

DESERT RECOVERY

Nov - Dec 2010

<http://www.oasouthernaz.org/>

COMING EVENTS:

For Details go to:

<http://www.oasouthernaz.org/>

**IDEA Day (International Day
Experiencing Abstinence)**

Sat, Nov 20, 9:30-3:30 Sierra Vista

Thanksgiving Thank-A-Thon

Thurs, Nov 25, St. James Church,
Campbell/Ft. Lowell 9-11 a.m.

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NEW SPANISH SPEAKING MEETING

'SOLO POR HOY'

Spanish Speaking
Weds. 5:30 – 6:30
969 Country Club Dr
Nogales Arizona
INFO: Ros V. (520) 394-2148

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Desert Recovery Newsletter

- 1) Deadline for next issue is Jan 1, 2011
- 2) Submit an article or send a synopsis of your event with a graphic if you like
- 3) Receive the newsletter by email.

Email:

newsletter@oasouthernaz.org

HOLIDAY ABSTINENCE— ODAT One Day at a Time

HONESTY AND ABSTINENCE

During the holiday season, abstinence can be a challenge. For me, honesty (the principal of Step One) is the key to abstinence. I couldn't walk through the doors of OA until I could admit that I am a compulsive overeater; and I had to make that honest admission before I could get abstinent.

Recently the Universe (a.k.a. my Higher Power) has shown me how honesty works: When I am honest, I am often rewarded. I had three experiences with this lesson in less than 24 hours.

First, when making photocopies at an office supply store, I put the original papers in upside down, so the first several copies were blank. I asked the cashier if I could get credit for user stupidity. I explained that the bad copies were my own fault, but I nonetheless hated to pay for blank pages. He counted the wasted copies and gave me credit for half of them. I thanked him, and he thanked me for my honesty.

Later that day, I had dinner with a former sponsor. When we were ready to pay for our meals, she asked if I had change for a five-dollar bill. I didn't, but I had four one-dollar bills. She said that was close enough and we made the trade. After paying for her meal, she wound up with a one-dollar bill and handed it to me as repayment. "Oh no, I owe you!" I told her. She thanked me for my honesty. Another lesson; and her acknowledgement was my reward.

Now here's the real kicker. I received a bill for my health insurance that was lower than expected. I was all ready to take the discount and run, but remembering my previous experiences, I decided to be honest and call the company. Yes, the figure was wrong, but the customer service agent told me how I could get a discount that would reduce the premium every month. Bingo! Honesty has its rewards.

So how do I apply honesty to abstinence? First I must admit that I am a compulsive overeater. Then I can inventory my food intake: Did I eat the types of foods appropriate for my food plan? Did I overeat at any meal? Did I eat at appropriate times? Did I refrain from recreational eating or emotional eating?

And if I am abstinent, what are my rewards? Freedom from food obsession, a sense of self-esteem, clothes that fit, more money in my pocket, serenity, and the clarity to notice the lessons the Universe may show me.

-Nan B.

INGREDIENTS (PARTIAL LIST) FOR AN ABSTINENT HOLIDAY SEASON

1. Willingness- Willingness to ask for help
Willingness to have a sponsor you call
Willingness to follow a food plan you do not resent
2. A Higher Power- Who will give you strength to ask for help
Who will give you strength to abstain when there is no one around
Who will give you willingness to call your sponsor
Who will give you the power to follow your food plan



STRATEGIES FOR STAYING ABSTINENT AT HOME AND AT PARTIES

1. A Plan- Choose to have a single plate at that pot luck, party or meal
Book-end the event- call your sponsor or a trusted OA friend before the event and after the event
Call before you eat- call your sponsor or trusted friend before you eat
Pray before you eat- go to the bathroom or other semi-private place where you can be quiet with HP
Have your own vehicle so that you may leave if things get too uncomfortable
2. An Attitude- I can do this just for today, or just for this meal or event
Gratitude; I remember what it was like not too long ago when I was drowning in hopelessness
I am not alone- I have all these fellows across the city, state and world who are doing it with me

RETREAT FOLLOW-UP

Just want to say a big thank you to everyone who helped make the 2010 St. David retreat a wonderful success. Each person who attended is partially responsible for the great weekend. From the feedback there was lots of inspirational information, on my part a great opportunity for some great strides forward in my recovery and also lots of laughter and fun, especially at the Saturday night talent show, which was a big hit.

Thank you also to everyone who contributed an item/basket whatever for the raffle. Lots of wonderful stuff. We also received almost \$800.00 in scholarship donations, as always I am impressed, amazed and extremely touched by the generosity of the fellowship.

Mark your calendars now for 2011, the retreat will be the 4th weekend of October, 10/21 - 23, 2011. Kate G. is your new chair of the retreat planning committee, and will be helped by the Special Events Committee. I'm sure it will once again be a wonderful, inspirational, uplifting and spirit-filled weekend. Blessings and love to you all... Marj M-M

DID YOU KNOW?

You can listen to over 200 FREE 40-minute speaker files by downloading from the OA Los Angeles website. You can synch to your I-Pod, download to your MP3 player or burn some old-fashioned CDs! Go to <http://www.oalaig.org/html/speakers.php>. If you need technical help call Beth M. at (520) 349-0810. She is pleased to be of service☺☺☺☺

IN OA, THE STATEMENT ON ABSTINENCE AND RECOVERY IS:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program

YOU DIDN'T KNOW ME WHEN..

I have been recovering in OA for many years and I realize that when someone sees me now and hears me share they see the me that has evolved and healed due to continuous abstinence and my working the steps of the program thoroughly.....they didn't know me

- ◆ When.....I weighed 240 lbs.....
- ◆ When..... I cried at almost every meeting for two years
- ◆ When.....after two years in OA, I could finally leave the abusive husband I had been trying to leave for 10 years
- ◆ When.....after I left him, I was overwhelmed with fear and many days needed God's help to get out of bed
- ◆ When.....I had to do the hard and terrifying work of eating less to lose 90 pounds
- ◆ When..... I faced life as a normal size for the first time since I was 11 years old
- ◆ When.....I believed only the 12 steps could heal me (and they have)

I chose again and again and again to surrender to the simple program and

Now....I am at peace with myself, my life and my weight

- ◆ Now....I am happily remarried 19 years
- ◆ Now....I give back what was so generously given me and sponsor others
- ◆ Now....I have a gentle God in my life I can hold onto

-Michele T.

International Day Experiencing Abstinence! (IDEA DAY)

November 20, 2010 - 9:30 a.m. to 3:30 p.m.
 CHURCH OF CHRIST *Fellowship Hall*
 815 El Camino Real, Sierra Vista, AZ

Registration:	9:30 a.m.
Opening:	10:00 a.m.
Pot Luck Lunch:	11:30 a.m. to 1:00 p.m.
P.M. Opening:	1:00 p.m.
Closing:	3:30 p.m.

Suggested Donation: \$5.00

Directions: I-10 East to Exit 302. South on Hwy. 90 (Buffalo Soldier Trail) to the 4th traffic light (Fry Blvd.). Left on Fry Blvd. until you come to the 6th traffic light (El Camino Real). Right on El Camino Real. Continue through the stop sign on Wilcox. Continue on El Camino Real until you see the church and church parking lot on your left. Contact: Marilyn B. brede@theriver.com.

2010 OA Thanksgiving Day Thank-A-Thon



Beat the Holiday Blues

Join us November 25th

9 am to 11 am – Campbell and Ft.
 Lowell

Speaker & Discussion Meeting

St. James United Methodist Church

Contact Kate C. for Information: kateplus19@gmail.com

HUMAN AND RECOVERING IN OA...

There is never a shortage of miracles for me in my OA recovery.

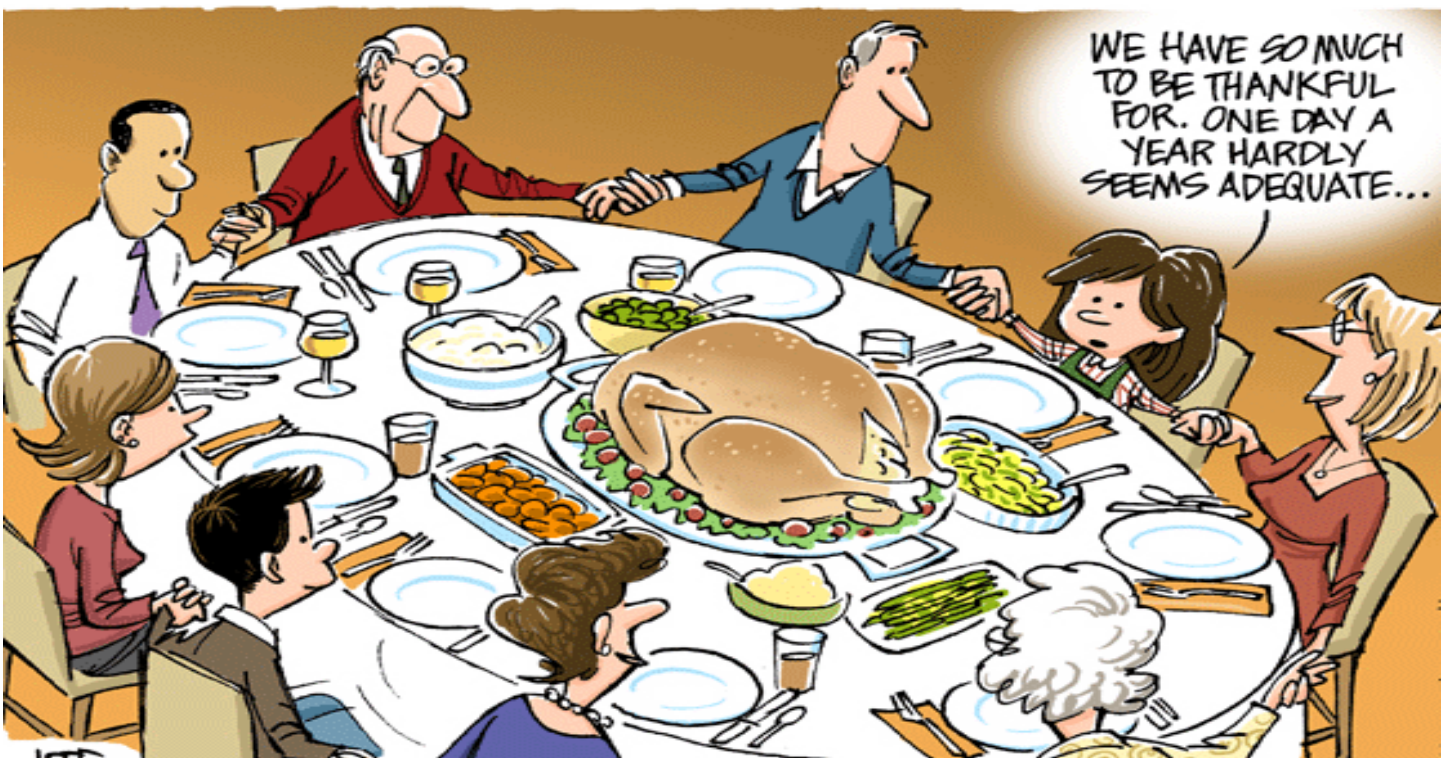
For instance, in our book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, there is a passage on page 203 that ends with "the experience of hearing from the lips of fellow members whom we heartily disliked the words which saved us when we were floundering." I cannot count the number of times that this experience has come to me. You see, I'm human. I tend to judge people. Mainly I judge myself, but that judgment is always reflected in the people around me. As much as the OA program strives to teach me that we are all equal, I still have a tendency to put us all in some kind of hierarchy based on physical

appearance, perceived wealth, perceived intelligence, and so forth. Some members have become spiritual gurus to me, which is a dangerous position for both of us. Others I judge to be not as smart, or perhaps, not as sane. Oh, I feel guilty for judging people – and I judge myself for that.

I often have to "act as if" when I am doing service. As a friend recently observed, I "seem to be the placid swan floating along on the pond, when all the while my feet are paddling like heck to keep me afloat." I'm not as hard on myself about all of this effort as I used to be. I certainly could not do the service very well if I was always caught up in the fear and perfectionism I feel. I'm learning that

I'm human. I can even laugh off many of the mistakes I make in public these days. I have more courage to share my "stinking thinking" with my sponsor and others in recovery – and know they will not run screaming from the room. They often share their own experiences with the very same defects. It seems we all have a common problem and have found that this spiritual path we've chosen is the best solution.

So, this season finds me truly grateful to be both a human being having a spiritual experience AND "a spiritual being having a human experience". The journey along the path to recovery from compulsive eating is never dull. Thank you all for being a part of my recovery.



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OA MEETING LIST – NOV/DEC 2010

SUNDAY					
11:00-12:00 PM	MIRACLES HAPPEN Literature Varied Format #23957	4180 W. Sweetwater Dr. Look for OA signs	Sally H. 429-5318 IR: Roni B. 269-1025		WC
5:30-6:30 PM	SUNDAY VARIED FORMAT Varied Format #45377	Streams In The Desert Lutheran Church 5360 E. Pima, Class Rm. C in Fellowship Hall	Susan C. 747-5018 IR: Susan C. 747-5018		WC
5:30-6:30 PM	SEEKING THE POWER 11 TH STEP MEETING #49744	University Medical Center 1501 N. Campbell Rm. E/F at S end of Cafeteria	Janet G. 795-7492 or Andrea M 977-9980		WC
MONDAY					
5:30-6:30PM	GOING SANE Big Book Study Speaker 1 st Monday #39507	First United Methodist Church 915 E. 4 th St. Carillon Room (4 th & Park) Park behind church, enter lot from 4 th Street	Felice G. 891-8900 IR: Robert K. 914-980-3044		WC
7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Abounding Grace Church, 2450 S Kolb Rd N. of Golf Links on W. side	Michelle T. 784-3597 IR: Jan H. 790-2658		WC
TUESDAY					
10:30-11:30 AM	RECOVERY #3 0601	Posada Del Sol 2250 N. Craycroft Park at Safeway	Judith H. 323-9845 IR: Pam T. 331-2107		Fragrance-free* WC
10:45-12 Noon	NW TENDER SOLUTIONS OA 12 & 12/ Sharing #40963	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd. West of Oracle Rd.	Neva S. 877-8420 IR: Willie C. 297-9396 (Temporary)		WC
5:30-6:30 PM	TUCSON MEN'S SANITY #49144	931 N. Fifth Avenue 1 ½ blocks south of Speedway	Jim D. 250-0509 IR: Ron R. 320-9675		
WEDNESDAY					
7:30-8:30 AM	GOING TO ANY LENGTHS Big Book Study	St. Frances Cabrini Church, 3201 E. Presidio Education Bldg. Rm. 3 (East of the church)	Wendy A. 955-0710 IR: Ms. G 795-2166		
11:30-12:30PM	WELCOME HOME #04330 Sharing	Streams In The Desert Lutheran Church 5360 E. Pima, Ginsler Hall S. Side of Church	Sue L. 885-2861 IR: Barbara M 327-2709		Beverage only
5:30-6:30PM	VOICES OF RECOVERY Leader's Choice Literature #49188	St. Thomas More Newman Center Library 1615 E. 2 nd St. Cherry & 2 nd Park & enter from rear	Andrea M 977-9980 IR: Magda K. 331-5726		
THURSDAY					
ORO VALLEY 10:30-10:45AM 10:45-11:45AM	SEEKING THE SPIRITUAL PATH NEWCOMERS MEETING BOOK STUDY MEETING #00439	Oro Valley Urgent Care 13101 N. Oracle Rd. Conf. Room, across from Com. Ed. Rm.	Pam 297-4704 IR: Marie 270-9568		
5:30-6:30 PM	OVER AND UNDER MEETING Lifeline/Discussion #50226	St. Frances Cabrini Church 3201 E. Presidio Ed. Bldg., Rm.3 (E. of church)	Beth M. 577-8745 or 349-0810 IR: Jocelynne W. 982-0556		WC
7:00-8:00PM	BIG BOOK STUDY #47942	Abounding Grace Church, 2450 S Kolb Rd N. of Golf Links on W. side	Meg R. 546-1168 IR: Mary M. 248-6480		WC
FRIDAY					
7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church 3201 E. Presidio Ed. Bldg., Rm.3 (E. of church)	Janet G. 795-7492 IR: Lynne L. 745-5954		
10:30-11:30AM	LIVING IN THE SOLUTION Sharing #14251	Streams In The Desert Lutheran Church 5360 E. Pima, Class Room A in Fellowship Hall	Esther M. 320-1599 IR: Deb B. 885-0249		Fragrance-free*
SATURDAY					
9:00-10:00AM	FAR EAST SATURDAY GROUP Varied Format #45696	Eastside Evangelical Covenant Church 551 N Camino Seco (North of Broadway)	Meg R. 546-1168 IR: Wendy A. 955-0710		WC
9:00-10:15 AM	Saturday morning Study group #12117	University Medical Center 1501 N. Campbell Room C/D at S. end of Cafeteria	Michelle 219-9574 IR: Roger S. 877-8420		WC Parking**

SOUTHERN AZ OA MEETINGS OUTSIDE OF TUCSON – NOV/DEC 2010

GREEN VALLEY						
TUESDAY 7:45-8:45 AM	Discussion #49982	St. Francis of the Valley Church 600 S. La Canada Dr	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
WEDNESDAY 7:00-8:00PM	Literature Study #37169	St. Francis of the Valley Church 600 S. La Canada Dr	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
SATURDAY 9:00-10:15AM	Step and Tradition Study #34898	St. Francis of the Valley Church 600 S. La Canada Dr	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
SIERRA VISTA						
MONDAY 7-8pm	Monday Night Miracles #17537	Church of Christ 815 EI Camino Real	Room 3	Leslie IR: Jan F.	378-4238 678-0369	WC
THURSDAY 6:30-7:30PM	Newcomers #39367	Church of Christ 815 EI Camino Real	Room 3	Marilyn IR: Marilyn	417-1645 417-1645	WC
SATURDAY 11:00AM-12:00PM	Discussion #40592	Church of Christ 815 EI Camino Real	Room 3	Jan F. IR: Alt. Jan F.	678-0369 678-0369	WC
PATAGONIA						
TUESDAY 6:30-7:30PM	Patagonia Tues. OA Varied Format	United Methodist Church 387 McKeown Ave		IR: Ros V.	520-668-5950	
NOGALES, AZ						
WEDNESDAY 5:30-6:30PM	Solo por Hoy Spanish/Varied Format	St. Andrews Episcopal Church 969 W. Country Club Drive		Ros V.	520-394-2148	Spanish speaking
BENSON						
TUESDAY 4:00-5:00PM	Rotating Format #47074	Sobriety House 225 E. 6 th Street		Peggy IR: OPEN	520-456-1676 OPEN	WC
YUMA						
MONDAY 1:00 – 2:00PM	October thru April Only #47822	Gloria DeCristo Church 11273 E. 40th Street		Connie O. IR: Connie O.	928-305-0682	XX
TUESDAY 6:30-7:30 PM	Just for Today Rotating Format #49443	Central Church of Christ 651 West 28th St.		Lorraine IR: Lynn C.	928-782-1305 928-503-1229	WC
THURSDAY 12:00-1:00 PM		Central Church of Christ 651 West 28th St.		Lorraine IR: Open	928-782-1305	

MEETING LIST CHANGES: Changes/corrections to meeting information: Please email Nan B. at: nbadgett@earthlink.net

SOUTHEASTERN ARIZONA INTERGROUP #09078 | P.O. Box 43221 Tucson, AZ 85733-3221 (520) 733-0880

SE AZ Intergroup meets the 3rd Saturday of the mo. @10:45AM, St. James Methodist Church, 3255 N. Campbell Ave., Tucson

OFFICERS			COMMITTEE CHAIRS Cont.		
Chair:	Neva S.	520-877-420	Meeting List	Nan B.	520-825-3867
Vice Chair	Adair L.	520-743-1582	Newsletter	Beth M.	520-349-0810
Secretary	Claudia P.	520-829-6968	Special Events	Marj M.	520-248-9043
Treasurer	Rhonda S.	520-370-5100	Library/Lifeline	Emily R.-S.	520-490-1409
Sr. Delegate	Janis R.	520-325-4441	IR Trainer	Chris N.	520-721-185
Jr. Delegate	Emily R. – S.	520-490-1409	Website	Roger S.	520-877-8420
COMMITTEE CHAIRS			Telephone	Roni B.	520-269-1025
PI/PO	Janet G.	520-795-7492	12 th Step Within	Michelle S.	520-604-6811
IR=Intergroup Representative	WC=Wheel Chair Accessible		**No parking fees at UMC on Saturdays		
XX=no summer meetings	*In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume.				