

DESERT RECOVERY

Sept-Oct 2010

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

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

COMING EVENTS:

For Details go to:

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

Oct 8–10 Big Bear Lake, CA: "Big Bear, Big Life Retreat," email: bigbear.retreat@oaoci.org

Oct 16, 2–6 p.m. Sun City, ASDI
[Big Book Workshop/Potluck](#)

Oct 22-24 SEAZ [Annual Retreat](#)
St. David, AZ

Desert Recovery Newsletter

- 1) Deadline for next issue is December 1, 2010
- 2) Submit an article or send a synopsis of your event with a graphic if you like
- 3) Receive the newsletter by email.

Contact Beth M. at:

newsletter@oasouthernaz.org

WE HAVE A NEW EMPLOYER

FEAR AND FORGIVENESS

Before OA, my life was filled with many fears. One of them was authority figures. They were at work: doctors, nursing directors and managers. They were in my social world: the pastor at my church; people of a higher socioeconomic status; one of my parents, etc. Fear was and is one of my food triggers and continues in my life. The difference is that The OA program and a Higher Power are in my life now.

I did several fourth and fifth steps to rid myself of the fear that had turned into anger at authority figures. My anger was reflected in my behavior when I started conflicts, by avoiding these people and passive- sometimes aggressive behavior. I prayed for my Higher Power's guidance. One person still brought up a lot of fear and anger because of a situation that happened nine years ago. After doing another fourth and fifth step, the feelings remained. I prayed to my Higher Power for the guidance of His will. Recently, as I sat thinking about this person, my anger and fear floated away into a mist. It was gone. In the Sixth Step of The OA Twelve and Twelve, p62-63, it says "We name each shortcoming individually and ask God to deal with it whenever and however God wants." It took acceptance, humility and willingness to have them removed. Well it took four years before I was ready to let go and let God remove the fear and anger.

Step nine is about amends and forgiveness. Page 76 in The OA Twelve and Twelve states "The purpose of Step nine is to clear away guilt and ill will so that we may establish better relationships with people whom our lives have touched." I heard a lovely saying that goes like this; forgiveness is letting go of hope for a better past. My amends to these people is to change my behavior and to live in a way that does not cause conflict, fear or hurt to others or myself- to the best of my ability. This program is a miracle in progress. I am so grateful to be a part of it.

~Kathy P.

UPDATE FROM ANOTHER COMPULSIVE EATER

I think about the person that I was when I came to program less than a year ago and I'm staggered at the difference. I was binging and restricting daily, 85 pounds heavier, depressed, lost, lonely, miserable, and baffled at my own inability to get my life together. Today I am 9 days away from 8 months of abstinence and time in this program. I am experiencing physical, emotional and spiritual recovery as a result of showing up and working the steps. Physical recovery is good but cannot be the ultimate goal for me to stay mentally healthy. The big thing is that I feel as if I've lost 1,000 lbs of bullshit, and that is where I can really see my life changing.

Working the steps has brought gifts to me that I never even thought possible. Steps 1-3 set me on a path of abstinence and saner living. Step 4 is helping to make me more real and more honest. It is lifting self-loathing; lifting the burden of resentments I didn't even know I had, and helping me sift through the endless piles of fears that keep me in the food. And

the 11th step makes working the other steps and keeping my serenity possible. I actually can say that I know what happy, joyous and free feels like. Serenity is no longer just some word in a prayer that alcoholics say at their meetings; it is alive and well in my own life- which is nothing short of a miracle.

I could go on and on about the gifts I have received, but I'll share one story that I think sums up my understanding of HP (Higher Power) being active in my life, the beauty of having a sponsor that really 'gets' me, and the clarity that I have now because my face is no longer in the fridge.



A couple of months ago, I was driving home from a meeting on the east side. Over the course of that particular day, my obsessions around food were plaguing me in a way that I am happy to say is no longer a daily or even weekly occurrence. I was totally convinced that I was going to break my abstinence. The feelings passed during the meeting but came back with a vengeance upon getting in my truck. I was counting fast food places as I passed them. I needed to call my sponsor. But the phone was just so hard to flip open. And there might be cops around. Isn't it illegal to be on the phone in AZ? (as if my favorite

pastime isn't driving and talking on the phone at the same time).

I white knuckled it across town. Then I decided to call her. I opened the phone, struggled to scroll down to her name, and then glanced back in the rearview to see a cop behind me. I closed my phone. The next traffic light was red. I glanced in the rearview to discover that what I thought was a cop was, in fact, a pizza delivery car. Crap! My disease has a vehicle, and it's chasing me!! Did I call my sponsor? You bet I did. And what she told me to do (pray and read some passages in the big book) totally worked. Calling was the key. Sharing kept me from breaking my abstinence that day. It was the first time I'd ever called my sponsor outside of our regular call time. Is it still hard for me to call when I need it? Yes. Maybe it always will be hard. But I know that I can, and sometimes that fact by itself gets me through.

I couldn't help but think this week of the ending of *Catcher in the Rye*. Holden Caulfield says: "Don't ever tell anybody anything. If you do, you start missing everybody." Poor guy. What I've learned from program is that by being honest and being willing to be open, I have STOPPED missing everybody and everything. Thanks OA. I'm grateful to be home!

-Rae

DID YOU KNOW?

You can get out-of-print OA pamphlets, current pamphlets, meeting formats, OA skits, how-to-start-a-meeting instructions and other literature 'free' at: <http://www.oa.org/docs.php>

LITERATURE UPDATE

Delegates at the 2010 World Service Business Conference approved revisions for six OA pamphlets:

- *To the Family of the Compulsive Eater*
- *To the Teen*
- *Welcome Back*
- *Questions and Answers*
- *Sponsoring Through the Twelve Steps (formerly A Guide to the Twelve Steps for You and Your Sponsor)*
- *The Tools of Recovery*

WSO WANTS YOUR 12/12 IDEAS!

**December 12 (12/12) is
International Twelfth-Step-Within Day**

Help groups plan for this day by emailing your celebration ideas to info@oa.org. Please put "12/12 Ideas" in the subject header.

**We will publish the ideas in the September/October Lifeline
and the October A Step Ahead.**

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.'

A HEARTFELT THANKS... WHAT A WEEKEND!

I want to extend a heartfelt thanks to all who organized and participated in the Big Book Weekend. It was everything I'd wanted and needed. I have recommitted to working the program the way I did when I first came in 15 years ago. This includes writing down what I eat each day, a tool I mistakenly believe I am way beyond. It is so simple and it works. A daily 10th step keeps me honest and aware of the old patterns that set me up to "use". The Big Book of Alcoholics Anonymous shows me how to ASK my Higher Power for the daily help I need to deal with my fear and resentment - pages 86-88. My disease requires DAILY treatment to keep it in remission. Today I choose the solution outlined for me in the Big Book. Again, thank you to the committee, speakers and attendees for a wonderful weekend I was needing and didn't even know it. Now if only I could win that cruise..... Love and Gratitude, Chris B

OPPOSITE ACTION: A WAY TO SPIRITUAL GROWTH?

Step 9 – **Made direct amends to such people wherever possible, except when to do so would injure them or others.** At a recent meeting on the topic of **Step 9** several things came up for me. I was reminded that **our recovery is not something we can be finished and done with.** It is an ongoing, lifelong process of spiritual growth. Only by staying abstinent can I be present for the opportunities that come.

Through working Step 9 I learned that I need to **change (amend) my behavior** toward myself as well as others. My sponsor and OA friends still remind me that **I am worth the effort.**

I have one of those compulsive personalities that was constantly paralyzed by fear. Often indecisive, I would tend **not to act when action was indicated.** In recovery, I have been practicing what I call **'contrary actions'**. When my fearful

impulse says 'no', and there is no practical reason to refuse – and perhaps even a benefit to saying yes – then, I take a deep breath and say 'yes'. Interestingly, I seem to need to practice this most often where my own self care is concerned. For instance, I don't want to go to the gym – but, I do it anyway; or I don't feel like having what's on my plan of eating – but I know I'll be happier and healthier if I do.

In changing, or *amending* my behavior to enlarge my spiritual life (and thus stay abstinent!) it helps me to keep in mind what someone once said regarding the difference between 'character' and **'reputation'**. Character is doing something because it's the 'right thing to do'. When I am motivated by reputation- I act because I care who knows about it. When trying to refrain from reputation-based action I try to remember that, **what other people think of me is none of my business.** I still occasionally fall into the reputation-based action - especially when I have a responsible service position. I find

myself wanting to be perfect and wondering if I will make a mistake. Only when I get there and *do* make a mistake am I able to relax and really be of service. Like I said, recovery for me is a process.



These days I try to practice doing something nice for someone and not getting caught as a form of contrary action. I keep it as a line item on my 10th Step checklist to remind myself daily of my goal.

Finally, I am reminded of that ever dangerous 'need to be right'. I hate catching myself in the middle of that one. I've noticed it happening recently with family members over a relative's estate. I realize from listening to others how many families are torn apart by things like this. I am practicing asking myself in each interaction whether my opinion is more important than my relationship with the people involved. Of course, if it is important, then I at least need to try to be heard.

That's a lot to get out of a one hour meeting, but then, that's why I **keep coming back** to meetings. I hope you will too.

-Neva S.

WHATEVER YOU THINK THINK THE OPPOSITE.

Free Bonus for *e-Lifeline* Subscribers!

As of January 2010 and continuing every week, *e-Lifeline* subscribers receive:

Lifeline Weekly, a special bonus just for being an *e-Lifeline* subscriber.

Lifeline Weekly features archived *Lifeline* articles; inspirational quotes; and spotlights on important OA issues, events and deadlines. Become an *e-Lifeline* subscriber, and you will receive *Lifeline Weekly* via email. Be sure the World Service Office has your current contact information. You can also forward *Lifeline Weekly* to OA members and other friends who might be interested in subscribing to *e-Lifeline*. **If you are an *e-Lifeline* subscriber and did not opt in earlier for email notification, please do so now to receive *Lifeline Weekly*. Log in to your *e-Lifeline* subscription. Uncheck "unsubscribe."**

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

OA MEETING LIST September – October

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: OPEN		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: OPEN		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(Temp)		WC
5:30 –6:30 PM	HAPPY, JOYOUS, AND FREE Big Book Study #00708	4180 W. Sweetwater Dr. Look for OA signs	Roni B. 269-1025 IR: Lisa W. 990-3698		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		
10:00-11:00 AM	UNDERSTANDING HEARTS Open Discussion –NW side #46884	Christ the King Episcopal Church 2800 W. Ina Road Library (Ground Floor)	Betty D. 690-1441 IR: Open		
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: Nan B. 825-3867		
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: Jocelynn 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 IR: Roger S.	219-9574 877-8420	WC Parking**
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MEETINGS OUTSIDE OF TUCSON

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 El Camino Real	Room 3	Leslie IR: Jan F.	378-4238 678-0369	WC
THURSDAY 6:30-7:30PM	Newcomers	#39367	Church of Christ 815 El Camino Real	Room 3	Marilyn IR: Marilyn	417-1645 417-1645	WC
SATURDAY 11:00AM-12:00PM	Discussion	#40592	Church of Christ 815 El 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	
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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
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BENSON

TUESDAY 4:00-5:00PM	Rotating Format	#47074	Sobriety House 225 E. 6 th Street		Peggy IR: Darlyn R.	520-456-1676 505-681-7478	WC
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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		#00520	Central Church of Christ 651 West 28th St.		Lorraine IR: Open	928-782-1305	

IR=Intergroup Representative WC=Wheel Chair Accessible **No parking fees at UMC on Saturdays
 *In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume. **X=no summer meetings

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

Intergroup meets the 3RD Saturday of the month at 10:45AM, St. James United Methodist Church, 3255 N. Campbell Ave

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