

# Southeastern Arizona Intergroup of Overeaters Anonymous

## DESERT RECOVERY

May / June 2007

PO Box 43221, Tucson, AZ 85733-3221

### Upcoming OA Events

#### May 19, 2007

Planning Meeting for Region III Convention (Fall of 2008), Saturday, 2:00-4:00 PM, at Sam Pena Library, 1607 S. 6<sup>th</sup> Ave., South Tucson. Lots of volunteers needed, so **EVERYONE** welcome.

#### Aug. 30 – Sept. 2, 2007

World Service Convention Philadelphia, PA.

#### Oct. 19-21, 2007

Region III Fall Assembly & Convention, Denver, CO.

#### Oct. 26-28, 2007

OA Abstinence Retreat, Holy Trinity Monastery, St. David, AZ.

SEAZ Intergroup is hosting the **Region III Convention and Assembly in Tucson in Fall 2008**. Call either Marilyn B. at 520-417-1645 or Karen S. at 520-298-1975 to volunteer for a committee or to get information.

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

Email **Peggy** at [desertrecovery@hughes.net](mailto:desertrecovery@hughes.net) or call 520 456-1676.

**(Note: new email address)**

### A STEP IN ACTION

#### **STEP FIVE: Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.**

“By the time we have completed the fourth step, most of use feel ready to move ahead quickly with step five. We want to **be free** of resentments, guilt, and shame rooted in the past, and we realize that sharing the details of our past with another human being is an important step toward freedom. Once we have taken this step, we will no longer have anything to hide. This is the beginning of the **end** of our **isolation**....from other people....that so many of us have felt throughout our lives.”

Excerpted from Step Five, pages 45 & 46, of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*

#### **A Mustard Seed**

Two important principles are found in Step Five: **trust** and **acceptance**.

Many of us have had a tough time practicing these, and they seem to be impossible to almost apply in our lives. This disease ruined my ability to trust and accept myself. Any attempt at trusting myself to eat normally the next time the compulsion came was a lost cause for me. If I couldn't trust myself, surely I couldn't trust another human being or even a divine being.

I was in a bind when I came into OA. As I started working the program, I found some abstinence and clarity. The healing began when I revealed the “real” me to another person in the program, my sponsor. Trust began then—as a tiny mustard seed. As I told my sponsor my secrets, that small seed of trust grew. As my trust in my sponsor grew, so did trust in myself grow.

That's the strange thing. This trust thing works one way in the disease and the reverse in recovery. In the disease, I couldn't trust or accept myself, so this spilled over onto others and God. In recovery, though, I have to trust God through another person, which then spills over to trusting myself.

As I did my first Step Five and additional sharing along the way, my ability to trust and accept God, others and myself, blossomed. As I continue to show the “real” me to others, those two valuable principles, **trust** and **acceptance**, have become a way to live one day at a time.

Reprinted from *Lifeline*, 1999

#### **TRADITION FIVE: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.**

“This tradition reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message—in our steps and traditions—that we find solutions to our problems. Living by these principles has saved our lives.”

Excerpted from Tradition Five, pages 146 & 147, of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.

## A STEP IN ACTION (continued)

### Step Six: Were entirely ready to have God remove all these defects of character.

**“Saying** we are entirely ready and **being** entirely ready are two very different things.....Why is it so hard for us to be entirely ready to part with our defects? One major reason is **fear**.... We must approach this step with **complete willingness** to let God do for us what we cannot do ourselves....**We are powerless** over each of our character defects as we are powerless over food....When we work this step, **we dedicate ourselves** to a lifetime of growth and change.”

*Excerpted from Step 6 (pages 53, 55 and 56) of The 'Twelve Steps and Twelve Traditions of Overeaters Anonymous.*

### Tradition Six: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose,

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We in OA have learned from the experience of AA the pitfalls of not adhering to this tradition. If the OA name is used for one outside enterprise, no matter how well meaning, it could then be applied to others and inevitably, some would not be to our credit. **We might lose site of our primary purpose**, “carrying the 12-step message of recovery to the still suffering overeater” and begin focusing on power, prestige and profit. We have learned that to **keep the focus on the OA message**, we offer OA approved literature at our meetings and focus on the OA message.

*Excerpted from The Heart of Texas OA Intergroup Newsletter, Volume 26, Issue 6.*

**Desert Recovery** is now available via email. If you would like to receive the newsletter and updated meeting list in your in-box every other month, drop an email to [desertrecovery@hughes.net](mailto:desertrecovery@hughes.net). It's convenient for you and saves your Intergroup money!

## A Time for Healing

Christmas through June should be a tough time of year at my house. Though the Christmas season is usually a joyful one for most people, it sparks remembrance of a long period of loss for my husband and I. On both sides of our family, every month from December through June, we can either recall the death of a loved one or note on the calendar a birthday or wedding anniversary of someone no longer with us. It began on Christmas Eve, 1991, an hour after a family dinner. My mother collapsed from a brain hemorrhage that triggered a heart attack that ended in her death 45 minutes later, with her never regaining consciousness. Obviously, the next Christmas it was hard for me to celebrate the season. In years to come, we added the January and February birthdays and the March wedding anniversary of my parents-in-law. April was the month my father died (on Palm Sunday) and don't forget Easter usually falls in there too, followed by Mother's Day and my dad's birthday in May, with Father's Day and my parents' anniversary in June. At an OA meeting I shared how it was hard not to be depressed at Christmas and not to dread the loss of so many family members in the coming months. After the meeting a newcomer walked out with me and in the parking lot she changed my life. She told me similar events of loss in her life and said grief was overwhelming her until one day, through prayer, she felt led to stop mourning those people and to begin celebrating them. She said on those “anniversary days” she and her family gather to remember the positive things about those people and to heal themselves through love and sharing. Her attitude inspired me and then my family, who developed a special “meal plan.” So, now we bring out the china and crystal and silverware we inherited from our parents and other family, cook the favorite meal of whomever we are celebrating and then sit around the table exchanging stories about them. The love, and, yes, even laughter has turned grief into acceptance and serenity and keeps those who are gone “present” in our lives. We still miss them but now we can recall them with positive emotions, instead of focusing on the loss that was like a sore we could not or would not let heal. My Higher Power, through a stranger, healed me and I am grateful. Merry Christmas, Happy Birthday, Happy Easter, Happy Mother's Day, Happy Father's Day and congratulations on your wedding anniversary---all those special days now remembered joyfully.

*Peggy P.*

## OA MEETING LIST – May/June 2007

<b>SUNDAY</b>				
5:30-6:30PM #45377	SUNDAY 60 MINUTES Literature – Varied Format	Christian Faith Fellowship 5601 E. Broadway, Shepherd Room	Hugh 745-1499 IR: Susan C. 747-5018	WC
<b>MONDAY</b>				
5:30-6:30PM	GOING SANE (Big Book Study/ Speaker 1 <sup>st</sup> Monday) #39507	First United Methodist Church 915 E. 4 <sup>th</sup> St. (4 <sup>th</sup> & Park) Carillon Room Park behind church, enter lot from 4 <sup>th</sup> Street	Beth M. 577-8745 IR: Robert K. 980-3044	WC
7:00-8:00PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Immanuel Presbyterian Church 9252 E. 22 <sup>nd</sup> Street, Room 8 (east side of complex)	Michelle T. 784-3597 IR: Open	WC
<b>TUESDAY</b>				
10:30-11:30 AM	RECOVERY #30601	Christian Faith Fellowship 5601 E. Broadway, Shepherd Room	IR: Judith H. 323-9845	WC Fragrance-free*
10:45-12 Noon	NORTHWEST TENDER SOLUTIONS #40963 (Literature Study/ Sharing)	Dove of Peace Lutheran Church 665 W. Roller Coaster Road (just west of Oracle Road)	Neva 877-8420 IR: Claire B. 572-7048	WC
6:00-7:00PM	KEEP IT SIMPLE STEP STUDY (K.I.S.S.S.) #45767	Mountain View Retirement Village 7900 N. La Canada (at Magee) Multi-purpose Room (2 <sup>nd</sup> Floor)	Lana 797-7439 IR: Eileen T. 975-5480	WC
7:00-8:00PM	IT WORKS IF YOU WORK IT! (Step Study) #46441	Mt. Zion Lutheran Church Library 4520 W. Ajo Way (between Mission and Kinney)	Chris 578-8966 IR: Chris C. 883-8195	WC
7:00-8:00 PM	Tucson's Men's Meeting #49144	931 N. Fifth Avenue 1 ½ blocks south of Speedway	Jim D 250-0509 IR: Open	
<b>WEDNESDAY</b>				
10:00-11:00am	Understanding Hearts – Open Discussion – Northwest Side #46884	Christ the King Episcopal Church 2800 W. Ina Road Ground Floor in Library	Betty D. 690-1441 IR: Patricia P. 744-6675	
11:30-12:30PM	WELCOME HOME / Sharing #04330	First Congregational United Church of Christ 1350 N. Arcadia – Studio	Sue H. 307-1939 IR: Open	<i>Beverages only</i>
5:30-6:30PM #49188	VOICES OF RECOVERY Leader's Choice Literature Meeting	St. Thomas More Newman Center 1615 E. 2 <sup>nd</sup> St. (corner of Cherry & 2nd) (Park & enter from rear)	Andrea M. 749-6789 IR: Allison M. 609-3583	WC
<b>THURSDAY</b>				
2:00-3:00 PM #49566	A NEW BEGINNING-Literature Relapse Prevention/Recovery	Christian Faith Fellowship 5601 E. Broadway, Shepherd Room	Kathie 296-4390 IR: Open	WC
7:00-8:00PM	BIG BOOK STUDY #47942	Immanuel Presbyterian Church 9252 E. 22 <sup>nd</sup> Street, Room 8 (east side of complex)	Meg 546-1168 Karen S. 298-1975 IR: Open	WC
7:30-8:30PM	JUST FOR TODAY #27843	St. Andrew's Church 7600 N. Paseo Del Norte Park on North side; take elevator to basement.	Donna S. 408-8198 IR: Open	WC Fragrance-free*
<b>FRIDAY</b>				
7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church, 3201 E. Presidio Education Bldg, Rm 3, (East of the church)	Janet G. 795-7492 IR: Sally H 795-1022	
10:30-11:30AM	LIVING IN THE SOLUTION – Sharing #14251	First Congregational United Church of Christ 1350 N. Arcadia – Fellowship Hall	IR: Gloria L. 883-7050	Fragrance-free*
6:00-7:00PM	Big Book Study – Northwest Side #46417	Mountain View Retirement Village 7900 N. La Canada (at Magee) Multi-purpose Room (2 <sup>nd</sup> Floor)	Lana 797-7439 IR: Eileen T. 975-5480	WC
<b>SATURDAY</b>				
9:00-10:00AM	FAR EAST SATURDAY GROUP (Varied Format) #45696	Immanuel Presbyterian Church 9252 E. 22 <sup>nd</sup> Street, Room 8 (east side of complex)	Meg 546-1168 IR: Chris N. 721-1085 And 661-1991	WC
9:00-10:15 AM	SATURDAY MORNING STUDY GROUP #12117	University Medical Center 1501 N. Campbell, Dining Room C/D or Rm 3505 – see list at Information Desk.	Chris B. 887-7188 IR: Kate C. 319-0237	WC <i>Parking***</i>

## OUT OF TOWN OA MEETINGS

### GREEN VALLEY

TUESDAY 7:45 AM-8:45 AM	#49982	St. Francis of the Valley Episcopal Church 600 S. La Canada Dr., Library	Mary Anne 393-0169 Mag 393-1723 IR: Open	WC
WEDNESDAY 7:00-8:00PM	Literature Study # 37169	St. Francis of the Valley Episcopal Church 600 S. La Canada Dr., Library	Mary Anne 393-0169 Mag 393-1723 IR: Open	WC
SATURDAY 9:00-10:15AM	Step and Tradition Study #34898	St. Francis of the Valley Episcopal Church 600 S. La Canada Dr., Library	Mary Anne 393-0169 Mag 393-1723 IR: Open	WC

### SIERRA VISTA

MONDAY 7:00-8:00 PM	Literature #17537	Church of Christ 815 El Camino Real, Classroom 2	IR: Linda C (520) 803-8118	
THURSDAY 6:30-7:30PM	NEWCOMERS #39367	Church of Christ 815 El Camino Real, Classroom 2	Marilyn (520) 417-1645 IR: Marlana (520) 378-2653	WC
SATURDAY 10:00-11:00AM	Discussion #40592	Church of Christ 815 El Camino Real, Classroom 2	Jan F. (520) 452-0093 IR: Same	WC

### BENSON

TUESDAY 4:00-5:00PM	Rotating Format #47074	Sobriety House 225 E. 6 <sup>th</sup> Street	Darlyn R. (505) 681-7478 IR: Peggy (520) 456 1676	WC
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### YUMA

MONDAY 1:00 – 2:00PM	<b>YEAR ROUND</b> #47822	Gloria DeCristo Church 11273 E. 40 <sup>th</sup> Street	Contact: Connie O. (928) 305-0682	WC
TUESDAY 5:15-6:30 PM	*New start time* Rotating Format #49443 Just for Today	Central Church of Christ 651 West 28 <sup>th</sup> Avenue	Contact: IR: Lynn C. (928) 223-0446	WC

### NOTES

**IR = Intergroup Representative WC = Wheel Chair Accessible (520) = Long distance from Tucson \*\*\*No parking fees at UMC on Saturdays**  
**\* In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume.**

**WEBSITES:** OA World Service: [www.oa.org](http://www.oa.org) OA Region 3: [www.oaregion3.org](http://www.oaregion3.org)

**MEETING LIST CHANGES:** Changes/corrections to meeting information: Please email Susan C. at [AssuntaFCC2895@aol.com](mailto:AssuntaFCC2895@aol.com)  
 Or send changes via regular mail to: Susan Crimage, PO Box 13391 Tucson, AZ 85732

## SOUTHEASTERN ARIZONA INTERGROUP #09078

Overeaters Anonymous

P.O. Box 43221

Tucson, AZ 85733-3221

(520) 733-0880

*SE AZ Intergroup meets the third Saturday of the month at 10:45AM  
 Sam Lena South Tucson Branch Library  
 1607 S. Sixth Avenue, Conference Room*

### SE Arizona Intergroup Board

#### Officers

Chair:	Janis	325-4441
Vice Chair:	Andrea	749-6789
Secretary:	Joe V.	904-8390
Treasurer:	Mag P	373-1723
Delegate (1):	Marilyn B.	(520) 417-1645
Delegate (2):	Beth M.	577-8745

#### Committee Chairs

PIPO:	Meg R. 546-1168 & Allison T. 272-8624
Lifeline:	Open
Meeting List:	Susan C. 747-5018
Newsletter:	Peggy P. (520) 456-1676
Special Events:	Open
Tape Library Custodian:	Shelly A. 299-0057
Telephone:	Judith H. 323-9845
IR Trainer:	Barbara M 327-2709
	Jan F. (520) 452-0093
12 <sup>th</sup> Step Within:	Karen S. 298-1975