

Newsletter With No Name

(In Keeping With Anonymity!)
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FREE

JULY 1986

THIS NEWSLETTER IS A SERVICE OF YOUR TUCSON OVEREATERS ANONYMOUS INTERGROUP. WE MEET THE 3RD SATURDAY OF EACH MONTH TO CONDUCT INTERGROUP BUSINESS. ANYONE IS WELCOME TO ATTEND AS WELL AS OFFICERS AND DELEGATES FROM EACH GROUP. WE MEET AT 10 a.m. IN THE U OF A HOSPITAL CAFETERIA, DINING ROOM E. (H.O.W. INTERGROUP MEETS THE 1ST SATURDAY AT 9:30 a.m. IN DINING ROOM A.)

LECTIONS: CHAIRPERSON, SECRETARY, TREASURER (See By-laws)
RED, ACTING SECRETARY MARY BETH, ACTING TREASURER
ONNIE ANN, PUBLIC INFORMATION GEORGE S., LITERATURE 2
ACK S., RECREATION MARILYN L., NEWSLETTER
ELEN, LIFELINE REP. LINDA, WORLD SERVICE TAPES
LVIE, WSO DELEGATE, BYLAWS
NEWSLETTER CONTRIBUTIONS: CALL OR MAIL TO

THE TWELVE TRADITIONS (Continued)

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

COMING EVENTS:

OA 1986 WORLD SERVICE CONVENTION, AUGUST 8-10, Omni Hotel, St. Louis, Mo.
See your group secretary or literature chairman for details.
A. FLAGSTAFF CAMPOUT - June 28-29 - Call Candy- soon! or call Maxine (betw. 12 - 9 pm only) - local call to get details.

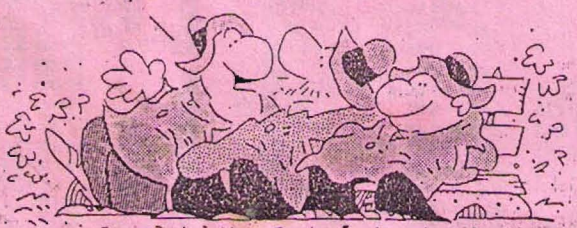
MEETING ROOM AVAILABLE. CALL KATHIE 293-9804 @ NORTHWEST ALANO CLUB.
The address is 831 W. Wetmore. Cost is \$5.00/mo. THERE'S NO NW MEETING!

MEETING NEWS:

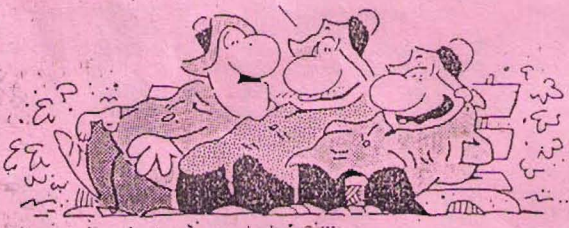
THE GREEN VALLEY GROUP WHICH MEETS ON WEDNESDAYS AT 7:30 PM IS PLEASED TO ANNOUNCE THAT THEY HAVE A REGULAR MEETING PLACE: 505 N. LA CANADA IN THE HOLY FAMILY CENTER. THEY INVITE GROUPS FROM OTHER MEETINGS TO VISIT. FOR A SPECIAL OA EVENING, YOU COULD CARPOOL TO GREEN VALLEY. CALL JOYCE FOR INFO.

TWO CENTRAL TUCSON MEETINGS ARE IN THE PLANNING STAGE FOR MON. & THURS. EVES. INTERESTED? CALL BAYLAH, Note: Have you tried a new meeting lately?

NOT EVERYTHING IS ILLEGAL,
IMMORAL OR FATTENING.



THAT'S RIGHT-- SOME
THINGS ARE RADIOACTIVE.



WORTH REPEATING: Our perception of the events in our lives is more important than what actually takes place!

OA - WSO - 2190 W. 170th St.
numbered - name street
1000 Ave, California 90504

TWELFTH STEP WITHIN

RELAPSE AND RECOVERY--COLLECTED EXPERIENCE, STRENGTH AND HOPE

This is the fourth installment of the collection of experience, strength & hope gathered from letters sent to the Region III Twelfth Step Within Committee. There will be one more installment next month to complete it.

43. BAD DAYS CEASE TO EXIST. THROUGH THE KNOWLEDGE GAINED IN THE PROGRAM, THEY BECOME OPPORTUNITIES FOR SPIRITUAL GROWTH THROUGH POSITIVE ACTION & ACCEPTANCE.

44. WRITE ON WHAT IS BOTHERING YOU BEFORE YOU TAKE THAT FIRST COMPULSIVE BITE. THE MIND RATIONALIZES; WRITING CLARIFIES OUR THOUGHTS.

45. COMPLACENCY AND GRANDIOSITY GO HAND IN HAND AND CAN TAKE US TO DESTRUCTION. IF IT WORKS, DON'T FIX IT.....IF IT'S NOT WORKING, CHANGE IT.

46. I HAD TO LEARN HOW TO LIVE WITH THE OBSESSION AND NOT OVEREAT BEFORE I EVER EXPERIENCED ANY FREEDOM FROM IT.

47. NO PROBLEM CAN BE SOLVED UNTIL IT IS SQUARELY FACED. THROUGH THE PROGRAM, I AM LEARNING TO FACE PROBLEMS AND TAKE THE POSITIVE ACTION NECESSARY.

48. SHAME AND GUILT HAVE TO BE REPLACED WITH ACCEPTANCE AND LOVE BEFORE REAL PROGRESS IS EXPERIENCED IN RECOVERY.

49. I NO LONGER CAN STARVE OR BINGE MY EMOTIONS. THEY ARE A PART OF ME THAT I HAVE TO ACCEPT AND DEAL WITH.

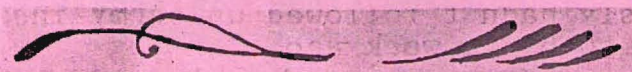
50. THIN IS A STATE OF BODY, NOT OF MIND. TO MAINTAIN A HEALTHY BODY IS TO DEVELOP A HEALTHY PERCEPTION OF LIFE AND A NORMAL REACTION TO IT.

51. I NEED TO OPEN MY HEART TO OTHERS OR I'LL CLOSE THE DOOR TO RECOVERY.

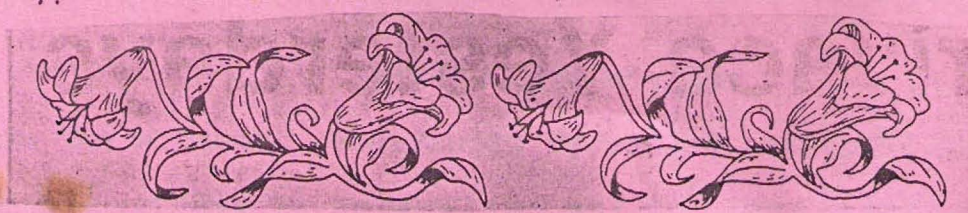
52. THE ONLY WAY TO FAIL IN THIS PROGRAM IS TO QUIT TRYING.

53. THE STRUGGLE WAS LESS WHEN I STOPPED LOOKING FOR THE REASONS WHY I HAVE THE PROBLEM, ACCEPTED THE FACTS, AND STARTED WORKING ON THE SOLUTION.

54. REACHING OUT TO OTHERS FOR HELP IS NOT A TOOL ONLY FOR NEWCOMERS.



CARE !!! CALL NOW !!! CALL BEFORE YOUR PROBLEM HAS YOU !!!



"SIMPLE BUT NOT EASY" PAGE

DEAR JOHN LETTER TO FOOD

Dear Food,

Ever since I can remember, you have been one of the greatest loves in my life. You were my bridge over troubled water, and my shelter in every storm. Sometimes my cravings for you were uncontrollable and I ran to you with open arms.

We made love everywhere - in the car, in the living room, the dining room, in the kitchen, in the bathroom, in the office. But somewhere along the line, you bummer, you turned on me and began to grow up.

Growing pains at any age are painful. I had to face some realities. Your price tag was too high. You helped me bury all my feelings, but you also buried me.

You made promises you couldn't keep. When we made love at night I never respected myself much in the morning. And, although I loved you, I never wanted to be seen with you in public. I became a sneak just to be with you and it grew into a cheap back-alley love affair.

I am writing this letter to let you know it's over. I found another and today I am free, free at last. Thank God, free at last!

Terri D. - Philadelphia, PA
1985 WSO Convention, LA
(BIG SKY 301, April 1986)

12thstep12thstep12thstep12thstep - call a newcomer -12thstep12thstep12thstep12

My frustrations are complicated
I know that's true
And so I'm turning them
Over to you
Infinite knowledge
For me does not call
Why am I trying to
Please them all?
Impressing people is not my forte
So why am I trying to act that way?
What is it about me I do not like
To hurt myself in name of spite?
The only person I have is me
To eat & sleep with constantly
I am limited in the realm of life
I am powerless - I abandon strife
I ask for the patience to carry out the day
To grow in wisdom and find your way
I have selfishly mismanaged things
I still don't know what tomorrow brings
Selfacceptance to endure today
For I am finding a softer way.

-Elizabeth

"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chillest land -
And on the strangest Sea -
Yet, never, in Extremity,
It asked a crumb of Me. EMILY D.

submitted by Marsue

