

# Southeastern Arizona Intergroup of Overeaters Anonymous

## DESERT RECOVERY

August 2004

PO Box 43221, Tucson, AZ 85733-3221

### Upcoming OA Events

**August 27 – 19, 2004**  
Region III Assembly and  
Convention  
Tempe, AZ

**October 22 – 24, 2004**  
"Sexuality and Body Image  
Retreat"  
St. David, AZ  
Contact:  
Barbara E. 520-586-3165  
Andrea 520-749-6789

**March, 2005**  
Region III Assembly and  
Convention  
Tulsa, OK  
Contact:  
Tamara 918-585-2019

**Get your events listed in  
Desert Recovery! Email  
Jan at:**

[desertrecovery@msn.com](mailto:desertrecovery@msn.com)

GOD,  
GRANT ME THE SERENITY TO  
ACCEPT THE THINGS I  
CANNOT CHANGE,  
THE COURAGE TO CHANGE  
THE THINGS I CAN,  
AND THE WISDOM TO KNOW  
THE DIFFERENCE.

### **OA Works!**

Today I know my Higher Power wants me to be Happy, Joyous & Free! In Overeaters Anonymous I have found this. No matter what is happening in my life or the lives of those around me, I am at peace. This is a miracle! Before OA, nothing could fill me up, nothing could make me happy, nothing could give me peace and nothing could bring me freedom from the obsession to kill myself with food. How did this miracle happen? I still don't know and today I don't care. All I know is that I am free to live my life, to connect with my lived ones, to live life on life's terms, to be me and to grow as a human being. What a beautiful life!

I also know that the miracle lies in the Twelve Steps of Overeaters Anonymous. It is only in rigorously working the Twelve Steps with a sponsor that I have found freedom from the hell of the disease. If the compulsion is in my life, then there is a step I need to work. Remember that OA works. It has worked for me and it can work for you.

*Anonymous*  
Horizon, Region III Newsletter

### **Deprivation**

The feelings of deprivation become very real to me when others are enjoying their favorite foods and I am unable to participate. I am learning to make a conscious choice to turn my will and my life over to the care of God. Steps one, two and three are my constant daily companions. I read them and pray them every day. When tempted by that first compulsive bite, a reality check with step three helps me make sane choices about my eating. OA has helped me learn that I have a disease in which recovery is possible but only if I am willing. I need to be willing to experience the feelings of deprivation and learn more about why I am feeling deprived. For many years I have used food to stuff down feelings, now I must learn to walk through the feelings and experience them. This is not easy because it means a change in my choices and a change in my thinking. One thing is sure, I am not perfect but I am changing and I know that change brings growth. I am grateful to my OA group who sees past my imperfections and loves me anyway. I continue to give abstinence first place in my life and, with God's help, I will be free of the feelings of deprivation just for today.

*Anonymous*

### **Step Eight**

*Made a list of all persons we had harmed and became willing to make amends to them all.*

## **Intergroup in Action**

This month's column comes to you from Janis R. (Intergroup Rep trainer) and the members of the new SEAZ Twelfth-Step Within committee:

**The ad hoc Twelfth-Step Within** committee has created a short survey to identify our OA members' needs here in southeastern Arizona and our current status. The categories covered on the survey are attendance, abstinence, sponsorship, outreach, and individual needs. The survey results will provide direction for the committee's future action in reaching its short-term and long-term goals. We encourage each OA member to fill out a survey and return it to an Intergroup Rep or Intergroup board member by September 17<sup>th</sup>. Only one survey per member, please.

Specific outreach to Spanish speaking members, in and out of meetings, has begun with an informal meeting held July 27<sup>th</sup> with a focus of starting a Spanish-speaking OA meeting. Interested Spanish speaking members are encouraged to call Elisa.

Committee members are needed and you can volunteer for this committee by calling Elisa at 881-1670; Suzanne at 721-4698; Benis at 745-1499

**As this year's IR (Intergroup Rep) Trainer**, I've enjoyed the opportunity to welcome new IRs, assist IRs in their efforts to share OA information within their groups, and attend a few meetings which have no IR. IRs keep the communication flowing from group meetings to Intergroup and back again. During the months of August and September, your meeting IR will be sharing the Twelfth-Step Within survey, the current Intergroup-wide We Care list for updates and then the updated Intergroup-wide We Care list, and the 2004 Intergroup Inventory. Your feedback is essential as your comments and ideas strengthen our Intergroup and develop into our goals for 2005. *Janis*

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### **"In Step Eight..."**

We look at our relationships for the purpose of discovering those patterns which have done harm to us and to others. Here we meet guilt head on and get rid of it. Here we learn about the healing power of forgiveness as we discover how to forgive ourselves and others. Most important, we begin here to become willing to make *amends* – that is, to make *changes* – in the way we deal with the people who share our lives.

Excerpted from Step 8 (Page 67) of "The Twelve Steps and Twelve Traditions of Overeaters Anonymous"

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### **The OA Preamble**

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome anyone who wants to stop eating compulsively. There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

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