

# Southeastern Arizona Intergroup of Overeaters Anonymous

# DESERT RECOVERY

August, 2005

PO Box 43221, Tucson, AZ 85733-3221

## Upcoming OA Events

### **September 23 – 25, 2005**

Region III Assembly and Convention  
Colorado Springs, CO

### **October 21 – 23, 2005**

SEAZ Intergroup Fall Meditation Retreat  
St. David, AZ

### **October 29, 2005**

SEAZ Intergroup Yard Sale  
Tucson, AZ

### **November 19, 2005**

IDEA Day  
Sierra Vista, AZ

### **June 30 – July 2, 2006**

Region II Convention  
Redding, CA  
Contact: Susan B.  
2107

*s listed in  
/ Email*

[sn.com](http://www.oa.org)

## **Acceptance is the Key**

Acceptance will be the key. I have to look at this key and see what it looks like. It is not always easy to find but it is easier to handle than I imagine. Many times I take the key of judgment first and try to use it to open the way through a tough situation. But the door that key opens is a door to trouble. It is warm in that room of judgment. What starts off feeling like the warmth of correctness quickly turns into burning stress and upset. While the key of judgment is bigger and easier to find, it opens to me a small, hot room. Instead, the key of acceptance opens a door to all of life. Through that door of acceptance I can begin to see life as it really is. And I can let it be what it is. Through my upbringing in an organized religion, I was given judging keys for every pocket I had. The acceptance key came when I accepted God as someone who accepted me as I am. If I use this key often enough, I will become more familiar with it and will want to get rid of all those other keys and just keep the acceptance key in my heart where I can never misplace it. That acceptance key is also the key through my past hurts. Where I find guilt, shame and remorse, I can with tender love open those doors and look in again and accept what happened as just what happened. I cannot change it. I cannot today go in and rearrange that room. That room is forever frozen in time and I can only see that room as a painting on a wall. Whether I like it or not, it no longer matters because all these "paintings" make up the museum of my life. Acceptance is the key to the present, the past and the future. With that key I can face all situations with a serenity beyond anything I have ever imagined.

*Rich, Saugerties, NY (Excerpted from Reg. 6 Newsletter, The Messenger)*

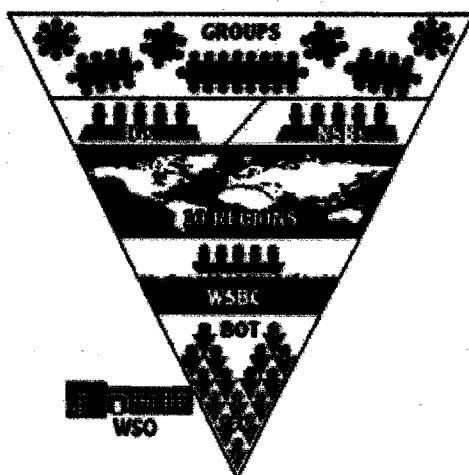
## **Think, Pray, & Act**

After six months of relapse, I had recently gone back to meetings. It was then that I found a new motivation to do my daily readings of OA literature. I came across Page 107 in the *Voices of Recovery* book. When I read that page its message clicked in my mind. It said, "Think, Pray, Act...think about my abstinence...remember with gratitude what my abstinent life has given me...talk to my H.P...asking for the willingness and ability to protect my abstinence...take action by picking up one of the tools...if the compulsion remains...repeat this using another tool...this three-part process works, without fail, if I work it." I couldn't believe it! There in black and white were my directions for combating my daily compulsions and my increasingly more frequent binges. I finally had the solution. Then, I wrote the words on a 3x5 card: "Today, before I take that first compulsive bite, I will Think, Pray and Act." I carried it with me in my purse and read it religiously for about one month, still struggling with my compulsion. Then in my H.P.'s time, not mine, it happened. I was in the middle of a binge when I remembered those three little words. I paused from eating and I did the three steps...instantly, my compulsion was lifted. I remembered those words again and again that week, but this time it happened before I took that first compulsive bite and I was able to abstain. Since then I have been on a smoother and sturdier road to recovery. I have more abstinent days than not, and my binges have disappeared. Thanks to my H.P., I have started loosing weight again. I know now that if I keep coming back to meetings and doing the footwork, I will continue with my recovery. Miracles do happen, even if it comes as three little, but powerful words: "Think, Pray, & Act."

*LC, Tucson, AZ*

## Intergroup in Action

Our IG inventory showed an interest in the OA service structure. This schematic shows that the group conscience at the region and the World Service Business Conference (WSBC) levels are driven by individual groups. Trustees are elected annually at WSBC to carry out routine business matters between WSBC meetings. The General Service Trustees direct the business dealings at the World Service Office located in Albuquerque, NM. For more information, visit [http://www.oa.org/intergroup\\_region\\_support.html](http://www.oa.org/intergroup_region_support.html).



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## Announcements

**New Meeting:** Beginning Friday, September 23, 2005, you can go to an OA meeting before work! A new meeting is being started Friday mornings at 7:30 a.m. at St. Frances Cabrini Catholic Church, 3201 E. Presidio Road, Tucson, AZ. (One block east of Country Club and one block south of Ft. Lowell) The meeting will be held in Rm. 3 of the Education Building to the east of the church. Questions: Call Janet G. 520-795-7492

**Anniversary:** The Wednesday 10 a.m. Understanding Hearts group is having a 3rd anniversary celebration on September 7, 2005, at Christ the King Episcopal Church, 2800 W. Ina Road, Tucson, AZ, in the ground floor library. All are welcome.

**Temporary Meeting Change:** On September 24, 2005, the 9 a.m. Saturday Morning Study group which meets at U' will be meeting in the Community Room at Bookman's store on Grant at Campbell, Tucson, AZ. This change of place is for September 24 only.

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## Step Eight: Made a list of all persons we had harmed and became willing to make amends to

"Many of us have found that our own name belongs somewhere near the top of our eighth-step list. Yes, we people, but we have also damaged ourselves with our self-destructive thinking, eating, and living habits. What a complete willingness to make amends to ourselves and to forgive ourselves for past mistakes has been our recovery."

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*Excerpted from Step 8 (Page 69) of "The Twelve Steps and Twelve Traditions of Overeaters Anonymous"*

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### The OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and from compulsive overeating. We welcome anyone who wants to stop eating compulsively. There is no membership; we are self-supporting through our own contributions, neither soliciting nor accepting money. OA is not affiliated with any public or private organization, political movement, ideology or religion. Our position on outside issues. Our primary purpose is to abstain from compulsive overeating and to offer recovery to those who still suffer.