

DESERT RECOVERY

October/November 2009

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

OA BULLETIN BOARD

Three Meeting Location Changes

Sunday 5:30pm Varied Format
Wednesday 11:30 am Welcome Home
Friday 10:30am Living in the Solution
All moved to
Streams in the Desert Lutheran Church
Fellowship Hall (s. side of church)
5360 E. Pima

SEAZ Annual Retreat

Saint David, AZ
October 30, 31, & November 1
oasouthernaz.org
or contact Marj (520) 248-9043
or Chris (520) 721-1085

IDEA Day

(International Day Experiencing Abstinence)
November 21, 9:30 a.m. to 3:30 p.m.
Church of Christ Fellowship Hall
815 El Camino Real, Sierra Vista Az.
Potluck and speakers
oasouthernaz.org
or call: Robyn 602-319-9769

Thanksgiving Morning Thank-a-thon

November 26, 9am - 12 pm
St. James Methodist Church
3255 N. Campbell
Bring your For Today and/or Voices of Recovery
oasouthernaz.org

Twelfth Step Within

Planning committee for 12/12 event
Starbuck's Wilmot and Speedway
Saturday October 24 10:30am
All are welcome
oasouthernaz.org

Mark Your Calendars

Unity Day
February 27th
Hosted by Green Valley
oasouthernaz.org

Celebrate OA's 50th Anniversary

August, 2010
Los Angeles, CA
World Service Convention
oa.org

Sometimes Slowly

I love hearing the promises being read at meetings. The first time I heard them I thought "Wow, I want that!" Unfortunately, I ignored the part about "they are being fulfilled among us, sometimes quickly, sometimes slowly". I wanted the promises to be fulfilled quickly in my life and I did not understand why things weren't happening on my schedule. This is my character defect of "controlling" trying to make the world a safer place for me. This particular character defect of "controlling" had been my cruel master for most of my life. If I could control myself, everyone around me and my world then maybe I would be safe. If I could control everything, then I would not have to be afraid. I wanted a thinner body so all my problems would be solved and "controlling" jumped in to help. As always, "controlling" along with its buddy "my own unsteady will power" could not sustain the effort. It was only a cover anyway for all the pain and fear in my life. If I could control myself and the world, I thought I would be alright. It was an illusion that I needed at that time. Today when the promises are read at meetings I feel grateful when I hear the phrase "sometimes slowly" because I know the promises are happening for me—at God's pace and according to God's plan for me and it is all good. I don't have to be afraid--God will take care of me and cares about every aspect of my life. I am relieved and grateful that my Higher Power is in charge of my life today.

—Submitted by Sue R.

Unique Beauty

I think of all of us OA'ers like shells on the beach, each of us with our own uniqueness and beauty. Today I pick up a clamshell that is dark and scaly on the outside and pearly and pretty inside, then a conch shell with its specialness and quality of sound, and a starfish and a sand dollar - that's how we are. On some walks one of us shows up and on another day another. Some days our pretty side is up and some days our dark side is there covered with seaweed and sand but together we make up the ingredients of something so wondrous and beautiful. We keep changing places as the waves wash us up and down the sand and sometimes we show up at just the right moment for someone to appreciate us. All we have to do is keep showing up. God will do the rest....bring just the right person at the right time to benefit from something we show them or something we say or for us to benefit from something they show us or something they say. I don't think we get to pick which shell we want to be or are but we can each day ask God to let us live by His will....put us where He wants us to be that we might be of maximum use to someone else.

-Anonymous

"I can't; God can; I think I'll let God."

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Amends! Oh boy, the last thing I ever wanted to do was make actual amends (amends in the dictionary says: to put right / compensate for loss or injury). I was the first person to say "oh, sorry". I said it hundreds of times and it came easy for me but I knew every time I said it I really did not mean it or feel it emotionally. It was just to put the other person off the incident...it was the easy way out. "I said I was sorry so that ends that". I didn't want to face the actual wrongs I had done and I certainly did not want to talk about them to the person involved and I knew some things could not be 'put right'. But, as is true in my whole relationship with the program, I wanted to recover and I wanted very badly to get relief from the food. I made direct amends to each and every person I had on my list at that time (I forgot one and went to that person later when I remembered). I could not say much because I had said 'sorry' so many times. Most of these people were not impressed with my new 'sorry'. I knew that the most important thing I was going to do was actually act differently with these people from now on. I believed God could and would disclose to me how to be different, and He did.

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

At first, it was so very hard to do people and life straight on. Not to bury and evade things as they happened or to run from them with activity and verbal smoke screens. It was hard to see myself blurt out things and generally treat people wrong. But after just a little while of trying to face the things I said and did in real time, and make amends for them, I found the blessed relief of getting things actually over with and able to go on with my day. I get a fresh start after admitting my part and being genuinely sorry. Its swell to no longer feel I need to hide from some people or have the constant nagging thought that I am screwing up and trying not to care. Towards the end of my eating I could not eat enough of any food to get relief from the bad feelings. But living clean and fresh with no current regrets is fabulous and worth the price of having to do the steps. This way of living also allows me to have a clear opening with God.

-Submitted by Michele T

Top Seven Tips for Using the Telephone

The telephone is such a vitally important tool for the compulsive overeater. It unites us with others who are like us, understand us, and accept us. The telephone can be hard to use for someone who is used to isolating, but working this tool brings you closer to your Higher Power and the strength of the OA group. Here are some tips for making outreach calls.

- 1. Know the purpose of your call.** Have the purpose of your call clearly in mind before dialing. The purpose is to make a connection to another OA member and this is a form of service.
- 2. Know the audience you are calling.** The person you are calling is a member of OA, just as you are. You share the desire to stop eating compulsively.
- 3. Start off right!** Introduce yourself, and always ask if it is a good time for the other person to talk. If not, ask for a good time to call back.
- 4. Create a standard way to start your call.** "Hi, this is _____ from OA. I was thinking of you and wanted to reach out to see how you were doing." Keeping it simple and honest works the best.
- 5. Be a good listener.** I have never called someone in OA who has not been happy to be called. The person you are calling may be an isolator who has just as much difficulty reaching out as you do.
- 6. Share.** Be sure to share your experience, strength, and hope!
- 7. End the call happily.** Be sure to thank the person for taking the time to talk with you.

It is difficult to begin to use the phone, but it opens the door to a stronger recovery. Best of luck!

-Anonymous

Letter from Our Intergroup Chair

I lost a close family member recently. I'm sharing this with you, because I am still abstinent – and I have OA and the tools of service and sponsorship to thank for it. As a compulsive eater, I used food most of my life to avoid feeling my feelings. Today with abstinence I feel a full range of emotions the intensity of which sometimes astounds me.

Grief, it turns out, is a more complicated emotion. It is said to have “stages” – denial, anger, bargaining, sadness, and acceptance. I am familiar with these and a few more – fear, anxiety, relief among them. They don't appear in any particular order, but pop up suddenly and intensify whatever is going on in my life at the moment. Abstinence helps me stay present to the entire spectrum.

My sponsor is a good sounding board. She understands my weird humor (another aspect of grief). She encourages me to continue doing the things that support my recovery. I am grounded in my routines – prayer and meditation, journaling, meetings, food plan, exercise, sponsees to work with, service obligations, a balance of work and play, a daily 10th step, and regular sleeping hours. They give comfort and stability as I ride this emotional rollercoaster called “grief.”

Soon, our Intergroup Nominating Committee will be searching our local OA fellowship for willing recovering compulsive eaters to fill the slate for our Intergroup Board and Committee Chair positions for 2010. If you are called and you meet the qualifications (you can find them on the website www.oasouthernaz.org), then I urge you to check with your sponsor and your HP and consider saying “yes”. Service above the group level has strengthened my recovery and been an anchor that keeps me “coming back” through hard times. Maybe it will work that way for you too.

In love and service, Neva

A Great Way To Do Service

Do you ever feel frustrated, impatient or discouraged that so many people are unaware of OA or even how it works? Tired of being the neglected step-child of the Addiction treatment community?

There is an answer. Just as others before us changed society's thinking related to smoking, alcohol and drug abuse; working together we can change their consciousness, about the disease related to food.

Together we change attitudes about compulsive overeating, food addictions, bulimia, and anorexia. How do we do that? There is a number of ways but first and foremost by educating the public. People need to know there is an answer to this disease. This goal can be accomplished in many ways. I need your suggestions and feed back.

Remember we are the face of OA and only those suffering and recovering are in a position to take up this cause.

I have just become the chair for the Public Information/Public Outreach committee and I need your help. Please call with any questions and/or to volunteer to work with us. There will be a brainstorming meeting in the near future, time to be announced.

Remember together we can do what we could never do alone.

Submitted by Janet G. PIPO Chair
795-7492 or email JGENERA@COX.NET

It Is Your Choice

It is hard to be fat; it is hard to lose weight; it is hard to maintain a weight loss. Choose your “hard”.

-Anonymous

SEAZ

**Southeastern Arizona Overeaters
Anonymous Intergroup #09078**
P.O. Box 43221 Tucson, AZ 85733
(520) 733-0880
OASOUTHERNAZ.ORG

SEAZ 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 | Rhonda S. | 370-5100 |
| Delegate (1) | Roni B. | 269-1025 |
| Delegate (2) | Janis R. | 325-4441 |

Committee Chairs

| | | |
|--------------------|-----------|----------|
| 12th Step Within | Open | |
| Meeting List | C. Jay H. | 400-5951 |
| Newsletter | Joanne B. | 762-9576 |
| Special Events | Open | |
| Library & Lifeline | Sally H. | 795-1022 |
| IR Trainer | Chris N. | 721-1085 |
| Telephone | Lauren M. | 241-3616 |
| PIPO Chair | Janet G. | 795-7492 |
| Website | Roger S. | 877-8420 |

Websites

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

.Desert Recovery Newsletter

- 1) Deadline for next issue [December 1, 2009](#)
- 2) Get your events listed or submit an article
- 3) Receive the newsletter by e-mail

Contact Joanne B.
AZDESERTBLOOM@GMAIL.COM

Submitted articles may be edited as needed. 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.

TUCSON OA MEETINGS

www.oasouthernaz.org

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

SUNDAY

| | | | | | | |
|----------------|---------------------------|---|--------------------|------------|--------------|----|
| 11:00-12:00 PM | MIRACLES HAPPEN | (look for OA sign) | 4180 W. Sweetwater | Sally H. | 429-5318 | WC |
| 5:30-6:30 PM | SEEKING THE POWER STEP 11 | UMC (room E/F @ s. end of cafeteria) | 1501 N. Campbell | Janet G. | 795-7492 | |
| 5:30-6:30 PM | SUNDAY VARIED | <i>Streams in the Desert Lutheran Church- fellowship hall 5360 Pima</i> | | Claudia P. | 503-409-1052 | CC |

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 | Posada Del Sol (parking at Safeway) | 2250 N. Craycroft | 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) | 4180W.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

| | | | | | | |
|----------------|----------------------|---|-----------------------------|-----------|----------|----|
| 7:30-8:30 AM | GOING TO ANY LENGTHS | St. Frances Cabrini Church | 320I E. Presidio | Wendy A. | 955-0710 | |
| 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 | <i>Streams in the Desert Lutheran Church- fellowship hall 5360 Pima</i> | | Sue L. | 885-2861 | CC |
| 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. | 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 | Janet G. | 795-7492 | |
| 10:30-11:30AM | LIVING in the SOLUTION | <i>Streams in the Desert Lutheran Church- fellowship hall 5360 Pima</i> | | Elisa R. | 881-1670 | CC |
| 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. MORNING STUDY GROUP | UMC (room C/D @ s. end of cafeteria) | 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 | Leslie | 520-378-1238 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. 6 th Street | |
| TUESDAY | 4:00-5:00PM | Rotating Format | | Darlyn R. | 505-681-7478 WC |
| YUMA | | | | | |
| MONDAY | October thru April Only | 1-2pm | Gloria DeCristo Church | 11273 E. 40th St. | Connie 928-305-0682 XX |
| TUESDAY | 6:30-7:30 PM | | Central Church of Christ | 651 West 28th St. | Lorraine 928-782-1305 WC |
| THURSDAY | 12:00-1:00 PM | | Central Church of Christ | 651 West 28th St. | Lorraine 928-782-1305 WC |
| PATAGONIA | | UNITED CHURCH OF CHRIST | | 387 McKeown Street | |
| TUESDAY | 6:30-7:30 PM | Varied Format | | Roz V. | 520-668-5950 |

WC=Wheel Chair Accessible +++No parking fees at UMC on Saturdays ##=Beverages only CC=meeting changes
 ++In consideration of members who suffer from allergies, 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. 85711-1634