

HQW NEWSLETTER

MAY 1985

Honesty Openmindness Willingness

TUCSON



HAPPY MOTHER'S
DAY ! ! ! !

*Share your hopes, strength and experience:
11 copy to : EDITOR,
Tucson Arizona
or call Mary Jane. martha

Look to this day,
For it is life,
The very life of life.
In it's brief course lie all
the realities and verities of existence,
The bliss of growth,
The splendor of action,
The glory of power -
For yesterday is but a dream,
And tomorrow is only a vision,
But today, well lived,
Makes every yesterday a dream of happiness
And every tomorrow a vision of hope.

Look well, therefore, to this day.

Sanskrit Proverb

MY DISEASE

IN MY MIND, I PICTURE MY DISEASE AS A BIG STUPID CAT WITH OVAL SHAPED EYES THAT NEVER SHUT. I HAVE THIS CAT LOCKED UP IN A CAGE, BUT I MUST UNLOCK THAT CAGE THREE TIMES A DAY AND TAKE IT FOR A WALK. THE CAT DOESN'T LIKE THE CAGE AND WANTS TO BE FREE TO DESTROY ME. THE ONLY WAY I CAN GET HIM BACK IN THE CAGE EACH DAY, IS TO WEIGH AND MEASURE EVERY BITE I PUT INTO MY MOUTH FROM BLUE SHEET. I MUST ALSO USE ALL 7 TOOLS OF MY PROGRAM TO THE BEST OF MY ABILITY AND TRY TO INCREASE THE QUALITY OF THEIR USE. I MUST ALSO KEEP THE WILLPOWER TO GO TO ANY LENGTH TO KEEP WHAT I HAVE TODAY. I MUST NEVER GET LAX, BECAUSE I'M ONLY ONE BITE AWAY FROM A BINGE. I MUST REMEMBER THOSE 55 YEARS WHEN MY CAT WAS IN CONTROL!! I MUST ALSO REMEMBER THAT GOD IS DOING FOR ME, WHAT I TRYED SO HARD TO DO ALL THOSE YEARS AND FAILED. I KNOW WITHOUT A DOUBT, THAT AS LONG AS I TRY IN MY WEAK FALTERING WAY TO DO GOD'S WILL, MY FUTURE IS SECURE AND I WILL BE ABLE TO PUT MY CAT BACK IN HIS CAGE 1 more time. I humbly and gratefully thank you god for the strength to put my cat back in his cage - ONE DAY AT A TIME-

Betty S.

FOR TODAY

Waiting is one of the worst things to ask of a compulsive overeater. If I don't see results immediately, I get discouraged. In the days when I fought one obsession with another, I dieted compulsively, and jumped on the scale compulsively. I could put up with any discomfort, any deprivation- for varying lengths of time- as long as I did not have to suffer a "plateau"; to diet and lose no weight was intolerable. Clearly, when something is intolerable, it is abandoned - and so went every reducing scheme I ever tried.

THANK GOD I am not here to diet and lose weight.

EDITOR