



# O. A. HOWGRAM



TUCSON ARIZONA—APR-MAY 1995

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**FAMILY POTLUCK PICNIC**  
**SATURDAY, MAY 6—4 P.M.**  
**ED A N'S HOUSE**

NO  
 BRING YOUR OWN DRINKS, LAWN CHAIR,  
 SWIMSUIT, & ANYTHING ELSE YOU NEED TO  
 MAKE YOUR DAY COMPLETE

<u>LAST NAME</u>	<u>FOOD ITEM</u>
A-E	VEGGIES (COOKED & RAW)
F-K	PROTEIN
L-Q	GRAINS
R-Z	FRUIT

**RSVP:** TO BOB- OR MERIT  
 BY-APRIL 13

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**TO OUR NEWCOMERS:**

WE SIT WITH YOU...  
 WE LISTEN FROM OUR HEARTS...  
 YOU SPEAK FROM YOUR HEART...  
 YOU SHARE YOUR STORY...  
 WE SHARE YOUR STORY...  
 WE ARE NOT ALONE.

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BE WHAT YOU ARE. THIS IS THE FIRST STEP IN  
 BECOMING BETTER THAN YOU ARE.

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GAIL H WAS STEPPED UP IN A CANDLELIGHT  
 CEREMONY AT FRIDAY'S MEETING ON  
 MARCH 3, HAVING COMPLETED HER 30 DAYS  
 OF ABSTINENCE ON MARCH 1.  
 DAENA AT TUESDAY'S MEETING ON MARCH  
 28 WAS ALSO STEPPED UP IN A CANDLELIGHT  
 CEREMONY, HAVING COMPLETED 90 DAYS  
 OF ABSTINENCE.  
 WE ALL KNOW THIS IS A SIMPLE PROGRAM  
 BUT IT'S NOT EASY, SO WE DO  
 CONGRATULATE GAIL & DAENA. YOU'RE ON  
 THE ROAD TO RECOVERY & ALL THE  
 BLESSINGS THAT GO WITH IT.

AFTER AWHILE YOU LEARN THE SUBTLE  
 DIFFERENCE BETWEEN HOLDING A HAND  
 AND CHAINING A SOUL AND YOU LEARN  
 THAT LOVE DOESN'T MEAN LEANING AND  
 COMPANY DOESN'T MEAN SECURITY AND  
 YOU BEGIN TO LEARN THAT KISSES AREN'T  
 CONTRACTS AND PRESENTS AREN'T  
 PROMISES AND YOU BEGIN TO ACCEPT YOUR  
 DEFEATS WITH YOUR HEAD UP AND YOUR  
 EYES OPEN, WITH THE GRACE OF A PERSON,  
 NOT THE GRIEF OF A CHILD AND LEARN TO  
 BUILD ALL YOUR ROADS ON TODAY  
 BECAUSE TOMORROW'S GROUND IS TOO  
 UNCERTAIN FOR PLANS, AND FUTURES HAVE  
 A WAY OF FALLING DOWN IN MID-FLIGHT.  
 AFTER AWHILE YOU LEARN THAT EVEN  
 SUNSHINE BURNS IF YOU GET TOO MUCH.  
 SO YOU PLANT YOUR OWN GARDEN AND  
 DECORATE YOUR OWN SOUL, INSTEAD OF  
 WAITING FOR SOMEONE TO BRING YOU  
 FLOWERS. AND YOU LEARN THAT YOU  
 REALLY CAN ENDURE THAT YOU REALLY  
 ARE STRONG AND YOU REALLY DO HAVE  
 WORTH AND YOU LEARN AND LEARN...WITH  
 EVERY GOODBYE YOU LEARN.

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- SEVEN DEADLY SINS**
- RICHIE K.'S GUIDELINES FOR REPLACING THE  
 SIN WITH A POSITIVE SPIRITUAL ACTION.
1. **PRIDE** - PRACTICE HUMILITY.
  2. **ANGER/RESENTMENT** - PRACTICE LOVE  
 AND FORGIVENESS.
  3. **GREED** - PRACTICE GENEROSITY.
  4. **GLUTTONY** - PRACTICE DISCIPLINE  
 (FOOD PLAN).
  5. **LUST** - PRACTICE PURITY OF INTENT.
  6. **ENVY/JEALOUSY** - PRACTICE GRATITUDE.
  7. **SLOTH** - PRACTICE ACTION.
- (SUBMITTED by JOY M)

## **YESTERDAY, TODAY & TOMORROW**

THERE ARE TWO DAYS IN EVERY WEEK THAT WE SHOULD NOT WORRY ABOUT, TWO DAYS THAT SHOULD BE KEPT FREE FROM FEAR AND APPREHENSION.

ONE IS **YESTERDAY**, WITH ITS MISTAKES AND CARES. ITS FAULTS AND BLUNDERS, ITS ACHEs AND PAINS. YESTERDAY HAS PASSED, FOREVER BEYOND OUR CONTROL.

ALL THE MONEY IN THE WORLD CANNOT BRING BACK YESTERDAY. WE CANNOT UNDO A SINGLE ACT WE PERFORMED. NOR CAN WE ERASE A SINGLE WORD WE'VE SAID. YESTERDAY IS GONE!

THE OTHER DAY WE SHOULDN'T WORRY ABOUT IS **TOMORROW**, WITH ITS IMPOSSIBLE ADVERSARIES, ITS BURDEN, ITS HOPEFUL PROMISE AND POOR PERFORMANCE. TOMORROW IS BEYOND OUR CONTROL.

TOMORROW'S SUN WILL RISE EITHER IN SPLENDOR OR BEHIND A MASK OF CLOUDS - BUT IT WILL RISE. AND UNTIL IT DOES, WE HAVE NO STAKE IN TOMORROW, FOR IT IS YET UNBORN.

THIS LEAVES ONLY ONE DAY - **TODAY**. ANY PERSON CAN FIGHT THE BATTLES OF JUST ONE DAY. IT IS ONLY WHEN WE ADD THE BURDENS OF YESTERDAY AND TOMORROW THAT WE BREAK DOWN.

IT IS NOT THE EXPERIENCE OF TODAY THAT DRIVES PEOPLE MAD - IT IS THE REMORSE OF BITTERNESS FOR SOMETHING THAT HAPPENED YESTERDAY, AND THE DREAD OF WHAT TOMORROW MAY BRING.

LET US, THEREFORE, LIVE ONE DAY AT A TIME!

**ARIZONA DAILY STAR**-(SUBMITTED BY JIM)

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I HAVE LEARNED THAT TODAY I AM A COMPOSITE OF EVERY EXPERIENCE I HAVE EVER HAD, THE GOOD ONES AND THE BAD ONES. SO I CAN FORGIVE MYSELF THE MISTAKES OF THE PAST. I HAVE BECOME ABLE TO SEE MYSELF IN MY PROPER PERSPECTIVE WITH **GOD** AND MY FELLOW MAN. I HAVE LEARNED NOT ONLY TO KNOW MY LIMITATIONS BUT TO KNOW AND HAVE RESPECT FOR MY CAPABILITIES. I CAN

ACCEPT PRAISE OR CRITICISM FROM YOU BECAUSE YOU LOVE ME FOR WHAT I AM AND I FEEL WORTHY OF YOUR LOVE. ONCE I DID NOT. I HAVE LEARNED TO LIVE ONE DAY AT A TIME, ASKING FOR KNOWLEDGE OF **GOD'S** WILL FOR ME EACH DAY AND THE POWER TO CARRY IT OUT, KNOWING THAT I MUST ACCEPT WHATEVER COMES AS HIS WILL AND KNOWING THAT SOMEHOW IT IS BEST FOR ME.

ANONYMOUS

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AS A NEWCOMER TO OA MEETINGS, I'M NOT QUICK TO SPEAK. I ENJOY LISTENING TO THE EXPERIENCE OF OTHERS AS THEY SHARE THEIR PERSONAL INSIGHTS AND THEIR KNOWLEDGE OF WORKING THE 12 STEPS TOWARDS RECOVERY. AS A NEWCOMER OA SOMETIMES SEEMS COMPLICATED. THERE ARE THE NUMBERED STEPS AND TRADITIONS, THE JARGON TO FIGURE OUT, THE LOGISTICS OF TELEPHONING AND SPONSORING, MEETING MANY NEW PEOPLE, THE TASK OF SORTING OUT THEIR FACES, NAMES AND PERSONALITIES, LITERATURE TO BUY AND READING AND WRITING TO DO.

BELOW THIS BUSY SURFACE OF NEW OA ACTIVITIES, MY DEEPEST EXPERIENCE IS ONE OF PROFOUND RELIEF, BIG SURPRISE, AND EXPANDING JOY. FOR TOO LONG A TIME I'VE LIVED IN ISOLATION WITH THE BURDEN OF THE DISEASE RESTING SQUARELY ON MY SHOULDERS. NOW, I HAVE FOUND OA, A PLACE WHERE I CAN SPEAK TRUTHFULLY ABOUT MY PROBLEMS WITH FOOD. I FEEL THE UNDERSTANDING AND ACCEPTANCE OF OTHERS AND I CAN BEGIN TO LEARN THROUGH THEIR EXAMPLE TO UNDERSTAND AND ACCEPT MYSELF AS WELL.

TO STEP OUT OF THAT ISOLATION AND SET MY BURDEN DOWN IN THE SAFE HAVEN OF AN OA MEETING IS A PROFOUND RELIEF. A CHANCE TO LET MY SPIRIT REST. IT WAS ALSO A BIG SURPRISE, A WELCOME ANTI-CLIMAX, TO FEEL THAT ONCE I GOT UP MY NERVE TO COME TO OA IT WAS SO EASY TO WALK IN AN OPEN DOOR AND FELT SO GOOD TO BE HUGGED. I FEEL AN EXPANDING JOY AS MY ISOLATION RELEASES ITS HOLD ON ME. IT SOUNDS A BIT ODD, BUT I FEEL AS THOUGH I'M BEING REUNITED WITH SOME GREAT PEOPLE, WHO I AM MEETING FOR THE FIRST TIME.

SINCERELY - ADAIR L.

## **THE TWELVE PROMISES OF RELAPSE**

1. WE WILL LOSE OUR FREEDOM AND BE RETURNED TO A CELL OF DARKNESS.
2. OUR HAPPINESS WILL BE REPLACED BY SADNESS AND CYNICISM.
3. WE WILL REOPEN THE DOOR TO THE PAST AND DWELL IN THE MORASS OF SELF-PITY OF DEEDS LONG PAST.
4. WE WILL LOSE SERENITY AND RECLAIM WORRY AND SHAME.
5. WE FEEL AS IF WE'VE RETURNED SO FAR BACK SURELY NO ONE COULD KNOW HOW FAR DOWN THE SCALE WE'VE GONE. WE FEEL SO LOW CERTAINLY WE ARE OF NO VALUE TO ANY ONE.
6. AS WE ATTEMPT TO HIDE OUR FEELINGS IN FOOD, SLEEP AND THE LIKE, THE OLD FEELINGS OF USELESSNESS AND SELF-PITY WILL COVER US LIKE A THICK DARK FOG.
7. WE WILL RETURN TO THE INNER-WORLD AND DWELL ON SELFISH THINGS AND TRY TO RETREAT FROM OUR FELLOWS.
8. SELF-SEEKING WILL RETURN. I AM AGAIN THE CENTER OF THE UNIVERSE.
9. OUR WHOLE ATTITUDE WILL TURN 180 DEGREES, FROM LIGHT TO THE DARKNESS.
10. SELF CENTERED FEAR OF PEOPLE, PLACES AND THINGS WILL CONTROL US, ECONOMIC INSECURITY WILL CAUSE US TO DO THINGS AGAINST OUR VALUE SYSTEM COVERING US IN A CLOAK OF SHAME.
11. OUR INTUITION WILL LEAVE US, WE WILL BE LEFT TO OUR SINGLE THINKING MINDS WHERE SIMPLE SITUATIONS WILL BAFLE US.
12. WE WILL REALIZE THAT WE HAVE CUT OURSELVES OFF FROM **GOD**, THAT WE ARE PITIFULLY ALONE, INCAPABLE OF MANAGING OUR LIVES.

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**CAUTION:OVEREATING IS NOT A COPING MECHANISM. IT ADDS MORE STRESS.**

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**A MATURE PERSON IS IN CONTROL OF ACTIONS. NO ONE CAN MAKE YOU ANGRY, YOUR ANGER IS INSIDE.**

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**WE DON'T HAVE TO BE PERFECT. WE JUST HAVE TO ACCEPT THAT WE'RE NOT.**

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## **STEPPING OUT**

I AM AMAZED AT THE NUMBER OF OA TRILOGIES. WORKING THROUGH MY PROGRAM, I HAVE DISCOVERED ANOTHER TRILOGY THAT HAS HELPED ME WHEN I HAVE TO FACE CHANGE I CALL IT AAA - **AWARENESS, ACCEPTANCE AND ACTION.** I CAN REMEMBER FEELING OVERWHELMED BY THE TWELVE STEPS WHEN I FIRST CAME INTO PROGRAM. WITH AAA, I WAS ABLE TO BREAK THE STEPS DOWN AND FOCUS ON WHAT I WAS DOING. IT GOES SOMETHING LIKE THIS:

### **GIVE UP**

STEP 1 - AFTER YEARS OF STRUGGLING ALONE WITH FOOD, I FINALLY BECAME AWARE THAT MY LIFE WAS UNMANAGEABLE AND ADMITTED MY POWERLESSNESS OVER FOOD.

STEP 2 - ACCEPTANCE OF MY POWERLESSNESS ENABLED ME TO BELIEVE THAT A HIGHER POWER COULD RESTORE ME TO SANITY.

STEP 3 - I TOOK ACTION WHEN I TURNED MY WILL AND LIFE OVER TO THE CARE OF THIS HIGHER POWER.

### **CLEAN UP**

STEP 4 - AWARE OF MY CHARACTER DEFECTS, I MADE A SEARCHING AND FEARLESS MORAL INVENTORY.

STEP 5 - ACCEPTANCE OF MY WRONGDOINGS ENABLED ME TO ADMIT TO HP, MYSELF AND ANOTHER THE EXACT NATURE OF MY WRONGS.

STEP 6 - I TOOK ACTION WHEN I BECAME ENTIRELY READY FOR HP TO REMOVE THESE DEFECTS OF CHARACTER.

### **MAKE UP**

STEP 7 - NOW AWARE OF MY SHORTCOMINGS, I HUMBLY ASKED HP TO REMOVE THEM.

STEP 8 - FULL ACCEPTANCE OF THESE SHORTCOMINGS ALLOWED ME TO LIST THOSE PERSONS I HAD HARMED.

STEP 9 - I TOOK ACTION WHEN I MADE AMENDS TO THOSE PEOPLE ON THE LIST.

### **KEEP UP**

STEP 10 - AWARE THAT I AM NOT PERFECT, I CONTINUE TAKING PERSONAL INVENTORY.

STEP 11 - ACCEPTANCE OF A HP INTO MY DAILY LIFE ALLOWS ME TO PRAY FOR KNOWLEDGE & POWER TO CARRY OUT HP'S WILL.

STEP 12 - I TAKE ACTION BY CARRYING THIS MESSAGE TO OTHER COMPULSIVE OVEREATERS & BY PRACTICING THESE PRINCIPLES IN ALL MY AFFAIRS.---S.I. SALT LAKE CITY,UT

## **WHAT A FANTASTIC MONTH MARCH WAS!**

I REALLY WASN'T TOO ENTHUSED TO GO TO ADAIR'S "MOVEMENT WORKSHOP" AS I HAVE NEVER BEEN A VERY GRACEFUL PERSON. BUT I WENT AND IT WAS REALLY GREAT. NOT ONLY DID WE LEARN A LOT ABOUT THE BODY ITSELF HAVING PHYSICAL, MENTAL, & SPIRITUAL ASPECTS, BUT IT WAS FUN DOING IT. ' COURSE I HAD TO KEEP SHOVING JOY OVER AS SHE TRIED TO HOG TOO MUCH ROOM ON THE FLOOR AND ME BEING SO BASHFUL, OF COURSE, IT WASN'T EASY.

EVERYONE THERE THOROUGHLY ENJOYED THE WORKSHOP AND ADAIR IS A MARVELOUS TEACHER. SHE TEACHES DANCE AND MOVEMENTS AS HER PROFESSION, AND WE WERE INDEED FORTUNATE TO HAVE HER VISITING TUCSON WHERE WE COULD TAKE ADVANTAGE OF HER TALENTS.

THEN IF THAT WASN'T GREAT ENOUGH WE HAD THE "MEDITATION RETREAT" WHICH REALLY SURPASSED ALL MY EXPECTATIONS.

GARI-SUE STARTED IT OFF BY GETTING US ALL IN A RELAXED MOOD WITH HER PROGRAM.

MEREDITH LITTLE THEN SHOWED US HOW TO MEDITATE. I'VE BEEN IN PROGRAM 6-1/2 YEARS AND ONE THING I STILL HAVE A PROBLEM WITH IS JUST SITTING AND TRYING TO KEEP MY MIND STILL, AS THINGS KEEP POPPING IN. BUT MEREDITH SHOWED US HER METHOD FOR MEDITATION AND IT'S THE FIRST TIME MY MIND WAS COMPLETELY CLEAR AND NOT THINKING OF A THING. NO CRACKS ABOUT ME NOT HAVING A BRAIN SO IT DOESN'T MATTER! WONDERFUL TEACHER!

THEN, IF THAT WASN'T ENOUGH, WE WERE PRIVILEGED TO HAVE RAMDAS KAUR, MC,SS. YOGA THERAPIST WHO SINCE 1971 HAS TAUGHT SPIRITUAL SCIENCES INTERNATIONALLY.

SHE SHARED HER GIFT OF ENERGY BY TEACHING US YOGA/MEDITATION, AS IT IS THE ENERGY THAT INSTILLS NEW HEALTH AND VISION. HER PROGRAM WAS BURNOUT PREVENTION, INCREASED ENERGY, HEALING AND COMFORT.

HOW LUCKY WE WERE TO HAVE ALL OF THESE PEOPLE TAKE THEIR TIME TO SHARE WITH US SO MUCH KNOWLEDGE, AND

WE OWE THEM A WORLD OF THANKS. IF YOU MISSED OUT, HOPE THAT THEY'LL DO IT AGAIN SOMETIME AND DON'T MISS IT!

HAPPY EASTER!

YOUR EDITOR

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## **HUGS**

IT'S WONDROUS WHAT A HUG CAN DO. A HUG CAN CHEER YOU WHEN YOU'RE BLUE. A HUG CAN SAY, 'I LOVE YOU SO', OR, 'GEE! I HATE TO SEE YOU GO! A HUG IS 'WELCOME BACK AGAIN!' AND 'GREAT TO SEE YOU! WHERE'VE YOU BEEN?' A HUG CAN SOOTHE A SMALL CHILD'S PAIN, AND BRING A RAINBOW AFTER RAIN. THE HUG! THERE'S JUST NO DOUBT ABOUT IT - WE SCARCELY COULD SURVIVE WITHOUT IT! A HUG DELIGHTS AND WARMS AND CHARMS, IT MUST BE WHY **GOD** GAVE US ARMS. HUGS ARE GREAT FOR FATHERS AND MOTHERS, SWEET FOR SISTERS, SWELL FOR BROTHERS. AND CHANCES ARE SOME FAVORITE AUNTS LOVE THEM MORE THAN POTTED PLANTS. KITTENS CRAVE THEM, PUPPIES LOVE THEM, HEADS OF STATES ARE NOT ABOVE THEM. A HUG CAN BREAK THE LANGUAGE BARRIER, AND MAKE THE DULLEST DAY SEEM MERRIER. SO STRETCH THOSE ARMS WITHOUT DELAY AND GIVE SOMEONE A HUG TODAY!

ANONYMOUS

(SUBMITTED BY BETTYE G.)

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**SAY TO YOURSELF EACH DAY, "TO CHANGE MY LIFE, I MUST FIRST CHANGE MY THINKING."**

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**IF YOUR PROGRAM IS WORKING GREAT, WRITE DOWN EXACTLY WHAT YOU ARE DOING. IF YOUR PROGRAM STARTS TO SLIP, LOOK OVER YOUR LIST TO SEE WHAT YOU WERE DOING WHEN IT WAS WORKING AND SEE IF YOU ARE STILL DOING WHAT YOU WERE DOING.**

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**WANT SOMETHING IN THE O.A. HOWGRAM, JUST SEND IT TO:**

JEANN

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