# Newsletter With No Name FREE (In Keeping With Anonumitul)

—(In Keeping With Anonymity!) Published by Tucson Intergroup

August 1985

## 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: EDITOF

Phone Reporters: Doris

anytime, leave message.

Grace,

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



#### **Editor's Corner**

The monsoons are with us. There is an excitement in the air. Excitement was felt at the last Intergroup (IG) meeting, also. No, it wasn't a stormy meeting. Quite to the contrary, it was a very loving meeting that brought changes accompanied with mixed emotions. The officers of the past year have turned their expertise over to the incoming officers: Mary, Chairperson; Janet, Secretary; and Belle, Treasurer. Tremendous gratitude is in order from and each and every Tucson OAer for the services rendered by our IG officers. We extend a hearty welcome to the incoming officers, and a hand to those having served in the past year. IG is the backbone of a local OA. Without the services rendered by these folks, we would not have meeting lists, newsletters, literature readily available, public awareness to carry the message

to those still suffering, and an answering service for those finding out about OA to make their first contact. To find the friends who are doing this work, take a look at the IG Officers section on the top of page 2. You'll find more jobs than I have here mentioned. There is always more to be done. Why not come to an IG meeting? Bring your ideas for making OA the best functioning fellowship possible—a haven for recovery from our common disease. Share what you found good or lacking when you first came to a meeting. This is 12th step work in action. Come out of yourself, and be there, giving back a little of what you have received!

### **Tools of Recovery**

The tools: abstinence, sponsorship, phone calls, meetings, literature, anonymity, service, writing. We hear about the tools at most meetings. We share about the importance of using them regularly to work the steps and live a better life in recovery. The tools may be the instruments to "thoroughly follow" the path laid out by the "Big Book." What a comfort it can be to know we have a daily reprieve from our disease if we exercise the toools of the program. These tools turn working the program into living it. Which tools work best for me? Which tools are being neglected? Maybe we can make our lives easier by using the tools more. Let's hear about the success created by using the tools. After all, it's not any more effective to pound a nail with my hand than to try and live this program of recovery without tools!

Editors Note: OA has an excellent pamphlet available explaining the tools, although the tool of writing is not included in it. Ask for an explanation of writing as a tool at your next meeting if you are not familiar with it. IDEA: That could be subject matter for newsletter...why not write an article of what writing as a tool has done for you? Send it to the Editor for printing as a service to newcomers. Don't procrastine! Do it now!!! Thanks.

# for a more beautiful you!

## Intergroup Officers INTERGROUP MEETS 3rd SATURDAY, 10 a.m., ANNEX 106 (West of U of A Hospital on Warren St.) Your Intergroup Officers serve as your Steering Committee—at your service in this apacity are: Chairperson: Mary S. Secretary: Janet C. Treasurer: Belle **WSO Delegate**

& Bylaws Comm.: Elvi

Literature: George S. Ann: WSO Tapes

Delegate: Belle

Lifeline Rep.: Helen Public Info: Connie Ann Special Events: Hope

Phone Chairperson: Levi Reporter: Doris

Reporter: Grace Newsletter Edit



Call Reporters (see above) if you ... reach an obsolete number so we'can keep this list current ... have a change in your number ... are going to be gone a month or so ... want to be included in this listing!

# for a more beautiful you!

# FROM THE LIFELINE REPRESENTATIVE

If you are not a "Lifeline" fan already, I urge you to try our journal of recovery. It's a portable meeting — easy to carry and easy to read. And if you accidentally lose a copy of "Lifeline," it may very well start someone else on the road to recovery!

The June issue is now out. It has a good article on keeping the program simple, called "Dad's Approach." There's an article on bulemia and you'll want to find and read the letter in "Share It" sent in by a member of our own Tucson OA.

Helen



Editor's note: Helen, our new "Lifeline" Rep, has requested at IG, for us to bring our used copies that we are willing to part with, to meetings. If they are in real good condition, ask your IG Rep to get them to Helen for you (or bring them to IG yourself.) Helen will disperse them in libraries and other public places with the phone number of a contact person. More opportunity for 12th Step work!!! If they are written in or in not so good of conditon, you could still give them to meeting groups to be used as loaner copies. "Lifeline" truly IS a tool for recovery as well as carrying the message.

Thanks Helen, for the fine job your doing and the creativity you've brought to it!

#### - INTERGROUP NEEDS YOU!!!-

IG needs a representative from each meeting to bring the news, strengths and weaknesses of your meetings to be shared with all. As a result of so doing, you can strengthen other groups by sharing what is working well at your meetings. You can also get ideas and support to strengthen a weak, wanning meeting. Do come! IG needs a meeting place. We are outgrowing the present location. HELP!!! Call any IG officer if you know of a good central location.

IG needs volunteers from time to time to do miscellanious public service. Come to meetings, or call Connie Ann — IG officers section for her phone.

IG needs for you to call an IG officer to verify the meeting place, as we ARE looking for another location.

IG needs guests to bring new ideas to the local OA. All OA members are welcome.

IG meets the 3rd Saturday of each month at 10 a.m. SEE YA THERE, PARD'NER!!!-

## The Kaleidoscope

Oh what fun we had slowly turning our kaleidoscope before our youthful eyes. We revelled in ecstacy of color and patterns unfolding for our sheer pleasure.

Today, I see the kaleidoscop as an anology of life. All the color chips of varied sizes and shapes are us — people. Wherever we turn we encounter other people. We mirror each other and create beautiful patterns! Every person I encounter, joins with me and creates a new situation, one which will never again be exactly as it is now. We best enjoy it as we can never recapture it. As kids, we knew that with our kaleidoscopes. We held it so carefully as we shared a precious pattern with a friend. We knew we could never get THAT pattern back if it were lost.

What a lesson for me. I shall greet each moment as it were a kaleidoscope and feast my mind on all its intricacies. I will live, experience and cherish each and every now, for all it's worth! That is all I really have. When I turn to the next moment, I can either hold it, or move on, but I cannot go back. Nor can I jump 3 moves ahead. The kaleidoscope has taught me to appreciate the now, now.

Doris C.

#### The Wall

Today I can sit on the comfortable, shady side of the wall. The same wall I used to bang my head against or try desperately to climb over. Today I let my Higher Power handle me and take care of everything on the other side.

- THE BOTTOM LINE IS LOVE



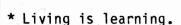
## Comments We Have Heard!?!



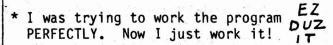
- \* God's will not mine!
- \* Anonymity (for me) is like virginity...Once I gave it up (and admitted WHAT I am), I wondered why I kept it so long.
- \* I'm going sane!
- \* My brain is like a sieve; I have to keep saying the slogans over and over.
- \* It works, especially if you work it!
- \* The way I see myself now, what did I look like when I was 42 pounds heavier???
- \* Please reach out to me; I can't do it alone.
- \* The journey toward sanity starts with 1st step.
- \* Turn it over!

\* Why do I LOVE to get phone calls but hate to make them?

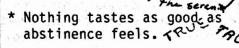


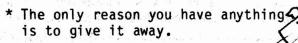


- \* Take your ego out in the desert and bury it.
- \* ONE DAY AT A TIME!



\* Ask God to help.





- \* Keep it simple, sweetie.
- \* Serenity and peace are found in OA.
- \* Thanks for being here.



## Newsletter "We Care" Fullfills the Responsibility Pledge

"I KNOW the Newsletter 'We Care' list is being used. I got a call from someone I didn't know and sometimes I need to do that too — call someone I don't know."

"It's so nice to have numbers to call when I really need to talk to somebody. Sometimes the numbers of people I know from meetings just aren't enough — none of them are home or the line is busy when I need to make a call. The Newsletter "We Care" list has been a life saver for me."

These comments were expressed to me. Have you felt this way? Have you heard such comments? Are you on the list? Is your number listed correctly? If you need to change your number, or codes, i.e. sponsor, time to call, etc., or if you want to use this service as a part of your recovery program — being willing to be of service to others (this is a real pleasant way to serve) call Doris 889-1695 or Grace 747-3166. We will make the necessary changes or additions for you. (You can leave the information on Doris' answering machine.)

I've made so many wonderful friends in O.A. I can't imagine life without them. All of them were strangers to me a year or so ago! Many if not most of my closest O.A. friends were made through phone calls. I can attach myself to someone at a meeting, but we really get to know each other and the bonding comes through the tool of phone calls. They are like the proverbial bread cast on waters. I've made many of them. God has blessed me when I hit a low spot with phone calls coming back to me. Just the past weekend I was in a slumpy mood. I have call holding on my phone — a near must for OAers! The 1st call came about 10 a.m. Saturday. A total of 5 calls came in consecutively! I never hung up, just disconnected one caller to receive the next. God knew what I needed! And, the slump receeded! Thanks O.A. for the tool of phone calls and to each of you that make them.

It seems fitting to close with the responsibility Pledge:

"When anyone, anywhere, reaches out for help, I want the hand of O.A. always to be there. And for that: I am respons ble."

For me, part of that responsibility is being on the Newsletter "We Care" list. How about you?

Doris C.