



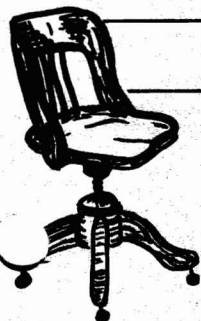
**FREE**

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**Phone Reporters:** Doris, anytime, leave message.  
Grace, 5:30 to 9:30 p.m. and weekends.



May will be nominating month for new Intergroup Officers. June will be election time. We have had excellent leadership 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 all get involved. 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

Your anonymous donor

### Connie Ann

## THE BOTTOM LINE IS LOVE

[illegible]

[illegible]

## Editor

**C., D., & S.**

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A cartoon illustration of a man with a large head and small body, wearing a white shirt. He is looking upwards with a thoughtful expression. Above his head is a large thought bubble. Inside the thought bubble, a smaller version of the man is shown holding a life preserver ring. The ring has the words "LIFE LINE" written on it. Below the man in the thought bubble, the word "FAT" is written in large, bold, capital letters. To the left of the main thought bubble, there is another smaller thought bubble containing the text "u d feline".



D.C.

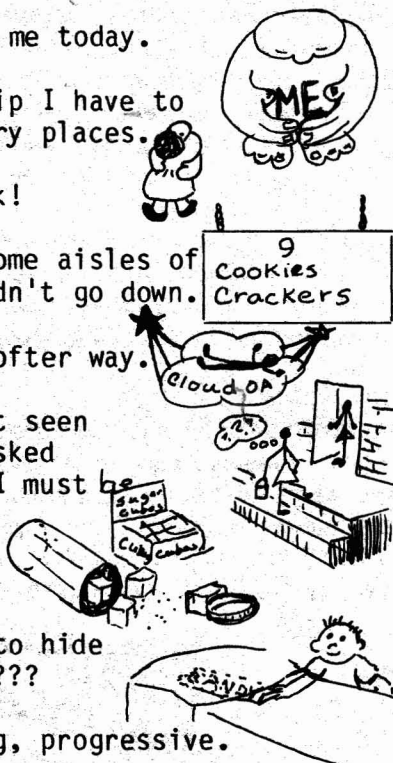
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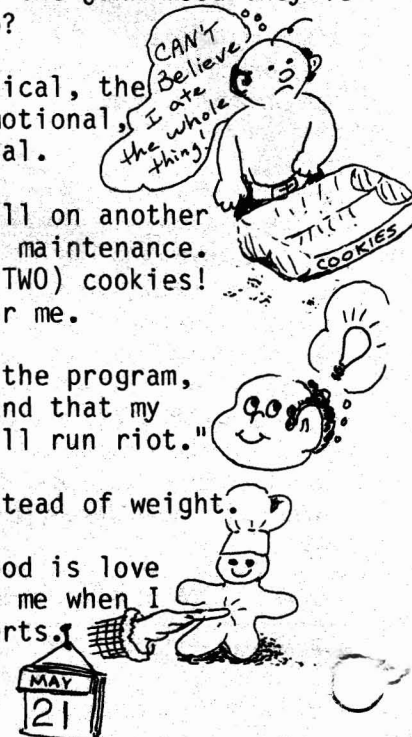
## Comments We Have Heard!?!



- \* God is taking care of me today.
- \* If I don't want to slip I have to stay away from slippery places.
- \* Let's have a hug break!
- \* At first there were some aisles of the store I JUST couldn't go down.
- \* This IS the easier, softer way.
- \* My neighbor who hadn't seen me for a few months asked for me. She thought I must be my sister! \*%!!!!
- \* I'm a sugar addict.
- \* My kids used to have to hide their candy from me! #???
- \* It's cunning, baffling, progressive.
- \* My head keeps telling me these things.



- \* My friends ridicule me for being fat, yet encourage me to eat the junk food they've made. What do I do?
- \* The disease is physical, the manifestation is emotional, the cure is spiritual.
- \* I was doing very well on another program and reached maintenance. They allowed me 2 (TWO) cookies! that was the end for me.
- \* The longer I am in the program, the more I understand that my disease IS "self-will run riot."
- \* Gaining insight instead of weight.
- \* My mother thinks food is love and gets upset with me when I don't eat her desserts.
- \* ONE DAY AT A TIME!



**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.

Mark

**Mark**

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!*

**-THE BOTTOM LINE IS LOVE**

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