



DESERT RECOVERY

January February 2014

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

What Does it Mean to be Spiritually Fit?

This is a question that has come to mind. We were reading from the Big Book of AA in the "More about Alcoholism" chapter. I asked "what does it mean to be spiritually fit?" One answer was: progress with the steps, clearing up the wrongs, making yourself right with the world. Another answer was living the principles of the recovery program.

What does that mean?

When we are walking in truth, when we desire to do God's will, we are at peace with God and other people. We are trying to be of service to God and our fellow man. We are not looking to take advantage of anyone. We are not upset because we are being taken advantage of. We are no longer demanding every one follow our script. We are no longer trying or wanting to be in charge. We are not trying to see what we can get away with.

When we are actively working the steps, we are at peace with God, at peace with ourselves, peace with others, and in the business of keeping the peace. Once we finally understand that *using food to find peace does not work*; once we understand that we are *actually forfeiting our peace* with God, ourselves and others, we are less likely to want to do that.

I realize that it is very easy to forget. All I need to do is stop consciously taking care of myself. Every day that I wake up grateful for another day of life -grateful for the opportunity to be abstinent, grateful to be in close daily contact with God, and grateful to be of use to my fellow man, I am less likely to be obsessed with food.

~Anonymous

Why Abstinence is Important

OA's statement on Abstinence and Recovery states that "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program." So what is abstinence? It is all the things that we do to help us maintain sanity and balance. The word abstinence is describing a way of life that enables me to enjoy living life between the meals; the food that I need to eat to maintain my health and well-being. When I eat without any restraints, **I lose** my serenity, sanity and become out of balance. When I eat foods that chemically disagree with my body, **I lose** the ability to care about myself and those around me. I become food focused which makes me: selfish, self-centered, and self-conscious. **I lose** my ability to see myself as I really am, to see the world and others as they really are. I lose my connection to God, my Higher Power, because God wants me to love myself and love my neighbor as I love myself. When I am in the food, **I lose** the connection to myself; I do not think or care what I am doing to my body, health or my connection to God and other people, all I can think about is how to get more food. When I am in the food, I stop caring about anything but the food. **I lose** the ability to see what I am doing as compulsive and that answers the question of "why we want it (abstinence)?"

However, I needed to feel loved and cared for before I found any recovery. It is through the meetings and the fellowship in and outside of the meeting rooms that we loved, accepted and find the courage to: *become willing* to get a sponsor; become willing to make and follow a food plan or plan of eating; *become willing* to, one day at a time, turn our will and our lives over to the care of God as we understand Him; *become willing* to trust that God is and will do for us what we could never do for ourselves. As we *become willing* to go to any lengths, we will find abstinence.

~Anonymous



Surrender

As I died a death I did not see
A Power came and spoke to me
As I sank so low and questioned why
A Power came and whispered, "Try"
When I closed my mind uncertain of...
A Power came and spoke of Love
Surrender wasn't what I sought
Friendship, and love is what I got
In humbleness God finds a way
Within these rooms I'm here to stay

Sally H



FROM THE ARCHIVES

How Much is Enough?

I don't know if you can relate, but it seemed to me I never knew how much enough was. A feast was never enough. Being full never registered with me. The only time I ever stopped bingeing was at the point of "sick." Then it started all over again.

This same hunger permeated my whole life, m relationships with m friends, my co-workers, and most of all my family. There were never enough shopping trips to fill me, or never enough drugs and alcohol to fill that hole in my gut. Stress was my constant companion. I could never do enough to live up to my own unrealistically high expectations. Never could I consume enough to satisfy the unrelenting hunger.

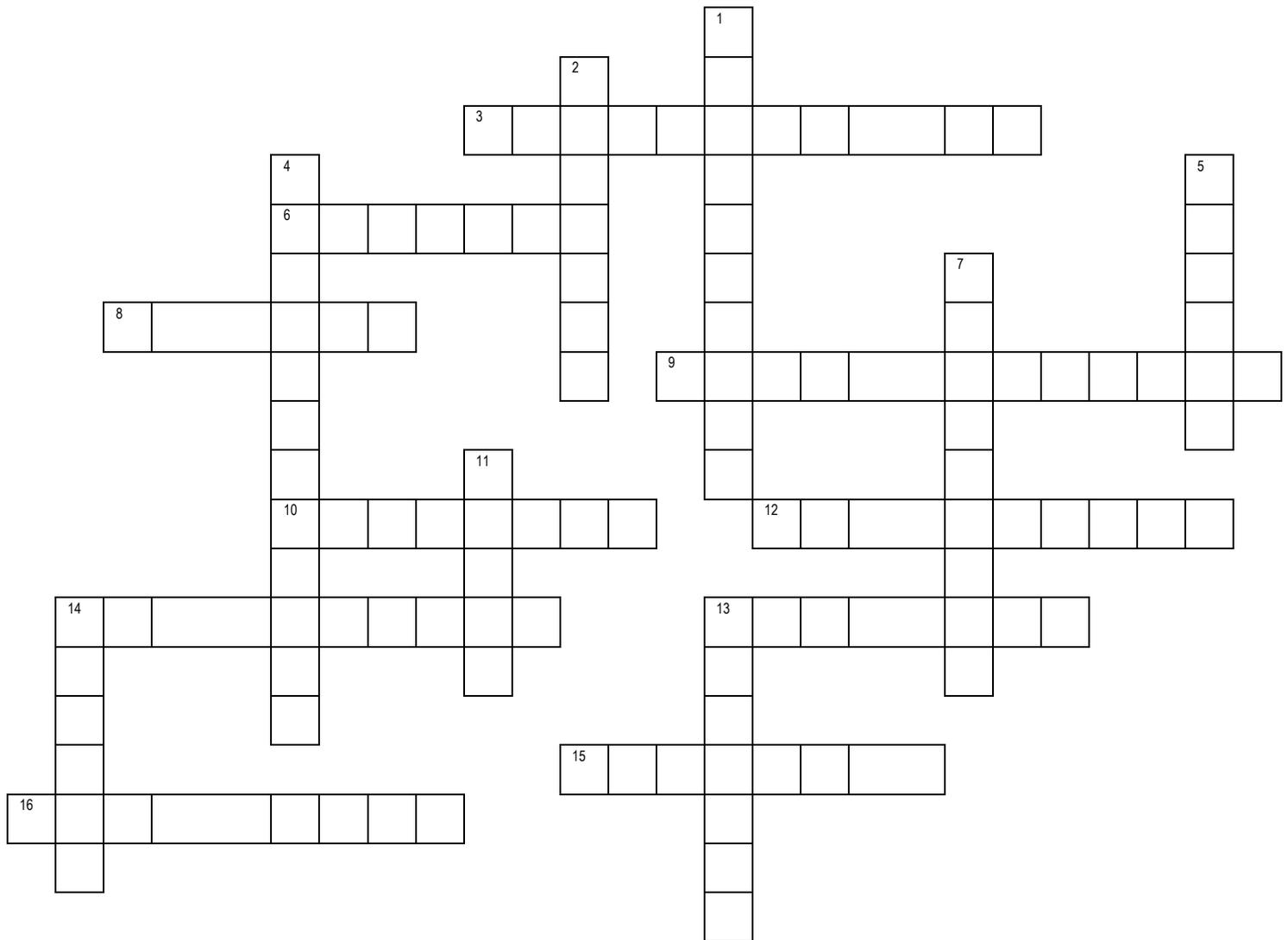
After coming to Overeaters Anonymous, I soon learned that my hunger could never be filled with food. My hunger was of a spiritual nature and could only be satisfied by abstaining and working the 12 steps of OA.

For two and a half years, I have chosen to eat three meals a day, go to many meetings, talk with a sponsor and work the 12 steps to the best of my ability. As I continue to do the footwork, God has graced me with a life that feels full most days. For this, I am very, very grateful.

~Anonymous (Reprinted from Jan 1991 "No Name Newsletter" of Tucson Intergroup)

JUST FOR FUN!

(Created by Chris N.)



ACROSS

- 3 Advancing by stages
- 6 An extraordinary happening
- 8 Belief and trust in
- 9 Unable to direct affairs
- 10 Condition or quality of being serene
- 12 A moral settled reason of action
- 13 To arrange so that one set of elements equals another
- 14 Of unknown
- 15 Someone who supports
- 16 Allow to enter; confess; permit

DOWN

- 1 To agree that the situation exists
- 2 Free from deception
- 4 Present in all places
- 5 Not pretentious; unassuming
- 7 A revival of interest or conscience
- 11 Combination of different people with common aim
- 13 A border or limit
- 14 Reparation

SAVE THE DATES!!



VISITING SPEAKER!!

**“Abstinence and Recovery
for the Long Haul”**

Tucson

Saturday, February 1, 2014

1030 am – 330 pm

200 S. Alvernon Way

**Food and Drink for purchase
or BYO**

Suggested donation, \$10

**Directions: Reid Park Performing Arts Building #2 |
200 South Alvernon Way
(First right- south of
Broadway on Alvernon Way)**

<http://oasouthernaz.org> for more information on the event itself, and for online registration details. Mail-in registration forms will also be available. Please note: advance registration is not required, but it will save you a place at one of the 8-person round tables.

Questions?? Beth M. 520-349-0810

OA’s Annual Unity Day speakers and workshop

Green Valley

Saturday, February 22, 2014

1030 am – 330 pm

600 S. La Cañada Drive

**Sack lunch recommended, but there
are restaurants nearby.**

Suggested donation, \$5

Directions: From Tucson, head South on I-19 to Exit #65 (Esperanza Rd.) Turn right off the exit ramp, heading West on Esperanza to the 1st light. Turn left onto La Canada, go South on La Canada about ½ mile. Watch for signs, turn right onto Alegria and then left into the church parking lot. We will be meeting in the chorus room, the first doors on your right as you walk toward the church courtyard.

Questions??

Marj – (520) 248-9043

or

Mary Anne – (520) 393-0169

THE PRINCIPLES BY STEP AND SOME THOUGHTS ON RECOVERY

STEP 1 - HONESTY: Learning **self-love as God loves me** and learning **self-care as God** (the ultimate and primary authority) **would care for me** including: Nurture, Nourish, Service, Exercise, Mindful quiet time.

STEP 2 - HOPE: The welfare of the individual is served when **I consider what's best for the group as a whole** to be my primary concern.

STEP 3 - FAITH: I must **be responsible for all of my OWN affairs** without doing damage to the community as a whole

STEP 4 - COURAGE: As I carry the message, **I must be an example** of that message.

STEP 5 - INTEGRITY: I must learn to **separate the material from the spiritual**.

STEP 6 - WILLINGNESS: I need to **develop willingness**, and then **make a decision** (an act of my own will) **for a sustained and personal adherence to God's will**.

I must be **fully self-supporting** in my own life.

STEP 7 - HUMILITY: My genuine humility comes when I **count my blessings AND express my gratitude** for good orderly direction from my Higher Power.

STEP 8 - LOVE

STEP 9 - DISCIPLINE: I **hire help** when needed and **provide service to self** in the form of spiritual, emotional and physical health **through surrender to God's will** and giving others employment.

STEP 10 - PERSERVERANCE: I need to **distinguish between outside issues and my own issues** (gossip, comparing, focusing on another's behaviors/actions). I need to oppose no one.

STEP 11 - SPIRITUAL AWARENES: I **practice attraction rather than promotion**. There is no need to praise myself or seek praise **by advertising weight loss, or food plan**. I need people to be attracted by my program, behavior, sharing and service actions.

STEP 12 - SERVICEI **give service freely** and **get fair recompense** for employment. : Having no authority I am **guided in the spirit of service, I do not govern, I become useful**.

~Junardi

