

O. A. HOWGRAM



TUCSON, ARIZONA
FEB/MAR 1995

A

MEDITATION RETREAT

SPONSORED BY

O.A. / HOW

MARCH 18, 1995-----1 to 4:30 P.M.

UNIVERSITY MEDICAL CENTER

***1501 N. CAMPBELL, CAFETERIA ROOM 2500
DINING ROOMS C & D***

***WE MAY DO A LITTLE YOGA. IF YOU WOULD LIKE TO PARTICIPATE,
BRING A TOWEL OR MAT.***

OPEN TO ALL WHO WISH TO ATTEND!

DONATION SUGGESTED

THIS IS JEANNE'S FIRST VENTURE INTO
WRITING A NEWSLETTER FOR O.A.HOW. LET
US HOPE AND PRAY THAT IT NEVER
BECOMES SYNDICATED.

REMEMBER THIS YOU O.A.ers . THE MORE
YOU EAT THE FATTER YOU BECOME BUT,
THEN ON THE OTHER HAND, THE LESS YOU
EAT THE MORE HUNGRY YOU GET SO YOU
EAT MORE THAN YOU NORMALLY WOULD
WHICH CAUSES YOU TO GET FATTER THAT
MUCH FASTER---IT IS ONE VICIOUS CIRCLE.
HOWEVER, IF YOU GET TOO SKINNY, THEN
YOUR FRIENDS AND LOVED ONES WANT TO
KNOW WHAT DIET YOU ARE ON SO THEY
TOO CAN BECOME SKINNY. WHAT THE
WORLD WINDS UP WITH IS A BUNCH OF
SKINNY PEOPLE . NOW THE QUESTION IS
WHO DOES THE WORLD LOVE THE MOST A
SKINNY PERSON OR A FAT PERSON? YOU
MUST LET YOUR CONSCIENCE BE YOUR
GUIDE AND HELP YOU CHOOSE THE RIGHT
PATH TO FOLLOW. ALWAYS REMEMBER ----
O.A. HOW IS HERE TO HELP YOU NO MATTER
WHAT PATH YOU CHOOSE TO FOLLOW.

AS YOU SIT DOWN TO DINNER, REMEMBER
THOSE SAGE WORDS SPOKEN BY THE
PROPHET O.A. NASONSPEARE----THOSE WHO
PARTAKE OF A SECOND HELPING ARE
TAKING A FAST HIKE TO THE GRAVE---
AMEN!!!!!!

BILL N

*THE WINNER OF THE SEQUIN CALENDAR WAS
PHYLLIS. WE RAISED \$15 FROM THE SALE OF
RAFFLE TICKETS. I WISH TO THANK ALL WHO
PARTICIPATED*

LOIS S.

DON'T LET ANYONE LOVE YOU WITH FOOD!

YESTERDAY IS GONE--FORGET IT.
TOMORROW NEVER COMES--DON'T WORRY.
TODAY IS HERE---GET BUSY!

WEEKEND AT PICTURE ROCKS

DUE TO CIRCUMSTANCES BEYOND
MY CONTROL, I WAS UNABLE TO STAY OVER
FOR THE WEEKEND, BUT SINCE I LIVE ON
THE WEST SIDE OF TOWN THE 20 MINUTE
RIDE WAS EASY.

I HAD DRIVEN BY THE RETREAT
MANY TIMES BUT NEVER STOPPED SO THIS
WAS A NEW EXPERIENCE ON ALL LEVELS.

THE SETTING WAS SPECTACULAR,
THE PEOPLE WONDERFUL AND THE SPEAKER
FABULOUS.

RICHIE IS A GRUFF VOICED LOVING
MAN WHO IMPARTED THE 12 STEPS IN A
TOTALLY NEW WAY. AFTER 15 YEARS IN THE
PROGRAM, HE IS STILL DOING INVENTORIES,
TRYING NEW WAYS TO DO THE FOOTWORK,
AND DOING THE MOST IMPORTANT
EXERCISE OF ALL, CLIMBING THE 12 STEPS
REGULARLY.

YOU CAN BE SURE MY MONEY WILL
GO IN EARLY NEXT YEAR SO THAT NOTHING
WILL INTERFERE WITH MY STAYING OVER.
THE PICTURE ROCKS RETREAT IS NOW A
NEW IMPORTANT PART OF MY RECOVERY
PROGRAM.

PLEASE JOIN ME NEXT YEAR.

LOIS S.

SERVICE IS GRATITUDE IN ACTION

"ONCE UPON A TIME, THERE WERE FOUR
PEOPLE; THEIR NAMES WERE EVERYBODY,
SOMEBODY, NOBODY AND ANYBODY.
WHENEVER THERE WAS AN IMPORTANT JOB
TO BE DONE, EVERYBODY WAS SURE THAT
SOMEBODY WOULD DO IT. ANYBODY COULD
HAVE DONE IT, BUT NOBODY DID IT. WHEN
NOBODY DID IT, EVERYBODY GOT ANGRY
BECAUSE IT WAS EVERYBODY'S JOB.
EVERYBODY THOUGHT THAT SOMEBODY
WOULD DO IT BUT NOBODY REALIZED THAT
NOBODY WOULD DO IT. SO CONSEQUENTLY,
EVERYBODY BLAMED SOMEBODY WHEN
NOBODY DID WHAT ANYBODY COULD HAVE
DONE IN THE FIRST PLACE."

PLEASE SAY "YES" WHEN YOU ARE ASKED TO
DO SERVICE. OR BETTER YET, VOLUNTEER! IT
WILL DO WONDERS FOR YOUR RECOVERY.

I HAVE OFTEN SAID HOW I HATE THE DAY-IN-
DAY-OUT STRUGGLE I HAVE WITH FOOD. THE
LIFELONG BATTLE, THE YO-YO SYNDROME; THE
HUNDREDS OF MONDAY MORNINGS WHEN I
HAVE PROMISED MYSELF TO GET BACK ON MY
DIET AND/OR GET ABSTINENT; THE WEIGHT
LOSS FOLLOWED BY PRAISE AND ADULATION
FROM FAMILY AND FRIENDS ONLY TO BE
FOLLOWED UP BY SILENCE AND
DISAPPOINTMENT WHEN I GAINED THE
WEIGHT BACK; THE EXCITEMENT AND
OPTIMISM WHEN I JOINED A NEW WEIGHT
LOSS GROUP OR STARTED ON A NEW FOOD
PLAN WITH A NEW SPONSOR AND THEN TO
REALIZE THIS WOULDN'T "WORK" EITHER. A
LIFETIME OF STARTING OVER. HOW I WANT
TO BE FREE OF IT! BUT HAVE I EVER
ACCEPTED THAT MAYBE THIS STRUGGLE
WITH FOOD IS PART OF **GOD'S** PLAN FOR MY
LIFE? THAT EACH TIME I START AGAIN **GOD**
IS SEEING ME GROW CLOSER TO **HIM**. THAT
EACH TIME I START OVER AGAIN I GAIN
MORE HUMILITY AND I BECOME MORE
SPIRITUALLY FIT? THAT EACH TIME I START
AGAIN I AM BETTER QUALIFIED TO HELP
ANOTHER STILL SUFFERING COMPULSIVE
OVEREATER? CAN I SAY THAT TODAY I AM
RIGHT WHERE **GOD** WANTS ME TO BE? HE
DOESN'T WANT ME TO BE A GLUTTON. BUT
HE DOESN'T EXPECT ME TO BE A SAINT
EITHER. HE WANTS ME TO CONTINUE THE
STRUGGLE, TO NEVER GIVE UP. IS IT
POSSIBLE FOR ME TO HAVE THE SERENITY
THAT COMES FROM BEING RIGHT WITH **GOD**
BUT STILL GIVE INTO MY ADDICTION FROM
TIME TO TIME? I AM ME; OVERWEIGHT
BECAUSE I EAT TOO MUCH; CONFUSED AND
SAD BECAUSE I NEED FOOD TO FILL THE
HOLE IN MY HEART; BUT REACHING OUT TO
A HIGHER POWER WHO LOVES ME JUST THE
WAY I AM. AND AS I REACH OUT, **GOD**
ENFOLDS ME IN HIS LOVING ARMS AND LIFTS
ME UP AND ASSURES ME THAT I AM ON THE
RIGHT PATH, THAT I AM HEADED IN THE
RIGHT DIRECTION. HE IS LEADING ME. DO I
TRUST HIM?

GAIL J S

KEEP IN MIND THAT THE PURPOSE OF
GETTING TOGETHER WITH FRIENDS IS TO
ENJOY ONE ANOTHER'S COMPANY AND HAVE A
GOOD TIME. EATING DOES NOT HAVE TO BE
THE MAIN EVENT.

TIME

I HEAR THE CLOCKS CHIME,
HOW FAST TIME GOES BY!
SO MANY THINGS TO DO-
SEE MOON, STARS AND SKY.

BUT TIME DOESN'T STAND STILL,
NEVER SHOULD WE.
TAKE A STEP FORWARD,
DO WORK YOU CAN SEE.

MAYBE IT'S LITTLE THINGS,
A KIND WORD OR SMILE.
HELP LIGHTEN THE LOAD
ON SOMEONE'S SAD MILE.

DO YOUR VERY BEST,
IN SUN OR IN RAIN.
TIME STILL GOES ON,
WON'T RETURN AGAIN.

GLORANE HOYT BAE LZ

ALL THAT DEPRESSES YOU, ALL THAT YOU
FEAR, IS REALLY POWERLESS TO HARM YOU.

PLEASE SEE THAT YOUR OA GROUP
SENDS A REPRESENTATIVE TO THE
INTERGROUP MEETINGS SO THAT YOU
CAN BE INFORMED, ACTIVE AND HAVE A
VOICE IN ALL AREAS OF ACTION.

University **FUCSON MEDICAL CENTER**
CAFETERIA DINING ROOM A - THE THIRD
SATURDAY OF EACH MONTH-10:00 A.M.

REMEMBER, ALL ARE WELCOME
AT THESE MEETINGS AND WE DO
ENCOURAGE EVERYONE TO ATTEND.

WHY ISN'T THE PROGRAM WORKING FOR ME?
AM I WORKING THE PROGRAM?

DEAR **GOD**, I AM POWERLESS AND MY LIFE IS UNMANAGEABLE WITHOUT YOUR HELP AND GUIDANCE. I COME TO **YOU** TODAY BECAUSE I BELIEVE THAT YOU CAN RESTORE AND RENEW ME TO MEET MY NEEDS TODAY. SINCE I CANNOT MANAGE MY LIFE OR AFFAIRS, I HAVE DECIDED TO GIVE THEM TO YOU. I PUT MY LIFE, MY WILL, MY THOUGHT, MY DESIRES AND AMBITIONS IN **YOUR** HANDS.

I GIVE **YOU** ALL OF ME: THE GOOD AND THE BAD, THE CHARACTER DEFECTS AND SHORTCOMINGS, MY SELFISHNESS, RESENTMENTS AND PROBLEMS. I KNOW THAT **YOU** WILL WORK THEM OUT IN ACCORDANCE WITH **YOUR** PLAN. SUCH AS I AM, TAKE AND USE ME IN **YOUR** SERVICE. GUIDE AND DIRECT MY WAYS AND SHOW ME WHAT TO DO FOR **YOU**.

I CANNOT CONTROL OR CHANGE MY FRIENDS OR LOVED ONES, SO I RELEASE THEM INTO **YOUR** CARE FOR **YOUR** LOVING HANDS TO DO WITH AS **YOU** WILL. JUST KEEP ME LOVING AND FREE FROM JUDGING THEM. IF THEY NEED CHANGING, **GOD**, YOU'LL HAVE TO DO IT; I CAN'T. JUST MAKE ME WILLING AND READY TO BE OF SERVICE TO **YOU**, TO HAVE MY SHORTCOMINGS REMOVED, AND TO DO MY BEST.

HELP ME TO SEE HOW I HAVE HARMED OTHERS AND MAKE ME WILLING TO MAKE AMENDS TO THEM ALL. KEEP ME EVER MINDFUL OF THOUGHTS AND ACTIONS THAT HARM MYSELF AND OTHERS, AND WHICH SEPARATE ME FROM **YOUR** LIGHT, LOVE AND SPIRIT. AND WHEN I COMMIT THESE ERRORS, MAKE ME AWARE OF THEM AND HELP ME TO ADMIT EACH ONE PROMPTLY.

I AM SEEKING TO KNOW **YOU** BETTER, TO LOVE **YOU** MORE. I AM SEEKING THE KNOWLEDGE OF **YOUR** WILL FOR ME AND THE POWER TO CARRY IT OUT.

ANONYMOUS

"A SECOND ON THE LIPS, FOREVER ON THE HIPS."

THERE'S A HOLE IN MY SIDEWALK--AN AUTOBIOGRAPHY IN FIVE EASY CHAPTERS

CHAPTER ONE

*I WALK DOWN THE STREET.
THERE'S A HOLE IN THE SIDEWALK
IT IS A VERY DEEP HOLE.
I FALL IN...I AM HELPLESS.
IT ISN'T MY FAULT.
IT TAKES FOREVER TO FIND A WAY OUT*

CHAPTER TWO

*I WALK DOWN THE SAME STREET.
THERE IS A HOLE IN THE SIDEWALK.
I PRETEND I DON'T SEE IT.
I FALL IN...AGAIN.
I CAN'T BELIEVE I'M IN THE SAME
PLACE, BUT IT ISN'T MY FAULT.
IT STILL TAKES A LONG TIME TO GET
OUT.*

CHAPTER THREE

*I WALK DOWN THE SAME STREET.
THERE IS A DEEP HOLE IN THE
SIDEWALK.
I SEE IT IS THERE.
I STILL FALL IN...IT'S A HABIT, BUT MY
EYES ARE OPEN.
I KNOW WHERE I AM.
I GET OUT IMMEDIATELY.*

CHAPTER FOUR

*I WALK DOWN THE SAME STREET.
THERE IS A DEEP HOLE IN THE
SIDEWALK.
I WALK AROUND IT.*

CHAPTER FIVE

I WALK DOWN ANOTHER STREET.

TRIANGLE INTERGROUP NEWSLETTER

*MOST FOODS ARE TASTED FOR ONLY
THREE SECONDS THEN SWALLOWED AND ARE
GONE.*

*SUCCESS COMES WHEN YOU CAN LOOK
BEYOND FOOD.*

JEANNE NASON

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