

TUCSON AREA OVEREATERS ANONYMOUS INTERGROUP
HOLIDAY NEWLETTER - DEC-JAN. 1986-87

This newsletter is a service of your Tucson Intergroup. We meet the third Saturday of each month to conduct intergroup business. Everyone is welcome to attend in addition to officers, chairmen and group delegates. The meeting is at 10:00 am in the U.A. Hospital Cafeteria--Dining Room E

AM I SELF-WORTHY?

"Where do I get my self-worth? Do I rely on others to make me feel good? Does my self-esteem go up and down according to what people think of me? Why are other people's opinions of me worth more than my own?"*

Answers to these questions used to menace me. I had lived for many years incapable of moving out of compulsive eating patterns. To change was impossible alone. OA gives me the self-esteem to do what's best for me today. OA encouraged me to improve the quality of my life. My higher power wants what is best for me in spite of my willfull fear and doubt. I am a child of the infinite, guided, guarded and protected, living the twelve steps to the best of my ability.

Questions for Abstinence in Spiritual, Physical, Mental and Emotional Life:

Have I admitted that I have a disease and have I surrendered?

Am I in conscious contact with my higher power?

Do I have a food plan for my day's abstinence?

Am I attending meetings?

Do I speak daily with "program people"?

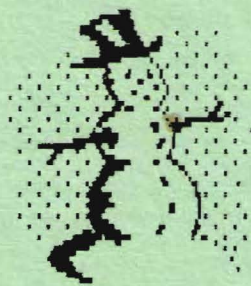
Do I count these people among my friends?

Do I support my OA home group?

-Connie Ann

*For Today, February 17





READ

LIFELINE

ABSTINENCE

TRUST

FAITH FAITH