

Southeastern Arizona Intergroup of Overeaters Anonymous

# Desert Recovery

May, 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

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

Region III Convention/Assembly

Fall 2000 Tucson, Arizona

It's true! We're hosting this

event! For more info, see your

IR or call Gerri Beth (388-8743)

or Elizabeth (748-0297).

## Watch This Space!

*Happy Summer! Stay cool, calm, and collected by reading this month's newsletter, where members share their insights on OA unity and on the importance of keeping spiritual recovery first. Also, learn of the many ways you can get involved in the Fall 2000 Convention and/or in your Intergroup. "...doing whatever needs to be done in a group or for OA as a whole, are ways in which we give back what we have so generously been given." The next newsletter deadline will be August 1. Let us hear from you! Send all submissions to PO Box 1728, Tucson, AZ 85702 or slpreiss@ix.netcom.com or 882-2079.*

*Your trusted servant, Sharon*



GIVE YOURSELF A PEACE OF MIND BY DOING WHAT MAKES YOU

HAPPIEST. LOOK UPON WHAT GIVES YOU JOY.

### Unity Day, February 27, 1999

A day devoted to sharing and showing the unity of OA across the globe, Tucson celebrated with speakers, discussion, and writing which focused on such topics as

- Unity at the core
- Putting the group first
- How do you promote OA unity
- Sharing responsibility

Here are some members' thoughts:

\*\*\*

Thank you, HP, for my first celebration of Unity Day. Thank you that I wanted to set aside time to be grateful for my fellow OAs around the world who have given me so much. Thank you that because of OA, I am spending my Saturday with friends, with life, with joy and freedom, instead of with a box or bag of food that would leave me feeling at once stuffed and empty. Thank you that tomorrow I will wake up with clarity, self-respect, and a closet full of clothes that all fit me. Thank you for the promise of limitless joy and recovery, all mine if I keep coming back.

\*\*\*

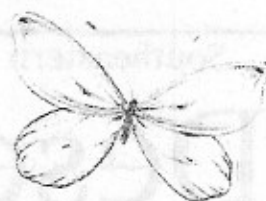
*In OA unity we join as one  
In recovery, abstinence, and fun  
To share our experience strength & hope  
In this disease with which we cope.  
And with the help of a Higher Power  
We need not blame, deny, or cower.  
That hole inside we tried to fill  
With sugar, junk, perhaps a pill  
Now overflows with peace and grace.  
We have this program to embrace!*

\*\*\*

O=Overwhelming  
A=Appreciation  
U=Unconditional  
N=Necessary  
I=Ingredient  
T=To  
Y=Your Recovery

\*\*\*

*i in the center of unity.  
i need to relinquish my i in order for the  
group to be unified. how do i share  
responsibility? by doing my own  
footwork and letting u do urs.*



### CONVENTION COMMITTEE NEWS

#### Fall 2000 Region III Assembly/ Convention to be held in Tucson!!

You may have heard the rumors, now here's the confirmation. The Old Pueblo will play host to this weekend long recovery bash. This is the first time in 10 years that this biannual Southwest Region event will be held here, and the excitement is mounting already. Committees are being assembled, ideas are being shared, locations and dates are being considered.

You too can get in on the fun. Are you good with decorations? Know anything about entertainment? Have an interest in booking banquets? Want to meet and greet OA guests from around the Southwest? Contact your Inter-group rep for a list of committees and committee chairs, give that person a call, and get involved. Or, just come to the monthly planning meetings held every second Saturday at UMC, 10:45, dining room D.

In June, we'll be hearing information about various hotels and their accommodations and reviewing artwork created for our intended theme, "Sunlight of the Spirit." Join us and let your voice be heard! By the way, any graphic artists out there among us? The theme committee could use your help in designing a logo. Call Chris N at 721-1085. See you in June!

SURROUND YOURSELF WITH SIGHTS AND



### Journey of Recovery

I had peaceful abstinence from my compulsion for 11 months last year. Then I made it about the weight; I decided I wasn't losing my remaining extra weight fast enough, and I changed my food plan. It was a plan that I knew was bad for me. My Higher Power told me so through my "better judgment." But I wouldn't listen; my self-will was running riot. I just knew I had found an easier, softer way! Within days I had lost my abstinence and my disease had me by the jugular again. The 20 pounds I wasn't losing fast enough has become more than twice as many pounds I may never lose, unless HP graces me with continuous abstinence again. But that's the future which isn't here yet and is none of my concern. My lost abstinence is yesterday - also none of my concern. Today is my concern, and today I am living my OA program to the best of my ability. The rest is up to God. Of course I have to be willing to put down the food in order for Him to help me, and I pray for that willingness. But it's not about the weight - the weight is a symptom. It's about the disease, the compulsion that keeps me in bondage to food.

Making it more difficult to stay abstinent has been the fact that my mother fractured her pelvis and has needed many hours of my time and help. As those of you who attend meetings with me know, I've had a very hard time "growing up" in my relationship with my mother. Spending so much time with her has brought me a great deal of healing in that relationship, for which I am tremendously grateful. So even though my disease often has me by the throat today, I am still reaping the benefits of my 12-step program. I have come to believe that just as my disease progresses while I am abstinent, my recovery progresses while I am not abstinent, as long as I am maintaining conscious contact with my Higher Power and working the steps, traditions, and tools of the program to the best of my ability. And so I continue to make every effort to stay abstinent, attend meetings, do service, reach out to fellow members, read my OA literature, etc.

I have every confidence today that I will once again be happy, joyous and free as long as I am committed to abstinence and as long as all of you are there and I continue on my journey of fellowship with you. God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

With love to all who share my compulsion,  
Maureen

#### *Your Intergroup*

*Leigh M was voted in as interim SEA3 Delegate and will be attending the annual World Service Business Conference in Albuquerque, NM, May 11-17. Thanks to both Lee and Caren S, our former Delegate, for your service. \* Our Phone Committee Chair, Lori, has also stepped down, and we are in need someone to fill this vital position. Please contact Chris N, SEA3 OA chairperson, at 721-1085 if you would like to help. Thanks to Lori for a job well done. \* Other committee chair positions available are Public Information, Professionals & Institutions, Special Events, Lifeline, Alternate Delegate. Want to get involved but don't want to be a chairperson? Join as a Committee Member. See your Intergroup Rep for more info, or attend the next Intergroup Meeting, always the 3rd Saturday at Tucson General, 10:30am. \* Upcoming in June, your Intergroup will be holding its annual Intergroup Inventory, an opportunity for all OA members to assess how well Intergroup is doing its job. Want to have a voice or find out what's going on? All are welcome!*