

# DESERT RECOVERY

February/March 2009

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

## Upcoming OA Events

### "Unity Day"

February 28 in Green Valley

St. Francis of the Valley Episcopal Church,  
600 S. La Canada

10:30am-3:30pm  
Pot-luck @ 11:30am.

Contact: Marj 248-9043 or Mary Anne  
393-0169 for more information or  
[WWW.OASOUTHERNAZ.ORG](http://WWW.OASOUTHERNAZ.ORG)

### Region III Assembly

April 4-6 in Austin, TX. Delegates Roni  
& Janis will be attending

### Newsletter

Get your events listed

Sign up to receive an email copy

Submit an article.

Contact Joanne B.  
[AZDESERTBLOOM@GMAIL.COM](mailto:AZDESERTBLOOM@GMAIL.COM)

Deadline for next issue: April 10th

### Websites :

[WWW.OASOUTHERNAZ.ORG](http://WWW.OASOUTHERNAZ.ORG)  
[WWW.OA.ORG](http://WWW.OA.ORG)

*God grant me the serenity to  
accept the people I cannot change,  
the courage to change the one I  
can, and the wisdom to know  
it's me.*

Adaptation of the serenity prayer

## INTERGROUP AND THE TRADITIONS

My Dear Friends,

This kicks off my year of serving as your Intergroup Chair! I am humbled and excited about this year. Our Intergroup is fabulous! The many people who have served our Intergroup before me have created a format where everyone is heard in a safe orderly manner. And we have wonderful and committed new members, too. We treat one another with respect. I see the 12 Steps and the 12 Traditions in action at Intergroup.

Speaking of the traditions, I thought I might highlight two of them in each issue this year.

**1. Our common welfare should come first; personal recovery depends upon OA unity.**

**2. 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.**

"Common welfare" isn't something most of us cared about before program. In my life, it was mostly about me and what I needed or wanted. So it's wonderful that in OA we focus on how our actions affect others and how that affects OA. Together we can do what we could never do alone. I don't know what I'd do if there were no OA.

The second tradition is perfect for this column about Intergroup. In serving our groups, we strive to do God's will, and believe that God is in the group conscience, even when it doesn't go our way. That's incredible for someone who always knew I was right. I still pretty much think I'm right, but I honor the group conscience and believe it to be best.

<http://www.oa.org/pdf/OAGroupInventory.pdf> is the link to our Group Inventory form. My home group has been doing the inventory each year for quite a while now. If your group hasn't done the inventory (or even if you have!), I'd like to suggest it. It's a great way to look first at ourselves and then at our group as a whole to see if we are carrying the OA message to new members, returning members and to our current group members as well. I think it's a great way to start off a new year. My prayer for all of us is abstinence and love in 2009 and always.

With love, Karen S.  
2009 Intergroup Chair

## OA TO GO

You can listen to the stories of others when you can't make it to a meeting by checking out OA's new podcasts. Monthly podcasts provide portable information you can tune into at any time.

There are currently eight available at [http://www.oa.org/get\\_podcast.htm](http://www.oa.org/get_podcast.htm). The first pod cast describes OA's history and structure. Then each month there will be a new podcast. Listen to inspiring personal stories as OA members describe how OA has helped them recover from compulsive eating.

You can also go to iTunes and type in OA to find a list of downloadable free readings from the *OA Twelve and Twelve* and the *Lifeline Sampler*.

-Michelle S.

## JANUARY....STEP ONE

As a form of service for 2009, I am going to send a little piece of writing to the newsletter each month.

I really like that the meeting I go to reads the step of the month in the OA brown book.

It's very helpful to be reminded of the powerlessness of the first step and all the unfortunate things I used to do with food. Take food back out of the trash to brush it off and eat it, eat standing up in a closet with the light off so others at home would not know, run the water in the bathroom while crinkling wrappers so as to eat secretly in there, stash candy bars in secret places around the house so the kids did not find them but I could eat them whenever I got the chance and no one was in that room. Lie about the food budget to cover the cost of the binge foods I bought in quantity.

I came into OA in October of 1985. It was a very small meeting

of three or four women in northern Illinois. I had no idea what to expect although I had heard of AA and knew it was anonymous and no one would know I went. They had an Alcoholics Anonymous big book and read something from it but I don't remember anything else about my first couple months in OA. I felt such shame and misery I cried at every meeting almost the whole time I was there. No one else at that meeting was normal weight but that did not matter to me at first.

I was just so relieved to be talking about the awful thing, about the food and the fact that I could not stop eating even though I was miserable about it and my weight. I had stopped weighing at 220 lbs and knew I had gained at least another 20 by then but could not get on a scale anymore; it was just too painful to see the number and feel the hopelessness.

I also found it a tremendous

relief to face the obvious unmanageability of so many areas of my life in the company of these kind women. I was almost crushed by the prospect of standing up to my life and problems but felt some small hope that maybe I was not alone anymore and I could hang onto these kind women and their idea of a faith in God. And get some peace from the self-abusive relationship I had with food.

I went to meetings as often as I could and read the Alcoholics Anonymous big book over and over. After two years of trying to get abstinent, I got abstinent using the 3-0-1 food plan (per the Dignity of Choice pamphlet). I lost 90 lbs after 2 years abstinent and still have that 90 off. I am so very, very grateful for the solution Rozanne wrote for OA in 1962. And I am grateful that I am still in OA and still abstinent.

—Michele T.

## FEBRUARY... STEP TWO

Although it is many years ago, I can still remember the shock of fear I had at my first OA meeting when they read "How It Works" in the Alcoholics Anonymous big book and mentioned the word God. I had decided there was no God at age 9 when I prayed very hard for God to remove an abusive person from my life only to find the next day that the person was still there.

There was no God and that was that. I was 38 when I came into the rooms and had not bothered with the God idea at all except when I would make my adamant statement about there being no God. I continued in AA and OA because I could see and hear the recovery and hoped I could get it by osmosis.

Here is where the Alcoholics Anonymous big book made the biggest impression on me. These statements on page 46 went straight to my heart and mind. I only needed **"... a willingness to believe in a power greater than ourselves"; "Our own conception, however inadequate was sufficient to make the approach..."; "...God does not make too hard terms with those who seek Him"; "...the Realm of Spirit is broad, roomy, all inclusive, never exclusive or forbidding to those who earnestly seek Him."** And the one phrase that cut the deepest for me was on page 53: **"...God either is, or He isn't. What is our choice to be?"**

To this day when I feel overwhelmed with the bigness of life and the smallness of me I have those lines to sustain me, and they have. I was completely defeated by food and knew I was beyond human aid. I am grateful I surrendered to the boundaries of no sugar and 3-0-1 (three meals a day, nothing in between, one day a time). Life in between meals allowed space for God to enter... being lost in the food nothing entered but fear and loathing.

—Michele T.

## The Tools

OA works if you work it and it's a simple program to follow. Most of us know that we cannot abstain from compulsive overeating without using some or all of OA's eight tools of recovery on a regular basis. The eight tools of recovery are a plan of eating, sponsorship, meetings, the telephone, writing, literature, anonymity and service. So my question is: why is it sometimes so hard for me to remember to use all of the tools?

I follow my plan of eating every day, mostly because I am too afraid not to! I easily submit to service by attending meetings, listening, sharing my hope, setting up and putting away chairs, talking to people who call, and keeping track of the literature for a meeting. Anonymity is also pretty easy for me to do because I value it for myself as well. And these work. But they are not enough for me...I do need the other tools.

I love the literature but go weeks at a time without picking it up, and the same is true for my writing. I have the most loving sponsor, but I don't always call her. Within the fellowship, I have a surprising network of the most incredible people I have ever known, yet I often fail to call them. These tools are so critical to my success and yet I resist using them.

Do I fear being judged? Do I not feel I am worthy? It is my disease. It makes me turn away from the people and things that are good for me. It tells me to protect myself and hide. So now I pray. I pray for my Higher Power to remind me daily to do what is good for me. I pray that others continue to reach out to me so I am reminded how much I love that contact. I pray to continue to progress, even though I will never reach perfection.

- Michelle S

### SOUGHT THROUGH PRAYER.....

I asked God for strength, that I might achieve.... I was made weak, that I might learn humbly to obey.

I asked for health, that I might do greater things... I was given infirmity, that I might do better things.

I asked for riches, that I might be happy.....I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men.....

I was given weakness, that I might feel the need of God.

I asked for all things, that I might enjoy life..... I was given life that I might enjoy all things.

I got nothing that I asked for, but everything I had hoped for.

Almost despite myself, my unspoken prayers were answered.

I am, among all men, most richly blessed.

Author Unknown

### SOMETHING TO WRITE ABOUT

"The pain is in the resistance." What am I resisting?

### SOMETHING TO PRAY FOR

Bless them, change me.

### SOMETHING TO DO

The next right thing.

### SERVICE ISN'T ALWAYS SLIMMING

During the convention I wanted to share and be a volunteer so others would be able to get the gift of program. What my HP wanted was for me to hear the message but I refused to go. I volunteered the whole time and was not abstinent during and through it. Service is rewarding, when it is done with the right intentions and when my HP confirms and dictates it. When I go after service and make it my job to do it, it always blows up in my face. For me, my God directs all the service He needs me to do because, in the end, the service is about God, NOT about me and what I think needs to be done and what I want to do.

Yours in recovery, Allison

## **“Take a Risk and Grow!”**

A recent story on the radio asked what we would change if we could relive our lives. This prompted my partner to comment that he would take more risks. It made me realize that I had always played it safe before recovery. I was always afraid to try something new. I was afraid of how I would look, of what other people would think. I was afraid to fail. I didn't want to look stupid. I was afraid that my best effort, however valuable it might be, would not be “good enough.”

I didn't really have a life, because I was afraid to live my life. I didn't think I had a choice. I simply responded to whatever came my way. And, I was miserable. I ate to stuff down the misery. Life never went my way. And, I was one of those compulsive eaters who felt that if I couldn't have it my way – I simply didn't want to play the game. If it wasn't perfect, then it was garbage. My life was cluttered with unfinished projects and unrealized dreams.

Some time after coming into the rooms of OA I realized that I had cheated myself, my loved ones, my Higher Power, the world – by refusing to live the life I was meant to live. The realization did not come with an instant solution – in fact, there was a lot of grief. But, it did bring about a gradual shift in my attitude. I began to ask myself what I wanted out of life, even while the program encouraged me to look for what I could put into it. I didn't think I had anything to give, but I began to listen to other

recovering compulsive eaters. I got a sponsor and worked the steps. I read the literature, both OA and AA. And, to the best of my ability I did what was suggested. And, I began to change.

I began to do more service for others. I began to depend more on my Higher Power for help and direction. I began and continue the hard work of forgiving myself and others. I learned to treat my body respectfully. I finally began to take more risks – letting people know who I really am, allowing the artist in me to emerge, going back to school to further my education, trying new activities and stretching myself to find out what I am truly capable of. Don't get me wrong. This did not happen overnight. I took baby steps all the way – sometimes dragging my heels and even digging them in when fear raised its ugly head.

I'm not rid of the old character defects by any means, but they do not dominate my life as they used to. The biggest risk and the one that reaps the most benefits for me today is when I practice first thing each morning to ask my Higher Power – show me what I can do to serve others and to serve You today. The answers – or shall I call them opportunities – are sometimes scary, but so worth the effort when I follow direction. I would not go back to the way I was living for anything. Through OA my Higher Power has shown me the new “way of life” promised in the Third Step Prayer. And, I am forever grateful.

“Anonymous”.

## **Tis the Ghost of Christmas Past**

You may think Christmas is long past but I use this title to express some facts that I realized about myself this month. I sailed through Christmas without any problems and then I started having food thoughts in January. It was a rough month for me but by using the tools, writing down my food for my sponsor and sharing with others in OA, I let my Higher Power take over and we made it through.

I spent a lot of time praying, asking for willingness and wondering what was different. I realized something about myself that I have known for a long time but hadn't thought about for this problem. I do well in times of crisis staying close to my Higher Power until it passes and then I do my falling apart. I do believe that I subconsciously approached the season in this way and felt that I had made it and let down my guard over food again. It is very easy to have a little extra here and there or toy with foods that are slippery for me. One day I felt a great fear that I was approaching a path I had gone down for years and it frightened me into looking at what I was doing more honestly.

It has taken many years in OA to form my character and listen to what my Higher Power and my body are trying to tell me. What a gift to surrender once again and regain the serenity I have when I am totally abstinent.

-Phyllis S.

## OA MEETING LIST – FEBRUARY 2009

### SUNDAY

11:00-12:00 PM	MIRACLES HAPPEN Literature - Varied Format #23957	Cottonwood De Tucson <b>4110 W. Sweetwater Dr.- look for OA signs</b>	Sally 795-1022 IR: Lori B. 743-2456	WC
5:30-6:30 PM	SUNDAY 60 MINUTES Literature – Varied Format #45377	Christian Faith Fellowship <b>5601 E. Broadway, ( Shepherd Room)</b>	IR: Claudia P. 503-409-1052	WC

### MONDAY

5:30-6:30PM	GOING SANE (Big Book Study/ Speaker 1 <sup>st</sup> Monday) #39507	First United Methodist Church <b>915 E. 4<sup>th</sup> St. (4<sup>th</sup> &amp; Park) Carillon Room</b> Park behind church, enter lot from 4 <sup>th</sup> Street	Felice G. 891-8900 IR: Robert K. 914-980-3044	WC
7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Abounding Grace Church, <b>2450 S Kolb Rd</b> - North of Golf Links on West side of street	Michelle T 784-3597 IR: Open	WC

### TUESDAY

10:30-11:30 AM	RECOVERY #30601	Christian Faith Fellowship <b>5601 E. Broadway, Shepherd Room</b>	IR: Lauren M. 241-3616	Fragrance-free* WC
10:45-12 Noon	NW TENDER SOLUTIONS (Literature Study/ Sharing) #40963	Dove of Peace Lutheran Church <b>665 W. Roller Coaster Road</b> west of Oracle Rd.	Neva 877-8420 IR: Open	WC
5:30 –6:30 PM	HAPPY, JOYOUS, AND FREE Big Book Study #00708	Cottonwood De Tucson <b>4110 W. Sweetwater Dr.- look for OA signs</b>	Roni B. 269-1025 IR: Open	WC
6:00-7:00 PM	KEEP IT SIMPLE STEP STUDY (K.I.S.S.S.) #45767	Mountain View Retirement Village <b>7900 N. La Canada, Multi-purpose Room (2<sup>nd</sup> Floor)</b>	IR: Open	WC
5:30-6:30 PM	TUCSON MEN'S SANITY #49144	<b>931 N. Fifth Avenue</b> 1 ½ blocks south of Speedway	Jim D 250-0509 IR: Ron R. 320-9675	

### WEDNESDAY

7:15-8:15 AM	12 STEP STUDY #50226	St. Frances Cabrini Church, <b>3201 E. Presidio</b> Education Bldg. Rm. 3, (East of the church)	Wendy A. 955-0710	
10:00-11:00 AM	UNDERSTANDING HEARTS– Open Discussion –NW side #46884	Christ the King Episcopal Church <b>2800 W. Ina Road</b> (Ground Floor in Library)	Betty D. 690-1441 IR: Dena L. 544-0544	
11:30-12:30PM	WELCOME HOME Sharing #04330	First Congregational United Church of Christ <b>1350 N. Arcadia</b> – Studio (behind altar)	Sue L. 885-2861 IR: Barbara M 327-2709	Beverage only
5:30-6:30PM	VOICES OF RECOVERY Leader's Choice Literature #49188	St. Thomas More Newman Center Library <b>1615 E. 22<sup>nd</sup> St.,</b> Cherry & 2 <sup>nd</sup> Park & enter from rear	Andrea M. 749-6789 IR: Open	WC

### THURSDAY

<b>ORO VALLEY</b> 10:30-10:45AM 10:45-11:45AM	SEEKING THE SPIRITUAL PATH NEWCOMERS MEETING BIG BOOK STUDY MEETING #00439	Oro Valley Urgent Care <b>13101 N. Oracle Rd.</b> Conference Room, across from Community Ed. Room	Pam 297-4704 IR: Neva S. 877-8420	
5:30-6:30 PM	OVER AND UNDER MEETING Format Lifeline/Discussion	St. Frances Cabrini Church, <b>3201 E. Presidio</b> Education Bldg. Rm. 3, (East of the church)	Beth M. 577-8745 or 349-0810 IR: Wendy A. 955-0710	WC
7:00-8:00PM	BIG BOOK STUDY #47942	Abounding Grace Church, <b>2450 S Kolb Rd</b> North of Golf Links on West side of street	Meg 546-1168 IR: Becky R. 514-0636	WC

### FRIDAY

7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church, <b>3201 E. Presidio</b> Education Bldg. Rm. 3, (East of the church)	IR: Janet G. 795-7492	
10:30-11:30AM	LIVING IN THE SOLUTION Sharing #14251	First Congregational United Church of Christ. <b>1350 N. Arcadia</b> – Fellowship Hall	Elisa R 881-1670 IR: Deb B. 885-0249	Fragrance-free*
6:00-7:00PM	BIG BOOK STUDY Northwest side #46417	Mountain View Retirement Village <b>7900 N. La Canada, Multi-purpose Room (2<sup>nd</sup> Floor)</b>	IR: Eileen T 975-5480	WC

### SATURDAY

9:00-10:00AM	FAR EAST SATURDAY GROUP (Varied Format) #45696	Eastside Evangelical Covenant Church <b>551 N Camino Seco-</b> (North of Broadway)	Meg 546-1168 IR: Rhonda S. 370-5100	WC
9:00-10:15 AM	SATURDAY MORNING STUDY GROUP #12117	University Medical Center- <b>1501 N. Campbell,</b> Dining Rood C/D or Room 3505-see list at info desk	Chris B. 887-7188 IR: Roger S. 887-8420	WC Parking**

**OUT OF TOWN OA MEETINGS – FEBRUARY 2009**

**GREEN VALLEY**

<b>TUESDAY</b> 7:45-8:45 AM	Discussion #49982	St. Francis of the Valley Church <b>600 S. La Canada Dr., Library</b>	Mary Anne <b>IR: Open</b>	393-0169	WC
<b>WEDNESDAY</b> 7:00-8:00PM	Literature Study #37169	St. Francis of the Valley Church <b>600 S. La Canada Dr., Library</b>	Mary Anne <b>IR: Marj M.</b>	393-0169 248-9043	WC
<b>SATURDAY</b> 9:00-10:15AM	Step and Tradition Study #34898	St. Francis of the Valley Church <b>600 S. La Canada Dr., Library</b>	Mary Anne <b>IR: Open</b>	393-0169	WC

**SIERRA VISTA**

<b>MONDAY</b> 7:00-8:00PM	MONDAY NIGHT MIRACLES #17537	Church of Christ <b>815 El Camino Real, Classroom 9</b>	<b>IR: Linda C.</b>	520-803-8118	WC
<b>THURSDAY</b> 6:30-7:30PM	NEWCOMERS #39367	Church of Christ <b>815 El Camino Real, Classroom 9</b>	Marilyn <b>IR: Murrell B.</b>	520-417-1645 520-459-3970	WC
<b>SATURDAY</b> 10:00-11:00AM	Discussion #40592	Church of Christ <b>815 El Camino Real, Classroom 3</b>	Jan F. <b>IR: Jan F.</b>	520-452-0093 520-452-0093	WC

**BENSON**

<b>TUESDAY</b> 4:00-5:00PM	Rotating Format #47074	Sobriety House <b>225 E. 6<sup>th</sup> Street</b>	Darlyn R. <b>IR: Peggy</b>	505-681-7478 520-456-1676	WC
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**YUMA**

<b>MONDAY</b> 1:00 – 2:00PM	<b>October thru April Only</b> #47822	Gloria De Cristo Church <b>11273 E. 40th Street</b>	Connie O.	928-305-0682	<b>10/1-4/30 Only XX</b>
<b>TUESDAY</b> 6:30-7:30 PM	Just for Today Rotating Format #49443	Central Church of Christ <b>651 West 28th St.</b>	Lorraine <b>IR: Lynn C</b>	928-782-1305 928-503-1229	WC
<b>THURSDAY</b> 12:00-1:00 PM	#00520	Central Church of Christ <b>651 West 28th St.</b>	Lorraine	928-782-1305	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.      **XX**=no summer meetings

**WEBSITES:** OA World Service: [www.oa.org](http://www.oa.org)

OA Region 3: [www.oaregion3.org](http://www.oaregion3.org)

**SOUTHERN ARIZONA (SEAZOA) Home Page:** [www.oasouthernaz.org](http://www.oasouthernaz.org)

**MEETING LIST CHANGES:** Changes/corrections to meeting information: Please email C. Jay at: [arkiebell2@earthlink.net](mailto:arkiebell2@earthlink.net) or send changes to C. Jay Hawkins, 6063 E. Rosewood St., Tucson, Az. 85712

**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**

<b>Officers</b>		
Chair	Karen S.	298-1975
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

<b>Committee Chairs</b>		
Twelve Step Within	Neva S.	877-8420
Meeting List	C. Jay H.	400-5951
Newsletter	Joanne B.	762-9576
Special Events	<b>Open</b>	
Tape Library/Lifeline	Sally H.	795-1022
IR Trainer	Chris N.	721-1085 or 661-1991
Telephone	Felice G.	891-8900
PIPO Contact	Meg R.	546-1168
PIPO Chair	<b>Open</b>	
Website	Roger S.	877-8420