

DESERT RECOVERY

April 2003

PO Box 43221, Tucson, AZ 85733-3221

UP COMING OA EVENTS

June 6-8, 2003

"Phoenix Metro Intergroup
OA Summer Retreat"
RELATIONSHIPS: HEAR
ME; HEAR YOU!
Embry Riddle Aeronautical
University
Prescott, Arizona USA
Shari G. at (623) 330-1581 or
sguida@qwest.net

August 7-10, 2003

"World Service Convention"
New Orleans, LA
Sandy Allen sallen@oa.org

PLAN AHEAD OA EVENTS

March, 2004

"Region III Convention"
Salt Lake City, Utah

*Get your events listed in
the Desert Recovery!!!*

For an OA Meeting List
(520) 733-0880
or
desertrecovery@theriver.com

SURRENDER

I first came to an OA meeting almost four years ago. Sometimes I feel like an OA veteran. Sometimes I feel like an OA beginner. I have abstinence from a group of food that I spent my whole life believing I could not live without. For 3½ years, I have not had one bite of candy, cookies, cake or ice cream. This is truly an OA miracle and I am very grateful to my Higher Power and to OA for this.

But do I have abstinence "with peace of mind"? Not yet. Why? I am still engaged in a war, still fighting the obsessions, still trying to do it my way, the old ways. I haven't given up the old habits, the old way of life.

I need to follow the 12 Step Program, to change myself from within. I need to surrender my will to my Higher Power and put HP in charge.

My sponsor recently asked

me to read on "Surrender" in the For Today book. The very 1st entry for January 1 deals with surrender. What do I do on January 1st, or for that matter, on any day when I'm trying to mark a new beginning? I make a resolution, a vow, a pledge to start over, to stick to my food plan, to lose weight. I have been making resolutions about food for my whole life and I could make a resolution about food every day for the rest of my life. Now I'm beginning to see that means I'm on a treadmill, not getting off, doing the same thing over and over and yet expecting different results. Do I want to spend the rest of my life making the same mistake every day? NO. Every time I make a resolution, I fail to realize that I'm still trying to be in charge. It's an old habit. I'm still trying to be in control.

I could do this every day for the rest of my life, making

resolutions, repeating the same mistakes, keeping the old habits, fighting the war against food. Or, I could have some awareness, I could surrender my will to my Higher Power and stop trying to do it my way. I could turn it over to my HP and let HP be in charge.

Rather than focusing on dieting, I need to focus on changing myself from the inside. I must start with Step 1: surrender. Then, instead of resolutions and fighting, I simply follow the OA program: go to meetings, read OA literature, make OA calls, connect with my sponsor, do service, act as if.

"Is there anything that can fill my emptiness and satisfy the hunger no food can allay? Yes, it is the spiritual sustenance that can be found in surrender."

Shelly A

FROM THE EDITOR ON CROSSTALK

When I first began going to my OA meetings, I found it odd that when someone spoke, everyone went into a trance and patiently waited till that person was through speaking. It didn't matter how long that person talked or what they said. In wonderment, I did not understand this behavior in a meeting. What an eye opener when someone mentioned to me, "she's important and she's sharing her heart and I'm glad I'm here to

hear it". Wow!! If someone crossed over her talking, she probably would never have finished her thought or left still holding in feelings. Isn't that what our disease is so good at doing to us? Holding it in and eating over it. I respect anyone talking and write in my little notebook thoughts that that persons speaking has touched me. I have a book full of such good things now. Crosstalking cross' over and intersects someone's path to recovery.

Thanx Phyllis

MORE ON CROSSTALK

I initially went into recovery in San Diego, CA. The rules of cross talk were taken very seriously and I still try to follow them today. We were not to even thank a speaker for sharing their story since that was considered a judgment call. I find it really uncomfortable when someone at a meeting starts out sharing by stating they relate to another person's share. While it is positive, I think, somewhere along the line people forget about cross talk and I have

heard negative comments on a person's share. I have had people make negative comments about my share when they assumed that what I was sharing was directed to them or about them. To this day, I find myself not readily sharing when these people are in the room since I no longer feel safe when they are around. I, on the other hand, have been guilty of whispering to another person while a sharing was going on and I

appreciate it when someone reminds me not to cross talk.

It is also interesting that the subject of cross talk has become such a problem that Lifeline has several articles about it in the March issue. I would like Intergroup to take it up and come up with a good, solid statement about cross talk that could be included in our formats.

R.L.

The Next Little Right Thing

When I read the promises of the program on pages 83-84 of the Big Book of Alcoholics Anonymous, I feel happy and grateful that most of these promises have come true in my life with one exception, "the fear of economic insecurity will leave us". I try to tell myself...that's not so bad... after all, that's only one half of one promise out of twelve that has not come true. Not so bad?? It drives me CRAZY!!

Some days I wake up in terror and it takes an hour of reading God's book to calm me down and get my head on straight. I wish that I had more faith. I wish that I could automatically believe what the books tell me – that God is in charge of my life, everything is in Divine order and God is providing for my every need. Sometimes I don't have that faith and all I can do is pray for it.

Prayer and meditation is the first

thing that I do every day. If I am still feeling afraid and insecure after praying and meditating, all I can do is get up and do the *next little right thing*. The next little right thing is usually fixing breakfast. Sometimes I have to break that down into small steps like getting out the oatmeal and measuring the water. But do you know what? When I am concentrating on measuring the water or the oatmeal, I am not obsessing on next week and how I'm going to pay the rent. If the *next little right thing* is watering the roses, I am concentrating on the sunshine and the sound of the birds in the yard and not on the utility bills. My mind can only think about one thing at a time. So if I spend my day just doing the *next little right thing*, that forces me to stay in the here and now where God is.

Meg R.

