

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

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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: EDITOR, 4

Phone Reporters: Doris,

anytime, leave message.

Grace

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



Editor's Corner

Action is the word for this month! June's heat wave just seems to put some OAers into full steam ahead! We are so grateful for the crossword puzzle, and Herman O's. survival. Keep the humor and articles coming for the benefit of all. See the masthead above for address, etc. for so doing.

Action at Intergroup last month found us with a new Lifeline Rep. Thanks Helen for taking on the task. We wish you much pleasure and success in your job. (Readers take note of the Lifeline awareness campaign Helen has sent for inclusion in the newsletter.) She will be harpy to answer your questions about the magazine. Call on her for any help you need regarding Lifelir.

Action in the Editor's mailbox included a letter to the Editor:

We want to express our appreciation for your effort, attention, talent and time in giving us a monthly newsletter that is both interesting and enjoyable. Sometimes we forget this is a service. You are truly serving OA.

With love and appreciation, F. & N.

P.S. Please print this!

OK, F. & N. You've got it! Thanks for the kind words and thanks to both of you for the copy you've submitted from time to time. Truly, no man is an island, but together we build a strong program for ourselves and others.

Next month we will be able to report on the Intergroup elections. We are grateful for the willing service the officers of the past year have given. THANKSI OA survives on the service we give. Are you doing your part? The Big Book says we cannot keep it unless we GIVE it away!

As always, your anonymous Editor

Phone Calls

"If we don't reach out, we'll go back out." Using the "We Care" sheets at meetings, getting numbers and being in touch with other recovering OA's are the life line of our program. This is a disease of isolation. Daily contact assures us that we are not alone.

Connie Ann

Denial

I am Dependent on others for my happiness. When they don't live up to my expectations, I get Emotional. When I get emotional, I get Negative in thinking. When I get negative in thinking I get Irrational in behavior. When irrational behavior does not bring results, I get Angry. I get angry at my family, my friends, etc. because they wouldn't make others change, and angry at myself for what I'm becoming. Then I start withdrawing and feeling Lonely. I feel so much pain in loneliness that I mook for help.

Justin

-THE BOTTOM LINE IS LOVE

of for a more beautiful you!

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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 capacity are:

Chairperson: Dee P.

Secretary: Carolyn Treasurer: Judith H.

WSO Delegate

& Bylaws Comm.: Elvie

Delegate: Belle

Literature: George S. Ann: WSO Tapes Lifeline Rep.: Helen Public Info: Connie Ann Special Events: Hope

Phone Chairperson: Levi Reporter: Doris Reporter: Grace

Newslet

CALL ON US ...

We Care!

*CODES: S-Sponsor; Q-Qualify at mtgs.

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

- THE BOTTOM LINE IS LOVE

Love . Love

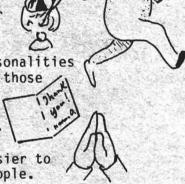
I never will until Itry - Actas if til I can!



Comments We Have Heard!?!



- * Forgiveness releases us from resentment.
- * God is right here!
- * Abstinence gives me serenity; that's what counts. The weight loss is not so important any more. (The person who said this has continuous loss!)
- * There is a miracle inside you.
- * Things are LOTS better now...I get along with my parents.
 (Who changed????!!!!)
- * Abstinence feels better than a slip tastes.
- * There are just two personalities in OA--the seekers and those afraid of it.
- * Thank God for humility.
- * Pray daily. God is easier to talk with than most people.
- * ONE DAY AT A TIME!
- * Today's actions set the stage for tomorrow!



- * I confessed I owed my son \$1.00 for for the school candy bar sale. By the end of the week I owed him \$10.00! I knew I had to come back to OA.
- * I can't. He can. Let Him. Me
- * Serenity and peace are truly found in OA.
- * Start the Steps.
- * Love yourself. If you can't, I how can anyone else?



CROSSWORD PUZZLE pg. 3

Bet you got them all—
but to check your self...

A Thanks, A Request, & An Offer

Thanks, thanks to all groups that contributed 7th Tradition to sponsor my trip to the WSO Conference. I am a very grateful WSO Delegate. God gave me the strength to attend all the assemblies, including Region 3 where, for 3 hours I wore 2 hats, 1 as your Tucson area intergroup (IG) Rep and 2ndly as Region 3 Treasurer. I learned a great deal, carried the message from Tucson and brought back reports to IG on June 15. I am willing to come to any group to share what I so gratefully learned. I feel I received more knowledge at this conference knowing that the groups at home were so willing to send a delegate.

If any group was not able to participate before I went to conference and wishes to make a donation designated for delegate's fund now, please send it to the IG Special Events Chairperson, Hope 722-9290. We were approximately \$100 short. We would also like to fund a Delegate to Oklahoma City in August and/or Las Vegas in December for the Region 3 Convention. Tucson is growing and we need to carry the message back and forth.

Of special interest to me which I'd love to share at the group level upon your invitation is the subject of the 12th step within, and the organization of groups. If you have the knowledge of the *Handbook* and how to incorporate it into your meetings, your group will become strong and healthy. As groups grow in functional ability, Tucson OA will grow and I stronger. Then we are equipped to help those still suffering, get well as we are getting well. I'm waiting for your invitation.

In service with love and gratitude.

Elvie T.