

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.

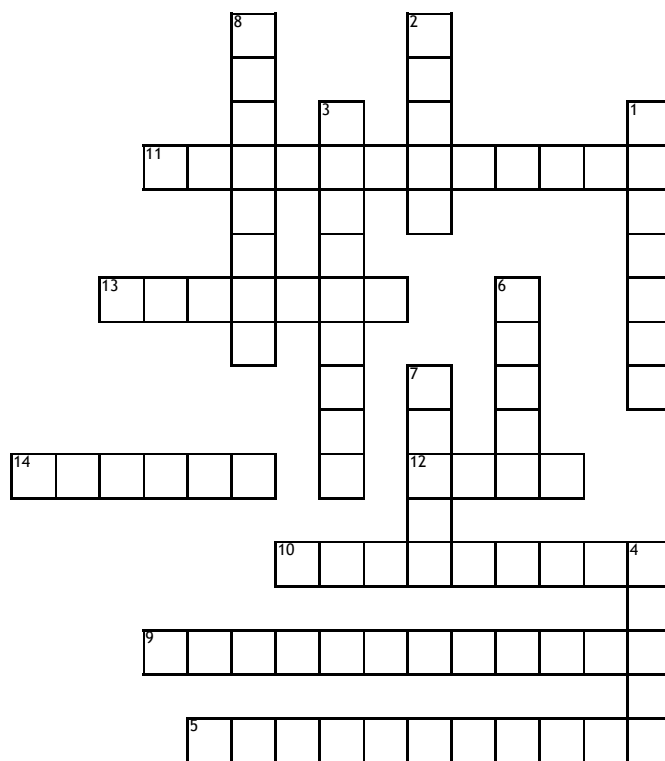
*B.D., Lake Worth, Florida USA
(taken from the May 2006 Lifeline)*

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

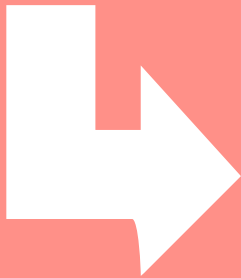
Mailed to the Intergroup's post office box:
Southeastern Arizona
Overeaters Anonymous c/o Hannah Dahl
PO Box 43221
Tucson AZ 85733-3221

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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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