

Desert Recovery

*Southeastern Arizona Intergroup
of Overeaters Anonymous*

December • 1996

P.O. Box 43221, Tucson, AZ 85733-3221 • 620-9055

The OA Preamble: 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 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; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Welcome 1997 Officers!

The new officers have been elected with the entire slate approved by Intergroup representatives at the November SEAZ Intergroup meeting.

Chairperson	Fred. C.
Vice Chair	Open
Treasurer	Chris N.
Secretary	Maureen
Alternate Delegate	Caren S.

Samuel D. continues his term as delegate.

Fred C. brings eight years of program experience to the position of Chairperson. He was the Vice Chair in 1996, and he has chaired the Public Information and Ways & Means committees. He has served as Intergroup Representative for several groups during his years in program.

The newsletter returns

As editor, of YOUR newsletter, I'd like to encourage everyone to submit articles, artwork, poetry or anything that you think would be helpful to another's recovery.

This newsletter is designed to CARRY THE MESSAGE of recovery to those who still suffer, so if you have some recovery to share (and I know you do), please don't keep it to yourself! Send it in via your IR or by mail, internet, or phone.

Also, don't worry about grammar, punctuation, or spelling; that's my job! I hope to hear from lots of you very soon.

Elizabeth Campbell

P.O. Box 13894
Tucson, AZ 85732

748-1006

campbell64@aol.com

Delegate Report from Tulsa, OK October 11-13, 1996

The most important info I can share with you is all the fun I had at the convention. We partied good! The next one is in our neighboring city of Albuquerque on Feb. 14-16, 1997. Please plan on attending. What a wonderful weekend we will have. (See the back page of the newsletter for more information.)

The Southern California Intergroup is no longer a member of OA. They cannot use HOW in their titles. They are now known as Compulsive Eaters Anonymous (CEA).

1400 people have contacted World Service in response to the *Dear Abbey* column published in August.

Our 12x12 plus 3 pamphlets are now in spanish.

Convention/assembly for Fall 1998 is still undecided. Phoenix is a possibility. (How about Tucson?) This will be decided on in February at Albuquerque.

WSO has raised the donation limit to \$5,000 per member per year. There was lively discussion whether Region III should change its limit also. Also, should a donation of this amount be anonymous? The \$5,000 limit was passed and if someone gives that large a donation, it will NOT be anonymous.

The treasurer, David M., said that groups who wish receipts for donations must send a SASE along with the donation. He also urged the groups to send in their donations to WSO and Region III using the 60/30/10 formula.

We had elections for new Region III officers. They are Chairperson, Irish Crawford; secretary, Sallie Gullion; and trustee, Dody Hawkins. White smoke was reportedly seen after the votes were counted.

Respectfully submitted
and with much love,
Samuel D.

529-8777

Thank-A-Thon Report

On Thanksgiving Day, HOW and SEAZ intergroups co-sponsored an all-day event with meetings beginning at each hour.

For all those who were able to attend, thanks



for the service and support. To the six members who volunteered to lead one of the hourly events, much gratitude and thanks. It was wonderful to see such unity between the HOW and SEAZ groups. Much of the feedback was positive and hopefully this can become an annual event.

A total of 32 members attended throughout the day, and the sharing and learning were wonderful.

For me to have a place to share my gratitude and thanks without the focus on food was an inspiration and a joy!

With much love and respect,

Lori K.

It's a Funny Life

Recently someone from program called me at my busy place of work.

The message I received from the clerk said, "Call so-and-so about Over Readers Anonymous!"

Well, I guess you CAN overdose on anything!

Anonymous



O-A-Olé

OA Region III Convention in Albuquerque, NM • February 14, 15, 16, 1997

Join the Central New Mexico Intergroup for a Southwestern fiesta of the Spirit—a special opportunity for sharing and caring within the fellowship. The convention will include meetings, panels, and workshops, as well as a speaker meeting/buffet dinner/dance on Saturday night.

Albuquerque is a beautiful, historic city that's only seven hours driving time from Tucson, so there's really no excuse! Plus, once you get to Albuquerque, Sante Fe is only an hour away.

Sheraton Old Town Hotel has a \$65.00 per night rate (not including taxes) for up to four people per room. Specify Overeaters Anonymous when you make your registration (before January 31) at 1-800-237-2133.

Registration

Name _____

Address _____

City/State/Zip _____

Phone (____) _____

(Use a separate form for each person registering)

Registration before 12/31/96 \$20.00 _____

Registration after 12/31/96 \$25.00 _____

One day only \$10.00 _____

Buffet/Speaker/Dance \$25.00 _____

Dance Only \$5.00 _____

Total enclosed _____

Make checks payable to:
OA Region III Convention

Mail Check & Registration to:

OA Region III Convention

PO Box 3874

Edgewood, NM 87015

For info call:

Alene 505-281-1187

Woody 505-898-5110

Mail by February 12, 1997

Where to send group overages

SEAZ Intergroup

PO Box 43221

Tucson, AZ

85733-3221

Chris N. treasurer

721-1085

OA Region III

8400 Vaquero Cove

Austin, TX 78759

David Murdock, treasurer

(512) 335-0442

World Service

Attn: Contributions

PO Box 44020

Rio Rancho, NM

87174-4020

Don't forget to include your group name, meeting time and place, intergroup name, and WSO Group Number.

FEED YOUR FAITH
INSTEAD OF YOUR FACE,
AND ALL YOUR DOUBTS
WILL STARVE TO DEATH!

