



And more will be revealed

For the past few months I have been hearing a certain phrase over and over again at the eastside OA meetings I attend. The phrase is “More will be revealed”. Like a message from the great beyond, it sounded a bit spooky at first as if the lights should dim and flicker and the theme music from the Twilight Zone should suddenly flood the room.

People sit up straighter in their chairs in awe and reverence of this puzzling enigma. That somehow this strange and mysterious miracle will occur for us if we continue along this



markuso/ FreeDigitalPhotos.net

path of recovery.

Looking for answers, a friend described it this way, “Ah yes, the peeling of the onion.” Now, I’ve done my fair share of peeling onions and what I know is that there is a great deal of crying involved and there is seemingly no end to it. As soon as you remove the papery skin and rough outer layers, you have in your hand a smooth round root of an object that can now be chopped or slivered in order to heighten the flavor of something else. But if you look closely

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For one OA, some things just aren’t optional

I was fortunate enough to attend Unity Day this year, held on Sat. Feb. 26th, in Green Valley, AZ. Something was different this time, it all seemed so much better, so much more uplifting. The speakers were fantastic, with a level of sharing that moved the audience to tears and laughter, always a good combination in my opinion. As a result the open

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2011 delegates make key decisions

More than 180 delegates from around the world gathered in Albuquerque, New Mexico USA on April 25-30 for the 2011 World Service Business Conference (WSBC). Below are a few of the major business and policy motions approved by the delegates.

Action Plan Defined: WSBC delegates have approved a definition of the Action Plan tool. The definition will be added to The Tools of Recovery pamphlet when current stock is depleted. In the meantime, OA members can find the definition on the OA Web site: <http://www.oa.org/new-to-oa/tools-of-recovery.php>

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New tool: action plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our

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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: July 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 with retreat plans and other events! Please con-

tact Claudia at 520-829-6968.

Big Book Weekend!!

It's coming! Friday and Saturday, July 29- 30 at the Sheraton Four-points at Speedway and Campbell. Fri 6-9 pm, Sat. 8-6. Contact Wendy for more information or to help!

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

Tool Time

Writing brings clarity

Writing is a tool that I don't use enough. I write with my hand and a pen/pencil when using it as a tool. Something kinetic happens when the brain instigates the thoughts that travel down the arm and through the movement of the hand and fingers onto the page. It's more of a solid connection with the subconscious than using a keyboard.

I am always amazed at how insightful and revealing my writing is in telling me just what is going on, what I'm really thinking, what I need, and what needs to be revealed to me etc. Clarity is most often the result.

I also do a non-dominant writing, where I ask a question with my dominant hand and then answer it with whatever comes from my non-dominant hand. This somehow short circuits my logical brain and comes out of my deep core thoughts and beliefs. I see what's going on with me more clearly and take action, or not, depending on what is revealed. Or I surrender to my Higher Power once more.

In writing my fears, resentments etc. I find my part and where I can take responsibility and where I need to surrender. I like to use the forms made available from the 12 step workshops. They help me to focus and be clear and are very helpful. I also use them with my sponsees.

Keeping a journal has been my habit for over fifty years and I still keep several. Two are art and creativity related, two are travel and sacred site/experience related, one is life related and then there's my 12 step writing notebooks. So actually, I do write quite a bit, just not as consistently or "perfectly" as I "think" I should. That last sentence is revealing to me! I'm leaving it in to show you the "should-ing" of my disease that is counter productive.

However you write, whenever you write, **JUST WRITE!** Judging ourselves for what we write, when we write, how we write is silly. It's a tool. Something we use to help us in our recovery, with our serenity and with our mental obsessions. It helps keep us honest and I'm glad it's one of our tools. ,



Image: hinnamsaiyul/Free DigitalPhotos.net

**** Anonymous**

Stepping it up: Members and sponsors talk about working steps five and six.

Step 5

From a Sponsor:

The spiritual principle of the 5th step is integrity. Taking the 5th step allows us to come out of shame and isolation by dropping our masks and allowing ourselves to be known in all our humanity by another. To do this takes standing on the foundation of the principles inherent in the first four steps: honesty, hope, faith and courage.

I encourage my sponsees to take this step as soon as possible upon completion of the fourth step. They may choose whomever they wish to hear their inventory. If it is me, we arrange for a date and place. Having enough time, privacy, comfort and security are major factors in that choice. I find it is also important that we have the food available that we will need during this time together.

Prior to our appointment I review my own experience with the fourth and fifth steps. I prepare myself spiritually by acknowledging that my Higher Power is the one who is in charge. I have agreed to be an instrument, a channel for His grace to my sponsee. I pray for ears to hear. I remind myself that it is our weakness not our strength that binds us to one another. It is my own defects of character that can be transformed by my Higher Power to be of use to another. I ask for relief from the bondage of self.

It is very humbling and an extraordinary privilege, challenge and blessing to participate in another sufferer's recovery in this intimate step. To witness such honesty, hope, faith, courage and integrity is an experience not to be missed. Thank you to all who have trusted me and in so doing changed my life.

Step 6

From a Member:

One of the things that really helped me work step six was the oa workbook. Answering the questions and writing out each of my character defects was a hum-



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Image: renjith krishnan / FreeDigitalPhotos.net

Service: A way to overcome fear

I vividly remember my first service commitment in OA: someone put the key out on the table and asked who could take on the key carrier responsibility. My palms started to sweat and the old fear and circular thinking started up in my head. Was I good enough to carry the key? What if I messed up? What if I failed the group, and they never wanted me to come back to OA? I told the fear to shut up and took the key. It was my first step into the wonderful world of OA service.

Several months later, when my home group needed an Intergroup Rep, I started to think about taking on the position. My sponsor had the position before me so I knew that I could easily go to her for help. I was more curious than fearful this time. It was easier to tell the fear to shut up and stay out of the way. Instead of sitting in my circular thinking, I offered to check out an Intergroup meeting and discovered at that first meeting that I loved the extended fellowship and greater insight into how OA works. It was service I was happy to take on and in return, I was given the gift of experience, strength and hope at an entirely new level.

Being an Intergroup Rep had been such a wonderful, powerful experience for me and the service had been such a great tool that when the opportunity came up to be IR Trainer, I was happy to accept. The old fear raised its hand and tried to get a word in, but during my time in program, I had increasingly learned not to listen to the fear talking and to trust

in the fellowship of OA, the process of the 12 steps and traditions, and in HP. There was too much else in my life and in my mind now for the fear to control my thinking with the same strength it once had. Instead I knew that if I had any problems, I could quickly ask for help and guidance from my predecessor and my sponsor.

I knew that as IR Trainer my biggest hurdles would be honestly facing

Since I took over the position in January, each month has been a learning opportunity. Fortunately, I had the excellent tutelage and guidance of Chris, my predecessor, to put my feet on the right path. The infrastructure of the position was already set up so it has been up to me to learn how best to support my responsibilities and implement them to the best of my ability. I hope as the

months are passing that my ability to do the job of IR Trainer is actively improving. I know that I have learned to be more organized with my paperwork and to understand better the concerns and needs that Intergroup reps may have. I look forward to what I may learn in the coming months about the position and how I can better support my responsibilities.

Chris gave me excellent advice when I first talked to her about the position. She told me that IR Trainer could be whatever I made of it as a service position. Every month I am happy to note that I am turning the position into an adventure in OA service

and our fellowship. I look forward to the adventure continuing. If you think you might be interested in being an Intergroup Rep or being the IR trainer in the future, please stop me to talk at any time or give me a call. I would love to share this experience.

**** Jocelynne**

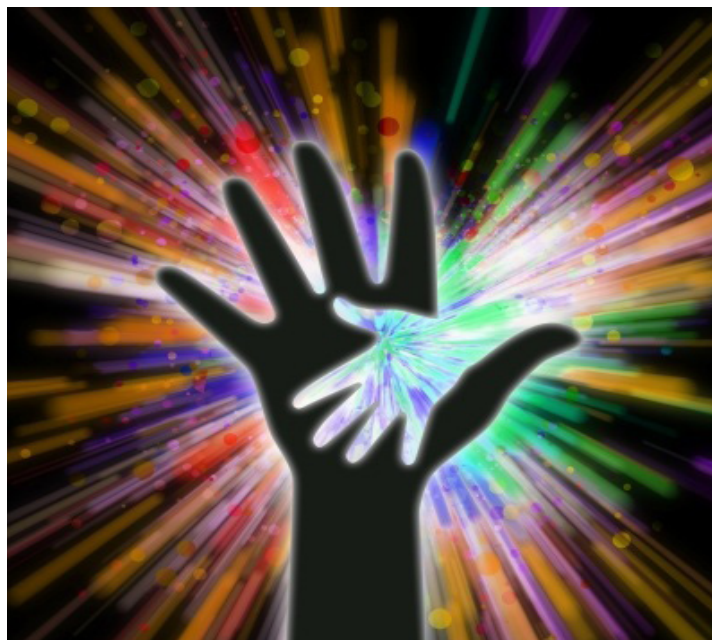


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“I told the fear to shut up and took the key. It was my first step into the wonderful world of OA service.”

my own weaknesses and compulsive behavior. It would be a great opportunity for service as well as an experience to further my education in applying the 12 steps and principles in all my affairs. I was ready to make the most of the opportunity and to do the service to the best of my ability.

Step *continued from page 2*

bling experience. But writing about why they are there was both humbling and freeing. I realized that just like the eating, a lot of my character defaults are coping mechanisms that, previous to program, I had no replacements for. Step six didn't make me feel like a terrible person, but gave me the clarity to see myself as flawed but good. It also gave me the willingness to keep growing.

**** Anonymous**



Special Events!

The Special Events Committee does exactly what the name suggests: plans OA special events!

The committee is currently doing

Image: idea go / FreeDigitalPhotos.net

its ongoing planning for the fall retreat, and is looking for folks to help plan and for speakers. The committee is also looking for folks to lead meditation and yoga activities at the retreat. If you can give this service, please volunteer!

Along with doing baskets as fund raisers, this year the committee would like to have members donate things to be raffled. The committee needs members to donate special services such as manicures, pedicures, hair cuts, or anything you might be able to pro-

vide! Members can donate crafts, art, and books to be raffled as well. The committee is also looking for someone who has a cabin or other fun escape to be willing to donate some time for a get away.

As soon as all the speakers are decided on for the retreat, the committee will start planning other events and is up for suggestions!

*To donate or volunteer contact
Claudia or Mary M.*

Options continued from page 1

sharing seemed on a deeper, more personal level as well.

To me it is just another message from my HP that as long as I continue to "suit up and show up", I will get miracles. Sometimes they are tiny ones, sometimes huge. Someone shared at Unity Day and I have taken a quote from that share, as my mantra. I cannot quote them exactly, but I can tell you what I heard. What I heard was...As long as I believe that my trigger foods are an option, I will never be able to maintain abstinence. Wow! I really, really needed to hear that, apparently exactly at that moment in time all my senses were alert and open to receive input.

I have used the phrase "that is not an option" for many things since that Sat in February, when I am tempted

to get up in the middle of the night and play computer games, when sleep is a better choice. I use it when I am in an area of the grocery store I don't belong in. When I want to obsessively shop, I say "my credit card is not an option".

The true miracle is that, after more than 12 years in OA, I have finally accepted, on a soul deep level that sugar is no longer an option for me, not ever. I don't worry about not doing sugar for the next day, week, month or year. I accept that I cannot do sugar, for this day only, and this is what I work on with my God.

I'm sleeping better, I'm more alert, I'm calmer. Life is just so much better. Who knew?!

The phrase "...just this once" is no longer a part of my inner dialogue.

I am so grateful for all the miracles in my life, all a result of my 12 step program. The true miracle is that despite all the times I just wanted to give up and surrender to the disease, to stop coming to meetings, to toss all my literature, I did not.

So the miracle of 30+ days of no sugar, the longest I have ever gone is my gift from my HP and has brought my program to a new, deeper level and brought me to an awareness that I am truly not alone anymore and that when I put my bottom in the chairs of the meeting room, I have found a place to be safe and accepted in.

I wish all my fellow OA's a day filled with the joy and freedom of surrender and the gifts of sanity and sobriety. In love, with hugs....

**** M M M**

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(and I actually dissected a real onion out of my own compulsive curiosity) you will find yet another layer, the edge of which is slightly lifted, just begging to be removed, and then another. Layer upon concentric layer.

As each layer is discarded, something new is being revealed. It may not look much different but there are subtle changes. The onion become smaller but it also becomes much firmer. This program has taught me that by removing my layers of conceit, selfishness, self-pity and fear that permeated my day to day life before OA, I am free. The shackles have been removed from my feet and I can dance and encourage others to follow. I can become an ingredient, one among many, that can heighten the flavor of someone else. It is interesting to note that the word onion derives from the Latin unionis, meaning union.

This is where I usually stop. Emphatically resistant to change, this is the point from which I waiver. I can

do no more, I think. It is enough. I do service, I sponsor, I am abstinent. But more will be revealed and more is required. As a human being living on this earth at this time, it has recently been revealed to me that I am accountable for the welfare of others. It may be my joy to dance with them, to support their goals, and even spice up their lives a bit, but it is my bigger responsibility to care for them through my every thought and deed.

Sprawled across my kitchen counter, my newly dismembered onion reveals this truth as well. For within this shiny orb lies a secret center. Moist and green, so dainty and slight it may be overlooked, is the molecular intelligence that will enable new life. Even the lowly onion knows that in order to grow, it must first die to itself. It must be buried in the soft and fertile ground where it will sprout, then flower and finally bloom, its tiny seeds scattered by a passing puff of wind.

**** Mary M.**

www.oasouthernaz.org OA MEETING LIST – May/June 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 Classroom A 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) 3201 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		
WEDNESDAY 7:45 – 8:45 pm	YOUNG PEOPLE #51639	Arizona Power Yoga 8567 N Silverbell Rd. (WEST)	Amy 250-2331		
THURSDAY 10:45-11:45 AM	SEEKING THE SPIRITUAL PATH Book study #00439	Oro Valley Urgent Care, Conf. Room 13101 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) 3201 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) 3201 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: Nancy K. 820-0399	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: Nancy R. 227-3817	WC
PATAGONIA					
TUESDAY 6:30-7:30 PM	Patagonia Tues. OA Varied Format	United Methodist Church 387 McKeown Ave		Michelle S. 520-604-6811 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. 6 th 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		Central Church of Christ 651 West 28th St. #00520		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	Roger S.	404-6724
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	Jocelynn W.	982-0556
			Telephone	Susan C.	747-5018
			12 th Step Within	Wendy A.	955-0710
			Website	Nan B.	825-3867

WEBSITES: OA World Service: www.oa.org OA Region 3: www.oaregion3.org OA Southern AZ: www.oasouthernaz.org

Letters to the Editor

Dear Readers,

Let me just say what a pleasure it has been thus far to be our newsletter editor. Thanks so much to everyone who has submitted something. I have had so many submissions this time that I couldn't fit everyone in. If you don't see your article, don't worry, it will be in the next time! Thanks everyone for your generous service.

Over the last couple of months, I had several letters to the editor responding to the article: "Could this happen: The last OA meeting closes in Tucson." And so our Letters to the Editor section is born! Always feel free to share your experience, strength, and hope in response to what you see here!

- Rae

Letter to the Editor

At first when I read the article, "Could this happen: The last OA meeting closes in Tucson"? in the March-April 2011 Desert Recovery, I was hurt—like someone was calling my kid "ugly"! That was the selfish side of me, for OA in Tucson is not just mine; OA belongs to all of us who go to meetings and all of those suffering from this disease of compulsive

overeating who have not entered the doors or who will be coming back to OA.

While I think that Southeastern Arizona OA is thriving and healthy; for example, 30 people showing up for a planning meeting for a convention over two years away, the article got me thinking about my own contributions (footwork) so that OA remains thriving and healthy.

Here is what I can do: attend different meetings around town, call newcomers, urge sponsees to do service, speak up when traditions are not followed in meetings, shut up when things are not my business, practice the 12th step every day in every way, and honestly look at my own service in OA--is it too much or too long or too predictable?

I can write an article for the newsletter, get involved with the hosting of the 2013 Region 3 Convention and Assembly, and I can be abstinent and let my recovery shine in me and through me. I can let go and let God.

****Janis R.**

Dessert Recovery

When I first read "Could this Happen: The last OA meeting closes in Tucson", I felt blind-sided. I was hurt. I was angry. How dare "they"? After a substantial amount of prayer, meditation, and ranting about it, I was reminded of a saying,

which rubs me the wrong way each time my sponsor reminds me of it; "if you spot it- you've got it".

I suddenly realized the writer could have been me a few years back. I was (and still am) very passionate about OA. OA is my life; it saved my life; it gave me life. When people were "too busy" to give service I was constantly criticizing and judging them. I was afraid OA would die in Los Angeles; or Boston; or Flagstaff-- wherever I was living at the time.

What happened to change me? Life happened! I became one of those people who were too overwhelmed to give service. And, more importantly, I heard and understood the slogan "service is given freely and for fun". Now I am careful not to give service when it isn't given freely and for fun. Service is a privilege and I am grateful to give it without expectation.

I have learned there are three situations in life: God's business, other people's business, and none of my business. This means I do not have the "privilege" of judging, even when I am afraid. I am abstinent today, but it isn't because of the person I was; it is because of the person I became through the Fellowship's teachings.

****Roni Byrne**



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Principles • Prayers • Promises

Friday and Saturday

July 29 -30

From 6-9 on the 29th

From 8-6 on the 30th

Sheraton

Fourpoints

on Speedway
and Campbell

To Help:

Contact Wendy

or join the 12th Step Within Committee today!

Decisions continued from page 1**Definition of Abstinence**

Expanded: The Statement on Abstinence and Recovery (WSBC Policy 1988b, Amended 2002, 2009 and 2011) has been revised to include the italicized words at the end of the first sentence: "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."

New and Revised Literature:

Delegates gave the Conference seal of approval to a new pamphlet, *A Common Solution: Diversity and Recovery*. The pamphlet features OA members' stories that explore the topics of Program Diversity, Cultural Diversity, Sexuality and Gender Diversity, and Life Diversity. The pamphlet will be printed and available in 3-4 months. Delegates also approved revisions to Recovery Checklist, which will be reprinted when current stock is depleted.

Rozanne S. Recognized as Founder: WSBC delegates approved a motion for the Fellowship of Overeaters Anonymous to bestow the title of founder to

Rozanne S.

OA-Approved Literature Still Includes AA Conference-Approved Literature:

Delegates defeated a motion that would have made Alcoholics Anonymous (the Big Book) and Twelve Steps and Twelve Traditions the only AA Conference-approved literature to also be considered as OA-approved literature. This means that OA members can continue to use all AA Conference-approved literature in their meetings.

For more information about WSBC decisions, please go to
www.oa.org/news

**** reprinted from www.oa.org**

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recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

**** reprinted from www.oa.org**

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, June 18

at St. James Church

3255 N.Campbell Ave.

Committees that need help:

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

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

TO JOIN: attend the 18th OR sign up with your committee choice by emailing
Janis at **janisroth@msn.com** or call her at **325-4441**



New Meeting!

Wednesday Nights

7:45

**Arizona Power Yoga
8567 North
Silverbell Rd.**