



OA NEWSLETTER WITH NO NAME

FREE Published by Tucson Intergroup November, 1984

Take What You Want & Leave The Rest !!

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*CONTRIBUTIONS WELCOME! We reserve the right to edit. Requested anonymity will be honored; otherwise, your first name will be used as "byline."

*MAIL COPY TO: EDITOR, 4545 S. Mission #64, Tucson, AZ. 85714.

*PHONE REPORTERS: Doris, [redacted] anytime; leave message if not in.
Grace, [redacted], 5:30-9:30 p.m. and weekends.



NAME FOR NEWSLETTER

A name for our Newsletter is expected to be born from the November Intergroup Meeting.
WATCH FOR RESULTS IN OUR NEXT NEWSLETTER

THANKSGIVING

This day should be special to we OA folks. While others may show thankfulness by stuffing the turkey, we turkeys turned abstainers will be thankful for the abstinence of another day! We shall be thankful for the many helpful slogans the program has given us: "This, too, will pass; one day at a time; easy does it; call before taking the first bite; abstinence tastes better than the 1st bite," ad infinitum. We are thankful for the tools: Phone calls, meetings, writing and burning, service, literature, anonimity.

It's OK to say no to foods and quantities that will send me on a binge. It's a Good Day to repeat the Serenity Prayer OFTEN! Thank God for OA on Thanksgiving Day, with the action of abstinence. He will see us through if we let go and are willing.

May this be your BEST Thanksgiving, ever,

News Letter Staff and Editor



WORKSHOP

A workshop is a beehive of activity! Much work goes on behind the scenes to get the ball rolling. Time was spent by OA and HOW representatives in many meetings beforehand to plan topics, find speakers, prepare flyers, etc., etc. You folks did an excellent job for which we are grateful. OA thanks each and every person who served to make the workshop a grand success.

For those unable to attend, we encourage you to make every effort in the future. Participation and attendance is service, and service is slimming. Those who were able to attend certainly had their OA program enriched. It takes action to achieve results!



THE BOTTOM LINE IS LOVE

Love • Love

for a more beautiful you!



INTERGROUP INFO

Tucson Intergroup sandwiched October's meeting into the lunch break during the Workshop. Due to the time element, as well as less than full attendance, only the most urgent business was handled.

Motions were made and carried for our Intergroup to share 50% of expenses of the October 20 workshop with the HOW Intergroup.

HOW requests to be included on the tape message, listing their meetings and contact people. They will share in the cost.

Joe, our Literature Committee Chairperson, has rotated out after a lengthy and generous service. Thanks, Joe!

Dave, our Special Events Committee Chairperson, had to resign after doing a splendid job for us. Thanks, Dave!

TGIF, Friday, p.m. meeting's Intergroup Rep. reported that group's willingness to share their "We Care" list for inclusion in the NEWSLETTER. Thanks and a tip of the hat to all TGIF participants.

*HELP WANTED:

Intergroup needs a secretary! Also a Life Life Representative! Also Literature Committee Chairperson! Also Special Events Committee Chairperson! HELP! HELP! Salary: "The cost of my love is no charge," BUT remember "Service is Slimming." For information, please call me (624-4930). I know there are lots of people out there who want to be slim. Thanks in advance for filling any of these positions.

Dee



*PHONE CALLS:

Phone calls, you teach me patience. I dial and dial and what do I hear? Busy signals and no answers. Phone calls, phone calls, you teach me patience. And my reward if I persevere? A delighted OAer answers my 15th call! Thanks, OA, for giving me the tool of phone calls. It's built in me patience and built for me friendships. Both lead me to sanity. Yes, thank you for the tool of phone calls.



INTERGROUP OFFICERS:

officers serve as your Steering Committee. At your service in this



CALL ON US...

We Care!



Comments We Have Heard!?!?

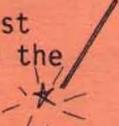


*A NEW SERVICE FROM TUCSON INTERGROUP is the publishing of a "We Care" list. If you want to become an active part of this service, note your wish with "Include" marked on your meeting WE CARE list. Also, ask your Intergroup Rep. to get the list to the Newsletter Editor by the 2nd Wednesday of the month. Reporters for the Newsletter will gladly take your name and number for inclusion. Give them a call.

The Editor wishes to give kudos to the HOW Intergroup for the leadership in publishing a WE CARE list in their Newsletter. Thanks, HOW, an excellent idea!

Name	Phone No.	Codes*

* The program is like a full orchestra. One or two instruments aren't much alone; put them all together--MAGNIFICENT! Am I working the WHOLE program, all 12 steps and traditions? 

* I came here an atheist. But now I must admit there HAS to be a God. I've seen the miracles in MY life that prove it! 

* Goodies are NOT goodies. That's a *#@?&¢% lie. They are baddies. Who ever conned this whole society into believing such a lie? They are bad for ME, my body, my teeth, my addiction, and they are empty calories; yet I've been trained to look at them as goodies I'm now deprived of. Today, I'm thankful for the truth, and it will set me free from compulsive desires for self-destructive foods. 

* Are you "on" the program or "in" it? It is much easier to fall OFF than to fall OUT.

* I gave raisins for Halloween. 

* I gave sugarless gum for Halloween.

* Work the program and the food compulsion will be lifted. 

* It's not what you're eating, but what's eating at you. Get the latter cleared up, and the rest will take care of itself.

* I left for a while, looking for an easier, softer way; 50 lbs. later, I'm back.

* I got up and did dishes, made beds and had order...AND...it was only 10:00 a.m. Then I knew my life was becoming manageable. AND a comment based on that one: So THAT'S what is meant by "manageable!"

When I took a five year sabbatical from OA....

Welcome back!

HELLO



THE BOTTOM LINE IS LOVE

Love • Love