

# NO NAME NEWS~LETTER

THE VOICE OF TUCSON AREA OA  
October 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 TWELVE STEPS OF OVEREATERS ANONYMOUS READY TO ORDER

*The Twelve Steps of Overeaters Anonymous* is now available in softcover from the World Service Office. Individual copies are priced at just \$6.00 and discounts will be given for bulk purchases. Call Sue Lovinger at 885-2861 to place orders.

No other Overeaters Anonymous literature has been more eagerly awaited than this guide to the twelve steps. The book brings a new dimension to OA literature by addressing the program in depth on a step-by-step basis from the perspective of a compulsive overeater.

*The Twelve Steps of Overeaters Anonymous* serves both as an introduction to the program for the beginner and a twelve-step refresher for the oldtimer. Each step is examined and expanded on in the context of compulsive overeating, and the result is a comprehensive guide to the whys and wherefores of the OA program.

*Reprinted from WSO Notebook, Vol. 17, No. 5  
Overeaters Anonymous 1990*

## ON RELAPSE

If you ask me when I actually came out of relapse, I couldn't say when. If you ask me what I did to come out of relapse, I couldn't say what. If you ask me how long I will keep my abstinence, I don't know. All I know is that some time after three years of binging, starving, dieting, crying, hoping, wishing, praying, talking, and giving up, I woke up and realized how very long it had been since I had a binge or since the obsession to binge was even present. Somehow, God gave me the power to work with another. Somehow, I lost all the weight I had gained back during relapse and, somehow, by the grace of God, I am in recovery today.

I don't know how long it will last. I suppose if I do what is directly in front of me to do, I will stay abstinent at least until I go to sleep tonight, and for that I am grateful. All I have to concern myself with is just this one day and so many times I forget that. I find myself drifting into tomorrow and wishing and hoping and dreaming about things I have no control over. Because of this program, I have my life again. I thank God for this program. I thank this program for God.

*Reprinted from SOAR Newsletter  
1990 WSO Convention Issue*

## OCTOBER REGISTRATION DEADLINE FOR NOVEMBER RETREAT

Tucson Area OA Intergroup is busily planning and organizing the retreat to be held November 23-25 (the weekend after Thanksgiving) at Picture Rock Retreat in Tucson. It should be an exciting weekend of recovery with Linda and Kelly from Bothell, Washington, as retreat leaders.

Registrations have been coming in steadily and there is limited space for the retreat. The deadline is October 31, so there is still time for sending in registration. Look for the bright orange flyer at your OA meeting. Or call Elvie at [redacted] or Jean at [redacted] for further information.

Can you help with the retreat? Volunteers are urged to call Bruce, Special Events Coordinator, at [redacted] to offer their service. The recovery you enhance may be your own.

## CALENDAR OF EVENTS

### FALL 1990 REGION III ASSEMBLY "Region III in Big D"

October 26-28, 1990, Dallas, Texas

Contact Norman [redacted] 713-5  
or Victor [redacted]

### HALLOWEEN PARTY

Saturday, October 27, 1990

7-8:30, meeting; 8:30-midnight, party

Casa Fiesta Club House  
19th & Camelback, Phoenix

### PHOENIX METRO INTERGROUP OA MARATHON

November 10, 1990, 10 am - 5 pm

Veteran's Hospital  
6 E. Indian School, Phoenix

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**CALENDAR** (continued)**THANKSGIVING DAY MARATHON**

November 22, 1990, 10 am - 5 pm

Phoenix OA Office, 4112 North Longview

**TUCSON AREA RETREAT**

November 23-25, 1990, Picture Rock Retreat

SEE ARTICLE ABOVE!!

**CHRISTMAS DAY MARATHON**

December 25, 1990, 10 am - 5 pm

Phoenix OA Office, 4112 N. Longview

**EDITOR'S CORNER**

THANK YOU to everyone who submitted articles and information for this month's letter—including the Wednesday Silhouette Group and the Saturday Omni group. Having different groups submit articles each month is wonderful. And, of course, any other submissions are greatly appreciated. Your experience, strength and hope put into writing can make a difference in some else's recovery, and certainly your own.

Please mail any articles, changes, corrections, or comments to Liz Lutz at 3005 North Longview, Tucson, AZ 85710 or call 452-1235. DEADLINE for the November newsletter is November 7, 1990 (for publication on November 17).

**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.**

**RECOVERY--THE COURAGE TO BE REAL**

Recovery is about becoming real, having emotions and not being afraid to feel and show them. It's about getting out from behind my masks and letting people honestly know who I really am, and first, letting myself know who I really am. It's about claiming all the pieces of myself, good and bad, all those parts that family, self, peers and partners made me decide to hide, cover up, throw

Recovery began when I finally wanted spiritual growth more than anything

away, cut off, deny and stuff down with every kind of food, activity, work, and senseless busyness imaginable. It's about being willing to just be that sensational, vulnerable, loving, creative and trusting little child that God created. God made me a whole person and recovery is about fearlessly putting that person back together again and being willing to be imperfect and precious and free all at the same time. Recovery began

when I finally wanted spiritual growth more than anything (including food), when I finally wanted to be ME more than anything, and when I wanted, more than anything, to be REAL.

*This possibility of becoming REAL brings to mind the conversation between the toy rabbit and the skin horse in the children's story, The Velveteen Rabbit. The Skin Horse was so old that his coat was bald in patches and showed the seams underneath, and most of the hairs in his tail had been pulled out to string bead necklaces. "What is REAL," asked the Rabbit. "Does it mean having things that buzz inside you and a stick-out handle?" "Real isn't how you are made," said the SKIN HORSE. "It's a thing that happens to you." "Does it hurt?" asked the Rabbit. "Sometimes," said the Skin Horse, for he was always truthful. "It doesn't happen all at once. You become. It takes a long time. That's why it doesn't happen to people who break easily, or have sharp edges or have to be carefully kept. Generally, by the time you are REAL, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are REAL, you can't be ugly, except to people who don't understand."*

Sue L., Wednesday "Silhouette" Group

2nd paragraph reprinted from the Journal of the American Dental Association, Vol. X, Number 3, Sept. 1990

**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 makeup?!? 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.

My Higher Power 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*!

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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 consideration.
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."

*Anonymous, Tucson*

## THE MANY G'S OF THE PROGRAM

When something is troubling me, I try to apply what I call the four G's of the program:

1. Give it to my Higher Power.
2. Give it lots and lots of time.
3. Get back to my Program.
4. Get back to my life.

G also stands for the other words that keep showing up in recovery. G is for the gifts that come from the pain we go through. More often than not, Growth is the Gift from my Higher Power whom I choose to call GOD.

*Sue L., Wednesday "Silhouette" Group*

## I'M WORTH IT!!

Out there somewhere in the sea of despair, heartache and loneliness, I was drowning in my own tears of woe and overweight. I screamed for help but could not be heard. The yell was on the inside. Why couldn't someone see I needed help? I was loved and I loved, but I was loved for what people thought I was like, not for the real me. How could they? I couldn't let go; I had to be what was expected of me.

As I was about to go down for the third time, OA threw me a Life Preserver. Help was there and, boy, did I hang on! They pulled me in and I got on board with friends who had been in the same spot where I was rescued. It was great!

After four months, I'm learning to be me; accept me for what I am, not where I've been, or where I'm going, but for what I am right now. Thank you for reaching out to me. Give me time and I'll prove to me I was worth saving.

*Reprinted from SOAR Newsletter,  
WSO Convention Issue*

## 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 listener 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:

### DIETING

1. There is an initial "psyching up" or mental preparedness. A sort of will power build up takes place.
2. Food obsessions dominate each day. Excessive time is spent in special preparations and menu planning. Food is the primary focus of each day.
3. The end of the diet is the primary goal. The future (how many more pounds to go) dictates our time frame.
4. As the diet progresses, anxiety increases as will-power decreases.
5. Thoughts toward the end of the diet dwell on what we can eat that we were denied when dieting. Food fantasies increase.
6. When the diet ends, we are no better off than before for our thin bodies are doomed to relapse. Moreover, our willpower will be less strong with subsequent efforts.
7. A diet ends.

### ABSTINENCE

1. There is a "letting go," as though a burden has lifted. The body and mind relax and flow.
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. There is no goal. Each day is a day unto itself.
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. There are fewer thoughts of unabstinent food; fantasies decrease as we surrender to abstinent eating on a day to day basis.
6. As abstinence progresses, we are changing. New ideas are replacing old ones so that we are in a better place emotionally and spiritually. Our strength (through our higher power) grows as our efforts continue.
7. Abstinence, with God's help, is forever.

*Joyce T., Big Sky 301, December 1985*

## KEEP COMING BACK!! IT WORKS!!



## 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:

K.G. 10/2

## Directory assistance

If you're planning a trip and need a listing of where to find OA, remember that directories of registered OA groups and intergroups are available from WSO for a nominal charge.

Directory	Price
California .....	\$3
New York State .....	\$3
All other states (each) .....	\$1
Entire U.S.A. ....	\$15
Canadian provinces (each) ..	\$1
Other countries (each) .....	\$1
All foreign countries (including Canada) .....	\$5
Region and intergroup offices only .....	\$1

Mail your request along with a check made out to **Overeaters Anonymous** to:

World Service Office  
P.O. Box 92870  
Los Angeles, CA 90009

## TUCSON OA INTERGROUP QUARTERLY REPORT

	1990 3rd Quarter	Year to Date
Came to Believe	10.00	30.00
Eastside Stop-off	112.00	211.15
Easy Does It	-	8.40
Freedom	157.50	362.00
Going Sane	19.82	71.46
Gratitude	20.00	31.00
Highsteppers	-	-
Honeynooners	-	55.06
I'm a Miracle	-	36.00
Just for Today	80.00	95.00
KISS	-	36.00
Men's Group	25.00	50.00
Moms for Recovery	-	-
Mon. Discussion/Sharing	-	8.00
Northern Lites	154.00	404.00
Oasis	-	-
Omni	66.71	158.71
Pink Cloud	50.00	70.00
Promises	3.00	28.00
Recovery (bulimic/anorexic)	-	-
Safe Place	-	-
Sat. 4th Step	-	90.99
Sat. Morning Study Group	84.12	479.93
Sierra Vista Mon.-Wed.	60.00	155.00
Silhouette	-	70.00
Sunday Big Book	-	65.00
Sunday Sanity	40.00	80.00
UA Campus	-	-
Warm Fuzzy	30.00	270.00
Welcome Home	52.00	194.05
Youth Meeting	-	-
Intergroup 7th Tradition	53.53	111.06
OA-HOW (phone)	52.50	309.70
Interest earned	35.02	117.71
Marathon	174.00	174.00
Bottles	48.00	48.00
Region II Del. funding	150.00	300.00
Total	1477.80	
Opening Balance	2812.09	
	4289.89	
<b>Expenditures</b>		
Region III contribution	132.80	
WSO contribution	132.80	
Telephone	157.50	
Delegate expenses	788.70	
Newsletters, meeting lists	328.17	
Secretary/Treasurer expenses	59.58	
Phone Committee expenses	21.59	
Marathon expense	78.88	
Retreat deposit	200.00	
Public information	21.09	
Return of Region II fund.	75.00	
Total	1996.11	
Delegate Reserve Fund	2000.00	
Cash Available	\$ 293.78	

**KEEP COMING BACK! IT WORKS!!**