

NO NAME NEWS-LETTER

THE VOICE OF TUCSON AREA OA
November 1990

OVEREATERS ANONYMOUS PREAMBLE

Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

"There are no true leaders in this program. There are those who volunteer to accept responsibility. The work of carrying the program, leading group meetings, doing the work, speaking to groups,, doing 12th step calls are things I do on a volunteer basis. If I don't volunteer to do something,, the movement is that much less effective. Am I doing my share for this program?"

*September 30th "Thought for the Day"
Twenty-Four Hours a Day, Hazelden*

WHAT I WANTED

I wanted a lot of things when I came into OA over four years ago. I wanted to be thin. I knew that if I was thin, then everything else in my life would be great. If a magic wand couldn't be waved to make me thin, I at least wanted to be a star pupil of OA so that my fellow OA's would give me the standing ovations I deserved. I wanted a mighty cure that would wipe away all of my problems and make life exciting all of the time.

OA hasn't given me any of the things that I wanted. So why do I keep coming back? It must be because I am getting what I need. I have abstinence rather than a diet. Thinness hasn't descended upon me yet, but I like myself as I am Today and my abstinence is slowly taking care of the weight. I haven't become the Grand Guru of OA with all the accolades that might bring, but I have been accepted as I am. I haven't been zapped by a cure, but I have the twelve steps to help me accept and work through my problems. Ecstasy isn't yet mine, but I have serenity and a new way of thinking.

I was wrong. I have been given something that I wanted. My life is great. Thanks to God and OA.

Fred M., Sunday Men's Group

BUSINESS BRIEFS

NEW OFFICERS WERE ELECTED at the Intergroup meeting on October 20, 1990. Elvie T. (CO 103, 7-9 am & 7-10 pm) was elected chairperson; K.G. (CO 103) was elected treasurer and Elisa (CO 103) is the new WSO delegate. Current officers are listed on the Tucson Area meeting list. Other officers will be elected in October of next year, in keeping with the new alternate year election of officers. Thank you to all officers for their new and renewed service to Overeaters Anonymous.

MEETINGS AND GROUPS: Please remember to inform Jean S. (Intergroup Secretary, CO 103); of new officers in your groups. Jean is responsible for keeping WSO informed of group status and officers.

LITERATURE: Sue Lovinger is Literature Chairperson for Tucson OA Intergroup and will fill your orders for all conference-approved literature. This includes OA's new *The Twelve Steps of Overeaters Anonymous*. Please order from Sue at 711.

YOUNG PEOPLE--EDUCATE THE FELLOWSHIP

*Report by Naomi Nunnley
World Service Young People's Committee*

Compulsive overeating affects people of all ages, including children, teenagers and young adults. There has been some controversy in our fellowship with members who feel uncomfortable when young people attend meetings.

Young people are hurting compulsive overeaters; let's treat them as fellow sufferers. They should be given equal status. According to Tradition Three, "The only requirement for OA membership is a desire to stop eating compulsively."

There is a concern that some of the topics we share are too sensitive for young ears; we should be sharing intimate details one-on-one with a sponsor. . . not only for kids' sakes, but for newcomers who might be offended. In today's world, there isn't much young people haven't heard, and they need real answers for their real problems. A good solution might be to offer to sponsor an "offensive" sharer, to give them a more discreet forum to air their issues.

If we allow young people to come into our meetings and feel comfortable, they may get together and form their own meetings.

Because of the overwhelming increase in eating disorders in our youth, we need to do all we can to help young people in OA.

KEEP COMING BACK!! IT WORKS!!

THE 12 TRADITIONS OF OA: TRADITION ONE

Editor's Note: This is the first in a series of 12 articles about the Twelve Traditions, reprinted from The OA Reporter, the Tucson Area Intergroup newsletter in 1981.

Tradition One: Our common welfare should come first; personal recovery depends upon OA unity.

An important element in preserving unity is the use of conference-approved literature. The World Service Conference represents the membership worldwide. The literature explains the OA way, undiluted and undistorted by a different point of view as spiritual or scientific writings might present. It is especially important to newcomers to "keep it simple" by concentrating on OA ideas as they are presented in conference-approved literature.

Personal progress depends on harmonious working together of all group members. Working together requires a willingness to listen to the ideas of others with an open mind, sharing our views and then accepting the group's majority decision, not insisting that her view be accepted. Each of us, however, has a

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responsibility to express those views. It means sharing our experience, knowledge and inspiration. Participation is vital to everyone's growth.

Our meetings consist of talking and listening. Compulsive talking about personal grievances uses up limited meeting time and does not help the group nor the individual. When troubles weigh down our hearts and minds we can unburden ourselves one-to-one with a program buddy or sponsor. Compulsive silence can be stingy and can deprive the meeting of a member's experience. The silent member may reach new personal understanding by hearing her thoughts aloud.

Unity presents the necessary climate for the growth of OA as a whole and the atmosphere in which each member within the group may acquire peace of mind.

Judith H., Tucson

REGISTRATION STILL OPEN FOR NOVEMBER RETREAT

The registration deadline has been extended to November 21, 1990, for the Thanksgiving weekend retreat to be held Friday through Sunday, November 23-25 at Picture Rock Retreat in Tucson. Linda and Kelly

from Bothell, Washington, are the retreat leaders. Call Emmett at 296-7232 for more information or send the bright orange registration form (available at your OA meeting) to Emmett, BY NOVEMBER 21, at 8321 E. 3rd Street, Tucson, AZ 85710.

If you can't spend the whole weekend, check out the other option: Attend the whole retreat program for just \$20.00, not including meals or lodging. The program begins at 7:30 on Friday and ends at approximately noon on Sunday. If you choose this option, you still need to register for the retreat, so send in that form!!

Can you help with the retreat? Volunteers are urged to call Bruce, Special Events Coordinator, at 744-4011 to offer their service. The recovery you enhance may be your own.

CALENDAR OF EVENTS

THANKSGIVING DAY MARATHON

November 22, 1990, 10 am - 5 pm

TUCSON AREA RETREAT

November 23-25, 1990, Picture Rock Retreat

SEE ARTICLE ABOVE!!

SAN DIEGO COUNTY RETREAT

December 7-9, 1990

Contact :

CHRISTMAS DAY MARATHON

December 25, 1990 10 am - 5 pm

Phone:

UNITY DAY MARATHON

Saturday, February 166, 1991

Our Saviour's Lutheran Church, Tucson

WATCH THIS NEWSLETTER FOR MORE DETAILS

CAPTURE THE SPIRIT

Region II Conference

March 15-17, 1991, Houston, Texas

Contact: Ann

435 Reseda, I

OH NO, THE HOLIDAYS ARE HERE!!

It is hard for me to admit this, but I am looking toward the holiday season with a certain amount of dread and apprehension. I am sure it has something to do with the fact that I have been having trouble with my food lately and the holidays were always a good excuse for a binge. I don't want to do that this year.

One day at a time, I am grateful that I don't have to eat to avoid my feelings. I don't HAVE to feel like the turkey (stuffed) on Thanksgiving and I don't HAVE to have the holiday blues when December 25th rolls around. I can up my meetings every week; I can make more outreach calls; I can call my sponsor more often; I can call OA friends and see how they're doing; I can

read program literature (especially the new Twelve Steps that was just published); I can go to marathons (OA and AA); I can spend the holidays with people other than my family of origin, if that makes me more comfortable; I can call on my Higher Power to help me if the going gets rough; the list is practically endless.

It is so wonderful to have choices today. I never realized I had choices before coming into the program. Thank you all you fellow OA-ers, my new family, my spiritual community!

Anonymous, Tucson

SPIRITUAL MATTERS

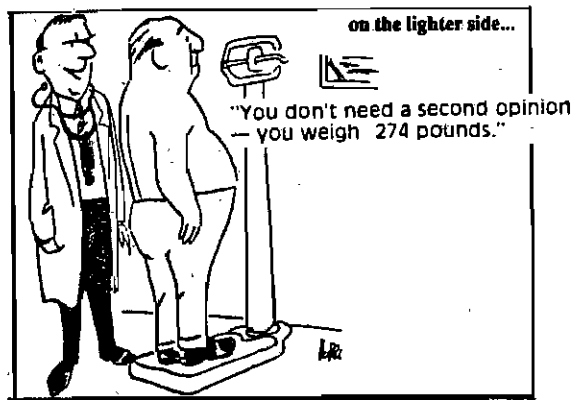
The term "spiritual" has many connotations. For those who are seeking recovery from compulsive overeating (and indeed for all who hope to make substantive changes in their lives through the twelve-step program), it is important to know how this word is defined in the basic text of the program as set forth in the first part of the Big Book of Alcoholics Anonymous.

Spiritual obviously pertains to "spirit" which is defined in Webster's New Collegiate Dictionary as "an animating or vital principle held to give life to physical organisms . . . the soul . . . the essential principle influencing a person . . . a special attitude and frame of mind."

The eminent psychiatrist Dr. Carl Jung, in his now famous conversation with an alcoholic, described a "spiritual awakening" in a way many hundreds of thousands of people have since experienced. He said, "Ideas, emotions and attitudes . . . are cast to one side, and a completely new set of conceptions and motives begin to dominate."

Too often, people who are working the twelve-step program use the terms "spiritual experience," and "spiritual awakening" as references only to sacred or religious matters. That is not how the Big Book sees it. The chapter titled "The Doctor's Opinion" describes in harrowing detail the condition of a person who compulsively drinks to excess, ending with the words, ". . . unless this person can experience an entire psychic change there is very little hope of his recovery."

The Big Book, then, considers a spiritual experience not a religious happening but a psychic--or emotional--change. Nowhere is it suggested that those who seek recovery in the twelve steps wait for God to make them abstinent and thin.



For those who come to OA seeking only weight reduction without the benefit of the twelve-step program, the term spiritual is even more inhibiting. "What does spirituality have to do with losing weight?" they ask. Spirituality has nothing to do with losing weight, unless we can see that what we weigh and how we eat to maintain, increase or decrease that weight are related to our thoughts and emotions.

What does spirituality have to do with losing weight?"

As one begins a program of psychic change, a completely new way of dealing with oneself and with the world emerges. Experiencing growth in oneself contributes greatly to self-esteem. No longer does one need to eat for gratification because gratification now comes from the process of living.

That does not mean we will never overeat. On the contrary, overeating is as natural as eating, and it is accepted as just that--a natural act over which one now has the power of choice. Perfection is not achievable in eating; life would be dull if it were. It is ludicrous to think that one should go through life never again eating anything "fattening," whatever that may mean. Yet many persist in believing themselves failures because they broke their "abstinence," or more accurately in this context, their diet. Since perfect abstinence from compulsive overeating is not achievable, why should it be the thing that determines one's worth in relationships with others and with oneself?

For people who have undergone a psychic change, weight is no longer a criterion for self-esteem. In fact, it is no longer a criterion for anything at all. Low self-esteem is the principal contributing factor in compulsive behavior. Esteem for oneself which arises out of weight loss alone is a set up for failure. Those who have lived a lifetime believing their low self-esteem is justified are addicted to failure, so they continue to seek failure to justify, over and over again, their feelings of low self-esteem.

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To become "addicted" to being happy, joyous and free, to become one for whom the power to choose is alive within oneself, to become one for whom food is no longer an enemy and for whom compulsive overeating has no payoff, and finally to become one who finds joy in experiencing growth and freedom--that is in fact the spiritual experience described over and over again in the Big Book.

*B.B., Los Angeles, California
reprinted from December 1985 Lifeline*

EDITOR'S CORNER

THANK YOU to everyone who submitted articles and information for this month's newsletter--including the Sunday afternoon Men's Group. Having different groups submit articles each month is wonderful. And, of course, any other submissions are greatly appreciated. Your experience, strength and hope put into writing can make a difference in some else's recovery, and certainly your own.

Please mail any articles, changes, corrections, or comments to Liz Lavis at 2821 North Sparkman, Tucson, AZ 85716 or call 326-1233. DEADLINE for the December newsletter is December 5, 1990 (for publication on December 22).

No Name Newsletter gives permission to any other 12-step anonymous group to reprint any article from this newsletter, as long as credit is given.

HANDLING THE MONEY

OA INTERGROUP makes donations to REGION and WSO in the name of all groups. Please send donations monthly after expenses and \$25.00 reserve.

GROUP NAME _____

MEETING DAY AND TIME _____

TOTAL AMOUNT ENCLOSED _____

Make Check Payable to: Tucson Area OA Intergroup. Mail form and donation to:

2821 North Sparkman
Tucson, AZ 85716

WE CARE!! CALL IF YOU NEED TO TALK!!