

Southeastern Arizona Intergroup of Overeaters Anonymous

DESERT RECOVERY

October, 2005

PO Box 43221, Tucson, AZ 85733-3221

Upcoming OA Events

October 21 – 23, 2005
SEAZ Intergroup Fall
Meditation Retreat
St. David, AZ

October 29, 2005
SEAZ Intergroup Yard Sale
Tucson, AZ

November 4 – 6, 2005
Into Action-Just Do It
Houston, TX
Brenda

November 11-13, 2005
Silent Retreat
Relationships: God, Myself
& Others
McKinney, TX

Big Book Retreat
Colorado Springs, CO
Jar

November 19, 2005
IDEA Day
Sierra Vista, AZ

June 30 – July 2, 2006
Region II Convention
Oakland, CA
Contact: Susan B.

**Get your events listed in
Desert Recovery! Email
Jan at:
desertrecovery@msn.com**

Helpful Acronyms for Today

F.I.N.E.

[I'm] **F**rustrated, **I**nsecure, **N**eurotic, **E**motional

F.E.A.R.

Face **E**verything **A**nd **R**ecover

N.U.T.S.

Not **U**sing **T**he **S**teps

E.G.O.

Edging **G**od **O**ut

D.E.N.I.A.L.

Don't **E**ven **N**otice **I** Am **L**ying

H.A.L.T.

[Don't get too] **H**ungry, **A**ngry, **L**onely, **T**ired

H.O.P.E.

Happy **O**ur **P**rogram **E**xists

H.O.W.

Honesty, **O**pen-mindedness, **W**illingness

S.P.O.N.S.O.R.

Sober **P**erson **O**ffering **N**ewcomers **S**uggestions **O**n **R**ecovery

G.O.D.

Good **O**rdery **D**irection

B.I.G. B.O.O.K.

Believing **I**n **G**od **B**eats **O**ur **O**ld **K**nowledge

S.L.I.P.

Sobriety **L**osing **I**ts **P**riority

A.C.T.I.O.N.

Any **C**hange **T**o **I**mprove **O**ur **N**ature

P.R.O.G.R.A.M.

People **R**elying **O**n **G**od **R**elaying **A** **M**essage

S.T.E.P.S.

Solutions **T**o **E**very **P**roblem **S**ober

K.I.S.S.

KeeP **I**t **S**imple, **S**weetheart

Andrea M., Tucson

Intergroup in Action

I wanted to thank everyone for providing feedback in this year's IG Inventory. We received a lot of great comments and observations. Thanks for your honesty and forthrightness.

One of the concerns mentioned was outdated information on our meetings listed on www.aa.org. It is the responsibility of each meeting to update their information on AA's website. Usually, the group secretary will log in to the website to update their group's information. It can be updated at: https://secure.yourmis.com/aa.org/us_group_registration.html or from www.aa.org. Select Quick Links, then AA Business, Registration/Change Forms, then US Group Registration/Change Form. Scroll down about a third of the way and fill in the appropriate fields. It's very simple.

Within the IG, we publish our own meeting list in *Desert Recovery*. It includes more information than what is included on www.aa.org and is also used for Public Information (PI) and Hospitals, Institutions, Professions, and Military (HIPM) purposes. Sandy M. is the Meeting List Chair. Updates also need to be sent to Sandy to keep this list accurate. Sandy can be contacted at [redacted] or smckenna29@yahoo.com. Please contact Sandy as soon as the change occurs, rather than waiting for the newsletter headline.

As we approach the end of the year, we are making preparations for 2006. Members are volunteering for Board and Committee Chair positions and preparing the budget. If you feel that volunteering for a service positions requires too much time from your schedule, please consider serving on a committee or helping out with a one-time task. It's a great way to meet new people and strengthen your program.

Suzanne Bertuleit, Chair

Announcement

The Tuesday afternoon Whetstone meeting has moved to Benson effective immediately. The new meeting location is at the Sobriety House, 225 E. 6th Street, Benson, AZ. The time of the meeting has been changed to 4 p.m. For further information, contact Barbara E. at [redacted]

Step Ten: Continued to take personal inventory and when we were wrong, promptly admitted it.

“As we repeatedly act on step ten, we begin to see the remarkable way the steps will, from now on, continue to remove unnecessary turmoil and pain from our lives. The new attitudes of honesty about our problems and surrender to a Power greater than ourselves have become a part of us by now; they are the basis of every choice we make in our day-to-day lives. Reviewing our recent behavior, keeping our Higher Power in charge of our lives, asking for guidance, and promptly admitting our errors, becomes a sane and satisfying way of live—far better than nursing our fears or building a fresh set of resentments to harbor.”

Excerpted from Step 10 (Pages 89 and 90) of “The Twelve Steps and Twelve Traditions of Overeaters Anonymous”

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.
