



O.A.

Newsletter With No Name

(In Keeping With Anonymity!)
Published by Tucson Intergroup

FREE

JUNE 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.)

ELECTIONS: CHAIRPERSON, SECRETARY, TREASURER

FRED, SECRETARY	1	MARY BETH, TREASURER	
CONNIE ANN, PUBLIC INFORMATION		GEORGE S., LITERATURE	
JACK S., RECREATION		MARILYN L., NEWSLETTER	624-5822
HELEN, LIFELINE REP.		LINDA A., WORLD SERVICE TAPES	
ELVIE, WSO DELEGATE, BYLAWS	8		

NEWSLETTER CONTRIBUTIONS: CALL OR MAIL TO [redacted] S. [redacted] AVE. #113, [redacted]

THE TWELVE TRADITIONS (Continued)

Tradition Two: For our group purpose there is but one ultimate authority--a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

COMING EVENTS:

THE NINTH ANNUAL PRESCOTT RETREAT - June 13, 14, 15 - Phoenix Metro. IG
Call Gerry [redacted] or Ros [redacted] by June 9th.
O.A. FLAGSTAFF CAMPOUT - June 28-29 - Call Candy [redacted] soon! or call
Maxine [redacted] 3 (betw. 12 - 9 pm only) - local call to get details.

PAMPHLET ELIMINATED FROM CONFERENCE-APPROVED LITERATURE: "Dignity of Choice"
Since food plans were found not to be nutritionally sound, our trustees voted that we not recommend these, or any, food plans. Call ELVIE for more info.

MEETING ROOM AVAILABLE. CALL KATHIE [redacted] 4 @ NORTHWEST ALANO CLUB.
The address is 831 W. Wetmore. Cost is \$5.00/mo.

MEETING NEWS:

THE GOING SANE GROUP WHICH MEETS AT 1052 N. HIGHLAND ON TUESDAYS AT 5:30 PM HAS CREATED A NEW SERVICE POSITION. WE NOW HAVE A WE CARE CHAIRMAN! THIS PERSON IS RESPONSIBLE FOR SEEING THAT EACH NEWCOMER TO OUR MEETING RECEIVES A PHONE CALL DURING THE WEEK AFTER HIS OR HER FIRST MEETING. O.A. IS A PROGRAM OF LOVE AND ACCEPTANCE, AND WE HOPE THIS WILL HELP OUR NEWCOMERS FEEL THE WARMTH AND CARING WE WANT TO EXPRESS.

IF YOU WOULD LIKE TO SERVE IN THIS WAY, ALL YOU NEED IS A WE CARE LIST AND A TELEPHONE. REMEMBER, SERVICE IS SLIMMING.



TWELFTH STEP WITHIN

RELAPSE AND RECOVERY--COLLECTED EXPERIENCE, STRENGTH AND HOPE

This is the third installment of the collection of experience, strength and hope gathered from letters sent to the Region III Twelfth Step Within Committee.

32. FOR ME THERE WAS NO DIGNITY IN MY CHOICES WHEN IT CAME TO FOOD.

33. HOW DO YOU DEFINE MODERATE RATIONALIZATION?

34. THE REASON IS NO LONGER IMPORTANT TO ME, BUT THE FACT THAT MY BODY WILL ONLY ACCEPT A SPECIFIC AMOUNT OF THE PROPER FOODS IN ORDER TO MAINTAIN A NORMAL WEIGHT IS OF GREAT IMPORTANCE.

35. I HAVE PROVEN TO MY-SELF THROUGH RELAPSE THAT THE CONSUMPTION OF CERTAIN SUBSTANCES DOES CREATE A PHENOMENON OF CRAVING AND RESULTS IN MY BEING HUNGRY MOST OF THE TIME.

36. TODAY I CHOOSE TO EAT THE FOODS I KNOW ARE GOOD FOR MY BODY AND WILL PROVIDE THE PROPER NUTRITION AND ENERGY TO SUSTAIN ME IN GOOD HEALTH.

37. ACCEPTANCE IS THE KEY TO SERENITY. THE FIRST STEP IS TO ME THE MOST IMPORTANT ACCEPTANCE I HAVE MADE. WITHOUT IT THE OTHERS WOULDN'T WORK.

38. MY LIFE IN THE DISEASE WAS FULL OF UNREALISTIC EXPECTATIONS. THROUGH THE PROGRAM I AM LEARNING TO DEAL WITH REALITY A LITTLE BETTER EACH DAY.

39. RESENTMENTS INFECT AND FESTER THE WHOLE BEING. THEY CAN BE TREATED WITH ACCEPTANCE AND LOVE.

40. SELF-HONESTY IS AS IMPORTANT TO MY RECOVERY AS SELF-DECEPTION WAS TO MY DISEASE. I HAVE SEEN THAT THE DECEPTION OF OTHERS WAS OFTEN ROOTED IN MY OWN SELF-DECEPTION.

41. THE ONLY WAY YOU CAN FAIL IN THE PROGRAM IS TO STOP TRYING OR NEVER TO HAVE HONESTLY TRIED IN THE FIRST PLACE.

42. OUR PERCEPTION OF THE EVENTS IN OUR LIVES IS MORE IMPORTANT TO OUR RECOVERY THAN WHAT ACTUALLY TAKES PLACE.

"SIMPLE BUT NOT EASY" PAGE

WHEN I LOOK AT PEOPLE I SEE
COLOURS AND IMAGES.
SUSAN HAD A WHITE AURA TODAY
PAUL HAD A BLUISH-GREY.
AM I REAL--DO I HAVE PURPOSE?
DOES MY LIFE POSSESS A STRUCTURE?
AM I EXPRESSING MYSELF THROUGH MY COMPULSIONS,
OR ARE MY COMPULSIONS EXPRESSING THEMSELVES THROUGH ME?
MAYBE NO ONE OWNS THEIR COMPULSIONS--
THEY PASS THROUGH US LIKE STREAKS OF LIGHT
ELECTRICITY FLOWING THROUGH SOCKETS,
SUGAR FLOWING THROUGH THE VEINS
ANXIETY WELLING UP IN MY BRAIN
WILL IT PASS THROUGH ANOTHER TODAY AND LEAVE ME TO BREATHE?
WHEN I BREATHE I CAN SWALLOW THE AIR
IT TASTES GOOD.

SOCIETY'S UGLY VOICE
IT HAS ME FEELING AS IF I LOST MY POWER
LOOKING AT MY BILLS FOR HOURS
WHEN DID IT ALL BECOME SO FUTILE?
WHEN DID MY PRIDE TURN SO SOUR?
I EXPERIENCED BAD JUDGEMENT AGAIN,
I THOUGHT SOCIETY WAS MY FRIEND
I WANTED THINGS TO BE BETTER FOR ME
MY SPIRIT TELLS ME IT'S NOT MEANT TO BE,
"TAKE A GOOD LOOK AT THE SUCCESSES OF YOUR DAY."
FEEL INTIMATE JOYS IN MANY WAYS
THE PEOPLE IN MY LIFE EXTEND THEIR LOVE
THEY ARE GIFTS I SHALL NOT THROW AWAY
KEEP ON LOVING!

-ELIZABETH-

AM I MY PROJECT?
OR AM I A PERSON?
IF I HAVE GREAT PROMISE
DO I KNOW WHAT THAT
PROMISE IS?
DO I POSSESS THE SECRET
BLUEPRINT OF MY GROWTH?

THE LORD HAD A JOB FOR ME,
BUT I HAD SO MUCH TO DO,
I SAID, "YOU GET SOMEBODY ELSE,
OR WAIT TIL I GET THROUGH."
I DON'T KNOW HOW THE LORD CAME OUT,
BUT HE SEEMED TO GET ALONG.
BUT I FELT KIND OF SNEAKIN' LIKE--
KNOWED I'D DONE GOD WRONG.

NOW, WHEN THE LORD HE HAVE A JOB FOR ME,
I NEVER TRIES TO SHIRK;
I DROPS WHATEVER I HAVE ON HAND,
AND DOES THE GOOD LORD'S WORK.
AND MY AFFAIRS CAN RUN ALONG,
OR WAIT TIL I GET THROUGH;
NOBODY ELSE CAN DO THE WORK
THAT GOD MARKED OUT FOR YOU.

ONE DAY I NEEDED THE LORD--
NEEDED HIM RIGHT AWAY;
BUT HE NEVER ANSWERED ME AT ALL,
I COULD HEAR HIM SAY,
DOWN IN MY ACCUSIN' HEART:
"BROTHER, I'VE GOT TOO MUCH TO DO;
YOU GET SOMEBODY ELSE,
OR WAIT TIL I GET THROUGH."

-PAUL LAWRENCE DUNBAR

