

NO NAME NEWS-LETTER

THE VOICE OF TUCSON AREA OA
January 1990

OVEREATERS ANONYMOUS PREAMBLE

Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for our members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

SHORT VERSION OF THE 12 STEPS

1. I can't.
2. God can.
3. I think I'll let God.
4. Take a look at me.
5. Dump the load.
6. Willing to change.
7. Ask God's help.
8. Who did I hurt?
9. Show them I'm sorry
10. Look at myself again & again.
11. Stay with God.
12. Walk the walk and give it away.

(from SOAR Newsletter, May 1989)

UPDATED MEETING SCHEDULE

The Tucson area meeting list has been updated and is on the back page of this newsletter. Be sure to check for new meetings times. There are at least three held every day. Please notify us if there are any errors or omissions in the schedule.

LITERATURE ORDERS

Sue Lovinger is the literature person for the Tucson area and can be reached at 885-2861 to place an order for OA literature. Your OA group should have order forms which can be mailed to her. AA literature is available at 840 So. Campbe. Call for hours and directions.

SELF-PITY VS. GRIEF-- RESOLVING THE PAIN

One of the illusions I entertained when first coming to OA was that if I learned how to work this program well, I would forever rid myself of pain and hardship. Perhaps I needed that illusion in the beginning; however, continuing recovery shows me quite often that pain and sorrow are a part of life. It is not living without pain that makes me happy, it is learning how to positively deal with pain and hardship that helps me get through difficult days. Another part of my recovery has been to learn how not to create difficulties in my life. That, however, is another subject. Here, I'm interested in a discussion of how self-pity is often mistaken for grief, and how grief is avoided many times out of a fear of self-pity.

The PLOMs, Poor Little Ol' Me's, come to each of us. These days when nothing seems to be going my way, when I'm afraid of the next step of recovery, when others seem hell-bent on getting to me; when I can't see the light at the end of the tunnel and I fear that I'll never be able to change myself or my life into something I enjoy. Sure, HP is a good answer at this point--sometimes the only answer. However, underneath all this fear, for me, is usually a lot of self-doubt--that I wasn't enough before and I'll not be able to grow to be enough today. Another peel of the onion skin shows that the little girl inside didn't feel she could take care of herself, and grew into a woman who sometimes feels the same way.

When I have the PLOMS, I'm also feeling anger and resentment I'm unwilling and afraid to admit--sometimes

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at myself, even! There's also the refusal to admit the pain of a loss underneath the anger and resentment--fear I'll desecrate the memory of someone dear to me, or fear I'll never forgive myself for being human and making mistakes--then and now.

Here is where the grief needs to come to the front. A lot of times self-pity and the PLOMS are mistaken for

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grief, a real, honest emotional response to a loss I'm fighting the pain of admitting. It's hard to admit that my mother overprotected me in many ways that have hurt me. She wasn't

there for me as a mother and wanted me to act as a sounding board for her own emotional problems, rather than letting me be me, and taking responsibility for her own actions and attitudes. Heartless daughter, you say? No, honest about my feelings, willing to grieve over the loss of that part of my relationship with my mother when the pain surfaces, and open-minded to how those things affect my life today. That's all! It's not necessary to spend time, anymore, wishing she had done differently, thinking of the could-have-beens--if I'd been a better daughter, if she'd been a better mother, if--if--if. . . . For me, that's the difference! It's surrendering to an acknowledgment of the way it was for me--not her feelings or perceptions, but my feelings and perceptions (my inventory, not hers).

That is the beauty of the 1st Step, the surrender in admitting whatever it is that is uncomfortable or hurts—surrendering the food first and then the painful emotions and feelings long suppressed with my drug of

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choice. It is surrender, not fighting, that gives me the freedom. Fighting the feelings gives me the PLOMS. Surrender to the truth of what I feel and acceptance of the way it

is, help me to Let Go and Let God take care of that which I cannot change, which then produces serenity, another word for happiness—even joy!

So, when the PLOMS hit, food thoughts surface and FEAR (Frantic Effort to Avoid Reality) begin to overtake me, I don't have to get into a rut or create one! I don't have to waste much time (though I do still waste some--ain't got it perfect yet!) wishing things were different and hoping some day they'll change. With the steps I can be honest about my emotions and feelings, surrender them to a loving Higher Power who can give me relief from the loss as well as the memory of loss, accept the way it was and the way it is for me today-

in recovery--and willingly put one foot in front of the other, taking action to do whatever is necessary to take care of me. Be it joy or sorrow, we have a step-by-step process for dealing with it in a positive manner so that sorrow doesn't overwhelm us, and the joy can be real joy!

(from SOAR Newsletter, May 1989)

BRAINSTORMS

A Region III Convention of Overeaters Anonymous will be held March 2nd through the 4th in Las Vegas. For more information, contact Patty at (702) 735-1111 or Janet at (702) 735-1111.

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To Marilyn and Tina--Thank you for making the beautiful "Literature for Sale" signs. Not only are they functional but they add a sense of warmth to our literature tables. Thank you for your service!

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UNITY DAY is February 17, 1990. At 2:30 p.m., E.S.T., there will be a moment of silence for OA'ers around the world. Mark your calendars.

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HAPPY BIRTHDAY!!!

Overeaters Anonymous is 30 years old January 19th of this year. May the fellowship continue to grow. KEEP COMING BACK!!

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February is Lifeline month. Get your subscriptions now. (The cost will go up in March.) Currently Lifeline is \$8.50 for a year's subscription and \$16.00 for two years. Contact: Lifeline 6190, Torrance, CA 90504.

InterGroup News

InterGroup elections were held in October of last year. Marilyn C. was elected chairperson and and has since resigned for personal reasons; KG is treasurer, Vice-Chair is Elvie [redacted], Jean S [redacted] is the new secretary and Emmett [redacted] will join Patti [redacted] as second WSO delegate. Other officers are: Special events, Gari-Sue [redacted], Phone, Maxir [redacted] Literature, Sue [redacted], Professional Community & Public Information, Charlene [redacted]

Congratulations and thank you for your continued commitment to this program. InterGroup meetings are held the third Saturday of each month at 10:00 a.m. at University Medical Center Dining Room E. The office of Chairperson will be open for nominations in February.

HANDLING THE MONEY

OA INTERGROUP makes donations to REGION and WSO in the name of all groups.

Please send donations monthly after expenses and \$25.00 reserve.

GROUP NAME _____

MEETING DAY AND TIME _____

TOTAL AMOUNT ENCLOSED _____

Make Check Payable to: Tucson Area OA Intergroup
Mail form and donation to:

KG Knez
5709 N. Camino de la Noche
Tucson, AZ 85718

EDITORS' CORNER

The No-Name Newsletter is now being co-edited by Diane Kiese 5) and Liz Lavis. WE WOULD LOVE TO HAVE INPUT FROM YOU!! Please mail any letters, articles or comments to Diane Kiese, Tucson,

We are also hunting for a name for this newsletter. Does anyone out there have any suggestions?

The No Name Newsletter reserves the right to edit any material we receive.

MORNING PRAYER FOR ABSTINENCE

Higher Power, today is a new day for me and with your help it can be a day of abstinence. I ask for your protection in case some time during the day my desire to overeat is greater than my desire to abstain.

I ask also for your protection today from anyone and anything that may interfere with my abstinence.

I know that I am powerless over food. I believe you will relieve my compulsion and restore me to sanity.

Please help me to know your will for me today and give me the willingness to carry that out. I turn my will and my life over to you.

(from REACH OUT & TOUCH News)

TUCSON OA INTERGROUP QUARTERLY REPORT

	<u>1989 4th Quarter</u>	<u>Year to Date</u>
Sierra Vista Mon.	\$50.00	\$50.00
Men's Group	--	--
Sunday Big Book	37.70	37.70
Sunday Sanity	--	106.00
Promises	--	--
Mon. Discussion/Sharing	--	34.57
Youth Meeting	--	--
Miracles on Monday	60.00	70.00
Recovery (bulimic/anorexic)	46.60	81.27
Northern Lites	75.00	309.00
UA Campus	--	--
Easy Does It	--	30.00
Going Sane	97.73	710.46
Moms for Recovery	--	--
Silhouette	40.00	168.92
Came to Believe	11.04	11.04
Freedom	--	65.00
Welcome Home	--	260.35
Honeynooners	25.00	74.00
Gratitude	50.00	126.00
Eastside Stop-off	70.00	485.90
Pink Cloud	--	--
Warm Fuzzy	221.43	604.40
I'm a Miracle	--	--
Sat. Big Book	67.25	224.67
Sat. 4th Step	37.04	127.86
KISS	--	--
Omni	46.31	249.31
Intergroup 7th/Bottle Sales	29.37	338.38
OA-HOW (phone)	50.00	545.00
Interest, cancelled Fri. meeting	--	--
Reg. III del. fund	167.62	408.86
Convention Proceeds	952.67	952.67
Total Fourth Quarter	\$2,134.76	6,071.45
Opening Balance	2,984.04	

<u>Expenditures</u>	
Region III Contribution	251.00
WSO Contribution	752.00
Telephone, rent	150.00
Delegate Expense	316.65
Newsletters	79.28
Secretary/Treasurer Expense	32.12
Total	\$1,581.05

Delegate Reserve Fund	2,000.00
Cash Available	<u>1,537.75</u>

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