

DESERT RECOVERY

April / May 2008

www.oasouthernaz.org

Upcoming OA Events

September 19-21, 2008

SEAZ Intergroup to host:

[Region III Convention & Assembly](#), in Tucson, AZ.

Sheraton Tucson Hotel and Suites, 5151 E. Grant Rd., west of or next to TMC campus. Call Marilyn B, 520-417-1645 or Karen S., 520-298-1975 to volunteer for a committee or to get more info.

Get your events listed in Desert Recovery!

Email Peggy at: desertrecovery@hughes.net or call 520-456-1676.

Check out our website:

www.oasouthernaz.org

Freedom Through Surrender

*I had been attending OA meetings for many years before I truly surrendered and acted upon Step 3, to turn my will and my life over to the care of the God of my understanding. I began to examine what really controlled me and what dominated me. **I had to become willing to admit that I was the one responsible for having yielded myself to whatever was wrong in my life--** binge foods, work, sleep, TV, gossip, anger, etc.—and realize I was only person I could blame. If I was a slave to my will, then I was to blame because somewhere in the past I yielded to myself and fulfilled my own desires. I realized that to truly act on Step 3, I had to put God in charge of my life, and that I must no longer yield to my desires but to Him.*

*Through my examination process I discovered a power greater than me, the God of my understanding and that God was not me! I yielded my will to this Higher Power and found relief and peace in my life. I yielded and soon realized freedom from the tyranny and slavery of self-will run riot. **Daily surrender has become a way of life for me and abstinence from compulsive overeating is my daily reward.** There is truth to what is says in the OA program opening, that this is a program of spiritual recovery.*

And I remind myself with page 85 of the Big Book, "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry a vision of God's will for us into our activities." So, thank you, HP and thank you OA for showing me how to gain freedom from my food obsession through surrender.

Reprinted from Lifeline

NUGGETS OF WISDOM

You're either surrendering to God or surrendering to the food.

You can't conquer what you won't confront.

If you're not working the steps, then OA is just a cheap diet club.

I can endure some short-term pain to get some long-term pleasure.

We are either a host to God or a hostage to ego.

Literary Psychotherapy

*I recently heard a speaker discuss the Fourth Step, which explained some things for me about the OA program. This speaker said Step Four is the first "recovery" step. Somehow, **I had grasped the concepts of abstinence and using the tools, but not that the goal of the program is** recovery for our poor, sick minds. I call the Fourth Step Inventory a kind of "literary psychotherapy" because we write down the character defects that cause us to be anxious, worried, or fearful—feelings which in turn contribute to our compulsive eating.*

*Our OA books say that we are simply to do it, that form and style don't matter. A special technique that I have used is to imagine that I am sitting on a beach watching the tides come in. I pretend that each wave is a particular emotion and has the name of that feeling written down on it. **When I begin to experience a mood or emotion,** I write it down. When I feel my list is complete, I talk it over with my sponsor. This concept has helped me in realizing that emotions, like waves, will come whether I wish them to, or not, and that I can decide how to handle them.*

Anonymous

The Steps in Action

Step Four----Made a fearless and searching inventory of ourselves.

This step requires us to “examine our lives up to the present day and we write down all important actions of a moral or ethical nature, our feelings about them, and the character traits in us from which these actions stemmed.” Many of us for the first time have to confront our past bad behavior with food and experience the guilt and shame we might have been living with for years. ***The self-analysis we do in this step is crucial to our recovery from compulsive eating.***

“As we face our problems they lose their power to overwhelm and control us.”

The Twelve Steps and Traditions of Overeaters Anonymous, pages 29 and 30.

Step Five----Admitted to God, to ourselves and another human being, the exact nature of our wrongs.

Most of us now feel ready to move ahead quickly, to deal with the isolation that many of us have felt for so long. “We want to be free of resentments, guilt and shame rooted in the past, and ***we realize that sharing details of our past with another human being is an important step toward freedom.***” Having nothing left to hide, we begin to end our isolation.

The Twelve Steps and Traditions of Overeaters Anonymous, pages 45 and 46

The Traditions in Action

Tradition Four----Each group should be autonomous in matters affecting other groups or OA as a whole.

We come into this program as individuals and we work the steps and traditions in our own way, even if that includes not working them at all. This principle extends to our groups “and gives them the right and responsibility to operate as they see fit, free from any outside influence. “ Autonomy means that ***“groups can have no affiliation other than with OA.....and that no other group or service body, even inside OA, can dictate group action.”***

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 137

Tradition Five----Each group has but one primary purpose, to carry the message to the compulsive eater who still suffers.

Our program is unique in that it offers a spiritual solution to those who have given up hope. Whenever we share our experience, strength and hope, ***“we give back what we have been given*** and thus continue the flow of healing power which fosters our own recovery.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pages 145 and 146

Why Don't I Have a Sponsor?

Commitment: Getting a sponsor is a real sign of commitment to program, so I hold back due to fear.

Control: The illusion I'm in control is easier to maintain without a sponsor.

Denial: I want to do everything myself and I persist in thinking I can.

Rejection: I expect people to turn me down, so “who would want to sponsor me”

Trust: I am afraid to confide in people. “If someone really knew me, they wouldn't like me.”

Perfectionism: I fear I can't measure up to some unwritten standard of a what a good sponsoree should be.

Laziness: Working with a sponsor is hard work.

Rationalization: I make excuses for not having a sponsor and use the lack of one for not working the program.

Procrastination: I will find a sponsor at a later date.

Intimacy: Having a sponsor involves taking risks and getting close to another person. I fear sharing emotions.

Do you have a sponsor? Are you a sponsor? If you can answer NO to either question—what is your reason?

OA MEETING LIST – APRIL / 2008

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SUNDAY				
11:00 AM to 12:00 PM	MIRACLES HAPPEN Literature - Varied Format	Cottonwood De Tucson 4180 W. Sweetwater Rd.- look for OA signs	Sally 795-1022 IR Sue D. 401-1978	WC
5:30-6:30 PM #45377	SUNDAY 60 MINUTES Literature – Varied Format	Christian Faith Fellowship 5601 E. Broadway, Shepherd Room	Hugh 745-1499 IR: Susan C. 747-5018	WC
MONDAY				
5:30-6:30PM	GOING SANE (Big Book Study/ Speaker 1 st Monday) #39507	First United Methodist Church 915 E. 4 th St. (4 th & Park) Carillon Room Park behind church, enter lot from 4 th Street	Felice G. 891-8900 IR: Robert K. 1-914 980-3044	WC
7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Immanuel Presbyterian Church 9252 E. 22 nd Street, Room Three (east side of complex)	Michelle T 784-3597 IR: Open	WC
TUESDAY				
10:30-11:30 AM	RECOVERY #30601	Christian Faith Fellowship 5601 E. Broadway, Shepherd Room	IR: Judith H. 323-9845 *Fragrance free	WC
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
6:00-7:00 PM	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 nd 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 Sanity #49144	931 N. Fifth Avenue 1 ½ blocks south of Speedway	Jim D 250-0509 IR: Ron R. 320-9675	
WEDNESDAY				
10:00-11:00 AM	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 L. 885-2861 IR: Barbara M 327-2709	<i>Beverages only</i>
5:30-6:30PM #49188	VOICES OF RECOVERY Leader's Choice Literature Meeting	St. Thomas More Newman Center LIBRARY 1615 E. 2 nd St. (corner of Cherry & 2nd) Park & Enter from rear	Andrea M. 749-6789 IR: Roni B. 269-1025	WC
THURSDAY				
10:30-10:45	NEWCOMERS MEETING	Oro Valley Urgent Care Community Education Room 13101 N. Oracle Rd.	Pam 297-4704 IR: Neva S.877-8420	
10:45-11:45	SEEKING THE SPIRITUAL PATH- ORO VALLEY BIG BOOK STUDY MEETING			
7:00-8:00 PM	BIG BOOK STUDY #47942	Immanuel Presbyterian Church 9252 E. 22 nd Street, Room 5 (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*
FRIDAY				
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: Dee W. 406-6398	
10:30-11:30AM	LIVING IN THE SOLUTION – Sharing #14251	First Congregational United Church of Christ. 1350 N. Arcadia – Fellowship Hall	IR: C Jay H. 400-5951	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 nd Floor)	Lana 797-7439 IR: Eileen T 975-5480	WC
SATURDAY				
9:00-10:00AM	FAR EAST SATURDAY GROUP (Varied Format) #45696	Immanuel Presbyterian Church 9252 E. 22 nd Street, Room 5 (east side of complex)	Meg 546-1168 Joanne B. 762-9576 Or 520-271-5060	WC
9:00-10:15 AM	SATURDAY MORNING STUDY GROUP #12117	University Medical Center 1501 N. Campbell, Dining Rood C/D or Room 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

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

SIERRA VISTA

MONDAY 7:00-8:00PM	Literature Study #17537	St. Andrew's Church 800 Taylor Drive, NW - Room 5	Laura (520) 458-0563 IR: Linda C. (520) 803-8118	WC
THURSDAY 6:30-7:30PM	NEWCOMERS #39367	Church of Christ 815 El Camino Real, Classroom 2	Marilyn (520) 417-1645 IR: Same	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 th Street	Barbara (520) 586 3165 IR: Peggy (520) 456 1676	WC
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YUMA

MONDAY 1:00 – 2:00PM	YEAR ROUND #47822	Gloria DeCristo Church 11273 E. 40 th Street	Contact: Connie O. (928) 305-0682	WC
TUESDAY 5:30-6:30 PM	*new start time* Rotating Format #49443 Just for Today	Central Church of Christ 651 West 28 th St.	Contact: Lorraine 1-928-782-1305 IR: Lynn C 1-928-503-1229	WC

IR = Intergroup Representative

WC = Wheel Chair Accessible

*****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

OA Region 3: www.oaregion3.org/

SOUTHERN ARIZONA (SEAZOA) Home Page: <http://www.oasouthernaz.org/>

**MEETING LIST CHANGES: Changes/corrections to meeting information: Please email Susan C. at: AssuntaFCC52895@aol.com
Or send changes to Susan Crinage, 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: Karen S. 298-1975
Treasurer: Mag P. 393-1723
Delegate (1): Beth M. 577-8745
Delegate (2): Roni B. 269-1025

Committee Chairs

PIPO Contacts: Meg R. 546-1168 & Allison T.. 272-8624
Meeting List: Susan C. 747-5018
Newsletter: Peggy P. 520-456-1676
Special Events: Open
Tape Library/Lifeline: Open
Telephone: Ellen K. 798-3478
IR Trainer: Chris N. 721-1085 or 661-1991
12th Step Within: Neva S. 877-8420