

Desert Recovery

Tucson Area
Intergroup OA

TUCSON OA INTERGROUP
P.O. Box 65172
TUCSON, AZ 85728
620-9055

May, 1995

OUR WELCOME TO YOU!

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, 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.

A NOTE FROM THE CHAIRPERSON

After seven months, I'm still your servant as chairperson of Intergroup. When my term is up, I want to be an IR (That is an Intergroup representative.) I want to be an IR because this position serves as a link between the OA group and the Tucson area Intergroup. Each group has an IR who attends the monthly intergroup meeting and brings back to the home group meeting lists, newsletters, and fliers about upcoming special events like the sponsorship workshop in May, and the National OA Convention in August. The IR also expresses the concerns of the OA group by presenting motions to Intergroup where they are argued, discussed, and then brought to a vote. This service as an IR is a true channel of all aspects of OA flowing from group—to area—to region—to world, carrying the message of recovery to the still suffering compulsive eater.

I invite you who are working the steps to join me in practicing the traditions of OVEREATERS ANONYMOUS by becoming an IR even before I do. I hope to see you representing your home group on Saturday, May 21, at 10:30 a.m. in U of A Medical Center. Your trusted servant,

Alice

LITERATURE CHAIRPERSON NEEDED

A literature chairperson is needed to continue this service to OA groups in the Tucson area. The duties include:

- buying, receiving and storing OA literature in your home
- maintaining an inventory of the literature
- selling literature to groups and issuing receipts
- maintaining the OA literature bank account which includes balancing the check book
- attending the board and intergroup meeting once a month, third Saturday, 9:30 a.m. to 12:30 p.m.

Training for the position is available. Call Alice 781-1111, ring 10 times to leave a message.

IMPORTANT OA ADDRESSES

WORLD SERVICE OFFICE
PO Box 44020
Rio Rancho, NM 87174-4020
(505) 761-1400
Fax 505-761-1400

Region 3 Trustee
121 Pearl St.
#5
80203

Region 3 Treasurer

REGION III CONVENTION REPORT

By Jay P.

Hear ye! Hear ye! Hear ye! Let all those fellow overeaters who have put down their forks lend an ear and an eye for this report about your Region III Convention which took place on Galveston Island in March.

All parts of our fellowship- group meetings, committees, offices, Conferences and Conventions, and group jobs have one joint purpose: to help that one Newcomer who has a problem with food! In order for us OAers to run ourselves, we have to have a system for finding out how OA as a whole feels about its world and regional affairs, and how we want to operate. We need constant honest communications from one part of OA to every other. As your Alternate Delegate, I served in that trusted capacity to Galveston in March and am bringing back to you through this newsletter a report of the main highlights. A detailed set of notes was purchased at the Convention for \$3— from our Intergroup funds—and I gave it to our secretary, Charlene, for anyone who wants to learn more. I also gave a report at the March Intergroup.

Vice Chair and Treasurer positions are open for our Region. If you're interested contact Irish Crawford, Region III secretary at: Rt. 1, Box 226B, Glen Rose, Texas 76043 and ask for an application. Abilene, Texas, will host Spring '96 Assembly, Jan. 26-28. Lifeline has a new look and stronger content. Finance committee will audit the Treasurer's books for the past 4 years and a copy of the policy manual and ByLaws will be included in fall delegate packets. New business motions for WSBMN in Albuquerque were reviewed with Mike K., our Trustee.

I attended 12 Steps Within committee and we unanimously passed the pamphlet to go forward with editing and format.

Mike gave a good report pitching Lifeline and stating the move to Albuquerque will, hopefully, save \$180,000 to once again build-up our Prudent Reserves. He praised Tucson IG for our inventory. He assisted with saying, "The day was most delightful, insightful, and productive." Detailed report is available. Over and over again, he stated, "Put down the stupid _____ fork, clean house, and trust in God!" OA is not well known outside of the fellowship, Mike said, and a number of suggestions were given, which I've passed on to Gari-Sue, our PI servant.

I met many fine folks including Billy S., our Chair; laughed, cried, hugged, shared and yes—was asked to speak on one of the Tools of OA for the opening night ceremonies which I jumped at the chance to do - Service!

The Gulf was beautiful - fantastic and the beach wonderful for meditation. I loved it!

At our closing meeting we got to do a group sing-along to the old melody/tune, "Glory Hallelujah!" I'll close with the OA lyrics and thanks for sending me to Galveston!

WILLING TO GO TO ANY LENGTHS

MINE EYES HAVE READ THE BIG BOOK, 12 & 12, THE LIFELINE TOO.
WE HAVE WORKED THE STEPS, BEEN FEARLESS, AND BEEN THOROUGH THROUGH AND THROUGH.
WE LET GO ABSOLUTELY, WENT TO MEETINGS, TALKED AND CRIED,
FINALLY GOD HEALED OUR PRIDE.

REFRAIN:

Willing to go to any length for
recovery

Willing to go to any length for
recovery

Willing to go to any length for
recovery

Our program Marches On!

WE USED THE TOOLS AND WORKED WITH OTHERS TO KEEP OUR ABSTINENCE,
WE'RE WILLING TO GO TO ANY LENGTH FOR WELLNESS AND FOR SENSE,
BECAUSE WE WORKED THE STEPS, WE HAD A SPIRITUAL EXPERIENCE
WE CAN NOW PASS OUR PROGRAM ON.

Repeat refrain

Thanks and Many Blessings,

Jay. P.

TUCSON AREA INTERGROUP BOARD

Chairperson	Alice
Vice Chair	Gari-Sue
Secretary	Charlene
Treasurer	Joanne
Delegates	Helen
	Liz L.
Alternate	Jay
By-Laws	Joe C.
Lifeline	Lee
Literature	
Meeting List	Cheryl
Newsletter	Susan
Phone	Dawn
Public Information &	
Professional Institutions	
Special Events	Fred
Tape Library	Bev
Youth	Bob S.

KEEP COMING BACK!

Before coming into OA, my life was pretty hellish.

I was imprisoned in my own little sick world, thinking poorly of myself and everybody else in the world. I took other peoples' inventories with a vengeance, loathed myself, and looked to food for solace, happiness, and comfort. Of course, I got none of these.

The numbers on the scale escalated. It was so scary. And there just didn't seem to be any hope of any kind.

Then I found OA. I'm not saying that today I'm a size 10 because I'm not. But my life is infinitely better.

Today I no longer have to take other peoples' inventories. (I have more than enough to do taking my own.)

Today I love myself and look forward to complete physical recovery one day at a time.

Today I can laugh, feel joy, and look forward to getting up in the morning.

If you ever feel discouraged in the OA program, just KEEP COMING BACK.



A SKEPTIC'S GUIDE TO THE 12 STEPS

By Shirl B.

In the promises in the Big Book at the end of Step 9, we are not promised wealth, happiness, or a wonderful lover. We are not told our life will be free of pain and sorrow, loneliness or grief.

What we are promised is this: through our willingness and effort to grow spiritually, we will become capable of living a meaningful, useful life despite our human imperfections and the fact that we exist in a world that is ultimately unpredictable.

The world does not change as a consequence of our Twelve Step work. We are not promised Divine intervention in the events of our lives because of our devotion to God or because we proclaim His power and glory.

Rather it is we who change—our attitudes and personalities are transformed so we face life's challenges in new ways.

Again, our new perspective comes not from some external God but from an internal Higher Power and our commitment to open ourselves to the deeper truths about the nature of reality and the human experience.

ACCEPTANCE

(pg. 449, Big Book)

"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, or situation - some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my "compulsive over-eating" I could not stay "abstinent;" unless I accept life on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."

Every human being has the right to be HAPPY, JOYOUS, AND FREE. Stick with the winners in OA and you, too, will find true happiness, joy, and freedom like you never dreamed possible.

UPDATED WE CARE LIST

Below are names and numbers of fellow OAers available for outreach calls.

If you would like your name added (or deleted) from this list, or if there are any corrections to be made, please call Susan G. at 297-7610.

CODES: S = sponsor

D = willing to drive
out-of-towners to
meetings

G/L= gay/lesbian

1995 BUDGET for TUCSON OA INTERGROUP

The following budget was approved at the
April 15, 1995 meeting of Intergroup:

EXPENSES: <u>ITEM</u>	<u>AMOUNT</u>
Meeting room (UMC)_____	\$ 60.00
Home Office Phone (\$702.00)_____	\$ 351.00
(Answering service cost shared by Tucson area OA)	
Meeting List copies_____	\$ 300.00
Newsletter copies_____	\$ 280.00
US Post Office Box Rent_____	\$ 40.00
Delegates (2) _____	\$ 2800.00
Phone Book Listing (\$140.00)_____	\$ 70.00
(Cost shared by Tucson Area & HOW)	
Chair & Vice Chair_____	\$ 50.00
Secretary_____	\$ 50.00
Treasurer_____	\$ 50.00
Public Information_____	\$ 150.00
ByLaws_____	\$ 50.00
Liaison_____	\$ 10.00
WSO _____	*****
Region II _____	*****
TOTAL EXPENSE_____	\$ 4261.00