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What You Want & Leave The Rest!!!

The OA Newsletter With No Name (In Keeping With Anonymity!) 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.

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

Mail Copy To: EDITOR

Joson, Arizona 85714.

Phone Reporters: Doris, I anytime, leave message.

Grace.

. , 5:30 to 9:30 p.m. and weekends.

Editor's Corner

I've always heard that the older you get the faster time goes. Well, that may be true but this is getting ridiculous!!! October! Then the program reminds me to think positive—I'm alive and well, an active part of this great program of recovery. Maybe the time goes flying by because I'm so happy since being in OA!!??!!

We often hear that service is slimming. I'd like to add that service IS happiness, too. So-o-o-o, do YOU want to be happy?There is a service job open and it may be just for YOU! We once again find ourselves in need of a special events chairperson. We regret losing Hope, but are happy for her that she has a job she is happy with (even though with it she was no longer able to do us this service.) One of you reading this can restore hope (small h but big in scope!) You don't feel that is the job for you? Well, maybe telephone chairperson is better for you. That position is also in need if a willing body OA Intergroup wants YOU if you indeed are the one for either of these jobs. Come to IG, or call an IG officer to talk about the position. See top of next page for phone numbers and names and make that call without delay!

Once again, I'm delighted to find copy for the Newsletter in the mailbox! Thanks to all who are sharing of themselves to make this newsletter possible. If you send in copy that is not original, please include the source and publisher. We must be careful and courteous about this aspect. Remember there are copyrights, and we certainly don't want to infringe on anyone's rights. Also due credits are expected, even if quoted from other OA Newsletters. For the most part, the most delightful reading is YOUR experience, strength and hope. We all love humorous episodes, receipes, crossword puzzles, and recoveries—gratitudes. Let's hear from you. My mail carriers say they don't mind if I keep them extra busy as it's not on their back, but in a Jeep! So let's fill their Jeep, and the Newsletter with the good thoughts from YOU, the fellowship!

The Path to Peace

Knowing my feelings helps me know that other people feel too. We're all human. We all make mistakes and we all are striving to be the happiest we can be. And just because everyone isn't taking the same path I am doesn't mean they're any less sincere in their search. We're all after the same destiney—peace of mind and spirit. But we all have a different path. Each one's path is their unique way toward God. We'll all get there in our Divine time. Cathy G.

Eleventh Step Prayer — Prayer of St. Francis —

Lord, make me a channel of your peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is dispair, I may bring hope—that where there are shadows, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen. Quoted from the Eleventh Step Chapter in the "Twelve Steps and Twelve Traditions"

THE BOTTOM LINE IS LOVE

for a more beautiful you!



INTERGROUP MEETS 3rd SATURDAY, 10 a.m., ANNEX 106 (West of U of A Hospital on Warren St.)

Your Intergroup Officers serve as your Steering Committee—at your service in this capacity are:

Chairperson: Mary S.

Secretary: Janet C.

Treasurer: Belle

WSO Delegate

& Bylaws Comm.: Elvi

Delegate: Belle

Literature: George S.

WSO Tapes

Lifeline Rep.: Helen

Public Info: Connie Ann

Special Events:

Phone Chairperson:

Reporter: Doris Reporter: Grace

Newsletter Editor:

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OPEN

OPEN



CALL C

We Carel

Call Reporters (see above) if you ... reach an obsolete number so we can keep this list current ... have a change in your number ... are going to be gone a month or so ... want to be included in this listing!

Codoc

*CODES: S-Sponsor; Q-Qualify at mtgs.
- CALL: A-Anytime; E-Evenings;

A-Anytime; E-Evenings; EW-Evenings and Weekends; AM-Mornings; W-Work; L-Late H-Home; LM-Leave Message.

Perhaps we could summarize the OA program much like the response Bill W., co-founder of AA did when asked to describe the program in ten words. He said, "I can do it in five. "Don't drink and be kind." In OA we need change only one word: "Don't eat and be kind." We know that "eat" means practicing the destruction of our disease. And that being kind starts with the way we treat ourselves.

Connie Ann

-THE BOTTOM LINE IS LOVE

for a more beautiful you!

Like Magic..

My life is but a weaving Between my Lord and me. I cannot choose the colors He works so steadily.

Oft' times He weaves in sorrow
And I, in foolish pride,
Forget He sees the upper
And I, the underside.

The dark threads are as needed In the Weaver's skillful hand, As the threads of gold and silver In the pattern He has planned.

Not til the loom is silent And shuttles cease to fly, Will God unroll the canvas And explain the reason why.



1 Serving lettuce

1/2 Cucumber, skinned & sliced

4 Pepperocini peppers, cut in pieces

1/2 Can water packed tuna

1/2 T. Oil

1/2 T. Vinegar

1/2 T. Weight Watchers Mayonaise

1/4 C. Chunky salsa

Tear lettuce in bowl. Arrange cucumbers & peppers. Add vinegar & oil. Spread in center. Dot tuna with mayonaise. Pour salsa over tuna. Eat and enjoy!!!

Sherri & Lois



An OA Birthday

I'd been reflecting on my first year in OA, really striving to live the program. It was a birthday to celebrate, not because of perfect abstinence, or perfect adherence to all the principals. None of us CAN do that! No, I celebrated recovery, progress, gratefulness to my God for a new lease on life, new friends and the along the side gift of it all, a new size and weight! I've been given the gift of nearly 50 pounds of body fat removed. But greater than that is its replacement with 50 pounds of spiritual growth. God doesn't remove anything to leave an ugly hole. He replaces it with a lovely gift—sobriety, peace of mind, love for others that brings love in return. As a one year old, what words of wisdom would I give you? ... Think positive and teach only love. Teach love in everything you do and say by living the love way as an example to our fellowman who has not yet experienced love. Help them learn as I've learned love, by seeing it and living it!

My first year in OA, I came to believe...

...OA is a plan for recovery that is a way of life. 331*

... Nothing takes precedence over a call for help from a fellow OAer. 310

... Nothing insures my recovery as much as intensive work with other OAers. 89

... For our group purpose a loving God is our ultimate authority. 565

... I can accept reality and live peacefully finding it beautiful. 561

...When I lose fat by living the program, I also cast off the burdens of the past and the anxieties of the future. 560

... can deal with disappointments and problems that once sent me to food, 559

...I sometimes have to ask for willingness, but it always comes. 552

...The only problems I have now are those I create when I break out in a rash of self-will. 551

... My basic problem was a spiritual hunger (no food could satisfy). 546

... My sickness was within myself. 546

... I had been immersed in self-pity and resentment. 547

... I am the result of the way I REACTED to what happened to me as a child. 554

...The more's give the more I get. The less I think of me, the more of a person I become. 542-3

... "The courage to change" in the Serenity Prayer meant NOT to change others, but to change myself. 451

...When I focus on what's good I have a good day, and when I focus on what's bad, I have a bad day. 451

... Acceptance is the answer to ALL my problems today. 449

... Nothing, absolutely nothing happens in God's world by mistake. 449

- ...When I complain about ME or YOU, I am complaining about God's handiwork. I am saying that I know better than God.
- ...The essentials for recovery are honesty, openmindedness and willingness. 550
- ...Reality is two-sided, grim and pleasant. Before OA I only knew the grim. 550
- ... My own selfishness and stubborness are evils that can drive me to eat. 423
- ... My health and sanity have been restored NOT by anything I've done, as I can do nothing. (Step Two) 473
- ...Being Abstinent is not being sober. 462
- ... To continue to eat as I had is death-and living hell before death 461
- ... have a plan for living that produces a personality change and a spiritual awakening. 459
- ★ From Alcoholics Anonymous, "The Big Book," as adapted to carry the OA message.

Doris C



Comments We Have Heard!?!



- * I have a cunning, baffling, and powerful disease which throws everything in the books at me!
- * That's a good one. Jot it down for "Comments We Have Heard!"
- * But you didn't GET fat in a week
- * I want to put the refrigerator on top of a hill and let it go. At least I'd lose weight chasing it.
- * Love you!!!!!
- * Step 12 within: When someone IN program is still practicing their disease. They need us!
- * Let's keep it positive.
- * Why don't you see me after the meeting - or call me. We can discuss it then.
- * I learned how to meditate by studying the chapter on Step 11 in the 12 and 12.
- * Without abstinence I have nothing except a killing, progressive disease.

From The Lifeline Representative

Twelfth-Step-Within work is a new term I've heard quite a bit lately. It has to do with helping those within the fellowship who have relapsed or who need to strengthen their commitment. It has to do with helping by sharing our experience, strength and hope.

I would like to suggest that a practical way to spread the message within our number would be for each group, as a group, to subscribe to *Lifeline* magazine. Not every OA member is in a position to subscribe. Perhaps the person who received a group's copy could do service by reading it first and sharing some highlights when bringing it to the meeting for circulation.

Reading *Lifeline*, our journal of recovery, can bring strength and hope to a flagging spirit. I know—I've tried it!

Helen

- * Thin is not well. Inches #
- * Keep coming back. You'll get it (abstinence).
- * ONE DAY AT A TIME!
- * I call my sponsor EVERY day.
 I need that contact!
- * Do the footwork.





Please contact Linda

A \$5 deposit is required. Tapes are usually available at the Tuesday night meeting at the Newman Center and the Wednesday night meeting at Streams in the Desert. Call Linda first if you want to be sure!

- Titles Available: -

(Please request by date and number)

- 1. OA Convention '76, No. 11
 Where's the Excitement in Maintenance?
- 2. 1977 WSO Convention, No. 19 How Anonymous is Anonymity?
- 3. OA WSO Convention, No. 21
 Carrying the Message—Not the Person
- 4. OA WSO Convention '77, No. 23 Dealing With Other Compulsions
- 5. OA WSO Convention '77, No. 32 Sponsoring the Opposite Sex
- 6. OA WSO Service Convention '77, No. 42 Kissing, Touching, Sighing
- 7. OA WSO Service Convention '77, No. 49
 How Can I Make Amends When I Haven't Hurt Anyone?
- 8. OA Luncheon and Keynote Speaker, OA WSO Service Convention '77, No. 57
- 9 OA WSO Convention '77, No. 58 Grand Closing: Experience With You and Me.
- 10. OA WSO Convention '76 No. M-17 Over Age 50
- 11. WSO Convention '82, No. M-64 Anonymity, The Spiritual Foundation
- 12. 5th Annual East Coast OA Convention '79, No. 42 Teens: Handling Peer Pressure
- 13. 5th Annual East Coast OA Convention '79, No. 57 OA, O'Anon and Sharing Our Problems
- 14. 5th Annual East Coast OA Convention '79, No. 69 Teens: Reaching Out to Others
- 15. OA WSO Service Speaker '82 Natalie B., Martha H.

