

Editor's Corner

It seems April's Newsletter is just off the the press and we are keyboarding May's. Many jobs are that way! We only become aware of these intricasies when we become a part of the active scene. We had an outstanding mini-marathon in March. Hope is planning another. It's so great to have a Special Events Chairperson once again. And what is she up to this time? You campers and eutdoor people will love this...a campout, and for those less inclined...come for the day after sleeping in your

homey, cozy bed. Details are yet to be worked out, but now you know what to be looking form. It is exciting to see talents coming forth, willing to give of themselves. It is especially evident in In-

tergroup, but also the Newsletter is reflecting this aspect of growth. Again, thanks to those who are giving of themselves to share their abilities in writing. It is much appreciated by all.

Have you noted the pen pal service that is available for young OAers? It was sandwiched at the bottom of the page in the April Newsletter. Hopefully it will find a more prominent position this month as it is a tremendous service developed in LA, California. Please direct young people to it, whether they are presently a part of OA or not. At this point, We have no further details about the service than has been gleaned from their youth newsletter. If any Tucson folks partake in the **Operation** Penpal, please share with our newsletter editor, your joys and experience! We are truly happy to see this happening.

The above is an example of creative ideas put to work. What have you thought of that might be of service to other pon't let your ideas stagnate. Get them into action. Intergroup may be a good place for you to express your ideas and needs. We are finding new visitors each time, and some of the one timers are finding it worth their time to come back. The meetings are open to all OAers. Welcome.

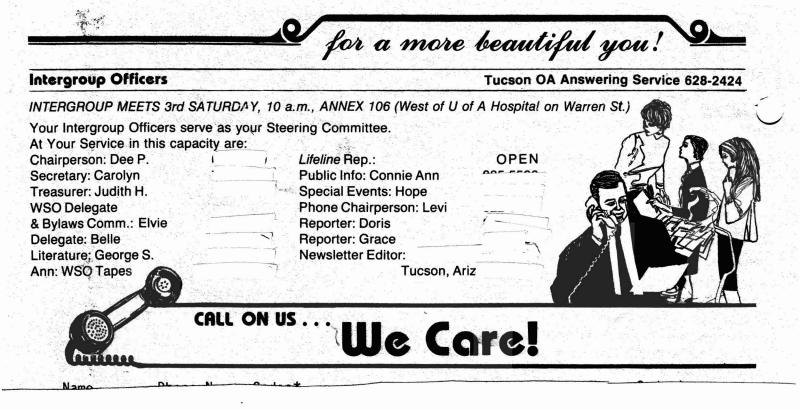
It's overdue...a special hand, applause to the TGIF group for their work in folding the newsletters. The old adage, and ny saved is a penny earned is fitting here. It's not an astronomical amount to have the newsletters mechanically folded, but this group has been so willing to do the job, we let them! Being there while doing the folding is kind of like a family night. We kid, share, and work together for the good of all. Thanks TGIF for your work and fine example! There is a mite of a payoff...they get their copy even before Intergroup, and any other meeting. They deserve that edge!

May will be nominating month for new Intergroup Officers. June will be election time. We have had excellent leavership this past year, which has encouraged an awakening in OA. Not much happens when we just take a back seat to life. So, let's express our thanks to those that have accepted offices and given of their time. And more importantly, let's a volved. OA is OF the people, FOR the people and BY the people. Are you a people? Then why not be a part of the of, for and by? Grateful to be, I am

Definition

What is Overeaters Anonymous? OA is a fellowship of men and women who meet to share their experience, strength and hope in order to solve their common problem and help others who still suffer from the destruction of compulsive overeating.

Connie Ann



EW-Evenings and Weekends;

AM-Mornings; W-Work; L-Late H-Home; LM-Leave Message.

Lifeline

Our publication of recovery is enjoyed by many in the Program. Did you ever give thought to how the stories came to be They are the experiences of people just like you and me out there that took the time to sit down, write, then mail their experiences to *Lifeline*. You can share a humorous incident, a spiritual one, or one that led to your recovery. The choice is yours. Encourage others to do the same. The pay is out of this world—spiritual!

- THE BOTTOM LINE IS LOVE -

Love . Love

Book/Literature Report

Alcoholics Anonymous, affectionately known as The Big Book is even sometimes called the Bible of the program. Without a doubt, this book is the greatest tool to our recovery. Yes, meetings, abstinence and phone calls, service and any and all other tools are priorities in our lives. But nothing takes precedence over the studying of the Big Book. If you do not have one, I strongly suggest getting it. If you have it, remember, you will not get the program by osmosis! The people I see with real program, and recovery that is obvious use the Big Book as a handbook for living. It appears these same people have found the same pages to read on a regular basis. They all admit that when they do this, they have a good program. It has been known that when life is especially stressful, these people carry their Big Book with them as a "security blanket." They have it with them, so when they get a break during their busy day, they are able to get some strength to sustain themselves. It has worked for many, and certainly it will work for you too, if you will give it the opportunity. I see these books come out at meetings, (sometimes meetings that don't use them, but these people somehow have their's with them "just in case.") The folks that have this book as their right arm, tend to have book marks in them at regular intervals. They also have them all marked up! If these people have what you want, you may want to try doing what they do! They read and study this important book and make it a living part of their lives. You can do that too, with a little dedicated investment of your time, daily. You're worth it!

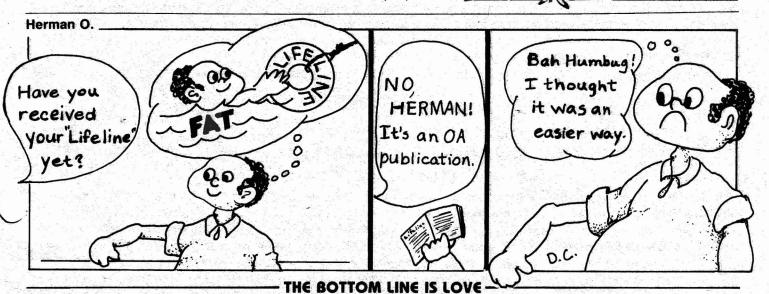
for a more beautiful you!

Some of the pages I hear the most quoted are: pages 86-89-how to end your day, and how to begin the day on awakening; 449-552-on acceptance and expectations; 552 what to do if(?) you have a resentment; and 560 which tells us in a condensed way just what we MUST root out of our lives if we are to recover from this disease of compulsive overeating. As this has worked for so many AAs and OAs, who I am to argue with it? Why not take note of these pages, and try reading them on a regular basis for 2 weeks. If it works for you too, pass the message along. If you don't see results, what have you lost for so little investment of your time? Try it, you, might like it! The book is available at most meetings. If you have any trouble locating your copy, call George. for your copy. It costs less than an average lunch out (the way you used to eat!!!). Editor

The 12 Steps of Pain (vs The Steps to Recovery)

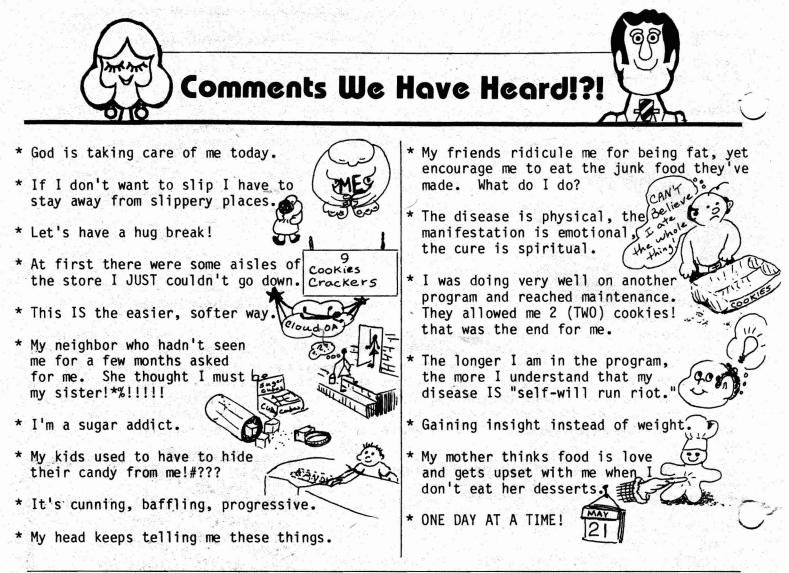
- 1. Obsessing about the first nonabstinent bite.
- Seeking pleasure from nonabstinence.
- Believing I will be able to stop bingeing and return to abstinence when I choose.
- 4. Missing work, school and whatever opportunities arise (isolating).
- 5. Going to bed (escape).
- 6. Not answering the phone or returning calls (isolating).
- 7. Waking up in guilt, anger and fear.
- 8. Realizing I cannot stop.
- 9. Declining an opportunity for service.
- 10. Putting God "on the shelf" 'til I get the time for Him.
- 11. Believing I can do it alone.
- 12. Continuing in step one and progessing through these 12 steps.

METOTHE OA 1985 WSO September 27—29, 1985 Convention! **Disneyland Hotel** Anaheim, California World Service Organization For Details: 2190 190th Street Torrence, California 90504 (213) 320-7941



C., D., & S.

love • love



Excerpts From "Young People's Committe Newsletter," L.A., California

I walked into Overeaters Anonymous 6 years and 2 months ago and have not left for even one day...I was an extremely angry, resentful 19 year old and it showed. I hated myself and everyone around me. I was jealous of all my peers because they were thinner than I was. The only way I dealt with these feelings was to eat over them.

I have been maintaining and still losing here and there over 90 pounds by the grace of G-d. It is not easy, but by working the 12 Steps as they are written, it will work. I have been around so long, because I do a lot of service.

As a relatively young person, I can only identify with those that are still suffering in their disease, and hope they find the program. I had a miserable life, and I would hate the rest of you to have to go through what I had too. The only suggestion I have for the young people who do not have a young people's meeting in their own area is to keep attending the adult meetings and get your own program together; and then begin a young people's meeting in your own area, with the help of some of the adult sponsors. The program is available, if you want it. You have to want it, work for it and you will most definitely keep it.

Slogans are a big part of our OA Program. They are what might be termed our "portable literature."

Operation Penpal is a service recently started by the Young Peoples Committee. Through this service, young people are given the chance to share this program of recovery with others just like themselves. It is open to all who would like to participate. If you would like to share your program with another young person please write:

OPERATION PENPAL P.O. Box 92870

Los Angeles, CA 90009



For information or a possible subscription to O.A. Young Peoples Conference Committee & Newsletter, write P.O. Box 92870, Los Angeles, California 90009

Editors Note: Mark is the Newsletter editor for the L.A. Young Peoples group. May the excerpts from their newsletter be of special encouragement to Tucson's young people! You are not alone in a world of adult OAers.

Thanks L.A. young folks for your leadership in providing such helpful programming. We wish you well, and extend a congratulatory and thankful hand for extending the program to other youth in areas not so blessed. Keep up the good work!