



The OA Reporter



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TUCSON AREA INTERGROUP

JUNE 1981

DELEGATE'S CORNER

WHAT DOES WSO DO FOR US?

Without WSO we would have no one to answer calls for help from all over the world; to carry the message of OA worldwide; to direct inquiries to meetings; to help groups, intergroups and region assemblies with problems; to provide directories of groups, intergroups and regions; to provide TV and radio spots and statements for the news media. WSO helps doctors and other professionals to understand and recommend OA; to provide a forum for all OA through the annual conference; to offer dozens of other vital services we need to survive and grow; to publish Lifeline, a journal of recovery that brings us stories of those who are traveling the roads of recovery. These stories give us hope and strength. It also provides us with all our literature so vital to all of our recoveries.

Karen and Jill

WORD FOR THE MONTH - CHANGE

I have been promised by this program that if I want it bad enough and am willing to go to any lengths to work it, I will change for the better like the worm changes into the beautiful butterfly. Yet, I resent change terribly. I know every time I have let go of the fear of change I have changed for the better. When I let go and let my Higher Power handle me and my fears everything goes better.

I change very slowly and there is a process that I must go through to change. First - I have to recognize that the change is needed. Second - I have to rebel (the old me). Third - I have to work my steps and tools to get through the rebellion. Fourth - I have to turn it over, because without my Higher Power I can't change.

I have to go through this process with each change. Some changes go quickly, some take days, some take weeks and yes! some take years, but as long as I have this program and my Higher Power I know I will change. This is the hope and strength for me. Like the butterfly, I will be beautiful.

Karen S.

FAT HEAD

The mental weight we carry around at one time or another in our lives can be the hardest obstacle to overcome. I know for me at least, this is true. Feelings of no self-worth, guilt, and fear are only a few of the reasons we become compulsive overeaters. It is much easier to lose the body weight than the mental weight. By working the steps of the OA program we learn to live more sanely. Our negative feelings can be overcome. We begin to feel love and acceptance of ourselves and of others.

We all have different reasons for joining OA, but I believe the goal is the same - to live happier, saner lives. By sharing our strength and hope with one another we learn to love and accept each other as we are. We begin to grow and become strong, to like ourselves and know we are okay. We can replace fear with faith, guilt with self-acceptance, and free ourselves of the mental tonage. We can stop living in the past, trying to control the present, and projecting our futures. It is not easy to live just for today. I know often I find myself planning the future, and when it doesn't come out the way I planned, I become angry and resentful.

I know I can't go back to the life of isolation I was living. I've closed the door on my past and thrown away the worn out key. I am not going to just exist anymore. I have begun to live life and I am achieving a spiritual, mental and physical balance in my life. I have all the necessary tools for a healthy recovery from compulsive overeating. I have a new meaning, a new purpose to my life that I never thought was possible.

Sometimes I become a little fearful of losing these wonderful new feelings, but I know my Higher Power will take care of the fear. I know that whatever I choose to do with my life, I will be satisfied that I did the best I could do. I have a beautiful new serenity within, I have never know before. I know that happiness is not people, places, or things. Happiness can only come from within. It is a state of mind. If I am not happy inside myself, I'll never be happy.

Diane

REPRINT

Bridges - South Florida InterGroup

STEP THREE

Made a decision to turn our will AND OUR LI ES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

THE WORDS "MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM", COULD MAKE LIFE SO EASY FOR ME, IF ONLY I COULD SUBORDINATE MY WILL TO HIS. THIS IS A STUMBLING BLOCK FOR SO MANY OF US: WE FEEL OBLIGED TO APPLY THE FORCE OF OUR WILL TO OUR PROBLEMS. NO SOLUTIONS CAN BE FOUND IN THIS WAY. STEP THREE IS A CHALLENGE TO EACH OF US PERSONALLY. IT SUGGESTS A DECISION: TO LET GO AND LET GOD TAKE A HAND IN OUR AFFAIRS, WHICH HE CAN DO ONLY IF WE SURRENDER OUR SELF-WILL AND TURN OUR LIVES OVER TO HIS CARE. STEP THREE IS A DISTILLATION OF THE CENTRAL THOUGHT OF PHILOSOPHERS THROUGH THE CENTURIES: WOULDN'T IT BE WISE TO ACCEPT THEIR WISDOM AS GREATER THAN MY OWN?

"THERE IS GUIDANCE FOR EACH OF US, AND BY LOWLY LISTENING, WE SHALL HEAR THE RIGHT WORD. CERTAINLY THERE IS A RIGHT FOR YOU THAT NEEDS NO CHOICE ON YOUR PART. PLACE YOURSELF IN THE MIDDLE OF THE STREAM OF POWER AND WISDOM WHICH FLOWS INTO YOUR LIFE. THEN, WITHOUT EFFORT YOU ARE IMPULSED TO TRUTH AND PERFECT CONTENTMENT" (RALPH WALDO EMERSON)

"TRUST IN THE LORD WITH ALL THY HEART AND LEAN NOT UNTO THY OWN UNDERSTANDING. IN ALL THY WAYS ACKNOWLEDGE HIM AND HE SHALL DIRECT THY PATHS." (PROVERBS)

"IT IS THRU THE GRACE OF GOD THAT ANY REAL CHANGE IN HUMAN PERSONALITY TAKES PLACE. I HAVE TO RELY ON GOD'S POWER AN ANYTHING I ACCOMPLISH IS THROUGH HIS HELP." JAMES R. LOWELL

"MAY I ALWAYS KEEP IN THE FOREFRONT OF MY MIND THAT I AM NOT ALL-WISE AND ALL POWERFUL. ONLY GOD IS THAT - AND IT IS ON HIM THAT I MUST RELY."

GODS HELP IS ALWAYS AVAILABLE; ALL WE HAVE TO DO IS MAKE ROOM FOR HIM TO TAKE PART IN OUR LIVES AND KEEP OURSELVES READY TO ACCEPT HIS GUIDANCE.

- NEED HELP!
- Call on InterGroup Officers:
 - Judith Chairperson
 - Marilyn Treasurer
 - Gary Sue Secretary & Convention Chairperson
 - Betty G. Literature Chairperson
 - Jill Special Events Chairperson
 - Connie Ann Public Information Chairperson
 - Joe F. By-Laws Committee Chairperson
 - Karen S. Newsletter Editor



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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.

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EDITOR'S INFORMATION
 If you have news, call me, Karen S at 887-9633 or write and send articles to my address - 3718 N. 4th Avenue, Tucson, Ariz. 85705. *****