OA Newsletter With No Name

FREE

(In Keeping With Anonumity!)

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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. HOW INTERGROUP MEETS THE 1ST SATURDAY AT 9:30 a.m. IN DINING ROOM A.

MARY BETH, CHAIRPERSON 3[illegible]
JANET C., SECRETARY
CONNIE ANN, PUBLIC INFORMATION [illegible]
JACK S., RECREATION [illegible]
HELEN, LIFELINE REP. [illegible]
ELVIE, REGION OFFICER, WSO DELEGATE, BYLAWS
DENISE, ANOREXIA, BULEMIA

JUDITH H., [illegible]5
BELLE, DELEGATE, TREASURER,
GEORGE S., LITERATURE
MARILYN, NEWSLETTER
LINDA A., WORLD SERVICE TAPES

- PLEASE CALL WITH QUESTIONS,CONCERNS

THE TOP LINE IS ACCEPTANCE

ACCEPTANCE OF OUR PAST, ACCEPTANCE OF THE CONDITIONS PRESENTLY IN OUR LIVES THAT WE CANNOT CHANGE, BRINGS RELIEF. IT BRINGS THE PEACEFULNESS WE SO OFTEN, SO FRANTICALLY, SEEK.

WE CAN PUT THE PAST BEHIND US. EACH DAY IS A NEW BEGINNING. AND EACH DAY OF ABSTINENCE OFFERS US THE CHANCE TO LOOK AHEAD WITH HOPE. A POWER GREATER THAN OUTSELVES HELPED US TO FIND THIS PROGRAM. THAT POWER IS EVER WITH US. WHEN WE FEAR FACING NEW SITUATIONS, OR WHEN FAMILIAR SITUATIONS TURN SOUR, WE CAN LOOK TO THAT POWER FOR HELP IN SAYING THAT NEEDS TO BE SAID FOR FOR DOING WHAT NEEDS TO BE DONE. OUR HIGHER POWER IS AS CLOSE AS OUR BREATH. CONSCIOUS AWARENESS OF ITS PRESENCE STRENGTHENS US, MOMENT BY MOMENT.

FROM EACH DAY A NEW BEGINNING

THE BOTTOM LINE IS LOVE

Love • Love • Love • Love • Love • Love • Love • Love • Love • Love • Love • Love • Love

ABSTAINING OR DIETING

I HAVE GIVEN A LOT OF THOUGHT TO JUST HOW ABSTINENCE DIFFERS FROM DIETING BECAUSE OF MY DESIRE TO EXPLAIN THE OA PROGRAM TO NEWCOMERS. IN OA, WE ALWAYS INSIST THAT WE ARE NOT ON A DIET! WE HATE DIETING! WE HAVE NO WILLPOWER! BUT - TO EVEN THE MOST LIBERAL LISTNER OUR THREE WEIGHED AND MEASURED MEALS A DAY WITH NOTHING IN BETWEEN CERTAINLY SOUNDS LIKE A DIET. WHEREIN, THEN, LIES THE DIFFERENCE?

THE DIFFERENCE COMES NOT IN WHAT WE EAT WHILE WE ARE ABSTINENT, BUT HOW WE THINK WHILE WE ARE ABSTINENT. I LIKE TO THINK IN TERMS OF ABSTINENT THINKING VERSUS DIET THINKING. HERE ARE SOME OF THE POINTS OF DIFFERENCE I HAVE FOUND SIGNIFICANT:

1. THERE IS AN INITIAL "PSYCHING-UP" OR MENTAL PREPARDNESS. A SORT OF WILL POWER BUILD-UP TAKES PLACE.	1. THERE IS A "LETTING-GO", AS THOUGH A BURDEN HAS BEEN LIFTED. THE BODY AND MIND RELAX AND FLOW.
2. FOOD OBSESSIONS DOMINATE EACH DAY. EXCESSIVE TIME IS SPENT IN SPECIAL PREPARATIONS AND MENU-PLANNING. FOOD IS THE PRIMARY FOCUS OF EACH DAY.	2. FOOD THOUGHTS ARE LOST BETWEEN MEALS. EATING IS AN ACTIVITY OF THE DAY BUT NOT A FOCAL POINT. MEAL PLANNING AND PREPARING ARE KEPT SIMPLE.
3. THE END OF THE DIET IS THE PRIMARY GOAL. THE FUTURE (HOW MANY MORE POUND TO GO) DICTATES OUR TIME FRAME.	3. THERE IS NO GOAL. EACH DAY IS A DAY UNTO ITSELF.
4. AS THE DIET PROGRESSES, ANXIETY INCREASES AS WILLPOWER DECREASES.	4. AS ABSTINENCE CONTINUES, SERENITY BECOMES GREATER. EMOTIONS ARE CALMED (EXCEPT FOR THE EMOTIONAL FLARE-UPS THAT OCCUR WHEN WE ... LEARN TO DEAL WITH LIFE.)
5. THOUGHTS TOWARD THE END OF THE DIET DWELL ON WHAT WE CAN EAT THAT WE WERE DENIED WHEN DIETING. FOOD FANTASIES INCREASE.	5. THERE ARE FEWER THOUGHTS OF UN-ABSTINENT FOODS; FANTASIES DECREASE AS WE SURRENDER TO ABSTINENT EATING ON A DAY TO DAY BASIS.
6. WHEN THE DIET ENDS, WE ARE NO BETTER OF THAN BEFORE FOR OUR THIN BODIES ARE DOOMED TO RELAPSE. MOREOVER, OUR WILLPOWER WILL BE LESS STRONG WITH SUBSEQUENT EFFORTS.	6. AS ABSTINENCE PROGRESSES, WE ARE CHANGING. NEW IDEAS ARE REPLACING OLD ONES SO THAT WHEN WE ARE THIN, WE ARE IN A BETTER PLACE EMOTIONALLY AND SPIRITUALLY. OUR STRENGTH (THROUGH OUR HIGHER POWER) GROWS AS OUR EFFORTS CONTINUE.
7. A DIET ENDS	7. ABSTINENCE, WITH GOD'S HELP, IS FOREVER.

-JOYCE T., BIG SKY 301, 12/85

CAN I HANDLE EMOTIONAL MATURITY?

A RECENT ISSUE OF LIFELINE, OUR JOURNAL OF RECOVERY, HAD AN ENLIGHTENING ARTICLE ON EMOTIONAL MATURITY. WHAT A CONCEPT, ACTUALLY WRITING DOWN A LIST OF SUGGESTED WAYS TO DEMONSTRATE MATURE EMOTIONAL MAKE-UP?!!? I HELD THE LIST AWAY FROM ME FOR A MOMENT AND PERCEIVED A KIND OF FLINCH IN MY BODY. PERHAPS I DIDN'T WANT TO BE BURDENED BY MORE HARSH CONFRONTATIONS WITH CHARACTER DEFECTS I WASN'T WILLING OR READY TO HAVE REMOVED. MAYBE I WASN'T IN A SPIRITUALLY FIT CONDITION TO HANDLE EVEN CONSIDERING THESE TOPICS?

THIS IMMEDIATE FEAR FOLLOWED THE WILLINGNESS AND FAITH TO PICK UP THE MAGAZINE IN THE FIRST PLACE. I COULD NOT IGNORE THE WORDS IN FRONT OF ME EVEN IF I DID NOT WELCOME THEIR IDEAS. AS I READ, I WARMED AND LOOSENED UP A BIT. BECAUSE THE WRITER SPOKE FROM HIS/HER OWN EXPERIENCE AND WITH APPARENT LOVE FOR RECOVERY, I WAS HOOKED.

THE LORD WORKS IN WONDROUS WAYS FOR ME EACH DAY. I TRUST THAT I DON'T GET IN THE WAY AS MUCH AS I USED TO. READING THESE POINTS OF EMOTIONAL MATURITY BROUGHT ME A FLOOD OF GRATITUDE. THE QUALITIES DESCRIBED AS MATURE WERE A PART OF MY LIFE MORE THAN THE MOMENT OF FEAR FORETOLD. PRACTICING THE PRINCIPLES OF OA RECOVERY FOR ME MEANS EMPHASIZING BEHAVIORS THAT ARE SPECIFIC, POSSIBLE AND, MOST IMPORTANT, GOOD FOR ME. EMOTIONAL MATURITY COULD BE IN LARGE PART THE SERENITY THAT MY HIGHER POWER HAD PLANNED FOR ME. AND IT ALL STARTED THIS DAY BECAUSE I WAS GIVEN THE WILLINGNESS TO OPEN MY LIFELINE!

THE FOLLOWING IS TAKEN FROM "RESOLUTION '86," LIFELINE, JANUARY 1986, PAGE 20.

THE EMOTIONALLY MATURE PERSON:

1. GRATEFULLY ACCEPTS CRITICISM.
2. AVOIDS SELF-PITY.
3. EXPECTS NO SPECIAL CONSIDERATIONS.
4. CONTROLS TEMPER.
5. MEETS EMERGENCIES WITH POISE.
6. STAYS BALANCED WITHOUT HURT FEELINGS.
7. ACCEPTS RESPONSIBILITY WITHOUT ALIBI.
8. OUTGROWS THE "ALL OR NOTHING" STAGE.
9. TOLERATES REASONABLE DELAYS.
10. IS A GOOD LOSER.
11. STOPS WORRYING UNDULY.
12. LOSES THE NEED TO BOAST.
13. HAS HONEST JOY AT OTHERS' SUCCESS OR FORTUNE.
14. AVOIDS FAULT FINDING.
15. IS OPEN TO OTHERS' OPINIONS.
16. KNOWS S/HE CAN'T DO ALL THESE SUGGESTED BEHAVIORS PERFECTLY, "BUT I CAN GIVE THEM A TRY--ONE DAY AT A TIME."

FROM THE LIFELINE REP: HELEN

FEBRUARY IS LIFELINE MONTH--A REMINDER TO EACH OF US TO TAKE ADVANTAGE OF OA'S MONTHLY MAGAZINE OF RECOVERY. IF YOU ARE ALREADY A REGULAR READER OF LIFELINE, YOU KNOW IT CAN BRIGHTEN YOUR DAY AND LIFT YOUR SPIRITS. THIS MONTH YOU MIGHT TAKE TIME TO SEND AN ARTICLE TO LIFELINE TELLING ABOUT YOUR EXPERIENCE AND YOUR RECOVERY. IF YOU'RE NOT FAMILIAR WITH LIFELINE, LOOK FOR A COPY TO BORROW AT ONE OF THE MEETINGS YOU ATTEND. THEY'RE USUALLY NEAR THE LITERATURE TABLE. GIVE YOURSELF A VALENTINE--READ LIFELINE!