



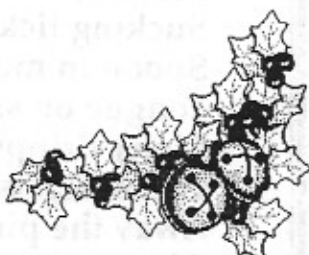
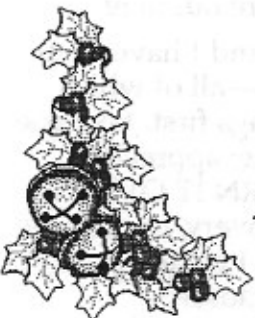
# **Desert Recovery**

**Southeastern Arizona Intergroup  
of Overeaters Anonymous**

**December • 1997**

**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.

## **Meeting Updates**

As of January, the **Free to Be Me Meeting** will move from University Medical Center to Wingspan located at 300 E. 6th Street. Parking is available in the lot off 5th Ave. or on the street. The meeting time remains Saturday at noon.

Contact: Karen G. at 325-6676.

After 8 years in existence, the **Sunday Men's Group** has closed.

## **Special events round-up**

My heartfelt thanks go out to all who helped with the October and November special events.

The October retreat was spirit-filled and renewing for all who attended in the cool pines of Mount Lemmon. Chris B's arranging of a campsite was very much appreciated.

The Thank-athon was attended by more than 30 OAs. Deep sharing, fulfilling meditations, and joyful art and games made the day a great success. Thank you Elizabeth for organizing such a wonderful day of gratitude. Your decorations added just the right touch! Thanks also to all who chaired an hour: Jenny, Bob, Tenanche, Alice, Judith, Caren, Hugh, and Donna.

With such great help—special events is a breeze! Yours in cheerful service,

—Ernie

Following  
Abstinence,  
Living,  
Learning.  
Integrating,  
Negotiating  
Tools  
Of  
Recovery.  
Existing  
Consciously.  
Openly  
Verifying  
Everything.  
Recommitting.  
Yielding.

—Chris B's reflection  
on the Mt. Lemmon  
retreat

## **Ben & Jerry won't make love to me tonight**

Pint after night after  
Pint sweet cream  
Clean sheets please  
Make me come  
Wavy Gravy Chunky  
Monkey  
Sucking licking  
Spoon in mouth  
Tongue on smooth  
Melly drippy dribbling  
Clean sheets stripped  
Away the pints  
Always the dirty  
Evenings at the laundry  
Away from eyes  
And hope for a nice  
Please if I eat  
Beyond belly ache  
And chocolate  
Will you become

—Sharon P.

My Dear Tucson OA Family,

Surf's up from Oceanside, CA! Just wanted to drop you all a note to let you know how I'm doing or rather what my Higher Power is doing for me. I've jumped into OA out here with both feet. I remember some familiar faces and have met many new friends. I feel like I've been blessed with another OA family out here, too. They can never replace any of you, but I see new things I can learn and share out here.

Since I've been out here, Kent and I have been faced with some tough lessons—all of which have forced me to put first things first; take one day, moment, and task at a time; appreciate what blessings I have; and **TURN IT OVER!** I have so, so far to go in my recovery, but finally it comes before the rest of life. I have a part-time job with room to grow, a closer relationship with God and my husband, progress in my eating, and finally am gaining weight. I want to thank you all for teaching me the tools of this program. If I hadn't learned to use them, I could not have handled this past 6 weeks. I pray for you all and thank old H.P. for you all every day. Thank you for all your prayers, too.

Until next time, hang loose.

Love always, Sara S.

(call Elizabeth you'd like the address if this former Tucson-area OAer)



## A New Board for 1998, but more workers are needed

A new board has been elected for SEAZ Intergroup for 1998. Members are Chair, Fred C.; Treasurer, Karen P.; Secretary, Catharine; and Delegate, Karen S. They have answered the call of service at the Intergroup level and would appreciate your prayers and support as they begin planning for the year ahead. A round of applause and huge thank you go out to each of our departing Board Members—Chris N., Maureen N., and Samuel D.

We still need a Vice-Chair and Alternate Delegate. Requirements include that you are working the 12 steps, have knowledge of the traditions, be abstinent, and that you have 6 months of intergroup experience. If you meet these criteria, please seriously consider one of these service positions. Intergroup can fully serve us only if all positions are filled, especially those on the board.

Intergroup also has several committee chair positions open. Requirements include that you are working the 12 steps, have knowledge of the traditions, and that you have 6 months of Intergroup experience.

**Tape Library:** Make tapes available to people, maintain the library by keeping a current inventory and making copies of the original tapes, purchasing new tapes, and keep track of fees paid for tape rental.

**Lifeline Committee:** Solicit members to be on the committee, instruct members on how to submit articles to Lifeline, display Lifeline at OA events and offer subscription forms, attend meetings and share about articles in Lifeline, so members know what it is, give samples of old copies to new members, submit a budget once a year.

**Professional Institutions and Public Information:** Coordinate activities of the Public Information Committee, recruit committee members, maintain monthly liaison with Sierra Tucson, and maintain contacts with the community providing literature, meeting lists, and any other information. Also, act as an OA contact for the media.

Committee chairs also must submit an annual budget at the beginning of each year and attend monthly Board and Intergroup meetings to give reports.

These positions keep Overeaters Anonymous alive, and it is vital that they be filled. Upping your service level can be scary, but it also brings many rewards. For more information contact Fred C. at 748-8108 or if you are interested in a certain Board position feel free to contact the current member—their phone numbers are on the meeting list.

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## Region III Assembly to be held in Denver

Once again there's an opportunity to take to the road in the name of recovery. The Region III Assembly will be held on March 6-8 in Denver, Colorado.

This is a great opportunity to broaden your outlook and hear how others work their programs. It's also a great place to find people with lots of time in OA.

Room reservations at the Embassy Suites are \$99 per day (up to 4 people) and this price is guaranteed until Feb. 20th. Rooms include a refrigerator, microwave, coffee pot, cooked breakfast each day, and transportation to/from the airport.

Registration for the conference is \$25-\$51 per person (depending on what you'd like to attend).

Ask your intergroup rep. or any board member for more information. Brochures are circulating.

The next newsletter will come out in March. Look for an article on how groups can register or update their listings with World Service. Please send in any original writing or art by March 1st to: Elizabeth Campbell, P.O. Box 13894, Tucson, AZ 85732 campbell64@aol.com Phone: 748-1006