

DESERT RECOVERY

July 2003

PO Box 43221, Tucson, AZ 85733-3221

UP COMING OA EVENTS

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

My Wildest Dreams Coming True

Do you have a problem with food? Do you go to bed at night feeling stuffed, and promise yourself that tomorrow will be different? Then, you get up and do it again?

That was the pattern of my life. I was full of guilt and shame, of feeling a failure because I did not have the willpower to stop eating when I was full. I disgusted myself. If my story sounds familiar--if this could be you--you are not alone.

There are hundreds like me here in Tucson. And we care about you and your recovery. Isolation, despair, pain and loneliness are symptoms of the disease of compulsive overeating. Yes, disease. If you were diagnosed with diabetes, you would get help, wouldn't you? Then why not attend an Overeaters Anonymous meeting and seek help with your dependency on food.

It was difficult to make that

first step--to admit I needed help. To find the courage to walk into a room full of strangers. That is what I did four years ago. I found acceptance, understanding and love waiting there for me.

The progress I have made is beyond my wildest dreams. I just wanted to lose some weight. And I did; I have released 80 pounds and have kept it off. But, what I have gained is even more important--a new way of dealing with life's challenges.

It still amazes me to attend a meeting, and hear someone else share my

story. We have this one common bond--we are compulsive eaters. Our thoughts and lives have been dominated by food. But, in OA, I have found friendship, tools to help me work the recovery program, and 12 specific steps that help me put down the fork and accept daily life, whatever it brings. My program is



helping me learn to like myself, to respect myself.

And it helps me clean up the messes I have made in my relationships in the past. Most of all, it gives me a new outlook on life, one that I might not be able to think about doing "forever," but it keeps me grounded and sane, one day at a time. I do not have to use food as a crutch anymore.

Twenty-one regular weekly meetings are ongoing here in Tucson, along with 2 in Green Valley and 4 in Sierra Vista.

-GM

Suggested Topics for the Next Newsletter "SERVICE"

"ABSTINENCE AND SERVICE GIVE FREEDOM FROM SELF-WILL."

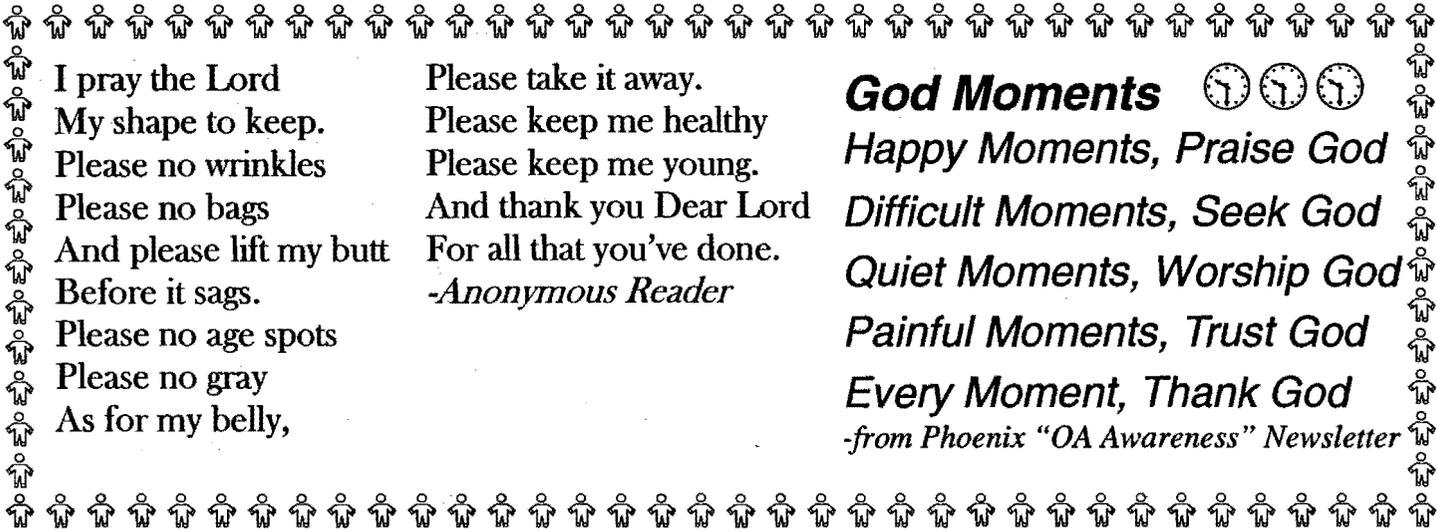
"SERVICE HAS KEPT ME ON TRACK."



"WE SERVE AS SERVANTS TO THE LEADING MEMBERSHIP."

"SERVICE HAS FREED ME FROM USELESSNESS AND SELF-PITY."

Submit your comments by Oct 1 to desertrecovery@theriver.com or mail them to: Phyllis Bruce, 3300 El Fry Blvd #18, Sierra Vista, AZ 85635



I pray the Lord
 My shape to keep.
 Please no wrinkles
 Please no bags
 And please lift my butt
 Before it sags.
 Please no age spots
 Please no gray
 As for my belly,

Please take it away.
 Please keep me healthy
 Please keep me young.
 And thank you Dear Lord
 For all that you've done.
 -Anonymous Reader

God Moments ⌚⌚⌚
Happy Moments, Praise God
Difficult Moments, Seek God
Quiet Moments, Worship God
Painful Moments, Trust God
Every Moment, Thank God
 -from Phoenix "OA Awareness" Newsletter

UNITY DAY WRITING ACTIVITIES, 22 FEBRUARY 2003, Green Valley, AZ

SLOGANS: *What slogans are special to you and why? How does remembering a slogan at a particular time help you to stay abstinent?*

I like positive ideas. I particularly like the acronyms. **P A C E: "Positive attitude changes everything"** sums up my philosophy very well....I love **"Progress not perfection."** I've always had this "be perfect" drive--if I'm not the best, I'm not good enough....**"Let go, let God"** is special to me. It helps me redirect my thinking about whatever I'm obsessing about. I invite God in for the solution....I use a slogan or spiritual phrase every day to give me focus. I repeat it throughout the day, especially when I am upset. I put it on my computer screen saver each morning to remind me. For example **"Let go and let God."**...The slogan that helps me is **"If I fail to plan, I plan to fail."** If something is coming up, especially a meal out, I try to learn what I can about the situation. I call the hostess, or the restaurant. If necessary, I carry my food with me, or decide ahead of time what I will order from the menu. In this way, I can still enjoy a social life....
 I like a new slogan I just heard today: **"What I did is not nearly as important as what I choose to do now."**...The *Just for Today* slogans are the ones I use most. Sometime when

an event is happening, I think **"Just for today I will adjust myself to what is. I will not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it."** I have memorize them....I had heard **"One Day at a Time"** before I came to OA, but I never tried to apply it. This slogan has great depth: Today is the only chance I will get to live this 24 hours. In OA, I have learned to be grateful for each hour of each new day....A favorite slogan is **"Don't quit before the miracle happens."** One of my best traits is persistence. I do keep coming back, no matter what....
"Abstinence feels better than food tastes." I never heard it before, but I like it. Abstinence does feel good and it lasts, whereas overeating is sooo temporary....**"Let go, let God"** has helped me stay abstinent. For example, I let go of my hunger, my craving, and I let God handle it....By taking things **"One Day at a Time"** I feel I don't have to do something for the rest of my lifetime, but only for a small chunk of time--even an hour--or minutes....**"First things first"** helps me prioritize items. When I feel overwhelmed, I think what is

most important. What needs to be done now. I'll do it. If I get to the other items, okay. If not I'll do them another time....I like **"Easy does it--but DO it!"** I tend to be hard on myself, but on the other end of the pendulum, sometimes I just let things go. I need balance. I have been such an all or nothing person, if I couldn't do it ALL, I wasn't doing it at all. I didn't know much about moderation, in eating, or in living my life....Sometimes a negative slogan helps me, although I don't like to dwell on them. For example the acronym **S H A M E: "Should have already mastered everything."** This describes how I have looked at myself in the past. It really is okay to be wrong sometimes, or to compromise....**"Write before you Bite."** I've never heard that one before, but it makes a lot of sense. When my mind tells me I'm hungry after I just ate, if I write, the truth comes out. Also, it is a way to redirect my thinking and getting past that craving....
 -Anonymous