

# LVOASIS

[LVOA Website](#)  
[Meeting List](#)

Always to extend the hand and heart of OA  
to all who share my compulsion;  
for this, I am responsible. OA©

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## *God Shot Shout Out*



*A God Shot -a "chance happening with profound meaning, an unexpected blessing, a message from God" or "a shot of God's love. Staying connected with conscious contact and listening for one's Higher Power"*

I recently was driving to a medical procedure that I was a bit nervous about. I was listening to the radio as I stated out loud 'God's Got This" –over and over. As I tuned into another station the song playing was Club Neaveau's 1987 song 'Lean On Me". Cue the smiling tears.

–Anonymous



As I was driving to work today, I noticed the license plate in front of me BNCURGD. It was just what I needed, God had sent me a personal message.

Earlier in the week, I saw something I was not expecting. I was shocked and hurt by what I had inadvertently found. In talking to my sponsor, I explained that I had access to the information from the beginning (more than a year)... but I just never noticed. My sponsor said, you were meant to see it now. I wanted to tell my sister, my friend...basically “build my case” and to be told my self-righteous indignation was well deserved. Fortunately, I have enough program experience to know that this was not the solution. I refrained from the knee jerk reactions I would have easily done prior to coming to OA. The work needed to begin.

I did a written inventory and discussed it with my sponsor. From AA’s Twelve Steps and Twelve Traditions, page 90 “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” I read over my character defects and could see easily which had been triggered.

I am using the slogan “Easy does it”. I have “paused” and continued to take personal inventory. My emotions (fear mostly) are up and down, and as I was driving to work, I had started focusing on the negative and spiraling downward.. That’s when I saw my message ....and knew I will be ok no matter what.

The OA program has helped me during this experience... A God Shot, actively working the steps, and using the tools of the program (Sponsorship, Praying and Writing). For this, I can be grateful.

- Anonymous



# Holiday Pledge

Although Thanksgiving has come and gone, there are more holidays on the horizon. A member of OA uses the following pledge and has found it helpful to keep her conscious of her program of recovery. Print the form and try it yourself - it may make the holiday season a little easier to navigate!

**Holiday Relapse Prevention Plan**

Recovery and maintaining my abstinence are the most important things in my life. The experiences of those who have gone before me show that the holidays are a time ripe for relapse. Therefore, I promise myself the following:

- I will attend \_\_\_\_\_ meetings per week even when I don't feel like going to a meeting.
- I will talk to my sponsor \_\_\_\_\_ (How often? Daily? Hourly? Three times a week?)
- I will read OA-approved literature \_\_\_\_\_ (How often and when?)
- I will follow my food plan without exception. When I'm considering eating in a way that is not consistent with my food plan, I will call a fellow OA member.
- I will \_\_\_\_\_  
\_\_\_\_\_ (Write whatever you need to pledge to assist in your recovery.)

I do these things because I'm worth it!

Name \_\_\_\_\_ Date \_\_\_\_\_

Another idea to navigate the holidays is to get a **HOLIDAY BUDDY**. Connecting with a friend lets us know we are not alone!

**I put my hand in yours, and together we can do what we could never do alone.**

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# Lifeline: Stories of Recovery

Relaunching in 2022: a New Lifeline Blog

OA is taking Lifeline in a new direction! Coming soon—Lifeline: Stories of Recovery, a blog for all of us to share our experience, strength, and hope with each other and to attract those who are still suffering from compulsive eating and compulsive food behaviors and searching for a solution online. Together we can!

Send Us Your Story!

Want to help OA carry the message online? Send us your story or artwork or audio recording or video! Use this [temporary form](#) to send in your submission.

We also have new [Contributor Guidelines for Lifeline: Stories of Recovery Blog on OA.org](#) available to give you ideas for recovery topics and suggestions to put your share in shape for publication. Check it out!

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## Signs of a Spiritual Awakening

- The tendency to think and act spontaneously rather than on fears based on past experiences
- A loss of interest in judging one's self and others
- Loss of interest in conflict
- Loss of ability to worry
- Frequent overwhelming episodes of appreciation
- Contented feelings of connectedness with others and nature
- Frequent attacks of smiling
- Increased tendency to let things happen rather than make them happen
- Increased susceptibility to the love extended by others
- Uncontrollable urge to extend love





# Recovery Toolbox

The nine tools are a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service.

## Literature

We of Overeaters Anonymous read a variety of OA-approved literature. Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and Twelve Traditions. All our literature provides insight into our problem of eating compulsively, strength to deal with it and the very real hope that there is a solution for us.

Here is an overview of the literature available:

**Books:** Overeaters Anonymous, The Twelve Steps and Twelve Traditions of Overeaters Anonymous; Alcoholics Anonymous Basic Text; Abstinence: Members of OA's Share Their Experience, Strength, and Hope; Seeking the Spiritual Path, A Collection from Lifeline; A New Beginning: Stories of Recovery from Relapse; Beyond Our Wildest Dreams and many more.

**Daily Readers:** quotations from Conference and Board approved OA literature that have helped members in working the program and to reflect on how those words continue to inspire them in their recovery. Our daily readers are Voices of Recovery and For Today. We have workbooks for each that provide thought provoking questions for each of the daily readings.

**Pamphlets:** unbound booklet used to provide information on a single topic like: Where do I start from here, Questions and Answers, To the Teen, Guides for Sponsorship, Before You Take the First Compulsive Bite, Tools of Recovery, If God Spoke to OA, OA Members Come in All Sizes and many more.

**Lifeline:** The International Monthly Magazine of Overeaters Anonymous. It is a meeting on the go which presents the experiences and opinions of OA members and members of World Service Office staff as directed by the Board of Trustees.

## Handbooks:

The Twelve Step Workshop and Study Guide (Workshop Leader's Guide) The Twelve Step Workshop and Study Guide (Participant's Workbook) This can be used for a 15 accelerated, intensive Twelve Step Workshop Sessions for a group or for individual use with a sponsor.

I Put My Hand in Yours by Rozanne S. This is a reprint of the first program guide of OA. You will learn what OA was like during its first eight years; how we started groups, what meetings were like, who ran our little General Service Office and other fascinating historical facts about OA.

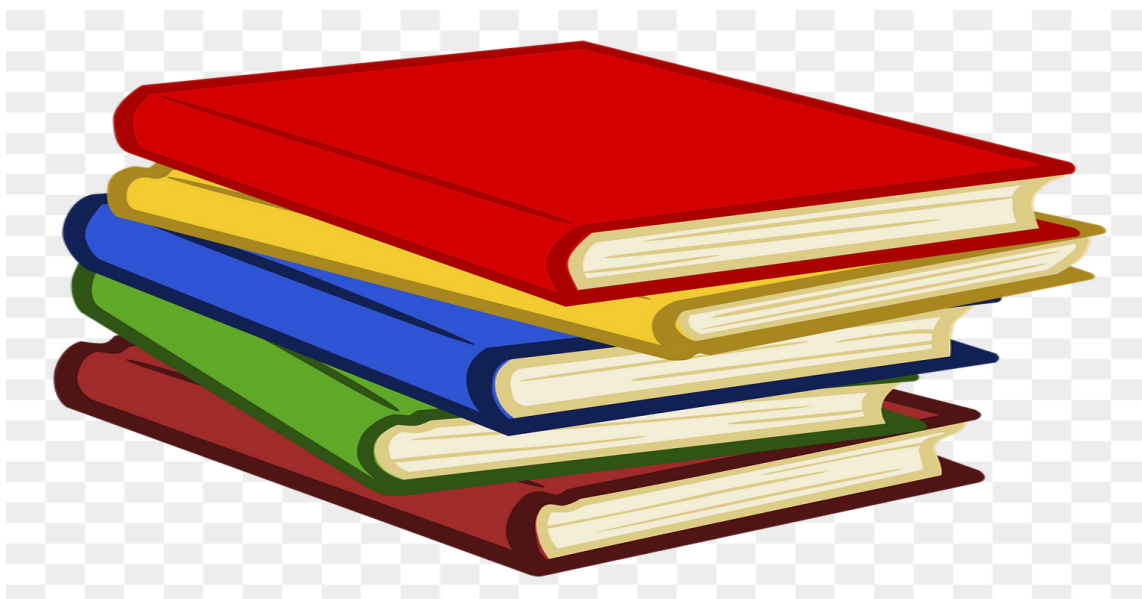
Professional Outreach Manual: Before beginning your service work with institutions and professionals, familiarize yourself with OA's Twelve Traditions.

Twelve-Step-Within Handbook: This is designed to help individuals, groups and service bodies carry the message of recovery to those within the OA Fellowship who still suffer and to make Twelve-Step-Within information available to all.

Service and Traditions Workshop Manual: A Guide to Planning and Leading Service and Tradition Workshops.

**Free Literature!** We have literature that has been donated back to the Intergroup Literature position due to meetings ending in person or meetings closing permanently.

Please contact Victoria the Intergroup Literature Chair for any literature needs or questions at [literature@lvoa.org](mailto:literature@lvoa.org) or 702-379-9583.



# Food for Thought -Member Shares

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*I am learning to trust myself by getting to know my Higher Power and then trusting the guidance I receive--Helen Neujahr*

I can look back and see where I was blessed all along, I just didn't realize it. I was too busy looking at the sad things in my life and not being grateful or being able to see the good. I made some bad decisions that turned into mistakes that shaped my view of who I am. The Steps taught me how to change myself and helped me become someone I wanted to be. Life is better when I feel gratitude and serenity and I can trust my instincts. It's easier to live this life with program and the love of a Higher Power. I can now see where I needed to go through those times in order to reach the point where I would listen and work the steps. Miracles and guidance are all around me. I just need to pay attention.

–Anonymous

## *THE ABCs of Gratitude*

At a recent meeting, a member shared a strategy she uses when she has a hard time sleeping. She explained that when she wakes in the middle of the night and can't go back to sleep because of the thoughts racing through her head, she has learned to turn her thoughts to things she is grateful for and does it alphabetically.

Generally speaking, I don't typically awaken during the night so I didn't think much about it. I have heard in the rooms, "Take what you like and leave the rest". Long ago I heard a member change it to "Take what you like and FILE the rest". You never know when you will need what you once thought was not applicable.

A few weeks later, the ABCs of gratitude floated through my mind. Most nights I have a hard time falling asleep and it finally came to me I should try this strategy. In my head I started: A - Abstinence, Adam B- the "Boys" and so on.

It worked! I have utilized this many nights. The furthest I can remember getting is to letter L. Sometimes I think I should start at Z and go backwards...but I am not that talented! 😊 A-D are well worn.

– Karen S



# Spiritual Principles of the Program

Your spiritual principles encompass your way of doing, being, thinking, believing, and engaging with the world around you. Each Step, Tradition and Concept of OA has a corresponding principle in which we can strive to live by.

October (10)  
Perseverance  
Neutrality  
Clarity

November (11)  
Spiritual Awareness  
Anonymity  
Humility

December (12)  
Service  
Guidelines  
Spirituality

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## Quick and easy Tenth Step

My life is hectic, but recovery is my first priority. I am always looking for quick and useful ways to incorporate the steps into my daily life. Since I could not find a tenth step inventory that worked for me, I created one.

It is based on the vowels we all learned in elementary school – A, E, I, O, U and sometimes Y. As I run through the vowels I assess how I am doing in five different areas by asking myself simple questions this is how it works for me:

A : Abstinence

Did I follow my food plan? Did I ask for God's help? Have I thanked God for the gift of abstinence today?

E: Exercise

What form of exercise did I do today? Or was I physically active in some way to use the energy of the day?

I: Self-Care

How well did I care for myself today? Did I use positive self talk? Did I set the boundaries that I needed? Did I eat with dignity?

O: Others

How did I treat the people around me?

U: Uncover Feelings

Did I deal with my feelings appropriately today instead of eating to hide them?

Y: YAHOO! Celebrate

What did I do right today? What can I be grateful for?

The questions that I use changes as my recovery changes or as the day dictates but I always use the same “topics”. I can run through these six topics in just a few minutes whenever I need them – while planning the day, during the day when I need reflection and guidance, or during a quiet moment in the evening. This keeps me on my path of recovery. I challenge you to create your own inventory, using whatever simple ideas work for you.

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## Intensive Spiritual Care

Today I wrote to a former sponsor who had moved 2,000 miles away. From sharing with her, the awareness came that I've been feeling spiritually bankrupt lately and have started craving more food.

I changed my food plan in hopes of regaining some control. That did not do it. I went to more meetings and made lots of calls. I was going through all the motions, but I still felt empty. I've been in OA for 19 years, so I knew food was not the answer. Yet, I craved more.

I read, wrote and prayed. Nothing was being absorbed. Or so I thought. I decided to ask for more help. This was my life I was trying to save. So, I connected with three sponsors to talk and learn from. I was in for intensive care. But getting honest about needing help was very difficult for me.

Then I opened up "How it Works" in the "Big Book". I decided to make a current fear inventory. All my fears were about the future; the "what ifs" were draining me emotionally.

"Perhaps there is a better way" on page 68 spoke to me. I have to renew my trust in God. I have to rely on God. I'm in the world to play the role He assigns. I always think I'm supposed to know how to run things. That's my control issue. I become fearful because I don't know all that much. When things break down, when someone gets sick, when my family needs help, I become fearful that I won't be able to fix it. I want the problem to completely go away. Except, by eating again, I go away! Craving more food is a symptom.

The spiritual recovery becomes my foundation once more. Following a healthy plan of eating one day, one meal at a time,

I still must humbly rely on God to help me meet each of life's situations calmly and serenely. I must do this without eating compulsively. I don't need extra food; I need God.

Any food plan can work if it's healthy, but I must be spiritually fit. That's what I pray for. This is my second day of abstinence. The feeling of freedom amidst the storm is ignited once more. Thank you, God, for OA and for keeping me in the rooms, no matter what - *Anonymous Bronx, NY*

## The Locus of Being

I have come to believe that I need to change from a self-centered individual to a God-centered being. As a self-centered individual, I am doomed to a reckless path of existence-miserable, never satisfied, at odds with the world and in need of something to fill me up. This emptiness was formerly filled with food and is currently filled with a myriad of distractions.

When I recognize that this is a prison I live in, I am reminded to seek the sanity of my HP, not just as a security blanket but as a locus of being. When I do this, by prayer, by meditation, by right action and right thinking, I am immediately swept into a sense of well being and rightness with the world. When I am one with my Higher Power, I feel in sync, in the flow, accepting and attuned to the workings of the universe. Is this a sane way to live? I think so! - *SF Encino, CA*

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# My Life is the Message

At the end of the description of the tool of service, OA's "Tools of Recovery" pamphlet says, "we are promised a life of sane and happy usefulness as a result of working the Twelve Steps, and service helps fulfill that promise". Service is the culmination of all the willingness I have been carrying out in the Steps and in the rest of the tools-to all those whose lives I touch.

Compulsive overeating is not just about eating too much or too often. Compulsive overeating seems to be more a disease of attitudes. The compulsive overeating is a symptom of attitudes waiting to be transformed. Through OA, my negative attitudes are transformed into positive attitudes and actions. My cowardice is being turned into courage; my dishonesty into honesty and integrity; my laziness into perseverance; my fear into faith; and my resentments and hatred turned into love and acceptance. I have heard it said that service is love in action, and I am proving it.

Since I have been in program, I have had the privilege and honor to hold several service positions at the group and intergroup level. My recovery is blossoming as a result.

I very much adhere to the concept of service outlined in Step Twelve and Tradition Five.

When I was a young person, my father would often say to me that being useful is the most important thing in life. I thought he meant I should be a rescuer and a caretaker of others. I have since come to realize that he was talking about service.

Before I had any recovery, my disease of compulsive overeating was apparent, both in my physical being and in my attitudes and actions; now my recovery shows to

everyone I touch. My life is carrying the message and being of service, as a result of a spiritual awakening.

I have an anonymous quote I think is pertinent: "I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother, and I found all three." I am the beneficiary of my own love and acceptance because I also experience the love I am willing to share with others. I am extremely grateful for the privilege of being a member of this program.

Service means that I am a regular at my meetings, and that I share how the program works in my life. I share what doesn't work in my life, and am available to newcomers and others who reach out to me for an uncritical ear. And I try to be willing to love others until they learn to love themselves. Then I continue to love them. I can only give back what I so generously have been given in OA.

*-PML Riverside, CA*

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# The Eleventh Step Prayer

Twelve Steps and Twelve Traditions, p. 99

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen

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## Carry the Message!! Writers Needed for the Jan-Mar 2023 Newsletter!

Topics:

- God Shot
- Tools of the Program
- The Promises of the Program
- Spiritual Principles of the Program
- Food for Thought - Member shares
- Outside of the Comfort Zone

Please consider sharing your experience, strength and hope to the fellowship.

Please contact Karen S with any questions. [karenlvoa@gmail.com](mailto:karenlvoa@gmail.com)

## Together We Get Better!



**THERE IS NO ENLIGHTENMENT FROM THE REFRIGERATOR LIGHT!**

A Day of Abstinence Hybrid Workshop

Saturday, January 7, 2023, 12:30 p.m. – 3:30 p.m.

In Person at Epiphany Lutheran Church

314 W. Valette Street, Elmhurst, IL 60126

Register by emailing or texting Dawn R:

[newdawn090220@gmail.com](mailto:newdawn090220@gmail.com)

224/325-1901

Zoom information available to registrants by 01/06/2023 Sponsored by CHI-WIF Intergroup  
– [WWW.CHI](http://WWW.CHI)