

Southeastern Arizona Intergroup of Overeaters Anonymous

DESERT RECOVERY

April, 2005

PO Box 43221, Tucson, AZ 85733-3221

Upcoming OA Events

April 22 – 24, 2005
OA Serenity Retreat
Villa del Mar, CA
Email ramaker@us.ibm.com

July 8 – 10, 2005
Region II Convention
Long Beach, CA

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

My Prayer to the God of My Understanding

Whether I am strong or weak
You are my rock and ground.
Without Your presence in my life
I'd wander and might never be found.

Oh God without You I do not have the strength to go on
Problems assail me and solutions seem to hide away.
There is a plan I believe You know,
What and where it is - hiding from my soul.

And all that I can do is turn it over to You.
Each problem and crisis that today seems to surround,
You give me tools of a recovery program so strong.

But in the let-down after the storm,
Threats to my abstinence and mental sobriety lurk around.

I can not do any of this alone.
Somehow I want and need to put it all in Your capable hands
And walk through every day in Your love
Protecting me and those I love in a cocoon of eider down.

God please walk with me and talk with me,
Holding my hand so real.
Help me stay in recovery
Living in the solution rather than all the problems
Using the tools You so generously give
Facing life and learning how to live.
Yehudit - March 9, 2005

My Home Meeting

Recently I was called on to share a "helpful hint" practiced at my home OA meeting. I responded that at my meeting there is an unusual amount of love and trust. Afterward, someone pointed out to me that this was not a "helpful hint." I have been giving this comment some thought. If we are seeking practices that will improve our meetings, what better way than sharing love and warmth, along with our experience, strength and hope. How does one do this? Try our best to arrive on time so that we do not interrupt the meeting. Smile and show gladness when people arrive, on time or late. Look directly at the person who is sharing, offering love and support by our body language. No passing the basket or counting the money. No circulating flyers or signup sheets. No side conversations. Create a safe and loving atmosphere in which one can express his or her deepest thoughts and feelings without fear. I feel the presence of the Higher Power here when my OA brothers and sisters greet me so warmly each week.
Anonymous, Tucson

Intergroup in Action

Intergroup wants your feedback for our annual inventory. We are concerned because we got very little feedback from groups and members last year. Was it because we didn't explain the inventory well enough? Here is some information about the purpose of the inventory, when it will be done and how you can give input to the process, etc.

Purpose and Format: Like a personal inventory, our intergroup inventory tells us how we are doing and helps us focus our attention on areas we want to improve. We also use the inventory to help us set goals for the intergroup each year. We use a format from OA's World Service Office. It is organized in three parts: Part 1-The Function of the Intergroup; Part 2-The Twelfth Step Within and Part 3-Carrying The Message.

Process and Timing: Each year, the board gives its input to the questions and updates whatever information it can. Then it asks the Intergroup representatives to bring the "updated" form to their group meetings so members can read it through and give their input. The Intergroup inventory will be circulated in your meetings at the end of May (after the 5/21 Intergroup meeting). We need your input by the June meeting (6/18), please.

Intergroup wants to hear your ideas. We especially want to know if you are getting information about special events. We would like to hear your ideas for ways to improve the things we do including meeting list, newsletter, phone service, special events/workshops, thank-a-thons, etc., or things you would like to see Intergroup do differently. We want to know if your group has done some community outreach activities we can share with other groups. Maybe reading the inventory will give you ideas for new ways Intergroup can reach/help compulsive eaters both inside and outside OA. That is how we develop goals for future Intergroup activities. The assistance of you and your group is always welcome.

Please give your input to your Intergroup rep at your May/June business meeting or in writing. If you prefer, anonymous suggestions are fine. Remember that all OA members are always welcome at Intergroup if you would like to come share your ideas directly. You are also welcome to contact board members and committee chairs with your ideas (their names and phone numbers are printed on the meeting list). Thank you for helping us grow and support each other in our recovery.

Pima County Health Fair

On April 6, 2005, OA volunteers attended the Pima County Health Fair to be a resource for Health Fair attendees who wanted to learn more about the disease of compulsive overeating and OA's 12-step program of recovery. During the day dozens of people approached the volunteers who happily answered their questions. The volunteers shared their experience, strength and hope and let the people know that they were no longer alone. This public outreach experience demonstrated to the volunteers that overeating does not discriminate by age, sex or race. There was plenty of OA literature on hand and the volunteers encouraged people to read the literature and to contact our local groups. The volunteers felt that OA made a great presence at the Health Fair this year.

Step Four: Made a searching and fearless moral inventory of ourselves.

"Each of us who completes a fourth-step inventory in OA finds it essential to our recovery and a major factor in changing our lives. As we reach the end of step four, we discover that a promise made in *Overeaters Anonymous's* "Our Invitation to You" has begun to be fulfilled. We are "moving beyond the food and the emotional havoc to a fuller living experience."

Excerpted from Step 4 (Page 44) 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.
