

# Southeastern Arizona Intergroup of Overeaters Anonymous

## DESERT RECOVERY

June 2004

PO Box 43221, Tucson, AZ 85733-3221

### Upcoming OA Events

**August 27 – 19, 2004**  
"Region III Assembly and  
Convention"  
Tempe, AZ

**October 22 – 24, 2004**  
"Sexuality and Body Image  
Retreat"  
St. David, AZ

**Get your events listed in  
Desert Recovery!**

[desertrecovery@theriver.com](mailto:desertrecovery@theriver.com)

GOD,  
GRANT ME THE SERENITY TO  
ACCEPT THE THINGS I  
CANNOT CHANGE,  
THE COURAGE TO CHANGE  
THE THINGS I CAN,  
AND THE WISDOM TO KNOW  
THE DIFFERENCE.

### **Miracles Happen**

I experienced one of those "the miracle happens in OA moments" recently. I was at my home meeting, which I've been attending for almost five years. I realized I was feeling a rush of love and well being toward my fellow OAs. In the past, I had sat in those meetings and sometimes allowed myself to focus on individual personalities. If I did not care for the speaker, I could be negative and judgmental and might not "hear" their message.

Now, instead of selective negativity, I found myself feeling compassion, love and positive thoughts towards all. I am grateful for the presence of each person and what each person has to share and what each person can teach me. A miracle! How did it happen? I don't know. Did I see it coming? No.

I am grateful to my HP for allowing me to experience "principles before personalities." I trust that this miracle will continue if I continue to practice the principles in the twelve steps. Thank you HP! Thank you OA!  
*Anonymous*

### **It Works If I Work It**

My program was going well. Twelve months of abstinence and a lot of step work, meetings twice a week and physical recovery left me feeling hopeful that this compulsion could be controlled. I let my guard down just a little, skipped a meeting because I was tired, missed reading my literature a few days and gave myself a break from the step work. The next thing I knew, I was on a business trip and found myself surrounded by my enemy...the thing I love the most...right in front of me...and lots of it! I wanted it, and I didn't just want a little, I wanted one of each kind or more. Who will know if I eat it, I am here, away from my sponsor and OA friends. I think if I try one I just might be able to stop at just one this time. I might be cured of this disease. I might be able to eat anything I want and not gain weight because I will only eat a little.

I pondered over the idea and I realized the disease was alive and well inside my head and I had given it an opportunity. Back in my motel room I was safe from the food. I didn't take that first compulsive bite, but I came very close. I began to read steps one through three over and over. I am powerless over food...powerless but also very thankful that I can allow my Higher Power to restore me to sanity.

I know what I have to do; it is all about getting back to the basics of OA, every day. Thank you HP and OA. I am free of the compulsion one day at a time. It only works if I work it.  
*Anonymous*

### **Step Six**

*Were entirely ready to have God remove all these defects of character.*

## **Intergroup in Action**

This month's column comes to you from Elisa R., one of your two region reps/delegates, who is the current contact for the new SEAZ Twelfth-Step Within Committee:

In our March Intergroup meeting, a motion was made, seconded and passed that SEAZ Intergroup create an Ad Hoc Twelfth-Step Within Committee. The committee was created, "To conduct preliminary steps toward establishment of a Twelfth-Step Within Committee whose purpose would be to: 1) strengthen OA by sharing information and ideas that generate recovery within the fellowship; and 2) identify materials and programs for outreach to members in relapse, those no longer attending and underrepresented populations."

The impetus for establishment of a SEAZ Twelfth-Step Within Committee came from my participation on this committee at the Region 3 Assembly in March. Since then, my participation on this committee at the World Service level has further encouraged and stimulated this endeavor. At present, the committee consists of Benis, Suzanne, Janis, and me as contact person for now. We are looking for a chair and new members. If you have any comments, ideas or interest please call me at 881-1670.

Included in this newsletter is a list of 12 ideas for 12 actions to take on the 12th of the month. This came out of the World Service Business Conference (WSBC) Twelfth-Step Within Committee. We hope you will find it helpful and engaging. More on WSBC will be forthcoming in future newsletters. Reach out to the still suffering compulsive overeater.

On the 12th of the month, make a call, say hello and I love you. That's enough. It can change a life. Just listen or share your experience, strength and hope.

1. Ask someone you haven't seen lately at meetings to help with 12th step outreach calls.
2. Bring a small meeting to someone isolating.
3. Call someone who has been missing from meetings for several weeks.
4. Put into your personal calendar: Make outreach calls on the 12th of each month.
5. Use a "We Care" list to make a few calls.
6. Write a letter to a member in relapse or isolation and invite the person to a meeting.
7. Contact a relapsed member and tell him or her about the next OA event on relapse.
8. Review old newsletters or member lists and call people you haven't seen for a while.
9. Encourage a member in relapse to get involved in service.
10. Call and offer a person a ride to a meeting.
11. Call and offer to sponsor a person.
12. Visit a member in relapse or isolation and fill out the Recovery Insurance Policy pledge with him or her.

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### **"Our rewards when we've taken Step 6 are great..."**

Our commitment to embrace the needed changes in ourselves has given us an extraordinary power to deal with life's challenges. No longer do we go through life clinging desperately to the past, resistant to change. From now on, we will strive to keep ourselves entirely ready for any transformations our Higher Power wants to bring about in us. Having such an attitude, we cannot fail. We will become wiser, saner, more effective people as we recover from the disease of compulsive eating. We'll find we can cope with both good times and bad, learning and growing spiritually from each experience, as our Higher Power intended us to do all along.

Excerpted from Step 6 (Page 58) of "The Twelve Steps and Twelve Traditions of Overeaters Anonymous"

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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.