



Desert Recovery



SE AZ Intergroup of
Overeaters Anonymous

P. O. Box 43221
Tucson, AZ 85733-3221
620-9055

August, 1995



OUR WELCOME TO YOU!

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for our members: we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

ELECTRONIC OA: OASIS

Did you ever need a meeting at 3 a.m.? Now you can electronically share with other overeaters at any time of the day or night through an OA-related Computer Bulletin Board called OASIS.

OASIS operates 24 hours a day at (415) 658-5397, also known as 658-KEYS.

This electronic bulletin board gives you the opportunity to share messages with other recovering overeaters at any time of the day or night, as well as to exchange information such as meeting lists and other recovery-related text files. We will also be keeping an updated OA calendar of events so you can find out about upcoming OA events.

In addition, there are specialized message conferences for OA's 12 Steps as well as related areas such as an abstinence workshop, sexuality, spirituality, and recovering from relapse.

OASIS is run just like an OA meeting, according to the group conscience of its members. There are no dues or fees for use of OASIS, and OASIS is not affiliated with any other organization or institution.

To access the system, you will need a computer or terminal with a modem capable of operating at 1200 or 2400 baud, as well as communication software such as Omodem, Smartcom, Procomm, or Crosstalk.

Soon OASIS will be able to handle echo-mail and net mail for international communication with others in recovery via node 8:914/203.

For more information please feel free to call the SYSOP (system operator), Jim A. at the voice number of 4.

SE AZ Intergroup of OA Income and Expense July, 1995

INCOME/EXPENSE

INCOME

Freedom (Wed) Meeting	\$38.10
HOW Meeting Lst Reimburse	9.96
HOW Phone Reimbursement	59.00*
Intergroup 7th Tradition	18.03
Oasis U of A	51.48
Sunday Sanity Meeting	30.00

TOTAL INCOME 206.57

EXPENSES

Meeting Lists	49.92*
Answering Service	52.50
*for the months of both June and July	

TOTAL EXPENSES 102.42

TOTAL INCOME/EXPENSE \$104.15

Respectfully submitted,
JoAnne M. Phillips, Treasurer

IMPORTANT OA ADDRESSES

WORLD SERVICE OFFICE

PO Box 44020
6075 Zenith Court
Rio Rancho, NM 87124
(505) 891-2664
Fax 5058914320

Region 3 Trustee

Michael Koechner
727 Pearl St.
*PH5
Denver, CO 80203

Region 3 Treasurer

2509 S. Palm Drive
Tempe, AZ 85282

SPONSORSHIP MARATHON Fellowship Brings Recovery

By Jay P.

Initiating our summer programs, the Sponsorship Marathon brought home the real benefits of fellowship in recovery. Alta from Los Angeles and Marty from Placentia, CA, brought their combined 34 years continuous abstinence to our Tucson fellowship for a one day mutual fellowship and sharing of sponsorship.

Helen S. facilitated the marathon's activities. The Special Events Committee, headed by Fred M., hosted the event. Footwork service was by Chris. Christ the King Church on Kolb Avenue provided the meeting facility.

Alta told her story and shared pictures of her before and after getting abstinent. She has maintained continuous abstinence for 26 years. Her story includes dramatic events both in her past life as well as in her abstinent program. Her commitment to abstinence has been authentic and genuine. She shared how this abstinence has brought about continuous recovery and it was crystal clear how this abstinence created the ground for the deep, solid, serene, wise, spiritual roots which she possesses.

Without fanfare, she simply was herself - a quiet, frank, honest compulsive overeater with a deep sense of love and commitment to our way of life. Her continuous working of the 12 Steps, attending meetings, and sponsoring keep her in the solution and her attitude in an upward altitude. When her friend Marty shared her story, we once again heard the commitment, surrender, and solution-oriented program needed to place this disease in neutrality one day at a time. Marty, too, shared honestly and lovingly her experience, strength and hope. They both shared their awareness of personal powerlessness over food addiction and their need for and actions in this program of recovery.

It was clear that surrender and recovery are paying off for these two fellow overeaters because among other things, their serenity, optimism, humility, loving presence, and sincere desire to share permeated the marathon atmosphere. After they shared their stories, we were each given an opportunity to provide questions about sponsoring and being sponsored, which Helen logged.

In the afternoon, Alta gave a short talk about William James, a friend of Bill W., co-founder of Alcoholics Anonymous, and provided important clarification about the terms "spiritual experience" and "spiritual awakening" from the Big Book on pages 569-570. Then Alta addressed pages 68-69 in the Big Book of AA, including forthright sharing from her story. This set the stage for a wealth of wisdom and practical suggestions from her 26 years of abstinent recovery. She gave the suggestions in a quiet manner - unassuming, humble, and with a good sense of humor.

Here are suggestions shared by all:

1. With regard to pages 68-69 in the AA Big Book, write it all down thoroughly on paper. Verbal sharing won't cut it. Write what is my Highest Ideal—physically, emotionally, spiritually? Does my present or new partner measure up to that ideal? Page 69 says by writing, we shape a sane and sound ideal for our future sex life.

2. In the doctor's opinion, xxiii of the AA Big Book, substitute sugar for alcohol. Alta said that for her, not eating refined white sugar is a spiritual discipline to remind her she needs a Higher Power greater than food.

3. People have the answers inside of them.

4. God is providing us with the answers all the time, and we'll hear them when we are ready for them.

5. Sponsoring by mail is a good way to get traveling OAs' needs met and those who wish to sponsor but have not yet been asked to do so. Call or write WSO for specifics and how-tos.

6. Send your sponsor a postcard when you are traveling, daily if you need to. This helps us know we are not alone and someone cares about us.

7. Recovery includes behavioral changes. Habits take 21 days to change.

8. If a sponsoree is not getting abstinent, then we may want to suggest they may want to try another person who can help them better — perhaps someone they can relate to more easily.

9. Put feeling into the 4th step, write it in solitude, be open to the 5th step person who may or may not be your sponsor.

10. When listing defects of character, also list the opposites of what I want to become.

11. Get my own house in order.

12. Don't rely upon sponsees' phone calls for personal strength. Get your own house in order so you can be a channel for God to others.

Alta's OA story, "The Overachiever Who Overcame," is in the Brown Book.

Personally, I gained precious memories of hope, strength, love, laughter, and tenderness. I also gained poignant reminders - life-saving reminders - to take my own inventory and my attitude toward what's going on in my life is my choice. A positive attitude, looking for the growth in situations, and trust in God's timing and ever Presence is also my choice.

Alta demonstrated that in 26 years of abstinence and recovery, that life shows up - and down - and up. But, that being abstinent, going to meetings, sponsoring, and working the steps can bring me through everything. And not just through everything with a long face of resignation and drudgery, but a face and eyes filled with love.

Region III Semi-Annual Donations Report 1/1/95 to 6/30/95

Eastside Stopoff, Thurs	20.00
Gratitude, Thurs	10.00
New Silhouettes, Wed	34.80
Saturday Study	31.00
Sierra Vista, Wed PM	10.00
Tucson Area IG	153.00
Tucson HOW IG	18.50
UMC Men's, Sun PM	4.00

Delegate Report for 1995 World Service Business Conference

By Helen S.

This year's WSBC was the best I've attended. The Strategic Plan of the Board of Trustees, BOT, was the basic conference theme.

Critical issues identified included: in 1995, financial stability, membership retention, and outside issues; in 1996, external public relations; and in 1997, service structure, communication, and group harmony.

During the conference, I attended a special committee meeting addressing the above issues. It included the problems and solutions for Intergrups and Regions. We had three two-hour sessions. (I can share the findings with anyone who wishes to view them.)

The second committee I attended dealt with the 12th Step Within. We came up with three goals.

1. (short term) Review and bring up-to-date the "relapse and recovery" meeting format. This has now gone to the BOT for approval.

2. (mid-term) Come up with a survey to send to long-timers, asking what it is that kept them coming back. This has not been sent to the Publications Department.

3. (long term) Write a pamphlet titled "How to Sponsor Members in Relapse."

Next, I will try to summarize the 15 or 20 hours of actual business sessions. There were 263 voting delegates from all over the world.

1. See apges 59-99 for the Trustee Reports, (found in the binder).

2. David H., our Chair, advised us that legal action has been taken against S.E.A. HOW I.G. in Florida. They are to stop using the O.A. name due to gross violations of our Traditions. (see 1994 Final Report, pg. 36 for specific information.)

3. There was a presentation for the next WSO Convention to be held in Minneapolis. I have registrations if you need them.

4. The Trustee Regional and GST nominees gave speeches and answered questions. This gave us an opportunity to know more about them. I have their applications for your perusal.

5. All through the conference there was a lot of reference about the "physical" part of recovery and the lack thereof.

6. I brought back tapes of all the Business Sessions and also several of the committee meetings. Anyone is welcome to borrow these, however, I do want them back. A lady in Phoenix and I bought them in order to do service to those I.GGG.'s that could not attend

7. There was a presentation "Focus on the Solution."

8. The results of the Trustee election were as follow:

Region 2, Michael Douglas Laun; 5, Maryann Ketchsin; 8, Janice Sullivan; and 10, Violet Alice Lotter. Two General Service Trustees elected were Joe Aker and Ted Goldt.

(Prior to the conference, several motions were discussed as an I.G. Anyone who would like to review these may see me. In addition, I have a copy of my expense report)

I wish to thank all of you for putting your trust in my ability to serve you at the conference. I did everything to keep the expense down. I will be happy to come to any meeting to answer questions with binder in hand and tapes ready to play. Just let me know.

Yours in service,
Helen S.

COMPULSIVE OVEREATING: A BLESSING IN DISGUISE

I never would have dreamed I'd ever say my compulsive overeating is a blessing but, in fact, that's a fact.

Because if I weren't a compulsive overeater, I never would have found Overeaters Anonymous. And without the OA Fellowship, I would probably have lived the rest of my life in dis-ease and pain, not to mention insanity.

Instead, I discovered a group of people who loved me unconditionally until I could love myself. Never once did anyone judge me or criticize me. And I didn't have to lose 100 pounds to feel accepted. All the loving people in OA accepted me exactly as I was - fat, miserable, lacking in self-esteem, overabundant with criticism and blame, and filled to the brim with shame.

Today, my life is infinitely better. I no longer need to control everyone in my path nor shake my fists in rage toward life. Today, I let go and let God. I do my readings, write, make phone calls, and look forward to meetings. I detach with love and cast aside blame and inventory-taking (except my own).

Today life is good—rich—precious—an unbelievable treasure. All this because I was (and am) a compulsive overeater. All this because I found Overeaters Anonymous. I am, indeed, welcomed home! (Tucson OAer)

TUCSON AREA INTERGROUP BOARD

Chairperson	Alice
Vice Chair	Open
Secretary	Charlene
Treasurer	Joanne
Delegates	Helen S. Liz L.
Alternate	Jay
Lifeline	Lee
Literature	Open
Meeting List	Cheryl
Newsletter	Susan
Phone	Dawn
Public Info. &	
Profess. Insti.	Baylah
Special Events	Fred
Tape Library	Bev
Youth	Bob S.

**Tucson Area Intergroup
Income and Expenses
January 1 through June 30, 1995**

INCOME

Eastside Stopoff	\$ 200.00
Free To Be Me Meeting	33.70
Freedom (Wed) Meeting	60.50
Going Sane	40.00
Gratitude Meeting	96.00
Green Valley Saturday	50.00
HOW Meeting Lst Reimburse	34.09
HOW Phone Reimbursement:	
Answering Service	219.75
Phone Book Ad	<u>70.00</u>
 Total HOW Phone Reimbursement	 289.75
Intergroup 7th Tradition	94.45
Just For Today Meeting	105.00
New Silhouette Meeting	134.40
North West Nooners Group	40.00
Northern Lights	16.00
Pen Sales	2.00
Recovery Pos. Pitch Group	48.00
Region III Delegate Funds	75.00
Sat. Study Group	386.00
Sierra Vista Monday	20.00
Sierra Vista Wednesday	20.00
Sunday Men's Meeting	66.00
Sunday Sanity Meeting	67.10
Warm Fuzzy Meeting	175.00
FROM OA Lit Inventory	148.23
FROM Special Events Ck A/C	<u>750.00</u>

TOTAL INCOME **2942.22**

EXPENSES

Delegate Expense:

Albuquerque	523.74
Galveston	299.69
Register for WSO	<u>40.00</u>

Total Delegate Expense	863.43
Meeting Lists	91.79
Newsletter	136.43
OA Region III	153.00
Office Supplies	5.34
Overeaters Anonymous	153.00
Phone:	
Answering Service	324.29
Phone Book Ad	<u>140.00</u>
 Total Phone	 464.29
Post Office Box	20.00
Public Information	7.03
Special Events 12.68	
Xeroxing Reports	<u>67.42</u>

TOTAL EXPENSES **1974.33**

OVERALL TOTAL **\$ 967.89**

Respectfully submitted,
JoAnne M. Phillips, Treasurer

**'ABSTINENCE IS THE MOST
IMPORTANT THING IN MY
LIFE, WITHOUT EXCEPTION!'**

USE THE FORM BELOW FOR DONATIONS TO REGION III

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Complete this form and return with your contribution to:

Prue Otting, 2509 S. Palm Dr. Tempe, AZ 85282

Make your checks payable to: **Overeaters Anonymous Region III**

WSO Group # Group Name

Sender's Name

Address

City, State, Zip

() _____ \$ _____
Phone # (include Area) Amount Sent

BE SURE TO INCLUDE YOUR GROUP NUMBER