

Desert Recovery

May 2001

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 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.

A Note From Your Editor:

Usually this note is inside the newsletter, but no events were submitted for the front page, so I thought I'd use it to ask for your help.

The Desert Recovery needs you! The last scheduled newsletter was not issued because there were not enough articles submitted. Now, I can reprint stuff from other newsletters, and maybe that's what you guys want me to do. My personal opinion is that articles from our own fellowship are very important and inspiring to read. The experience of writing my little editorial column has shown me that people feel like they know me better and I feel more a part-of.

I have a solution: maybe each home group would agree to do one article every other issue (that would be 4 times per year). Bring it up at your home group meeting and ask for a commitment! Call me with the name and number of the person who committed and I will follow-up. You don't need to be a great writer! I do edit for spelling, clarity and tradition violations. Let us know you better, and do some service to the fellowship! The deadline for the next issue is July 1. Articles can be e-mailed to kandssullivan@qwest.net or mailed to 7850 E. Waverly St., 85715. Or call me at 298-1975 and I'll meet you at a meeting. Thanks for your help, I look forward to hearing from you!

Karen S.

Step One

**Admitted we were powerless over food,
that our lives had become unmanageable.**

I attended my first OA meeting more than 20 years ago. I expected to lose weight and leave, just like I did in other weight-loss programs. At that time, step one helped me realize that everything about my life was unmanageable; but I still clung to the idea that excess weight was the problem. I didn't get the *first* part of step one at that time.

Today, I have reached my goal weight and have 10 months of continuous abstinence. I have had to let go of my old way of thinking and ask for help - from a higher power and from other members of OA. Slowly but surely God has removed character defects which stood in the way of an effective life.

The first part of Step One was harder for me, because that meant accepting that I would never be "normal." I had to limit or eliminate certain foods and behaviors for the rest of my life (one day at a time, of course!). I finally turned this last desperate hope over to my higher power. As a result, today I am free of the compulsion that has threatened to destroy my sanity and even my life.

To avoid relapse, I return to Step One whenever my disease kicks in and tells me I can manage food by myself. This program has given me a way to live with my disease one day at a time. It has given me a kind of freedom I never thought possible. I am a truly grateful compulsive overeater.

Esther M.

Practicing the Principles in *a//* our affairs.....

And so it began, a month ago beginning with an annual mammogram. Two months ago, my hair changed texture and lost all of its natural curl. I thought it was a bad haircut and was disappointed that my excellent hair dresser would have given me such a poor cut. When I mentioned it to him, in a nice way, he told me he could tell something was wrong as soon as I walked into the salon. And then he started to work with it. Yes, it definitely had changed in texture. He questioned me about my physical health and shared with me his belief that when that drastic a change takes place on the surface of the body, something else is going on inside. He has been abstinent for many years and we have come to know one another over the three years I've been using him. He stated that even the worst cut in the world wouldn't have caused these phenomena. I had also noticed that the skin around the tips of my fingers and my cuticles were drying out to the point of skin-flaking and then breaking. I take pretty good care of my nails and hands; with the work I do, they need constant care. At my age, 61, which isn't old by a long shot, I've learned to accept many changes in my body. Being in OA for eight years, learning to love myself and being abstinent for 6 years has helped me to accept the changes of age, the warts and wrinkles and the sagging skin left over from my self-abusive past.

Before my food addiction took shape, I smoked and drank with the best of them. In 1976, I was in the advanced (end) stages of cirrhosis and not expected to live. The doctors who gave me a liver bypass didn't believe that it would do any good, but it was their best attempt in trying to save my life. I've been sober for 14 years now, through the grace of God and the power of the 12-Steps and have been smoke-free for 13 years. When I was given the grace to stop smoking, I had a thirty-two year-three-packs-a-day habit that I thought was impossible to break. The fact that after a year in AA, I even wanted to try and stop smoking was a miracle. And, then, came the food.

Back to the present.. I had to wait for 4 weeks for a biopsy and I received the results of that two days ago. I 'm scheduled to see my surgeon tomorrow to discuss how we will proceed and to set a date for the surgery. Now, here's the deal. I feel no anxiety or trepidation as to the surgery or the outcome thereof. Over the years of recovery, I've been blest with the recognition of the many miracles that have occurred in my lifetime, particularly after I began to turn my will and life over to the care of Higher Power. The wait for the biopsy and the results was not nerve-racking or anxiety-ridden. My acceptance and peace was not to be believed. How did I get so wise????? In spite of myself.

The study and consequent living of the 12 Steps is one way; the many meetings and sharing in which I have participated over the years of recovery, the faith, trust and hope I have been blest with and the people; ah yes, the "people-angels" who were generous with their experience, strength and hope and loved me till I could love myself. These are the answers. The self-esteem and worth that has been given to me by HP, through these same people, has brought me to levels of spirituality that belie what I had always "known". I discovered that I AM worth it and I DO have a purpose on this earth.

Over the last few days, the food has been calling. Of course. The volume has been turned down to a whisper by my Creator and when it increases, all I need do is admit my powerlessness and hand it back to the Spirit who runs my life. Such a gift!!

Love, Elizabeth D.



Abstinence

Keeping abstinent is the most important thing in my life. The most important commitment I ever made was to work this program and give up compulsive overeating. I am convinced that my life depends on not taking that first compulsive bite. I have learned something in this program, the most important thing anyone can learn: that I can call on my higher power to keep me away from excess food. God will help me live a useful, abstinent, and happy life.

Anonymous

So Far, So God

So far today, God, I've done all right. I haven't gossiped or lost my temper, I haven't been greedy, grumpy, nasty, selfish, self-centered or overindulgent. For that I am grateful. But in a few minutes, god, I am going to get out of bed, and from then on, I'm really going to need your help!

Anonymous