



The OA Reporter

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.

ANSWERING SERVICE
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TUSCON AREA INTERGROUP

FEBRUARY 1981

HIGHER POWER TALKING

This morning, as I was praying and meditating, my nine-year old joined me. He wanted to read the Just for Today Pamphlet that I read every morning. When he came to reading the twelve steps on the back, he made (or God made) some changes in the words.

He read Step 2 - Come to believe POWERS greater than ourselves restore our SANITIES. And 6 - Were ETERNALLY ready to have God IMPROVE all these defects of character. And 12 - Having had a spirituaful awakening as a result of these steps, we carry this message to compulsive overeaters and practice these principles in all our affairs.

Thank you, God, for a new awakening to these three steps through an innocent child.

Love - Anna

EDITOR INFORMATION

If you have news, call me, Karen Sherman, at { } articles to my address - Arizona. Share your program.

WORDS OF WISDOM

Courage is taking the action in the face of fear.

DEAR OVEREATERS ANONYMOUS:

I am grateful to God and OA for teaching me how to eat in a healthy way.

I am grateful to God and OA for helping me to lose my excess weight.

I am grateful to God and OA for the Divine gift of abstinence which is being given to me a 'day at a time'.

I am grateful to God and OA for teaching me to trust God within me to maintain that loss of weight a day at a time by practicing the 12 steps, the 12 traditions and by maintaining my spiritual condition which is practicing these principles in all my affairs.

God bless all of you with His eternal light and joy.

In Love and Peace

WORD FOR THE MONTH - FEAR

Today as I was reading my 12/12, I decided that my word for the day should be fear. I am really a slow learner. In the program for three years and fear, to me still meant - fear of the dark, fear of dogs or high cliffs, etc. I didn't fear any of those things. I never had related fear to relationships or to my personality or character defects. Today I discovered that fear is related to all of my seven deadly sins (or defects).

Pride - fear of not being the best in everything I attempt to do. Fear of being laughed at or ridiculed for being stupid.

Greed - fear of never having enough money, clothes, food or any other material things.

Lust - fear of not being loved enough.

Anger - fear of not having my own way.

Gluttony - fear of not having as much as everyone else to eat - or more.

Envy - fear of you having something nicer than I do.

Sloth - fear of having to work too hard or of others expecting me to work too hard.

In the past I prided myself with not fearing anything. I discovered I am just one big bundle of fears BUT there is hope for me. On page 68 of the Big Book it says - "if we are ever to outgrow fear we only have to ask God to remove our fear and direct our attention to what He would have us be." And then "let Him demonstrate, through us what He can do". Today I am willing to "Let go and let God" do with me what I am unable and afraid to do for myself.

***** Anonymous

TREASURER'S REPORT ON DONATIONS TO INTERGROUP

January 21, 1981

Wednesday Silhouettes	\$ 25.00
Sunday SAnity	50.00
Saturday Serenity	5.75
Northwest Group	5.00
Tuesday Big Book	20.80
Saturday Omni	10.00
	116.55

February 21, 1981

Wednesday Silhouettes	30.00
Wednesday Welcome Home	9.00
How Group	15.00
	54.00

NEED HELP

Call on Intergroup Officers:

Judith	Chairperson
Marilyn	Treasurer
Gary Sue	Secretary
Betty G.	Literature
	Chairperson
Jill	Special Events
	Chairperson
Connie Ann	Public Information
	Chairperson
Karen S.	Newsletter Editor
Joe F.	Meeting List
	Chairperson &
	By-Laws Committee
	Chairperson
Gary Sue	Convention
	Chairperson

INTERGROUP NEWS

The meeting was held at Ethel's home at 10:00 a.m. on Saturday, January 17, at 10:00 a.m. Elections were held - Judith was elected chairperson, Marilyn was elected treasurer, Gary Sue was elected secretary. The list of other officers above. The rest are appointed. Joe F., a delegate for Tucson to World Service, resigned. His replacement will be voted at February meeting. Meetings are held every third Saturday of the month. All are invited.

OF INTEREST

All those interested in helping organize or participate in an OA talent show please call Leslie B. after 5 p.m. at

RECOVERY - THE EMOTIONAL AND SPIRITUAL SIDE

My emotional recovery is dependent upon my spiritual growth and like everything else in our 12-step program, comes "one day at a time". I wish I could say, "I'm emotionally recovered!", but I can't. I do have fewer and fewer days of insanity though, and they are coming further and further apart - thank God for that.

I have discovered that as I make spiritual progress, I begin to learn the very difficult lesson that my dependence upon people has been unsuccessful. People are fallible and even the best of them will let me down sometimes; especially when my demands for attention become unreasonable. It became clear to me that if I was ever to feel emotionally secure among grown-up people, I would have to give constantly of myself without any demands for anything in return.

I began to realize, as I read step 11 and started to meditate regularly, the only way for me to grow emotionally is to put into practice the prayer of St. Francis as much as I could. Giving without expecting in return.

When I grow spiritually I will grow emotionally. To grow spiritually I must practice everyday steps 1, 2 & 3. One - I am powerless over my emotions and everything else in my life. Two - I recognize the fact that there is a power greater than I am who is very willing to give me the strength and courage I need in healing my emotional insanity. And three - I willingly surrender myself each day to Him. Each day that I decide I don't need any help spiritually, I begin to fall apart emotionally.

Anonymous

RECOVERY - THE PHYSICAL SIDE

My life has had many changes since I started the OA 12-step program in July 1980. The emotional and spiritual change is apparent, but even more obvious is the 90+ pounds that are no longer there. I still am not totally aware of the physical change. For instance, one day I didn't even recognize my own reflection in the store window. On another occasion, my husband bought me new nightgowns in a size medium. I thought they wouldn't fit, they looked so small laying there. I was pleasantly shocked later as I tried one on and it fit just right. At work I'm treated as a "normal" person. I've had a few people not even recognize me. Then there is being able to wear my wedding band again . . . it had been 9 years since I last could get it on. I can sit comfortable in booths, wear shoes other than sandals or sneakers and no more half sizes.

A P.S. to this is that I am at the goal I had set for myself in July, but now because of the OA program, I can now without fear continue to lose until I'm at my physically correct weight, something that before I would have dared not dream or considered a possibility.

Anonymous

HANG ON TO TOTAL ABSTINENCE

One day at a time, stay away from that first compulsive bite. Total abstinence is the key. That means none, not even a little bite, not even one or two bites, under any circumstances, for any reason, ever. One day at a time, with the help of your Higher Power and the truth you can do it. It is the first compulsive bite to which you must say No. One day at a time stay away from the first one, and you will never have to worry about all those disastrous ones that follow. "One day at a time" is not a trick with words: it is a practical, well-proven formula for success. Do not underestimate the power of this principle.