

Southeastern Arizona Intergroup of Overeaters Anonymous

DESERT RECOVERY

February / March 2008

PO Box 43221, Tucson, AZ 85733-3221

Upcoming OA Events

February 23, 2008

Unity Day, hosted by all three Green Valley groups, at Evangelical Free Church of Green Valley, 1393 W. Mission Twin Butte Rd.

April 4-6, 2008

Region III Convention & Assembly, Austin, TX.

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. at 520-

_____ or Karen S. at

5_____ to volunteer for a committee or to get more info.

Get your events listed in the Desert Recovery!

Email Peggy at: desertrecovery@hughes.net or call _____ 3.

Check out our recently launched website:
www:oasouthernaz.org

SERENITY IN ACTION

So, we got through the holidays without too much trouble. Those extra meetings and outreach calls were helpful in maintaining abstinence in the presence of all the seasonal temptations. And then we made those resolutions to do better in the New Year regarding our relationships with food, loved ones, and most especially with our Higher Power. Now we're a few months into making those resolutions a reality and maybe we're not doing so well. All those heart-shaped eatables are mocking us from the shelves of nearly every store and bunny-figure delicacies will soon replace them. How does an overeater continue coping?

We remind ourselves that these things, too, shall pass, just as the Thanksgiving and Christmas temptations did. Most of all, we rely on the message in the first three steps of our program. We continue to recognize we have a problem with food, that only with the help of a power greater than ourselves can we achieve any sanity in our relationship with food, and that we must give control of that relationship to our Higher Power.

Only then can we attain any measure of freedom from our food obsession. So, we pray "God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference."

Submitted by P.L.C.

WORDS TO LIVE BY

N.U.T.S.....Not using the steps.
F.E.A.R.——False evidence appearing real.
P.L.A.N.——Practice living abstinely now.
E.G.O.——Easing God out.
F.R.O.G.——Fully relying on God.

CAN'T CAUSE IT.
CAN'T CONTROL IT.
CAN'T CURE IT.

REGRET islooking backward.
WORRY is ;;;;;;looking around.
FAITH is.....looking up.

OUR RECOVERY TOOLBOX-----SERVICE

Many benefits come to us in 12-Step Recovery but a key one is going from feeling deprived and expecting to be served, to feeling fortunate and expecting to make efforts for others. We get fulfillment through service when we reach out to others at meetings or through phone calls and emails, become a member of a committee or help plan an event, sponsor a newcomer, or open the doors of a meeting room.

When we put in the effort, the outcome is positive for everybody.

Reprinted from Arizona in the Desert newsletter, July 2005.

"WE GIVE THANKS"

Thank you, Higher Power, whom I choose to call God.

Thank you God.

Thank you God for recovery.

Thank you God for abstinence.

Thank you God for well-being.

Thank you God for my sponsor.

Thank you God for expression, communication, and friendship.

Thank you God for creativity.

Thank you God for teaching me how to focus on the positive.

Thank you God for Tucson.

Thank you God for teaching me how to be myself.

Thank you God for giving me the courage to love you.

Thank you God for giving me the courage to express my love for you.

Thank you God for taking care of me.

Thank you God for giving me an incredibly wonderful life.

Thank you God for giving me a voice and showing me how to use it.

Thank you God for existing.

Thank you God for all the lessons you have taught m.

Thank you God for the love you have brought into my life e

Thank you God for the strength to follow your guidance.

Contributed by De Vie

THE OA PROGRAM IN ACTION

STEP TWO	STEP THREE
Came to believe that a Power greater than ourselves could restore us to sanity.	Made a decision to turn our will and our lives over to the care of God, as we understood Him.
TRADITION TWO	TRADITION THREE
For our group purpose there is but one ultimate authority ---a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern..	The only requirement for OA membership is a desire to stop eating compulsively..
Excerpted from <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i>	<i>Pages 99 and 199</i>

RECOVERY: A WORK IN PROGRESS

I am a compulsive overeater, and too often my first reaction to difficult life situations is to want to eat. I thank my Higher Power for the OA program and the awareness that I no longer have to act on those thoughts. I now work the tools, but sometimes I need more desperate measures to protect my abstinence.

One stressful day at work, I asked a colleague from out of town to ride in the care with me on a quick errand. I knew I would be too embarrassed to buy binge food and eat it if she was with me. She agreed, the food thought passed and my abstinence stayed intact.

One night, after a particularly difficult day with my spouse and daughter, I went for a ride to the local 24-hour hardware store. It got me out of the house, away from food and to a place with no tempting snacks. By the time I arrived home, the desire to stuff my discomfort with food had passed. I am grateful I no longer have to give in to the sick temptations and compulsive behaviors that used to be part of my life. By using the tools of OA one day at a time, sometimes only one minute at a time, I am achieving that freedom from food obsession that used to elude me.

— Anonymous