

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

June 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.

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: EDITO

Phone Reporters: Doris,

anytime, leave message.

Grace.

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



Editor's Corner

Joyous June to all our readers! Things are always open to change, I'm learning. It's great to be able to accept change without being childishly disappointed, driven to eat to cope. Gratefully that is now in the past for me and hopefully for you also. Here's the test...the OA plans for a campout have been postponed til fall. We WILL have workshops in the meantime, Hope assured us. So stick around and keep that happy, high spirit we've learned to attain with the tools of the program!

Some meetings are surviving, hanging on by a thread. Is "yours" one of them? If so it's recommended that you review your *Group Handbook*, have a business meeting as described therein. Officers are needed to take responsibility for the meeting's needs. For OA as a whole to be healthy, individual meetings ought to be healthy. You can take personal responsibility for that as your service to OA. Elvie, our Delegate is happy to assist and educate any group in this direction. Please give her a call—see Intergroup Officers, page 2 for her phone number.

Some of you ARE sharing your writing and humor talents with the Editor for the benefit of all. My deepest appreciation to you! Hopefully you pioneers in this area will attract the talents of others. *Please, if the material you submit is not original, give the source, so we can give appropriate credits.*

Have you met Herman O.(bottom of page 3)? If your answer is "yes", and you have an idea fitting for his "personality," please enter your idea to the **Keep Herman O. alive and well** files! You may enjoy hearing a comment I heard after his second appearance: "Will Herman **EVER** 'GET' abstinent?" Thanks, and have a happy, abstinent, program summer.

As always, your anonymous Editor

The Bunny Hop

How did it go? I've danced it so often and it was so much fun! Kick to the right, kick to the left. Da-da-da, da,dat, dat. Da-da-da, da,dat, dat, ahead one, behind one, ahead 3 steps! Thus we laughed and danced following one another connected with hands on hips of the person ahead. We progressed around the room in perfect harmony to the music. Never once did I think I had a slip, when I went back a step. The dance was that way by design!

When we have a slip in the program, where is our focus? At meetings I hear the focus on the slip and see the resultant depression. To me that slip is only ONE step back. We may take many one steps backward in our life of recovery. But remember the Bunny-hop. Don't stop in the slip. Get back into step, moving ahead. Dance through life holding onto the friend in front. Focus on the steps ahead, not the one behind. When kicking to the right, then to the left—kick out a character defect, then if a slip happens, just say, that's the Bunny-hop, and the next 3 steps move me ahead. Live the Bunny-hop instead of beating ourselves up over a slip. That is positive focus. Keep growing . . . It's that way by Design!

Doris C.

Real Or Imagined?

Remember that the pleasure of the first bite is only an illusion. One bite becomes too many and one thousand bites, not enough. The pleasure of overeating is only in our imagination.

Connie Ann

THE BOTTOM LINE IS LOVE

Love • Love

for a more beautiful you!

Intergroup Officers

Tucson OA Answering Service 628-2424

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.:

Public Info: Connie Ann Special Events: Hope

Phone Chairperson: Levi

Reporter: Doris Reporter: Grace

Newsletter Edi .. J. IVIISSIUII #G

OPEN



CALL ON US ...

We Care!

EW-EVEILINGS and Meckenas,

As I represent OA, may I represent its ideals of love and acceptance, of unity and service. God grant me thou to not only say, "What can OA do for me, but also, what can I do for OA." May I always remember, service to (Editor's note: Attend an Intergroup meeting to see what you can do outside of your own meeting's service.

inteness ming. seds.)

THE BOTTOM LINE IS LOVE

Ofor a more beautiful you!

Bullemics and Anorexics

As a service to others still suffering from these aspects of our disease, won't you share YOUR story. Your experience, strength and hope could save a life. It seems that bullemics and anorexics feel so alone and misunderstood. They fear "coming out of the closest" to find rejection. You could change all that by writing about what OA has done for you. We who have made OA our home, know that acceptance IS here. But others with your experience will come nearer believing it if it comes from you.

Please share your experience for the sake of a fellow sufferer. Mail your copy to the Editor. You are free to send it in an unmarked envelope (no return address) to protect your anonymity. Your message will still do the job, and you need not reveal yourself at this time if you are not ready to do so. Someone out there may have their life changed because you were willing to give a little of yourself and your time.

Service is slimming, and love is healing. Only you can give it!

My OA Garden Plan

Three rows of peas

- Patience
- Persistence
- Powerlessness

Five rows of squash

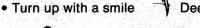
- Squash compulsive overeating
- Squash self-pity
- Squash fear
- Squash resentment
- Squash anger

ive rows of lettuce

- Let us be true to our Higher Power
- Let us be abstinent
- Let us be honest
- Let us be open-minded
- Let us be willing

Five rows of turnips

- Turn up when needed
- Turn up at meetings
- Turn up at Intergroup
- Turn up at workshops



LET GO & LET GOD

As children bring their broken toys with tears for us to mend. I brought my broken dreams to God because He was my friend-

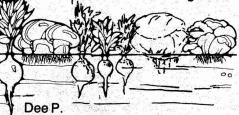
But then, instead of leaving Him in peace to work alone... I hung around and tried to help with ways that were my own.

At last I snatched them back and cried, "How can you be so slow?"

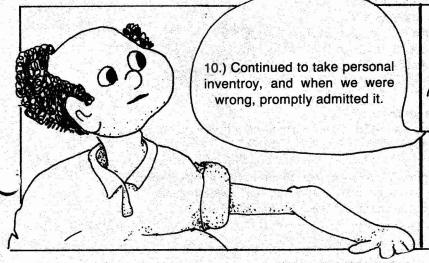
"My child," He said, "What could I do? You never did let go..." Love is What you GET ... When Love is What you GIVE.







Herman O.



Obviously, I don't need THAT step. I'm NEVER wrong!



THE BOTTOM LINE IS LOVE



Comments We Have Heard!?!

- * I was going to out-eat him but I couldn't go ask for a case of candy bars.
- * I can't really live without OA.
- * Growth hurts--for a little while!
- * I've learned to say, "I can't eat just one. Do you want me to eat the whole thing?" With that they usually accept my "No thanks."
- * Having a hard day? Turn it over--to your Higher Power.
- * It works--if you work it!
- * The more I try to diet and control my food, the more food I want. When I let go and let God, my program works and the weight just comes off.
- * I didn't enjoy eating out with skinny friends.
- * It takes all of us for a good meeting. Thanks for being here.
- * It feels soooooooooo gooooood being abstinent!!!!!!
- * ONE DAY AT A TIME!

- * I complained about his drinking; he never complained about my fat!
- * I can't. I let God
- * I wanted to start my 4th step.
 First I had to decide: What kind
 of paper? Pen or pencil? Format?
 Maybe I should eat lunch first!!!!
- * Recovery is progressive and healing.
- * The more abstinence you have, the easier it gets; but I never let myself forget -- I'm only one bite away from a binge!
- * Keep trying.
- * OA speakers are here to disturb the comfortable and comfort the disturbed.
- * God is my best friend. I may neglect him, but He is always there for me.
- * When I reached a certain weight I just quit weighing. I couldn't face the truth of what the scale would say.
- * The compulsion has been removed.
 It's a miracle! Recovery
- * On the road to recovery!

To "Let Go"...

- ...does not mean to stop caring. It means I can't do it for someone else.
- ...is not to cut myself off. It's the realization I can't control another.
- ...is not to enable, but to allow learning from natural consequences.
- ...is to admit powerlessness, which means the outcome is not in my hands.
- ...is not to try to change or blame another. It's to make the most of myself.
- ...is not to care for, but to care about.
- ... is not to fix, but to be supportive.
- ...is not to judge, but to allow another to be a human being.
- ...is not to be in the middle arranging all the outcomes but to allow others to affect their destinies.
- ...is not to be protective. It's to permit another to face reality.
- ...is not to deny but to accept.
- ...is not to nag, scold or argue, but instead to search out my own shortcomings and correct them.
- ...is not to adjust everything to my desires but to take each day as it comes, and cherish myself in it.
- ...is not to criticize and regulate anybody, but to try to become what I dream I can be.
- ... is not to regret the past, but to grow and live for the future.
- ...is to fear less, and love more.

Justin

1000