

Desert Recovery

From the Editor:

I hope you enjoy reading October's issue of Desert Recovery, which is my way of expressing gratitude for the recovery I have had from OA. The opinions expressed are my own, those of reprinted material, and from other OAers in Tucson. I welcome your input for future issues. Thank you for letting me do this service.

Gari-Sue

COMPULSIVE OVEREATER AND BULEMIC

I am a compulsive overeater and bulimic. I starve myself, binge, and purge daily. This is the kind of existence I can look forward to without OA and my Higher Power. This is where my best efforts get me time and time again.

I am hopeful that as I rigorously work this program and grow spiritually, I will begin to know peace. What more can I ask for? Peace and a beautiful relationship with my Higher Power, the mere thought of such things is astounding. Yet, this happiness is available to each and every one of us!

What a gift it is to have OA. We are not alone. How wonderful it is that we have each other. Let us remember daily the importance of this program. It (& ONLY IT) works.

anonymous Thursday OA

BIG BOOK GUIDE

Ever wonder what's been written in the BIG BOOK? For easy access see the headings and pages below.

ACCEPTANCE: 14,449, 452 (reprinted below)
ANGER: 64-66-111
ATTITUDES: 449
COMPASSION: 108
DISEASE: 21,23,392,448
EASY DOES IT: 516
FEAR: 67,68,115,116
FREEDOM: 553
HONESTY: 58,115,481,482,507,550
HUMILITY: 12,13,63,73
INVENTORY: 64-71
INSANITY: 24,37,38,57
JEALOUSY: 82,119,131
MEDITATION: 86,88
PATIENCE: 67,82,90,111,118,123,126,127
PRAYER: 63,67,70,75,76,79,80,82-85,88,(552)
PROMISES: 41,53,75,83,84,100,115-116,120
RESENTMENTS: 64-66,117-119,(552)
RECOVERY: 1 through 164
SELFISHNESS: 52
SELF-WILL: 60-62
SELF KNOWLEDGE: 7,36
SEX: 68,70,124,134
SERENITY: 68,551,552,554
SLIPS: 120,139
UNDERSTANDING: 570
WILLINGNESS: 12,13,26,46,47,53,57,60, 70, 76,
79,93,118,124,152,153,158,159,
162,218,229,503,550

TELLING IT LIKE IT IS

I am learning how to have fun, learning how to express myself, learning how to live one day at a time. I have often thought of life as a duty, a job to be done, no time for play, just to be a good wife, mother, grandmother, church-goer, and to take care of everyone else.

I came to OA three years ago with 40+ pounds around my middle. Two months ago I became willing to be abstinent. I always wore nice clothes, I put on makeup, and I did for others. I thought I looked good, at least on the outside. I felt rotten on the inside.

How I got to OA, well I don't really remember. I know that I knew about it long before I actually came to my first meeting. They said, Keep Coming Back, and I did. I came after binging and sometimes left early so I could stop at the Circle K to brace myself for the rest of the evening.

Little by little I am learning that there is hope for me. I want the gifts of the program. My progress is slow but I can see hope.

I don't know if I am an any kind of example, but I am feeling better, and yes, finding out the truths about my life are hard, but pretending was even harder.

Thank you OA for lighting the way. I'll keep coming back. j.p.

O.A. Intergroup Hosts THANK-A-THON

On Thanksgiving Day, November 28, the Tucson Area Intergroup will Host a POT LUCK Thank-a-Thon.

Time: 4pm-8pm

Where: Gari-Sue's Home

Intergroup will provide the Turkey

If your first name begins A-G bring a salad

If your first name begins H-M bring a vegetable

If your first name begins N-R bring fruit

If your first name begins S-Y bring desert

If your first name begins Z bring a friend

Dinner will be served from 4-6, OA Meeting will begin at 6:30 pm and close at 8 pm. Hope to see you there.

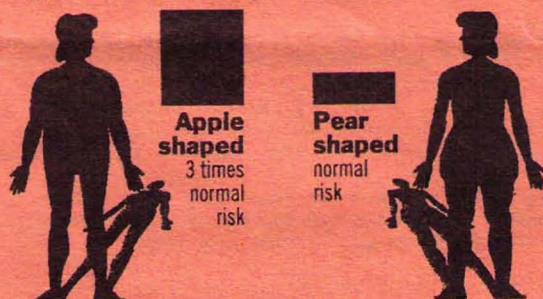
PAGE 452 partial reprint: Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for HIM to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to HIM, however it turns out, that's God's will for me.

Page 552:..."If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, YOU WILL BE FREE. If you will ask in prayer for everything you want for yourself to be given them, YOU WILL BE FREE. Ask for their health, their prosperity, their happiness, and YOU WILL BE FREE. Even when you don't really want it for them, and your prayers are only words, and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentments and hatred, you will now feel compassionate understanding and love".

(trivia question) On what page in what book will you find, (Happy, Joyous, and Free?)
send reply to Gari-Sue Gree [redacted]
Tucson, AZ [redacted]

To Your Health

HOW THE RISK SHAPES UP



1 in 10 WOMEN GET BREAST CANCER

One out of every ten American women will get breast cancer. Of those who do, one out of four will die of it. Cancer is the leading cause of death for women 35-50, the most common is breast cancer.

Many researchers around the world are pointing to another component of the Western Way of life, a diet rich in fat.

Obese women who carry excess weight on their upper bodies (apple shaped) are at THREE times the average risk of getting breast cancer, possibly because they have unusually high levels of certain estrogens. Over weight women who are pear shaped have no increased risk. Apple shaped women are also more susceptible to heart disease and diabetes.

Heathly Hints:

1. do a monthly breast exam on yourself the 1st of the month
2. get a baseline mammogram at 35 years old
3. at age 40, every two years
4. at age 45, every year

(reprinted Time Magazine, January 1991)

MY PROMISE TO YOU AS YOUR SPONSOR

- 1: I will try to help you understand your disease and show you a way to freedom.
- 2: With the help of God, I will try to help you to grow to become a better YOU, than you've ever been before.
- 3: I will try to help you find a God you've always wanted, but eluded you. One with Love, Understanding, Compassion, and most of all LOVE.
- 4: If it be God's will, I will be there for you: to help you through the loneliness and the pain.
- 5: I will not judge you for your actions or the wrongs you feel you've done in your life. I will listen to the burdens you carry in the hopes that they may lighten by sharing them with another person.
- 6: I will try to share with you my dreams so that you may find your own, in hopes that someday your realities will surpass your most vivid dreams.
- 7: I cannot sense your world for you, evaluate your goals or tell you what is best for you, but I can share your experiences with you.
- 8: I will share with you how I have grown, in good times and in bad-that you may grow to become the person of your own choosing.
- 9: If I ever stop allowing God's love to flow through me to you, then it is you that needs to walk away from me, because I can no longer guide you in the direction you need to go.
- 10: As you grow, I will grow, because it is in the sharing that we grow together.
- 11: My love and help to you is unconditional. I will be with you, hang in there with you, as long as you need me.
- 12: If you are not interested in what I have, and want to stay in the HELL you know...you will do it alone. I must help that person who wants a HEAVEN they have never known. For if I stop giving, I fear I may lose what I have been given...GOD'S GIFT OF RECOVERY

(reprinted Love Unlimited)

REFRIGERATOR MAGNETS FOR SALE!!

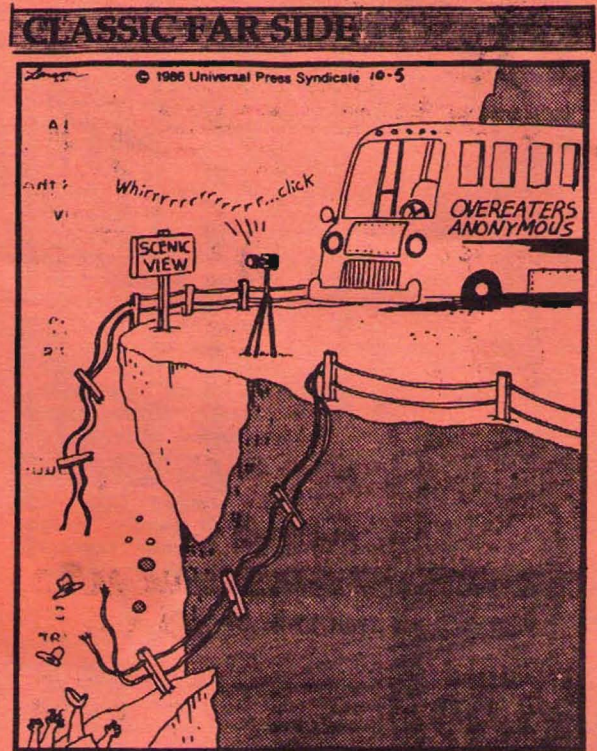


Fred C., Ways and Means Chairperson [redacted] is now taking orders from groups for refrigerator magnets (see above) at \$1.50 each. Please get your orders in to Fred.

Intergroup Financial Report 3rd Quarter

Group	3rd Qtr. 1991	YTD
Opening Balance		1,913.76
Came to believe	-0-	18.54
Day at a Time	-0-	-0-
Eastside Stop Off	100.00	275.00
Easy Does It	-0-	-0-
Freedom	48.00	313.67
Going Sane	-0-	-0-
Gratitude	6.50	14.50
Green Valley	-0-	32.60
Highsteppers	-0-	-0-
I'm a Miracle	-0-	71.00
Just For Today	103.00	253.00
KISS	75.96	119.11
Marana	-0-	-0-
Men's Group	53.60	103.60
Northern Lites	114.00	256.23
Oasis	50.00	50.00
Omni	75.12	191.12
Pink Cloud	10.00	15.00
Positive Pitch (new)	-0-	-0-
Promises	34.00	34.00
Recovery (MON)	-0-	50.00
Safe Place	35.00	60.00
Sat. 4th Step	8.50	64.15
Sat. Study Group	158.06	363.06
Sierra Vista	50.00	203.11
Silhouette	20.00	180.00
Steps into Reality	-0-	-0-
Sunday Big Book	15.00	20.00
Sunday Sanity	20.00	147.00
Warm Fuzzy	45.00	145.00
Welcome Home	46.30	131.80
Intergroup 7th Tradition	35.89	93.44
OA HOW Phone	52.50	339.53
Interst Earned	36.08	99.67
Traditions Workshop	.80	36.80
Way/Means tapes Library	185.00	185.00
Totals	1,477.56	3,386.32

The Lighter Side



Group photo disasters

EXPENDITURES 3RD QUARTER

Region 3 Contrib.	100.00
WSO Contribution	100.00
Telephone	157.50
Delegate Expense	976.44
Newsletter	118.53
Sec/Treas. Exp.	34.48
Phone Committee Exp.	13.73
Ways and Means	100.00
Delegate Farewell	9.64
Prof./ Inst.Comm.	9.53
Tape Library	10.00
Total	1,629.85
Delegate Reserve Fund (non Spendable)	1,500.00
Cash Available	129.85

Please detach and mail your intergroup contribution to K.G.Knez 5709 Camino de la Noche Tucson, AZ mail by 3rd Monday of the Month 85718

group name day time

amount enclosed for 7th tradition intergroup

treasurer date

FOR YOUR INFORMATION . . .

Literature Chairperson: Sue L. (825-2681) for Intergroup has The Twelve Steps of Overeaters Anonymous on tape for \$10.00. You can order the book and the tape for \$15.00. Contact Sue regarding OA literature.

Lifeline Chairperson: This position is now available. If you want to do service, this is a wonderful way.

Newsletter Chairperson: Gari-Sue is the new editor. To submit articles or to make announcements, call 886-8865. Cut off date is 1st Monday of the Month. Send articles to 9141 E. 38th Street, Tucson, AZ 85730

Intergroup Officers to be Elected at October Meeting.

Please note the next newsletter will reflect the newly elected positions. Those listed below will be changing.