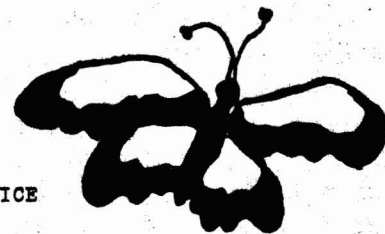


# The OA Reporter



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TUCSON AREA INTERGROUP

NOVEMBER 1981

## IMPRESSIONS OF REGION III MINI-CONVENTION

During the weekend of the mini-convention, I lost track of the number of times I said the "Serenity Prayer" and the "Lord's Prayer" and listened to "The Bond of Brotherhood". I often wished I were three people because I wanted to get to ALL the workshops. Perhaps that, too, is being compulsive, but they were all so good and so well-led.

There were workshops on the Steps and Traditions, on sexuality, on resentments, family life and meditation. I got to a few, but still wished I could have had them all.

One speaker had his audience howling with laughter when he said, "a neurotic is one who is self-employed and hates his boss".

As many of the panelists spoke, they passed around pictures showing what they were like before OA. It was always difficult, almost impossible for me to believe that the speaker was really the person in the picture. The change was too dramatic. I remember thinking that the change was not just in weight loss, but in the look in their eyes and the expressions on their faces.

There were so many people to meet! OAers from Las Vegas, Houston, Dallas, and Los Angeles came to Tucson for this mini-convention. There were many that I wish I could have spent more time with. I found some new Tucson OA friends, too.

Each speaker seemed to leave me a morsel of "Food" for thought. One speaker said that going to meetings was a part of 12-step work, because if people didn't attend meetings, there wouldn't be any groups to keep us strong in our program.

Another said I could choose to be happy, just for today, the way I choose to choose abstinence, one day at a time.

A third speaker said that each time I choose not to overeat could be, in itself, a spiritual experience. This is food that will take some time to digest.

As a newcomer, I found that I still shared some things with those who have been in the program and maintaining for years:

## TREASURER'S REPORT

Balance as of Oct 17, 1981: \$378.22

### Donations:

Lifeliners	10.00
Green Valley	15.00
Anonymous	15.00
Welcome Home	10.00
Silhouettes	35.90
Total:	85.90

### Expenses:

Quik Print (Newsltr)	15.84
Copying Minutes	1.91
Region III (For Delegates)	92.00
Meeting Lists	36.95
Repair of Tape Mach	30.00
Purchase of Tape	16.54
Total:	193.42

Balance as of Nov 21, 1981: \$270.88

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## A WAY OF LIFE

Friends, may I give you a thought? There comes a time when we must rely on Him who gave us life. A time in one's life when everything has become unwanted & unmanageable, even life. This may sound depressing, but it's through this unmanageable bottom that we can finally start a foundation to a happier way of life. Unmanageability is the step and service is the way to find abstinence in a fast-moving world.

Abstinence is a way of life surrounded by friends who know the same pain and fears. Friends who understand your hurts and accept you for what you are and what you can become. For when you leave these walls of safety you leave with hope, friends, and a life of love; love which lasts forever and will go wherever you go through life. Ron L.

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## DELEGATE'S CORNER

Ask your Intergroup Representative to read you our reports on the mini-convention assembly that we submitted to Intergroup. No room in this newsletter to share it with you.

Love, Karen S. and Jill G.

one day at a time.  
-- Both of us are one compulsive bite  
(perhaps an impulsive bite) from being  
right back where we started.

This last thought cheers me when things  
aren't going so well and I wonder, "Did  
so-and-so ever have to go through this?  
Yes, probably."

My "attitude of gratitude" is directed  
toward those who brought the mini-conven-  
tion to Tucson, because I'm grateful for  
the opportunity to hear so much program at  
one time.

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A Newcomer

GOD MAY NOT COME ON TIME BUT . . .  
HE IS NEVER LATE.

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REMEMBER: In OA we're not here to see  
through one another; we're here to see  
one another through.

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Prayer doesn't necessarily change things for  
you - but it changes you for things.

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HAT'S A SANE PERSON LIKE ME DOING IN A LACE LIKE THIS?

Nothing's wrong with me . . . So I eat when I'm sad . . . So I eat when I'm happy. . . So I yell, scream a little, and have tantrums. So what if my friends don't keep their word. I can do everything myself! So what if I'm crazy . . . life is too short to worry about trite things . . . SO WHAT! Why should I change? Everyone has problems. I just happen to have a few more than everyone. Living happens to be the biggest.

Living. . . until OA, I thought I was living. I slept all day, ate and cried all night, made judgemental remarks twenty-three hours a day and dragged my feet when I walked. Isn't that living? Living, yes, but full of life? Now I have life in me. God. God has given me what I could never give myself. He has given me an inner peace, even when I'm crazy on the outside. The inner peace is slowly replacing the ulcer. It's as if God is tickling my insides with a feather, saying "I'm with you through sane and insane". God has given me a new meaning of fear, anger and depression. When these problems arise, I try to deal with them. And then turn them over. I have been dealing with a fear and frustration lately. How neat to say "dealing with" instead of "binging". That numbness is gone. I can poke myself and watch my skin spring back. My body is alive. The progress in the last eight months is unbelievable. I have put feelings and responsibility back in my vocabulary. With progress like this how could I quit. I know if I quit now, that it's my will and not God's. I am going sane. Still, I have to remember, just because I have a disease, it's no excuse. There are many happy normal people in this world and I have no right to make them miserable. The "normies" do not understand me, nor can I expect other compulsive people to "forgive me", just because I feel like having a miserable day. Sometimes, I don't want to get out of my stuff, and with my selfishness I want others to pity me. I have learned, when I'm down, I can get out of myself, with God, and other people who understand me.

I have chosen to live a 12-step program. I want to live a fulfilling life. I want to sleep at night, have abstinent days, talk about how good life can be and saunter when I walk. To me that's living. God wants me to have OA. I need OA and OA needs me. This program is for anyone willing to work it. Without you in OA there would be no program. How can I let a program that works, dissolve? My God has given me a choice.

- NEED HELP?  
 Call on Intergroup Office  
 Judith Chairperson  
 Marilyn Treasurer  
 Betty G. Literature  
 Jill Special Events & WSO Delegation  
 Connie Ann Public Information Chairperson  
 Charlene By-laws Co-Chairperson  
 Karen S. Newsletter  
 WSO Delegation  
 Sylvia Transportation Chairperson  
 Marian Ways & Means Chairperson
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THE WORD FOR THE MONTH - KISS

This seems like a silly word for OA, but it has a very profound meaning. The meaning is "Keep It Simple Stupid".

This phrase has been going through my mind since the mini-convention. I have a tendency to make everything so hard when really it isn't. All I have to do when it comes to this program is be willing, open & honest with me and my Higher Power and together we will get sane - just keeping it simple.

Karen S.

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TRADITION FIVE

In the fellowship I find my purpose for living that no outsider can fulfill. I can carry the message of the Program to the overeater who still suffers. This doesn't necessarily mean to go outside the Program to find a recruit. This can mean sharing my experience, strength, and hope with those who have been around awhile and still suffer. In order to help the sufferer, of course, I am best qualified when I am practicing the 12 steps. They give me guidance and comfort and help me work through my character defects, so I can really listen to another. By showing concern for other people I can free myself from bitterness, resentment, and the anguish of repeated defeat by the pantry.

At times, my professional background causes me to believe I am an expert on nutrition, obesity and psychology. I can share what I know, but for the sake of my recovery I need to remember I am a compulsive overeater who practices the 12 steps of OA and not indulge in grandiose prescriptions for other people's lives or analysis of their neuroses.

Just as I, an individual member of OA, need to keep my ambitions single-purposed, so do our groups. We can dilute this OA program with money-raising, exercise classes, lectures on evils of sugar. To keep our primary purpose to carry the message of recovery through

Dawn S.

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EDITOR S INFCRMATION

If y have news, call me, Karen S.  
at { send articles to  
my address on,  
Arizona,  
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ATTENTION

The opinions expressed in this and  
every newsletter are strictly those of  
the writer and not CA as a whole. Take  
what you want and leave the rest. With  
Love.  
\*\*\*\*\*

groups. Rather than limiting us, the character  
channels our efforts and energies into the  
areas where we can be most effective. Our  
spiritual needs can best be fulfilled as long  
as we do not try to do things that are beyond  
our power; individually and collectively.

To sum up the message of this Tradition -  
Always to extend the hand and heart of OA to  
all who share my compulsion, for this I am  
responsible.

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Judith H.