

Southeastern Arizona Intergroup of Overeaters Anonymous

# Desert Recovery

February, 1999

P.O. Box 43221, Tucson, AZ 85733-3221

**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.

## Events/Announcements

Unity Day - February 27, 1999

11:00am - 1:00pm

University Medical Center, Rm. 3505

Share Friendship/Fun/Program

Moment of silence at 12:30

Lifeline Door Prize

Spring Retreat - May 21-23, 1999

5:00pm Friday - 1:00pm Sunday

Tonto Rim Camp, Payson, Arizona

Theme: The Promises

Fun, Fellowship, Speakers, Workshop

\$90 (early registration rates available)

For info: Bette 602-249-1005

Clar 602-942-1710

Region 2 Convention - July 23-25, 1999

Sheraton Anaheim, Anaheim, CA

Action Is The Magic Word!

\$25 early registration (by May 31)

Meals, Dance, T-Shirt also available

For info: Eda S. 310-833-3756

eseaver@earthlink.net

## Watch This Space!

*This month's newsletter shows how one OA member uses The Tools in his journey of recovery from compulsive overeating. How do you work the program? Share your experience, strength, and hope in the next OA newsletter by writing a poem, story, or article, or by creating some artwork. Submissions will be accepted until May 1, 1999 and should be sent to Sharon at PO Box 1728, Tucson 85705, slpreiss@ix.netcom.com., or by phone at 882-2079. Remember, "Any action, no matter how small, will help us to overcome deadly procrastination." Let's hear from you!*

*Your Trusted Servant,  
Sharon P.*



# The Tools Of Recovery

***"In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found that there are a number of tools available to assist us. We use these tools -- a plan of eating, sponsorship, meetings, the telephone, writing, literature, anonymity and service -- on a regular basis, to help us achieve and maintain abstinence.***

***In Overeaters Anonymous, abstinence is 'the action of refraining from compulsive eating.' Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA's eight tools of recovery."***

***- from the pamphlet  
The Tools of Recovery***

**Here are The Tools as our winter visitor, Marvin, sees them.**

## A Plan Of Eating

I eat a piece of this  
and a piece of that,  
the result of which  
I got fat.  
Food Plan, heed my cry.  
I'm a much bigger guy.  
Remove my refrigerator tan  
and reduce the size of my can.

## Sponsorship

The food monster  
is all around us.  
It will soon begin to  
surround us.  
Its presence  
confounds us.  
What is the solution  
to alleviate this intrusion?  
What's the answer?  
Call a sponsor.



## Meetings

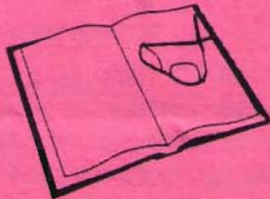
I'd overeat on some sugar  
The result of which I went meshuga\*.  
The solution to my over eating  
Would be to attend a meeting.  
I spoke about what was on my mind  
Which helped me leave  
My compulsion behind.  
Too all of which I must say  
I'm glad for a meeting in OA.

\* Yiddish for crazy.



### Telephone

Here I speak in an  
isolated tone.  
I was here all alone.  
The food was here.  
The food was there.  
The food was everywhere.  
What can I do, I did bemoan.  
I picked up the receiver  
and used the telephone.



### Literature

I need something to do.  
One bite and I'm through.  
I must prevent overeating.  
A substitute for feeding.  
Maybe I'll try reading.  
I took a book into my view.  
Chapters I read quite a few.  
Verse after verse I was repeating  
Before and after each meeting.  
This is the substitute I would pursue.



### Service

Across the street  
Or a thousand miles away  
I don't over eat.  
Instead, I help OA.  
I am cool or I'm nervous  
I am no fool. I perform service.  
It's a fast pace.  
Things are going rough.  
I don't stuff my face.  
I face my stuff.  
This I must repeat.  
This I must say.  
I don't over eat.  
Instead, I help OA.



### Writing

It was Holiday Season  
And the food looked inviting.  
That was a very good reason  
To take out my pen and to start writing.  
The spirit upon us left a good feeling.  
I had to express what was appealing.  
And this made me see  
That it was not just the food  
That was exciting.  
So I wrote this poem instead of  
Orally ingesting all that was inviting.

### Anonymity

Who was there and what did she say?  
You want my answer to be true.  
Her name was Anna Nymity  
And she said she missed you.  
But we have a tool and a tradition  
That keeps us mum when you're missing.  
Anna Nymity said sorry you were away,  
Please come back another day.





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