



ANSWERING SERVICE  
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# The OA Reporter

VOLUME THREE, ISSUE FOUR

TUCSON AREA INTERGROUP

APRIL, 1980

## INTERGROUP NEWS

We met on March 22, Saturday, at 10:00a.m. at the Park Avenue Baptist Church, 4635 S. Park. There were 15 members in attendance. We voted on whether or not to combine both checking accounts into one fund. It was passed to okay one fund. The rest of the meeting was discussion and nothing else was settled upon. Donations for intergroup should be sent to Ethel Kirshner before each meeting. Each group is required to turn over 30% of it's earnings each and every month.

Her address is \_\_\_\_\_,  
Tucson, Arizona  
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## A POEM

One day through the door of OA I walked,  
Heard the buzzing and bustle of friendly talk.

Tired, empty, and full of despair, I  
found a chair and sat,  
I thought to myself, Lord! Will I always  
be miserable and Fat?

As I sat there and listened to the story  
being told,  
I felt a small ray of hope begin to  
unfold.

Then I spoke when my turn came to share,  
I watched the faces and I realized --  
they really care!

Those two small words, how precious they  
became,  
Somehow, my misery and despair were never  
the same. (Massachutt's Reporter)  
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## LET'S BE OYSTERS

The most important thing about the oyster is this: Irritations get into his shell. He does not like them. But when he cannot get rid of them, he uses the irritation to do the loveliest thing an oyster ever has a chance to do.

If there are irritations in our lives today, there is only one prescription: Make a pearl. It may have to be a pearl of patience, but, anyhow, make a pearl. And it takes faith and love to do it.

(Massachutt's Reporter)  
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## WORD FOR THE MONTH

This month's word is surrender. The Big Book describes surrender as the act of turning our will and our lives over to the care of God as we understand Him. Simple Hugh!!!

For me it is easier said than done. I have done it many times without knowing how exactly I did it.

For the past 3½ months I have lived with a lot of fear of the unknown. I could never quite turn all of the fear over. I lived just one day at a time and sometimes just one hour at a time. I couldn't quite figure out how to surrender the fear totally. I tried turning the fear to faith and that helped but didn't quite relieve it all, until yesterday. The thing that I feared came to pass.

When I woke in the morning, the phone was ringing. It was an OA member. She told me "think only of God's Will for you and strength to carry it out. Ask for nothing else just that." So I did what she said, I thought of nothing else just what God's Will was for me & to have the strength to carry it out. Even when my husband was getting angry because we forgot the insurance forms and had to go back to get them, all I said the whole way was the serenity prayer. I kept calm.

I made a decision which if it hadn't been God's Will I couldn't have made. You see I have trouble being assertive. I was assertive and feel great.

For me surrender is the total absence of my will by letting God even think for me. It was really neat. I am at peace. Karen S.  
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## ATTENTION

The opinions expressed in this and every newsletter are strictly those of the writer and not OA as a whole. Take what you want and leave the rest. With love.

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FIRST 21 DAYS

I found OA because, after all these years, I finally decided that I could not do it alone. This year I wouldn't even make any New Year's resolutions because I didn't want the guilt of breaking them. Soon I decided that this time (one more time) I was really going to do it. I made a big list of all the things I wasn't going to eat any more. I didn't even tell anyone about it because I didn't want anyone to know when I gave up. I planned my defeat. Only three days later I gave up. That was when I realized that I couldn't do it alone.

I heard about OA from a neighbor. I read her literature and decided to go with her to a meeting. I didn't know what to expect; but I walked in and found people just like me! A beautiful, friendly person, who soon became my food sponsor, explained about the newcomers packets and the program. Everyone made me feel welcome.

Oddly enough, my abstinence seemed to come semi-easily. Perhaps because I didn't really understand the program, even as I committed myself to it. But the more I work it, and the more I get into it, the more I realize that abstinence is more than just staying on my food plan. To me, abstinence has come to mean a commitment to learn to eat differently, using the tools to help myself.

My food sponsor is my biggest help with things. She started me in the program, explained things to me, gave me (and still gives) support. In our daily conversations, I try to work out problems, she asks how my day went and really cares how I'm doing on the whole. Without her, I wouldn't have made my second meeting.

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READ LIFELINE MONTHLY

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Lifeline is a magazine written and read by compulsive overeaters. So come on, subscribe, or contribute an article and enjoy Lifeline. If you have an experience or idea you would like to share with OA, send it to Lifeline or contact Sarita at 743-0160. She is serving on the national Lifeline and as your local Lifeline Representative.

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For OA meeting info call OA phonemate at 881-0624.

////ONE DAY AT A TIME////

FIRST 21 DAYS (Con't)

That second meeting, and all the others have brought home to me again and again how really great this program is. By being anonymous, I find it much easier to be honest with myself and with everyone else. I find that sharing with others and hearing what they have to share gives me many fresh ideas and many ways of looking at things. Being able to identify with someone, sharing similar experiences and feelings helps me more than I can say.

I have only recently realized what a help phone calls are. I love to talk but never before have I been able to talk about what is a major part of my existence: that is, my weight and what I eat. Of course, these aren't the only things talked about, they can be talked about and that's important to me. When I call someone else, they say it really helps them get through. When I'm helping them I'm really helping myself too; because I feel great after a call. Sometimes, something comes out that's been bothering me, maybe I don't even know it's bothering me until it comes out in a call. Being able to bring it out and talk about it relieves me of it's burden. Sometimes this happens to whoever I'm talking to and helps them.

What a joy OA is to me. In a short time I've come to know more about me and about my body and mind than I ever did before. I thank my Higher Power everyday for giving OA to me, one day at a time. Alison

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WORDS OF WISDOM

Hope is life eternal

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