



The OA Reporter

VOLUME THREE, ISSUE TEN

TUCSON AREA INTERGROUP

OCTOBER 1980

A SIMPLE PROGRAM FOR COMPLEX PEOPLE

The long awaited day of the Bill B. Marathon finally arrived. I had listened to many of Bill's tapes so I was not completely unfamiliar with his story. He looked much like I had imagined he would. Mostly, he seemed comfortable with us and rightly so - we share the same disease. Needless to say, Bill's opinion of how to work this program is very different from how many of us originally learned to work our programs. He is an extremely strong supporter of the value of the Big Book and firmly believes that OA should get out of the business of providing food plans or any procedures that he felt promoted the continuation of the obsession towards food. He contends that all the "how's" of the program may be found in the Big Book. To me, the most helpful ideas that he shared were in response to a question about what he does when he finds himself obsessing about food. First, he works at making himself happy and calm. He mainly does this by meditating (lasting from a few seconds to a half hour) and allowing his Higher Power to enter into himself. Secondly, he goes to a meeting and grabs on to a newcomer. By telling the newcomer about OA he gets outside himself and leaves the food behind. His most important concept was the continual repetition that OA is a spiritual program of recovery. Yes, losing weight is great, but if we spiritually recover, the physical recovery follows right behind. What he was saying to me was - when I'm fighting the "battle of the bulge" - whether win/lose or draw - it's time to look at my spiritual program. If I am spiritually fit, I shouldn't be fighting. Bill B. is a stimulating speaker and a needed addition to the Tucson OA program. The turnout was large. And now . . . "into action".

Sylvia

ATTENTION

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

WORD FOR THE MONTH

The word this month is HALT. I hear this word a lot especially when I am going through some problem and not willing to face it.

I was told that HALT meant never let yourself get too HUNGRY, too ANGRY, too LONELY (or LAZY) or too TIRED. One of my character defects is not accepting that I am not super human and able to cope at all times. I guess this is the perfectionist in me.

Lately I have suffered a lot with being too Tired or too Angry. When I let myself get this way, I am in trouble emotionally. My serenity goes out the window. I have to call someone in OA for them to tell me I am overtired and help me accept that I am human and just tired. (spiritual progress not perfection).

Recently, I had to write a tenth step on Nursing. There was a lot of Anger in me about being forced to nurse my first son 13 years ago and failing because of his unusual sleeping pattern. Once I wrote about this and admitted that the anger was there I was able to accept it and put the anger back in the past where it belonged.

When I suffer from being too Hungry, I have to honestly evaluate it to see if it is really hunger or if some emotion is eating at me. It has taken me 2 years to distinguish between these two but it is becoming easier as I let my feelings come through instead of fighting them.

The letter L means two things to me. I am more prone to being Lazy than Lonely so I use Lazy. I have to force myself a lot of days just to get out of bed. Some mornings I sit at my kitchen table in meditation and ask God to wake me up because I can't seem to wake myself up. Somehow by saying this I do wake up and have the energy to do my work. Also I have learned that laziness is a state of mind for me. I can and do talk myself out of it. Also Kalil, the Prophet, says to do your work with love no matter what it is and it will go easier. Since I have tried doing this, the work does seem to be easier and I don't resent it as much.

Karen S.

A NOTE FROM JUDY L.

Personal reasons do not permit me to complete my term as chairperson of Intergroup and OA delegate, but it has been a pleasure serving in both capacities.

I wish much continued success to everyone. I hope the many beautiful people I have met through OA will keep in touch with me. I treasure the friendships with which I have been blessed. My love to all - Judy L.

P.S. She is not leaving us - just Intergroup. Editor

SPECIAL EVENTS

The 1980 Regional Convention will be held in Las Vegas this year at Caesar's Palace on December 12th, 13th and 14th. Come one, come all.

WORDS OF WISDOM

Give to God and God will give to you.
Andy S.

NEED HELP

Call on Intergroup Officers: Judy L. 325-5218 Chairperson, Ethel K. 748-8326 Treasurer; Jeri C. 749-5428 Secretary; Betty G. 749-3480 Literature and Special Events Chairperson; Leah T. 790-0949 Public Events Chairperson; Joe F. 325-7478 Public Information and Meeting List Information.

EDITOR'S INFORMATION

If you have news call me, Karen Sherman, at _____ or write and send articles to my _____ Tucson,

HL

READ LIFELINE MONTHLY

Lifeline is a magazine written and read by compulsive overeaters. So come on, subscribe, or contribute an article and enjoy Lifeline. If you have an experience or idea you would like to share with OA, send it to Lifeline or contact Sarita at 743-0160. She is serving on the national Lifeline and as your local Lifeline Representative.

LIFE IS WORTH LIVING

Life is worth living
wherever you are;
deep down in a dungeon
or high on a star.

Life is worth living,
it all has a plan;
when God knows you're giving
the best that you can.

The Saint and the Sinner
the great and the small,
we all are God's children
and He loves us all.

So pray when you're happy
and pray when you're blue,
for life is worth living
when God lives with you.

Nick Kenny

INTERGROUP NEWS

The meeting was held at the First Avenue Christian Baptist Church, 4635 S. Park Ave., on September 20th at 10:00 a.m. In attendance were Judy L., Ethel, Jeri, Bettye G., Jill, Alice, Sylvia, Leah and Judith. The discussion was about making final plans for the marathon. Jill was elected to take over Special Events for next year. The Monday Miracles meeting has been cancelled. Jill is getting a list for leaders and 12 steps (service to others) together - her number 1. Elections will be held in January for new intergroup officers. Meetings are held every third Saturday of the month. All are invited.

MEETING CHANGE

After the 28th of October, Tuesday night meeting at Broadway and Craycroft will be cancelled.

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