

# **DESERT RECOVERY**

**June/July 2009**

**P.O. Box 43221, Tucson, AZ 85733-3221**

## **OA Bulletin Board**

### **Step 11 And Meditation Workshop June 27th 9am to 3pm**

St James Methodist Church  
3255 N. Campbell

### **Sponsorship Workshop September 12, 2009**

More details when available  
from the  
Twelfth Step Within committee

### **SEAZ Annual Retreat Saint David, AZ**

**October 30, 31, & November 1**

Volunteers needed

Marj : [60mmm48@gmail.com](mailto:60mmm48@gmail.com)  
(520) 248-9043 or

Chris: [rainbow.smiles@cox.net](mailto:rainbow.smiles@cox.net)  
520- 721-1085 or 520-661-1991

Scholarships will be available  
[oasouthernaz.org](http://oasouthernaz.org)

### **Region 3 Convention and Assembly October 16th to 18th**

Albuquerque, N.M.

Link to registration form at:

[oasouthernaz.org](http://oasouthernaz.org)

### **Celebrate OA's 50<sup>th</sup> Anniversary August, 2010**

at the

**World Service Convention**

Los Angeles, CA

[oa.org](http://oa.org)

### **New Meeting Patagonia**

**Tuesday 6:30 to 7:30pm**

United Church Of Christ  
387 McKeown Street

Roz V. 520-668-5950

## **A New Physical Me with a New Attitude**

Before program I hated my body. I weighed over 330 pounds and I hated the way I moved, the way I felt...rolls of fat made even sitting uncomfortable. I really hated shopping. I could go to one of two places and even then almost nothing fit.

Now I am a size 14 and down almost 150 pounds. I fit in just about any size 14 off any rack and can even shop clearance. All of this was exciting, but I was still very critical of myself and my body at 45 pounds heavier than I need to be.

Something changed on Saturday when I had to buy a new bathing suit. I drove to town fully expecting a horrible day, but then I had an epiphany. No swim suit can magically transform me into a super model. I am size 14. I am strong. My body is healthy and does what I ask it to do. I pulled into the parking lot of Wal-Mart, marched to the bathing suits, found a beautiful one piece in my size right in front, tried it on, bought it, and left the store...all in less than 15 minutes.

To some this may seem silly, but I cried with joy. That was a miracle to me. OA is all about miracles. It works if you work it and the promises do come true.

Submitted Anonymously

## **Bottomless Sea**

I came into program March 8, 2008. My mother-in-law died in January. Her loss coupled with the stress at work pushed me over the edge into what appeared to be the black bottomless sea. It seemed like I was standing tip-toed on the edge, wavering, for a very long time, you see, because my addiction of compulsive overeating was no longer manageable. (And the lie is that it was ever manageable).

Years of programs to lose weight; Weight Watchers, Jenny Craig, Nutra System, Atkins, South Beach, Ayds candies, TOPS, cabbage soup diet, and the grapefruit diet (and I don't even like grapefruit!). All the willpower to loose weight in an "all or nothing" mentality always ended with my failure. Sometimes I would "diet" for months and loose 20 or 30 pounds, once at Weight Watcher's I lost 70 pounds, but always gained it back plus more. I felt so unhealthy, not to mention how I felt when I tried on clothes or looked at a current picture of myself. I was full of anxiety, many times convincing myself that I was dying. I couldn't breathe, sure that I had a pulmonary embolus. All those frequent trips to the emergency room should have been a sign of a desperate, depressed, and anxious woman, not sleeping well, medicating myself with food, sugar, lots of ice cream. It was a pattern to come home from work in the morning, (I worked night shift) and while my family started their day at school or work, I quietly binged in private. Gorging myself, sleeping poorly because of it, waking up feeling hung over and promising myself I wouldn't do that again. I broke so many promises to myself.

The journey has now brought me here. I am so thankful and grateful. My OA recovery is my life. It is the life raft that makes all things possible, for without God and my abstinence, I will fall into the black bottomless sea, unable to breathe, to live. All I have to do is be willing to hold on to my raft. Through the willingness, the actions for my recovery are within my reach buoyant and inviting.

Submitted by Bev

## Outside Issue

I was recently diagnosed with depression. I've been an abstaining member of OA for over nine years, an active sponsor, and sponsee and have been giving service above the group level since my first year of abstinence. All this time I believed that the 12 Steps are the answer to everything. Being "branded" chronically depressed was a hard blow. Even though I firmly believe in the Big Book, for some reason I chose to ignore p. 133 "God has abundantly supplied this world with fine doctors, psychologists and practitioners of various kinds. Do not hesitate to take your health problems to such persons..." As they say, denial is NOT a river in Egypt.

I was first diagnosed with postpartum depression over three years ago but refused to treat it seriously. I waited for it to go away, taking absolutely NO action. If nothing changes... nothing changes. I really did believe that if I worked the Steps harder and gave more service I would overcome it. Contrary to my plan, things did not get better. They actually got worse. I needed more and more sleep; I was of no service to my family and found myself disappointed when I opened my eyes every morning. Instead of turning to professionals I tried yet again to work my program even harder, refusing to believe I was not getting better. The harder I worked the program, the more frustrated I was for not getting any better.

What finally happened? As sad as it sounds, I had to hit bottom even in my depression. What was my bottom? Life lost its Technicolor.... *completely*. Things I used to love and enjoy, like music and the OA fellowship, gave me absolutely no pleasure anymore. Then my nutritionist suggested I treat my depression seriously. And for a change, I listened. I took action. Guess what? My life is in Technicolor once again! It did take a lot of work to turn things around though. Yes, I did turn to outside help. However, it took some changes to my program as well. I got a new sponsor who is very different from the sponsor I previously had, she digs deep and makes me think a lot, which I love. I developed a new concept of a HP. Moreover, I started working the Steps once again focusing on my depression and other recent changes to my life. As usual, all credit is due to the OA program and fellowship.

When I started working the Steps, I *thought* they told me life from now on is going to be a cheerful journey to a happy destiny. That is what I heard, not what people said. What they actually said was that yes, life may be rough at times, but thanks to the Steps and Traditions I'll have the tools to be able to face real life without the need to resort to bingeing as a crutch. As a friend of mine says, good thing I didn't hear that when I was new!

Submitted Anonymously

### Step 5

#### **"Admitted to God, to ourselves and to another human being the exact nature of our wrongs"**

I had told my checkered story to a number of therapists before coming to OA. I did not have much shame or embarrassment while talking to professional strangers that I was paying money to listen to me. Part of the reason was that I posed myself as the victim of so much that had happened to me. It was completely different when talking with a sponsor who may know me personally and who was, I knew, looking at my facts from a very different angle. Namely, what part I played in the story. And that caused me great fear and shame because as soon as I sincerely looked for my part, I could see it clearly. The agenda I was working was to get security and attention from all the people in my life. I saw that I did not care one bit for anyone unless they could do me some good in some way. So taking the 5th step was very painful for me but I had decided to work the program as thoroughly as possible. The only thing that made it possible for me at all was that I had taken the third step and had come to believe that God *could* help me with these self centered motives and actions. I did not have the big relief that some talk about but I did have a real feeling that for once in my life I was really taking authentic steps to change my life. I totally believed that the steps would work the way the program said they would, and they did!

### Step 6

#### **"Were entirely ready to have God remove all these defects of character"**

I felt truly desperate to have God help me with my 'ugly' defects (as I thought of them). I felt totally beyond human aid after all the expensive therapists I had seen. I believed heart and soul that only God could help me where the well-meaning humans had not. I would get on my knees every day and beg God to disclose to me *anything* that would enable me, on a minute by minute basis, to be even a teensy bit different. To my children first and then to anyone in my life. I told God I was willing to look at anything. Praying like that every day and night and seeing myself actually BE different little by little gave me even more belief that the program was the vehicle for me to finally change myself and my life for the better. And, for the first time, it was happening. I believed and still believe that if I did not stay abstinent (eating 3 meals a day with no sugar) I would lose that continuous connection to God that I had made only after I came into OA. When I was grazing with food all day and all night I stayed confused and chaotic in my life. Even after years of continuous abstinence God is still disclosing things to me and I think that is so cool!

Submitted by Michele T.

## Letter From Our Intergroup Chair

The final question on our Intergroup Inventory is "What more can we do to carry the message?" The question is meant to inspire creative ideas and enthusiasm among our groups and individual members within the SEAZ Intergroup. The Intergroup has received some wonderful input and the Board is planning a special session in June to do some strategic planning that may incorporate some of your ideas.

Meanwhile, I want to turn the question back onto all of us. As individual members of OA within the SEAZ Intergroup, what can we do? You may be asking yourself "What more CAN I do? I go to meetings. I have a sponsor. I've worked the steps (well, at least some of them). What more do you want of me?"

On page 106 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous it tells us: "Those of us who live this program don't simply carry the message; we are the message." My answer to that last question is simple. Examine where you are in your recovery today. What is the message that you are carrying for OA? Are you willing to do one more thing today to improve your recovery?

Just staying abstinent for today! Have you worked all of the steps? Are you working them now? Call your sponsor and ask what you need to do next in your step work. Do you have a sponsor? Call someone you know in OA who has recovery you respect and ask them how they are achieving it. This is a "day at a time" program. None of us have "arrived". Keep reaching out until you find someone who is willing to work with you.

If you have completed the steps or been given leave by your sponsor, start announcing yourself as being "available to sponsor". In OA we say that we "can't keep it" unless we "give it away". We all have our own experience, strength and hope to share. Once you have worked the steps and are continuing to work them in your life, then you really have become a message of recovery. Your Higher Power will direct you from there, just as He/She/It has been directing us all along.

If you have any more great ideas including volunteering your own time and talent to carry the message, please contact any member of Intergroup and pass it along. We welcome your input and participation.

In love and service, Neva S. SEAZ Intergroup Chair

### Abstinence means:

I do not go to bed at night feeling bloated, uncomfortable and/or nauseous.

I do not go to bed and wake with night sweats.

I do not wake-up in the morning wanting to call in sick to life not just work.

I do not eat food off the floor, out of the garbage, that smells or tastes bad or belongs to someone else.

I do not refuse dinner invitations for fear of embarrassing myself.

I do not spend an inordinate amount of money or time obsessing about or eating food.

I do not physically or emotionally abuse myself with binges or poor food choices.

### Abstinence means:

I am in recovery and not cured.

I have a food plan

I no longer crave sweets.

I have the blessings of the 12 Steps to guide me in all areas of my life.

I have the support and fellowship of others who understand.

I have improved health and increased energy.

I am a gentler, kinder, less judgmental person to myself as well as others.

Submitted by Janet G

## SEAZ

Southeastern Arizona Overeaters

Anonymous Intergroup #09078

P.O. Box 43221 Tucson, AZ 85733

(520) 733-0880

[oasouthernaz.org](http://oasouthernaz.org)

SEAZ Intergroup meets the third Saturday of the month at 10:45AM

Sam Lena South Tucson Branch Library  
1607 S. Sixth Avenue, Conference Room

## SE Arizona Intergroup Board

### Officers

Chair	Neva S.	877-8420
Vice Chair	Beth M.	577-8745
Secretary	Marilyn B.	520-417-1645
Treasurer	Meg R.	546-1168
Delegate (1)	Roni B.	269-1025
Delegate (2)	Janis R.	325-4441

### Committee Chairs

12th Step Within	Open	
Meeting List	C. Jay H.	400-5951
Newsletter	Joanne B.	762-9576
Special Events	Open	
Library & Lifeline	Sally H.	795-1022
IR Trainer	Chris N.	721-1085
Telephone	Lauren M.	241-3616
PIPO Contact	Meg R.	546-1168
PIPO Chair	Open	
Website	Roger S.	877-8420

### Websites

[WWW.OA.ORG](http://WWW.OA.ORG)  
[WWW.REGION3.ORG](http://WWW.REGION3.ORG)  
[WWW.OASOUTHERNAZ.ORG](http://WWW.OASOUTHERNAZ.ORG)

### Desert Recovery Newsletter

- 1) Deadline for next issue [August 1, 2009](#)
- 2) Get your events listed or submit an article
- 3) Receive the newsletter by e-mail

Contact Joanne B.

[azdesertbloom@gmail.com](mailto:azdesertbloom@gmail.com)

Submitted articles may be edited as needed. Permission to reprint original material found in this newsletter is granted to all Twelve Step groups and their publications provided that SEAZ is credited. All opinions are those of the writers and do not necessarily represent those of the Editor, SEAZ, or OA as a whole.

# TUCSON OA MEETINGS

MEETINGS APPEARING ON THIS LIST ARE REGISTERED WITH THE WORLD SERVICE OFFICE (WSO)

## SUNDAY

11:00-12:00 PM	MIRACLES HAPPEN	Cottonwood De Tucson (look for OA sign) 4180W.Sweetwater	Sally H.	429-5318	WC
5:30-6:30 PM	SUNDAY VARIED	Christian Faith Fellowship 5601 E. Broadway	Claudia P.	503-409-1052	WC

## MONDAY

5:30-6:30PM	GOING SANE Big Book Study	First United Methodist Church 915 E. 4 <sup>th</sup> St.	Felice G.	891-8900	WC
7:00-8:00 PM	FAR EAST ABSTINENCE	Abounding Grace Church 2450 S Kolb Rd	Michelle T.	784-3597	WC

## TUESDAY

10:30-11:30 AM	RECOVERY	Christian Faith Fellowship 5601 E. Broadway	Judith H.	323-9845	WC
10:45-12 Noon	NW TENDER SOLUTIONS	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd.	Neva S.	877-8420	WC
5:30 -6:30 PM	HAPPY, JOYOUS, AND FREE	Cottonwood De Tucson (look for OA sign) 4180W.Sweetwater	Roni B.,	269-1025	WC
6:00-7:00 PM	KEEP IT SIMPLE STEP STUDY	Mountain View Retirement Village 7900 N. La Canada			WC
5:30-6:30 PM	TUCSON MEN'S SANITY	931 N. Fifth Avenue	Jim D.	250-0509	

## WEDNESDAY

7:15-8:15 AM	GOING TO ANY LENGTHS	St. Frances Cabrini Church 320I E. Presidio	Wendy A.	955-0710	
10:00-11:00 AM	UNDERSTANDING HEARTS	Christ the King Episcopal Church 2800 W. Ina Road	Betty D.	690-1441	
11:30-12:30PM	WELCOME HOME	First Congregational United Church of Christ 1350 N. Arcadia	Sue L.	885-2861	##
5:30-6:30PM	VOICES OF RECOVERY	St. Thomas More Newman Center Library 1615 E. 2 <sup>nd</sup> St.	Andrea M.	749-6789	WC

## THURSDAY

10:30-11:45AM	SEEKING THE SPIRITUAL PATH	Oro Valley Urgent Care 13101 N. Oracle Rd	Pam	297-4704	
5:30-6:30 PM	OVER AND UNDER MEETING	St. Frances Cabrini Church, 320I E. Presidio	Beth. 577-8745 or 349-0810		WC
7:00-8:00PM	BIG BOOK STUDY	Abounding Grace Church 2450 S Kolb Rd	Meg R.	546-1168	WC

## FRIDAY

7:30-8:30AM	FRESH START	St. Frances Cabrini Church, 320I E. Presidio	Janet G.	795-7492	
10:30-11:30AM	LIVING IN THE SOLUTION	First Congregational United Church of Christ 1350 N. Arcadia	Elisa R.	881-1670	++
6:00-7:00PM	BIG BOOK STUDY-NW Side	Mountain View Retirement Village 7900 N. La Canada	Eileen T	975-5480	WC

## SATURDAY

9:00-10:00AM	FAR EAST SATURDAY GROUP	Eastside Evangelical Covenant Church 551 N Camino Seco	Meg R.	546-1168	WC
9:00-10:15 AM	SAT. MORNING STUDY GROUP	University Medical Center 1501 N. Campbell	Chris B.	887-7188	+++

## OUT OF TOWN OA MEETINGS

GREEN VALLEY		ST. FRANCIS OF THE VALLEY CHURCH		600 S. La Canada Dr.	
TUESDAY	7:45-8:45 AM	Discussion	Library	Mary Anne	393-0169 WC
WEDNESDAY	7:00-8:00PM	Literature Study	Library	Mary Anne	393-0169 WC
SATURDAY	9:00-10:15AM	Step and Tradition Study	Library	Mary Anne	393-0169 WC

SIERRA VISTA		CHURCH OF CHRIST		815 El Camino Real	
MONDAY	7:00-8:00PM	Monday Night Miracles	Classroom 9	Leslie	520-378-1238 WC
THURSDAY	6:30-7:30P	Newcomers	Classroom 9	Marilyn	520-417-1645 WC
SATURDAY	10:00-11:00AM	Discussion	Classroom 3	Jan F.	520-452-0093 WC

BENSON		SOBRIETY HOUSE		225 E. 6 <sup>th</sup> Street	
TUESDAY	4:00-5:00PM	Rotating Format		Darlyn R.	505-681-7478 WC

## YUMA

MONDAY	October thru April Only 1-2pm	Gloria DeCristo Church 11273 E. 40th St.	Connie	928-305-0682	XX
TUESDAY	6:30-7:30 PM	Central Church of Christ 651 West 28th St.	Lorraine	928-782-1305	WC
THURSDAY	12:00-1:00 PM	Central Church of Christ 651 West 28th St.	Lorraine	928-782-1305	WC

PATAGONIA		UNITED CHURCH OF CHRIST		387 McKeown Street	
TUESDAY	6:30-7:30 PM	Varied Format		Roz V.	520-668-5950

WC=Wheel Chair Accessible +++No parking fees at UMC on Saturdays ##=Beverages only  
 ++In consideration of members who suffer from allergies, refrain from wearing cologne or perfume. XX=no summer meetings

MEETING LIST CHANGES: Changes/corrections to meeting information: Please email C. Jay at: [arkiebell2@earthlink.net](mailto:arkiebell2@earthlink.net) or send changes to: C. Jay Hawkins, 6063 E. Rosewood St., Tucson, Az. 85711-1634