



Desert Recovery



Making Room for Serenity: When Clean Humility Replaces Sweeping Judgments

As a compulsive overeater, one of my most stubborn character defects is a tendency to make sweeping judgments based on limited information. It's an odd and old mixture of stubbornness, fear, and myopia. I've hung on to it all these years, like a ragged formless cardigan. Yes, it's unfashionable and falling apart, but it's still comfortable -- as long as I don't have to see myself wearing it.

But being in recovery forces me to see a lot of things I like -- and don't like -- about myself. That's the real role of rigorous honesty.

Before I joined OA, I binged on junk food and false beliefs. If my boss pointed out a small mistake I made, I braced myself for a pink slip. If someone complimented me for writing a good headline, I mentally spent the advance money from my unborn novel. If I woke up with the sniffles, I fretted about having enough sick time to recover from double pneumonia. And when I made a slight misstep in the complicated dance of life, I lashed myself to the rack of unworthiness and began another torture session.

"We should avoid extreme judgments both of ourselves and others," the Twelve Steps and Twelve Traditions reminds me. "We must not exaggerate our defects or theirs. A quiet, objective view will be our steadfast aim." (p. 82)

Having a Higher Power in my life frees me from the white noise of those limiting beliefs. When I start extrapolating doom and despair from a small disappointment, I can pray to be restored to sanity. I can pray to remember that God is in charge, not me. I can take comfort in the fact that he loves me, defects and all. And I can remember that when I am ready to change things,

he will reveal them -- and himself -- to me. And as the Twelve Steps and Twelve Traditions says, "To those of us who have made progress in [OA], [humility] amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be." (p. 58).

It's not easy for me to look at my flawed methods of reasoning, but every time I disprove one of those "truths", I can develop a new hypothesis. Maybe I'm not so worthless, stupid, ugly, perfect, proud, bad or non-salvageable. Maybe I'm capable of loving and being loved. Maybe God even has a plan. . . just for me. As long as I remember that, there will be no limits on my recovery.

- Mary R., Texas

World Service Report

There is a growing concern within OA about the financial problems within OA World Wide. I attended the workshop on Ways and Means and I am also on the Ways and Means Committee.

Various methods of making weekly contributions was the subject at the Ways and Means Workshop. It was suggested that when someone is making a weekly contribution at the group meeting, a check for two dollars should be written covering that particular week. Otherwise, a check could be written for eight dollars which would cover a month's contribution. The canceled check would be your receipt for tax deductions.

The bottom line is that it costs more to operate OA at all three levels. Think about it. Join the \$2 Club; help pass the word to those who still suffer.

- George



TEN DEFINITIONS OF INSANITY

1. Stuffing my face and feeling absolutely miserable while doing it.
 2. Not being able to evaluate the simple consequence of becoming overweight from the simple act of overeating.
 3. Continuing to do something I know will make me unhappy in the long run.
 4. Looking to an inanimate object for fulfillment.
 5. Knowing that doing it my way won't work and still not being willing to try it someone else's way.
 6. Thinking that being into the food brings me greater peace than abstinence.
 7. Thinking that being thin is a cure for compulsive overeating.
 8. Trying every solution except the one I know will work.
 9. Thinking I can bend the program and it will still work for me.
 10. Thinking I can do it by myself.
- Judy B. , Garfield

SPOT CHECK INVENTORY

1. Have I been going to as many meetings as I need? Or am I too busy?
2. Am I giving service? How long has it been since I "volunteered?"
3. How often do I call?
4. How long has it been since I studied OA literature?
5. How long has it been since I **wrote on** something to clear my mind?
6. If I know it helps, why don't I plan my meals for this day?
7. If it helps to call and tell a sponsor what I am eating, why don't I do it?
8. Am I willing and able to sponsor?
9. Am I in a fit mental, spiritual and emotional condition today? Why not?
10. Why don't I pray when I'm in trouble?

Life Doesn't Get Any Easier, It Just Becomes More Worth Living. This is something that took me a while to accept as I've been working my program of recovery using the Twelve Steps. When I first entered nearly two years ago I remember thinking that this program was going to make my life a lot easier since all the insanity going on around me would disappear once I stopped compulsively overeating. Guess what? It didn't. I had to acknowledge the fact that while my own behavior changed, the behavior of others around me did not. Why should it? After all, *I'M* the person in recovery, not *THEM*. What I have learned is that I seem to care so much less about what others say and do if it doesn't directly affect me. I know that no single person besides myself can cause me to overeat. No one has that much power over me any more. I've given my power up to a higher authority, namely God. Some people still irritate me, some circumstances still upset me, some governmental bureaucrats still make me want to scream. But the bottom line is that **NONE** of these persons, places, situations or things are powerful enough in my life to make me compulsively overeat anymore. I choose to take back my power and turn it over to a loving God who wants me to be abstinent one day at a time.

The other thing about life that I'm much more comfortable with these days is that like any other living, breathing organism in this Universe, I have good days and bad days. The bad days used to drive me into a deep depression and cause me to eat until I felt so "drunk" that the only thing I had to worry about was the immediate feelings of uncomfortable, no -- painful -- fullness. Now I've come to accept that this too shall pass. Any feelings of sadness, guilt, fear or worry are transitory and never last forever for me. If I can beef up (no pun intended) my efforts to use the tools of the program and work the steps, I know I can get through the funk. I don't need food to help me get through it anymore. **THAT'S** a miracle as far as I'm concerned.

-LG, Tucson

UPCOMING EVENTS

Annual Picture Rocks Retreat. October 30-Nov. 1, Registration \$20 for sessions only. \$95, 2-nights lodging (double-occupancy), all meals, and sessions. Call Bruce at 744-4011 for registration information.

Steps 1-3 Marathon for Survivors of Sexual Abuse. Saturday, November 21 10:00am - 5:00 pm. University Medical Center, 1501 N. Campbell Ave., Room 5403. Call Gari-Sue at 886-8865 for more information.

Thanksgiving Day Thank-A-Thon. See Page 4 for more details.

Quarterly Report

GROUP	THIRD QUARTER	YTD
Came to Believe	-0-	\$ 52.68
Eastside Stop-Off	\$200.00	405.00
Easy Does It	-0-	-0-
Free To Be Me	30.64	69.79
Freedom	80.00	205.50
Going Sane	-0-	-0-
Gratitude	10.00	59.00
Green Valley	-0-	-0-
Honeynooners	-0-	-0-
I'm a Miracle	-0-	-0-
Just for Today	120.49	340.67
KISS	41.43	41.43
Marana	-0-	-0-
Men's Group (Sun.)	72.00	80.00
Northern Lights	40.00	290.00
Oasis	57.60	57.60
Omni	-0-	50.50
Pink Cloud	-0-	39.50
Positive Pitch	23.25	30.05
Promises	5.25	16.77
Recovery (Mon. Sierra Vista)	50.00	50.00
Safe Place (closing)	33.54	129.04
Sat. 4th Step	7.81	7.81
Sat. Study Group	109.92	283.39
Sierra Vista Group	-0-	100.00
Silhouette	25.00	70.85
Sunday Big Book	-0-	15.00
Sunday Sanity	45.00	163.55
Warm Fuzzy	-0-	175.00
Welcome Home	16.95	16.95
Intergroup 7th	19.30	96.46
OA HOW (phone)	78.75	306.31
Interest Earned	14.73	53.88
Delegate Funding	150.00	150.00
Sec'y. Refund	7.96	
TOTAL	\$1,239.62	
Opening Balance	1,617.01	
TOTAL CASH	\$2,856.63	
EXPENDITURES:		
Region III Contrib.	77.00	
WSO Contribution	77.00	
Answering Service	157.50	
Delegate Expense	80.00	
Newsletter	199.86	
Telephone Committee	11.60	
Chairman Expense	22.47	
Treasurer Expense	3.00	
TOTAL	628.43	
Delegate Reserve	2,000.00	
CASH AVAILABLE	\$ 228.20	

Are You Interested in Doing Service at the Intergroup Committee Level?

The Publicity (aka Public Information) committee is in need of members who can get together once a month or less to discuss ways of attracting new members to OA. We need you to help spread the word of experience, strength and hope by reaching out to the community and letting them know about OA. If you're not currently involved in service work, here is a great opportunity to strengthen your program and twelve step others who are in need of help. The time commitment is minimal, but the rewards for participation could be substantial. You don't have to be an oldtimer to help out. Newcomers are cheerfully welcome. The first Publicity Committee meeting will be held Saturday, October 24 at 10:30 am in the UMC Pinal dining room. Call Fred C. for more information, 748-8108.

Tucson Area Intergroup Presents a

Thank-a-Thon



When: Thanksgiving Day, November 26, 1992

Where: Gari-Sue's Home [redacted] eet
(off Golf Links and Heartstone)

Meeting Times: 4:00 - 5:00 pm and 7:00 - 8:00 pm
Dinner at 5:30

What to bring:

If your first name begins with :

A - H, salad

I - P , vegetable

Q - Z , fruit or dessert

Please bring your own beverage, coffee will be served
TURKEY WILL BE PROVIDED BY TUCSON OA INTERGROUP!

Directions: Golf Links East past Pantano wash, Right (south) on Heartstone 1 blk to 38th St. House is on Northwest corner of 38th and Heartstone. Number 14 Sun Tran bus stops at house. Check for holiday schedule if you plan to ride the bus.

For more information, contact Gari-Su [redacted]