

2019 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:

- 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.

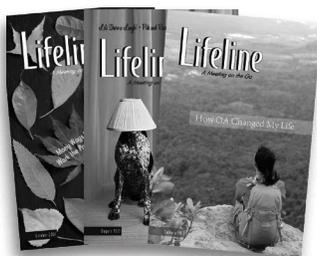
Other members used to say, "You should submit that to *Lifeline*." But I thought, "If what I write is rejected, I'll feel rejected" or "What if it isn't good enough?" My fear of submitting to *Lifeline* was really all about me because I was still living in my disease. I was missing the point, which was, "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 lifesaving companion in your recovery. *Lifeline* is your "meeting on the go" and is filled with real stories of real recovery written by real members. Receive ten print issues per year or one year of online access for just \$23. Some members even purchase both options separately. To subscribe, go to oa.org and click the "Lifeline Magazine" button or call 1-505-891-2664.



2019 LIFELINE TOPICS

JANUARY » Due: 9/15/18

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: 10/15/18

Unity Day

Unity Day is Sunday, February 24, 2019, at 11:30 a.m. How has unity in OA or Tradition One boosted your recovery? How does placing principles before personalities support OA unity?

Why I Belong in OA

"No matter what form our disease takes, anyone having a problem with food can find help in Overeaters Anonymous" (*Twelve and Twelve, Second Edition*, p. 1). How did you know OA was for you? What have you found here that you couldn't find anywhere else?

Finding and Keeping Abstinence

OA's definition of abstinence unites us, but finding abstinence is a personal journey. What has been your journey? What Step, Tradition, or Tool had the biggest impact? How has your plan of eating or action plan evolved over time?

MARCH » Due: 11/15/18

Making Meetings Strong

What makes your meeting strong? The Traditions? The meeting format? The readings? The recovery? What changes made your meeting better? Did your group reach out for help or use a resource from oa.org? Has allowing the mention of specific foods in meetings helped or hurt? Share your meeting's successes.

Recovery in the Workplace

Threefold recovery in OA also brings benefits to the workplace. Share what has changed for you—from struggle to success (and/or serenity)—as a result of your OA recovery. What did you learn about handling gossip, stress, keeping your side of the street clean, or other aspect of work? How has recovery helped make your working life manageable?

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition

How has the new *Second Edition* of our keystone book refreshed and refocused your program? What gems are you finding again or for the first time? Send your comments to mark the one-year anniversary of its publication!

APRIL » Due: 12/15/18

The Twelve Steps of OA

Share the experience, strength, and hope you've found in OA's Twelve Steps. You can write in-depth about working one or more Steps or about taking them all. Was one particular Step a challenge? Was there a key to taking one of the Steps? Did you rely on Step Principles? Did you find insight in OA literature? How did having a sponsor make a difference? What Step work did you find most helpful?

Overcoming Isolation; Reaching Out for Help and Hope

Talk about a time when you had to overcome isolation or program burnout—how did you find your way into the rooms? Did you call an OA member or answer a call? Did you meditate or pray? Did you join a virtual meeting? How did it feel to come back? What happened after your return?

MAY/JUNE » Due: 1/15/19

Our Primary Purpose

How have you carried your message of recovery to newcomers and those still suffering? What is your approach to explain OA to non-OA members? What has been your local OA's experience with public information? How have you taken responsibility to extend the heart and hand of OA? Share your success with Step Twelve and Tradition Five.

The Seventh Tradition Cycle

What does self-support through our own contributions mean to you and your recovery? What does it mean when you contribute to and benefit from your group, intergroup, and world services? How are you doing your part, including for virtual groups? For ideas, see the *Seventh Tradition Cycle* and the *Seventh Tradition of OA* pamphlet at oa.org/documents under "Group Treasurer Materials."

JULY » Due: 3/15/19

Generally Speaking

Write on any topic you find meaningful.

AUGUST » Due: 4/15/19

Sponsorship Day

Sponsorship Day will be celebrated August 17–18, 2019. How has being or having a sponsor made a difference in your recovery? How did you find the right sponsor? How has sponsorship helped with honesty in your program? What are your sponsor's words of wisdom?

It's All in the Footwork

How have you worked a strong program? Did you make any practical discoveries that took your recovery to a new level? To what lengths did you go to reach a recovery goal? Break it down—what does doing the footwork mean for you?

SEPTEMBER » Due: 5/15/19

Maintaining Abstinence Through Illness

Your OA fellows have asked for stories about maintaining abstinence when illness, whether long- or short-term, is a threat. Give service and hope by sharing your story about staying abstinent during illness, HALT, or a similar challenge.

Saving Grace: Help from a Higher Power

How has your Higher Power made its presence known in your life? Was a prayer answered in an unexpected or amusing way? What miracles have happened that lead you to believe a Power greater than yourself is available to bring you to your personal recovery?

OCTOBER » Due: 6/15/19

The Tools of Recovery

How have you used the Tools to work the Twelve Steps? What rewards have you found in using the Tools?

The Joys of Retreats and Workshops

Tell us about attending your favorite OA retreat or workshop! What made you go? What was it like—were there tears, laughter, discoveries? What did it provide that was different from a meeting? Describe how the *Twelve Step Workshop and Study Guide* or another workshop, skit, or activity worked for you.

NOVEMBER/DECEMBER » Due: 7/15/19

International Day Experiencing Abstinence and Twelfth Step Within Day

Help us celebrate IDEA this November 16–17 and Twelfth Step Within Day on December 12 by sharing your story about one of these important OA events or how abstinence or Twelfth Step Within service has made a difference for you.

Breaking Out of Relapse

Give hope and Twelfth Step Within service to OA members in relapse by writing about your relapse and recovery. How did your relapse happen? How did you find your way back to recovery? How did literature or resources on oa.org help?

Surrender and Serenity

Surrender is the key to OA recovery, and serenity is the benefit. How did you surrender to a Power greater than yourself? Have you surrendered more than once? How has willingness played a role? How has surrender and willingness helped you choose recovery and self-care? How did you find serenity, and how has it appeared in your life?