained abstinence while grieving? How did you learn to keep coming back no matter what? If you relapsed, how did you get back on track? What has helped you remain abstinent over the days, weeks, months, or years?

SEPTEMBER (Deadline: 5/15/16)

Changing Me, Not the Program

How do you use program to "build a bridge and get over it"? What steps have you had to take to "get over" yourself? How did Step Two help you "resign from the debating society" (AA *Twelve and Twelve*, p. 26) and get on with recovery?

Anorexia and Bulimia

Share your experience, strength, and hope related to using OA and the Twelve Steps to recover from anorexia or bulimia.

OCTOBER (Deadline: 6/15/16)

Get Motivated with Slogans

How do slogans fit into your recovery routine? How do slogans help you with compulsive urges? How do slogans help with cravings? What slogans help you get unstuck and move toward recovery?

NOVEMBER/

DECEMBER (Deadline: 7/15/16)

Calling My Higher Power

How did you make contact with your Higher Power? What is your experience with the diversity of spiritual approaches in OA? What struggles have you faced when defining your HP? How do you maintain constant contact with your HP? What is your meditation routine? What gems can you share from meditation workshops? What have been the results of meditation in your life?

International Day Experiencing Abstinence

International Day Experiencing Abstinence is November 19. IDEA encourages OA members worldwide to begin or reaffirm their abstinence from compulsive eating. To celebrate the day, share your experience, strength, and hope related to starting and maintaining abstinence.

Celebrate the Season

How do you maintain abstinence during holidays and celebrations? Share your strategies for shifting focus away from food, dealing with triggers, and joining in the fun.

Holiday Magic

How are holidays in recovery different? Share your stories, inspirations, and reflections on living the Twelve Steps during times of celebration.

OTHER MATERIALS (No Deadline)

Lifeline accepts letters, artwork, and photos (no faces, please) for publication. Credit lines and rights to submitted work apply equally to articles, artwork, and photos. The WSO does not return submitted materials. *Lifeline* may edit articles and crop photos.

DEPARTMENTS (No Deadline)

- Stepping Out: Stories focused on the month's featured Step.
- Service with a Smile: Stories focused on the Tool of service.
- Living Traditions: Stories focused on the month's featured Tradition.
- Taking the Spiritual Path: Perspectives about a higher power.
- Newcomers Corner: Newcomers' experiences and concerns.
- OA Around the World: Stories of the history of OA in your country or area.
- Generally Speaking: Shares on any topic meaningful to OA members.
- How OA Changed My Life: Shares on changes before and after recovery.
- Main Attraction: Stories about public information and attraction.
- Ask-It Basket: Member questions about OA.
- Share It: Letters to the editor of *Lifeline*.

Submit your story to *Lifeline* by email at info@oa.org, by mail to PO Box 44020 Rio Rancho, NM USA 87174-4020, or via fax at 1-505-891-5320.