



HOW

OVEREATERS ANONYMOUS
NEWSLETTER

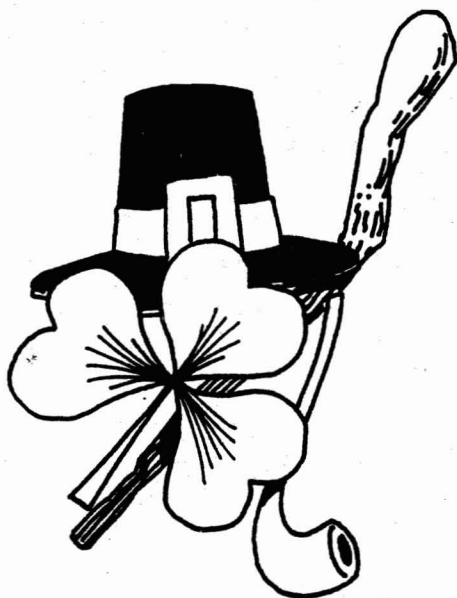
**MARCH
1993**

PRAYER OF ACCEPTANCE

Dear Lord,

Help me to love and accept myself exactly as I am. Help me to support myself, to trust myself, and to accept myself wherever I am. Help me to accept my body, my weight, my height, my appearance, my sexuality and my experiences. Teach me to accept all that I have created for myself, my past and my present. Make me willing to allow my future to happen. I know that I am a divine magnificent expression of life and I deserve the very best.

Amen



UPCOMING EVENTS...

ARIZONA H.O.W. SPRING RETREAT

March 26-28 in Payson..promises to be filled with fun,friends,frolick and lots and lots of RECOVERY!!!! Hope to see many of you there.

INTERGROUP TUCSON H.O.W.

YOUR Intergroup meets every third Saturday of each month. Please try to attend..we appreciate YOUR input..AND..we just like YOUR company!! Get involved...SERVICE IS SLIMMING!!!!!!!!!!!!!!!!!!!!!!

NEXT MEETING - APRIL 17th
10:00 am - UMC

NEWCOMERS MEETING

There is a newcomers meeting every Tuesday at 7:00p.m. at St. James
which is located at 3255 N. CAMPBELL RM. 6 Methodist Church
All are welcome!

REGION III CONVENTION

There is another convention coming up and it's coming OUR way. It is scheduled to be in Phoenix in October. I believe it is over the Halloween weekend..but check your meetings for flyers and exact location and time.. IT IS REALLY A GREAT EXPERIENCE...JUST ASK ANY OF US WHO WERE ABLE TO GO TO THE ONE IN NEW MEXICO!!!!

Thanks!

MANY MANY THANKS TO MIKE (THANK YOU MIKE!) for taking the time to visit with us on Unity Day. It was a great time to see old friends and to make new ones. Mike left us with alot of thinking to do on issues old and new....

UNITY..THE QUALITY OR STATE OF BEING ONE..ONENESS, ACCORD, HARMONY,
..CONTINUING WITHOUT CHANGE.

DIVERSITY..VARIETY..THE CONDITION OF HAVING DIFFERENCES.

Unity with diversity..great concept for all of us and our programs..

XX

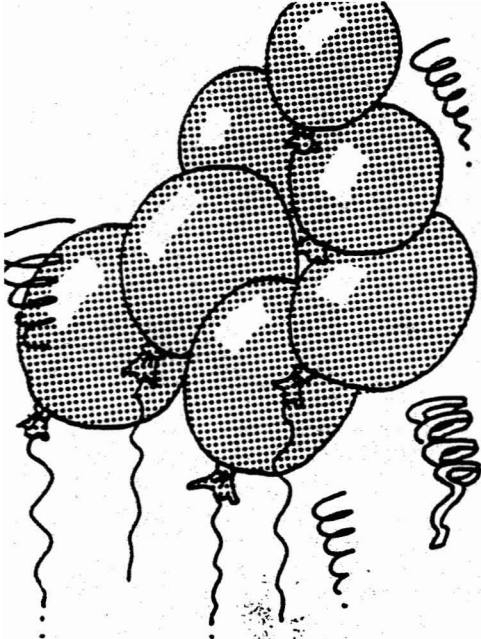
Thank you to all who are volunteering to hold service positions at your meetings!!! If you haven't tried it or thought about it YET.....
PLEASE JUST DO IT!!!!!! You will like it!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

REMEMBER..SMILES ARE FREE AND HUGS ARE THE PERFECT GIFT..THEY FIT EVERYONE!!



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





HAPPY BIRTHDAY:

HAPPY ALWAYS!!!

We have many congratulations...

Ellen B. is celebrating 6 years!!
YIPEE YAHOO

Bob L. has also been in our
program for 6 years!!

Lois celebrated 9 months last month!

Isela and Jose recently "stepped up"
Many, many congrats!! You KNOW
what they say... The couple that
stays abstinent and in program
together...STAYS TOGETHER!!!!!!

Barb and Pat both recently
stepped up also! YEAH! NOW
THE FUN REALLY STARTS!!----

SPONSORSHIP--HAVE FUN

FOR TODAY...MARCH 20

FAILURE IS IMPOSSIBLE

Susan B. Anthony

FOR TODAY

This program works for
everyone who wants and
expects it to work.

WANTED!!



Recipe

WE WANT YOUR FANCY (and
plain) CREATIONS!!

Please gather up your
abstinent recipes and
mail them to me or
call Mary Ann

COME ON NOW...BE
CREATIVE (or not)

Just send us those recipes!!!
What fun we will have making
up some new concoctions (is
that a real word?)

If you have any recipes,
articles, sayings or any other
stuff you want printed in YOUR
newsletter, please send them to

Gerri Beth Borga

THANKS!!!!



GOD, GRANT ME THE SERENITY
TO ACCEPT THE THINGS I
CANNOT CHANGE. . .

To be aware that the irritations and disappointments of each day are not a perverse plot aimed at me by the world. To understand that this world is not operated for my benefit; that my importance and its debt to me exist in direct ratio to my contributions and my adjustment to it.

COURAGE TO CHANGE THE THINGS
I CAN. . .

To eliminate from my environment and its associations things I know to be harmful, attitudes I know to be insupportable and no matter how well I thought I argued them, reasons which had no logic.

AND THE WISDOM TO KNOW THE
DIFFERENCE.

And to understand, with neither prejudice, self-justification, and not pity, why changes are necessary - and which changes will give my life meaning - without excess food.

Anonymous



WHEN YOU UNLOCK THE POWER OF COMMIT-
MENT, YOU WILL ACCOMPLISH YOUR DEEPEST
INNER OBJECTIVES.

SEVENTH TRADITION: According to our seventh tradition, we are self-supporting through our own contributions. Our group expenses are rent, literature and [other expenses] _____. We support our intergroup, region and world service offices with monthly contributions to help carry the message to other compulsive overeaters. Please give as much as you feel you can to help others. At this time a donation of \$2.00 or more is suggested if you can. Thank you..

The TUCSON OA/HOW INTERGROUP INC. is a Non-Profit Corporation and it can receive donations from its members above and beyond the meeting basket. We do not solicit nor accept outside donations.