

ANSWERING SERVICE  
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Let Go of Ego  
Let God Go  
And Run the Show.

I feel this includes steps 1, 2, and 3. I have been able to do this ever since I felt I had a spiritual experience on Friday, August 13th (Friday the 13th - My lucky day)! I have maintained contented abstinence since then and have lost 8 lbs. Thanks to my Higher Power.  
Carolyn C.

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I came to OA some years ago, Liked it a lot, I'll have you know. Caring & sharing like you've never seen, Love & compassion & in between. I loved this program from the very start, Now it's with my entire heart. This wonderful new way of life, Has really helped me & my wife. So to the people who have just begun, Keep coming back & you'll have some fun. So, relaxing in my humble home, I'm also writing this OA poem. So, with a Higher Power & 1 day at a time, I hope you enjoy this poem of mine.

Iggy

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WORD FOR THE MONTH - SERVICE

I picked this word this month because I would like to share with you all what service has meant to me in my program.

I came into program in August, 1978 since then I have done as much service as I could do for the group, for myself and for the whole program.

I first started leading meetings when I was in only 3 months. From there I started sponsoring people. I failed a lot at sponsoring a lot of times when I first started but with each mistake I learned to grow and to look at each one of my character defects through the eyes of other people.

Then I moved on and got involved with intergroup. I was in only a year at this time. I just sat at the meetings and had input at first. Then I ran for alternate delegate to World Service, this lead into being delegate for World Service for 1 1/2 years. I grew a lot during this period because I made more mistakes which somehow I learned from. During this time, I took on the newsletter.

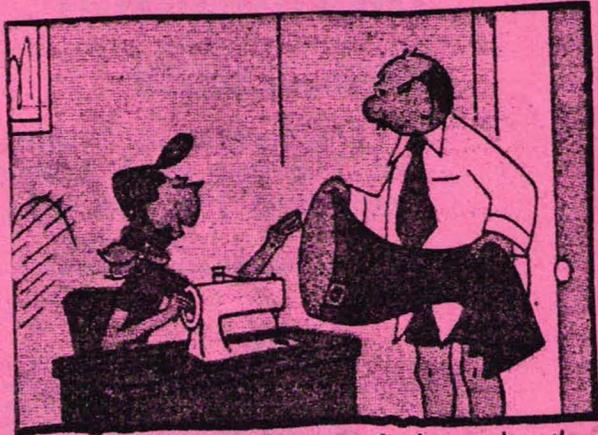
I have been doing the newsletter now for two years and believe it is time to let someone else grow from this rewarding job. I believe each one of us needs to do service for the group, ourselves and for OA as a whole. For me it was the only way I was going to grow since I have never really been involved in any group in my life before OA.

I still sponsor and intend to help out where ever I can. Keep Coming Back. It works for me.  
God Bless All  
Karen S.

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by  
VINSON

Featuring  
HARRIET  
&  
STANLEY  
PARKER



"For a change of pace, why don't we alter the size of YOUR waist!"

CONCEPT ONE

Now that I've completed my current thoughts on the 12 traditions, I'd like to talk about the 12 concepts for World Service. AA adopted these at their 12th annual General Service Conference on April 26, 1962. And OA recommends their use (see pages 12, 19, 22 of your OA Group Handbook).

Concept One - The final responsibility and the ultimate authority for OA World Service should always reside in the collective conscience of our whole fellowship.

This concept is closely related to Tradition 2. OA groups have the final authority of a loving God as He expresses Himself in the group conscience and leaders are to be entrusted with delegated responsibilities, only.

For this principle to work, we need enough enlightenment, enough responsibility and enough love of God and man to insure our democracy of World Service will work under all conditions. I believe democracy doesn't work when people are uninformed and/or apathetic and/or power-seeking. But people who are recovering through the 12 steps in groups which practice the 12 traditions become a spiritualized society. These people then become enlightened and responsible. We love our fellow members and we love the principles upon which our lives today are founded. As a whole fellowship, then, our collective conscience is worthy of the authority and the responsibility the first Concept gives.

In OA Love  
Judith H.

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NEED HELP?

- Call on New Intergroup Officers:
- Carolyn Chairperson
- Charlene Treasurer
- Jill G. Secretary & By-Laws
- Elvie T. Committee Chairperson
- Connie Ann Special Events
- Sylvia Committee Chairperson
- Dawn & WSO Delegate
- Joe P. WSO Delegate
- Public Information Chairperson
- Newsletter Editor
- Transportation Chairperson
- 12th Step Committee Chairperson
- Literature Chairperson

A PROGRAM OF RECOVERY

The last marathon, A PROGRAM OF RECOVERY, left me grateful and happy that I keep coming back.

I would personally like to thank all the leaders for putting me back on track. It turned out to be a beautiful day and I renewed my commitment to OA.

For me it was a spiritual experience to see how when you do turn things over that they really can work out for all who attend.

I love OA for it has given me my happiness. It has made me most days joyous and free to live and love and just be me.

Karen S.

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DON'T BE A  
TURKEY -  
  
STUFF  
THE BIRD  
INSTEAD OF  
YOURSELF !!



FRAN - PLANO

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WORDS OF WISDOM

If I'm not what I want to be  
And I'm not what I ought to be  
Thank God I'm not what I use to be

Unknown

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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.