

Southeastern Arizona Intergroup of Overeaters Anonymous

DESERT RECOVERY

December, 2005

PO Box 43221, Tucson, AZ 85733-3221

Upcoming OA Events

January 13 – 15, 2006

OA's 46th Birthday Party
Los Angeles, CA
Contact Lisa R. 310-410-9225

February 10 – 12, 2006

AZ Serenity in the Desert
Winter Retreat
Tempe, AZ

March 10 – 12, 2006

Region III Convention &
Assembly
San Antonio, TX
Contact: Lynn
210-240-3277

June 30 – July 2, 2006

Region II Convention
Oakland, CA
Contact: Susan B.
415-459-2107

August 30 – September 2, 2007

World Service Convention
Philadelphia, PA

Fall 2008

Region III Convention &
Assembly
Tucson, AZ

**Get your events listed in
Desert Recovery! Email
Jan at:
desertrecovery@msn.com**

Another Wonderful Acronym

Tracking

Ongoing

Daily

Abstinence

Y? - Because I have a Body that can't handle food and a Head that tells me that I CAN!

Cyndi K., Tucson

Elusive Butterfly of Abstinence

For me, abstinence is still elusive even after over one year in OA. I cannot seem to grasp it or get a firm hold on it and, thus, I am still struggling with my food. But maybe it's not meant to be held tightly, maybe it's free flowing and light like a butterfly. The harder I try to catch it, the more it dances around me.

But if I sit still and be quiet, it may come to rest on my shoulder. A fellow OA member and now good friend told me not to struggle when faced with a temptation...to be still and be quiet and let my HP take over and trust that my HP can do for me what I cannot do for myself. I think that up until now that has been missing in my life. So, I will continue to do the footwork and pray for the willingness to be abstinent, but more importantly, be open to my HP's will and now do it without struggling. I know that the OA literature tells me abstinence is a gift for everyone that wants it. Therefore, I am sure that, in my HP's time, that elusive butterfly of abstinence will come to rest on my shoulder and yours too.

LC, Tucson

Phone Meeting List

Below is a list of telephone numbers for phone meetings. Please note the time zones and adjust your calling accordingly.

Sunday, 8:00 pm EST	641-793-7500	pin 79822#
Monday, 10:00 am EST	641-297-5500	pin 79822#
Tuesday, 8:30 am EST	212-990-8000	pin 1067#
Tuesday, 8:00 pm EST	641-297-5400	pin 59002#
Wednesday, 8:30 am EST	212-990-8000	pin 1067#
Thursday, 8:00 pm EST	641-793-7500	pin 135103#
Friday, 9 am PST	641-985-8000	pin 742371#

Intergroup in Action

I'd like to thank the Special Events, Sierra Vista groups and Twelfth Step Within committees for spearheading the Meditation Retreat, IDEA Day, the Thank-A-Thon and the "Fun Through the Rest of the Holidays Abstinently" workshop. I wanted to share what these events meant to me and how they've transformed my recovery practices.

I had all kinds of preconceived notions about meditation before I attended the retreat Oct. 21-23. I thought I had to sit still for 40 minutes without a thought crossing my mind and chant "ohm." Well, I don't like chanting and I don't think my head is devoid of thoughts for more than a nanosecond. I felt like a meditation failure when I held my limited practice against those criteria. The speaker debunked my ideas and demonstrated lots of different forms of meditation to practice. I feel free of the idea that I have to meditate "perfectly." Any form of repetitive activity can be a form of meditation, as long as it stills the mind and allows my HP to communicate with me. So, I have added meditation as part of my walks and am going to start knitting again after an 18-year hiatus.

I wasn't able to attend IDEA Day in Sierra Vista due to a family emergency, but I attended the Thank-A-Thon. What a blessing to be able to center myself with other OA members on Thanksgiving. We drew topics out of a bag and shared on them. This helped me to start my day in a calm, directed way.

The "Fun Through the Rest of the Holidays Abstinently" workshop was incredible. We wrote about the meaning of the holidays on a physical, emotional and spiritual level and used that information to develop a single goal that would make December successful if we accomplished it. The goal I decided on was to make a pair of pants for myself that fit beautifully over my body.

So, a big thanks to all the speakers and volunteers who made these events possible. They have been encouraging me to look at areas in my life that have been needlessly causing me pain and to keep me on the road of recovery.

Suzanne Bertuleit, Chair

Announcement

The Monday 5:30 p.m. Going Sane meeting is moving its location effective January 2, 2006. The new meeting place will be at the First United Methodist Church, 915 E. 4th Street, Tucson, AZ. The meeting will take place in the **Carillon Room**. For further information, contact Beth at 520-621-8012.

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

"Now we know that we don't have to fear anything that comes to us. Even when things happen to us which we don't like, we know we have a way of facing each situation squarely and sanely."

"In step twelve we confirm that we have turned our backs on the old ways forever. We are moving in a new direction of spiritual growth."

Excerpted from Step 12 (Pages 99 and 103) of "The Twelve Steps and Twelve Traditions of Overeaters Anonymous"

The OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome anyone who wants to stop eating compulsively. There are no dues or fees for membership; 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.