

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

March 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 85714.

Phone Reporters: Doris,

5 anytime, leave message.

Grace.

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

Editor's Corner

As you may have noted, we skipped a month according to the masthead. No, you haven't missed an issue. Being the Newsletter is dispersed on and after the 3rd Saturday of the month, it seemed more desireable to date it the following month. Who wants last months news? and that is about what was happening as far as associating a month's upcoming events with the month, i.e. February - Valentine's Day is over by the time you receive the Newsletter, etc. etc. "I knew you wanted to be perfect," so we're trying to become perfect.

Thanks to each of you that contributed copy for this Newsletter. Thanks in advance to each of you that are going to contribute! Regrets... the "Comments We Have Heard" column does not receive bylines. That does **not** mean the contributions for that section are any less appreciated. Thanks, thanks, thanks, thanks!!! and keep them coming.

With our thoughts on March, I'm happy to report that Tucson Intergroup (IG) is marching ahead in service positions being filled. Thanks to each and everyone of you doing any kind of service in OA for your willingness. IG has been honored with the attendance of members interested in OA that do not have specific positions. That is great. The one area of service still in need is individual groups having IG Reps. This is important to a group's wellness and growth, in my opinion. Let's work toward getting every group represented. It takes action to make this work. It's fun to act and work together. See you at next IG meeting, the 3rd Saturday of March. Mark your calendar: Intergroup, March 16, 10 a.m., in Annex 106, West of U of A Hospital on Warren Street. NOTE, THIS IS A NEW LOCATION FOR INTERGROUP. It will be our new regular spot, EXCEPT for April. We are in need of a place to meet that month. Let Dee or any IG person know if you can locate a meeting place for that month.

Speaking of March, spring . . . let's march ahead and spring forth to new growth, together! "United we stand, divided we fall." —Abe Lincoln.

It amazes me how themes show themselves. Unity Day in OA, in honor of our 25th year as a Fellowship is just behind us. Maybe it's a sign of a new beginning for us. Truly, I did not plan unity as a theme for this section, but it obviously is there. United with you on the road to recover, I am as always,

Your Anonymous Editor

WORKSHOP • Wed. March 6 • 7 p.m.—10 p.m. SPEAKERS & SHARING — Subject: Relationships

Place: Streams in the Desert Church (Rear Building)
1655 N. Woodland, 1 block West of Craycroft
Contact: - ask for information on workshop

- THE BOTTOM LINE IS LOVE

for a more beautiful you!

Intergroup Info TWWWWWWWWWWWWWWWWWWWW

January 20th's Intergroup meeting was a lively one! For the first time in months it went into overtime (but no overtime pay). This lively group is also loving. That was shown in the decision to have Intergroup absorb the additional costs for literature i.e., WSO is finding it necessary to add a 5% handling charge. You may be moved to respond to this love by suggesting your group be generous in its contributions to Intergroup. The officers agreed to fund this need as long as Intergroup has the dollars in its treasury to do so.

Levi showed enthusiasm for the service we were now receiving from Gemcom Answering service. IF YOUR NAME IS ON THE MEETING LIST AS A CONTACT PERSON, your name will be used as a contact person by this answering service. If for any reason you cannot serve in this way, YOU MUST LET LEVI KNOW so your name will be removed. ALSO, he would like to have some volunteers to be on this list for probably one month terms of service. Most especially, some folks willing to be listed on the meeting list as belemics and/or anorexias for this crutch to newcomers would be greatly appreciated. Call Lev or Connie Ar... for either of these services.

Our WSO Delegate, Elv has once again offered her service to any and all groups to visit your meeting. She will explain a Delegate's service and help you by answering any of your questions about OA as a whole. She's a very loving and serving individual. Why not call her and arrange a visit for your group? I'm certain it would be an educational meeting for newcomers as well as seasoned OAers. She will also answer questions re: the suggested breakdown of contributions to Intergroup, Region and WSO after a prudent reserve from your 7th traditions.

A reminder for all groups to review their Group Handbook. That explains the many intricate ways and means of conducting your group and keeping it alive and well. Included in its info you'll find the suggestion for each group to have a monthly steering meeting. This is usually held before or after the regular meeting, attended by all who care to, and especially by that group's officers. These officer's duties are outlined in this publication. All groups would benefit by familiarizing themselves with the booklet, available from George or Elvie.

Tucson Intergroup now has HOPE! Yes, HOPE! Ho has stepped into the positon of Special Events Chairperson. Levi, in his loveable, humorous way (see the things you miss by not being at Intergroup?) that even her name tells us something! Thanks Hope, for your willings. May we all stand behind her in our willings to be supportive of her calls for help in this service. She certainly will need it, as it is much too big a job for anyone to carry alone.

Intergoup meetings are open to all OA members. Feel free to attend. Encourage any meeting you attend to "get" an Intergroup Representative if they do not have one. It's an active way to 12th step your way to recovery! See under Intergroup

Officers for time and location. Be there!

Maintain an attitude of gratitude. Being grateful can give us the antidote for those ills of compulsive overeating: resentment and fear. It is as if we are soothed by the balm of recovery when we come to know a power greater than ourselves which loves us. This makes it possible for us to love ourselves and all people, places and things in our lives. Instead of excuses to overeat, we now have reasons to be grateful and help others who still suffer by sharing our experience, strength and hope. When did I last write a gratitude list?

Connie Ann

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.: Elvi

Delegate: Belle

Literature: George S.

Ann: WSO Tapes

Tucson OA Answering Service 628-2424

Lifeline Rep.: Sandy B. Public Info: Connie Ann

Reporter: Grace

THE BOTTOM LINE IS LOVE

Special Events: Hope Phone Chairperson: Levi Reporter: Doris Newsletter Editor Tucson, Arizona 85714

for a more beautiful you!

Sanity For The Rest Of My Life

I was enjoying a shared old copy of Lifeline, March 1982, to be exact! Toldeo, Ohio caught my eye as it is my home town. Thus I read the following: "Two years ago I subscribed to Lifeline after being in program a year and losing most of my excess weight. I thought I was cured. I had to go back to the pain, the food, the swollen body and the distorted mind to learn I'll never be able to guit OA and live sanely. During the time I stayed away, Lifeline was a gentle monthly reminder that you were all still there for me and would welcome me back when I couldn't stand the pain any longer, Even the humiliation of coming back fat wasn't bad as the loneliness and desperation of struggling with my disease alone.

"The first time, I came to OA to lose weight. This time I know that's not enough. Thin is not sane and this time I want sanity for the rest of my life. I've been back ten weeks, I'm abstinent, I'm working the steps, the weight is coming off and I'm

"Please send me two more years of love and sharing. E.M., Toledo, Ohio"

Recall, the above came from a Lifeline from March 1982, still being circulated and read!

Being this is Lifeline month, I thought sharing the above may be just the incentive some of us need to send in our subscription for ourselves, and for a group or friend if we are so moved. Remember, during the month of February, any group individual or IG sending in 10 subscriptions will receive 20 free back copies of Lifeline (if you can only send 5 subscriptions, you'll receive 10 free back copies). There's not much time left. Why not get together with your OA friends and/or group to send off your subscriptions? The free back issues available as loaner copies for circulation would be a real service to Tucson OA. To participate, take the name and address of each subscriber privately. Include the check for the full amount to cover all subscriptions for your group. Send it with the address of the party to receive the free copies (possibly the group secretary or treasurer.) The order blank below may be used. For additional order blanks see George ? or Sandy B. 622-1432. PLEASE GET THEM IN BEFORE THE END OF FEBRUARY. Do it now so you won't forget. Remember the free copies are a service of love to other OAers. There is no way to ever know just how far your \$s will go.

	Please enter a subscription	New □ Renewal □
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Comedy Corner

- Q. How many Compulsive Overeaters does it take to change a light bulb?
- A. Two: one to change the bulb and one to write the resentment!
- Q. How long does it take a compulsive Overeater to change a light bulb?
- A. It depends if the light bulb is the one in the refrigerator!
- Q. Why did the Compulsive Overeater put her scale in the trunk of the car?
- A. It was driving her crazy, so she wanted to see if she could drive it crazy!
- Q. Why did the practicing Compulsive Overeater take 2 pairs of pants out to lunch?
- One to wear in and one to wear out!

Lois, Sheri, Connie Ann

How many Compulsive Overeaters does it take to write a Comedy Corner?







Love . Love . Love . Love





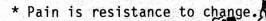
Comments We Have Heard!?!



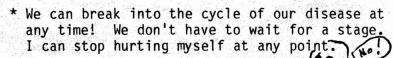
Name

Phone No. Codes*

- * EG0 . . . Edging God Out.
- * I found the escalator to recovery broken; I guess I'll have to take the steps.



- * I need a hug.
- * If it's working, don't fix it. If it isn't, change it.



- * Willing to go to any lengths means saying "NO" to that first bite.
- * What I think I am can be very different fr what my actions are announcing.
- * The addictive/compulsive diseases have been termed a love sick illness.
- * I really didn't want to come to the meeting. Seems when I need it most I don't want to come. GLAD I'm here.
- * Obsession IS compulsion.
- * Courage is fear that has said it's prayers.
- * Thanks for the Christmas letter. It meant sooooooooooo much
- * The ability to forgive comes from practicing the art of love. When I do that, I AM FREE.
- * Love and Fear cannot walk in the same shoes. (Tis one or the other!)
- * Don't try, just DO it!
- * I've lost my program, but I still have the tools, so I'm using the tool of phone calls.
- Do I KNOW the program or LIVE it?

