

# Desert Recovery



## Turning Negatives into Positives

I have experienced burnout at work and at service work in OA. The following are the thoughts and behaviors that produced burnout for me.

- 1) "No one appreciates me" or "I should have done that already"
- 2) I took other people's remarks personally and felt threatened
- 3) I worried and obsessed over a situation, kept my muscles tense, breathed shallowly, allowed my thoughts to race
- 4) I insisted on having the last word, and I had to be right
- 5) I feared what happened to me in the past would happen again
- 6) I had a bitch, moan & groan session with anyone who would listen; preferred to complain than act
- 7) I focused on other people's irritating behavior
- 8) I ignored my accomplishments, dwelled on mistakes, and chose the role of victim
- 9) I advised others, played the boss, talked to them like children
- 10) I sacrificed myself, looked for extra work, felt underpaid and overworked and everyone knew it.

I then decided to turn these around to the following:

- 1) I decided to give God the control over my thoughts, feelings and behaviors so I would reflect God's Power, Love and Way of Life.
- 2) I did whatever needed to be done without procrastinating
- 3) I learn something new that excites me and enriches my life with friends, and outside interests.

- 4) I began limiting life changing events or spread them out with recovery time in between.
- 5) I began to think before I spoke, also took care of myself first so that I could better help others
- 6) I respected myself and others, and treated them in ways to bring out their best while taking responsibility for 100% of my behaviors.
- 7) I learned new ways to problem solve, and face things that took great courage when I was in fear or dread.
- 8) I now stand up for what is really important in my life, I am setting goals and imagine how I will feel when I get there.
- 9) I am now stating my needs and preferences, respecting other points of view and maintaining a good sense of humor.
- 10) I now realize that God is doing for me what I could not do for myself.

-- Anna Mouse

## OA Youth Program

Being young and feeling different and having no one to listen (or care) has been, and is, a cry of young people everywhere. In recent years in OA, the Young Peoples Committee has been trying to develop guidelines for the youth in OA. Tucson OA has had a youth program for a few years. As sponsors for the young people, we have seen some amazing things happen.

At the present time, there are three in our Wednesday group (5:30 pm to 6:30 pm). The youngest is 7 1/2 and has been coming for a year. She has an OA pen pal back East. (continued)

## Youth Program (Continued)

What we have experienced is watching a young person develop an awareness of herself and her concept of a Higher Power; and how eating healthy makes one feel good about oneself. A lot of the success we have seen in this child can be attributed to the commitment her mom has demonstrated in helping her child.

Speaking of commitment, we have seen the group go from 4 to 6, to 2 to 3 kids, mainly due to lack of transportation. It is unfortunate that these kids are dependent on others to get them to a meeting. The ones that have come and had to stop have told us they wanted to continue, but it was too difficult to get a ride.

There is a need. I know it would have been a lot different for me knowing that I was not alone -- that there was a place to go and talk about how I felt, and knew others had the same feelings.

As sponsors, we are here to guide and to listen. They work the same program, read the literature and discover themselves. If you know of a young person who needs the gift of OA, have them call us. Share the gift!!! Call Karen or Bob: 733-3333.

### From the Editor

After a month's vacation from the Newsletter, I am very pleased to announce the co-chairman of the OA Newsletter, Lisa G., She is doing this specialized formatting for me, thus making my job a lot easier, and doing service work for her own recovery. Thank you LISA !

### Meetings That Need Support!!!

Monday: U of A Noon Meeting  
 Wednesday: U of A Noon Meeting  
 Thursday: Honeynooners Noon  
 Saturday: 4th/10th Step 10:45 a.m.

### Tucson Area Intergroup N

Chairman	Elvie
Vice Chair	Helen S
Secretary	Patrice
Treasurer	K.G.
Delegates	Elisa Charlen
Literature	Sue L.
Phone	Maxine
Spec. Events	Bruce
Lifeline Rep	Nedra
Prof. & Inst.	Fred M.
Ways & Means	Fred C.
Meeting Liaison	Vade
Youth	Bob
Bylaws	Patti
Newsletter	Gari-Sue & Lisa G.

### Help Us Celebrate YOUR

December Birthdays: Helen S. 14 Yrs

January Birthdays: Marylynn 3 Yrs  
 Cindy 15 Yrs

February Birthday: Tom 1 Yr  
 Catherine 3 Yrs  
 Mike S. 3 Yrs

Please send your name in even if the birthday month has passed. We want to acknowledge your success in OA!!

Please send your stories for the newsletter by the end of the 2nd week of the month to:  
 Gari-Sue G. 9141 E. 38th St. Tucson, 85730.

## Yummy for the Tummy!

Nedra has decided to share a favorite recipe of hers. This is the first time I have done this in the newsletter and I would like some feedback from you.

SLIM SOUP 1 cup = 64 calories NO fat, NO sugar, Low salt

- \* 1 49 1/2oz can chicken broth de-fatted by freezer cooling
- \* 2 49 1/2 oz cans water
- \* 4-6 Bay Leaves
- \* 6 medium carrots (grated large)
- \* 6 celery stalks, chopped
- \* 3 medium onions, chopped
- \* 3 C fresh or frozen cut green beans
- 0 4 C broccoli, cut bite size
- 0 4 C crookneck squash, cut bite size
- 0 1/2 Head cauliflower, cut bite size
- 0 6 fresh tomatoes, chopped
- 0 3-6 oz. UNSALTED tomato paste
- 0 4-6 cloves garlic, chopped
- 2 tsp. Basil
- 1/2 to 1 1/2 tsp. dry cilantro (This is Hot! Be Careful)

Step 1 Put all items that are starred \* in kettle-bring to a rapid boil, reduce heat and simmer for 20 minutes.

Step 2 Add remaining vegetables ( all those ingredients with 0 ), with tomato paste & garlic. Simmer until tender but do not overcook about 15-20 minutes

Step 3 Remove and discard bay leaf

Step 4 Place 4 cups of cooked soup in blender and puree- then return to the cooking pot

Step 5 Add Basil and cilantro ( a little at a time to taste) and mix thoroughly.

## Special Events

### Put on your Walking Shoes!!

It is time to mark you calendars for March 28th. Won't you join us for a March of Dimes walkathon? This year's theme is WALK for HEALTHY BABIES. Registration is at REID Park, Saturday March 28th, from 7 am - 8 am. The walk is approximately 10 miles, water stops are every mile and if you tire out, vans will take you back to the park. See you at the bandshell at 7:45.

### Mark your Calendars NOW!

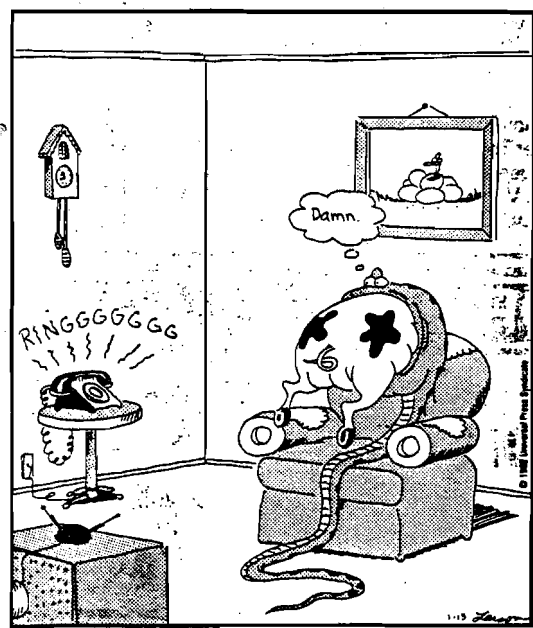
O A International World Service Convention "A Safe Harbor " July 10-12th, Baltimore, Maryland

This is a wonderful place to see thousands of fellow OAers, working together for recovery. I attended the convention in Chicago last year, and it was wonderful. Hope to see some of you there this year.

### O A Retreat

Next scheduled OA retreat is at Picture Rocks Retreat House the weekend of Halloween. Start saving now, as this is sure to be a great weekend.

### Did you Call your Sponsor Today?!



## OA Tape Library

Tucson OA Intergroup has a tape library and tapes will be available beginning this month. The following is a list of tapes currently in the library, it is hoped the library will be self-sustaining through donations to develop and maintain the tapes.

OA RETREAT -BILL B.	2 TAPES
A DAY OF RECOVERY -BILL B.	1 TAPE
OA RETREAT WITH BILL B. TUCSON, 1988	7 TAPES
DESERT RECOVERY RETREAT, TUCSON 1991	6 TAPES
HIGHER POWER - SPIRITUALITY MARATHON	4 TAPES (#3 missing)
ADDICTION AND RECOVERY - J. LUND	2 TAPES
OA RETREAT, BOB EARL	2 TAPES
GOD AS WE UNDERSTAND HIM, JOHN M. & SAM SHOEMAKER	1 TAPE
OA WORLD SERVICE CONV. '77 #18 - SAYING I'M WRONG AND MEANING IT	1 TAPE
OA WORLD SERVICE CONV. '78 #3 RELAPSE, A MATTER OF LIFE OR DEATH	1 TAPE
5TH ANNUAL EAST COAST CONV. MARCH '79 #57 OA, O'ANON- SHARING OUR PROBLEMS	1 TAPES
1981 OA WORLD SERVICE CONV. SAMPLE MEETING	1 TAPE
OA PAMPHLETS #1 TO THE NEWCOMER TOOLS OF RECOVER COMMITMENT TO ABSTINENCE WELCOME BACK QUESTIONS AND ANSWERS	1 TAPE
THE TWELVE STEPS OF OA	2 TAPES, 1 BOOK
GOLDEN TRIANGLE MEDITATION - GARI-SUE, TUCSON OA 1988	1 TAPE
SHAME (includes a music meditation) by John Bradshaw	1 TAPE

### **\*\*How it Works\*\***

Tapes will be loaned out to members on a weekly basis. The suggested donation for the use of the tapes is \$1.00 per tape. Members will fill out a card, for contact purposes ONLY. Tapes will be available at The Monday Northern Lites Meeting - the Thursday Gratitude Meeting - and The Sunday Men's Meeting, or by calling Bob S. at \_\_\_\_\_ to arrange for pick up (usually at a meeting place). All donations to the tape library will be used to maintain and develop the library and to support the Tucson OA Delegates Fund.