

DESERT RECOVERY

August/September 2008

P.O. Box 43221, Tucson, AZ 85733-3221

UPCOMING O A 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 TMC campus. Call Marilyn B., 520-417-1645 or Karen S., 298-1975, to volunteer for a committee or more information.

■ October 24-26, 2008

"Acceptance Retreat," Holy Trinity Monastery, St. David, AZ.

November 15, 2008

IDEA Day, Church of Christ, El Camino Real, Sierra Vista

- **Get your events listed in *Desert Recovery!*** E-mail Peggy at desertrecovery@hughes.net or call 520-456-1676.

NUGGETS OF WISDOM

If God brings you to it,
He will bring you through it.

The best antidote for
resentment is the continual
practice of gratitude.

Intergroup in Action

Hi, to all of you Southeastern Arizona OAs. This is the time of year when we usually do what animals do in the heat of the Arizona summer; they estivate. Animals that estivate spend a summer inactive and insulated against heat to avoid the potentially harmful effects of the season. But we are NOT avoiding summer heat; we are actively creating a wonderful Region III Fall Assembly and Convention experience in Tucson, September 19-21, to be shared by OA members from our own Region and other Regions in and out of our United States. There will be great OA speakers, workshops, entertainment and wonderful fellowship, all for you to enjoy.

In addition, there will be shopping at our Cool Creations Casa where handcrafted items, gently-used clothing, and raffle items will be featured. I promise something for everyone. I especially like the handmade envelopes, recovery cards and meeting pamphlet holders.

Following the convention is our Acceptance Retreat at the beautiful and peaceful Holy Trinity Monastery in St. David, October 24-26. Then the International Day Experiencing Abstinence (IDEA) event will be held in Sierra Vista on November 15. The folks in Sierra Vista will also have the Back-to-Basics meetings, originally planned for June, starting this fall. As you can see, there is no time to be a couch potato and isn't that good for us? Want more information? Check out our local website www.oasouthernaz.org and I will see you soon!

Janis, IR chair

A Bright Path to Follow

What do you do when you have struggled for months but are still not "getting it"? Fellow OAs tell me to keep coming back but it means little to me, steeped as I am in judgment and in the fear of continuing to fail. I don't think I am alone in this experience, but only because I have learned that I am not terminally unique! It all comes down to me and the God of my understanding. Today is a day when it feels like God is all I have---God, my disease, and my determination to keep trying to get better, no matter what.

It is very humbling to admit that "first a slip, then a fall" has become my pattern in this program. *In my world, I mess up again and again. I cause problems and react badly to life. But every time I have taken the risk of sharing one of these truths during a meeting, I've been met with understanding, both spoken and unspoken. To my surprise, no one has yet asked me to leave a meeting room.*

Our literature tells us the only way to fail is not to try so I just "keep on keeping on." *Where else can this miserable food addict go for acceptance and encouragement regardless of my record of abstinence, emotional sobriety and weight loss? Just for today, I am imagining our program as a brightly lit path to recovery, a path solidly laid before me and along which I can stumble or fall as many times as I need until I am finally "getting it."*

Excerpted from OA "Stepping Stone"

“EIGHT” IN ACTION

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

Tradition-----*Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

Concept-----*The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service*

“NINE” IN ACTION

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

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

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

“SUNLIGHT OF THE SPIRIT”-----Convention 2000 REMEMBERED

The last time the fall Region III convention was held in Tucson was in 2000 at the turning of a new century and we were all wondering what changes might be in store for us in our personal lives and in our program of recovery. I had been in OA for two years and eagerly, but also with some fear, signed up to volunteer at the convention. I got to serve as a greeter the first afternoon when people were checking in and I met members from all over the country. I was used to hugs from people in my home group but to receive them from friendly strangers was a moving experience. On Saturday I was assigned to the Hospitality Room and as I cleaned the tables, I was a witness to many “cleanly abstinent” eating plans. I also experienced wonderful fellowship and camaraderie as people shared personal lessons learned in dealing with food---what a blessing! On the last day I helped at the literature table and sold many items to conventioners eager to take home souvenirs, but mostly books and pamphlets about the OA program. The biggest sellers were the audio tapes of previous convention speeches and open sharing. Of course, the most demanded tape was the one from the 2000 convention, and I still have a copy in my own tape library.

In reminiscing about 2000, I became aware just how much OA has brought me into the “sunlight of the spirit.” Before I came into program I ate because of every negative emotion there is to feel and then ate more because of the guilt and shame I had for feeling those emotions. This disease of mine was doing push-ups while I struggled to just stay upright. Then OA came into my life and I learned my willpower to get to food could be positively used instead to get to recovery. I became eager to experience the positive emotions in life after hearing others share theirs and I learned how to put the negative stuff in proper perspective. So, after thriving in the sunlight, why would I wish to choose the darkness of food addiction again? Instead, I choose to follow the steps of OA and receive the blessings of the strongest light there is, my Higher Power.

Name withheld by request

HOSPITALITY IN ACTION

During the upcoming convention, which we hope to be the best in years, a Hospitality Room will be available for convention attendees. The purpose of the room is to provide a place for people to get together, talk, and rest between workshops. An OA meeting will take place there, nightly, as well. For the room to be best stocked, to accommodate members, we are asking for the following donations, if you have them.

Coffee maker-----microwave-----extension cords
Ice chest/box (as large as possible-----OR a small fridge)
Ground coffee (one pound bags, regular and decaf)
Tea bags (boxes of regular and decaf)
Plastic cups with lids (for hot and cold drinks)
Cans of soda

To make donations, please call Roni B., 269-1025, or email our intergroup website: seaz@oasouthernaz.org

OA MEETING LIST – AUGUST 2008				
http://www.oasouthernaz.org/				
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 Lori B. 743-2456	WC
5:30-6:30 PM #45377	SUNDAY 60 MINUTES Literature – Varied Format	Christian Faith Fellowship 5601 E. Broadway, Shepherd Room	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 Katie K. 981-2881	WC
7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Immanuel Presbyterian Church, 9252 E. 22 nd Street, Room Three (E. side 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: Open	WC
Starts August 19 5:30 – 6:30 PM	HAPPY, JOYOUS, AND FREE Big Book Study	Cottonwood de Tucson 4180 W. Sweetwater Dr – look for OA signs	Roni B.(520) 269-1025 Sally (520) 795-1022	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
7:00-8:00 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	Patricia P. 744-6675 IR: Betty D. 690-1441	
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: Open	WC
THURSDAY				
10:30-10:45AM	NEWCOMERS MEETING SEEKING THE SPIRITUAL PATH- ORO VALLEY BIG BOOK STUDY MEETING	Oro Valley Urgent Care Conference Room across from Community Education Room 13101 N. Oracle Rd.	Pam 297-4704 IR: Neva S.877-8420	
10:45-11:45AM				
5:30-6:30PM	OVER AND UNDER MEETING Format: Lifeline/Discussion Open OA Meeting	St. Francis Cabrini Church Education Bldg.Rm#3 (EAST OF THE CHURCH) 3201 E.Presidio-E.of Country Club, S of Ft.Lowell	Beth M. 577-8745 or Cell #349-0810 IR: Susan V. 405-3888	WC
6:30-7:30PM	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*
7:00-8:00 PM	BIG BOOK STUDY #47942	Immanuel Presbyterian Church, 9252 E. 22 nd Street, Room Five (E. side complex)	Meg 546-1168 Donna 749-6657 IR: Open	WC
FRIDAY				
7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church, 3201 E. Presidio Education Bldg. Rm. 3, (East of the church)	Dee W. 406-6398 Janet G. 7957492	
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 Five (E. side complex)	Meg 546-1168 IR: Joanne B. 762-9576 Or 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: Lauren M. 241- 3616	WC Parking**

OUT OF TOWN OA MEETINGS AUGUST 2008

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	Monday Night Miracles Literature #17537	Church of Christ 815 El Camino Real, Classroom Nine	IR: Linda C. (520) 803-8118	
THURSDAY 6:30-7:30PM	NEWCOMERS #39367	Church of Christ 815 El Camino Real, Classroom Nine	Marilyn (520) 417-1645 IR: Muryelle B. (520) 459-3970	WC
SATURDAY 10:00-11:00AM	Discussion #40592	Church of Christ 815 El Camino Real, Classroom Three	Jan F. (520) 452-0093 IR: Jan F. (520) 452-0093	WC

BENSON

TUESDAY 4:00-5:00PM	Rotating Format #47074	Sobriety House 225 E. 6 th Street	Darlyn R. 505-681-7478 IR: Peggy P. 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. (Away till October) (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

NOTES

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.oa.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 via regular mail 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 R 325-4441
Vice Chair: Marilyn B. 417-1645
Secretary: Karen S. 298-1975
Treasurer: Meg R. 546-1168
Delegate (1): Beth M 577-8745
Delegate (2): Roni B. 269-1025

Committee Chairs

PIPO Contacts: Meg R. 546-1168
Meeting List: Susan C. 747-5018
Newsletter: Peggy P. 1-520-546-1676
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