

DESERT RECOVERY

January/February 2012

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

OA BULLETIN BOARD

For more information on current and future OA events go to our website

oasouthernaz.org

Unity Day in Green Valley

St. Francis Episcopal Church
600 S La Canada Dr., Green Valley, AZ
Chorus Room

Saturday, **February 25, 2012**

10:30-10:45 Registration

10:45-12:00 Morning Session

12:00-1:00 Lunch Break (bring your own!)

1:00-3:30 Afternoon Session

Have questions? Call Marj at

520-248-9043

Coffee, tea, water, and soda available for nominal amount

Suggested Donation \$7

The Phoenix Area Annual Winter Retreat

"Into Action – Moving Through the Steps"

Friday, **January 20** - Sunday, **January 22**

Desert Outdoor Center of Maricopa County
Parks Department

41402 North 87th Avenue, Peoria, Arizona

Contact Pat J. 602-923-8310

sprjz3137@q.com

Take the Call 5 and Keep 'em Alive! Challenge

http://www.oaphoenix.org/uploads/Call_5.pdf

Do the "Texas Twelve Step"

Dallas, Texas

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

"OA's 52nd Birthday Party Celebration Weekend"

January, 2012

World Service Convention

Los Angeles, CA

<http://www.oalaig.org/ConReg/index.php>

A Christmas Carol...

-Anonymous

I love the story of Ebenezer Scrooge and watch multiple versions of it every holiday season. It is a story of redemption, making amends, and living a new spiritual life, and this year as I watched while in recovery, I reflected on my Christmases past, present, and future. Were the Ghost of Christmas past to visit me, I would see an exhausted compulsive overeater who was morbidly obese and spent three months binging through the holidays. I spent weeks baking, eating, and re-baking. I had to have five or more different desserts telling my family I wanted to be able to please any guest, but the truth was it was the only way to ensure there were plenty of leftovers.

Food was the focus of every event and I barely remember the people who were with me, because I was trying to be stealthy. The holidays began for me in October with the Halloween "sales" (who can pass up the savings?) so by Thanksgiving I was in tears because only one pair of pants fit. By the end of Thanksgiving Day, those didn't fit either. So there was the tearful journey to the store to shop because my darn clothes kept shrinking in the washer no matter how careful I was with the laundry! I vowed as I bought the bigger pants to be good with my food and I could pass up the treats for about the next 15 days or so.

Unfortunately when I was not indulging in the food of the holiday, I was indulging in the shopping, running up charge card buying extravagant gifts for every family member, friend, acquaintance, and bank teller I knew – all in the name of the holiday. The house was decorated – compulsively, of course – and looked a lot like movie versions of the North Pole. But then the first Christmas party would come or someone would give me baked items as a treat and I was back in the food until New Year's Day. Every year I would gain 20 pounds from mid-October until New Year's Day. All Christmases of the past are a blur of food, binging, guilt, shame, extravagance and debt.

If the Ghost of Christmas Present were to come the scene is much different. I am abstinent, serene, present for my guests. I am social, not isolating; talking, not eating; sharing, not hiding; and, peaceful, not a creator of chaos. My guests still feel loved and well taken care of and they are filled – not with food, but with the spirit of love and HP.

I do not need to worry about the Ghost of Christmas Future because I live my life in recovery one day at a time.

WELCOME HOME

Have you ever wished you could lose ten pounds, twenty, forty, or a hundred or more? Have you ever wished that once you got it off you could keep it off? *Welcome to OA, welcome home!*

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belong? *Welcome to OA, welcome home!*

Have you ever wished your family would get back to work or school so that you could get busy eating? *Welcome to OA, welcome home!*

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? *Welcome to OA, welcome home!*

Have you ever looked at the stars and wondered what an insignificant person like you was doing in the world anyway? *Welcome to OA, welcome home!*

Have you ever cooked, bought or baked for your family and then eaten everything for yourself so that you wouldn't have to share? We know you in OA because we are you. *Welcome to OA, welcome home!*

Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? *Welcome to OA, welcome home!*

Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet or the car so that you could eat without anyone seeing you? *Welcome to OA, welcome home!*

Have you ever been angry, resentful, defiant - against God, your mate, your doctor, your mother, your father, your friends, your children, the salesperson in the store whose look spoke a thousand words as you tried on clothes - because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? *Welcome to OA, welcome home!*

Have you ever sobbed out your misery in the darn night because no one loved or understood you? *Welcome to OA, welcome home!*

Have you ever felt that God (if God existed at all) made the biggest mistake when God created you? Can you see that this is where such feelings get turned around? *Welcome to OA, welcome home!*

Have you ever wanted to get on a bus and just keep going, without ever once looking back? Did you do it? *Welcome to OA, welcome home!*

Have you ever thought the whole world was a mess and if they would just think and act like you, the world would be a lot better off? *Welcome to OA, welcome home!*

Have you ever thought that OA people might be a bit nuts? That they might be compulsive overeaters, but you just have a weight problem which you can take care of beginning tomorrow; they might be one bite from insane eating, but you are just a little or a lot overweight? *Welcome to OA, welcome home!*

Have you ever told anyone who would listen how great you are, how talented, how intelligent, how powerful - all the times knowing they would never believe it, because you didn't believe it? *Welcome to OA, welcome home!*

Have you ever lost all your weight and found that you were thin-unhappy instead of fat-unhappy? *Welcome to OA, welcome home!*

Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one would ever love or accept you? *We accept you in OA. May we offer you a home?*

Overeaters Anonymous extends to all of you the gift of acceptance. No matter who you are, where you come from or where you are heading, you are welcome here! No matter what you have

done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, who you have loved or hated - you can be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself and shape yourself into what other people think you should be. Only you can decide what you want to be. Welcome to OA, welcome home! But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures just because we sometimes fail, and we'll hold out our arms, in love, and stand beside you as you pull yourself back up and walk again to where you are heading! You'll never have to cry alone again, unless you choose to.

Sometimes we fail to be all that we should be, and sometimes we aren't there to give you all you need from us. Accept our imperfections too. Love us in return in our sometimes-failing. That's what we are in OA – imperfect, but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one.

Welcome to OA, welcome home.

Reprinted with permission from OA, Inc. - Lifeline Sampler pp 173-174

ARE YOU A COMPULSIVE OVEREATER?

Welcome to Overeaters Anonymous. This series of questions may help you determine if you are a compulsive eater.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to —use a little willpower to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet —on your own whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive eating problem. We have found that the way to arrest this progressive disease is to practice the Twelve-Step recovery program of Overeaters Anonymous. Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; 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.

Is OA for You?

Only you can decide that question. No one else can make this decision for you. We who are now in OA have found a way of life which enables us to live without the need for excess food. We believe that compulsive eating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested. Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.

Compulsive Eater vs. Recovering Compulsive Eater

As a compulsive eater:

I have eaten past the point of full to the point of excruciating pain that keeps me from moving, sleeping, thinking.

I have binged on foods I dislike because it was all I had.

I ate dozens of foods trying to avoid the food I was craving until I finally gave in and ate the food I craved.

I made excuses to be late and leave events early because I couldn't eat in front of people the way I wanted to.

I stayed home instead of joining others in activities so I could eat alone.

I have been to multiple drive-thrus to hide the amount I was eating. I have also ordered several drinks as if I was buying for multiple people.

I had body dysmorphia and would be shocked to see a reflection of myself and how big I was.

I went to multiple stores to disguise purchases.

When buying large amounts of sweets, I would make up stories for the cashier to justify why I was buying them.

I would eat while shopping in stores and on the way to my car because I couldn't wait.

I was unbearably excited on the way to a restaurant planning what I would eat.

I used credit to finance my binges.

I inhaled five course meals in a restaurant in 20 minutes and would lie to servers about being in a hurry.

I ask my sponsor before I make changes to my food plan.

I ordered extra desserts to "bring home to the family" that they never saw or knew about.

After serving a meal I finished up leftovers in the kitchen while cleaning up.

I ate entire packages or trays of items and had to replace them to hide what I had done.

I would stay up late to be alone to eat.

I ate undercooked and overcooked food.

I couldn't stop.

As a recovering compulsive overeater:

I have abstinence which is better than the taste of any food.

I feel peace and serenity around food at events.

I know I don't have to take that first compulsive bite.

I eat only three times a day.

I feel freedom from not eating sugar.

I have a food plan that makes my life peaceful instead of a diet I am struggling to follow.

I have a life that is filled with Higher Power, program, and more miracles than I can count.

I am present and really listen to people.

I trust my Higher Power.

I write down my food before I eat it.

I weigh and measure my food.

I regularly attend meetings, read the literature, work my Steps, and use the tools.

I pray, rather than binge, daily.

I call my sponsor and others and reach out rather than reaching for the food.

I look for service opportunities in Overeaters Anonymous and my life outside of OA and truly enjoy living a useful life.

I am someone people can count on, not someone whose moods they need to fear.

I am able to speak up for myself and my needs when it comes to program and food.

I am letting people get to know the real me, not the "me" I always pretended to be.

I am as happy as I make up my mind to be and accept life on life's terms.

I carry the message of Overeaters Anonymous to others.

I no longer need to eat over every emotion, nor do I need to stuff down my feelings.

When I am struggling I look for the spiritual solution, not how to fix my food.

I know that I have a disease and that I need spiritual, emotional, and physical recovery. My spiritual recovery is what allows me to have emotional and physical recovery.

I am no longer a slave to the scale and the number on it.

I no longer need to be perfect, which is good, because I was never very good at being perfect! 😊

I know I am loved. I am able to give love to others and receive love from others. I am even able to love myself.

-Anonymous

THE GIFT OF PROGRAM

This is my second holiday season in program. It is also my second holiday season working the steps and being abstinent. Before OA, the holidays were not happy times. They were a source of tension and anger in my family and a source of loss after moving to Tucson. I spent my holidays with friends but also with anger, self-pity, sadness, binging and pitiful and incomprehensible demoralization. The holidays before I started program were totally lost in my disease.

Last year was different; this year was even better. I was lucky enough this year to share Christmas as well as new holiday traditions with my fiancée, and with a lot of friends both in program and outside.

The biggest change this year was in the relationship with my parents. Because of the retreat, I was able to put aside my issues with my folks and send them a sincere and

grateful amends letter. The result has been better phone conversations, sending gifts that I actually enjoyed picking out, and having a loving long-distance gift exchange. For the first time in 6 years I actually missed my folks. I could put aside the blame and shame over the changes that put this distance between us and just be glad to talk to them and be a little sad that I couldn't visit with them in person. And also, though it may sound odd, be glad that I could miss them.

I have grown so much emotionally and spiritually because of this program. I have grown in gratitude, in compassion and in service. I have also grown as a human being who doesn't need a drive thru to feel full. Thank you, OA!

-Rae

PLEASED AND GRATEFUL

I had an experience yesterday which might be worth sharing with the fellowship.

My practice is to read a devotion and prayer to a friend to start our day together through voice mail. When we spoke later in the day, my friend said she didn't receive the reading and prayer for the day. We thought maybe the system took a holiday (It was January 1). Another thought was that I did not press the # key a second time to send the message. We went back and forth trying to force a solution to our problem. Thanks be to God we did not attack one another "you're forgetful," "you're wrong," "you're on pain meds.

Later in the day another friend's message said "I received your message to A and deleted it. I'm sorry I didn't send it back to you so you could send it to her." A pointed out that God/H.P. can solve our problems in ways we never think of when we just let go. We were pleased and grateful.

-Judith

WORDS OF WISDOM WORTH REPEATING

"The only thing I have to deal with each day is my thinking."

"My relationship with God is far sweeter than any food I can put in my mouth."

"The only one who can take it away from me is me, by taking that first compulsive bite."

"I don't compare me with anybody else. I only compare me with the me that I was."

"I live my life today with a song in my heart and a smile on my lips."

"When I think I need more food, I really need more faith."

"There is no person, place, or thing big enough to make me small enough to take that first bite."

"When God is going to do something wonderful, He begins with a difficulty.

If it is going to be something very wonderful, He begins with an impossibility."

"If I have not humility, I have not serenity."

"I am not free as to the things that will happen to me, but I am 100% free as to the attitude I have toward these things. My personal well-being or my suffering depend on my attitudes."

"THE WORD *ANGER* IS ONLY ONE LETTER SHORT OF THE WORD *DANGER*."

"God does not comfort us to make us comfortable but to make us comforters."

"Do you want to be right or do you want to be happy?"

-From past issues of Tucson Newsletters

A RECIPE FOR THE NEW YEAR

-Reprinted from Tucson's *No Name Newsletter*, February 1987

Take 12 fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor, hate, and jealousy. Clean them completely from every clinging spite; pick off all specks of pettiness.

Cut these months into 30 or 31 equal parts. Do not attempt to make up the whole batch at one time, but prepare one day at a time as follows: Into each day put equal parts of faith, patience, courage, work, hope, fidelity, kindness, rest, prayer, and meditation. Add about a teaspoonful of good spirits and a dash of fun, a pinch of folly, a sprinkling of joy, and a heaping cupful of program.

SEAZ

Southwestern Arizona Overeaters Anonymous
Intergroup #09078
P.O. Box 43221 Tucson, AZ 85733
(520) 733-0880

OASOUTHERNAZ.ORG

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

St. James Methodist Church
3255 N. Campbell

Submit Your Stories!

The WSBC Conference Literature Committee is soliciting stories of recovery from OA members for the proposed revision of *Overeaters Anonymous, Second Edition*. The committee is looking for stories that emphasize members' experience, strength and hope achieved through working and using the Twelve Steps, Twelve Traditions, Twelve Concepts of Service and nine tools of the *Overeaters Anonymous* program. The committee is interested in stories that focus on how members have achieved and maintained long-term physical, emotional and spiritual recovery.

We are seeking stories written from the perspectives reflected in our membership today. For example, we welcome recovery stories that reflect the diverse ethnic and cultural backgrounds as well as age and gender differences in our Fellowship. We are also looking for stories that show various ways the disease of compulsive eating manifests itself (for example, obesity, bulimia, anorexia, etc.) Your story can include physical, medical and mental-health challenges that are part of your recovery.

Stories can also incorporate experiences of recovery in non-English speaking countries.

For questions, contact Barb G., Conference Literature Committee chair: barb72874@aol.com. Word length: 750–1200 Please email submissions to info@oa.org on or before January 31, 2012. Submitted materials will not be returned.

Desert Recovery Newsletter

- 1) Deadline for next issue [February 15, 2012](#)
- 2) Get your events listed or submit an article
- 3) Receive the newsletter by e-mail

Contact Michelle
newsletter@oasoutheraz.org

OA MEETING LIST – January/February 2012

DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
SUNDAY 11:00 -12 Noon	MIRACLES HAPPEN Literature Varied Format #23957	4180 W. Sweetwater Dr. (WEST) Look for OA signs	IR: Sally H. 429-5318	WC
SUNDAY 5:30-6:30 PM	HOPE, LOVE & ACCEPTANCE Varied Format #45377 Tradition/Step and 1-1/2 hr Big Book Study	Streams In The Desert Lutheran Church Classroom A in Fellowship Hall 5360 E. Pima (CENTRAL)	Elisa M. 299-3200 IR: Susan C. 747-5018	WC
SUNDAY 5:30-6:30 PM	SEEKING THE POWER 11 TH STEP MEETING #49744	University Medical Center, (CENTRAL) 1501 N. Campbell Rm. E/F (S end of Café)	Janet G. 795-7492 Andrea M. 977-9980	Fragrance-free* WC **Parking
MONDAY 5:30-6:30 PM	GOING SANE Big Book Study Speaker 1 st Monday #39507	First United Methodist Church, Carillon Room (4 th & Park), 915 E. 4th St. (CENTRAL) Park behind church, enter lot from 4 th Street ,	Felice G. 891-8900 IR: Jonathan K. 609-0939	WC
MONDAY 7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Abounding Grace Church, 2450 S Kolb Rd (FAR EAST) N. of Golf Links on W. side	Debbie F. 312-7597 IR: Jan H. 790-2658	WC
TUESDAY 10:30-11:30 AM	RECOVERY #30601	Posada Del Sol (NORTHEAST) 2250 N. Craycroft (Park at Safeway)	Judith H. 323-9845 IR: Lauren M. 241-3616	Fragrance-free* WC
TUESDAY 10:30-10:45 10:45-12 Noon	NW TENDER SOLUTIONS Newcomers meeting OA 12 & 12/ Sharing #40963	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd. (NORTHWEST) West of Oracle Rd.	Neva S. 877-8420 IR:	WC
TUESDAY 5:30-6:30 PM	TUCSON MEN'S SANITY #49144	931 N. Fifth Avenue (CENTRAL) 1 ½ blocks south of Speedway	Jim D. 250-0509 IR: Ron R. 320-9675	
TUESDAY 8:30-9:30 PM	Young People's Meeting #45374	Wingspan (CENTRAL) 430 E 7 th St. Just East of 4 th Ave.	Joe N. 551-2039 IR:	
WEDNESDAY 7:30-8:30 AM	GOING TO ANY LENGTHS Big Book Study	St. Frances Cabrini Church, Education Bldg. Rm. 5 (Except 3 rd Wed. Rm 1) 3201 E. Presidio CENTRAL	Wendy A. 955-0710 IR:	Fragrance-free*
WEDNESDAY 11:30-12:30 PM	WELCOME HOME #04330 Sharing	Streams In The Desert Lutheran Church, Ginsler Hall S. Side of Church 5360 E. Pima (EAST)	Sue R. 358-7358 IR: Barbara M. 327-2709	Beverage only
WEDNESDAY 5:30-6:30 PM	VOICES OF RECOVERY Leader's Choice Literature #49188	St. Thomas More Newman Center Library 1615 E. 2nd St. (CENTRAL) Cherry & 2 nd Park & enter from rear	Andrea M. 977-9980 IR:	
THURSDAY 10:45-11:45 AM	SEEKING THE SPIRITUAL PATH Book study #00439	Oro Valley Urgent Care, Comm. Ed. Room 13101 N. Oracle Rd. (Oro Valley FAR NW)	Diane 638-5583 IR: Marie R. 270-9568	
THURSDAY 5:30-6:30 PM	OVER AND UNDER MEETING Lifeline/Discussion #50226	St. Frances Cabrini Church, Ed. Bldg., Rm. 5 (E. of church) 3201 E. Presidio (CENTRAL)	Beth M. 577-8745/349-0810 IR: Ellen F. 290-3235	WC
THURSDAY 7:00-8:00 PM	BIG BOOK STUDY #47942	Abounding Grace Church 2450 S Kolb Rd (FAR EAST) N. of Golf Links on W. side	IR: Mary M. 248-6480	WC
FRIDAY 7:30-8:30 AM	FRESH START #49600	TEMPROARY LOCATION Coffee Exchange Campbell/Grant (CENTRAL)	Janet G. 795-7492 IR: Lynne L. 745-5954	Fragrance-free* Service dogs only
FRIDAY 10:30-11:30 AM	LIVING IN THE SOLUTION Sharing #14251	Streams In The Desert Lutheran Church Class Room A in Fellowship Hall 5360 E. Pima (EAST)	Don B. 325-7053 IR: Bev C. 628-8580	Fragrance-free*
SATURDAY 9:00-10:00 AM	FAR EAST SATURDAY GROUP Varied Format #45696	Eastside Evangelical Covenant Church 551 N Camino Seco (FAR EAST) (North of Broadway)	IR: Deb B. 885-0249	WC
SATURDAY 9:00-10:15 AM	Saturday morning Study group #12117	St. James Methodist Church 3255 N Campbell (CENTRAL) (N of Ft. Lowell; W side of Campbell)	Chris B. 887-7188 IR: Deb E 444-9960	WC

IR=Intergroup Representative

WC=Wheel Chair Accessible

**No parking fees at UMC on Sundays

*In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume. **XX**=no summer meetings

OUT OF TOWN OA MEETINGS

DAY & TIME	GROUP NAME & UMBER	LOCATION	CONTACT & IR	NOTES
GREEN VALLEY				
TUESDAY 7:45-8:45 AM	Discussion #49982	St. Francis of the Valley Church 600 S. La Canada Dr Library	Marj M. 248-9043 IR: Marj M. 248-9043	WC
WEDNESDAY 7:00-8:00 PM	Literature Study #37169	St. Francis of the Valley Church 600 S. La Canada Dr Library	Marj M. 248-9043 IR: Marj M. 248-9043	WC
SATURDAY 9:00-10:15 AM	Step and Tradition Study #34898	St. Francis of the Valley Church 600 S. La Canada Dr Library	Marj M. 248-9043 IR: Marj M. 248-9043	WC
SIERRA VISTA				
MONDAY 7:00-8:00 PM	Monday Night Miracles Literature study #17537	Church of Christ 815 El Camino Real Room 3	Leslie 378-4238 IR: Jan F. 678-0369	WC
THURSDAY 6:30-7:30 PM	Newcomers #39367	Church of Christ 815 El Camino Real Room 3	Marilyn 417-1645 IR:	WC
SATURDAY 11:00-12 Noon	Varied format #40592	Church of Christ 815 El Camino Real Room 3	Jan F. 678-0369 IR: Nancy R. 227-3817	WC
PATAGONIA				
TUESDAY 6:30-7:30 PM	Patagonia Tues. OA Varied Format #50474	United Methodist Church 387 McKeown Ave	Michelle S. 520-604-6811 IR: Leanne F. 774-521-8932	
THURSDAY 6:30-7:30 PM	Patagonia OA Big Book Study #51744	United Methodist Church 387 McKeown Ave	Adrienne 520-404-3490 IR:	
NOGALES, AZ				
			Ros V. 520-668-5950 Spanish/English Speaking	
BENSON				
TUESDAY 4:00-5:00 PM	Rotating Format #47074	Sobriety House 225 E. 6th Street	Peggy 520-456-1676 IR:	WC
YUMA				
MONDAY 1:00 – 2:00 PM	October thru April Only #47822	Gloria DeCristo Church 11273 E. 40th Street	Connie O. 928-305-0682 IR: Connie O.	XX
TUESDAY 6:30-7:30 PM	Just for Today Rotating Format .#49443	Central Church of Christ 651 West 28th St.	Lorraine 928-782-1305 IR: Lynn C. 928-503-1229	WC
THURSDAY 12:00-1:00 PM	#00520	Central Church of Christ 651 West 28th St.	Lorraine 928-782-1305 IR:	

IR=Intergroup Representative

WC=Wheel Chair Accessible

**No parking fees at UMC on Sundays

*In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume. XX=no summer meetings

MEETING LIST CHANGES: Please send corrections or changes to Kara S. kara.adams.snyder@gmail.com

OVEREATERS ANONYMOUS SOUTHEASTERN ARIZONA INTERGROUP #09078

P.O. Box 43221 Tucson, AZ 85733-3221 (520) 733-0880

SE AZ Intergroup meets the third Saturday of the month at 10:45AM, St. James United Methodist Church, 3255 N. Campbell Ave., Tucson

SE Arizona Intergroup Board

Officers			Committee Chairs		
Chair:	Roni B.	269-1025	PIPO		
Vice Chair	Marilyn B.	417-1645	Meeting List Contact	Kara S.	971-9730
Secretary	Chris N.	721-1085/ 661-1991	Newsletter	Michelle S.	newsletter@oasouthernaz.org
Treasurer:	Rhonda S.	370-5100	Special Events	Claudia P.	829-6968
Delegate (1):	Janis R.	325-4441	Tape Library/Lifeline	Pam T.	331-2107
Delegate (2):	Emily R.-S.	490-1409	IR Trainer	Jocelynn W.	982-0556
			Telephone	Susan C.	747-5018
			12 th Step Within	Wendy A.	955-0710
			Website	Nan B.	825-2892

WEBSITES: OA World Service: www.oa.org OA Region 3: www.oaregion3.org OA Southern AZ: www.oasouthernaz.org