

DESERT RECOVERY

February 2003

PO Box 43221, Tucson, AZ 85733-3221

UP COMING EVENTS

February 22, 2003

"Celebrate OA Unity Day"
Green Valley, AZ
Silvia 520-648-2667
Mary Anne 520-393-0169

February 28, 2003

March 1, 2, 2003
"Serenity Retreat"
San Diego, CA
Mickey mickey@aboutime.com
or 760-942-0992

March
February 14-16, 2003

"Region III Assembly & Convention"
Oklahoma City, Ok
<http://www.ooakc.org>

March 21-23, 2003

"Women in Recovery Retreat"
St. David, AZ
Barbara 520-586-3165
Judi 520-586-7677

August 7-10, 2003

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

PLAN AHEAD 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

SURPRISES FROM HIPM SERVICE

Hi, everyone! I'm Suzanne, a compulsive overeater. I had an interesting thing happen to me recently. Since I've lost weight from my chest, I've noticed this strange bump over my heart area. It didn't feel like a lump, but I thought I should get it checked out. Of course, we're new to the area, so I have to find a doctor. I get out the benefits handbook and look for women doctors (no offense, guys!) and start calling. Either they weren't taking patients or I was on hold until I could stand it no more. I got down to the very last female doctor in the book and she could see me in a few days! A week before, our OA group's IG rep came back with a bundle of information that the HIPM committee wanted members to start handing out to their doctors. I took one to the

doctors office when I went for my appointment last week. I told her my story, showed her my before pictures, she took the information, but didn't seem overly excited about it. Yesterday, there were two new women in our meeting. After the meeting, we were talking with them when the first lady asked me how much weight I'd lost. I told her 153 lbs, but that I was still losing weight. Her friend commented that I was very toned, and I told her that I work out a lot. The first lady asked me if I was the weightlifter. I'm sure my look said, "Huh?" and she asked me who my doctor was. I became even more perplexed. She said, "Well, my doctor has a patient who lost 150 lbs through OA and is a weightlifter. That's why I'm here." My jaw dropped. It was me! I



"couldn't get over it. Her appointment was one day after my appointment and our doctor recommended the program based on my story!! In the one week since her appointment, she and her friend had already been to three meetings. HIPM and a 12 Step Program really works!!! I pass
Suzanne

FROM THE EDITOR

Want to have a say about things? Got a comment on a subject? Put your 2 cents worth in the next newsletter on crosstalking. How does it affect your meeting? What can be done about it? Should Intergroup take steps to increase awareness of it? These questions will be an-

swered in the following newsletter.

Call me or send me your comments.

Phone: 520-439-9734 or email me at

desertrecovery@theriver.com.

Be sure to get this to me before April 12th so I can add

them to the next newsletter.

Thanx

Phyllis

“Not waking up dead!”

GENUINE TRUST

“Acting as if” has kept me at a healthy weight since 1997. I am no longer on a diet or in control of my food or my life. I am learning to act as if my Higher Power will keep my extra weight off and will work out the details of my life in my best interest. Acting as if translates into trust for me. I don’t feel like a fake when I act as if because I am trusting my Higher Power to flow through me, and I am being genuine.

When I start falling back into old patterns, I run to a meeting, call my sponsor to discuss my behavior, inventory why I am

not trusting my new way of living and pray like crazy. The specific “act as if” action that has made the greatest difference to my physical recovery is trusting that if I don’t eat after dinner, I won’t wake up dead!

Lifeline July 2002

The Twelve Steps

(Condensed)

- 1. *SHOW UP*
- 2. *LOOK UP*
- 3. *GIVE UP*
- 4. & 5. *FESS UP*
- 6. & 7. *OPEN UP*
- 8. & 9. *MAKE UP*
- 10. & 11. *KEEP UP*
- 12. *SPEAK UP*



THIS SPOT IS EMPTY CUZ YOU DID NOT SEND SOMETHING TO SHARE WITH OTHERS.

THAT STORY YOU WANTED TO SHARE COULD HAVE HELPED ANOTHER OA MEMBER THAT NEEDED TO READ IT.