

2020 LIFELINE TOPICS

The WSO staff creates *Lifeline* from OA members' letters. Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating and compulsive food behaviors. Send your letters to:

Lifeline
PO Box 44727
Rio Rancho, NM 87174-4727

or email myoung@oa.org.

DEPARTMENTS:

- NEW! Focus on the Footwork: Share how you work your program of recovery.
- Ask-It Basket: Read trustee responses to questions from OA members.
- Bits and Bites: Send in your short inspirational quotes and bits of recovery wisdom.
- Stepping Out, Living Traditions, Service and Recovery, and The Spiritual Path: Share about the month's Step or Tradition or send a story about service or connecting with your HP.
- Newcomers Corner: Newcomers, share your OA experiences and concerns.
- Share It (letters to the editor) runs only if sufficient material is available.

FEATURES:

See next page for *Lifeline* monthly topics and deadlines.

OTHER MATERIALS:

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. *Lifeline* promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers.

Submit articles at least three and a half months prior to the first day of the month of publication. Deadlines appear in parentheses next to topics. Indicate the topic and month for which you are submitting the article. Typed letters sent 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.

Try Writing

— Donna R., Urbana, Illinois USA

At sharing time in OA meetings, I sometimes read thoughts I have written down. Sharing thoughts and speaking out loud what I have written helps my recovery.

Other members used to say, "You should submit that to *Lifeline*." But I thought, "If what I write is rejected, I'll feel rejected" or "What if it isn't good enough?" My fear of submitting to *Lifeline* was really all about me because I was still living in my disease. I was missing the point, which was, "Wow, that really helped me—I bet others could be helped by it too!"

After a few years, I finally realized what others meant by saying I should submit to *Lifeline*, so I sent in my first item. It was published in April 2015. Shortly after that, I submitted another and then forgot about it. Today I opened a letter that said my second submission would appear in the March 2016 issue of *Lifeline*.

I'm telling this story to encourage you to take ten or fifteen minutes to write down your thoughts about something that means a lot to you. We walk in each other's shoes. Others can be helped by what we honestly, willingly—with HP's help—are able to say.

Today, I understand that submitting to *Lifeline* is not about me. It's about throwing an emotional rope to others. It's about sharing over isolation. By writing what we think and sharing what we write, we speak out loud, just as we do in meetings. After I took the first step, the next seemed easier. I think it could be that way for you too if you will try writing to *Lifeline*.

Subscribe to *Lifeline* in Print, Online, or Both!



Whether you prefer the printed page or your mobile device, make *Lifeline* a companion in your recovery. *Lifeline* is filled with real stories of recovery written by real members. Receive ten print issues per year or one year of online access for \$30. To subscribe, go to oa.org and click the "Lifeline Magazine" button or call 1-505-891-2664.

Note: No new subscriptions will be processed after December 17, 2019, and Lifeline will be discontinued at the end of 2020, ending with the November/December 2020 combined issue.



2020 LIFELINE TOPICS

JANUARY » Due: 9/15/19

How OA Changed My Life

Describe life before and after being in OA and share your threefold recovery.

My OA Birthday

OA's 60th birthday will be celebrated January 18–19, 2020. Share about your OA birthday—what it took to reach this milestone and its significance for you.

FEBRUARY » Due: 10/15/19

Unity Day

Unity Day is Saturday, February 29, 2020, at 11:30 a.m. local time. How has unity with diversity, Tradition One, or a Unity Day event boosted your recovery?

Many Symptoms of Our Disease

OA offers recovery from anorexia, bulimia, overexercising, and other problem behaviors beyond compulsive overeating. If you've identified with behaviors such as these or have switched from one form of the disease to another, what are the challenges and solutions you've found in OA? What has worked, what's been difficult, and where have you found support?

Facing Criticism in Recovery

Members want to know: What helped you stay in the solution when you were judged for belonging to OA? Or for weighing and measuring your food? How have you handled criticism from other members for oversharing at a meeting, the way you gave service, or another issue?

MARCH » Due: 11/15/19

Making an Action Plan

What are the details of your action plan, and how did it evolve? How do you stick to your action plan? What role does it play in your recovery? What lessons have you learned from your action plan? Action plan photos welcome!

Abstinence and Recovery

OA defines abstinence as “the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.” Recovery is “removal of the need to engage in compulsive eating behaviors,” and “spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.” Share your experience, strength, and hope about gaining abstinence and recovery in OA.

APRIL » Due: 12/15/19

Breaking and Mending Relationships

How has your recovery impacted your

relationships? How have you explained OA to loved ones and sought support? What about “dating, divorce, and drama” in your OA journey? Or the effect of a relapse? How have you applied the Principles and Traditions in your relationships?

Service Beyond the Comfort Zone

How has service played a part in your recovery? How has it helped you grow out of your comfort zone? How have you grown by taking a challenging service position or attending meetings and events outside your home area? How has rotation of service played a role in your recovery and the health of your local OA?

MAY/JUNE » Due: 1/15/20

Great Ways to Carry the Message

Share your success! How did you educate a referring professional? Or attract a compulsive eater? How did you work a public information campaign? What OA resources did you use? How did it benefit your own recovery? How have you practiced Tradition Eleven online, in your own life, and in your community?

Using a Plan of Eating

Start to finish, how did you develop your plan of eating? Who helped you and why was getting help important? How have changes in your health and lifestyle factored in? What has helped you stick to your plan, and what do you do when compulsive thoughts and urges arise?

JULY » Due: 3/15/20

Generally Speaking

Write on any topic you find meaningful.

24/7 Program

Share about mixing local and virtual OA resources, such as meetings, sponsors, telephone, literature, conscious contact, or podcasts, to ensure program is there for you anytime you need it.

AUGUST » Due: 4/15/20

Stepping Up to Sponsorship

Sponsorship Day will be celebrated August 15–16, 2020. What led you to first become a sponsor? Lessons learned? How has sponsorship boosted your recovery?

Our Tradition of Anonymity

Maintaining anonymity is the responsibility of both members and groups. What measures have you or your group taken to preserve anonymity or handle a break in anonymity? How has anonymity benefited your recovery and OA as a whole?

Outside Addictions and OA Recovery

Has your OA recovery included overcoming cross addictions or addictions among family? How did you sort your problems to find clarity about compulsive food behaviors? How has working the Steps in OA helped? Why is OA important even if you belong to another program? How have you kept OA a priority?

SEPTEMBER » Due: 5/15/20

Literature in Our Recovery

How have you used OA-approved literature in your recovery? What impact has *Where Do I Start?* had for you or your group? How has literature helped you give service or carry the message?

The Story of My Amends

What needed to happen before you could consider making amends? How did your amends play out? What was it like to make direct amends versus living amends, and why is each important?

Step Work as an Atheist or Agnostic

How have you worked the Steps as an atheist or agnostic? How did you handle “the God thing”? What is your HP, and how do you maintain conscious contact? Where have you found the support you need from within the Fellowship?

OCTOBER » Due: 6/15/20

Slogans and Other Words of Wisdom

How have slogans and other words of wisdom, whether from OA literature or members, helped keep you in recovery? What words stay with you? What words are so good you pass them on to others?

Feeling, Dealing, and Healing

How have you processed strong emotions after finding abstinence? How did you work the Steps to overcome denial or find forgiveness? How has taking a daily inventory helped change your thoughts and habits? What other lessons have you learned in your emotional recovery?

NOVEMBER/DECEMBER » Due: 7/15/20

International Day Experiencing Abstinence and Twelfth Step Within Day

Help us celebrate IDEA this November 21–22 and Twelfth Step Within Day on December 12 by sharing your story about how abstinence or Twelfth Step Within service has made a difference for you.

My Recovery Miracle

We often say, “Don’t leave before the miracle happens!” Share the story of your recovery miracle. How long did it take? Was it a recovery milestone? HP stepping in? A gift of desperation? What turning point brought you to seek help or took your recovery to the next level? What has your miracle meant to you?

55 Years of *Lifeline*: A Retrospective

Let’s bid *Lifeline* farewell in our final issue. How has *Lifeline* supported your recovery? Together we can commemorate *Lifeline’s* contributions to our Fellowship!