

Desert Recovery

July 2002

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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.

From the editor

I was in and out of OA from 1989 - 1998 and in 1999 I came and finally stayed. All those years I wanted god to remove my fat while letting me keep eating whatever I wanted (see step 2 in the 12x12). I'd come around, diet for a bit and then leave. Although I worked the steps, I didn't really get to know anyone and didn't do any service, so when it was time to go back out it was easy. I had no attachments.

This time I hadn't been around long when the opportunity to edit the newsletter came along. I knew I needed to do service and I knew I couldn't keep my recovery unless I gave it away, so I agreed. The newsletter commitment has been such a gift! My recovery hasn't been perfect, but it has been constant. I have kept off 70 pounds for 2 years. But it's a lot more than that. I have become part of OA. I have real friends in the program. I have come to rely on a higher power to a degree I never thought possible.

It's time for me to move on from the position of newsletter editor and give someone else the opportunity. I hope someone will come forward and get the benefit of this wonderful service. I'll be glad to continue help in any way possible. It is, of course, necessary to have access to a computer.

Editing the newsletter has helped me to reach out to others, to attend meetings I might not normally attend, to learn more about recovery. The job requires a few hours a month compiling information as well as a few hours every other month to put the newsletter together. It also requires attendance at the Intergroup meeting on the third Saturday of each month.

Ever think you could do a better job on the newsletter? I know someone can....OA needs you! Please consider it and give me a call at _____ to discuss it. Or you can email me at DesertRecovery2@aol.com

I'm looking forward to moving on to another service opportunity!
Cove, Karen S.

Service with a Smile

I attended my first OA meeting in the fall of 1974. I was so overwhelmed with the different parts of the program. My sponsor suggested after 90 days that I do service. I became a sponsor. Shortly after that I started to open up the meeting. It didn't take long for me to learn that being involved in service helped me to realize that I did belong to the group as well as the program.

Today as I look back, I believe that belonging is vital to my recovery. Over the years I held many different service positions. They all helped me to understand the program more.

Currently I am the Literature person for the Wednesday AM meeting of OA. Keeping track of literature for the group helps me stay aware of the books. It reminds me of the importance of reading the literature more frequently.

The OA "12 Steps and 12 Traditions" is my favorite literature. I can pick it up anytime and just turn to any page and identify. Each time I have placed an order for the group we seem to need more 12&12s. That's proof to me that I'm not alone. I believe that all service positions are vital in OA. Right now I'm just enjoying literature.

Norine

OA SLOGANS

PROGRESS NOT PERFECTION is one very good slogan that keeps me coming back. I am a compulsive overeater/undereater/binger/starver. I work hard at being aware of my compulsive/impulsive nature and with that awareness sometimes comes recovery. I don't think I'd still be a member of my OA family if **PROGRESS NOT PERFECTION** weren't one of our slogans. I've spent most of my life failing at being perfect without even knowing it. OA helped me to see that. Some people say they have perfect abstinence. Maybe they do. But that is not the case in my life. I thank God for **JUST FOR TODAY**, too. I don't think I would have made it through the last ten years without that one.

Sometimes I can do for one day, what I can't imagine doing for the rest of my life. **KEEP IT SIMPLE**, a breath of fresh air.

So many times I've been in a tizzy and called someone in program who quoted this slogan and I can remember always breathing easier and relaxing at the sound of it. Then everything turned around and I knew I didn't have to do it all *now*! There are many more, but these are the slogans that come to mind and have been so very helpful to me in my recovery. So, **KEEP COMING BACK** and you can find recovery too. Stay in our rooms **NO MATTER WHAT**, cause I've watched many come, loose weight and become OA stars and leave only to return with the weight on and lots more shame. **KEEP COMING BACK**, cause I need you to be there.

Blessings in recovery. J

What makes a GOOD meeting good?

From the Saturday Morning Far Eastside group

People who take recovery seriously but don't take themselves seriously—a bit of fun.—Janis

People sharing from the heart.

The warmth of true friendship, the smiles and hugs; and acceptance of who and what you really are; the unconditional love.—Chris

More of a positive attitude—very encouraging.

Carrying the message—having an emphasis on recovery and what works.

Because Meg is here—Bill W

Sharing feelings. Learning what healthy eating is.

I think it's because we love and care about each other and reach out to newcomers. It's also because we are gathered together in order to get closer to a Higher Power.—Meg

I love the way there is no judgment at OA meetings. The affinity with one another is just what I need as a compulsive overeater.—Craig

People talking about abstinence. We can't control whether we're abstinent, but people talk about their desire for it and how they are working toward it.

Feeling welcome even when I don't feel I deserve it. OA rocks!

What makes a good meeting good is when we share experience, strength, and hope about an issue one of us is going through in the moment. Then I learn how to live life staying abstinent despite wanting to give in to the disease and become self-destructive which is what I'm more used to doing.—Melanie D

OA Participates in 2002 National Senior Health and Fitness Day

The Manor at Midvale held a Senior Health Fair from 10AM to 12:30 PM on May 29, 2002's National Senior Health and Fitness Day. OA was asked to participate and Andrea M coordinated this public information event with The Manor's events coordinator.

Mary Anne S and Janis R greeted residents, offered brochures, and answered questions. The table was set-up with an easel and display board put together by the Green Valley groups. Meeting lists, new prospect cards, and 3 brochures (Many Symptoms, One Solution; 15 Questions; and About OA) were available for people to take with them.

Many residents stopped by to see what our table was about and most said they had never heard of OA. A few were interested for themselves and asked about meetings while a few others were especially interested to share our literature with loved ones. It was a worthwhile event for our participation and an opportunity to share our purpose.

H.O.W....stands for Honest, Open-minded and Willing.

HOW meetings use the 12 Steps and 12 Traditions as a program of recovery. HOW uses a more structured approach, including abstinence from sugar, white flour and alcohol. We do not endorse any food plan. We suggest getting a sponsor and attending meetings as often as possible to learn about the program.

HOW uses a list of 30 questions and ask that one is answered each day. The questions refer to the book 12 Steps and 12 Traditions of OA. It is suggested that new members call their sponsor each day and get in the habit of planning food a day in advance. Some people call in and "commit" their food for the day. After completing the 30 questions there is a "step-up" after which one is ready to sponsor others. The rest of the steps are then worked using a sponsor. Some people continue to call their sponsor on a daily basis, but it is not required.

HOW meetings are open to anyone and everyone who wants to abstain from compulsive overeating. We insure our continued and sustained abstinence by being forever aware that God is doing for us what we could never do for ourselves.

Fran B.



WE CARE LIST

Sponsor/	Drive to
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