

Southeastern Arizona Intergroup of Overeaters Anonymous

Desert Recovery

September, 1998

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.

OA Events

September 25-27: The OA Region III Assembly will be held in Phoenix at the Holiday Inn Select. A full weekend of meetings, speakers, and fun. Info: Jackie W. 602/438-0223

October 17: SEAZOA presents a one-day retreat on "Relationships in Recovery." Info: Ernie G. 748-1006.

October 23-25: The Phoenix-Area HOW Intergroup sponsors a weekend retreat in Payson entitled "I Put My Hand in Yours." Info: Fred W. 602/935-4742 or Judy W. 602/873-3751.

P.S. The "Page 132 Picnic" back in May was a big success. We had a meeting, played games, enjoyed wonderful fellowship, and most importantly--"absolutely insisted on enjoying life!"

WANTED:

A Power Greater Than Myself

Looking for someone who's been around the block and can still see the cosmos; Who has walked through the bottom of hell and come out in heaven; Who can find their way through the darkness and not be blinded by the light.

I need a power who is in it for the long haul—who will walk beside me as my companion, light the fire of my heart within and be reflected in the people, places, and things I encounter

Who will be all that and not run away when I am frightened or angry and especially when I feel alone.

And who won't run away when I love you back.

-Tim

We Care Listing

(all-new update)

Name Number Best Time Drive to E-mail address a meeting?

Andrea M.	818-1584	8am-8pm		
Anne	520/458-9239	daytime		
Anne	529-7042	8:30-9pm		
Barbara	297-3525	any	yes	
Barbara J.	325-6458	8am-10pm	central Nov-April	
Becki	888-1855	any		
Benis	745-1499	any		
Bill E.	742-6057	any	northwest	spidrevans@aol.com
Bruce	744-6603	any		
Caren A.	748-7556	daytime	eastside	
Caren S.	318-0062	any	central	
Cheryl	620-9696	any/msg		
Cheryl L.	747-3287	eves/wkends	call	cheryl@azstarnet.com
Chris B.	887-7188	any		
Chris N.	721-1085 or	b-4 9pm		rainbow.smiles@juno.com
Colleen D.K.	690-9295	10am-9pm	no	
Colleen K.	886-6742	eves	yes	cnktucson@aol.com
Cyndi	574-9617	b-4 9pm	maybe	
Dennis	751-9701	any	yes	dwmirade@aol.com
Don B.	325-7053	7am-9pm		
Donna	740-3858	8am-5pm		
Elizabeth C	748-0297	b-4 9pm	central	dawnab8@aol.com
Elizabeth D.	885-5174	10am-8pm	yes	elizday@juno.com
Esther M.	320-1599	6-9pm or 6am		
Ernie	748-1006	b-4 9pm		erngalaz@aol.com
Francine	321-9439	try any		
Gail	881-7282	eves		
Geri Beth	319-9596	any		
Gina	520/458-7995			ginsion@theriver.com
Grace S.	884-1842	eves	yes	helen@u.arizona.edu
Helen G.	326-7892	7am-9pm		
Helen S.	575-0705	eves	yes	
Hugh E.	579-9663	eves	yes	hean@aol.com
Ina S.	546-5881	b-4 9:30pm		
Jack S.	326-8929	5am-9pm	yes	
Jim J.	884-5541	mornings		
Judith H.	323-9845	8am-8pm	central	
Judith L.	615-1626	b-4 8pm		
Leigh	498-1609	any	maybe	

We Care Con't.

Name	Number	Best Time	Drive to a meeting?	E-mail address
Lori K.	512-8116	7am-9pm	central/S.E.	angel62569@aol.com
Julee	885-5464	b-4 9pm		
Junardi	520/455-9233	any		jhawk@dakotacom.net
K.G.	577-1653	any		
Laura	520/450-2287	anytime		
Laura H.	520/458-0563	anytime		
Marge R.	885-1742	any		lawscotch@aol.com
Marilyn	520/417-1645	anytime		brede@sinosa.com
Martha	520/378-6012	daytime		mkaesberg@juno.com
Mary	722-0296	6-8pm		
Maureen	296-3505	eves		maureenhl@aol.com
Michelle M-K	290-6072	b-4 10pm	eastside	
Renée	326-6501	any	yes	rky500@aol.com
Rhoda K.	615-0360	after 4:30pm		stoner@u.arizona.edu
Samuel D.	529-8777	8am-8pm	yes	yahgod@aol.com
Sandy	795-8411	any		
Sue L.	885-2861	9:30am-9:30pm	eastside	
Theresa	696-0625	any/msg	yes	
Tim	321-9549	any		
Wayne B.	318-0560(h) 325-4575(w)	any	yes	

Group Treasurers, please use the form below when sending donations to Region III

REGION III GROUP DONATION FORM

WSO Group #: _____ Group Name: _____
 Meeting Day, Time, Place: _____
 Name: _____ Phone: _____
 Address: _____
 City, State, Zip: _____ Amount Enclosed: _____

Make check payable and mail to: **REGION III OVEREATERS ANONYMOUS**
Bill Otting • 2509 South Palm Dr. • Tempe, AZ 85282 • (602) 966-4038

Recovery

You Must convince yourself, over and over, it is all for the best, it is better than the life you had before, before you got hit by the brick of your predicament; not being able to live with or without the booze. You will be asked to give up your friend, the bottle that has been with you through every victory and defeat, every major or small event of your life. Every lover, party, baseball game or innocent backyard loss of the frisbee. It will be like being crushed into a ball and thrown into the trash. It will be like dying. You will get through it. You will see things about yourself you never imagined. You will see yourself for the drunk you were, how you never missed a chance for the buzz. You will be shocked because never in your wildest dreams did you expect to grow-up a drunk. Never in you thousands of cocktails did you think you were anything but civilized. You will see through all these things as clear as ice melting. You will never be able to fool yourself again.

In a few months you will be happy. Glad to have it out of your system. Surprised at how easy it's been after that initial shock. Then you must give up the others. The ones you thought surely were "recreational," the ones you thought you could take or leave you must leave: the pot, the valium, the quick blast of blow to get you through a long night. They must go because a drug is a drug and you're beginning to see the value of living clear headed. You're beginning to wonder at the complicated figuring you've done just to get you to base-line: too much booze, have a blast; too much pot, take some speed; can't fall asleep, how about a pill; can't get going, there must be a drug to fix it. All these computations just to feel normal. You're making a choice to do without it now, to see what normal really feels like on its own.

Now you are clean.

After a year or row of coming-to, waking-up from that deep sleep you realize you have been in all your life, you see the cigarettes, the coffee. The illusions rise up like clear soap bubbles, holding the thing you cherished in clear relief. They have to be smashed. You can't hide behind them any longer: "not no, honey, I'm smoking." "Can't do a thing without my morning joe." These must go. Hard to believe you've become such a purist, but there is no fooling yourself

any more; they are devices that keep you killing yourself. But something keeps you going, tells you no, believes in you. It's not you. You don't know what it is. But it is. And so you get out of bed another day, and breathe air and pretend you want to live, and go on living.

And sex.

Soon you will find that sex has been a drug, how you have used it to feel good, to feel anything but you, which now you are seeing doesn't feel good most of the time. Human touch of any kind has been better than listening to your own voice in your head, the voice that calls you "loser," tells you you don't know the first thing about living, about loving another human being. So you sought touch, someone to tell you it's not true through their hands, their mouth, their cum. Sex must go, until a time when you can refuse your need for a lover to fill your bed and your soul.

Finally food.

Or is the last? Now will be food. How many chocolate doughnuts does it take to fill-up a yearning. How much sugar will equal the old high. The quote you read was "loneliness is not a longing for company, it's a longing for kind." And soon you will see that second helpings and midnight snacks to help you sleep are not kind, and you will go through that same terrible loss again. The same emptiness, the same fear, the same collapsing of yourself into yourself. Your friend the bottle, your friend the food, your friend the luck. All gone. Just you. You are left with just you. And you realize now, better start praying, or else you're going to be dead. There's nowhere to turn: the booze has betrayed you, your thoughts have betrayed you, even you have betrayed you. You've got to make a friend somewhere because your friend has not been any of these thing you sought for comfort and is sure not inside your head. And you think, it's come to this. Now I must pray. And you do. As a last resort you do. And you cry. You cry because it is so empty inside and you realize it always has been empty inside. So you ask God, some god, any god, to fill you back up, to help you become whole, to help you become the person you always thought you were and wanted to be.

And now.

you're at the beginning.

--Anonymous

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December, 1998

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A Note of Thanks

I spent about 3 hours at the Thank-A-Thon and it was wonderful. I am so grateful to all the people who signed up to lead meetings and all who came. The theme meetings, personal stories, and activities I participated in were awesome. All were filled with the messages of recovery, but even more touching was the feeling of being at home.

What a wonderful way to spend a day of thanks—in gratitude with people who have made such a difference in my life.

Due to the relationship I have developed with my Higher Power, the Thank-A-Thon, and fellowship, I had an abstinent, peaceful and serene Holiday. I have never had such a wonderful Thanksgiving.

Thank you to the people behind the scenes that made the Thank-A-Thon happen. It truly made a difference.

Thank God, thank OA, and thanks to fellowship.

I love you guys,
Cheryl P.

As I leave the newsletter chair position, I would like to thank everyone who submitted articles and artwork, and all of those who were so appreciative of the newsletter and my service efforts.

Being newsletter editor turned out to be one of the greatest blessings of my recovery. We've all heard how important service is to recovery, but I never expected this kind of return on investment. My commitment to my program improved, my relationship with my higher power improved, and my abstinence improved. It was amazing!

So I encourage everyone who has been an Intergroup representative to seriously consider taking a committee position either as chair or active participant, you won't be disappointed! And I encourage everyone who attends a regular meeting to consider becoming an Intergroup rep. Sure, it's a little scary at first, but once you get accustomed to the organization of the meetings, it is very interesting and informative.

*In grateful service,
Elizabeth C.*

Happy Holidays! Happy Holidays!

WATCH THIS SPACE!

Well, here I go, my first issue as editor of Desert Recovery. Actually, co-editor this time. Thanks a billion to Elizabeth who so patiently showed me the ropes and who's done such a fine job on the newsletter. Good luck in your new Intergroup Rep position! Hope I can do at least half as well as the new Newsletter Chair.

I'm excited to take over this position and look forward to working with lots of my fellow OAs in putting our newsletter together. Since September's Intergroup inventory, I've got lots of ideas of how to spread even more of our message of recovery and news of our Intergroup through this valuable forum. As with previous newsletters, I'll be looking for your contributions in the form of articles, announcements, personal stories, artwork, and the like. You can contact me via email: slpreiss@ix.netcom.com or phone: 882-2079 or snail mail: PO Box 1728, Tucson, 85702. Next newsletter deadline will be March 1, so start writing!!

Your trusted servant,
Sharon P.

Holiday Happiness
and best wishes for a
Happy New Year

EVENTS/ANNOUNCEMENTS

Friday 5:30 Warm Fuzzy will meet as usual Friday, December 25. call contact person for New Year's Day info

Christmas Alcotthon/Potluck

Noon December 24th - 4pm December 25

Open AA meetings every hour. Armory Park

Center, 220 S. 5th Ave.

New Year's Alcotthon

2pm December 31 - 2pm January 1

Open AA meetings every hour. Community

of Hope Church, 3141 W. Ironwood Hills

Dr., 2.4 miles west of I-10 and Grant.

Tape Library Now Open!!

Call Bob D. if your group would like to borrow a set of tapes. 887-8817

New Intergroup Board Set To Take

Their Seats In January:

Chris N. - Chair

Maureen - Vice-Chair

Catherine - Secretary - 2nd term

Karen P. - Treasurer - 2nd term

Thanks to all board members for a great '98!! Looking forward to a fine '99!!





A Newcomer's View Of OA

To Whom it may concern:

I heard about Overeaters Anonymous from my therapist and, after much time and hesitation, worked up the courage to go to my first meeting. She told me about a meeting which was considered "good" and would offer me a range of people from early abstinence to "veterans." I was petrified, but she assured me that I would be treated with love and kindness.

I slunk into the meeting and found a roomful of happy people who seemed to know each other well. I sat down and prayed to become invisible. I must have succeeded because no one approached me before the meeting. After the meeting began and the leader asked if there were any newcomers, I identified myself -- I felt like a fool. I don't know what made me raise my hand as I was scared to death of being noticed. There was a lot of reading at the beginning of the meeting but much of it was inaudible and read so quickly that I couldn't grasp much of anything, particularly because a lot of what I did hear seemed to be in a foreign language. I heard little of what was said, but most of the meeting was about others' experiences with food. I did identify with a few of the speakers in relation to how they felt as a newcomer. A notebook was passed around with names and telephone numbers but no one explained what I was to do with it so I just passed it on. I became highly suspicious when I realized they were passing around a basket for donations. "Well, this is just another organization bilking me for money," I thought. All this and the mention of God or higher power had me totally wary and defensive. Although during the meeting everyone seemed genuinely welcoming, when it was over, everyone seemed to have someone to talk to and I stood alone, ambiguously switching from wanting someone to talk to me and hoping no one would approach me. After a minute or two, I just felt terribly uncomfortable and embarrassed and I left.

I've been doing some reading about AA and addiction and part of me sort of wants to go back to another OA meeting, but I fear that my first experience will be repeated and I just couldn't face that aloneness again. I told my therapist about my first experience but she continued to suggest I attend a few more meetings. I got so tired of talking about it, I stopped my therapy. Maybe I was meant to be fat and jolly; however, I'm far from jolly. I'm very confused and my life seems more crazy than ever. I'll probably never work up the courage to go to another OA meeting; you probably couldn't have helped me anyhow -- no one understands; my life is such a mess!!

Tried it once -- Never Again!

Hopefully, the fellowship of Overeaters Anonymous will guard against this ever happening -- although it has. All of us need to do our part to talk to the newcomer after or before the meeting, take his/her number from the We Care list, and make a point of calling them in the ensuing week should they have any questions -- or just want to talk. Remember how hard it is for some of us to pick up the phone and make contact with another OA member between meetings, and we're veterans. Let's make the newcomer feel as welcome as we did when we first found OA.

- Elizabeth D.

We Care List

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Benis	745-1499	any		
Bill E.	742-6057	any		
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Geri Beth	319-9596	any		
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Judith L.	615-1626	b-4 8pm		
Julie	885-5464	b-4 9pm		
Junardi	323-2788	any		jhawk@dakotacom.net
K.G.	577-1653	any		
Laura	520/450-2287	anytime		
Laura H.	520/458-0563	anytime		
Leigh	498-1609	any	maybe	
Lori K.	512-8116	7am-9pm	central/S.E.	
Marge R.	885-1742	any		angel62569@aol.com
Marlyn	520/417-1645	anytime		lawscotch@aol.com
Martha	520/378-6012	daytime		brede@sinos.com
Mary	722-0296	6-8pm		mkasenberg@juno.com
Maurleen	296-3505	eves		
Michelle M-K	290-6072	b-4 10pm	eastside	maureenhl@aol.com
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Wayne B.	318-0560(h)	any		
	325-4575(w)	any		