

Southeastern Arizona Intergroup of Overeaters Anonymous

DESERT RECOVERY

December 2004

PO Box 43221, Tucson, AZ 85733-3221

Upcoming OA Events

January 26, 2005

OA's 45th Birthday Party
Weekend: "Recovery by
the Numbers"
Los Angeles, CA
Contact Lisa R. 310-410-
9225 or email
lainergroup@sbcglobal.net

February 26, 2005

OA Unity Day
Look for fliers
Contact Meg 546-1168 or
email Janis at
janisroth@msn.com

March 4 – 6, 2005

Region III Assembly and
Convention
Tulsa, OK

April 22 – 24, 2005

OA Serenity Retreat
Villa del Mar, CA
Email ramaker@us.ibm.com

September 23 – 25, 2005

Region III Assembly and
Convention
Colorado Springs, CO

October 21 – 23, 2005

SE AZ Intergroup Fall
Retreat
St. David, AZ

**Get your events listed in
Desert Recovery! Email
Jan at:**

desertrecovery@msn.com

Food for Thought

The following quotes on sponsorship and being sponsored were heard at the Region 3 Convention in August.

"A sponsor is someone who holds the light while you do the work."

"A sponsor is like a coach who provides HOPE: Help, Organization, a Plan, and Encouragement. "

The following Sponsor/Sponsee self-quiz also comes from the convention.

1. What qualities do you look for in a/your sponsor?
2. If you sponsor, what qualities do you personally offer as a sponsor?
3. What qualities do you think are valuable as/in a sponsee?
4. Are these qualities present in your relationship with your sponsor and your sponsee?

Literature Review

"Members in Relapse: How OAs Practice the Twelfth Step within the Fellowship"
(\$0.40 - Item #400 in OA Literature Catalog)

This pamphlet describes relapse from the relapsed member's point of view: how they felt and what it took to regain their recovery. The most common needs that they described were love and acceptance by other OA members. When they didn't feel worthy of love, the acceptance and love they received from other members pulled them through until they were eventually able to love themselves. This pamphlet includes quotes from members in relapse as well as concrete actions members can take to reach out to suffering overeaters.

Reading this pamphlet inspired me to make an outreach call to someone I hadn't seen in a while. Unfortunately, this person had been struggling with her eating behaviors, but committed to taking one action at a time to get back on her path to recovery. *Suzanne B.*

Thanks

Thanks to all of you who organized and participated in the Sexuality and Body Image workshop this October. Enlightening! Powerful! The location at the monastery in St. David was beautiful and most conducive to being present in the moment. The facilitator was warm and authentic...she definitely has what I want! Those wonderful feelings of fellowship and safety opened my heart and in gushed the Light and Love of Spirit! I remain eternally grateful. *Chris B.*

Intergroup *in Action*

Great Happenings Ahead

Don't miss out! This fall's retreat on sexuality and body image was such a hit that we have already reserved the retreat center for October 21-23, 2005 (theme to be announced). Watch for registration forms this summer to reserve your spot.

Our Special Events Co-chairs for 2005, Meg R. and Janis R., have some surprises in store with activities for fun, fellowship and fundraising for OA here in SE AZ. Unity Day, February 26, 2005, will have a new twist. Be on the lookout for fliers next month! To share ideas for special events, contact Meg at 546-1168 or Janis at 325-4441.

In January, look for more information from the Twelfth Step-Within committee about starting a new meeting on relapse recovery. They are asking for your input on the meeting format. If you're interested in attending this meeting, please fill out a questionnaire available from your IR. The meeting is slated to begin in February. If you have additional questions or would like to help, contact Benis at 745-1499.

Hearty thanks to all the members and groups who hosted/helped with fall events: the fall retreat (Whetstone), IDEA event (Sierra Vista), Thank-a-thon (Saturday Study Group), this month's Relapse Prevention workshop (12th Step Within) and the Recovery Expo and health fairs (Beth, C Jay, Caren S., Elisa, Karen S., Lori B., and Sandy). And to all you other folks who serve in ways large and small, it wouldn't happen without you!

Wishing you happy holidays and a 2005 full of the joys of recovery and fellowship.

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“We who once suffered from complete powerlessness to control our eating and our lives have now discovered the saving strength of a Power greater than ourselves. We have experienced the miracle of physical, emotional, and spiritual healing, just as we were promised when we began these steps.”

“The twelfth step invites us to continue the journey one day at a time for the rest of our lives. We need to keep moving forward in recovery, keep developing our spiritual consciousness, if we are to remain spiritually awake and fully alive.”

Excerpted from Step 12 (Pages 99 and 100) of “The Twelve Steps and Twelve Traditions of Overeaters Anonymous”

The OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome anyone who wants to stop eating compulsively. There are no dues or fees for membership; 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; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.
