

# Southeastern Arizona Intergroup of Overeaters Anonymous

## DESERT RECOVERY

February 2005

PO Box 43221, Tucson, AZ 85733-3221

### Upcoming OA Events

**February 26, 2005**

OA Unity Day  
Immanuel Presbyterian  
Church  
9252 E. 22nd St.  
Tucson, AZ

**March 4 – 6, 2005**

Region III Assembly and  
Convention  
Tulsa, OK

**April 8 – 10, 2005**

Retreat in New Mexico  
St Mary's Retreat Center,  
Silver City, NM

**April 22 – 24, 2005**

OA Serenity Retreat  
Villa del Mar, CA  
Email ramaker@us.ibm.com

**September 23 – 25, 2005**

Region III Assembly and  
Convention  
Colorado Springs, CO

**October 21 – 23, 2005**

SE AZ Intergroup Fall  
Retreat  
St. David, AZ

**Get your events listed in  
Desert Recovery! Email  
Jan at:**

*desertrecovery@msn.com*

### Happy Birthday

This Presidents' Day weekend is the 22nd anniversary of my coming to my first OA meeting. I've actually spent about half that time in various stages of relapse, but I'm sure glad I came and that you told me to "Keep coming back."

Sometimes I haven't been willing to go to meetings and sometimes I've lived in places where there haven't been any meetings. I'm grateful, that since that first day, I've known OA is where I needed to be and there is hope for me here. Today I have ten years of imperfect abstinence and, most days, I have freedom from the compulsion to overeat. The twelve steps have given me a way of life that offers me peace and satisfaction. I don't always choose it, but I'm grateful for the chance.

I thank all of you who come to meetings, because I can't do this alone. Left to my own devices, I quickly become dishonest about what I am feeling, what/why I am eating and what I need to do to get back in the solution. So keep coming back, please. I need you! With thanks, *Andrea M.*

### Have You Heard

The following are little tidbits heard around the fellowship:

"When I am not abstinent, I cannot serve anyone except my self and then I usually serve myself food."

"Doing the 10<sup>th</sup> step gives me peace; it relieves the anger."

"Before I could give God the job of managing my life, I had to fire the idiot who was in charge!"

### Happy, Joyous and Free

Today I know my Higher Power wants me to be happy, joyous and free! In Overeaters Anonymous I have found this. No matter what is happening in my life or with those around me, I am at peace. This is a miracle! Before OA, nothing could fill me up, nothing could make me happy, nothing could give me peace and nothing could bring me freedom from the obsession to kill myself with food. How did this miracle happen? I still don't know and today I don't care. All I know is that I am free to live my life, to connect with my loved ones, to live life on life's terms, to be me and to grow as a human being. What a beautiful life! *Region III Newsletter*

### Meeting Space Available

The Mosaic United Methodist Church, 3434 E. 22<sup>nd</sup> Street, Tucson (between Country Club and Alvernon) has meeting space available on a donation basis for nonprofit groups. For info, call Susan at 881-6500 or email [office@tucsonmosaic.org](mailto:office@tucsonmosaic.org).

## Intergroup in Action

The Pima County Health fair, in participation with the City of Tucson, will be held on Wednesday, April 6 from 11 a.m. to 1 p.m. at El Presidio (downtown by City Hall). OA is planning to participate in the fair. If you are interested in volunteering at our table between 10:30 and 1:30, please contact Andrea M. (749-6789) or [asmathews@aol.com](mailto:asmathews@aol.com).

Two OA members participated in a panel discussion at the UA Medical School in February. Panel members shared their experience with eating disorders and recovery with medical students in a two-hour seminar and distributed OA meeting lists and literature. The students were appreciative of the information and commented that support groups appear to be crucial in recovery processes.

As a result of the Twelfth Step Within survey, two meetings have been created. The first meeting will focus on relapse prevention/recovery and use "A New Beginning: Stories of Recovery from Relapse" as its text. It will be held on Thursdays and begins on March 17 at 2:00 PM at Christian Faith Fellowship-Good Shepherd Room (5601 E. Broadway). Call Sandy (795-8411) for more information. The second meeting began February 11 and is a closed meeting for people in relapse who expressed interest via the survey. Another meeting will begin in the spring. Call Benis (745-1499) to sign up for the next session.

Thank you Sandy (795-8411) for spearheading the Meeting List. If you have updates, please e-mail her at [smckenna29@yahoo.com](mailto:smckenna29@yahoo.com).

OA Unity Day, which is celebrated all over the globe, will be held in Tucson at Immanuel Presbyterian Church on Saturday, February 26. The theme of Unity Day is "Celebrate the Gifts of Fellowship." Registration begins at 10 AM. A "gently used" clothing, jewelry and shoe sale will be held as a Special Events fundraiser. Clothing donations will be accepted in advance or at the event. Call Meg R (546-1168) or Janis R. (325-4441) for more information.

Two service positions are currently open: Public Information Chair and Intergroup Rep Trainer. Call Suzanne B. (721-4698) for further information. If you're looking to take baby steps into service, the HIPM (Hospitals, Institutions, Professionals & Military) committee is looking for extra help. Call Nancy M. (975-9744) to volunteer. In addition, the Twelfth Step Within Committee seeks volunteers. Benis B. (745-1499) and Elisa R. (881-1670) can find a fit for you.

Our IG has been dealt some unfortunate news. We have been meeting monthly at Kino Hospital. A change in policy precludes groups unaffiliated with the hospital from meeting on the premises. We are searching for a suitable meeting place and will announce the new location once it has been secured. All SEAZ OA members are welcome to attend Intergroup meetings which are the third Saturday of each month at 10:45 a.m.

### Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

"Those of us who arrived at OA with a set of religious beliefs usually looked at this step and said, 'No problem. I'm beyond that step. I already believe in God.' Then, to our dismay, some of us found ourselves having more trouble with the OA program than the agnostic or atheist. Sometimes we religious ones had trouble because we believed in God's existence, but we didn't believe God could and would deal with our compulsive eating. Perhaps we didn't believe that our compulsive eating was a spiritual problem, or we felt God was concerned only with more important matters and expected us to control such a simple thing as our eating. We failed to understand that God loves us in our totality and is willing and able to help us in everything we do, that God will help us with every decision, even food choices and amounts."

*Excerpted from Step 2 (Page 15) 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.