



# Desert Recovery

## Sharing is ALWAYS Right!

This wonderful program of recovery offers the compulsive overeater with many tools to help us in our fight against our disease. One of those tools which I cherish the most is meetings. I need to know that when I'm feeling vulnerable and in danger of losing my abstinence that I can get myself to a meeting and share what is on my mind, so that I can get it out of my system and not binge over it. When I was first starting out in OA, however, I was afraid that I wasn't sharing "correctly" at meetings. When I heard others sharing about their own experience, strength and hope I felt like I needed to know the right OA language to use or it wouldn't "count". Worse than that, I was afraid of being judged or told that I was sharing incorrectly if I didn't focus my sharing specifically on my food obsession and how I was going to deal with it.

Then one day it happened. Someone at a meeting was sharing about some family issues that were obviously "eating" away at her. She needed a safe place to share those things. Later during that same meeting, someone suggested that perhaps another twelve-step fellowship is where she should take those family issues. There's al-anon for our "co-dependency", ACOA for our "adult children issues", AA for our drinking problems, and so on. I was upset by this because I know that there were times when my family issues are what precipitated major binges. Sharing those in an OA meeting was more appropriate for ME than in an Al-Anon meeting. I don't compulsively overeat in a vacuum. My reasons for overeating have everything to do with external events that are going on in my life. If sharing those events in a meeting are going to keep me abstinent for that day, then I'm going to share them and thank my higher

power that I was able to do so in a safe place where people say "Thank you for sharing that" to me.

I have to remind myself constantly that this is a program of progress not perfection. I prefer to ask for people's advice when it comes to sharing rather than being told how to do it. To those out there who would interrupt someone while they are sharing or later make comments directed at the appropriateness of their sharing, I would ask that you work your own program, please; and leave my recovery to me and my higher power. To those of you who listen at meetings and offer up unconditional support, I need you to know that I am one grateful newcomer who appreciates having a safe place to be me. Thank you, God. Thank you, OA!

- Anonymous

## From the Editor

If you received one of last month's newsletters, you probably noticed a recipe in it that was submitted by one of our OA members. Gari-Sue and I were not sure about whether or not to allow such things in the newsletter so we took a risk and tried it once and asked for feedback from all of you. The Intergroup representatives who met last month voted and decided that such items were not appropriate for future issues of the newsletter. Further, no other items that were non-OA related would be permitted either. The main purpose of this newsletter is to offer a vehicle for members in the fellowship another means to share their experience, strength and hope with the rest of the fellowship, and to keep you informed of important OA announcements. This means that sometimes the newsletter may not always be packed full with stories. The Lifeline magazine is the national OA monthly

publication. This newsletter is not intended for merely reproducing Lifeline stories. As editor for this newsletter, I am personally urging each of you to submit your stories of recovery for future issues of the Desert Recovery. This is YOUR newsletter. It can be as much as you make it, or as little as you allow it to become. We all know that writing is one of the tools of recovery. Look at writing for the newsletter as one of the ways of using that tool. Look through your journals and see if there are one or two pages that you could share with us that may be inspiring to others in OA. You don't have to be a good writer or an eloquent writer. Just WRITE! I also consider writing for the newsletter as a way of doing service. If you're feeling guilty because you're not involved in any Intergroup service activities, then here's your chance to alleviate some of that guilt!

Finally, as the author in the first article of this newsletter so aptly reminded me, this IS a program of PROGRESS not PERFECTION. That means that if there is something in a newsletter which a member feels is not strictly OA related, I would hope that such member(s) remember that one of the gifts of this program is the ability to let go. My recovery allows me and everyone else in OA to make mistakes once in a while. I'll do my best to give the fellowship a quality newsletter which provides them with news of recovery; but as I said earlier, I need your help to make that happen.



Please send your stories for the newsletter by the end of the 2nd week of the month to: Lisa G.  
Tucson, AZ

### Help Us Celebrate YOUR OA Birthday!

Lisa G.	April 22	1 year
Karen	April 24	2 years

Please send your name in even if the birthday month has passed. We want to acknowledge your success in OA!!

### The Only Requirement . . .

I have been in OA for several years, but realize that I am now just beginning to understand the program. I need to make an amends for being judgemental towards some who are in leadership positions in our organization, for I have thought to myself, "How can these people be our leaders when they are fat? They are not setting a good example and showing that the program works." It is difficult to understand just what OA is and how it works, for everyone has their own interpretation. I now have a wonderful sponsor and am working the steps. I understand that all that is required for membership in OA is the DESIRE to stop overeating compulsively (Tradition 3). We are not required to be any certain size or lose



a certain number of pounds. We are all free to work our program as we interpret it . . . weight loss is a wonderful side benefit of working the steps. If our food compulsion has not been lifted by our higher power or returns to us, we are not really working the program and need to take a good look at being truthful with ourselves.

I apologize and wish everyone success in their program of recovery - - whatever stage of the program they are in.

-Anonymous , Tucson OA

### NEW MEETING

Beginning Tuesday, May 5 there will be a new meeting added to the fellowship. This meeting will be open, but geared toward gays and lesbians. It is called "**Free to Be Me**". It will be held each **Tuesday** at University Medical Center, 1501 N. Campbell in Dining Room A (Graham-Greenlee) at **7:00-8:00 p.m.** For more information contact Linda at or Elisa at .

### ATTENTION ALL LIFELINE SUBSCRIBERS:

Don't throw that old issue out -- recycle it! Please take it to your home meeting to be shared or for your intergroup rep to take to monthly meetings. We need back issues to distribute to various meetings for newcomers, to share, and for table pick-up at functions.

- Nedra , Lifeline Chairperson

### OA Tape Library

Tucson OA Intergroup has a tape library and tapes will be available beginning this month. The following is a list of tapes currently in the library, it is hoped the library will be self-sustaining through donations to develop and maintain the tapes.

OA RETREAT -BILL B. 2 Tapes

A DAY OF RECOVERY -  
BILL B. 1 Tape

OA RETREAT WITH BILL B.  
TUCSON, 1988 7 Tapes

DESERT RECOVERY RETREAT,  
TUCSON 1991 6 Tapes

HIGHER POWER - SPIRITUALITY  
MARATHON 4 Tapes

OA RETREAT, BOB EARL 2 Tapes

OA WORLD SERVICE CONV. '77  
#18 - SAYING I'M WRONG AND  
MEANING IT 1 Tape

OA WORLD SERVICE CONV. '78  
#3 RELAPSE, A MATTER OF  
LIFE OR DEATH 1 Tape

5TH ANNUAL EAST COAST CONV.  
MARCH '79 #57 OA, O'ANON-  
SHARING OUR PROBLEMS 1 Tape

1981 OA WORLD SERVICE CONV  
SAMPLE MEETING 1 Tape

OA PAMPHLETS #1  
TO THE NEWCOMER  
TOOLS OF RECOVERY  
COMMITMENT TO ABSTINENCE  
WELCOME BACK  
QUESTIONS AND ANSWERS 1 Tape

THE TWELVE STEPS OF OA 2 Tapes, 1 Book

DENIAL ON TRIAL, WEBSTER  
OA REGION 3, AUGUST 1989 1 Tape

COMPULSIVE OVEREATER  
-BILL B. 1 Tape

Tapes will be loaned out to members on a weekly basis. The suggested donation for the use of the tapes is \$1.00 per tape. Members will fill out a card, for contact purposes ONLY. Tapes will be available at The Monday Northern Lites Meeting -- the Thursday Gratitude Meeting -- and The Sunday Men's Meeting, or by calling Bob S. at to arrange for pick up (usually at a meeting place). All donations to the tape library will be used to maintain and develop the library and to support the Tucson OA Delegates Fund.