

No Name News Letter

The voice of TUCSON OA for Oct., 1987



Hi! How may I help?

Tucson Area OA Inter-
group presents:

**"TURNING IT OVER"
Abstinence & Step 3**

Sunday, October 25, 1987 - 1:00-5:00 pm

Tucson General Hospital
3838 N. Campbell (at Prince)
Tucson Room A, second floor

For more information, call Gari-Sue,
886-8865, or any Intergroup officer.

There will be speakers and sharing
and an auction.

**"OUT OF THE FOOD, INTO
RECOVERY"**

Below is a policy statement on food
plans adopted by Conference '87:

"The 1987 WSO Conference of OA,
after careful consideration, believes
that offering food plans at OA meet-
ings is a violation of Tradition 10.

While each individual OA member
is free to choose their own personal
plan for abstinence, OA as a whole
cannot print, endorse or distribute
food plan information to members.

Nutrition is a most controversial
outside issue: the hiring of profes-
sionals to produce food plans for use
at meetings also violates the 8th
Tradition, as we need always remain
non-professional. Groups endorsing
any food plans by distributing them
at their meetings affect OA as a
whole.

We ask all groups, intergroups
and regions of OA to adhere to the
above policy statement and discon-
tinue the use of food plan informa-
tion at meetings.

We ought best concern ourselves
with our suggested program of re-
covery--the 12 steps."

WSO NOTEBOOK
Sept-Oct '87

helphelphelphelphelphelphelp

The Thursday GRATITUDE 5:30 step
study meeting needs your support.
There are 12 & 12's for newcomers. Old
timers, please bring yours. 739 E. 5th.

**TRADITION 1: Our common
welfare should come
first. Personal recovery
depends on OA unity.**

A First Tradition Committee meet-
ing was held in Phoenix for the pur-
pose of forming a statewide First
Tradition Committee. Five intergroups
were represented. Officers were
elected. There was long-range plan-
ing of FTC conventions, retreats and
marathons.

A Tucson Area FTC is in the plan-
ning stage. If you are interested,
please contact our WSO rep., Elvie T.,
or an Intergroup officer.

WELCOME, NEWCOMERS!!!

WE WANT TO SHARE THE PROGRAM WITH YOU.
WE ARE SEEING MANY OF YOU AT ALL OUR
MEETINGS AND MANY OF YOU ARE BEING
CALLED BY "OLD TIMERS." SOME MEETINGS ARE
PLANNING A SPECIAL TIME FOR "NEWCOMERS
MEETINGS" AS A PART OF THEIR FORMAT.

HOWEVER, REMEMBER WE ARE NOT profes-
sionals BUT RECOVERING COMPULSIVE OVER-
EATERS, TOO. SO--PLEASE TAKE PHONE
NUMBERS AND CALL US. IT HELPS OUR RE-
COVERY, TOO! ASK QUESTIONS UNTIL YOU FIND
OUT WHAT YOU WANT TO KNOW. WE OFFER YOU
A PLACE WHERE YOU WILL BE ACCEPTED AND
UNDERSTOOD. WE'VE BEEN THERE & ARE
THERE NOW, LIKE ALL COMPULSIVE PEOPLE.

KEEP COMING BACK!!!

"OA IS NOT A DIET CLUB" is the title of
our newest pamphlet. Below are some
of its informative paragraphs:

Many people come to OA expecting
diets, weigh-ins and lectures on food
and weight. To their surprise (and
often relief), they find that OA
offers none of these things.

Why?

Because food and weight are only
symptoms of our problem. We use food
as the alcoholic uses alcohol and the
drug addict uses drugs. While a diet
can help us lose weight, it often in-
tensifies the compulsion to overeat.

... We in OA believe we have a
threefold illness--physical, emotional,
and spiritual. Tens of thousands of
us have found that the twelve-step
program offered by O.A. effect re-
covery on all three levels.