

Desert Recovery Quarterly

March 2017

“I Can’t, God Can, I think I’ll Let Him”

1. *We admitted we were powerless over food—that our lives had become unmanageable.*
2. *Came to believe that a power greater than ourselves could restore us to sanity*
3. *Made a decision to turn our will and our lives over to the care of God as we understood Him*

Welcome to the First Edition of the Desert Recovery Quarterly

I am pleased to present the first edition of the Desert Recovery Quarterly. We chose the theme “I Can’t, God Can, I think I’ll Let Him” as a way to remind ourselves of the importance of the first three steps. I love that the first three steps can be reduced to a simple statement that captures the profundity of surrender and acceptance. I must constantly remind myself of my own powerlessness over this disease and that in the midst of chaos I can accept that I cannot do anything about it and I can surrender the outcome to my HP. Surrendering my will to my HP means I must ‘Let Him (Them/Her)’ help me. The admission of powerlessness is followed by acceptance, acknowledgment and a willingness to let HP into my life. Editing this newsletter has reminded me that my HP needs to be invited into my life. Thank You for giving me the opportunity to do this service.

Alex J.

Easing the Burden

I am a 26-year-old compulsive over-eater and have been in OA for one year. This program has changed my life. I am not the same person I was before entering OA. I have discovered new and loving parts of myself I never knew were there before. I have found my Higher Power. He loves and accepts me; he is everything I want him to be without anyone else’s ideas mixed in. I found him through working the Steps with a sponsor, and I found a sponsor by returning to meetings. It all started with my first meeting.

I never had real friends before OA. I did not know I was likeable and did not like myself. When doing my Fourth Step, I looked into the eyes of my loving sponsor and saw she still loved me. I was shocked. All the program work seemed worthwhile. I did not care why or how the Steps worked; I just knew they did. I drove home that day feeling closer to my creator. I could look in the mirror without disgust. Now, after working and reworking the rest of the Steps, I see love in the mirror. I see my Higher Power in my own eyes. He lives within me, which means my greatest fear-being alone-will never happen.

I am free to live in today, to enjoy this minute. I no longer bow down to fear, people pleasing, resentment, hatred,



anger, guilt, shame and all the other negative emotions. All I have to do is call his name. He is my loving mother and the father I never had. He is there for me all the time, as long as I am willing to say one simple phrase: "May your will, not mine, be done." So the other day when I left an OA meeting disillusioned because a newcomer had said, "What are you doing here? You're skinny; you don't look like you belong here," I knew I did belong. I am bulimic. Although years of compulsively overeating did not show up as extra weight, I have lost weight. We all know the terrible burden that comes with being a compulsive overeater. My Higher Power used the OA Fellowship and the Twelve Steps to remove that burden. Now I am committed to helping anyone find what my Higher Power has so freely given me. Thank you, OA, for your gift of love and acceptance.

Anonymous (taken from the October 2005 Lifeline)

I Can't, God Can

The hardest part of my addiction has always been giving my will to God. For years, the words "Thy will be done" were the four worst words in the English language to me. I hated them because I couldn't imagine letting anyone else control my life. I was terrified that if I let God run my life, He would take away the things I held most precious.

My eating disorder was one of those things. I was so convinced that without my food and exercise compulsions, I would have nothing left to live for. It wasn't until I hit rock bottom and became willing to truly turn my life over to God that I realized I'd had everything backwards all along.

In the hands of my Higher Power, my life became meaningful. He took the mess I had made and turned it into something beautiful and fulfilling. The phrase "Let go and let God" became my mantra. When I was faced

with a seemingly insurmountable challenge, I no longer felt the need to tackle it on my own. Though it took a lot of time and practice, eventually I was able to go to my Higher Power with my challenges and allow Him to help me solve them.

Though I have come a long way with this concept, I continue to struggle and grow. Recovery is an everyday process for me. I have to wake up every morning and decide whether I am going to allow my eating disorder or my Higher Power direct my life. I am reminded of a phrase I once heard in an OA meeting:

"God did not save me from drowning in the sea of addiction to leave me stranded on the beach of abstinence." My Higher Power is here for me, no matter what. On the days when I struggle and feel tempted to give up, I am reminded that He will never give up on me. God is here for my victories and my losses, my sunrises and my dark nights. It is an interesting paradox, but looking back now I realize that the only way I was ever able to gain control of my life was by giving that control to a power greater than myself.

M.

Acceptance

Life is so much more enjoyable when I don't have all the answers, am not responsible for everyone and everything, and am not in charge. Life is more enjoyable when I am not busy thinking how stupid I am, how slow at learning, how dense about this or that. Somewhere in life a happy medium exists between knowing it all and knowing nothing. That comes through acceptance. Accept what I do know. Accept that I don't know everything and that others might know something. Accept new information, learning at a pace that is my own and accepting that too. If I knew all the answers, why would I be in OA? It's a process, learning as I go, both in life and in OA. If I knew it all, I wouldn't need OA. But I don't know it all, and I'm grateful to have a place and people to come to for some answers.

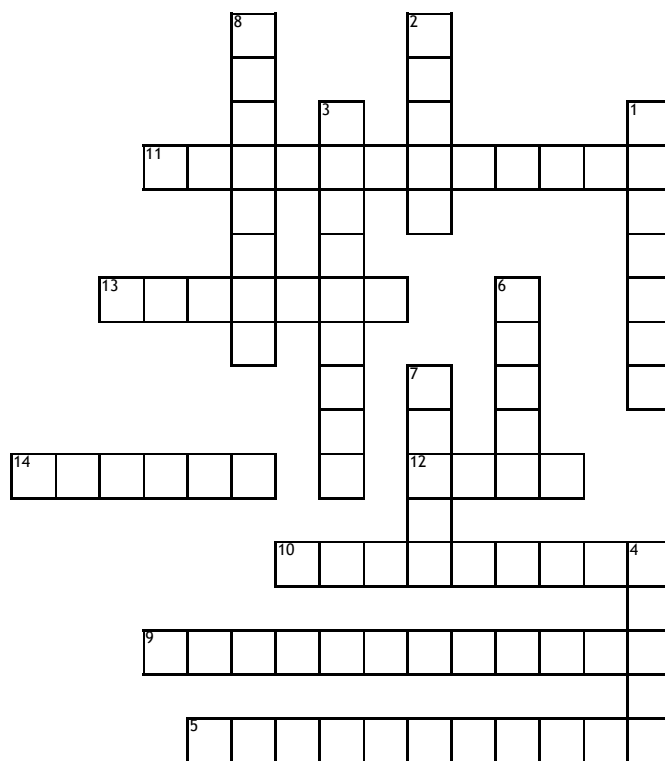
*B.D., Lake Worth, Florida USA
(taken from the May 2006 Lifeline)*

Good

Ordery

Direction

Twelve Steps Crossword



Across

5. This helps us improve our conscious contact with God.
9. Step 7.
10. _____ awakening.
11. Our lives became this.
12. We turned this over to the care of God as we understood Him.
13. To make amends we must be this.
14. We admitted these things to God, ourselves and another human being.

Down

1. We were ready for God to remove these.
2. We are powerless over them.
3. We continued to take this daily.
4. All people we had harmed are on this.
6. _____ inventory.
7. Greater than ourselves.
8. Another word for fast.

Upcoming Events

March 24-26 R3 Spring Assembly, Dallas, TX

May 1-6 WSBC in Albuquerque, NM

PIPO Announcement

To My Sisters and Brothers In OA

The PIPO (Public Information and Professional Outreach) committee needs your help. The latest information gathered at meetings about what is important to the groups had to do with sharing the message in all areas and building the numbers in the fellowship. This is exactly what the PIPO committee does by raising the consciousness both in the public and professional arenas.

You would be working the 12th step if you help us accomplish this goal. Here are areas in which we need help:

Health Care Professionals
Staffing tables at local events
Speakers to public and professional groups
Working with the media
Stamping pamphlets

Stuffing envelopes
The media

The most labor-intensive project is a mass mailing to all the churches, synagogues and mosques. There are several hundred. We will be sending literature and a letter directed to the clergy in charge of each facility. We can't do this without you.

In the near future we will have information in all the Pima County libraries as well as out-lying areas. We will also be placing posters inside the city buses.

We also need people who have other ideas about how to accomplish these goals, are problem solvers, and team players. I think this is a definition of every recovering person in a 12 Step program.

The next committee is Sat. March 25 from 2-4pm at Himmel Park Library.

If you have questions, ideas or want to volunteer please call or email me.

Thank you in advance for your service.

Janet G

795-7492

janet.genera@icloud.com

Seeking God's Will

I easily get caught up in activity and plan my day around things that must be done. I do not automatically go inward to get in touch with my Higher Power or with what's going on with me emotionally. I must set aside a time and place to have conscious contact with my Higher Power.

I try to do this for half an hour in the morning. I usually light a candle to remind me of the sacredness of the occasion. This makes my time with my Higher Power more real, which helps a sense of serenity stay with me throughout the day. When that happens, my life improves; I no longer haphazardly react to events as they arise. I operate under my Higher Power's guidance and presence. During this time of quiet reflection, I seek to know God's will. When my will clashes with God's, we are at cross-purposes and no good can result. When I align my will with God's, he gives me the direction, energy and focus I need to function at the highest possible level. Only through prayer and meditation can I discern God's will and surrender to it.

I keep the door open to my Higher Power by setting up inviting conditions for conscious contact through prayer and meditation. My recovery is absolutely dependent on my relationship with my Higher Power. God was at the timid beginning and will be at the infinite end of my recovery, and at all points in between.

G. (taken from the November 2005 Lifeline)





The Love and Power of the “WE” Will vs the Shame and Pain of the “ME” Will

I have been a prisoner of food my entire life. The prison walls consist of lying about food, being teased as a child about being fat, and as an adult having to replace both of my knees because the weight they have had to support caused them to wear out. In spite of this history, I have tried over and over to change my abnormal relationship with food or to change the dysfunctional behaviors that take me to a dark and painful place after acting on them. I have repeatedly convinced myself that I am strong enough to have one bite of a food that has sent me into a death spiral of food so many times before- but this time will be different. How many days and nights will be spent alone, sad or crying because I have failed to control my food? Finally, in desperation I gave up and walked into the doors of OA as a failure, weak and broken. I found that I was given the gift of surrender and abstinence when I finally gave up my “ME” will for the “WE” will of HP. HP has guided me to abstinence, not to perfection. The “WE” will has allowed me to see the things in my life that will need to change in order for me to stay free of the demons of my past. HP frequently has to redirect the “ME” will, but the “WE” will is making it work. HP gently keeps me focused by opening me up to his will in words and the people I interact with. The “ME” will is not going to go quietly because it has run my life for too long, but each time the “WE” will takes hold the “ME” will comes back a lot weaker. With HP my life is better today and every day is today.

-Linda J

Crossword Answer Key



Call for Submissions to the Newsletter

Deadline for Submissions is May 5th

Topic: Abstinence in Dry Times

When the heat keeps us inside, how do you stay abstinent? When your recovery feels dry and stagnant, how do you stay abstinent?

We have an on-going need for stories, articles, poetry and original artwork to be published in the newsletter. Issues are published quarterly, and deadline for each issue is always printed in the preceding newsletter. The co-chairs meet monthly to edit items received and would appreciate submissions as early as possible.

Submissions can be emailed to Newsletter@OASouthernAZ.org

or

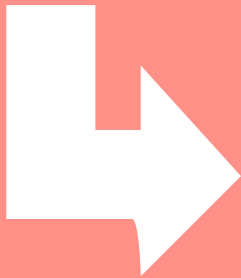
Mailed to the Intergroup's post office box:
Southeastern Arizona
Overeaters Anonymous c/o Hannah Dahl
PO Box 43221
Tucson AZ 85733-3221

Lifeline Writers Guidelines

(These guidelines can also be used for Newsletter submissions)

1. Write directly to the topic you have chosen.
2. Briefly describe your physical, emotional and spiritual condition when you entered OA. Be specific, including your weight at that time.
3. Relate in detail how the Steps, Step principles, Traditions, tools and/or Twelve Concepts of OA service helped in your recovery.
4. Describe your OA experience. Your focus should be on OA. Reference to other Twelve-Step programs and outside support are considered outside issues.
5. Tell the length of your abstinence and the weight loss you have maintained.
6. Limit your story to 500 words if possible. When submitting handwritten stories, please write legibly

**Got Writer's Block?
Use these Guidelines**



SOUTHERN ARIZONA OA MEETING LIST: Updated February 16, 2017

for the most up to date list visit: www.oasouthernaz.org

| DAY& TIME | GROUP NAME & NUMBER | LOCATION | CONTACT & IR | NOTES |
|------------------------------------|---|---|--|--|
| TUCSON AREA | | | | |
| SUNDAY 11:00 -12 Noon | MIRACLES HAPPEN Literature Varied Format #23957 | 4180 W. Sweetwater Dr. Look for OA signs (NORTHWEST) | Adena 404-8466 IR: Barb A 548-0904 | WC |
| SUNDAY 5:30-6:30 PM | HOPE, LOVE & ACCEPTANCE Varied Format: Tradition/Step and 1-1/2 hr Big Book Study 3 rd Sunday #45377 | Streams In The Desert Lutheran Church Classroom A in Fellowship Hall 5360 E. Pima (CENTRAL) | Susan C. 747-5018 IR: Cyndi K 716-248-9867 | WC |
| SUNDAY 5:30-6:30 PM | SEEKING THE POWER 11 TH STEP MEETING #49744 | UNIVERSITY OF ARIZONA MEDICAL CENTER 1501 N. Campbell (CENTRAL) Rm. E/F (S end of Café) | OPEN IR: Andy M. 321-1846 | FF* WC **Parking |
| MONDAY 11:00-12:00 | San Xavier OA Sharing, 12x12, Big Book, literature | On the reservation Call for directions | IR: Connie T. 577-3768 | |
| MONDAY 5:30-6:30 PM | READING, WRITING & RECOVERY #53361 | Mountain View Retirement Village, 2 nd Floor 7900 N. La Canada Dr. (NORTHWEST) | Cynthia 414-732-3063 IR: Christine K. 261-9911 | Please sign in at Reception |
| MONDAY 7:00-8:00 PM | FAR EAST ABSTINENCE / STEP STUDY #40522 | Abounding Grace Church, 2450 S. Kolb Rd. (FAR EAST) | Mickey M. 885-6861 IR: Chris Nunn 661-1991 | WC |
| TUESDAY 10:45-12 Noon | NW TENDER SOLUTIONS OA 12 & 12/ Sharing #40963 | Dove of Peace Lutheran Church 665 W. Roller Coaster Rd. (NORTHWEST) West of Oracle Rd. <i>(Meeting in lower level room, park in rear of church. Entrance is through gate on the right.)</i> | Michael 847-370-5845 IR: Ari K 419-3340 | WC |
| Wednesday 7:30-8:30 AM | EARLY MORNING BIG BOOK STUDY Central #54477 | St. Frances Cabrini Church, Ed. Bldg. Rm. 3 (E of church) 3201 E Presidio | Ann S. 395-2503 IR: Vallerie O 275-8697 | FF* Service dogs only |
| WEDNESDAY 11:30-12:30 PM | WELCOME HOME Sharing #04330 | Streams In The Desert Lutheran Church, Ginsler Hall S. Side of Church 5360 E. Pima (CENTRAL) | Judith H. 323-9845 IR: Jane C. 296-5199 | Beverage only |
| 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) | IR: Pam R. 297-4704 | |
| 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. 349-0810 IR: Alex J. 990-2834 | WC |
| THURSDAY 7:00-8:00 PM | BIG BOOK STUDY #47942 | Abounding Grace Church 2450 S. Kolb Rd. (FAR EAST) | IR: OPEN | WC |
| FRIDAY 7:30-8:30 AM | FRESH START #49600 | St. Frances Cabrini Church, Ed. Bldg., Rm. 3 (E. of church) 3201 E. Presidio (CENTRAL) | Ann S. 395-2503 IR: Elizabeth E 325-6172 | FF* Service dogs only |
| FRIDAY 10:30-11:30 AM | LIVING IN THE SOLUTION Sharing #14251 | Streams In The Desert Lutheran Church Class Room B in Fellowship Hall 5360 E. Pima (CENTRAL) | Elisa R. 881-1670 IR: Maggy M 305-498-1915 | FF* |
| Friday 5:30-6:30 PM | New Beginnings! Tools of Recovery #53869 | Mountain View Retirement Village, 2 nd Floor <i>(ask receptionist for directions)</i> 7900 N. La Canada Dr. (NORTHWEST) | Jen 544-2384 IR: Tracy S 405-7431 | Please sign in at Reception |
| SATURDAY 9:00-10:00 AM | FAR EAST SATURDAY GROUP Varied Format #49566 | Eastside Covenant Church 551 N. Camino Seco (FAR EAST) | Cheryl L. 747-2387 IR: Mickey M. 885-6861 | WC |
| SATURDAY 9:00-10:00 AM | SATURDAY MORNING STUDY GROUP #12117 | St. James Methodist Church 3255 N. Campbell (CENTRAL) (N of Ft. Lowell; W side of Campbell) | Dorothy W. 623-2357 IR: Linda J. 461-8345 | WC |

IR=Intergroup Representative

WC=Wheel Chair Accessible

**No parking fees at UMC on Sundays

***FRAGRANCE FREE:** 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 Leslie S. at bhlas100@msn.com >>>OVER

| GREEN VALLEY | | | | | |
|----------------------------------|---|--|---------------------------|-------------------------------|-----------|
| TUESDAY 7:45-8:45 AM | DISCUSSION #49982 | St. Francis of the Valley Church 600 S. La Canada Dr Library | Mary Anne IR: OPEN | 429-1340 | WC |
| THURSDAY 6:30-7:30 PM | DISCUSSION #37169 | St. Francis of the Valley Church 600 S. La Canada Dr Library | Mary Anne IR: OPEN | 429-1340 | WC |
| SATURDAY 9:00-10:15 AM | STEP AND TRADITION STUDY #34898 | St. Francis of the Valley Church 600 S. La Canada Dr Library | Mary Anne IR: OPEN | 429-1340 | WC |
| SIERRA VISTA | | | | | |
| MONDAY 6:30-7:30 PM | MONDAY NIGHT MIRACLES Literature study #17537 | Church of Christ 815 El Camino Real Room 1 | Jan F. IR: Jan F. | 520-678-0369 520-678-0369 | WC |
| THURSDAY 6:30-7:30 PM | NEWCOMERS #39367 | Church of Christ 815 El Camino Real Room 1 | Marilyn IR: Hannah R. | 520-417-1645 334-464-1801 | WC |
| SATURDAY 11:00-12 Noon | Varied format #40592 | Church of Christ 815 El Camino Real Room 1 | Jan F. IR: Nancy R. | 520-678-0369 520- 227-3817 | WC |
| PATAGONIA | | | | | |
| TUESDAY 6:30-7:30 PM | PATAGONIA TUESDAY OA Varied Format #50474 | United Methodist Church 387 McKeown Ave | Adrienne H. IR: Jan H. | 520-404-3490 520-275-6439 | FF* |
| THURSDAY 6:30-7:30 PM | PATAGONIA OA Big Book Study #51744 | United Methodist Church 387 McKeown Ave | Adrienne H. IR: Jan H. | 520-404-3490 520-275-6439 | FF* |
| BENSON | | | | | |
| TUESDAY 4:00-5:00 PM | BENSON TUESDAY Rotating Format #47074 | Sobriety House 225 E. 6th St | IR: Peggy | 520-456-1676 | WC *FF |
| BISBEE | | | | | |
| Wednesday 5:00-6:00 PM | BISBEE TUESDAY VARIED FORMAT #53251 | YWCA Howell Ave, Old Bisbee | Lynda IR: Lynda | 520-432-5126 520-432-5126 | |
| SAFFORD | | | | | |
| TUESDAY 7:30-8:30 PM | SAFFORD TUESDAY BIG BOOK STUDY #52833 | St. Rose of Lima Church St. Luke's Room 311 S. Central Ave. | Timi R. IR: Nora G. | 928-322-8647 520-255-0784 | |
| SATURDAY 9:00-10:00 AM | SAFFORD SATURDAY OA 12X12 MEETING #53645 | Safford Ranch Clubhouse 3201 E. Hwy 70 | Timi R. IR: Timi R. | 928-322-8647 928-322-8647 | |
| YUMA | | | | | |
| MONDAY 1:00 – 2:00 PM | YUMA MONDAY May 9 last one until October #47822 | Gloria DeCristo Church 11273 E. 40th St. | BJ IR: Connie O. | 928-782-4019 928-305-0682 | XX |
| Tuesday 6:30-7:30 PM | YUMA TUESDAY #54420 | Central Church of Christ 651 W. 28th St. | IR : Lorraine W | 928-246-4494 | |
| THURSDAY 12:00-1:00 PM | YUMA THURSDAY #00520 | Central Church of Christ 651 W. 28th St. | Judy G IR: Judy G | 928-920-9787 928-920-9787 | |

IR=Intergroup Representative

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*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 Leslie S.. at bhlas100@msn.com*

OVEREATERS ANONYMOUS SOUTHEASTERN ARIZONA INTERGROUP #09078

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

SE Arizona Intergroup Board

| Officers | | | Committee Chairs | | |
|--------------|-------------|--------------|------------------------------|-------------|----------|
| Chair | Beth M.. | 349-0810 | PIPO | OPEN | |
| Vice Chair | Jill S. | 420-282-9818 | Meeting List | Leslie S.. | 732-1339 |
| Secretary | Emily R.-S. | 490-1409 | Newsletter | . | |
| Treasurer | Sara J. | 343-3090 | Special Events | Barb A. | 548-0904 |
| Sr. Delegate | Rhonda S. | 370-5100 | Media Library/Lifeline | OPEN | |
| Jr. Delegate | Chris N. | 661-1991 | IR Trainer | Cheryl L. | 591-8025 |
| | | | Telephone | Gina B. | 390-3985 |
| | | | 12 th Step Within | Janis R. | 325-4441 |
| | | | Web Site | Nan B. | 940-0702 |
| | | | Retreat | OPEN | |

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

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