

Southeastern Arizona Intergroup of Overeaters Anonymous

DESERT RECOVERY

June, 2005

PO Box 43221, Tucson, AZ 85733-3221

Upcoming OA Events

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

A Life of Pain – A Life of Compulsive Eating

Little child withdrawing
Peeking out a window
As the seasons change
Swallowing mounting fears
Of what September brings
And going deeper inside
To a lonely safe place
Where feelings grow numb
No one likes you
This way – the way you look
But there is comfort
Insulated by walls of flesh
Soaked with the many tears
You did not cry
Numb, food makes you numb,
And that's good enough

Barbara E., Benson

Thinking

Yesterday I was having problems about how I was thinking about food. It seems to be a matter of thinking that food and abstinence is the focus rather than thinking that my program is the focus. When I start thinking that abstinence is more of a focus, then I start to want to control my food, which of course, doesn't work for me. When I make my program the priority, then abstinence is left to be the result of the program work and not the result of my trying to control my food. *Anonymous*

The Power of The Addiction

The Addiction is so powerful
It has a mouth and a belly
It is not me, but it says it is me
And it pretends it is me
It is not ugly, it is not beautiful
It is not a demon
It just is
Very
Very
Very
Very
Very
Very
Very
Very
Powerful

de Vie, Patagonia

Intergroup in Action

This month's Intergroup in Action article relates to the discussion of outside issues in meetings. Here's is one member's thoughts on that subject:

For many years prior to coming to OA in 1996, I had been attending another 12-step program. I have seen meetings of that fellowship die due to the discussion of outside issues. This distracted members from our singleness of purpose. With the focus on other topics, there was lots of discontent and eventually members left.

Tradition 10 tells us that religion and politics are NOT to be discussed AT ALL in our meetings. It states on Page 186 in *The Twelve Steps and Twelve Traditions*, "Even the most worthy of other causes has no place in an OA meeting." There are people who feel adamant and passionate about these outside topics and want to persuade others to their beliefs and points of view. Pretty soon, negative feelings develop where, before one of these topics was brought up, we were united in our singleness of purpose: recovering from compulsive overeating.

I attend two meetings of Overeaters Anonymous a week, which means for two hours a week, I get to sit in meetings and talk about my disease and hear how others work the program. When outside issues are brought up, I feel cheated and frustrated. This is my program and as a member of this fellowship with some time behind me, I have the responsibility to guard the health of the meetings that I attend. I cannot sit on my backside and let others take that time from me and others. There are a couple of ways I handle the problem. I may talk to the person after the meeting to let them know about Tradition 10 and that outside issues are not talked about in meetings. They may not have understood what they had done. If the problem of outside issues is pretty blatant, I speak up and say, "excuse me, that's an outside issue and we don't talk about it in meetings." The person breaking the tradition may be angry but others have come up to me afterwards and thanked me for speaking up.

I have found that studying the traditions in meetings and asking that the traditions be honored when they are broken leads to healthier meetings. If we let people stomp all over the traditions, members will leave and meetings will die. The traditions were written for a reason...to keep our meetings healthy by telling us how meetings are to be run, therefore, keeping them safe. We come to Overeaters Anonymous because we need and want this program so we can recover instead of die from our disease. We all deserve healthy and vibrant meetings. *Linda C., Sierra Vista*

Cochise County Drug and Alcohol Conference

The three Sierra Vista OA groups and the Whetstone OA group were invited to present the 12-Step program of Overeaters Anonymous at the first Cochise County Drug & Alcohol Conference on April 14, 2005, at the Sierra Vista campus of Cochise College. There were approximately 300 registrants at the conference. Two members manned an OA table and more than 200 HIPM packets were distributed. As part of the program, there was a presentation by an OA member explaining the OA 12-Step program, the history of OA, OA's cooperation with health care professionals and personal sharing. This was followed by a panel of four OA members sharing briefly of their experience in OA and answering questions from those in attendance at the workshop. OA's participation in this conference was greatly appreciated.

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

Working the sixth step is a lot like working the first three steps with each of our defects. We remind ourselves: "I'm powerless to rid myself of this trait. I can't, but God can, and I'll let God take it."

Excerpted from Step 6 (Page 57) 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.
