



OA Newsletter With No Name

(In Keeping With Anonymity!)

FREE

December, 1984

Published by Tucson Intergroup

Take What You Want & Leave The Rest !!

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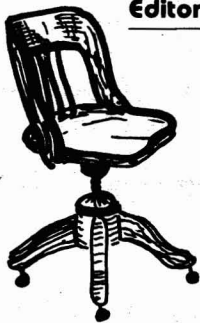
*CONTRIBUTIONS WELCOME! We reserve the right to edit. Requested anonymity will be honored; otherwise, your first name will be used as "byline."

*MAIL COPY TO: EDITOR, , Tucson, AZ. 85714.

*PHONE REPORTERS: Doris, anytime; leave message if not in.
Grace, 36, 5:30-9:30 p.m. and weekends.



Editor's Corner



Here we are in the month of Holidays. . . Hanukkah, Christmas, plus the usual birthdays and anniversaries! Cheers to each of you, whatever may be your celebration this month.

A special and warm thanks for your kind remarks and the gratefulness expressed for the efforts spent in producing a newsletter for the Fellowship. It's a fun job. It's also a time consuming job, and knowing you read it and look forward to it is payment in full!!!!

An important factor in this Fellowship's program is SERVICE. If we want to have good results with our program we must give back to it. The Big Book tells us that over and over. There are several openings that REALLY NEED to be filled. It takes people to fill these positions. Our willing and serving Intergroup Chairperson has made known to us the work that need to be done. If you are REALLY living the program, and have the time to help, we trust you will give Dee a call offering your time. I have served in this Fellowship in many ways, and assure you the rewards are indeed all the Big Book promises. If you have been procrastinating, I urge you to take action NOW.....Call DEE P. at 624-4930. YOU WILL BE GLAD YOU DID!!!!

The response to the COMMENTS WE HAVE HEARD section gave us the unanimous inclination to continue it as a regular feature. For this, we solicit your help. PLEASE be alert to humorous, and timely comments you hear at meetings, or during your "meetings between meetings" -- those phone calls. Let's share them for the delight and growth of all. Just call your months' "best hearings" to the reporters, or mail to the Editor. Your Intergroup Representative will do the walking/calling for you, if you jot them down for him/her.

Did you note? Our Newsletter HAS a name. It had one ever since its return to publication -- we just didn't know it! The suggestion came from the TGIF group, and was liked and accepted at Intergroup. So we have it....."OA NEWSLETTER WITH NO NAME".....in keeping with Anonymity. May it ever be a reminder to us of the importance of the 12th TRADITION OF ANONYMITY. Also by choice, serving within the 12th Tradition, I am, Cheerfully,

Your Anonymous Editor

THE BOTTOM LINE IS LOVE

Love • Love • Love • Love • Love • Love • Love • Love • Love • Love • Love • Love



for a more beautiful you!

Intergroup Info

Intergroup has a secretary, Carollyn C. Thanks Carollyn for your willingness to serve! A "Life Line: Representative and a Special Events Chairperson are still needed....URGENTLY.

It is suggested that after expenses and a prudent reserve each group contribute 60% of their 7th tradition to Intergroup. Intergroup uses these funds to cover the expenses of carrying the message, such as: the phone answering service, meeting lists, the Newsletter, and more.

The Newsletter is being distributed to HOW via their liaison, Judith G. In turn, they will supply us with copies of their Newsletter.

Intergroup Bank Balance: As of 11/10/85: \$474.52. On 11/17, it was agreed to spend \$90 as an investment in "Big Books" before the price increase. Also that day, \$76.43 was paid for printing of the Newsletter, meeting lists and Thanksgiving invitations. Expenses for October included \$74.62 to Mountain Bell for telephone service. Total income as of 11/6 was \$62.86 which included HOW portion of the Marathon expenses and donations from the individual groups. (Looks like expenses kinda exceeded income.)

Discussion was held as to the advisability of encouraging fund-raising projects to raise funds for Intergroup. It was decided that Intergroup's job is to carry the message and not raise funds.

Please note on your individual meeting "We Care" sheets your desire to be included in the Newsletter with "I," and willingness to be called on to lead and qualify at a meeting with "Q." People responsible for getting speakers will appreciate having members outside their group to call on for this service. REMINDER: Please get those lists to the Editor by the 2nd Wednesday of the month. It was discussed and agreed that the notation of "abstinence" will no longer be included in the Newsletter "We Care" list.

Rather than holiday gift exchanges, it was suggested to have a letter exchange. The letters would express appreciation of the person's qualities. How helpful these could be to read and raise our spirits during a tough period of the holiday season.

Status of the phone answering system was discussed. Levi is working on possible alternatives. Belle offered to have it in her home. An answering service might be tried for at least a month; number of calls could be measured, and talking with a "person" rather than listening to a machine might be more effective. Thanks to Levi, Belle, and the person who, for a very long time, has housed the answering system. Intergroup is appreciative.

It takes service to keep the program running for the benefit of all. While we do express our gratitude for mobs well done, we must again remind everyone that there are some positions still needing to be filled. Let's step forward and put service in our program.

Intergroup Officers

Your elected Intergroup Officers serve as your Steering Committee. At your service in this capacity are:

Chairperson: Dee P.
Secretary: Carolyn
Treasurer: Judith H.
WSO Delegate and
By-Laws Comm. Elvie
Delegate: Belle

Volunteer Intergroup Servants:
Literature: George S.
Lifeline Rep: OPEN (Call Dee)
Public Info: Connie An
Special Events OPEN

Reporter: Doris
Reporter: Grace
Editor ("NEWSLETTER")



INTERGROUP MEETS 3rd SATURDAY
10:00 a.m., DINING RM. F, UofA

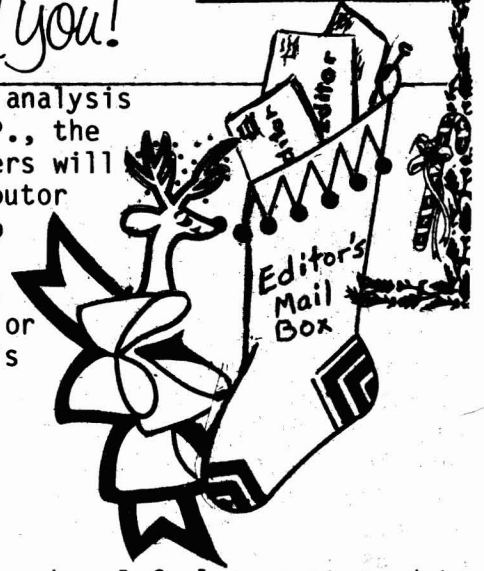
Tucson, AZ 85714

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EDITOR'S MAILBOX

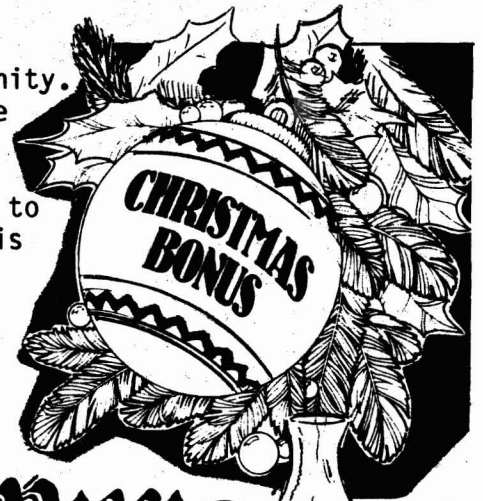
Editor



As I've watched many of you work your programs I have been encouraged to work mine. As I've watched some of you overcome difficulties I've found strength to overcome mine. As I've watched you develop serenity, I too have followed in your footsteps. Thank you for sharing both the good and the bad. My growth has been greatly influenced by your willingness to share and your continuing acceptance of my imperfections. Thanks to your example, I'm beginning to accept myself.

My Christmas present to myself this year is my continued involvement in a program that is saving my life. My Christmas present to each of you is a wish for your continued recovery. I wish you a sane, abstinent, and serene New Year.

Your OA Friend



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for a more beautiful you!

WE CAN BEAT THE EAT SYNDROME THIS HOLIDAY MONTH

Our big brothers and sisters in A.A. don't change their ways because of a holiday, wedding, etc. They KNOW it is not the last drink that got them, but the first! Likewise, my friends, we must call before taking the first bite.

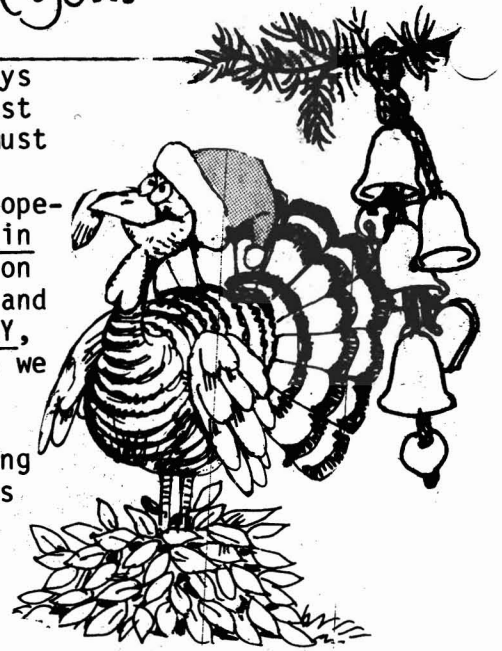
If we have been in this program for two or three months, hopefully we have been granted some sanity and strength. By being in this program I mean HAVING a program and living it, taking action as the Big Book tells us. We won't eat our selves into binges and oblivion this season, IF we take the first three steps EVERY DAY, renewing with earnestness the 3rd step without fail. I believe we WILL have the strength we need. Daily, I read the steps, the Serenity Prayer, the Just for Today card, and selected readings from the Big Book. We can ask someone what readings are working for them. Reaching out at meetings and phoning also helps us as well as others.

Remember, it's OK to say no to seconds, to desserts, or anything we need to say "no" to. Our Higher Power will do for for us WHAT WE CANNOT DO FOR OURSELVES. But He will not take the first three steps for us; that WE CAN do.

I can't wait for the big temptation to begin my program. If I start NOW, I'll grow in strength. We CAN do it as thousands in A.A. before us have done. Let's be among the avant-gard of OA and set the example of hope and strength for those who follow us in this program.

I intend not to TAKE THAT FIRST BITE, no matter what the day!!

Doris C.



WE LIVE IN A TEXTURED WORLD

In the womb we enjoyed the constant contact sing us. Is it any wonder that babies love the on the blankets, and mommy's nitie? That feel nostalgia of yesterdays in the womb.

Babies explore with touch, touching hands can reach. Why? What can we learn from day, after nearly half a century of life did learn spiritually from this early life experience. I was reading about acceptance in the Big Book, page 449, and reflecting on an incident the previous day. A co-inhabitor of planet earth and I were "rubbing each other's fur the wrong way." As I read about acceptance, I prayed for this person and struggled for a sane, loving mind. I was seeing this friend as a piece of sandpaper, grating on me. a sandpaper texture in my life. I was viewing sandpaper as "bad." A baby probably would, too, as it would be abrasive on baby's tender skin. But as baby grows, he could come to love sandpaper when he had it in its proper place! An adult could have trouble with sandpaper if it scratched away on a surface it was not intended to be used on. That's the way this friend and I were, grinding on a surface not intended--selves. As I read page 449, I saw God knows we are sandpaper on ONE side, and that's serving a purpose.

Question: "What's God purpose in allowing abrasive personalities?" From it, we emotional babies touch and can learn! How simple. Of course! Here's infinite wisdom! I can mature emotionally in a many textured world. That maturity would be extremely limited if I lived in a world of only silk! I thank God today for my friend's sandpaper ways, for page 449 in the Big Book (please read it often), and for God as I understand Him, leading me back to sanity. I was born sane! MY CHOICES in reacting to the multi-textured personalities I encountered in life gradually robbed me of my sanity. It can be a LONG road, but a happy, joyous road once we make the U-turn from self to God. May you find that road too. Anon.

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CALL
ON US...

We Care!



Comments We Have Heard!?!



* I couldn't stand so-and-so. And then my Higher Power showed me he was just a mirror of me, my character defects. Then I got working on my 4th step inventory. Now, he's my friend.



* Husband to OA wife: "It's like hugging a strange woman; you FEEL so different!" (slim?)



* Before I came into the program.....
...people stared at me, I was so fat
...I weighed myself five times a day, hoping I lost a little.

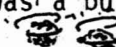


...I thought my husband was to blame for me being fat.

...I heard about OA and thought it was a bunch of religious nuts.



...I'd get up in the night and go to an all night place to get something to eat.



...I'd come home from work, throw open the cupboards in search of something sweet.

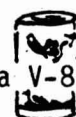


...I'd eat the whole gallon in one sitting.

...My hips were 52 inches.



* I didn't isolate, I was gregarious. Then I came to realize my gregariousness was isolating me from looking at my disease.



Heard after a slip: "I could have had a V-8."

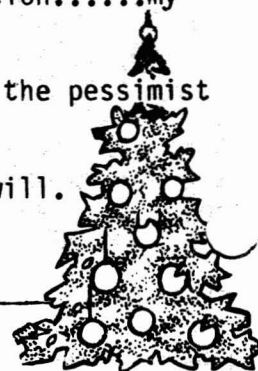
God grant me the serenity to accept the things I cannot change: my husband (wife)...my kids...mother-in-law....what food does to me....my job...the people I work with.



The courage to change the things I can:
...choices...my attitudes...my career....me...my self pity....my self-justification.....my tendency to criticize.

The optimist in OA sees the hole; the pessimist sees the doughnut.

Thought worth repeating: Not my will.



CALL: A-Anytime; E-Evenings;
EW-Evenings and Weekends;
AM-Mornings; W-Work;
H-Home; LM Leave Message.
L-Late



Welcome back

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