



# Desert Recovery



## Recovery - Going to Any Lengths

We cannot build until we have laid foundation stones; we add to our foundations every time we meet our difficulties well, however insignificant they may be.

A house without a foundation will not last. As the ground shifts in hot and cold weather, so will the floors. The wood placed upon the ground will rot. The rooms will be cold and damp with no protection from the temperature of the ground. Before we found OA, we were houses without foundations.

A house with a strong foundation will provide warmth in the winter and will be cool in the summer. Though the ground may shift, the foundation will absorb the movements and keep the rooms level and unharmed. The foundation will protect the precious wood. In OA, we are houses with foundations.

The strength of our foundations will depend on our commitment to recovery. If we keep OA ever in our lives, work the steps, and take a regular inventory of our progress, our foundations will be strong and durable. They will protect our houses through all kinds of weather for a long time.

- Bob M., Arizona HOWways, 1992

## NEW MEETING!!!

"CARRY THE MESSAGE NOT THE MESS"

This will be a closed meeting of OA. The focus of this meeting is for people with long term abstinence who are seeking a positive place to share recovery, and who are living in the solution. The meeting format will include Big Book study. This group will meet Thursdays 10am-11am at OK or Not Bookstore, 6208 E. Speedway. For more information, contact Gari-Sue at \_\_\_\_\_.

## IT IS NEVER MY RESPONSIBILITY TO

Give what I really don't want to give.

Sacrifice my integrity to anyone

Do more than I have time to do

Drain my strength for others

Listen to unwise counsel

Retain an unfair relationship

Be anyone but exactly who I am

Conform to unreasonable demands

Be 100% perfect

Follow the crowd

Put up with unpleasant people

Bear the burden of another's misbehavior

Do something I cannot really do

Endure my own negative thoughts

Feel guilty toward my inner desires

Submit to overbearing conditions

Meekly let life pass me by.

-Taken from "O.A. Welcome"

Westminster Intergroup June '87

and Communique Newsletter

## WE CARE

When the "We Care" book circulates and the column for feelings is in front of me, I always write "Gratefull", making sure I underline the "full" for emphasis.

I have a good friend in program who is a retired school teacher. When she first saw this "Gratefull" she put an "X" through the last "L" to show me that grateful is spelled with only one "L". "Don't do that," I said. I want to be reminded that I feel FULL with gratitude today and not with food. I'm also filled with love, joy and the knowledge that our Higher Power has given us this wonderful program with which to "cope" with life and its many challenges. I've always been a rebel anyway and I'm waiting for the person to explain to me why that second "L" needed to be dropped in the first place.

- Jacky A., East Coast OA

### The Twelve Promises

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

**ARE THESE EXTRAVAGANT PROMISES?  
WE THINK NOT**

If you have any stories of experience, strength and hope you would like to share with the fellowship of OA or any changes in the meeting list, please submit them by the **second Monday** of the month to Lisa G.

Remember, this is **YOUR** newsletter. We want to know what works for **YOU!**

Notice: If you are available to take late-night outreach calls, please call me and let me know. I am updating the list and will include it in next month's newsletter.

Thank You!

- Lisa G.



### Tucson Area Intergroup Members

Chairperson	Helen S.
Vice Chair	K.G.
Secretary	Vicki
Treasurer	Bob
Delegates	Charlene Fred M.
Alternate Delegate	Lisa G.
Literature	Steve B.
Phone	Maxine
Spec. Events	Bruce
Lifeline Rep	Michele S
Prof. & Inst.	Maiu 5'
Ways & Means	Sue L.
Publicity	Fred C.
Meeting Liaison	Vade
Youth	Bob
Bylaws	Patti
Newsletter	Lisa G.
Tape Library	Bob
First Tradition	Elvie

### A Call to Service

If you subscribe to the Lifeline publication, you may have noticed the story of a woman who travelled to another city on business and was unable to get any assistance from the local OA group to help her get to a meeting. We feel confident that our Tucson area members would not turn away an out-of-towner in need of a ride to a meeting. Therefore, please call Maxine ) if you would be willing to help transport individuals who are visiting Tucson in your neck of the woods to a meeting. Our brothers and sisters in AA understand the importance of this kind of service. Let's all help keep our fellow OAs abstinent as well!

