

NO NAME NEWS-LETTER

THE VOICE OF TUCSON AREA OA
July 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.

THE SEVENTH TRADITION HELPS CARRY THE MESSAGE

What happens to the 7th tradition money after the basket is passed at the OA meeting? There is not a lot of talk about money at the OA meetings I attend and that is good. Money matters have been a part of my disease. How I handled money has affected my relationships with family members (sometimes I was a scrooge, sometimes not), friends and co-workers (sometimes I was unable to allow them to share expenses or energies). Recovery has given me a revised perspective, though money matters remain an item for continued work.

But back to the 7th tradition--OA is self-supporting declining outside contributions at all levels whether group, intergroup, region or WSO. Likewise, in accordance with Tradition Six, OA, at all levels, makes no contribution to outside causes, groups or organizations.

Each group has regular expenses that include rent, beverage expense and literature. The group treasurer can, after only a couple of months, see how much it takes each months for these. This amount, plus \$25 reserve, is commonly referred to as a prudent reserve. Groups that belong to the Tucson Area Intergroup send the balance of the 7th tradition money to the Intergroup Treasurer, though each group is autonomous except in matters that affect other groups or OA as a whole. Hmmmm..., that last part does sound like Tradition Four, doesn't it?

The Intergroup Treasurer can then fund services that include the telephone service, newsletter, meeting lists, stocking OA and AA literature, special events and sending delegates to World Service Conference and Regional Assemblies (I have a vested interest in this last one).

The Treasurer further distributes contributions to the World Service Office and the Region III Treasurer. The

World Service contribution helps to maintain WSO, carry the OA message worldwide, maintain group and intergroup directories and records, provide free starter kits to new groups, publish Lifeline and WSO Notebook, produce and ship orders for OA Conference-approved literature and sponsor the annual World Service Conference and Convention. That's a tall order, though many intergroups and groups contribute regularly.

Region III services include fostering communication with groups and intergroups in the region, helping to sponsor regional assemblies and conventions, publishing a newsletter, contributing to speakers' expenses at special events in the region delegate expenses to regional assemblies. All of this really helps to carry the message in Region III.

It really seems most efficient to send group contributions to intergroup for further distribution. That way neither the officers at region or WSO are overloaded with a lot of bookkeeping for a lot of group contributions. If any of the group treasurers have questions, contact KG, our Intergroup Treasurer.

There are also ways for individuals to contribute to WSO. One way is to celebrate their OA birthday by sending one dollar for every year in the program. Individual contributions by an OA member may be sent directly (limit \$500), and your group or intergroup may be credited at your request. Memorial gifts expressing gratitude for a deceased member may be sent by individuals or groups in that OA's name. Bequests in wills are acceptable from OA members (limit \$500).

That is a lot of money talk, but it does take money to carry the message. The services by intergroup, region and WSO are important to carry that message to the compulsive overeater, you and me, and to the one outside the fellowship who still suffers. This gives a glimpse of what happens to the Seventh Tradition money collected at your group. As most of this information is contained in the pamphlet "Self Supporting, the 60 30 10 Way," you can refer to that for more information.

*Yours in service,
Emmett C., Delegate
Tucson Area Intergroup*

***Always to extend the hand and
heart of OA to all who share my
compulsion; for this, I am
responsible.***

CONVENTION & RETREAT CALENDAR

ROUND-UP FOR RECOVERY II:

"The Marathon"

Saturday, July 28, 1990

9:30 a.m. (registration) to 6 p.m.

St. Mary's Hospital, Century Room, Tucson

Contact B

WORLD SERVICE CONVENTION:

"Recovery and all that Jazz"

August 3-5, 1990, New Orleans, Louisiana

Contact Intergroup for details

REGION III CONVENTION:

"Reaching Higher Together"

August 17-19, 1990, Colorado Springs, Colorado

Contact Joyce H. (711)

or Barb S. ()

CONVENTION

"Anchor Your Abstinence in Recovery"

September 7-9, 1990, Phoenix, Arizona

See Registration Form on Page 4 of this newsletter

Contact: Glen J. (602)

SPIRITUAL RETREAT

October 12-14, 1990, Colorado Springs, Colorado

Contact: Jill

FALL 1990 REGION III ASSEMBLY

"Region III in Big D"

October 26-28, 1990

Contact Norman (214)

or Victor (214)

TUCSON AREA RETREAT

November 23-25, 1990, Picture Rocks Retreat

Watch for more information

YOUNG PEOPLE--EDUCATE THE FELLOWSHIP

Report by Naomi Nunneley

World Service Young People's Committee

Compulsive overeating affects people of all ages, including children, teenagers and young adults. There has been some controversy in our fellowship with members who feel uncomfortable when young people attend meetings.

Young people are suffering compulsive overeaters: let's treat them as fellow sufferers. They should be given equal status. According to Tradition Three: "The only requirement for OA membership is a desire to stop eating compulsively."

There is a concern that some of the topics we share are too sensitive for young ears; we should be sharing intimate details one-on-one with a sponsor . . . not only

for kids' sakes, but for newcomers who might be offended. In today's world there isn't much young people haven't heard, and they need real answers for their real problems. A good solution might be to offer to sponsor an "offensive" sharer, to give them a more discreet forum to air their issues.

If we allow young people to come into our meetings and feel comfortable, they may get together and form their own meetings.

Because of the overwhelming increase in eating disorders in our youth, we need to do all we can to help young people in OA.

OA IN SOUTHERN ARIZONA

Is Overeaters Anonymous growing in southern Arizona? You bet it is. When I moved to Bisbee, Arizona, in October of 1988, I could only locate one meeting in this area--the Sierra Vista Monday Evening meeting. In 1988, there were approximately seven women and myself. Although I rarely think of female-male ratios in OA, it was wonderful to see men come to the meeting and continue to return. There are now meetings where there is equal attendance by both men and women, and our meetings have grown to 17-19 members per session.

In January 1990, a second Sierra Vista OA meeting was started. Members felt another meeting would be beneficial towards ongoing recovery. Many of the same people attend both meetings, but each meeting is autonomous and follows its own format.

As Intergroup Representative for the Sierra Vista Monday and Wednesday evening meetings, I feel the meetings will continue to grow as more people discover that we are not a "Diet and Calories Club" but a spiritual program of living and recovery "One Day at a Time."

I retired to Bisbee, Arizona, after living in the San Francisco Bay area of California for 25 years. The risk and anxiety of moving to a new state was lessened by the knowledge that I would find OA meetings and friendships within the fellowship to replace the ones I was leaving behind. I volunteered for Intergroup Representative not only to give service, but also to have the opportunity of meeting the Tucson Area Representatives and to broaden my circle of OA friendships.

Since 1965, I have maintained approximately a 200 pound weight loss. The first 15 years was through white knuckle willpower and crazy diets. I was introduced to Overeaters Anonymous in 1980; these last 10 years have been my growth years. Through the help of my Higher Power, daily meditational readings, OA friends and one day at a time to the best of my ability, I am now living a fuller life.

Jim G.

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

TUCSON, AZ

the Intergroup representatives and officers of the Tucson Area Intergroup. The secretary registers new meetings and sends in all changes in meetings, including places, times, contact people, secretaries to the World Service Office of Overeaters Anonymous. Please call me at 296-9963 if you are starting a new meeting or if meetings have any changes.

I use the telephone a lot in doing service which helps decrease the feelings of isolation I have sometimes. I need to remember there are no big deals in life. My higher power will take care of my life when I turn it over. Overeaters Anonymous has given me a new life and the steps are a road map to take one day at a time. Don't quit before the miracle. Love,

Jean, Secretary
296-9963

EDITORS' CORNER

THANK YOU to everyone who submitted articles and information for this month's newsletter. **WE STILL NEED INPUT FROM YOU!!** Your experience, strength and hope put into writing can make a difference in someone else's recovery.

Starting in September, the No Name Newsletter will be published monthly to better spread the word of recovery to our OA community.

Please mail any articles, changes, corrections, or comments to Liz Lavis at 2821 North Sparkman, Tucson, AZ 85716 or call 326-1233. DEADLINE for the September newsletter is September 1, 1990 (for publication on September 15).

No Name Newsletter gives permission to any other 12-step anonymous group to reprint any article from this newsletter, as long as credit is given.

INTERGROUP SECRETARY ON SERVICE

Service is an essential part of my program and keeps me coming back no matter what. The person who said "service is its own reward" certainly knew what they were talking about. If you want to do more service, please come to the Intergroup Meeting which is held every third Saturday at 10:00 a.m. in the University Medical Center Cafeteria Yuma Room.

I really enjoy serving as the secretary of Intergroup. I am the person responsible for taking minutes at the meetings, typing the minutes, and mailing them out to

BRAINSTORMS

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

Will you be on the road this summer? Contact the World Service Office at (213) 542-8363 if you would like listings of meetings and conventions across the country. Or write: World Service Office, P.O. Box 92870, Los Angeles, CA 90008. Do it now because they need several weeks to respond. Happy Trails!!

Quilt Raffle. The Region III Ways and Means Committee put together a quilt made up of squares designed by the Intergroups of seven state areas. This gorgeous queen-sized quilt and two throw pillows made from extra squares will be raffled off on October 28 at the Region III Convention in Dallas (see *Calendar*, page 2). Tucson Area's square is proudly and centrally located on the quilt. Raffle tickets are available at \$2 each or 3 for \$5 from Tucson contact person Mary Lynn, 298-3949, or at the convention.

DON'T FORGET!! ROUND-UP FOR RECOVERY II: "The Marathon," on Saturday, July 28, 1990, 9:30 a.m. (registration) to 6 p.m., at St. Mary's Hospital, Century Room, Tucson. Brown bag okay and refreshments available. See flyers at your OA meeting or contact Bruce at 244-1111 for more information.

TUCSON OA INTERGROUP QUARTERLY REPORT

	<u>1990 1st</u> <u>Quarter</u>	<u>Year to</u> <u>Date</u>
Came to Believe	20.00	20.00
Eastside Stop-off	24.00	99.15
Easy Does It	-	8.40
Freedom	-	204.50
Going Sane	10.11	51.64
Gratitude	-	11.00
Highsteppers	-	-
Honeymooners	55.06	55.06
I'm a Miracle	81.95	131.95
KISS	14.00	36.00
Men's Group	-	25.00
Moms for Recovery	-	-
Mon. Discussion/Sharing	-	8.00
Northern Lites	75.00	250.00
Oasis	-	-
Omni	38.00	92.00
Pink Cloud	-	20.00
Promises	10.00	25.00
Recovery (bulimic/anorexic)	-	-
Safe Place	-	-
Sat. 4th Step	42.00	90.99
Sat. Big Book	219.82	395.21
Sierra Vista Mon.	70.00	95.00
Silhouette	-	70.00
Sunday Big Book	21.00	65.00
Sunday Sanity	20.00	40.00
UA Campus	-	-
Warm Fuzzy	240.00	240.00
Welcome Home	56.95	142.05
Youth Meeting	-	-
Intergroup 7th/Bottle Sales	23.50	57.55
OA-HOW (phone)	178.75	257.20
Interest, Reg. III	-	-
del. fund	44.81	82.69
Total	\$1,259.95	
Opening Balance	3,125.53	
Expenditures		
Region III Contribution	270.80	
WSO Contribution	270.80	
Telephone, rent	155.00	
Delegate Expense	672.39	
Newsletters, meeting lists	147.29	
Secretary/Treasurer Expense	42.11	
Phone Comm. expense	10.00	
NSF bank charge	5.00	
Total	\$1,573.39	
Delegate Reserve Fund	2,000.00	
Cash Available	\$812.09	

REGISTRATION FORM FOR PHOENIX CONVENTION SEPTEMBER 7-9, 1990

CONVENTION HIGHLIGHTS

Registration Begins: Noon Friday, September 7
 Sessions Begin: 3 p.m. Friday, September 7
 Grand Opening: 8 p.m. Friday, September 7
 Dinner & Dance: 6 p.m. Saturday, September 8
 Grand Closing: 10:30 a.m. Sunday, September 8

CONVENTION REGISTRATION

Name: _____
 Address: _____
 City: _____
 State: _____ ZIP: _____
 Phone: _____

CHECK REGISTRATION PLAN:

_____ \$18.50 Convention Registration
 _____ \$18.50 Dinner, Speaker, Dance
 _____ Total

Name on your badge: _____

Name on guest's badge: _____

Available to speak? YES: _____ NO: _____

Available to workshop? YES: _____ NO: _____

Time in program? _____ Weight loss? _____

Length of abstinence? _____

Maintaining normal weight? YES: _____ NO: _____

Make check payable to:

OVEREATERS ANONYMOUS

SEND THIS PART & CHECK TO:

REGISTRATION CHAIRMAN:

Glenn & Melva J.
 714-444-0111
 C
 Phone: 800-822-0000

**Please send in your Convention
Registration by August 17, 1990**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.