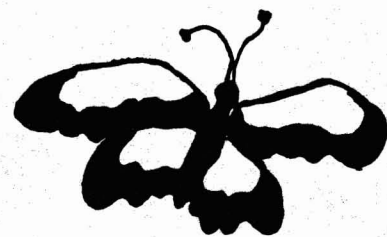




The OA Reporter



VOLUME FOUR, ISSUE SIX

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 known 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

MADE A DECISION TO TURN OUR
WILL AND OUR LIES OVER TO
THE CARE OF GOD AS WE
UNDERSTOOD HIM.

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 UNDERSTAN-
DING. IN ALL THY WAYS ACKNOWLEDGE
HIM AND HE SHALL DIRECT THY PATHS."
(PROVERBS)

"IT IS THROUGH 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 E. 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.'

GOD'S 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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