

DESERT RECOVERY

October/November 2008

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

UPCOMING OA EVENTS

■ **October 24-26, 2008**

“Acceptance Retreat,” Holy Trinity Monastery, St. David, AZ.

■ **November 15, 2008**

IDEA Event, 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.

■ **Check out our website :**

www.oasouthernaz.org

NUGGETS OF WISDOM

Abstinence, for some, is a day during which one doesn't have to think about food.

The person with the longest abstinence is the one who got up the earliest.

Intergroup in Action

Ahhh, at last it is cooling down, slightly, and the year is winding toward its conclusion. Our SEAZ-hosted Region III Assembly and Convention is over and what a great event it was! I am amazed at the teamwork that goes into hosting a Region event. The planning committee started meeting 17 months before the convention and we had to schedule our hosting of the convention over two years ahead of time. At the first planning meeting, we reviewed the Convention Planning Manual, started the naming of the chairpersons for the 10 committees needed, and named a Secretary and Treasurer. Over the next 17 months I witnessed creativity, organizational skills, and smart actions beyond my wildest expectations, and the passing of a dedicated and dear member. On September 19, 2008 we opened the convention doors and welcomed over 150 local and long distance members. My thanks and respect go to those who organized, sat, sold, collected, donated, bought, listened, spoke, set-up, broke-down, packed, unpacked, greeted, danced, taught, demonstrated, decorated, registered, created, publicized, interviewed, hugged, cried and laughed. May our abstinence grow stronger from the service and the shared experience.

It's more great times ahead for OA members in Southeastern Arizona and I hope you join me there. Check www.oasouthernaz.org, our website, for information about the upcoming “Acceptance” Retreat at St. David's Holy Trinity Monastery, Oct. 24-26. What a great way to relax, restore and revitalize after the convention! And then, on November 15, the International Day Experiencing Abstinence (IDEA) event is being held in Sierra Vista.

Yours in service,
Janis, IR chair

No More, No Less

I was thanking someone for her work on the convention and feeling in awe of all that she and several others had done. She replied that we all had worked together to bring it off. Then I felt as if I hadn't done enough, my little bit was inadequate. So she told me a story about her jigsaw puzzle that was missing five pieces and therefore was incomplete. The pieces may not have been essential to the central theme of the puzzle but their being missing kept the puzzle from being whole. I found that visual analogy very helpful. My little part was necessary for the whole and if I kept it out because I judged that it was inadequate, the work would be incomplete.

I had recently attended a high school reunion and felt “less than” beside accomplishments of classmates that had been featured in a power-point presentation distilled from an email questionnaire (which I had not received). But at OA, I feel one of the group; no better than and no less than any others. And the larger the group, like at a convention, the more precious that feeling seems to be.

Submitted by Judith H.

“TEN” IN ACTION

Step-----Continued to take personal inventory and **when we were wrong, promptly admitted it.**

Tradition----Overeaters Anonymous has no opinion on outside issues; hence the OA name ought **never be drawn into public controversy.**

Concept----Service responsibility is balanced by carefully defined service authority; therefore, **duplication of efforts is avoided.**

“ELEVEN” IN ACTION

Step-----Sought through prayer and meditation to improve our conscious contact with God, **as we understood Him**, praying only for knowledge of His will for us and the power to carry that out.

Tradition---Our public relations policy is based on attraction rather than promotion; **we need always maintain personal anonymity** at the level of press, radio, films, television, and other public media of communication.

Concept----Trustee administration by the World Service Office should **always be assisted by the best standing committees, executives, staffs and consultants.**

TAKING CARE OF BUSINESS

I had the honor of attending the Region III Assembly and Convention as the assembly assistant for SEAZ. The first required meeting I attended was the “green dot” session Friday night that gave us “newbies” instructions on parliamentary procedures and what to expect. It was informative and fun to meet other new people. At the Assembly on Saturday I got to meet our region officers and was amazed at their efficient organization. Between making copies and other duties I got to see some of the business being done and was often present during the voting. A lot of the job for me and two assistants was passing out ballots, picking them back up, counting the votes and then reading the results to the Assembly.

Saturday night and Sunday morning I attended some of the Convention meetings and was really inspired by all of the speakers I was privileged to hear. I was touched by their stories and have a new, better program because of my attendance. From this experience I have realized I can function in my little world as an adult, rather than giving in to knee-jerk, childish reactions as I used to. Thank God for abstinence, for this great experience and for all who keep me abstinent by example. Thank you, SEAZ, for allowing me this opportunity to do service at the Region level.

Submitted by Linda C.

SHARED EXPERIENCE, STRENGTH AND HOPE

OA has become my home and OA members are my family. For me, our Region III convention was like a big family reunion. My soul was warmed by each familiar face I saw smiling at me with recognition and affection. Hearing strangers describe my illness and our common solution was like meeting long lost cousins who share my history. I have a clan, a tribe, a family, and last month I got to experience that reality on a whole new level. Together we sang, danced, laughed, prayed, ate, worked, listened and shared. And now, most of all, we are recovering together. I am alone no longer. I have found where I belong.

Submitted by Joanne B.

TEAMWORK IN ACTION

What a great convention weekend! The Cool Creations Casa was a success in so many ways. We had a great team of OA’ers who helped before, during and after the event. We met people from all over the U.S. and the world who were fascinated by new program creations they hadn’t seen before and gladly participated in the clothing sale and raffle. And we made money for both Region III and SEAZ Intergroup to continue our work. What could have been better? My opinion, nothing!

Many thanks to all the elves---Karen S, Barbara B, Deb B, Meg S, Benis, Sally, Fran B, Ros V, Joanne B, Meg R, Dee W, Kate C, Patti, Allison, Elisa, Andrea R, Michelle T, Sue L, Bruce, Rita B, Donna W, Janis R, Sue P, Evie, Robert, Pam C, Robyn H, Junardi, Sandra G (apologies to anyone not mentioned). Thanks also for all the donations of clothing and raffle items, I couldn’t have done this without them. I was grateful to do the service!

Submitted by Chris N.

OA MEETING LIST – OCTOBER 2008

SUNDAY				
11:00 AM to 12:00PM	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	Abounding Grace Church 2450 S. Kolb Rd. (north of Golf Links, west side of street)	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 Aug. 19 5:30 –6:30 PM	HAPPY, JOYOUS, AND FREE Big Book Study	Cottonwood de Tucson 410 W. Sweetwater Dr. (look for OA signs)	Roni B., 269-1025 IR: Sally 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 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>Beverage only</i>
5:30-6:30PM #49188	VOICES OF RECOVERY Leader's Choice Literature Meeting	St. Thomas More Newman Center Library, 1615 E. 22 nd Street, corner of Cherry & 2 ^d (park and enter from rear)	Andrea M. 749-6789 IR: Open	WC
THURSDAY				
10:30-10:45	NEWCOMERS MEETING	Oro Valley Urgent Care Conference Room, across from Community Education Room, 13101 N. Oracle Rd.	Pam 297-4704 IR: Neva S. 877-8420	WC
10:45-11:45 AM	SEEKING THE SPIRITUAL PATH- ORO VALLEY, open OA meeting	Oro Valley Urgent Care Conference Room, across from Community Education Room, 13101 N. Oracle Rd.		WC
5:30-6:30 PM	OVER AND UNDER MEETING Format: Lifeline/Discussion Open OA meeting	St. Francis Cabrini Church (Education Building, Room 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 Fragran Ce free
7:00-8:00PM	BIG BOOK STUDY #47942	Abounding Grace Church, 2450 S. Kolb Rd. Just north of Golf Links on west side of street	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)	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	Elisa R., 881-1670 IR: C Jay H. 400-5951	Fragran ce-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	Eastside Evangelical Covenant Church 551 N. Camino Seco - North of Broadway, just North of Sahuaro High School on W. side of Street	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: Lauren M. 241-3616	WC <i>Parking**</i>

OUT OF TOWN OA MEETINGS-----OCTOBER 2008

GREEN VALLEY

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

SIERRA VISTA

MONDAY 7:00-8:00PM	MONDAY NIGHT MIRACLES #17537	Church of Christ 815 El Camino Real- Classroom 9	IR: Linda C. 520-803-8118	WC
THURSDAY 6:30-7:30PM	NEWCOMERS #39367	Church of Christ 815 El Camino Real, Classroom 9	Marilyn 520- 417-1645 IR: Murrell B. 520-459-3970	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 th Street	Darlyn R. 505-681-7478 IR: Peggy 520- 456 1676	WC
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YUMA

MONDAY 1:00 - 2:00PM	#47822	Gloria DeCristo Church 11273 E. 40 th Street	Connie O. 928-305-0682	WC
TUESDAY *new start 5:30-6:30 PM time*	Rotating Format #49443 Just for Today	Central Church of Christ 651 West 28 th St.	Lorraine 928-782-1305 IR: Lynn C 928-503-1229	WC
THURSDAY 12:00-1:00 PM	#00520	Central Church of Christ 651 W. 28 th St.	Contact Lorraine 1-928-782-1305	

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://ww.oasouthernaz.org/>

MEETING LIST CHANGES: Changes/corrections to meeting information: Please email Susan C. at: AssuntaFCCS2895@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: Marilyn 520-417-1645
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. 520-456-1676
Special Events: Open
Tape Library/Lifeline: Open
Telephone: Open-Contact Lauren M. 241-3616
IR Trainer: Chris N. 721-1085 or 661-1991
12th Step Within: Neva S. 877-8420