

Desert Recovery

**Southeastern Arizona Intergroup
of Overeaters Anonymous**

September • 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.



The next newsletter will come out in December. Send newsletter articles or art by December 1st to: Elizabeth Campbell, P.O. Box 13894, Tucson, AZ 85732 campbell 64@aol.com Phone: 748-1006

The Service Of Giving

I used to go to the grocery store, spend about \$20 on high-calorie junk food, then spend the evening binging and purging. The next day I'd feel miserable and guilty for wasting all that money. But the cycle would continue. Oh, the thought of how much money I'd have saved by now if only I had invested it instead of literally devouring it!

OA has restored my sanity and banished my feelings of guilt. Now I give up (but by no means waste) \$5 a week to support the program that has given so much to me. If I attend two meetings a week, I put \$2 to \$3 into each basket, and if I am only able to attend one meeting a week, I put in a \$5 bill. That means I'm spending \$20 a month instead of \$20 per binge. And I feel good about it!

Meetings are encouraged to contribute using the 60/30/10 formula. After group expenses are met, the remaining amount is to be distributed 60% to your local intergroup, 30% to World Service, and 10% to Region. Perhaps you could remind your meeting(s) to send in its donation as regularly as possible; every little bit helps. The suggested "fair share" contribution to WSO is \$1 per member per month.

The service of giving is sure to give back!

—Anonymous

Gifted and starving

my life. I also decided to save the planet and transform society while I was at it. I quit the drugs, restricted alcohol, and developed some serious workaholic habits to go with my caffeine addiction.

Eighteen years later I was burned out, suicidal and "Lost in New York." A co-worker asked me if I had alcoholic parents. Something cracked.

After three years of ACOA, Al-Anon, AA and SLAA, I found those

Indian ceremonies again. God led me right to them. I felt like I was home, but this time I was scared. This wasn't Boy Scouts. This was for real. I needed some sense of healthy spirituality to save my life.

I knew that to follow AA's slogan "To thine own self be true," I would have to break every rule in my sick family's code of conduct. So I did.

That's when the self-

punishment really started:

No meat (cattle industry was killing the planet); no sugar or caffeine (had to feel and deal with my feelings). Then no grains (just fed my intestinal *candida*, which was the real cause of my depression, after all). Typical anorectic insanity. Control and self-

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punishment. Ulcer got worse. Started throwing up to relieve the pain. Couldn't find anything to eat that wouldn't bother my stomach. Went down to 130 pounds (dangerous for a 6'3" male). I went to an eating-disorders therapist. She convinced me I was dying. Though I had been coming around OA for a couple of years, now I knew it was time to get a sponsor and work the steps. The deep healing of the step work would make the therapy possible.

What I wanted my therapist and my sponsor to do was to get all this scary, intuitive, spiritual, new-age, alternative lifestyle stuff out of my life and turn me into the Bible-believing, Republican business man that I

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In first grade Mrs. Dellasandro whispered to Wayne and I that our tests had shown that we were both very smart and could be anything we wanted to be when we grew up.

I never grew up.

I didn't understand the changes other kids were going through as we got older.

Especially the boys. It was all passing me by. I hung out with the geeks. I knew that was where I belonged.

I understood that my family wanted me to look

normal and successful

around other people, so I

acted like the kids I saw on TV. I would try to be funny

so people would laugh and leave me alone.

One day when I was isolating up in my room

during a family visit, one of my older cousins, an

Episcopal priest, came up to my room. He said, "So,

like, what's happenin' man?" (Before becoming a priest he had

been a beatnik.) He seemed to really mean it. He wanted to know about my life. I

clammed up and got him out of my room as soon as I could.

The summer I was sixteen, at the local Boy Scout camp, I played a part in weekly

honorary ceremonies based on the traditions of the Lenni Lenape people. With the

firelight, the torches, the costumes, the drums and the ringing of the dance bells,

something began to happen to me. I started to feel some sense of beauty. I knew what

we were doing was important. It made us feel good about being alive.

That fall, I picked up drugs, alcohol, caffeine pills, sexual acting out and theatre. I really

don't remember why. I had nothing to lose, I guess. I forgot all about those Indian

ceremonies. With my newfound illegal behavior, suddenly I wasn't a geek anymore.

An older guy referred to me as "that drug-culture derelict." Now I was cool. I was

artsy and I was cool. I decided to make that

Elections will be held in November

"Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible."

Have you been thinking about taking your service commitment to a new level? Now's a great time. Elections for 1998 will be held in November for the Intergroup Board positions of **Vice-chair, Treasurer, Secretary, 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. Your name and pertinent information will be put on the slate, so representatives can take the information back to individual groups, and then come back to the November meeting ready to vote.

Intergroup also has several committee chair positions open. These positions only have to be voted on if more than one person is interested in one committee. 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.

Gifted and starving con't

knew God wanted me to be. Instead they helped me discover that that was not God's voice talking to me at all. It was the fear, control and punishment left over from my angry family. My inner child still believed those old rules that said I was a bum, that recovery was forbidden, and that there was nothing wrong with any of us anyway. Surrendering to some 4th-dimensional "higher" power was total insanity, and would certainly result in suffering and death.

I now realize that I punish myself to be a good son, to take care of my scared inner child, and to prove that they were right. I punish myself because I still love them. I'm willing to change that, one day at a time.

There's a rumor that some Hopi parents tell their children that they are only taking care of them temporarily, and that their true parents are Mother Earth and Father Sky.

Scared, angry humans speak in loud threatening voices. The creator of the universe whispers in a still, small voice. Through my OA step work, I've been more able to let that loving voice speak to the heart of who I am, and to give me the courage to show my hidden, scared, crazy parts to the outside world, and let them have some air, some light and some food! It's scary, but I'm making progress. So are you. I'm glad you're here.

—Guess Who?

We Care Listing

Name	Phone	Best Time	Can you drive someone to a meeting?
Anita	722-6053	7am to 10pm	
Anne R.	458-9239	any	
Arnie	327-4501 or 886-1850	any	
Barbara J.	325-6458	8am to 10pm	yes, Nov.-April central
Benis	745-1499	any	
Bob	321-1398	any	
Bruce S.	744-6605	any	
Caren S.	318-0062	any	
Chris	721-1085	before 8:30pm or anytime message	
Connie S.	318-3642	evenings	yes, central
Elisa M.	327-4293	evenings/weekends	
Elizabeth C.	748-1006	before 9pm	yes, central
Ernie	748-1006	before 9pm	
Georgia	295-1615	before 8pm	
Geri Beth	319-9596	any	
Helen S.	575-0705	9am to 9 pm	
Jenny	318-9012	any	yes, women central
Jim F.	298-8405	any	
Judith L.	615-1626	before 9pm	
Judith H.	323-9845	8am to 8pm	yes, Ft. Lowell, Columbus area
Karen G.	325-6676	before 10pm	
Karen P.	743-9915	evenings & weekends	
Kerry	748-7081	any	yes, central
Laura H.	458-0563	any	
Lori	512-8116	7am to 10pm	yes, east, southeast
Lynn B.	577-7531	any	yes
Maja	622-8628	any	yes
Paula	529-0394	before 9pm	possibly
Renée	326-6501	before 9pm	
Rhonda S.	615-0360	after 4:30pm	yes
Samuel D.	529-8777	any	yes
Sandy	795-8411	any	
Sandy J.	844-3830 or 531-1864	evenings	
Sara S.	325-2462	before 10pm	possibly
Sue L.	885-2861	9:30am to 9:30pm	yes, eastside
Terri R.	623-5350	9am to 9pm	
Tricia	743-1336	after 8pm and on weekends	yes
Vicki	885-6252	any	
Wayne B.	325-4575 or 318-0560	any	yes