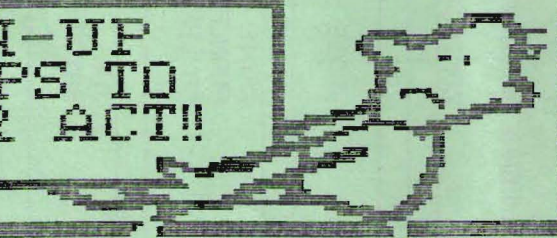


# No Name News Letter

The voice of TUCSON OA for MARCH 21, 1987



SPRING CLEAN-UP  
USE THE 12 STEPS TO  
CLEAN UP YOUR ACT!!



## A Commitment to Abstinence

Commitment means to entrust, to put into safekeeping, to pledge oneself to a particular course. Hasn't this been our greatest problem: to truly commit ourselves to abstinence from compulsive overeating on an on-going basis? We are wonderful in the short run--full of determination--but when the "everydayness" begins to set in, we lose interest. For most people, especially compulsive overeaters, a diet is something temporary--one goes on it and then one goes off it. In Overeaters Anonymous we believe in abstaining from compulsive overeating rather than dieting.

Each individual is free to determine his or her own way of being abstinent according to personal needs and preferences. Abstaining from compulsive overeating, unlike dieting, has a sense of PERMANENCE about it. We abstain only one day at a time, not worrying about results tomorrow or next month or even next year.

It is essential to our recovery that we commit ourselves to abstinence. Whether abstinence for you means following a plan that lists specific foods and amounts, or simply adopting some flexible guidelines, we emphasize most strongly the importance of committing yourself to it one day at a time. Broken abstinence prolongs misery and hinders recovery. Committed abstinence helps bring peace of mind and freedom from compulsive overeating.

For many OAs abstinence means far more than relief from compulsive overeating on a physical level. It also means an attitude change that comes as a result of surrendering to something greater than ourselves. Abstinence means not only freedom from food but freedom from negative thinking. Understood in that light we can equate abstinence with sobriety, which means in its broadest sense a state of being "well-balanced, calm, rational, realistic." And this restoration of balance in our lives is what we are all seeking. This, too, is abstinence--sobriety, if you will.

ENTRUST YOURSELF & YOUR ABSTINENCE  
TO YOUR HIGHER POWER EVERY DAY,  
ALL DAY LONG. From page 1, 2, 3.

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

## HEALTH FAIR WE WERE THERE!

This month there was a two-day Health Fair at El Con Mall. Under the direction of our Special Events and Public Information Chairman, Pam, there were OA members who kindly volunteered their time to work at our table for an hour or two.

We gave away 100 meeting lists and many pamphlets, including, TO THE NEWCOMER, TO THE TEEN, TO THE MAN WHO WANTS TO STOP COMPULSIVE OVEREATING, ONE DAY AT A TIME, ONE FOUND AT A TIME, ABOUT OA, THE OBESE EMPLOYEE, INTRO. TO MEDICAL PROFESSION & NEW PROSPECT CARDS/PHONE NO'S.

Inside me there's a  
thin, handsome rabbit  
trying to get out. . .  
but I can usually  
sedate him with about  
10,000 carrots!!!

