



OA NEWSLETTER WITH NO NAME - *Take What You Want & Leave The Rest!*

FREE (Contributions welcome) Published by Tucson Intergroup October, 1984

(We are "resurrecting" the OA Newsletter, presently using the old title:

THE REPORTER

Inasmuch as it is all new, we would like to give it a new name. Please submit your suggestions to the editor or via your Intergroup representative BEFORE the October 20, 1984 meeting.

THE REPORTER contains opinions of the editor and members. Opinions expressed herein are not to be attributed to OA as a whole. Acceptance and printing of contributions does not imply OA nor editor endorsements.

EDITOR'S CORNER

*THE FIRST EDITION of the OA REPORTER in some time is now in your hands. We hope you will enjoy it and be encouraged to continue your program of recovery. We have many ideas, and would guess that all of you do, too. I chose to remain anonymous in this position. Two reporters are available to assist in the production of your newsletter. Feel free to call on them. Your suggestions can be mailed to the Editor. We hope to receive more than we can use! Contributions will be filed for future reference. Maybe your copy would fit an upcoming issue more so than the one you submit it to. We do appreciate any copy, thought, or efforts brought forth. We would like to include in each issue a current "WE CARE" list. We could obtain your phone number and name from meeting "We Care" lists. You may want to discuss this at your meetings and have your Intergroup rep. share your wishes at the October Intergroup meeting. You could note on the individual meeting "We Care" list, your desire to be omitted from the REPORTER list; this will be honored. Please see page 4 for a suggested WE CARE sheet. This subject will be discussed at Intergroup and acted upon only if group conscience so directs.

*EDITOR'S PLEDGE: I pledge my abstinence to the Fellowship of OA, and to the program for which we stand; one fellowship, under God, indivisible, with liberty and justice for all.

I stand as a willing trusted servant of the Tucson Intergroup, so long as I maintain my abstinence from compulsive overeating. I commit my will to God, as I understand Him today, and ask for His guidance and leadership in all I write and permit to be printed herein. THE EDITOR, October, 1984.

*CONTRIBUTIONS NEEDED: And 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, 889-1695 anytime; leave message if not in.
Grace, 747-3166, 5:30-9:30 p.m. and weekends.

THE BOTTOM LINE IS LOVE

Love • Love • Love • Love • Love • Love • Love • Love • Love



5065-688
22025 211

for a more beautiful you!

INTERGROUP INFO

***HELP WANTED:** Life Line representative. Salary: "The cost of my love is no charge," but service IS slimming! For information call Dee, 624-4930, 8:30 - 9:30 p.m. or weekends. You may also inform your Intergroup rep of your willingness to serve in this capacity, or come to Intergroup meeting and VOLUNTEER.

***HELP WANTED:** Intergroup needs a secretary! Salary: (see above). Thanking you in advance for filling either of these positions! Dee.

***SUGGESTED READING FOR ALL OA MEETINGS:** "One of the prejudices about compulsive overeating is society's view of a compulsive overeater as someone who is obese. Yet the overeater can be one pound overweight or even underweight, as in anorexia nervosa, and still be a compulsive overeater. THE ILLNESS HAD NOTHING TO DO WITH WEIGHT. That's why it is so silly to go on diets or to weigh oneself all the time.

"The problem is with the control of food. Is one preoccupied with controlling food intake to the point that it's interfering with one's life? Just as being an alcoholic is not related to the amount one drinks, being a compulsive overeater is not related to the amount one weighs.

"The overeater's problem is not being able to control eating behavior the way other people can, and the need is for a system to control that behavior. Of course, the most effective one is a support system like that of OA. What the overeater has to do is turn over the control to a higher power. Once it is turned over, the behavior is under control." From pp. 184-5 of Overeaters Anonymous, better known in OA as the "chocolate book." It is an excerpt from "Disease of the Mind" by Wm. Rader, M.D.

***OCTOBER MEETING OF INTERGROUP** will be held during lunch break of the workshop "Growing Together, A Program of Recovery" (see ANNOUNCEMENTS AND EVENTS).

*DELEGATE'S REPORT:

- Use 12th Step to stay in touch lovingly with anyone who has chosen to leave the program for a while. No pressure. Just love and a continued contact.
- Tape of young people's meetings now available to see how they are conducted.
- Nutritional pamphlet will no longer be printed.
- Next convention of Region 3: Salt Lake City, November 9-11, 1984.
- "Horizon" (Newsletter of Region 3) subscriptions \$2.00. Contains information on Region 3 conventions, etc.
- For further info on WSO and Region 3: Contact Elvie 886-9449. She is available to speak on the subject at your meetings.

INTERGROUP OFFICERS:

Your elected Intergroup Officers serve as your Steering Committee. At your service in this capacity are:

Chairperson: Dee P. 624-4930	Secretary: Open
Treasurer: Judith H. 323-9845	Acting Secretary: Carolyn 747-9875
WSO Delegate: Elvie 886-9449	Delegate: Belle 299-3511
By-Laws Comm. Elvie 886-9449	

Volunteer Intergroup Servants:

Literature: Joe F. 325-7478	Reporter: Doris 889-1695
Lifeline Rep: OPEN (Call Dee)	Reporter: Grace 747-3166
Public Info: Connie Ann	Editor ("The Reporter") 4545 S Mission, #64
1-586-4557	Tucson, AZ 85714

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ANNOUNCEMENTS AND EVENTS

***"GROWING TOGETHER - A Program of Recovery,"** is being presented by OA and HOW Intergroups.

WHEN: Saturday, October 20, 9:00 a.m. continuing 'til evening (Registration: 8:30 a.m.).

WHERE: St. Joseph's Hospital Auditorium, Wilmot and Carondelet Drive. Thanks to all those giving time and energy to make this workshop a success for all OA and HOW members...the only requirement for membership is a desire to stop eating compulsively!

***OCTOBER INTERGROUP MEETING** will be held during lunch break of the "Growing Together" workshop. Meeting room will be announced at the workshop as we learn of an available room at St. Joseph's Hospital.

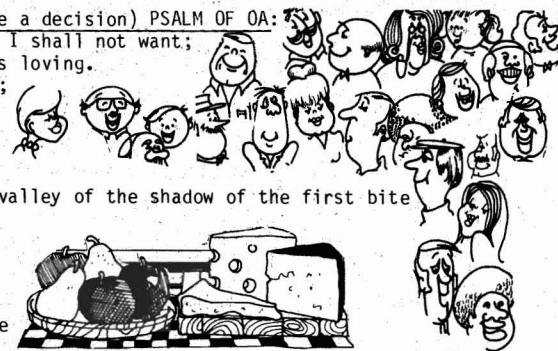
***COPY FOR THIS COLUMN** must be received by the third (3rd) Saturday of each month. It may be phoned to reporters or mailed to the editor.

*STEPS

I thought the two-step was a waltz; now I find it's a way to restore my sanity. The bunny-hop: One step ahead, one step behind, and three steps ahead...that brings me back to willingness.

***23rd (2-Came to believe; 3-Made a decision) PSALM OF OA:**

My Higher Power is my shepherd, I shall not want;
He makes me sit down in meetings loving.
He leads me beside still waters;
He restores my soul.
He leads me to the Big Book
for my life's sake.



Yea, though I walk through the valley of the shadow of the first bite
I will fear no ill.
For Thou art with me;
And my sponsor and fellow OAers
They comfort me.

Thou preparest a table before me
Of weighed and measured foods.
Thou grantest me vegetables and salads,
And my diet sodas overflow.
Surely sanity and slimmness shall follow me
All the days of my life;
And I shall dwell in the house of OA for ever
With my Higher Power and beside Him, my sponsor!

*ROSES ARE RED

• Roses are red and violets are blue, "Overeaters Anonymous" (book) is brown,
and it will turn your frown up-side-down. Try a chapter a day and keep the pounds away!
• Roses are red, violets are blue. Sugar is sweet but not on you.
• Roses are red, violets are blue. "For Today" is white and it's good for you.

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*SUGGESTED "WE CARE" SHEETS FOR REPORTER: (Please discuss this proposal at your meeting. Have your intergroup representative share your ideas and suggestions at the October Intergroup meeting. Your representative would be responsible to send--or arrange to have someone send--a copy of your "WE CARE" sheets to the editor for inclusion in the newsletter (whether it is called THE REPORTER or something else).

Name	Time*	Phone	SPONSORS						Speaker	I	NO
			Food	Step	OA	HOW					
Doris	A	889-1695									
Grace	5:30-9:30 EW	747-3166									

* A-Anytime; E-Evenings; EW-Evenings and Weekends; AM-Mornings; W-Work; H-Home; LM Leave Message;
I-Include my name and phone number in THE REPORTER;
NO-Do not put my name and phone number in THE REPORTER.

*NO SCALE, NO WEIGH INS!

"Welcome newcomers," we say. But are we able to refrain from visual "weigh ins" of a thin newcomer? Do we view that person as a threat? Is this an area for some 4th step work? Doesn't 3rd Tradition say: "The ONLY requirement for OA membership is a desire to stop eating compulsively"? Let's have unity of spirit, not size! Let's have acceptance without visual "weigh ins." May we all pledge to love a fellow OAer unconditionally, whatever the size, shape, age or gender. As we forgive ourselves, we WILL grow in love and acceptance. Then, in unity we WILL say with unconditional love, "WELCOME NEWCOMER!"

Anonymous

*NEW MEETING--LOCATION - CATALINA:

Thursdays, 12-1:00 p.m., brown bag lunch meeting. Bring "Big Book." Contact person: Janet 885-0518, evenings and weekends. This new group would love to have the attendance of "old timers" to give them the boost and support they need to get started. It's about a 40 minute drive from central Tucson. Car pooling provides a way to extend your meeting! Why not give Jan a call and a hand by planning to attend one of these Thursdays? "Compulsive Overeaters" by Bill B. is available at this meeting at \$7.77 (regular price \$12.95). The savings will pay for your gas!

*COMMENTS WE'VE HEARD:

I can tie my shoes, now. I can see my toes. I've got a hole in my thighs. I thought I had a lump, then realized it was my breast bone, I can feel it now. I don't have an extra chin anymore. I am finally what my driver's license has said for years: some people lie about their age, I lied about my weight. I actually felt full, satisfied. I was upset, but it didn't drive me to eat. When my expectations are sane, my serenity is intact. For me the third step was 20 feet high, with no ladder to climb it, but once I made that step my program began to work for me. The fourth step is not all that hard and is so rewarding when you've done it.

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