

2018 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 44020
Rio Rancho, NM 87174-4020

or email myoung@oa.org.

DEPARTMENTS:

- Bits and Bites: Add to our collection of short inspirational quotes and recovery wisdom.
- What Works for Me: How do you work your program, and what difference has it made?
- Step Study, 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): Was a *Lifeline* issue or story special for you? Tell us!

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*.

GIVE SERVICE PROMOTE RECOVERY

Being a *Lifeline* Rep is a simple, rewarding service opportunity. *Lifeline* Reps announce the magazine in meetings, take subscription orders, collect subscription funds, and send the orders and funds to the World Service Office.

To become a *Lifeline* Rep, you must sign

up with the World Service Office. Email info@oa.org or call 1-505-891-2664.

Carry the OA message. Become a *Lifeline* Rep, and share your knowledge of this valuable OA resource available to support your fellow OA member's recovery—maybe even save a life.



2018 LIFELINE TOPICS

JANUARY » Due: 9/15/17

My OA Birthday

January 20, 2018, marks the celebration of OA's 58th birthday. Share a story about your OA birthday, how it was celebrated and its meaning for you.

How OA Changed My Life

Describe your life before and after being in OA, including your physical state. How is life better in recovery?

FEBRUARY » Due: 10/15/17

Unity Day

Unity Day is February 24, 2018 at 11:30 a.m. PST. Share your experience of OA unity, a Unity Day celebration, or Tradition One.

Lessons from Our Group Conscience

How has participating in a group conscience impacted your recovery? What makes a group conscience meeting successful? How have you worked to develop "substantial unanimity" as described in the Twelfth Concept of OA Service?

My Suggestions for OA

What does OA need? What do you hope for its future? What would you change? What literature needs to be written? What policy should we adopt or drop? Should an old OA idea be made new again? Let's make conversation but not controversy.

MARCH » Due: 11/15/17

I Am a Newcomer

Spread the word! We want to hear from newcomers! Sharing what you have found in OA is a service to the Fellowship.

Welcome Home

Tell us the story of your first meeting—how you came to OA and what you found.

Understanding Abstinence

Abstinence can be confusing to the newcomer. How did you come to understand your abstinence? What has abstinence in OA given you?

APRIL » Due: 12/15/17

#OArecovery

How do you use social media to support your recovery or carry the message? How have you kept to Tradition Eleven, OA's Statement on Public Media Policy, and the Tool of anonymity when using social media? What is your message about social media, abstinence, and our primary purpose?

Coming in Young

OA members under 30, we need your story! How is your experience in recovery similar to or different from older OA members? How have you found ways to give

service? What's it like to be a young sponsor? What challenges to abstinence and recovery have you overcome? What have you gained by being in OA? How did you first hear the message, and how do you carry it to other young compulsive eaters? Include your age in your story.

Spotlight on Our Seventh Tradition

How do you practice the Seventh Tradition, and how has it influenced your recovery?

MAY/JUNE » Due: 1/15/18

Recovery and Relationships

How has recovery affected relationships with family, friends, or your spouse or partner? Did relationships end or improve? Were there struggles along the way? What practical changes in your relationships helped you keep your abstinence and maintain your recovery? How has practicing the Traditions helped?

Sexuality and Intimacy in Recovery

How has physical, emotional, and spiritual recovery affected your sexuality and the role of intimacy in your life? Has recovery helped you overcome sexual abuse or find a new harmony with your sexual identity? What gifts has program given you in this area of your life?

JULY » Due: 3/15/18

Generally Speaking

Write on any topic you find meaningful.

Celebrating OA's Freedoms

"The word freedom appears so many times in all of our literature, I began to think about the freedoms from my disease I gained by working each of the Steps . . ." (*Voices of Recovery*, p. 205). What freedoms have you gained in OA?

AUGUST » Due: 4/15/18

Sponsorship Day

Sponsorship Day is the third Saturday this month (August 18). Share your appreciation for your sponsor or for the opportunity to give service as a sponsor.

Service: Inside and Out

How do you give service to the Fellowship? To the still-suffering compulsive overeater? How do you carry the message outside OA? Which came first for you, service or abstinence?

My Professional Community

How has your doctor, dietitian, or other provider supported your recovery? How has OA helped you succeed with your provider's treatment plan? Read the Forewords and

Appendices of *Overeaters Anonymous, Third Edition*, which are written by professionals who "get it." What do their messages about our disease mean to you?

SEPTEMBER » Due: 5/15/18

Working the Program While Working Through Obstacles

Your OA fellows have so many questions! How did you focus on abstinence when the weight wasn't coming off? When compulsive eating urges arise, what do you do instead? How did you find self-esteem? How have you gotten unstuck and moved your recovery forward? How have you kept your program fresh? How did you overcome burnout or rebellion? How did you give up judging other OA members who still suffer and become truly compassionate? Give service to your fellows by responding to these questions with your experience, strength, and hope, or write about how you overcame a low point or other obstacle.

OCTOBER » Due: 6/15/18

How I Found My Higher Power

How did you come to believe? How did you find the God of your understanding?

When OA is Your HP

Is OA, your sponsor, your group, or another aspect of program your Higher Power? If so, how have you worked the Steps and applied our literature? Share how your HP has served your recovery.

Prayer, Meditation, and Improving Conscious Contact

What is your method for practicing Step Eleven and what are the results? Explain how prayer and meditation have worked for you and what has been the key to seeing results. Have your prayers been answered in unexpected ways? Do you have a special place to pray or meditate? Send us a photo!

NOVEMBER/DECEMBER » Due: 7/15/18

International Day Experiencing Abstinence and Twelfth Step Within Day

IDEA is November 17 and Twelfth Step Within Day is December 12. Write about attending a celebration of either day or reflect on what either day means to you.

Staying Abstinent Through the Holidays

How have you stayed abstinent through the holidays? What tip, strategy, prayer, or Tool has helped you the most?

Gratitude and Blessings: Giving Thanks

A little gratitude goes a long way in recovery. Share what you are most grateful and thankful for in your recovery.