

# Southeastern Arizona Intergroup of Overeaters Anonymous

## DESERT RECOVERY

September / October 2007

PO Box 43221, Tucson, AZ 85733-3221

### Upcoming OA Events

#### Oct. 19-21, 2007

Region III Fall Assembly & Convention, Denver, CO.

#### Oct. 20, 2007

A **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. .

#### Oct. 26-28, 2007

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

#### Nov. 17, 2007

IDEA Day, hosted by all the Sierra Vista OA groups, Church of Christ, 815 El Camino Real.

#### Nov. 22, 2007

Thank-a-Thon, **Thanksgiving Day**, St. Francis in the Foothills Church, 4625 E. River Rd., Tucson.

SEAZ Intergroup is hosting the **Region III Convention and Assembly, Sept. 19-21, 2008, in Tucson.** Call Marilyn B. at 520-417-1645 or Karen S. at 520-298-1975 to volunteer for a committee or to get info.

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

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

### OA IN ACTION

**STEP NINE:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**TRADITION NINE:** OA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

**CONCEPT NINE:** Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Excerpted from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Pages 75 and 177 and addendum.

### INTERGROUP IN ACTION

In June our Intergroup donated 10 new copies of OA's 12&12 to the Pima County Library System in Tucson and they are now in circulation. I've been checking weekly to see how they are doing and usually 2 or 3 are checked out. This is a great way to reach people and for newcomers to look over the book, so spread the word of their availability and boost circulation.

The St. David retreat is next month and registration is going on now. You can sign up for the whole weekend or attend just the sessions on Saturday. Obtain forms at your meetings or you can get them from our just-launched website, [www.oasouthernaz.org](http://www.oasouthernaz.org).

An ad hoc nominating committee is being formed to create the slate for November elections of Intergroup Board members, and a list of new Committee Chairpersons for many of the standing committees. We need volunteers for the ad hoc committee and names for the open positions.

If willing members doubt their qualifications to serve, previous knowledge of what to do is not necessary. We have mentors available for committee chair slots and board positions. Candidates have to have been Intergroup Reps for six months currently or in the past.

**Service is so important to program healthiness and we have so many opportunities to serve.** Don't wait to be asked---stand up for yourself and your program! Volunteers can call 325-4441 or email [janisroth@msn.com](mailto:janisroth@msn.com).

*Janis, SEAZ chairperson*

### NEW WEBSITE FOR SEAZ OVEREATERS ANONYMOUS

The long anticipated launch of an online website for SEAZ OA has just been completed, so find us live at [www.oasouthernaz.org](http://www.oasouthernaz.org). Members say it is beautiful, amazing and informative. We encourage you to visit the site to see first hand how much work has gone into its creation and launch. Tell all your OA friends so all can take advantage of this new way for our Intergroup to share information.

**OA IN ACTION (continued)**

**STEP TEN:** Continued to take personal inventory and when we were wrong, promptly admitted it.

**TRADITION TEN:** Overeaters Anonymous has no opinion on outside issues; hence the name ought never be drawn into public controversy.

**CONCEPT TEN:** Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

*Excerpted from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pages 83 and 185 and addendum.*

**OUR RECOVERY TOOLBOX----- Meetings.**

Many of us have a home meeting, or a schedule of regular meetings where we've established great friendships and fellowship, and everyone there knows us and knows our story. We feel like we belong, often for the first time in our lives.

We can also try meetings we've never been to, or in a different part of town. We may hear something valuable from members we otherwise never would meet, or perhaps someone there would benefit from hearing us. And don't forget there also online meetings available. We "keep coming back" because we want and need recovery, but the **first step** to our program's first step is to **show up!**

*Reprinted from Arizona in the Desert newsletter, September 2007.*

**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.

**NO PROBLEM TOO SMALL**

Recently I observed a wedding anniversary and in preparation of a celebratory meal, I got my china and crystal out of storage. A few pieces were pushed to the rear of the shelf and in retrieving them, I found a glassware set I had forgotten about. I think I had one of those "full circle moments" as I realized my Higher Power was fully involved in my life in a way I never could have imagined over 30 years ago when I won the glasses in a charity raffle. I was barely age 21 and severely disappointed when the last item---the glassware set---was announced. **I had bought only one ticket** and didn't care about anything but the TV set or stereo I had hoped to win. Of course, my ticket number was drawn! My prize included the free engraving of a personal initial, so when I had to put an alphabet letter on the order form I flashed back to a cousin's recent wedding shower. Many relatives teased me that I had to marry a man whose last name began with the initial of their last names or it wouldn't make any sense to pass on to me their personalized linens, china and crystal. Using a young, single girl's logic, I reasoned that my last name might change but my first name never would, so I told the engraver to put my first name initial on the glasses. **Ten years later my life was very different.** I had moved from the East to the West Coast and had even changed careers, but I was still single. At my new job I met a man whose family had lived an hour from my hometown and we had a lot in common. We began dating and soon we were "exclusive" and two years later we got married. When we were unpacking our possessions in our first home I found that glassware set. And the best part? **His last name begins with the initial of my first name!** I also ended up with many of my relatives' personalized items, and the initials don't match my married name, but I enjoy using them just the same because they belong to someone I loved. My Higher Power had plans for me long before I committed myself to a spiritual life so I know those glasses will end up with someone who will treasure them, even if their initials don't match.

*Anonymous*

**OA Responsibility Pledge.**

*Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.*

## OA MEETING LIST – SEPTEMBER 2007

<b>SUNDAY</b>				
11:00 AM to 12:00 PM	MIRACLES HAPPEN Literature-Variied Format	Cottonwood De Tucson 4180 W. Sweetwater Rd.--look for OA signs	Sally 795-1022 IR Robert L. 730-2563	WC
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: Roni B. 269-1025	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 Donna 749-6657 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 9	IR: Linda C (520) 803-8118	
THURSDAY 6:30-7:30PM	NEWCOMERS #39367	Church of Christ 815 El Camino Real, Classroom 9	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 3	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.aa.org](http://www.aa.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