



Desert Recovery

Tucson Area
Intergroup OA

TUCSON OA INTERGROUP
P.O. Box 65172
TUCSON, AZ 85728

Winter, 1995

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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.

A NOTE FROM THE CHAIRPERSON

DEAR OA SISTERS AND BROTHERS:

I am writing you this little note to introduce myself. I am your new chairperson of Intergroup until October 21, 1995, when you will elect a new one.

I have been a member of Overeaters Anonymous for 14 years. I have been abstaining from unhealthy eating behavior for about 90 percent of that time. I am at a healthy goal weight that, of course, I do not accept. I work the 12 steps on a daily basis and am sponsoring seven adorable children of God also working the 12 steps with me.

What I want to express to all of you in the Tucson area is that I believe that I am now your servant and want to offer myself to you in any way I can be helpful. Call me anytime (743-7836), come to Intergroup anytime or talk to me at meetings.

I commit myself to you as your chairperson of Intergroup. May God bless all of us this year as we work the 12 steps and the 12 traditions together.

Sincerely,

Alice

NEW NOON MEETING IN-THE-WORKS

We are interested in starting a new noon meeting for southwest Tucson (south of St. Mary's, west of freeway, including areas of Tucson Estates and Three Points, west of Tucson Mountains.) This is a huge not-served area of Tucson.

WE NEED YOUR HELP!

Call: Judith at _____, Chris H. at _____
or Gail at _____

When we walk to the edge
of all the light we have -

And take the step into the
darkness of the unknown -

We must believe one of two
things will happen...

There will be something solid
for us to stand on,

OR

We will be taught to fly -

(S. Martin, Edges

-Given out at 1995 OA Retreat)

"Religion is for those who are afraid
to go to hell.

Spirituality is for those who have
already been there."

(Richie--1995 OA Retreat)

Nothing worked so I picked up the phone and called another (12-step person). She listened to me and basically said get up and go for a walk--take some action!

I didn't want to go for a walk. It was cold and I felt like hell. But, I got myself dressed and decided to just walk the recycle stuff to the end of the road, grumbling the entire time. I dropped off my aluminum and plastic load and as I turned for the journey home, a neighbor greeted me hello and asked about my father. Short conversation but his parting words were, "Don't forget to take care of yourself."

I decided then to go the long way home along a beautiful path that runs along the river. It was truly beautiful out, the morning sun shining through the trees, the thick foliage glittering with dew, and there was an incredible loud chorus of birds singing up the path ahead of me. (This wasn't going to be such a bad day after all)

At just that moment, the birds in complete unison, abruptly stopped. Total silence. A few more steps and this horde of birds took flight and something plopped on my head. I squinted my eyes and ducked for cover. On investigation I found it was a twig in my hair and got a good laugh at myself.

The thought about my morning the rest of my way home. I decided there was some good advice given freely to me this morning. My fellow (12 Step Program Person) said to get off my A- and take some action; my neighbor showed me others love me when I can't love myself; the birds told me to stop expecting the worst, and my Higher Power showed me this program works if you are willing to take the first step.

If you ever find yourself having a hard time getting your day off to a good start, take a walk but watch out for the birds.

(By Shir1, California)

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Below are names and numbers of fellow
OAers available for outreach calls.

If you would like your name added (or deleted) ~~from this list~~

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RICHIE'S STORY...

RICHIE K. GIVES INSPIRATION AT 1995 OA RETREAT IN TUCSON

Richie K., of Los Angeles, knows the heartbreak of being a compulsive overeater. He's well acquainted with the self-hatred, desperation, and deep desolation that go along with the disease.

The former New York City cab driver once tipped the scales at 400-pounds-plus.

Richie served as the main speaker at January's retreat at Picture Rocks. Today he makes his living as an actor. Before coming into OA in July of 1979, the script of his own life was a real tragedy. Thanks to recovery in the Program, he lived to tell about it.

Warm-hearted, humble, and full of gratitude, Richie told about his obsession with food. Like it states in the Big Book, he, too, came from "a hopeless state of mind and body." He left his wife and once abandoned his two daughters. When his weight soared to 400 pounds, he was also drinking a quart of gin daily, he said.

His last desperate attempt to lose weight came when he attended a "fat farm" at Duke University in North Carolina. In 56 days he lost 56 pounds on a 700-calorie diet. When he went home he continued to lose weight and eventually dropped 150 pounds.

Once in Program, Richie recalled his first service position was taking out the garbage. One time he attended between 20 and 25 meetings a week.

"Nobody can OD on OA," he said.

He cannot remember going to less than four meetings a week. He gets down on his knees daily and faithfully reads his meditation books.

Richie has dozens of one-liners he lives by.

"Easy does it but do it."

"Three meals a day with nothing in between. No white flour, no white sugar, and no perfection."

"Find a food plan you can live with, commit to it, and live with the commitment."

In explaining how to do an OA inventory, Richie said to get a pencil, get a paper, and get honest! He also suggested letting God do the inventory with you.

"Action is the magic word," he said.

It takes a lot of courage to do Step four. Get it down on paper, he urged.

To answer the question, "When do you qualify to be a sponsor?" he said, "When someone asks you."

Richie also explained that working the steps means living the principles. To brush-up on this, closely check out Step 12. They are contained therein.

The seasoned program person told everyone present, "Don't ever leave. No matter how bad things get, no matter if you're not working the program, no matter what your weight is, don't leave OA. The alternative is worse."

Richie has since reconciled with his two daughters, now grown women. His ex-wife died of cancer. Today he has deep peace and serenity. Today he has OA.

One OA member, referring to the retreat said, "God breathed a little fire into my soul."

Richie, with his wealth of OA experience and personal recovery, fanned the flames.

PREPARE FOR THE DAY: DO YOUR READINGS FIRST THING IN A.M.

Once there was a carpenter who had a job to do. He was in a hurry so he failed to prepare his tools ahead of time. Instead, he grabbed all of his tools in a haphazard manner, stuffed them into a bag, and flew out the door.

When he got to his job, he wanted to get started right away. He opened his bag and realized his tools were not sharpened. As a result, he was unable to get any work done at all. The next time, he reasoned, he'd be sure to prepare in advance.

People in OA need to prepare for their day by doing their daily reading of OA literature. If it is a matter of lack of time, get up a half hour earlier in the morning to give yourself precious moments for that all important reading.

People who do their daily reading are much more apt to have a good day, because they have prepared for it.

Next time you feel you do not have enough time to read OA literature, think of the little carpenter and the important lesson he learned!

(Paraphrased from a talk by Richie, Tucson OA 1995 Retreat)



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THOUGHTS AND TIDBITS FROM THE 1995 OA RETREAT...

"One of the many things I got out of the Retreat is the renewed conviction that if I continue working the 12 steps in all areas of my life, I will be okay. And also that I am so grateful for all my fellow compulsive overeaters who are traveling the road of recovery with me."

Peace and serenity,
Fred

"The January Retreat has lifted my spirits and (once again) made me realize that what is important is the Program, the steps and our literature so I can grow one day at a time and remember that my life is on a spiritual path.

Thankyou-
Judith L

"There is no man big enough for me to be small enough to hate."

(said by Martin Luther King's father and quoted at the Retreat)

"Making the St. Francis prayer a WAY OF LIFE is not a bad idea."

"God is always looking over your shoulder."

"Dear (Insert your name):
I don't need your help today.
Love,
GOD"

"PRACTICE LOVE AND FORGIVENESS IN EVERY
AREA OF YOUR LIFE."

"The opposite of gluttony is discipline."

"The opposite of envy and jealousy is gratitude."

"The opposite of sloth is action."

"It takes a lot of honesty to admit powerlessness over food."

" 'You can handle this' is a dangerous phrase to an overeater."

"Replace restless, irritable, and discontent with happy, joyous and free by following the Program."

"Living by spiritual principles will relieve the obsession of compulsive overeating."

"What other people think of me is none of my business."

"You can't eat what you want to eat and weigh what you want to weigh."

"Write down some of the insane things you have done with food."

"The Great Power of the Universe, God, is within ourselves. The linear route to it is the 12 steps."

"Without God, there is not enough of anything-food, sex, or anything."

"God can do for me what I couldn't do for myself."

"At night, do an inventory for the day just lived. Then, go to sleep in the arms of God."

"If YOU WANT TO LOSE WEIGHT, KEEP RUNNING UP AND DOWN THE 12 STEPS."

"You can't save your face and your A- at the same time."

"The steps don't promise that we will be restored to perfect eating. They say we will be restored to sanity."

"Be careful how you behave in the outside world. You may be the only copy of the Big Book that some people will ever see."

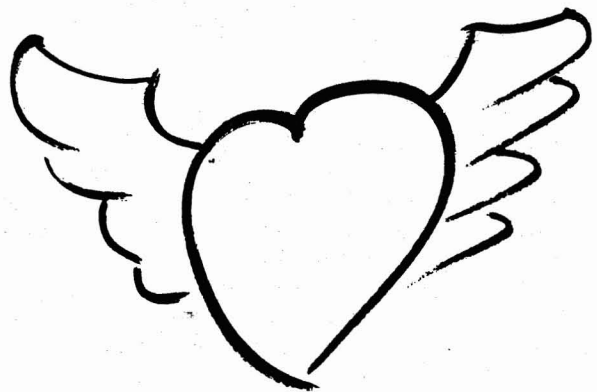
"When I love God, love myself, and love my fellow man, who wants to self-destruct?"

"When food is crisp and clear, life is crisp and clear."

"Abstinence is not just a food plan, it's a way of life."

"Trust in God and healthy food...three meals a day and nothing in between."

"GET RIGHT WITH GOD AND THE DAY WILL BE GOOD."



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VALENTINE'S GREETING

Happinbess is freedom of the Spirit in a
warm, beating, loving heart.

(Drawing by Jay of Tucson OA)