

# **Editor's Corner**

Did you know our newsletter is enjoyed in other parts of the country? As local OAers have traveled, some have carried the message with them via the newsletter. South Dakato, Utah, California and Chicago have had our message, and very possibly elsewhere. We are grateful for this opportunity to carry the message of recovery in Tucson to fellow sufferers. Uncle Sam has carried some of it to friends and relatives of members. He'll do that for you too, for 22 cents. At Intergroup (IG) we discussed the feasibility of offering our hope via subscription—to cover postage. This COULD open the door for an opportunity to serve. Would you like to develop a mailing list and handle this service? Come to IG to learn more about it. If you had been turned off by IG at one time, I highly recommend giving it another try! Many have ex-

pressed the awareness of a maturation in the group. Things do change for the better. IG would like to have a Rep from each Tucson OA meeting present. This can be easily accomplished by having an alternate to cover for the regular Rep. The growth and needs of IG and individual meetings are thus intertwined. Your IG Rep brings not only news of growth, retreats, and conventions to the local meeting, but also current meeting lists and newsletters. George is usually there and is pleased to bring literature orders to the meeting. It is the hub of OA, the place where the action is. It's the most inspiring place I can imagine being every 3rd Saturday of the month. Being there has contributed to my personal growth and hopefully to the growth of IG. Come see for yourself, and join those who often go for lunch after for continued fellowship. All members are welcome!

# Letters to the Editor

I sit here, full of the love that I have learned this week, learned to really *own* and I want to call someone and share this. Of the several calls I make, no one is home. What can this mean? I want to work my program, and make some calls, and no one is home! I conclude that no one is home, because my Higher Power wants me to share this with ALL OF YOU!

For the first time in my OA experience, I have come to understand true abstinence. Abstinence from excessive eating, from trying to control my surroundings, from owning the anger of those close to me, from self will run riot! With the help of my sponsor, I really gave all my problems over to my Higher Power. When I wanted something to eat, I took responsibility for what I ate. If I chose to eat wheat, I decided that it was alright, as I was making a decision to do it. If I chose to eat any given amount, large or small, I made a decision to do it. When someone vented anger at me, I allowed that to be their problem, and I remained calm in the knowledge that healing me was most important. I realized that if I were to involve myself in that anger, neither of us would heal. This has been a truly earth-shattering experience for me, I truly hope you all find and feel this SOON!!

"The passion for the absolute is the same as the passion for unhappiness." — Louis Aragon (i.e. perfectionism can kill us!) S & L

### -THE BOTTOM LINE IS LOVE -

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	*CODES:	S-Sponsor; U-Quality at mtgs.	and the second
		A-Anytime; E-Evenings;	AM-Mornings; W-Work; L-Late
<u></u>		EW-Evenings and Weekends;	
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#### **Ideas for Service to Self**

Pedicure, manicure, massage, new haircut, facial, reflexology treatment, leg waxing, electrolysis, make up "make-over," new perfume, swim, tram ride or hike in Sabino Canyon, walk in lucious Ventura Canyon, play Scrabble, buy 2 new albums, read a good book, call an old friend, take on an OA service position, write that over due letter or thank you note. Lois & Sherri

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## From The Lifeline Representative

Have you seen the July issue of Lifeline? If you don't receive it through the mail, look for the orange and brown issue to borrow from one of the meetings you attend. You'll find lots of help working the steps. If you're working on Step One, you'll want to read, "I Had to Eat" and "Time to Let Go." For Step Two, try "Change Your Mind"- Step Three "God as I Understand God."

Last but not least, the conversation between one OAer and her Higher Power entitled "Eleventh-Step Dialog." If you've had a helpful interchange with your Higher Power, why not send it to Box 6190 (Lifeline) and share it with the rest of us?!!?

Helen



## Traditions One and Two as Seen by a Tucson OA Member

Tradition One: An important element in preserving unity is the use of Conference Approved Literature (CAL). The World Service Conference represents our membership worldwide. The literature explains the OA way, undiluted and undistorted by points of view spiritual or scientific writings may present. It is especially important for newcomers to "Keep It Simple," by concentrating on OA ideals as they are presented in CAL.

Personal progress depends on the harmonious working together of all members. This requires a willingness to listen to the ideas of others with an open mind, sharing our views and then accepting the group's majority decision. We each have a responsibility to express our views, however. It means sharing our experience, knowledge, and inspiration. Participation is vital to everyone's growth.

Meetings consist of talking and listening. Compulsive talking about personal grievances takes up meeting time and does not help others. We can share our troubled times one-to-one with a Program buddy or our sponsor outside of a meeting. Compulsive silence can be stingy, depriving meetings of a member's experiences. Also, the silent one may reach new insights by hearing their thoughts expressed aloud.

Unity presents a climate for the growth of OA as a whole and an atmosphere where members may acquire peace of mind.

Tradition Two: In the program, there is no individual authority when we gather as a group. We make group decisions by majority vote. We become informed by listening to others' points of view, showing varied perspectives and facets of a problem. Being active in OA is vital to the groups' growth.

Leaders do not exercise authority. Rather, they are willing servants, devoting time, energy and love to the Fellowship. They serve. They do not direct or control.

The time of service is limited because rotation contributes to a sharing of the work, experience, and learning that each job provides. This rotation contributes to the effective development of group conscience. Holding a job too long may lead to feelings of importance, being indispensable and of a managing attitude. Some may chose to leave the group or possibly the Program as a result.

Tradition Two also affects sponsorship. As sponsors guide, share, listen and explain the Program, they suggest choices. They do not advise, or exercise authority over others. In the Program we are not controllers, but equals. There is One Ultimate Authority—not any individual member, or clique who consider themselves special. No one speaks for God. It is a loving God as He expresses Himself to us that forms our group conscience. Judith H.

### Stepping Along

Meetings are the place I get fed the things that make me well. One such tidbit was, "Let's read about the eleventh step. I needed this step in my life before I could do the first three."

That meeting fed me for days. I had read the eleventh step daily for some time, but never really got it. Later, I read the chapter so titled in the "Twelve and Twelve" (an AA book). I was getting everyone that would listen to me to do likewise! It opened many doors to peace and serenity for me. The step prayer in that chapter has been a real inspiration, and a goal for me to live (realize, goals are things we are still reaching for).

I'm grateful to have stepped into THAT meeting THAT night to hear THAT message.

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# **Come to Terms**

I had to come to terms with myself to find recovery in OA. Now I hear newcomers coming to terms—program terms that are nebulous to new ears. So hopefully, here's a little help:

Writing: For me the tool of writing is indiscribable! But I'll try—it's a rope that drops the bucket deep into my mind to bring up the ??? that has been stored in those depths for years. It surfaces the things that have been out of sight so thought to be forgotten. Forgotten, they are not. They are little volcances just waiting for circumstances to give the opportunity to erupt. You know—one of those extinct volcances like Mt. St. Helen. I don't know about St. Helen, but St. Me hurls forth anger, resentments, jealousy, fear, etc. With the tool of writing I find what is at the bottom of the volcance giving rise to these feelings. I find that I'm not really angry for the reasons I think I am. What usually surfaces is an awareness of the present situation that triggers old feelings. The present is a button pushing into an awakening of a buried experience deep in the past. Forgotten? Maybe to the conscious mind, but something in my head knows something I don't know, because it is refeeling. As I write, the roots of the problems surface. Don't ask me how it works. I don't know. But I affirm as many who have tried it—it DOES work. For some mysterious reason, for me it is not as effective at a keyboard as it is by handwriting.

Certainly I have not explained anything about writing as a tool. I can't explain it, as I don't understand it myself. But I canshare with you that it does work, and has been a powerful tool in my recovery from compulsive overeating. I tell sponsorees when they call with, "I just want to eat!!!"—"What's eating you?" Sometimes we can get to that answer by talking, but often it takes the tool of writing. Try it. Don't ask why it works, just be grateful it does!! Doris C.

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