

Southeastern Arizona Intergroup of Overeaters Anonymous

DESERT RECOVERY

March / April 2007

PO Box 43221, Tucson, AZ 85733-3221

Upcoming OA Events

Mar. 23-25, 2007

Region III Spring Assembly & Convention, Las Vegas, NV.

April 21, 2007

First Planning Meeting for Region III Convention (Fall of 2008), Saturday, 2:00-4:00 PM, at Sam Pena Library, 1607 S. 6th Ave., South Tucson. Lots of volunteers needed, so **EVERYONE** welcome.

Aug. 30 – Sept. 2, 2007

World Service Convention Philadelphia, PA.

Oct. 19-21, 2007

Region III Fall Assembly & Convention, Denver, CO.

SEAZ Intergroup is hosting the **Region III Convention and Assembly in Tucson in Fall 2008**. Call either Marilyn B. at

or Karen S. at

to volunteer for a committee or to get information.

Get your events listed in Desert Recovery!

Email Peggy at desertrecovery@huahes.net or call

(Note: new email address)

INTERGROUP IN ACTION

We have just finished the first quarter of the New Year and the promise of new beginnings planned a few months ago is well underway. Intergroup needs your help to help others in and out of OA. In order for us to work our committees and carry the message, we need OA volunteers. We have many committees and enthusiastic chairpersons who need you. Here is a listing of the committees, partial descriptions of what they do, and the chairpersons. We urge you to carefully read the descriptions and seriously consider in what area you might be of help. If you are willing to serve on a committee, contact the appropriate chairperson.

Don't forget that the first planning session for the Region III convention, to meet in Tucson in Fall 2008, is about to be held (see Upcoming Events), and lots of volunteers will be needed to make the event successful. Special reminder: service is one of the key tools of our recovery program.

SPECIAL EVENTS: (Open) Plan and execute special events by: soliciting members to work on the committee, arranging for event location, planning event program, budgeting the event, soliciting seed money from the IG treasurer, receiving registration forms and monies, advertising the event, making flyers.

NEWSLETTER: (Peggy P.) Solicit members to work on the committee, solicit and acknowledge receipt of articles, desktop publish the newsletter (type or word process, have it copied and brought to Intergroup).

MEETING LIST: (Susan C.) Prepare and keep current meeting list, including updated IG Board contact information, and distribute list to newsletter editor and committee chairs for their use.

TELEPHONE: (Judith H.) Solicit and schedule members to take/answer messages from voicemail, update voicemail message as needed.

PUBLIC INFORMATION/PROFESSIONAL OUTREACH (PIPO): (Meg R and Alison T.) Solicit committee members, maintain contact with professional community, mailing meeting lists and events information where appropriate, maintain Speakers Bureau and schedule speakers, maintain contact with media and community at large, respond to requests for OA booths at public information events such as health fairs, initiate and conduct public outreach via events and media publicity.

TAPE LIBRARY: (Open/ Shelly A. is custodian) Make tapes available to OA members, maintain the library by keeping a current inventory, making copies of original tapes and purchasing new ones.

LIFELINE: (Open) Solicit members to be on the committee, instruct members on how to submit articles to *Lifeline*, display *Lifeline* magazine at OA events and offer subscription forms, attend meetings and share about *Lifeline*, show members the magazine and explain online subscriptions are also available, give samples of old copies to new members.

Intergroup in Action (continued)

IR TRAINER: (Jan. F./Barbara M.) Facilitate Intergroup Rep effectiveness by creating and using tools to help IRs share within their groups and at Intergroup, maintain a sample "IR notebook" with extra copies of materials for new IRs, maintain and distribute the SEAZ OA "We Care" list and the IG name and address list, oversee the updates of the OA website Southern AZ meeting information, mail out meeting materials to absent IRs.

COMMITTEE CHAIR QUALIFICATIONS

- A. Be working the Twelve Steps of OA .
- B. Have a knowledge of the Twelve Traditions of OA.
- C. Have a knowledge of the Twelve Concepts of OA Service.2007.
- D. Currently be abstinent .
- E. Be or have been an IR for a minimum of six months

Janis R., SEAZ Intergroup Chair

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

"No person who has this desire can be barred from any OA group...members may come from many different backgrounds, races and religions. They have differences in opinions, political views, values, lifestyles, age, gender, sexual orientation and economic status. A person can never be too overweight, too underweight, or too normal in weight....It is not a requirement to common experiences with the disease: some dieted, some binged, some purged, some did some or all or none of those things...But all who have experienced the pain of compulsive eating and want to stop are welcome here."

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

"We write down all important actions and events of a moral or ethical nature, our feelings about them, and the character traits from which these actions stemmed....The self-analysis we do in step four is essential to our recovery from compulsive eating. This step continues a process of transformation that leads us to realize we need to change....We *must* change if we are to recover. Change begins with honesty. As we work the fourth step, we develop a new ability to see our own dishonesty and a greater willingness to live by the truth."

Excerpted from Tradition 3 (pages 129 and 130) and Step 4 (pages 29 and 30) of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.

Desert Recovery is now available via email. If you would like to receive the newsletter and updated meeting list in your in-box every other month, drop an email to desertrecovery@hughes.net. It's convenient for you and saves your Intergroup money!

A Promise

When I agreed to take over the duties of the Desert Recovery, I thought I could put it together in a few hours one weekend every other month, much like I used to think that going to a meeting once or twice a week could help me get control of my compulsive eating. I had to learn how to work the OA program then so as to gain some recovery, and I have to learn how to work a computer now so you can have a readable newsletter. Technology has come a long way since my days of putting out the high school and college newspapers, or composing the church bulletin. And just like the OA program, I have already learned I have to have a plan, I need to follow it, and if it doesn't work, I need to have a back-up plan. Sound familiar? And, of course, when I get into trouble I can ask for help. Many of you have received my outreach calls, so thanks for the rescue. Please bear with me as I learn the rudiments of desktop publishing and I promise to learn as fast and as well as I can. If you did not get the online edition you requested, please let me know so I can correct the e-mail list. Just remember: **"Keep coming back, it works if you work it."**

.Peggy P., newsletter chair.

OA Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.