

DESERT RECOVERY

April/May 2009

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

OA Bulletin Board

Sponsorship Workshop September 12, 2009 Tucson

More details when available from the
Twelfth Step Within committee

World Service Business Conference

**May 4-May 9 Albuquerque,
N.M**

Volunteers needed
Contact: Mary S. (505) 977-
3445 broomstick2@gmail.com

SEAZ Annual Retreat Saint David, AZ

October 30, 31, & November 1

Volunteers needed
Marj : 60mmm48@gmail.com
(520) 248-9043 or
Chris: rainbow.smiles@cox.net
(520) 721-1085 or (520) 661-1991
More details when available

ASDI Summer Retreat

**Embry Riddle Aeronautical
University**

**May 29, 30 & 31 in Prescott
Az.**

Contact: Mollie at 602-214-9069
or molliekaye@gmail.com

Region 3 Fundraiser Lapel Pin

For sale details contact your
Intergroup Representative



Six Years Later

March 5th, 2009 marks the 6th anniversary of my abstinence from sugar. It also marks the day I came into OA. There were two people at that first meeting that had lost over a hundred pounds and I was impressed. I was so relieved to find out that my addiction to sugar was a disease and not just my inability to control my food intake and mood swings. I had been battling with sugar, food, and diets for 47 years when I came to OA. I had been in another 12 step program for 25 years but never thought once to ask my Higher Power to take away my cravings and give me rational thoughts about food. After all it was just food, wasn't it? I look back now and am so grateful for finding this program and finding a solution to the tension and struggles that went with the dieting, the scales, the illusion that if I was only the right weight, everything would be o.k. I love all of the wonderful, warm, loving people I have met and worked with in O.A. You have taught me trust, friendship, and service. You have taught me self respect, dignity, and how to search for the truth. Thank you and God bless you!

Submitted by: C. Jay H

Good Bye to an Old Friend

Today I said goodbye to one of my oldest and most tenacious friends. I saw my old friend every day, sometimes multiple times a day for 36 years. We shared every event of my life. I always relied on my friend to tell me so much about myself: how I looked, how I felt, if I was a good or bad person. But I finally came to realize that my old friend, the bathroom scale was really not a very good friend. Actually, the scale is a deceptive, controlling, and even a mean spirited friend. As I started attending OA meetings, I got a sponsor, I worked the steps and used the tools but I never mentioned my old friend the scale. We kept up our secret meetings daily if not more often. Fortunately, my Higher Power stepped in and did for me what I could not do for myself. I went to visit the nutritionist, and the words popped out of my mouth but not through my own volition, "so how often do you think I should weigh myself?" Of course, the nutritionist smiled and said, "Well you know OA recommends no more than every month". It was time. I said goodbye to my old friend the scale. I wrote it a short note, telling it what I really thought of it. That it had not been a good friend and if truth be told it had been a very bad friend. I packed up the scale with the letter so my husband could hide it. I decided to turn my will and my life over to the care of God. I feel fabulously free at last!

Submitted by: Sue R.

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

Responsibility pledge can be found in The Tools of Recovery pamphlet. Overeaters Anonymous Inc.

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him

The most fundamental premise of Step Three for me was the Big Book statement "God either is, or He isn't. What is our choice to be?" (4th edition Alcoholics Anonymous page 53) This is the whole foundation of my Third Step to this day. I choose to believe there is a compassionate, kind and forgiving God who can sustain me with gentle arms no matter what the terms of my life are. I completely rely on that God to comfort me and give me the strength to face life at every turn. I needed comfort and strength to endure the life I woke up to when I got abstinent. I couldn't then, nor can I now, maintain a relationship with food that is only three meals a day, no sugar without God's embrace. I seek my comfort in God and the humans he has given me rather than in the constant grazing of food.

Submitted: by Michele T.

Step Four: Made a searching and fearless moral inventory of ourselves

I was as afraid of looking at the 'ugly facts' of my life as anyone could be. But I sincerely wanted to be different. I understood right away I could not get the weight off if I did not finally face the list of defects I had been trying to stuff down with food for so long. As terrified as I was of facing my history, I was relieved to finally feel I was going to be helped to change by a power greater than any human power. I had already exhausted all human power, mine and anyone else's. So I was willing to make the inventory in my desperate desire to be different and to get a better life.

Submitted: by Michele T.

	Practicing the 12 Steps	Provides Freedom From	Develops Spiritual Principles
1	We admitted we were powerless over food — that our lives had become unmanageable.	Food obsession	Honesty
2	Came to believe that a Power greater than ourselves could restore us to sanity.	Insanity & hopelessness	Hope
3	Made a decision to turn our will and our lives over to the care of God <i>as we understood Him</i> .	Bondage of self	Faith
4	Made a searching and fearless moral inventory of ourselves.	Dishonesty	Courage
5	Admitted to God, to ourselves and to another human being the exact nature of our wrongs.	Isolation	Integrity
6	Were entirely ready to have God remove all these defects of character.	Running the show	Willingness
7	Humbly asked Him to remove our shortcomings.	Self reliance	Humility
8	Made a list of all persons we had harmed and became willing to make amends to them all.	Blame	Self discipline
9	Made direct amends to such people wherever possible, except when to do so would injure them or others.	Fear of people	Love
10	Continued to take personal inventory and when we were wrong, promptly admitted it.	Complacency	Perseverance
11	Sought through prayer and meditation to improve our conscious contact with God <i>as we understood Him</i> , praying only for knowledge of His will for us and the power to carry that out.	Loneliness	Spiritual awareness
12	Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.	Lack of purpose	Service

Submitted: by Joanne B.

SEAZ

Southeastern Arizona Overeaters Anonymous
Intergroup #09078

P.O. Box 43221 Tucson, AZ 85733

(520) 733-0880

oasouthernaz.org

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	Neva S.	877-8420
Vice Chair	Beth M.	577-8745
Secretary	Marilyn B.	520-417-1645
Treasurer	Meg R.	546-1168
Delegate (1)	Roni B.	269-1025
Delegate (2)	Janis R.	325-4441

Committee Chairs

Twelfth Step Within	Open	
Meeting List	C. Jay H.	400-5951
Newsletter	Joanne B.	762-9576
Special Events	Open	
Tape Library & Lifeline	Sally H.	795-1022
IR Trainer	Chris N.	721-1085 661-1991
Telephone	Lauren M.	241-3616
PIPO Contact	Meg R.	546-1168
PIPO Chair	Open	
Website	Roger S.	877-8420

Websites

WWW.OA.ORG
WWW.REGION3.ORG
WWW.OASOUTHERNAZ.ORG

Desert Recovery Newsletter

- 1) Deadline for next issue June 1, 2009
 - 2) Get your events listed or submit an article
 - 3) Sign up to receive the newsletter by e-mail
- Contact Joanne B. azdesertbloom@gmail.com

Permission to reprint original material found in this newsletter is granted to all Twelve Step groups and their publications provided that SEAZ is credited. All opinions are those of the writers and do not necessarily represent those of the Editor, SEAZ, or OA as a whole.

How to Access Phone Meetings

Once you go online and get the meeting list it is a very simple process. (<https://www.oa.org/meetings/find-a-meeting-online/>) You call the phone number provided about five minutes before the start of the meeting. It will ask you for a pin number, which is provided along with the phone number. Once you enter that pin, it tells you to wait while it is verified and then you are on the line. There is a code to self-mute your phone, which is also provided with the phone number. The meetings run very much like an in-person meeting, except they like everyone to say hello at the start (when they ask). I have enjoyed discussion, Big Book studies, and more. If you pick a "home" meeting, you get to know a lot of people there. After you share, they ask if you want to leave your phone number.....these groups are great about outreach calls! Be sure to try one!

Submitted: by Anonymous

Region 3 Assembly

My name is Janis and I am a compulsive overeater and one of your Region Representatives from our Southeastern Arizona (SEAZ) Intergroup. I just returned from my first stint in this position at our Spring Assembly and Convention in Oklahoma City, OK. I am the Junior Representative and Roni B is the Senior Representative.

We flew into Oklahoma City Friday afternoon and attended the Convention opening that evening. After introductions of the Region Board and the hosting committee, we enjoyed some singing and then the evening's speaker. Saturday morning we started the Assembly at 8am. While other attendees were at the Convention workshops, the Region Representatives and the Region Board were attending the Assembly which is all about handling the OA business of the region. In case you don't know, our Region 3 includes the states of Arizona, Colorado, Nevada, New Mexico, Utah, Texas, Oklahoma, and areas of Nebraska and Wyoming.

Our work day was spent addressing Region motions, preparing for our two motions which will be presented at the World Service Business Conference (WSBC) in May, and meeting in the Region Committees. I chose the Finance Committee and Roni continued her work on the Bylaws Committee. The Finance Committee is all about the Region's treasury, financial records, and ways and means. I do like talking about money! What I especially liked about the Assembly (besides getting to know all the great people there) was that we each had several opportunities to state our opinions about the motions we discussed and using the pro and con microphones. The Assembly is orderly and follows Robert's Rules of Order but is not stuffy and without laughter.

Saturday evening, with the Region business completed, Roni and I attended the banquet and enjoyed a wonderful musical skit followed by the inspirational speaker. Later, exhausted, I fell asleep with dreams of motions in my head. Sunday morning, after sitting in on half of a workshop, Roni and I were off to the airport for our flight home. It was a great experience and I am looking forward to my next adventure as a Region 3 Delegate at the WSBC next month.

-Submitted by Janis R.

TUCSON OA MEETINGS

MEETINGS APPEARING ON THIS LIST ARE REGISTERED WITH THE WORLD SERVICE OFFICE (WSO)

SUNDAY

11:00-12:00 PM	MIRACLES HAPPEN	Cottonwood De Tucson (look for OA sign) 4180 W.Sweetwater	Sally H. 795-1022	WC
5:30-6:30 PM	SUNDAY VARIED FORMAT	Christian Faith Fellowship 5601 E. Broadway	Claudia P. 503-409-1052	WC

MONDAY

5:30-6:30PM	GOING SANE Big Book Study	First United Methodist Church 915 E. 4 th St.	Felice G. 891-8900	WC
7:00-8:00 PM	FAR EAST ABSTINENCE	Abounding Grace Church 2450 S Kolb Rd	Michelle T. 784-3597	WC

TUESDAY

10:30-11:30 AM	RECOVERY	Christian Faith Fellowship 5601 E. Broadway	Judith H. 323-9845	WC+
10:45-12 Noon	NW TENDER SOLUTIONS	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd.	Neva S. 877-8420	WC
5:30 –6:30 PM	HAPPY, JOYOUS, AND FREE	Cottonwood De Tucson (look for OA sign) 4180 W.Sweetwater	Roni B. 269-1025	WC
6:00-7:00 PM	KEEP IT SIMPLE STEP STUDY	Mountain View Retirement Village 7900 N. La Canada		WC
5:30-6:30 PM	TUCSON MEN'S SANITY	931 N. Fifth Avenue	Jim D. 250-0509	

WEDNESDAY

7:15-8:15 AM	GOING TO ANY LENGTHS	St. Frances Cabrini Church 320I E. Presidio	Wendy A. 955-0710	WC
10:00-11:00 AM	UNDERSTANDING HEARTS	Christ the King Episcopal Church 2800 W. Ina Road	Betty D. 690-1441	
11:30-12:30PM	WELCOME HOME	First Congregational United Church of Christ 1350 N. Arcadia	Sue L. 885-2861	##
5:30-6:30PM	VOICES OF RECOVERY	St. Thomas More Newman Center Library 1615 E. 2 nd St.	Andrea M. 749-6789	WC

THURSDAY

10:30-11:45AM	SEEKING THE SPIRITUAL PATH	Oro Valley Urgent Care 13101 N. Oracle Rd	Pam 297-4704	
5:30-6:30 PM	OVER AND UNDER MEETING	St. Frances Cabrini Church, 320I E. Presidio	Beth M. 577-8745 or 349-0810	WC
7:00-8:00PM	BIG BOOK STUDY	Abounding Grace Church 2450 S Kolb Rd	Meg R. 546-1168	WC

FRIDAY

7:30-8:30AM	FRESH START	St. Frances Cabrini Church, 320I E. Presidio	IR: Janet G. 795-7492	WC
10:30-11:30AM	LIVING IN THE SOLUTION	First Congregational United Church of Christ 1350 N. Arcadia	Elisa R. 881-1670	WC+
6:00-7:00PM	BIG BOOK STUDY–NW Side	Mountain View Retirement Village 7900 N. La Canada	Eileen T 975-5480	WC

SATURDAY

9:00-10:00AM	FAR EAST SATURDAY GROUP	Eastside Evangelical Covenant Church 551 N Camino Seco	Meg R. 546-1168	WC
9:00-10:15 AM	SAT. MORNINGSTUDY GROUP	University Medical Center 1501 N. Campbell	Chris B. 887-7188	+++

OUT OF TOWN OA MEETINGS

GREEN VALLEY St. Francis of the Valley Church 600 S. La Canada Dr.

TUESDAY	7:45-8:45 AM	Discussion	Library	Mary Anne 393-0169	WC
WEDNESDAY	7:00-8:00PM	Literature Study	Library	Mary Anne 393-0169	WC
SATURDAY	9:00-10:15AM	Step and Tradition Study	Library	Mary Anne 393-0169	WC

SIERRA VISTA Church of Christ 815 El Camino Real

MONDAY	7:00-8:00PM	Monday Night Miracles	Classroom 9	IR: Linda C. 520-226-7541	WC
THURSDAY	6:30-7:30P	Newcomers	Classroom 9	Marilyn 520-417-1645	WC
SATURDAY	10:00-11:00AM	Discussion	Classroom 3	Jan F. 520-452-0093	WC

BENSON Sobriety House 225 E. 6th Street

TUESDAY	4:00-5:00PM	Rotating Format		Peggy 520-456-1676	WC
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YUMA. Central Church of Christ 651 West 28th St

TUESDAY	6:30-7:30 PM	Just for Today		Lorraine 928-782-1305	WC
THURSDAY	12:00-1:00 PM			Lorraine 928-782-1305	WC

YUMA. October thru April Only

MONDAY	1:00– 2:00PM	Gloria DeCristo Church 11273 E. 40th St.	Connie O. 928-305-0682	XX
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IR=Intergroup Representative WC=Wheel Chair Accessible +++No parking fees at UMC on Saturdays ## =Beverages only
 +In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume. XX=no summer meetings

MEETING LIST CHANGES: Changes/corrections to meeting information: Please email C. Jay at: arkiebell2@earthlink.net or send changes to: C. Jay Hawkins, 6063 E. Rosewood St., Tucson, Az. 85711