



# THE OA REPORTER



ATTENTION: The opinions expressed in this and every newsletter are strictly those of the writer and not OA as a whole.

ISSUE SIX VOLUME NINE TUCSON AREA INTERGROUP SEPTEMBER 1983

ANSWERING SERVICE NUMBER 748-7315



## ABOUT THE REGION...

Region III has received contributions from the following Tucson Area groups within the last six months: Thursday Lifeliners, Monday Northern Lites, and Saturday Omni. Among its other functions, the Region puts out a quarterly newsletter, "Horizons". Every group should be receiving a copy free upon each issue. If your group isn't getting one, please write to Carol Schmalien, editor,

As part of the 60-30-10 plan, our intergroup does not send money to Region III or to World Service Office; this action is left to the individual groups. Groups who would like a copy of the 60-30-10 contribution plan can contact our intergroup treasurer, Belle, at Region III helped pay the costs of sending delegates to the recent Mini-convention in Phoenix, so when we cast our bread upon the waters...

## IT'S HISTORY!

OA has been in Tucson for some ten years now, and Elvie T. would like to hear from those who have been around from its very beginnings or from its earliest years here. Whatever you can share will help in Elvie's history of OA in Tucson. Her number is

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\*\*\*\*\* ANNOUNCING \*\*\*\*\*  
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**SOMETHING NEW IN TUCSON:** Traditions and Concepts Meeting. Open, non-smoking. 4500 E. Speedway Suite 21. Ask for the 10:30 meeting. We'll be meeting from 10:30 til noon. Contact person judith h.

**MEETING TEMPORARILY CANCELLED:** Effective last month, the Tuesday morning sharing meeting on East Limberlost was indefinitely suspended

**CHANGE OF AFFILIATION:** The Thursday evening discussion group that meets at the Pima Street Baptist Church and the Sunday evening Step-study that meets at University Hospital are now affiliated with the Tucson Area Intergroup of Overeaters Anonymous. These meetings were formerly affiliated with the Tucson/How Intergroup.

**THE PLACE FOR "GOING SANE":** The Tuesday evening "Going Sane" meeting is back in its usual place, room 353 in the U of A Student Union.



My number one responsibility is my own growth and well-being. The better I am to me, the better I will be to others.



JIM DAVIS

## CHARITY...

Charity is many things ---

It is SILENCE when your words would hurt;

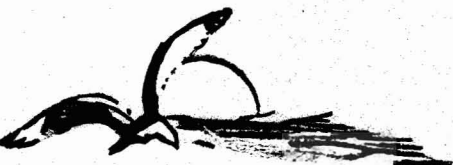
It is PATIENCE when your neighbor is curt;

It is DEAFNESS when scandal flows;

It is THOUGHTFULNESS of others' woes;

It is PROMPTNESS when duty calls,

It is COURAGE when misfortune falls.



### FOR THIS MEETING

1. FOR THIS MEETING, I will listen to what others are saying about themselves, and not interrupt or ask questions of the person while they are speaking.
2. FOR THIS MEETING, I will not judge another person for what he has said, because I know that he can and will change his life when he follows the OA Program.
3. FOR THIS MEETING, I will not discuss religion, politics, medicine, or any other matter not directly related to the OA Program.
4. FOR THIS MEETING, I will not speak dogma about God or a Higher Power, I will respect the right of each person to retain his belief or no belief in God or a Higher Power.
5. FOR THIS MEETING, I will keep from giving advice, because I know that my advice can force my belief's on other people.
6. FOR THIS MEETING, I will not lecture others on how they should live, what they should do or not do. I am here solely for the purpose of getting well myself.
7. FOR THIS MEETING, I will talk about myself only, and nobody else. I will say how my life has been, what I have done, what it is today, and what I want it to be.
8. FOR THIS MEETING, I will look for the good in myself and others, and I will try to bring it out.
9. FOR THIS MEETING, I will remind myself that the words I say to myself in private or in public, help me get well, or stay emotionally sick.
10. FOR THIS MEETING, I will relax and allow my mind to be free. Free to discover what I need to understand in order to live at peace with myself and others.



### TWO THINGS TO KNOW ABOUT GOD:

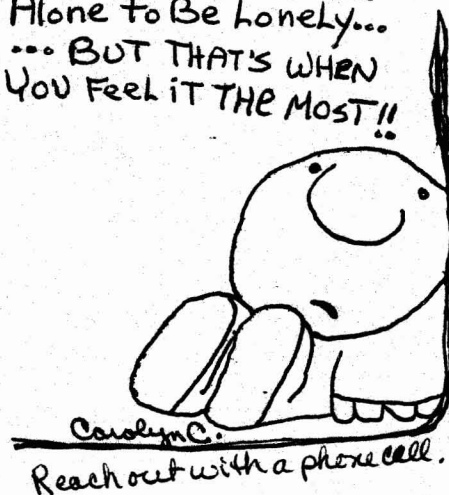
1. There is One!
2. You ain't Him!



### SYMPTOMS THAT COULD LEAD TO RELAPSE:

FRUSTRATION: At people and also because things may not be going your way. Remember, --everything is not going to be just the way you want it.

You Don't Have To Be  
Alone to Be Lonely...  
... BUT THAT'S WHEN  
YOU FEEL IT THE MOST!!



Reach out with a phone call.



### NEED HELP? Call on new Intergroup Officers:

Jill G.	Chairperson, WSO Delegate
Judith h.	Secretary
Belle	Treasurer
Charlene	By-Laws Committee Chairperson
Elvie T.	WSO Delegate
Connie-Ann	Public Information Chairperson
Holly	Newsletter Editor
Teresa W.	Special Events Committee Chairperson
Dawn	12th-Step Committee Chairperson
Joe F. H.	Literature Chairperson
Sarah H.	Lifeline Representative
Ann S.	WSO Tape Representative
Judy S.	Telephone Committee Chairperson

NEWSLETTER DEADLINE: Deadline for newsletter articles is the 2nd Wednesday of the month. Column width is 35 elite spaces - I think. Thanks for your contributions! Holly C. Tucson, 85712.