



# Desert Recovery

TUCSON OA INTERGROUP

P.O. BOX 65172

TUCSON, AZ 85728

## OVEREATER'S ANONYMOUS PREAMBLE

Overeater's 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.

### Listen

When I ask you to listen to me  
and you start giving advice, you have not  
done what I asked.

When I ask you to listen to me  
and you begin to tell me why I shouldn't  
feel that way,  
you are trampling on my feelings.

When I ask you to listen to me  
and you feel you have to do something to  
solve my problem,  
you have failed me, strange as that may  
seem.

Listen, all I asked was just that you listen,  
not talk or do . . . just hear me.

Advice is cheap, 25 cents will get you both  
Dear Abby and Billy Graham in the  
same newspaper.

And I can do for myself; I'm not helpless.

When you do something for me that I can  
and need to do for myself,  
you contribute to my fear and weakness.

But, when you accept as a simple fact that I  
do feel what I feel,  
no matter how irrational,  
then I can quit trying to convince you

and get about the business of  
understanding what's behind  
this irrational feeling.

And when that's clear, the answers are  
obvious and I don't need advice.

Irrational feelings make sense when we  
understand what's behind them.

Perhaps that's why prayer works,  
sometimes, for some people  
because God is mute,  
and doesn't give advice  
or try to fix things.

God just listens and lets you work it  
out for yourself.

So please listen and just hear me.  
And if you want to talk, wait a minute  
for your turn,  
and I will listen to you.

- *Anonymous*

### From the "Ask-It Basket" (WSO Notebook)

*Q. What is the theory behind the rotation of  
service positions espoused in OA?*

A. OA experience has shown that groups  
benefit most by rotating service responsibilities  
so that all members have a chance to serve.  
Whether it's for treasurer or secretary, rotation

puts new energy into group life, enabling even the greenest newcomer to "give it away in order to keep it."

Many groups have found that when rotation becomes an established practice, not only do newcomers tend to keep coming back, but they begin working the program earlier. When new people are responsible for such indispensable services as opening up the meeting room or setting up the literature table, it helps to counteract their feelings of shyness, and encourages participation in group discussion.

Service terms vary, but most terms last six months. The task of establishing service terms and conducting elections to fill them are carried out by the group members. (For detailed information, consult the OA Group Handbook).

Rotation offers every member of the group the privilege of giving service. It also gives us the opportunity to practice the principles of the program right where they were first presented to us: in our home group.

*WSO Notebook,, Sept/Oct. 1989*

From the Editor: Service is one of the most special tools in OA recovery that I've been privileged to experience. It strengthens my program and keeps me coming back. I learned early on in my recovery that in order to receive I had to be willing to give. For that reason, I jumped in to service at the Intergroup level after less than one year in the program. Each of my service responsibilities have been very meaningful to me and have helped to keep me abstinent one day at a time. None of them take huge volumes of time on my part. In fact, most of my service time is spent writing this newsletter -- which takes a few hours a month. So I don't feel overwhelmed by the service at all.

I would personally like to emphasize the WSO's position on rotating service and would love to see more of this at the Intergroup level. If you have been receiving meeting lists and newsletters regularly at your meeting, then you have probably noticed that many of the names

of the intergroup meeting representatives and service positions have not changed much in the last year or two. Remember, WSO suggests rotating service positions every SIX MONTHS. I have personally been asking my home group for a volunteer to replace me as intergroup rep for the past few months now with no success. I understand that many other reps have had similar difficulties. If others in the fellowship are not willing to share in the service duties, then the groups cannot survive in the long run which means we are unable to carry out our primary purpose which is, after all, to carry the message of recovery to those who still suffer.

I would like to personally put out a call to those who have never attended an Intergroup meeting to attend one in the next month or two in order to see first hand what Intergroup is all about and identify areas of service which may appeal to you. We meet the third Saturday morning of each month (except December and August) at 10:30 a.m. until noon at University Medical Center, 1501 N. Campbell in the Pinal Dining Room of the cafeteria.

### Ten Definitions Of Insanity

1. Stuffing my face and feeling absolutely miserable while doing it.
2. Not being able to evaluate the simple consequence of becoming overweight from the simple act of overeating.
3. Continuing to do something I know will make me unhappy in the long run.
4. Looking to an inanimate object for fulfillment.
5. Knowing that doing it my way won't work and still not being willing to try it someone else's way.
6. Thinking that being into the food brings me greater peace than abstinence.
7. Thinking that being thin is a "cure" for compulsive overeating.
8. Trying every solution except the one I know will work.
9. Thinking I can bend the program and it will work for me.
10. Thinking I can do it by myself.

- reprinted from "Came to Believe", 1991

**ATTENTION:OK OR NOT BOOKSTORE  
IS NO LONGER IN BUSINESS!!!**

This means that meetings that formerly met at OK or Not Bookstore will not be meeting at that location any longer. The Tuesday 10am Positive Pitch meeting has been moved to Mostly Books on Wilmot, just south of Speedway. The Wednesday evening Welcome Home meeting does not have a "home" as of the printing of this issue. Please call Maxine at the phone office for more information.

**Upcoming Events**

**October 8-10, 1993** Picture Rocks Retreat. This is our annual Tucson Area Intergroup OA retreat. This year's speaker is Marty R. who hails from California. Registration, meals and lodging (double-occupancy) will be \$95 per person. See the next page for details. If you've never attended a retreat before, this is your chance to do something for yourself that will do wonders for your recovery! Don't miss it!

**October 29-31,1993.** Region III Assembly Annual Convention, Scottsdale, Arizona. Valley Ho Hotel.

***WE CARE***

Below are names and numbers of fellow OAs

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Tucson Area Intergroup of Overeater's Anonymous  
presents

### WALKING THE WALK OF RECOVERY RETREAT

Picture Rocks in Tucson, Arizona October 8-10, 1993

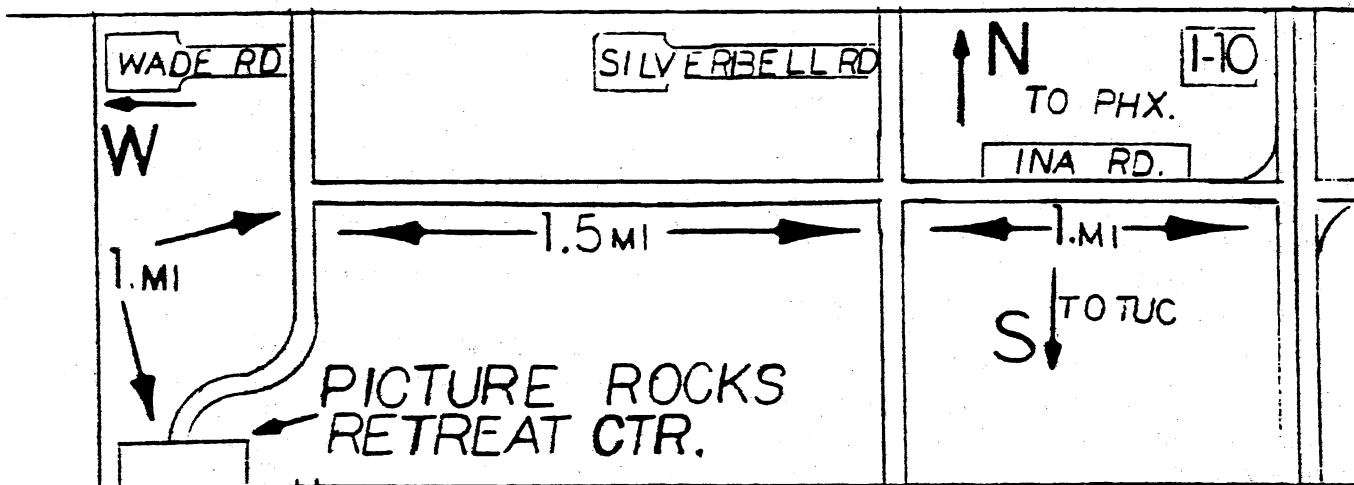
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- A. \$90.00 - Includes registration, 2 nights lodging with two people to a room, share a bathroom, and 5 meals; 3 on Saturday and 2 on Sunday.
- B. \$110.00 - Includes registration, private room, shared bathroom and 5 meals
- C. \$25.00 - Registration only. No meals or lodging

Registration is between 6 p.m. and 7:30 p.m. on Friday, October 8. The retreat starts at 8:00 p.m. Friday and ends Sunday at 1:30 p.m. BRING YOUR OWN TOWELS, TOILET ARTICLES, FLASHLIGHTS, AND ALARM CLOCK.

Pre-registration required. If you need more information, call Lisa at \_\_\_\_\_

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Make check payable to OA Special Events

Mail to: P.O. Box 65172 TUCSON, AZ 85728. Please Write RETREAT on the envelope.

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**Registration Deadline Oct. 1, 1993**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Roommate Desired: \_\_\_\_\_ Smoking \_\_\_\_\_ Nonsmoking \_\_\_\_\_

Circle option of retreat: A B C

Payment: \_\_\_\_\_ In full (payment is nonrefundable)

OR \_\_\_\_\_ \$50 nonrefundable deposit with full balance due by October 1, 1993