



Love and abstinence go hand in hand

What does love have to do with abstinence? Personally I believe that love is the basis of all of that which comes from higher power. Love is one of the most potent energies or emotions out in the entire universe. By simply loving ourselves and others we transform all of the fear and anger that our compulsive behaviors have kept buried within us for years. As love is chosen over fear, our disease loses its power over us.

Our egos are often the true source of what we perceive as our will. The ego has this tendency to cause us to go into a horrible, fear based cycle of addiction and disease. As this ego rules our life, it uses the tools of fear, anger and judgment to keep us as far away from abstinence as possible. At times, it will convince us that abstinence is the last thing we need. This is often because the ego part of our mind is compulsively obsessed with the idea that without certain foods (or whatever drug) we will crumble. We



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will no longer be strong and then we will be in danger. People will be out to get us. All of these thoughts are based in fear and judgment. All of this is based in something that is opposite of love.

Only when we choose to allow a higher power in, can the fear based ego be diminished. The ego will probably never go away completely. There will most likely always be a voice that lends itself to fear. This part of our minds and consciousness will always exist in some form. However, the love of higher power always prevails over fear. All we must do is surrender and trust.

So how do we know when the love of higher power is taking over in our lives? The answer to this question depends on each individual though there are some general things one may notice. At first, a person may find that they are worrying less. There is a certain sense that a weight has been lifted from us. Fearful

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Powerlessness brought me in, but power keeps me in

Many people come to their first OA meeting in January. I did. After all – it the beginning of a new year. Time for resolutions. A new diet. But why did that last one fail so miserably? And so quickly?

Was it the fact that a friend had shared her experience in OA with me just a few short months before? Or... was it just that I was finally done... finished with the diet roller coaster... gaining weight back at an alarming rate... desperate... and powerless to stop on my own?

Recognizing powerlessness and really admitting it are two different things. Paraphrasing the Big Book, Alcoholics Anonymous – “we tried through every form of self deception to prove that we were not” compulsive eaters. Dieting was just one of the many ways that I tried and tried again to prove that I was still in control. It was just a matter of willpower – right?

And, I changed diets often. My

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To contribute to the newsletter or receive the newsletter by e-mail, contact Rae at newsletter@oasouthernaz.org or rstrozzo@gmail.com

Next Deadline: May 5

Events and Service Opportunities

OA meeting at Amity.

Second Thursday of the Month at 7 p.m. This meeting is always looking for volunteers to participate! Call John W. for more information! 520-971-9353

12th Step Within needs help!

The 12th Step Within Committee needs members and help to put together events like the Big Book

Weekend and other workshops! To help contact Wendy at 520-955-0710 or washer@yahoo.com

Special Events Committee needs people!

The special events committee is looking for volunteers to help and also someone to co-chair this year's retreat. Please contact Claudia at 520-829-6968 to help!

PIPO needs volunteers!

The PIPO Committee needs volunteers to help with many outreach events and projects. For more information, contact Janet at 520-795-7492.

For more events and updates visit the SEAZ web site at <http://www.oasouthernaz.org>

Tool Time

Picking up the phone can make all the difference

The telephone: a hand held device that aids in accomplishing a task. Like any other tool, for it to work, I must be willing to work it! Take an action!

Sometimes, when I've needed to pick up the phone and work it the most, my own self will (I want to call it my disease) keeps me from making the phone call that can undoubtedly procure my recovery.

Mine is a disease of isolation. The telephone is a tool that gets me out of myself and into recovery! Thank You OA, Thank You GOD!



Image: hinnamsaisy / FreeDigitalPhotos.net

**** Anonymous**

Stepping it up: Members and sponsors talk about things that help working steps three and four.

Step 3

From a Sponsor:

How do I facilitate my sponsees to take Step 3? We read Step 3 in both pamphlets: *A Guide to the Twelve Steps for You and Your Sponsor* and *Sponsoring Through the Twelve Steps and the AA Twelve and Twelve*. If the sponsee answers the questions on Step 3 in the workbook, we read our answers to each other. After we have said the 3rd Step Prayer from pg. 63 of the *Big Book* together, we read Step 3 from the OA 12 and 12.

Ideas that I keep in mind about Step 3 include building on Step 1 in which we realize we need help with our eating behavior. Step 2 acknowledges the areas in which we were insane and began cultivating a relationship with a Power, a source of inner wisdom, with which we can interact. We became willing to release our self-destructive will and consult the Power in every life decision especially what, when, where, and how much to eat.

My difficulty in talking about my conception of Higher Power keeps me from imposing my view on my sponsees. They devise a concept of Higher Power to whom they can relate. They also compose their own plan for eating.

The process of turning to a Higher Power can begin with the easiest choices. Turning will and life over to a Higher Power can feel like using the cruise control on the car. We do not do what we think we can get away with. We do not do what we feel like for the present without considering the consequences. Higher Power runs us not our emotions.

The process entails practicing Step 3 daily as the disease can reactivate while we are asleep. If the disease starts talking to keep us from being present to our lives, we take Step 3 again. Step 3 opens us up to the possibility we will be guided and cared for. We also discuss what constitutes "will": thoughts, feelings,



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Image: renjith krishnan / FreeDigitalPhotos.net

Help spread the word!
Adopt a Library!

The PIPO Committee is posting Cookie posters and information cards at each of the public libraries.

Volunteer for this service opportunity!

Call **Deb B.** or **Janet G.** for more information!

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Coming to believe: A closer look at Step 2

Came to believe that a Power greater than ourselves could restore us to sanity: I have no magic about helping someone find a concept

I have found that trust in a HP is gradual. I ceased fighting. I quit analyzing. I listened in meetings more than I talked, I held my food boundaries, and I took direction.

of a Higher Power. I do for my sponsees what has been done for me.

My first sponsor took me through the first 8 steps of the program by reading two pages per night in the Big Book & had me look up two words in the dictionary & highlight the musts & promises. I read the OA 12 & 12 & answered questions in the workbook; she heard and enhanced my answers by sharing her experience, strength & hope with me.

As I let go of the excess food & stopped eating sugar, I began to really feel my feelings. The fears I had been

trying to avoid rose up in me & she encouraged me to get down on my knees asking God for help. She told me how to make a God box & how to use it. She encouraged me to make outreach calls when I was feeling shaky and fearful. She taught me about writing letters to God. She had me write out a “want ad” for my HP & she told me some of the qualities her HP had.

She had abstinence, a healthy weight, a knowledge of the Big Book and seemed happy to me. She had what I wanted so I took direction from her.

I do those same things with my sponsees. When I’ve had a sponsee more resistant than some to the concept of a HP, I have asked my HP to help me help them. One idea that came to me was to say, ‘if you had a baby & knew you were going to die & needed to leave your precious child in someone else’s care, what characteristics would you want that person (HP) to have?’ That seemed to help the sponsee come up with some ideas of her own concept.

From time to time I have felt not so connected to my HP as I would like. My sponsor has encouraged me to do meditation. She also suggested the AA book, ‘Came to Believe’.

I have found that trust in a HP is gradual. I ceased fighting. I quit analyzing. I listened in meetings more than I talked, I held my food boundaries & I took direction. I pray the first three steps every morning some days on my knees, some days walking in my neighborhood, with the sun just coming up and the night sky turning into day. Out in nature, more than anywhere else, I feel the presence of a power greater than myself.

I used to go to the food for power & control & numbness and then the food turned on me & I needed more & more. Today I don’t have to do that. Today my HP is steadfast & there for me. I need only to ask. A HP is there for you too. Be patient, keep coming back, get abstinent & hold the boundaries. The promises are coming true for me & they will for you too.

**** Anonymous**

Power continued from page 1

theory was that it was the diet that failed. I also tried several forms of exercise, a few meditation techniques, fasting, affirmations, positive thinking... And, each time I failed, there was just something wrong with that technique. I hated myself, because I suspected that underneath all of the blame was a deep shame that I was the flawed element in the equation.

I tried therapy. I tried dieting with buddies – more competition than support. Ultimately, I'd quit whatever I was doing, because it wasn't working for me anymore. It was all about me.

How different OA is. In that very first meeting I felt at home. I hated

that I needed to be there, but I knew that it was where I needed to be. In my disease, I was alone. Our literature talks about "deadly isolation".

In my recovery I have never been alone. I've been scared. It's hard to trust people to know the real me. I felt so badly about myself that I thought others might just run screaming from the room if I let them know who I really was. In fact, people have indicated that they have grown to love me – and that still amazes me, but not as much as it used to. I have learned to use the phone and email to reach out to other recovering compulsive eaters between meetings. And I've found solutions to my problems.

Sometimes it is something that someone says in a meeting that just clicks with my experience. Sometimes it is just that someone picks up the phone and calls just in the moment that I need to have my "stinking thinking" interrupted.

Miracles abound when I am willing to open my eyes and my mind and see them. And, there is a Higher Power here... but that's a story for another day. Today I am just grateful to be reminded of where I came from and how I first got to OA. I hope every newcomer who walks into their first OA meeting in this new year will find what I've found here. Until you do, please keep coming back...

**** Neva**



Public Information Professional Outreach (PIPO) Committee

The goal of OA PI work is to carry our message to the compulsive over eater who still suffers. Mindful that OA is a program of attraction, not promotion, we can attract new comers to OA when we:

1. inform the general public about our program;
2. tell professional and others who work with compulsive overeaters about OA; and
3. keep communication within the Fellowship open so members and groups carry the message more effectively. (Public Information Service Manual pg 2)

Here in Tucson, we are the Public Information /Professional Outreach or "The 12th Step Without Committee." The goals of this committee are to increase OA awareness with both the public and health professionals

in our community and raise the membership's consciousness of the importance of the 12th step. The committee consists of volunteers who share their talents and time to accomplish these goals. If, during the meeting of these goals, we attract new membership it is icing on the cake.

Over the past year we have learned many things. We have learned that public information events are not working at this point in time in Tucson and that we must go where the public gathers rather than try and bring them to us. Health fairs, expos, walks/runs etc are places where the public gather and staffing tables in those places is vital to reaching new members.

We recognize that we must be willing to spend money judiciously to register for these events and also to buy advertising on the web and in the print media.

Developing relationships with health care providers, who will then become a feeder system to OA with their referrals, is necessary to spread the

message. We take the success of AA once the medical community became involved as a solid example.

This committee cannot function without the support of the membership. We need members who will volunteer or to say yes when approached with specific requests.

According to newcomers, the most successful way to attract new members is by word of mouth. It can be a health care provider, OA members, or other 12 step members. Other 12 step members seem to be the largest referring group.

PIPO committee members have come to realize the Big Book was not deceiving us that to stay abstinent and strengthen our program we must practice the 12th step. This must be why a whole chapter was devoted to that step.

We know that when asked, 75 percent of the public will nod their heads that they have heard of AA. It seems that when asked about OA about 75 percent say no. We will know we have reached our goals when most people nod their head and say yes in answer to the question "have you heard of Overeaters Anonymous/OA"?

**Next meeting:
April 2
Call Janet for
more information**

Love continued from page 1

thoughts and feelings of depression lessen to the point that we feel like we have lost energetic and emotional weight.

If we allow the love to continue to permeate our lives, further evidence of higher power's presence is presented to us. Our mind becomes conscious of the fact that there are certain synchronicities in our lives. Things begin to "happen for a reason" and we find ourselves trusting this more and more. Then we begin to consciously make more loving and compassionate choices. We find that we are able to accept things that we once found quite disturbing.

Some of us may begin to physically feel the presence of higher power. Our bodies may tingle or get very warm during prayer. Others of us find ourselves getting the chills when certain things happen in life that seems to have been directed by the love of higher power. For some of us, physical weight will fall away as the need for physical, fear-based protection diminishes.

Perhaps most importantly we will begin to feel a deep

love for ourselves. Each of us can eventually find a way to see ourselves in love and light. Our addictions become less important in the face of taking care of and loving ourselves. The inner critic and judge is quieted, if not silenced. When we look into our own eyes we begin to see the love of higher power reflected within them.

As one's heart expands with the love of higher power service to others is simply a natural extension. Abstinence becomes more than simply abstaining from damaging substances or behaviors. Instead it becomes a reflection of love and acceptance. Within this reflection is a path for us to walk that helps us be kinder, warmer and more accepting. We want to be of service to others whether this be giving hugs, talking on the phone, leading meetings or helping a stranger on the street. In essence we become an extension of higher power and live the beautiful lives we were truly meant to live.

****Joe N.**

Could this happen: "The last OA meeting closes in Tucson"?

By Robby Reporter
Arizona Daily Startled

This morning people in Tucson woke up and did not have an OA meeting to attend. How did this happen? World Service was concerned and sent me to Tucson to observe what was happening. Here are some of my observations over my several visits.

Meetings one by one were cancelled due to the lack of attendance and due to members being unwilling to do service that would have helped keep the meetings going. Those meetings that closed were not replaced.

OA Traditions were sometimes overlooked for various reasons. The Traditions were not studied and discussed and so members didn't see the traditions as a priority. Others lacked the courage to speak up when traditions were broken.

Service was not a priority. The same people who did volunteer for service, volunteered time and time again often over extending themselves to the detriment of their own program and abstinence. Members that did volunteer held positions

too long. They developed resentments for having to do all the work. The groups did not have enough sponsors. The members who were sponsoring took on too many sponsees because they felt they needed to



fill the gaps. Chair positions were empty for long periods of time and chairpersons of committees had to beg for help or carried on as a one person committee. Intergroup and business meetings were not seen as a priority.

Newcomers were welcomed warmly but did not receive follow-up calls or offers of help to navigate the program. I was told that the newcomer was the most important person in the room, but members seemed to forget this. Active participation in attracting new members was

even frowned upon by some.

On occasion meetings disintegrated into venting or therapy sessions instead of sharing experience, strength and hope. Many relapses occurred, meetings weakened because of not practicing the 12th step: to carry this message to compulsive over eater and the 5th tradition: each group has but one primary purpose—to carry its message to the compulsive over eater who still suffers.

I met many good people at OA meetings in Tucson but complacency about meetings, service and outreach all served to undermine the strength and functioning of the program. The good people of Tucson are left to attend meetings via phone or the web. This may be the wave of the future but I don't feel it can replace face-to-face meetings. It was truly a sad thing to watch.

* * *

Could this scenario really happen? Is there anything you can do to prevent this from happening in Tucson?

www.oasouthernaz.org OA MEETING LIST – MARCH/APRIL 2011				
DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
SUNDAY 11:00 -12 Noon	MIRACLES HAPPEN Literature Varied Format #23957	4180 W. Sweetwater Dr. (WEST) Look for OA signs	Sally H. 429-5318 IR:	WC
SUNDAY 5:30-6:30 PM	HOPE, LOVE & ACCEPTANCE Varied Format #45377 Tradition/Step and 1-1/2 hr Big Book Study	Streams In The Desert Lutheran Church Class Rm. C in Fellowship Hall 5360 E. Pima (CENTRAL)	Elisa M. 299-3200 IR: Susan C. 747-5018	WC
SUNDAY 5:30-6:30 PM	SEEKING THE POWER 11 TH STEP MEETING #49744	University Medical Center, 1501 N. Campbell (CENTRAL) Rm. E/F at S end of Cafeteria	Janet G. 795-7492 or Andrea M 977-9980	Fragrance-free* WC **Parking
MONDAY 5:30-6:30 PM	GOING SANE Big Book Study Speaker 1 st Monday #39507	First United Methodist Church, Carillon Room (4 th & Park), 915 E. 4th St. (CENTRAL) Park behind church, enter lot from 4 th Street ,	Felice G. 891-8900 IR: Robert K. 914-980-3044	WC
MONDAY 7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Abounding Grace Church, 2450 S Kolb Rd (FAR EAST) N. of Golf Links on W. side	Michelle T. 784-3597 IR: Jan H. 790-2658	WC
TUESDAY 10:30-11:30 AM	RECOVERY #3 0601	Posada Del Sol 2250 N. Craycroft (NORTHEAST) Park at Safeway	Judith H. 323-9845 IR: Kathy P 296-4390	Fragrance-free* WC
TUESDAY 10:30-10:45 10:45-12 Noon	NW TENDER SOLUTIONS Newcomers meeting OA 12 & 12/ Sharing #40963	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd. (NORTHWEST) West of Oracle Rd.	Neva S. 877-8420 IR:	WC
TUESDAY 5:30-6:30 PM	TUCSON MEN'S SANITY #49144	931 N. Fifth Avenue (CENTRAL) 1 ½ blocks south of Speedway	Jim D. 250-0509 IR: Ron R. 320-9675	
WEDNESDAY 7:30-8:30 AM	GOING TO ANY LENGTHS Big Book Study	St. Frances Cabrini Church, Education Bldg. Rm. 3 (East of the church) 320I E. Presidio (CENTRAL)	Wendy A. 955-0710 IR: Ms. G 795-2166	Fragrance-free*
WEDNESDAY 11:30-12:30 PM	WELCOME HOME #04330 Sharing	Streams In The Desert Lutheran Church, Ginsler Hall S. Side of Church 5360 E. Pima (EAST)	Sue R. 358-7358 IR: Barbara M 327-2709	Beverage only
WEDNESDAY 5:30-6:30 PM	VOICES OF RECOVERY Leader's Choice Literature #49188	St. Thomas More Newman Center Library 1615 E. 2nd St. (CENTRAL) Cherry & 2 nd Park & enter from rear	Andrea M 977-9980 IR: Magda K. 331-5726	
THURSDAY 10:45-11:45 AM	SEEKING THE SPIRITUAL PATH Book study #00439	Oro Valley Urgent Care, Conf. Room 1310I N. Oracle Rd. (Oro Valley FAR NW)	Diane 638-5583 IR: Marie R. 270-9568	
THURSDAY 5:30-6:30 PM	OVER AND UNDER MEETING Lifeline/Discussion #50226	St. Frances Cabrini Church, Ed. Bldg., Rm.3 (E. of church) 320I E. Presidio (CENTRAL)	Beth M. 577-8745 or 349-0810 IR: Rae 239-784-9626	WC
THURSDAY 7:00-8:00 PM	BIG BOOK STUDY #47942	Abounding Grace Church, 2450 S Kolb Rd (FAR EAST) N. of Golf Links on W. side	Meg R. 546-1168 IR: Mary M. 248-6480	WC
FRIDAY 7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church, Ed. Bldg., Rm.3 (E. of church) 320I E. Presidio (CENTRAL)	Janet G. 795-7492 IR: Lynne L. 745-5954	Fragrance-free*
FRIDAY 10:30-11:30 AM	LIVING IN THE SOLUTION Sharing #14251	Streams In The Desert Lutheran Church Class Room A in Fellowship Hall 5360 E. Pima (EAST)	Don B. 325-7053 IR: Bev C. 490-6998	Fragrance-free*
SATURDAY 9:00-10:00 AM	FAR EAST SATURDAY GROUP Varied Format #45696	Eastside Evangelical Covenant Church 551 N Camino Seco (FAR EAST) (North of Broadway)	Meg R. 546-1168 IR: Deb B. 248-7531	WC
SATURDAY 9:00-10:15 AM	Saturday morning Study group #12117	St. James Methodist Church 3255 N Campbell (CENTRAL) (N of Ft. Lowell; W side of Campbell)	Michelle 219-9574 IR: Roger S. 877-8420	WC

IR=Intergroup Representative

WC=Wheel Chair Accessible

**No parking fees at UMC on Sundays

*In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume. XX=no summer meetings

OUT OF TOWN OA MEETINGS

DAY& TIME	GROUP NAME & UMBER	LOCATION	CONTACT & IR	NOTES
GREEN VALLEY				
TUESDAY 7:45-8:45 AM	Discussion #49982	St. Francis of the Valley Church 600 S. La Canada Dr Library	Marj M. 248-9043 IR: Marj M. 248-9043	WC
WEDNESDAY 7:00-8:00 PM	Literature Study #37169	St. Francis of the Valley Church 600 S. La Canada Dr Library	Marj M. 248-9043 IR: Marj M. 248-9043	WC
SATURDAY 9:00-10:15 AM	Step and Tradition Study #34898	St. Francis of the Valley Church 600 S. La Canada Dr Library	Marj M. 248-9043 IR: Marj M. 248-9043	WC
SIERRA VISTA				
MONDAY 7:00-8:00 PM	Monday Night Miracles Literature study #17537	Church of Christ 815 El Camino Real Room 3	Leslie 378-4238 IR: Jan F. 678-0369	WC
THURSDAY 6:30-7:30 PM	Newcomers #39367	Church of Christ 815 El Camino Real Room 3	Marilyn 417-1645 IR: Jane 378-9406	WC
SATURDAY 11:00-12 Noon	Varied format #40592	Church of Christ 815 El Camino Real Room 3	Jan F. 678-0369 IR: Alt. Jan F. 678-0369	WC
PATAGONIA				
TUESDAY 6:30-7:30 PM	Patagonia Tues. OA Varied Format	United Methodist Church 387 McKeown Ave	IR: Leanne F. 774-521-8932	
NOGALES, AZ				
			Ros V. 520-668-5950 Spanish/English Speaking	
BENSON				
TUESDAY 4:00-5:00 PM	Rotating Format #47074	Sobriety House 225 E. 6th Street	Peggy 520-456-1676 IR: OPEN	WC
YUMA				
MONDAY 1:00 – 2:00 PM	October thru April Only #47822	Gloria DeCristo Church 11273 E. 40th Street	Connie O. 928-305-0682 IR: Connie O.	XX
TUESDAY 6:30-7:30 PM	Just for Today Rotating Format #49443	Central Church of Christ 651 West 28th St.	Lorraine 928-782-1305 IR: Lynn C. 928-503-1229	WC
THURSDAY 12:00-1:00 PM	#00520	Central Church of Christ 651 West 28th St.	Lorraine 928-782-1305 IR: Open	

IR=Intergroup Representative

WC=Wheel Chair Accessible

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MEETING LIST CHANGES: Please send corrections or changes to Magda K. at: magdakacz@gmail.com

OVEREATERS ANONYMOUS SOUTHEASTERN ARIZONA INTERGROUP #09078

P.O. Box 43221 Tucson, AZ 85733-3221 (520) 733-0880

SE AZ Intergroup meets the third Saturday of the month at 10:45AM, St. James United Methodist Church, 3255 N. Campbell Ave., Tucson

SE Arizona Intergroup Board

Officers			Committee Chairs		
Chair:	Roni B.	269-1025	PIPO Contacts	Janet G.	795-7492
Vice Chair	Marilyn B.	417-1645	Meeting List	Magda K.	331-5726
Secretary	Chris N.	721-1085/ 661-1991	Newsletter	Rae S.	239-784-9626
Treasurer:	Rhonda S.	370-5100	Special Events	Claudia P.	829-6968
Delegate (1):	Janis R.	325-4441	Tape Library/Lifeline	Pam T.	331-2107
Delegate (2):	Emily R.-S.	490-1409	IR Trainer	Jocelynne W.	982-0556
			Telephone	Susan C.	747-5018
			12 th Step Within	Wendy A.	955-0710
			Website	Beth M.	577-8745/349-0810

Stepping continued from page 2

choices, wishes. Therefore, we are aware of what it is we are deciding to turn over to our Higher Power.

An acronym of the principle of faith which underlies Step 3 is Fantastic Adventure in Trusting Higher Power.

**** Anna Mouse**

Step 4**From a Sponsor:**

My first 4th step was excruciating to me. Listing the things that I had thought and done while in the food fogs hurt so much. The thing I re-

member most is I felt as beyond human aid with my emotional deformities as I did about my overeating. I focused very hard on my belief that God could help me with the behaviors that needed to be changed because I knew I could not change them on my own.

It helped too to believe that God saw my past actions while under the influence of overeating and had compassion and understanding for the wounded state I was in at the time.

When abstinent I stand a chance

to slowly but surely develop new attitudes and actions, and I have. Now, when I start Step 4 with a sponsee, we read both the big book and the AA 12x12 to get a clearer idea of what we are looking for and why. I stress that this is the initial effort and to do the most thorough job they can at this time but more will be disclosed. I also stress that they are not alone in their attempt to be different, that if they maintain abstinence God can and will help them.

**** Michele T.**

Region 3 Fall Convention is coming in 2013!

OA wants YOU

Tucson is HOSTING,
so here's your chance to do
some **AWESOME** service!

First Planning Committee Meeting

1:00 pm, April 16

at St. James Church

3255 N.Campbell Ave.

Committees that need help:

Hospitality	Program	Entertainment
Registration	Taping	T-Shirt
Public Information	Literature	
Signs/Decorations	Special Events	
Printing and Copying		

**ALSO! The planning committee needs a
Chairperson, Secretary, Treasurer,
and Hotel Liaison!**

TO JOIN:

attend the 16th **OR** sign up with your committee choice by emailing
Janis at **janisroth@msn.com** or call her at **325-4441**

