

**JUNE**

**HOW**

**1993**

**OVEREATERS ANONYMOUS  
NEWSLETTER**

*Tucson, Arizona*



**THE ROSE**

It's only a tiny rosebud,  
A flower of God's design,  
But I cannot unfold the petals  
With these clumsy hands of mine.

The secret of unfolding flowers  
Is not known to such as I.  
The flower God opens so sweetly  
In my hands would fade and die.

If I cannot unfold a rosebud,  
This flower of God's design,  
Then how can I think I have wisdom  
To unfold this life of mine?

So I'll trust in Him for His leading  
Each moment of everyday,  
And I'll look to Him for His guidance  
Each step of the OA way.

For the pathway that lies before me  
My heavenly father knows.  
I'll trust Him to unfold the moments  
Just as He unfolds the rose.  
Bob M.



I RECENTLY READ AN ARTICLE IN A LIFELINE about a NEWCOMER WHO FELT THAT THERE WERE MORE REASONS WHY SHE COULDN'T STOP OVEREATING THAN REASONS WHY SHE COULD. HER SPONSOR HAD HER MAKE A LIST OF REASONS WHY SHE COULD NOT BE ABSTINENT. IT WAS VERY LONG. HER SPONSOR SAID SHE WOULD KEEP THIS LIST UNTIL THE SPONSOREE TOOK HER 30 DAY CHIP. THEN..... SHE MADE A LIST TELLING WHY SHE COULD BE ABSTINENT! IT WAS MUCH SHORTER. THEY DISCUSSED IT AND ADDED A FEW MORE ITEMS. THEN THE SPONSOR TOLD HER TO READ THIS DAILY AND WHENEVER SHE WAS HAVING A PROBLEM. WHEN THE 30 DAYS WERE UP THE SPONSOR HANDED HER THE "I CAN'T" LIST. SHE HAD FORGOTTEN IT COMPLETELY. INSTEAD OF FOCUSING ON THE NEGATIVES, SHE HAD FOCUSED ON THE POSITIVES... AND THE POSITIVES HAD WON!!!!!!!!!!!!!!!!!!!!!! THIS REALLY IMPRESSED ME BECAUSE THERE ARE MANY MANY "I CAN'TS" IN MY LIFE. MAYBE JUST MAYBE I CAN ELIMINATE THE "I CAN'TS" AND GET TO A MORE POSITIVE PLACE WHERE I CAN WITH GOD'S HELP OVERCOME THE NEGATIVES AND START LIVING A MORE POSITIVE AND JOYFUL LIFE.

LOVE, LOIS

THANK YOU FOR THE WONDERFUL LETTER LOIS!!!  
I ALSO READ THAT ARTICLE AND I GUESS I'LL DIG IT OUT AND RE-READ IT! THANK YOU AGAIN!!

XX  
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DON'T FORGET THE NEWCOMERS MEETING...EVERY TUESDAY NIGHT AT 7:00 P.M. AT ST. JAMES METHODIST CHURCH ON CAMPBELL (3255 RM. 6)

ALSO YOUR INTERGROUP MEETS EVERY THIRD SATURDAY OF EACH MONTH AT UMC DINING ROOM. AS ALWAYS... ALL ARE WELCOMED AND ENCOURAGED TO PARTICIPATE. NEXT MEETING IS SCHEDULED FOR JULY 17th AT 10:00 A.M.

BELOW PLEASE READ ABOUT THE UPCOMING CONVENTION!!!!!!!!!!

THERE IS STILL TIME TO GET IN ON THE EARLY BIRD RATES!! SEE YOU THERE!!

CALLING ALL CONVENTIONEERS!  
**REGISTRATION FORMS  
AVAILABLE FOR  
SAN FRANCISCO '93!**

The clanging of the cable cars on their way to Fisherman's Wharf. The majesty of the sun setting behind the Golden Gate Bridge. Hundreds of compulsive overeaters gathered for fun and recovery. These are the sights and sounds of Convention '93 as we cross the Bridges to Recovery, August 26-29 in San Francisco!

You'll feel not only the excitement of Convention, but the enchantment of a "City by the Bay" just thirty minutes from our Convention site, the beautiful Hyatt Regency San Francisco Airport.

This year's World Service Convention features over 100 fulfilling activities, including fourth-step workshops and sessions on thought-provoking topics. All this — and the fabulous Saturday night dinner/dance!

Join us at the special early-bird rate of \$25 through July 7. (See registration form for special room rates and Saturday night dinner tickets.)

For registration forms, contact your local group or intergroup. If not available there, send a stamped, self-addressed business-sized envelope to:  
World Service Office, P.O.

Box 92870, Los Angeles, CA 90009. Remember

— your completed form must reach the WSO by July 7, 1993, to qualify for the early-bird discount.



# LET'S BE SENSITIVE

## TO NEWCOMERS . . .

### *Remember your first meeting?*

I remember attending my first OA meeting. If I hadn't been dropped off, I'm sure I could not have gone in that big building alone. I had no idea what to expect. What do they do behind those big walls? Would I be welcome? Most of all, *I wanted to be welcome!*

I was so frightened when I came, but I was treated with such love and warmth that I can't help but ask myself: "Do I treat others with that same love and warmth?" Peter Marshall once wrote, "Treat everyone you meet as though his heart is breaking. It probably is." What a statement and how very often true. We need to take the time to be loving with the newcomer. Someone took time for me, and that's why I'm still here today. If we don't have the time, make time. Often times it doesn't take all that much time. Just a kind word or touch is all that might be needed.

Just a couple of nights ago, I became a newcomer at a meeting I had never attended. I walked into the room thinking I would just sit in a corner and listen. I was feeling hurt and lonely and I just didn't feel like talking. I have a clipping on my desk that reads, "THE ROAD TO SUCCESS IS USUALLY UNDER CONSTRUCTION".

Believe me, my life really seemed under construction that night.

Before I knew it, however, that beautiful group of people crept into my heart. The hurt and loneliness was gone and I found myself listening and sharing along with them. What a night! I went home with the love and serenity I went searching for. The hand of OA was truly in that place.

I remember those printed words in one of our meeting rooms, "I am responsible. When anyone, anywhere, reaches out for help I want the hand of OA always to be there. And for that, I am responsible."

I have to remember I was a lonely stranger once and OA took me in. I am OA today.

...AA Newsletter

A LITTLE NOTE FROM ELLEN B.....

WHEN YOU GET STUCK, REFRAHE.

LOOK AT IT ANOTHER WAY....

IS IT A CATERPILLAR'S END OR A

BUTTERFLY'S BEGINNING?

IS THIS OBSTACLE A BLOCK OR A STEPPING

STONE?

IS THIS A TERRIBLE MISTAKE OR A

WONDERFUL OPPORTUNITY TO LEARN?

XX  
XX

**NOT SHE IS STAYING** (with a smiley face)  
POLA WENT LOTS OF CARDS AND LETTERS AND PHONE CALLS TO GET SHE GETS SETTLED...  
POLA...  
RV...  
SAO PAOLA BRAZIL 1447-10  
PHONE- SS II 87-2557

### I'M SPECIAL ♥ ♥ ♥ ♥ ♥

- I'm SPECIAL . . .  
In all the world there's nobody like me.  
Nobody has my smile.  
Nobody has my eyes, nose, hair, or voice.
- I'm SPECIAL . . .  
No one laughs like me or cries like me.  
No one see things just as I do.  
No one reacts just as I would react.
- I'm SPECIAL . . .  
I'm the only one in all creation who has my set of abilities.  
My unique combination of gifts, talents, and abilities are an original symphony.
- I'm SPECIAL . . .  
I'm rare.  
And in all rarity there is great value.  
I need not imitate others.  
I will accept - yes, celebrate - my differences.
- I'm SPECIAL . . .  
And I'm beginning to see that God made me special for a very special purpose.  
God has a job for me that no one else can do as well as I do. Out of all the applicants only one is qualified.  
That one is me.  
Because . . . I'm SPECIAL!

Anonymous

SUBMITTED BY BOB S. TEL 11

# THE 10 IRRATIONAL BELIEFS OF THE ADDICTED MIND

1. My self-esteem is dependent upon my being approved of by everybody on this planet.

*My self-esteem is not dependent upon pleasing others. Approval seeking takes me away from who I am.*

2. If I am to consider myself worthwhile, I must excel, achieve, win and display glowing competence at all times, in all places, and at all costs.

*My self-worth is not based solely upon what I do or achieve. I am enough right now.*

3. All things that go wrong in my life are caused by other people. These people need to be blamed and punished.

*Healing must begin in my own mind.*

4. If external situations in my life are not exactly how I want them to be, I must feel tense, worry endlessly, and expect a disaster to occur within seconds.

*If I want to change my life, I must first change my mind. What I experience is based on my thoughts and beliefs.*

5. If something negative happened in the past, I should be very concerned about it repeating itself in the future. It will help if I keep dwelling on the possibility of it occurring.

*The past is past.  
The future is in the future.  
The present is present.*

6. If I avoid painful issues and stuff down my emotions, I will be safe and happy.

*I trust in the unfolding of my life. Love has never abandoned me. I need but open my heart to it.*

7. I am weak and need to be dependent on somebody or something else.

*Share who you are with another. Don't look to another to make up for a lack in yourself.*

8. I should be very involved in, and upset about other people's problems.

*Fixing you will not fix me.*

9. There is one right way to view the world.

*There is another way to look at this. The world is not always clearly black and white.*

*If I am attached to being right, I am shutting the door on learning the lesson of love.*

10. I am limited in what I can do and the happiness that I can experience.

*Argue for your limitations and sure enough, they're yours.*

*jampolsky*

Look to this day  
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  
Submitted by Jan