

—(In Keeping With Anonumity!)
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Take What You Want & Leave The Rest!!!

The OA Newsletter With No Name (In Keeping With Anonymity!) contains opinions of the editor and members. Opinions expressed herein are not to be attributed to OA as a whole. Acceptance and printing of contributions does not imply OA nor editor endorsements.

WRITTEN CONTRIBUTIONS WELCOME! We reserve the right to edit. Requested anonymity will be honored; otherwise your first name will be used as a byline.

Mail Copy To: EDITOR, 4

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Phone Reporters: Doris, -

anytime, leave message.

Grace, . 5:30 to 9:30 p.m. and weekends.



Editor's Corner

How would you describe OA? It has some of the qualities of a hospice—a place of rest or shelter. It's called a program—a proposed or desired course of proceedings. It's been termed a fellowhips—the conditions of having common interests, ideals, experience, etc. We say "Welcome home," as it is also home to us. Home is a place thought of as a haven of acceptance no matter what we are or what we have done. Many of us had not grown up in that kind of home, but thanks to OA we now have such an opportunity. First, the better late than never chance to grow up, and the tremendous blessing of doing it in a happy, accepting home like atmoshpere.

The March 6th workshop proved to be just that kind of home. The subject, relationships, was covered from every possible angle by the four speakers. Elvie who Emceed it, called for a hug break. Hugs are for those we feel close to and an acceptance for. Hugs were everywhere, and that tells us better than any words can what OA is all about. You can express any feelings, any experiences and find you're still huggable, loveable and acceptable. OA has given me everything I've always wanted in a home. I am so grateful for this fellowship and each and every one of you that make it possible. The more honest and open we are with our "family" the more acceptance and love we find here. The authors of the "Big Book" knew that when they said we needed rigorous honesty, open mindedness and willingness.

Thanks family, for being there when I need you. In return, my desire is to be available to you whenever you need me. In love, and acceptance, I am as always,

Your anonymous Editor

Medative Thoughts

A workman is worthy of his hire. God is my Employer. As long as I do His work, (service), I know my needs will be provided, as He is a "Man of His word!"

A Simple Program For Complicated People

Compulsive Overeaters are some of the most complicated people in the world. They are usually extremists - hard at work or sound asleep. They are usually worriers - remorseful about their past and afraid for their futures. They are usually idealists - wanting to do big things and never seeming to accomplish them. They can always do the job better than the boss. They are dreamers, unwilling to face reality. But food, crafty and cunning - eventually brings them to their knees. Not knowing where to go they turn to OA for help.

And what looks like horrible defeat turns into glorious victory.

Through OA members learn how complicated they are. They learn how to live without food by simplifying their lives. ey learn how to overcome the remorse of the past. They learn they can do nothing about the future, until it arrives. One Day At A Time they can live an organized, simplified life - 24 hours - no more, no less. Through a simple program known as Overeaters Anonymous.

Adapted from Tucson AA Intergroup Newsletter

Connie Ann

for a more beautiful you!

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Intergroup Officers		Tucson OA Answering Service 628-2424
INTERGROUP MEETS 3rd SA	ATURDAY, 10 a.m., ANNEX 106 (West of U o	of A Hospital on Warren St.)
Your Intergroup Officers serv At Your Service in this capac	ve as your Steering Committee. city are:	PLEASE NOTE!
Chairperson: Dee P.	Lifeline Rep.:	OPEN OPEN
Secretary: Carolyn	Public Info: Connie Ann	The state of the s
Treasurer: Judith H.	Special Events: Hope	
WSO Delegate	Phone Chairperson: Levi	
& Bylaws Comm.: Elvie	Reporter: Doris	LA A V
Delegate: Belle	Reporter: Grace	
Literature: George S.	Newsletter Editor:	of the state of th
Ann: WSO Tapes	Tucson, Ari	rizona 85714 (15) 00 (16)
	ON US	

We Care!

Codes*

Operation Penpal

Operation Penpal is a service recently started by the Young Peoples Committee. Through this service, young people are given the chance to share this program of recovery with others just like themselves. It is open to all who would like to participate. If you would like to share your program with another young person please write: **OPERATION PENPAL**

P.O. Box 92870

Los Angeles, CA 90009

For information or a possible subscription to O.A. Young Peoples Conference Committee & Newsletter, write: P.O. Box 92870, Los Angeles, California 90009

of for a more beautiful you!

Literature

Tradition 5 is a little different from step 12. Take note: Tradition 5 — the group carries its messasge. Step 12 — we (the individual) carries *this* message. A subtle but powerful difference. The group is autonomous. This allows a variance in group messages. Group conscience varies from group to group. They are free to give the message as that group sees it.

Step 12 is this message, the message of The Steps as The Steps are given. No personal interpretation as conscience sees it. We read the steps, give them to others in a printed form. We carry this message AS IT IS. The subtle difference in the 12th Step and the 5th Tradition reflects the perfect wisdom excercised by Divine Wisdom in mapping out this plan of recovery so many years ago.

If a group (and Intergroup is a group) sees its message differently than you do, Tradition 5 grants the freedom to deliver that message (its message.) We do not govern each other.

How then can I protect OA's common welfare when in my opinion, it's being threatened by a group carrying "its message?" By letting go and letting God, i.e. Tradition 2: "For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Currently there is an issue Intergroup (IG) is working through. The issue is whether IG should carry non-conference approved literature. IG is made up of OA members willing to work together to carry its message. Working together becomes difficult when opinions are strong, and opposing. Much love, acceptance and wisdom surfaced as a result of discussing this issue. Your IG is growing! You could be there, serving and helping by being a voice in the group conscience. I'm grateful I was.

Doris C.

Book/Literature Report



Agnostic? Atheist? Religious? Religious burnout? Whatever your stand today may be, you'll find "your story" somewhere in the booklet Came to Believe ... The spiritual Adventure of A.A. as experienced by individual members.

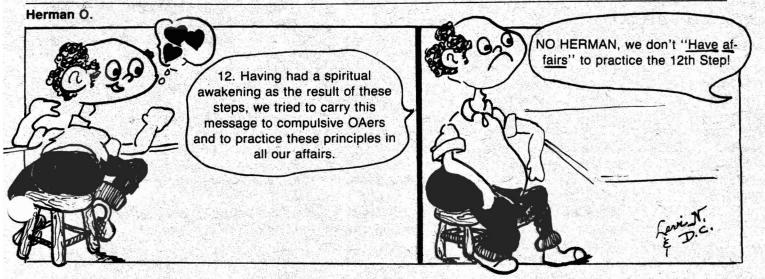
It is difficult for some to relate to Higher Power, or God as we understood Him when first coming to OA. That's OK. Keep oming back. No one is here to convert you to a religious belief. We learn we need only believe in a Power Greater Than Ourselves. Some chose to call it God others the group or fellowship. It's your choice in your time.

From the Foreword of Came to Believe:

"The description of AA as a 'spiritual program' has been confusing to some newcomers, many of who tend to translate 'spiritual' as 'religious.' But, as our co-founder Doctor Bob said (in an AA Grapevine article), 'We are not bound by theological doctrine ... We are many minds in our organization"

It has been of much interest to me. A friend recommended it. I bought it, but was less than enchanted, at first. It grew on me. I began to read a story a day. That's easy as they are short for the most part. If you pick up my copy today, you'll find much yellow and red, my method of marking sections important to me.

Came To Believe is 120 pages and includes the 12 Steps, \$1.75. If your meeting doesn't have it, ask your literature person to get it, or call George S. 299-9245. He'll FIND a way to get your copy to you. You WILL enjoy and grow with it, I believe! Editor



THE BOTTOM LINE IS LOVE



Comments We Have Heard!?!



- * I HATE that commercial--teaching little kids that sweet junk is love.
- * Three meals a day w/life in between

* Think before you eat! THINK, THINK THINK. And then think again!

- * Keep coming back
- * Easy does it; you're getting better and better all the time
- * Greet each day with love in your heart.
- * I use meeting lists to 12th step. Good handouts.
- * I need you.
- * Life by the yard is hard; by the inch is a cinch. ONE DAY AT A TIME!
- * Onward and upward to victory!

- * Just as our disease is progressive, so is abstinence progressive.
- * BE WILLING!
- * God without man is still God. Man without God is miserable.
- * Why not commit myself to RECOVERY?!
- Let go--ABSOLUTELY)
- * For today I'm OK.
- * Please call.
- * Abstinence is the most important thing in my life.
- * Want to lead next week?
- * With one eye looking at yesterday, and one eye looking at tomorrow, today sure gets to looking cockeyed!
- * The 12 steps set me free so I can walk in victory. I've said enough.

Smell The Daisies

Some of us were planning a camping trip. When only the idea for and agreement to were solidified, there were lots of questions, suggestions, pros and cons batted around. Where? Campground names and locations were shared. Late one night, across the phone came: "That would be a good place. One person going knows that trail and I know the other one."

Ah, yes! It FELT so good-confidence and peace by trusting our way to two friends that have been there!

This morning, during "my time with God," I was reading from "The Big Book" the chapter "Working With Others." On page 94 I came to, "Tell him you once felt as he does, but you doubt whether you would have made much progress had you not taken action." The previous night's phone conversation flashed into my mind. Yes, that's what sponsoring and 12th Step are all about. We share the trail. We let others know they don't have to pioneer their way into foreign land. We've been there. We know the trails and will lead them. We are instruments for removing the fear of the unknown. We are the map, the security blanket. We are not the taskmaster of a work crew. Good sponsoring as I understand it from the "Big Book" is walking with a still sick compulsive overeater and encouraging. We encourage by saying, "Yes, I understand; What worked for me is ...; Would you like to try ...; Have you thought of ..." These statements allow the sponsoree a choice.

We calmly reach out and choose, but when we are told "You gotta," many rebel (me for sure!) For me, sponsoring is being the friend that says 'I know the trail. I've been there. I can tell you what I found and assure you it works if you stay on the path.' I may point out the path goes this way, you may get lost if you wander there. But, I must allow my sponsoree the time to explore, the freedom to make mistakes. When I trust you, me and the program to God I can let you stop and smell the daisies I hadn't seen when I was there before you! If they make you sneeze, I believe God knew a good sneeze was just what you needed! In reality, for me, God is THE sponsor of us all, but he asks some of us to be sign posts showing the way. When I control, I am practicing my disease. When I know I'm practicing these principles in ALL my affairs, I am living the 1st Step with my sponsorees. I am powerless over them, but also Step 2 tells me that a Power Greater than me will restore their sanity. With that, I let go, and let God. My only action is being a trail guide leading (not controlling) you to the 'promised land'—freedom from compulsive overeating.

The promises of the program are at the bottom of page 83 and top of 84 in the "Big Book." Read them now, and see what the 'promised land' has to offer us!

-THE BOTTOM LINE IS LOVE

Love • Love