

-(In Keeping With Anonumitu!) Published by Tucson Intergroup

January, 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.

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,

, Tucson, Arizona 857l4.

Phone Reporters: Doris, {

anytime, leave message.

3, 5:30 to 9:30 p.m. and weekends.

Moonflower

By nature, I tend to believe all that is said as "God breathed." Take what you want and leave the rest transforms me into a processing factory! I'm now a live, bustling, busy brain at work, processing, sorting, inspecting, accepting and rejecting what comes to me. Possibly "Normies" could always do that. Me, I'm a late bloomer, a moonflower. But then moonflowers are magnificent, sweet smelling and beautiful beyond compare.

I'm grateful for OA where as a late blooming moonflower in profoundness I found my God. Only through the depts of finaing Him have I found myself, and my self worth. I am grateful to be a moonflower!

Editor's Corner

Welcome to OA and a New Year! We enter this new year with two of our Tucson Intergroup positions being filled. The call for service has been answered by Sandy B. to the function of Lifeline Representative. If your group needs a Lifeline Representative, she'll be happy to assist you. Sandy's phone number is listed in Intergroup Officers section on page 2. Sandy, thank you, and we wish you much joy while serving in this capacity. Lifeline is a monthly publication. It contains interesting sharings submitted by other OA members. As a Group Lifeline Representative, you would assist members of your home group in ordering their subscription. You may also want to set up a display at your meetings and encourage others to subscribe as well as to submit articles. You would be an information

person, and thus be of service to your group. Remember the neat slogan, "Service is slimming!"

Tucson OA will certainly be pleased to learn that we now have a literature Chairperson willing to serve us! Let's give a hearty welcome to George S. Joe F. has given us excellent service as the past Literature Chairperson, and he introduced George with such gusto, we KNOW we have a trusty servant on board. Thanks George for your willingness!

Hear ye, hear ye, hear ye: Do you go to meetings with your ears open? The Fellowship could benefit from your sharing of timely, cute, humorous, profound, useful, catchy little tidbits you've heard while there. Let's not be selfish with these tidbits, ok? You've had the pleasure of reading in "Comments We Have Heard!?!" (page 4), the gleanings heard and shared by others: For your turn to contribute, just call one of the Reporters or mail your delight to the Editor. Then we can all enjoy these SAFE "desserts" from meetings. Your efforts will be appreciated by all.

PLEA! PLEA! PLEA! Does that sound like desperation? Well, I kind of feel it is. We still need a special events person. We all enjoy workshops, retreats, special movies, etc. but, who's to organize them? Someone reading this is the RIGHT person. Will you please stand up and be counted? The "Big Book" tells us that to keep the abstinence and serenity we have been given, we MUST give back to the Program! Here's that perfect opportunity to give of yourself. Intergroup is waiting for your call, NOW!!!

Grateful to OA for all it has given me, I am in service,

Your Anonymous Editor

for a more beautiful you!

Intergroup Info รู้มีมีมีมีมีมีมีมีมีมีมีมีมนามนามนามนามนาม

George S., our new Literature Chairperson has new literature order blanks available for us, Please Call Sandy B., ! for information regarding your "Lifeline" needs.

February 6, (Wedensday), Pima College West Campus is hosting the Urban Fair from 9 a.m. to I p.m. OA has been invited to participate. Connie Ann, is waiting for your call to help OA and yourself with this community service project. It's an ideal and easy way for you to do some I2th step work. Do yourself a favor by volunteering, today!

Saturday January 26th is Region 3's Unity Day. Pre-noon there will be a silent time followed by a prayer at noon. At this time a special meeting will be held for caring and sharing. Elvie is the contact person for the planning. She will also accept your service of sharing during this time as a speaker. Give her a call NOW, 886-9449.

HELP WANTED!!! Yes, we still need a Special Events Chairperson. Tucson OA is "crippled" without this person. The Chairperson does not need to be a full time committment. We need a person who can organize and delegate jobs to provide the behind the scenes work needed in providing Tucson OA with special events. Workshops and retreats are essential to OA and personal growth. Again, it's a service, giving back to the Fellowship what you have received. Tucson Intergroup wants YOU. Call any Intergroup Rep if you are able to fill this much needed chair!!!

Hopefully we will have new, corrected meeting lists this month. Connie Ann does a super job in keeping us supplied with current information on meetings. This is quite a challenge, as Tucson OA is on the move . . . growing!

If your name is on the meeting list as a contact person, your name and phone number will be on the tape for information to newcomers. IF, for any reason you do not care to be included on the tape for this service, please contact Levi, the Phone Line Chairperson, 622-3691, or any Intergroup Rep. A special thanks to all who ARE willing to be available to those in need looking for us, the OA Fellowship and recovery!

Service is Slimming.

It is suggested that each meeting have an Intergroup Representative. This person attends Intergroup meetings, votes, and brings your needs and suggestions to Intergroup. The Rep then brings the information from the meeting back to the group. It's the only way of really having a voice in local OA happenings and being kept informed. If your home meeting does not have a Rep, why not discuss it at your meeting and search for a volunteer? In this way you have Newsletters and meeting lists made available at your meetings. Also, George is there, and will fill your literature orders for you and assist you in any way regarding literature needs.

Intergroup meetings are open to all OA members. Feel free to attend. Time: the 3rd Saturday of the month at 10 a.m. Place: U of A Hospital Cafeteria Dining Room F. Welcome!

ATTENTION ALL!!!

Do YOU have any of the WSO tapes? Your deposit is waiting for you, and Ann is waiting to receive the tapes so others can enjoy them. Please! you knew where to go to GET them. Won't you please serve the Tucson Fellowship by returning the tapes? Ask your Intergroup Representative to return them for you, if you are unable.

Tapes are available for loan from Ann (see Intergroup Officers, page 2). A \$5 deposit is required, which is returned when the tapes are! This is an Intergroup service.

Intergroup Officers

Ann: WSO Tapes

our intergroup Officers serve as your Steer At your service in this capacity are:	ing Committee.
Chairperson: Dee P.	Lifeline Rep: Sandy B.
Secretary: Carolyn	Public Info: Connie Ann
reasurer: Judith H.	Special Events:
VSO Delegate	Phone Chairperson: Levi
By-laws Comm.: Elvi	Reporter: Doris
Delegate: Belle	Reporter: Grace
iterature: George S.	Newsletter Editor:

INTERGROUP MEETS 3rd SATURDAY, 10 a.m., U of A HOSPITAL CAFETERIA, DINING ROOM F.

THE BOTTOM LINE IS LOVE

for a more beautiful you!

iodeo Days

Rodeo Days are around the corner. But, what association can OA's message have with the Rodeo celebrations? *Good question!* The following are some humble attempts: No *bum steers*... take what you want and leave the rest. Keep coming back . . . it'll *spur* you on! After the parade street *cleanup* . . . fourth step inventory. When you feel *thrown*, or *bruised* . . . call the *clown* . . . (phone calls for help.) Life before OA was a constant *bunking bronco ride*. Open the *shoot*, I'm new and *charging in full of anger and ready to dump anybody that gets on my back*. (That's ok, we're here to love and accept!)



Book/Literature Report

You've waited a whole month for this . . . a report on the chocolate book, *Overeaters Anonymous*. Yep, chocolate in a form you can ''eat'' daily and grow thin! Of course there's a catch. The eat is mental food and therefore possibly addictive, but not fattening.

OA World Service Office describes it this way: "How the 12-Step Program works for compulsive overeaters... told in Overeaters Anonymous" own book. Some of them wanted to die; others wanted desperately to live. Many were killing themselves in one way or another. All of them were unable to solve their problem.

"These are the stories of the recovering compulsive overeaters whose experience, strength and hope are shared in this book. They tell what they were like in the grip of their illness, what happened when they found OA and what the 12-step program of recovery has wrought in their lives.

"Contributions by non-OA professionals give medical, psychiatric and spiritual views of both the disease and the OA program.

"This book is suggested reading for every OA member and for anyone who feels he or she may belong here."

The book is 224 pages hard cover and is available at most meetings or from George S. 299-9245, our Literature Chairperon for \$5. For me, it was like attending a meeting and hearing a member qualify. I read a chapter a day, marking and
underlining. I found my story on many of the pages, and I knew once again that I am not alone with this disease. I'm not
suggesting that it take the place of meetings, but it certainly is a daily lift between meetings. That is, daily, IF you "eat"
your daily portion of THIS chocolate. Give it a try, and when you've finished it, one of your friends will love to borrow it! (Fact
is, that is how I was first introduced to it, and soon knew I HAD to have my own copy). Happy reading!!!

Lifeline is another publication that must be made known to the Fellowship at this time. Why? Because the coming month of February is Lifeline Month! During February, for every 10 subscriptions sent in by a group, Intergroup or individual, you will receive: 1) One free subscription, 2) 20 free back copies (with 5 subscriptions, 10 freebies), 3) 10 members will be reminded to keep coming back every month for a year! 4) A stronger group AND, 5) The joy of helping our journal of recovery rebuild the circulation lost during the '82-'83 recession!

Sandy B. came aboard just in time to help you with your orders. This could be used as a fund raiser for your group and/or Intergroup! Sandy will be full of suggestions as to how you can help others and benefit yourself and your group. Give her a call and spread YOUR love through *Lifeline*.

Editor

Letting Go

Remember the childhood days when we thrilled at the accomplishment of letting go? "Look Mom, no hands!" That was probably first said when riding a bike, or maybe learning to skate. Then later in the wreckless, carefree teen years we thought in those terms when driving a car! Now letting go was a REAL exhilerating thrill!!

Next we walk into OA and are *told* to let go. We react, "What, no hands?" and feel the world will fall apart, careen into total Humpty-Dumpty disaster if WE let go! Well, I'm learning that WHEN I AM willing to let go and let God, things actually go well. In fact, better than when I do the steering, directing and controlling. It's so humbling to return to that childlike free form of, "Look, no hands." Yes, things can and will move along without my hands on the "wheel." Letting go and letting God is a Utopia called freedom, serenity and all I'd ever hoped for. Why o I resist it so?

God, today, grant me willingness.



Name

We Care!

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Phone No. Codes*



Comments We Have Heard!?!



- * When we let go of the program, the first area of our disease that goes on a rampage is the physical.
- * I'm grateful; there are no calories or carbohydrates in water.
- * God doesn't make failures, people do.
- * I ask myself, "Am I living or working the program? Working it is WORK, while living it is freedom!"
- * I only knew how I felt and how others looked.
- * I spent my life comparing my insides with everyone else's outsides, and I always came up bankrupt.
- * God does not make junk.
- * I'm just one bite from a binge, but I'm 12 steps from that bite.
- * There is never enough time to work my program AND someone elses.
- * Keep it simple. . . ONE DAY AT A TIME.
- * Half measures availed us nothing.
- * IF I slip, I will try again. Practice makes perfect, and I expect to practice abstinence "until I get it."
- * When I pray for others, I'm of the firm belief that I am helping connect their mind to God's influence.
- * AA saved my life; OA taught me HOW to live.
- * We really need a Special Events Chairperson. Who do you think would be good for it?

OVERMO.

* I came here to lose weight and found my Higher Power.

TTOM LINE IS LOVE -