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# *Desert Recovery*

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## **Be Thankful for What You DIDN'T EAT**

I need reminders because I forget too easily,  
I have to remember where I came from.

Instead of feeling sorry for myself, if I have a slip,  
Or seeking the support, compassion or  
sympathy of other OA members,

I have to be thankful . . . .

Thankful for what I didn't eat  
Thankful for what I didn't drink, and  
Thankful for what I didn't inhale,  
Thankful for what I didn't do that's self-destructive,  
Thankful that we have a program to return to,  
To start again to regain my abstinence today! Now!  
Not tomorrow, but at my next meal.

If I continue to feel sorry for myself, or am harsh,  
I really haven't learned very much from program.

I can't slip into the trap of punishing myself or,  
Beating my breast because I had a slip and lost my abstinence.

I must let go and let God.

I must not believe that a public confession will turn everything around,  
And somehow bring back abstinence on a magic carpet.

The answer lies in action, being grateful to God,  
For giving me this wonderful OA program which has saved my life,  
Made my attitudes more positive, given me dignity and,  
The ability to love and respect myself.

I must be thankful that I have 7 tools, 12 steps, 12 traditions, 12 concepts,  
And the Serenity Prayer.

So if you have slipped, please be gentle with yourself . . . .  
Be thankful for what you DIDN'T eat.

by Art  
Bellmore, NY  
from Lifeline, March/April 1987

## Recovery Across the Seas

I'm writing this from Turkey, one OA meeting a week and only two people show up. At the moment I am working on my steps. But before I could start, my sponsor suggested that I read the AA Big Book from the cover page through the Doctor's Opinion and underline and write about what fits for me. I have never done this, always started at Bill's story and what I found was answers as to why this is going to save my life. I want to share them with you.

- From the first page: "The Story of How Many THOUSANDS of Men and Women have Recovered from Alcoholism"
- 1st Preface: Page xi - "Because this book has become the BASIC text from our Society and has HELPED such large numbers of Compulsive Overeaters to recovery, . . ."
- Page xii - "'Yes, I've felt like that' or most important, 'Yes, I believe this program can work for me, too.'"
- Forward to the 1st Edition: Page xiii "To show other overeaters *precisely how we have recovered...*"

"For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the compulsive overeater is a very sick person."

- Page xiv "The only requirement for membership is an HONEST desire to stop eating compulsively. We simply wish to be helpful to those who are AFFLICTED."
- Forward to the 2nd Edition page xvi: " ..he was convinced of the need for a moral inventory, confession of personality defects, restitution of those harmed, helpfulness to others, and the necessity of belief and a dependence on God.

"He suddenly realized that in order to save

himself, he must carry his message to another compulsive overeater."

Page xvii "It also indicated that strenuous work, one overeater to another, was vital to permanent recovery. "

" . . .that a new light had entered the dark world of the compulsive overeater"

Page xviii: "That OA's message could be transmitted in the mail as well as by word of mouth." "...OA has become a national institution"

Page xix: "...the conviction grew that AA's had to hang together or die separately."

and finally, Page xxi : "Yet it is our great hope that all those who have as yet found no answers, may begin to find one in the pages of this book and will presently join us on the high road to a new freedom."

Thank you Tucson OA for being there when I needed you the most.

Mary F.  
Turkey

**Are You in Need of making Late Night Outreach Calls?** Here are some numbers to help get you through the night. If you would like to add your name to this list, contact Lisa 749-2954.

Name	Phone	Time to Call
Steve B.		Until midnight
Anne Marie		Anytime
Donna		Anytime
Heather		11:30p.m.-7am
		Sun - Thurs, or
		Fri.
		& Sat. anytime

*Live and Let Live*

### STEP SIX: Were Entirely Ready to Have God Remove All These Defects of Character

After I had done a fourth and fifth step, I was stuck on 6. Someone suggested writing on what I would gain or give up if I lost the character defects, and that I'd only be ready when I saw that I'd gain more than I lost. Here's what I wrote: What would life be like if I accepted myself as unconditionally worthy, was realistic in assessments, and felt and expressed (in some way) all my feelings? If I never questioned by worth, I would trust the desires of my heart more. If I was realistic about how long things take I would say no to more things, and choose projects very carefully. If I loved myself unconditionally I would hurt less inside, need less affirmation from others, compare myself less to others. If I felt such self-acceptance, I would always operate out of a sense of abundance so when I did service to others there would be no martyrdom -- like the martyrdom I imagine my mom felt about being a mother of four and about community activities. If I felt all my feelings, would they sometimes be so overwhelming? That is my fear . . . I feel a great deal of hope about this 6th step leading to a shift in how things feel on the inside. I'm so grateful for the comfort of my abstinence. I'm grateful for this glimpse of serenity, deciding things from how they feel on the inside, the decrease in drivenness that I feel coming. To accept all, yet be a force for change is a combination I aspire to. To accept the pain of saying no and the ambivalence about whether to say yes or no, to let that allow me to be realistic about how long things take, and thereby to have a less stressed life is worth turning toward. I ask for the willingness to be without my character defects, and for guidance about which baby steps to take to move in that direction.

Paula  
Tucson Area OA

#### Tucson Area Intergroup M

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

### The Steps - Walking Into Recovery

When I came into program, all I wanted to do was to lose weight and then life would be wonderful. Unfortunately that was not the plan my Higher Power had worked out for me and thank God for that.

My recovery is based on working the steps and step 12 is my favorite one. That means that I have surrendered, taken action, and then continue to pass along what I have been given. I took the steps slowly, one step at a time. I changed my concept of God, one step at a time, to where I could actually say "Yes, there is a loving God, and He is working in my life." My emotional recovery began the day I took the steps to take a look at my life, and find the courage to move away from unhealthy relationships. My thinking had to be changed and I was willing.

My physical steps towards recovery began very slowly, I found myself a workable food plan, then began a moderate walking program. Just going to the mailbox was a victory for



me, my feet hurt so bad, my knees ached but I had willingness to move the body, one step at a time and it worked.

I have such gratitude for the steps, the ones in the books, the ones I took in my mind, and the ones I took to move what I called the "incredible hulk" to physical recovery. Right now I am looking for moral support. I'd like you to join me at **Armory Park on Sunday, October 4th at 8:30 a.m.** as I attempt to do another 12 mile walk.. If I only make three miles, so what. I am there to just suit up and show up. And, I'd love your company. Anyone interested in joining me, please call me

Gari-Sue Tucson Area OA

PLEASE NOTE MEETING CHANGES ON THE AUGUST MEETING LIST. A TOTAL OF 8 MEETINGS HAVE BEEN ELIMINATED, AND ONE OUT OF TOWN MEETING ADDED. THE ONES ELIMINATED WERE DUE TO A LACK OF ATTENDANCE. IF YOU KNOW OF OTHER MEETINGS THAT ARE SUFFERING FROM POOR ATTENDANCE, LET US KNOW AND WE WILL ANNOUNCE IT IN THE NEXT NEWSLETTER. LET'S WORK TOGETHER TO KEEP OUR FELLOWSHIP STRONG!

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*TUCSON AREA INTERGROUP OF OVEREATERS ANONYMOUS PRESENTS  
"OFF WITH THE MASKS - - ON WITH RECOVERY"*

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**A Retreat to *SANITY***

- A. \$95.00 - \*Includes registration, 2 nights lodging with two people to a room, share a bathroom, and 5 meals; 3 on Saturday and two on Sunday.
- B. \$115.00 - \*Includes registration, private room, shared bathroom, and 5 meals.
- C. \$40.00 - Includes Saturday only registrations, lunch and dinner.
- D. \$20.00 - Includes registration only (may attend all sessions)

Registration is 6:00 p.m. to 7:30 p.m. on Friday. The retreat starts at 8:00 pm Friday and ends Sunday at 1:30 pm. **BRING YOUR OWN TOILET ARTICLES, FLASHLIGHTS, AND ALARM CLOCKS! THE LIGHTER MEAL ON SATURDAY IS DINNER.** Pre-registration required. Need more information?? Call Elvie ☎ or Bruce ☎ for directions on how to get to Picture Rocks Retreat House.

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Make checks payable to: **Overeaters Anonymous**

Mail to Bruce M.

Registration Deadline October 26, 1992

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Roommate Desired: \_\_\_\_\_

Smoking \_\_\_\_\_

Non-smoking \_\_\_\_\_

Circle option of retreat: A B C D

\* \$5.00 Discount if registration is received on or before October 26.

Payment of \_\_\_\_\_ In full (payment is non-refundable) Or \_\_\_\_\_ \$50 non-refundable deposit with full balance due by October 26, 1992.