

2015 Lifeline Topics

You may write about any subject important to your recovery from compulsive eating. Lifeline also accepts letters, artwork and photos (no faces, please) for publication. Send your submissions to Lifeline, PO Box 44020, Rio Rancho, NM 87174-4020 or email at info@oa.org. Indicate the topic and month for which you are submitting the article. Typed letters by e-mail are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print. Thank you.

January (Deadline: 9/15/14)

Using the Action Plan Instead of New Year's Resolutions

How is the action plan tool more useful to you than New Year's resolutions? How do you set goals and make life changes now that you started working the OA program of recovery?

How OA Changed My Life

Describe your physical, emotional and/or spiritual life before and after being in OA.

February (Deadline: 10/15/14)

Carrying the OA Message to Diverse Groups

What is your experience with carrying the OA message to people of a different age, gender, race or culture than yours? How did you overcome any reluctance, fear or shame? How did discovering your common bond impact you? How do the concepts "We are the message" and "Attraction, not promotion" fit into carrying the message to diverse groups?

Unity Day

February 28 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.

Lifeline: An OA Service

What is the role of Lifeline magazine in your recovery? How has giving service by writing for Lifeline helped you? Describe a time when someone else's Lifeline story helped you.

March (Deadline: 11/15/14)

Sponsorship: Having a Sponsor, Being a Sponsor

What did having a sponsor do for your recovery? What did becoming a sponsor do? What are your responsibilities as a sponsee? As a sponsor? How have your responsibilities as a sponsee guided you? How have your responsibilities as a sponsor guided you?

Gems From My Sponsor

Share the gems of wisdom and inspiration from your sponsor that have had a profound impact on your recovery.

April (Deadline: 12/15/14)

The Steps Made Simple

What strategies did you use to make working all Twelve Steps manageable? How did you break down the large task of working all Twelve Steps into smaller pieces? How did you "Keep it simple" while working the Twelve Steps? What is the importance of working all Twelve Steps? What role does working the Twelve Steps more than once play?

Step Principles

How did you learn about the Step Principles? How do you practice the Step Principles? How have the Step Principles helped your recovery?

May/June (Deadline: 1/15/15)

Lessons From Relapse

What led to relapse for you? What did your experience of relapse teach you about the disease of compulsive eating? How did OA's membership requirement, "a desire to stop eating compulsively" as stated in Tradition Three, help you come out of relapse?

Twelfth Step Within

Describe your experience giving Twelfth-Step-Within service by encouraging existing OA members to become or remain abstinent, work the Twelve Steps and give service to the best of their ability. How did you find the willingness to give this important service? What did you do to be available and to support OA members in relapse? Twelfth-Step-Within Day is December 12. Share your ideas for events OA groups can start working on now to be ready.

July (Deadline: 3/15/15)

Generally Speaking

Write on any topic that is meaningful to you.

August (Deadline: 4/15/15)

My First OA Meeting

What finally got you to your first OA meeting? What do you remember most about your first OA meeting?

Strong, Healthy Meetings

What are the hallmarks of a strong, healthy meeting? What practices and principles can members encourage in their meetings to strengthen them?

Meeting Inspiration

Share your favorite meeting moments and best ideas for meetings full of fun, love and recovery.

September (Deadline: 5/15/15)

Changing Relationships: the "New Normal"

How have your relationships changed in recovery? What role did accepting your addiction for yourself play? What helped your family and friends accept it for themselves? What is your "new normal"?

Setting Healthy Boundaries

How do you set healthy boundaries in your relationships with loved ones and friends? How do you set healthy boundaries at work and at home? Share your experience, strength and hope for establishing healthy boundaries.

October (Deadline: 6/15/15)

Character Defects: An Examined Life

How did you break through denial and fear to face and acknowledge your character defects? What character defect has been the most troublesome and caused the greatest threat to your recovery? What role has the tool of writing played in coming to terms with character defects?

Serenity in a Nonstop World

What is the role of serenity in your program? What are the benefits of serenity? When does the Serenity Prayer help you most?

November/December (Deadline: 7/15/15)

Great Big Gratitude List

It's time to count our blessings together! Describe the gifts of the program you have received and share your gratitude for these gifts.

Giving Thanks

What role does gratitude play in your recovery? How did gratitude open your eyes to the gifts of the program? What has been your experience with keeping a gratitude list?

IDEA Day

International Day Experiencing Abstinence is November 21, encouraging OA members worldwide to begin or reaffirm their abstinence from compulsive eating. 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 the focus away from food, dealing with triggers and joining in the fun.

Holiday Magic

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