



# The OA Reporter

ANSWERING SERVICE  
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TUCSON AREA INTERGROUP

AUGUST 1981

## WORDS OF WISDOM

Sanity, not Vanity.

Resentments are those things we use to punish ourselves for the shortcomings of others.

Good judgement results from experiences - and experience results from bad judgement.

Judith H.

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## GROUND HOG SYNDROME

We need to be to beginners as Ground Hog Day is to a ground hog. A beginner, like a ground hog, can't take too much light, just enough to illuminate the new world out there, but not enough to cast a fearful shadow showing the dark side of truth. We don't scare beginners with talk of slips, growing pains, dangers of relationships or going crazy with excess food. We avoid scaring new people back into their burrows to endure another 6 weeks of winter.

We can show beginners that out here in the light the garden is restored; their innocence reborn. They are like the newborn learning to walk for the first time and we are guides and protectors; we don't lead them down slippery paths nor do we fill their heads with grim forebodings. We assure them that with us their long winter of discontent will end.

Judith H.

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## NEED HELP???

Call on Intergroup Offi

Judith Chairperson

Marilyn Treasurer

Karen K. Convention

Betty G. Literature

Jill Special Eve

Chairpers

Connie Ann Public Info

Chairpers

Charlene By-Laws Com

Chairper

Karen S. Newsletter

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## INTERGROUP CHANGED

The meeting date in Se  
up to the 12th because  
Marathon we are having  
Place - Same Time - All Welcome.  
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## WORD FOR THE MONTH - PARANOIA

Paranoia is thinking everyone is talking about me or judging me or being intolerant of me - me - me. I have to get outside of me to work my program.

I have heard some people say that paranoia is not an OA word. For me it is very much a part of my program and I cannot avoid it. It is one of my basic character defects that even after three years in program still plagues me intermittently. Yet it is also one that I have had the most success in dealing with.

First, I admit I am feeling paranoid and I am recognizing it sooner. Second, I accept that I am feeling this way because I am judging myself too harshly or intolerant of others or of myself or just plain not accepting people as being or acting the way I want. Third, I can take the action to delve into the source of my non-acceptance or I can do nothing and ask my Higher Power to handle it for me, depending on the reason for the paranoia.

The second step has been instrumental in my finding out who I am and why I feel this feeling. The third helps me take the action or make the decision to be or not to be me and to let go and let God and say the serenity prayer. Acceptance is the key word for me.

Karen S.

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## TREASURER'S REPORT

Donations:

Omni Group 29.00

TGIF 20.00

Sunday Sanity 30.05

Mon Brown Bag 7.00

Silhouettes 35.00

TOTAL: \$121.05

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## TRADITION TWO

In the program, there is no individual authority when we gather together as a group, we make group decisions by majority vote. And we have an informed group by listening to each individual's point of view and viewing various sides and facets of a problem. Participation is vital to everyone's growth.

We have leaders, but they do not exercise authority. Rather, they are willing servants,

devoting time, work, and love to the fellowship. They serve; they do not direct and do not control.

The time of service is limited because rotation contributes to sharing the work and sharing the experience and learning what each job provides. Rotation in jobs also contributes to the effective development of the group conscience. If one person holds a job too long, she may begin to feel indispensable and important and acquire a managing attitude. This in turn can drive newcomers and oldtimers away from the group or possibly the Program.

Tradition Two also affects sponsorship. As we guide, we share, listen, explain Program, layout choices available. We do not advise decisions or courses of action or exercise authority over another. In the Program we are equals, not controllers. There is one ultimate authority - not an individual member, not a clique of members which consider themselves special. No one speaks for God. It is a loving God as He may express Himself to each of us who forms our group conscience.

Judith H.

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#### TRADITION ONE

An important element in preserving unity is the use of conference-approved literature. The World Service Conference represents the membership worldwide. The literature explains the OA way, undiluted and undistorted by a different point of view as spiritual or scientific writings might present. It is especially important for newcomers to "keep it simple" by concentrating on OA ideas as they are presented in Conference-Approved Literature.

Personal progress depends on harmonious working together of all the group members. Working

together requires a willingness to listen to the ideas of others with an open mind, sharing our views and then accepting the group's majority decision, not insisting that his/her view be accepted. Each of us, however, has a responsibility to express those views. It means sharing our experience, knowledge, and inspiration. Participation is vital to everyone's growth.

Our meetings consist of talking and listening. Compulsive talking about personal grievances uses up limited meeting time and does not help the group nor the individual. When troubles weigh down our hearts and minds we can unburden ourselves one-to-one with a Program buddy or sponsor. Compulsive silence can be stingy and can deprive the meeting of a member's experience. The silent member may reach new personal understanding by hearing her thoughts aloud.

Unity presents the necessary climate for the growth of OA as a whole and the atmosphere in which each member within the group may acquire peace of mind.

Judith H.

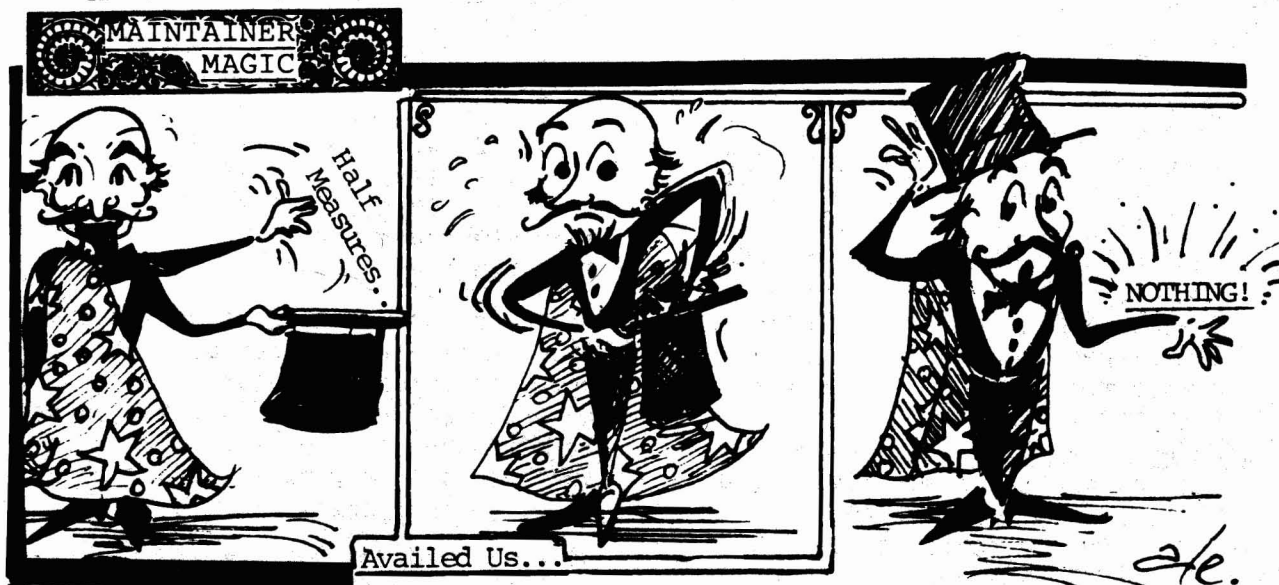
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#### DELEGATE'S CORNER

What is the purpose of the WSC?

The World Service Conference (WSC) is the annual meeting of the Delegates of OA which, ... shall serve as the collective conscience of the Fellowship of OA as a whole. At the Conference, essential matters such as revisions and amendments to our by-laws, recommendation and approval of new suggested policies, confirmation or eliminations of existing policies, election of trustees and other essential business of OA as a whole are discussed and voted upon.

\*\*\*\*\* Jill & Karen S.



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.

EDITOR INFORMATION  
If you have n's, call me, Karen S. at 887-9633 & write and send articles to my address - 18 N. 4th Avenue, Tucson, Arizona 85705. Share your program.  
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