

# Desert Recovery

*November 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.

*In the infinity of life where I am,  
all is perfect, whole, and complete.  
I recognize my body as a good friend.  
Each cell in my body has Divine  
Intelligence.  
I listen to what it tells me, & know its  
advice is valid.  
I am always safe, and Divinely protected  
and guided.  
I choose to be healthy and free.  
All is well in my world.*

*Author Unknown      Never Give Up*

## *Suggestions for Holiday Food Situations*

Recently I spent time with some family that I haven't been around in a long time. I don't often spend time with people that have cocktails, eat snacks before their meals and who eat many foods that aren't healthy for me. I was surprised at the difficulty I had during this time, and brought it up at a meeting as soon as I returned.

The first suggestion I heard was *practice*. I expect myself to sight read music perfectly the first time, likewise I expected myself to be instantly comfortable in this new situation. I can become comfortable with practice. Attending meetings, making telephone calls for support and relying on my higher power to get me through these times makes all the difference.

The second idea shared was to be clear with my program (and food plan) and centered in myself and with my higher power. This may give me the integrity to go against the flow.

Third, I needed to acknowledge my feelings: awkward, different and fearful were the three feelings that disturbed me. I was afraid my abstinence would throw a wet blanket on other people's enjoyment. Acknowledging the feelings helped me to see my part in things.

The fourth suggestion was to be willing to be uncomfortable. The addict in me seeks comfort and sometimes wants to go down a self-destructive road in the effort to get there.

The last suggestion was to remind me that I do not need other people to accept me in order for me to accept myself

In OA Love & Recovery

Judith H.

## **Events:**

### **IDEA Day**

International Day Experiencing Abstinence  
Saturday November 17, 9:30 am - 4 pm  
St. Andrews Church  
800 Taylor Dr. N.W. Sierra Vista  
\$5 suggested donation, lunch on your own

### **Thank-A-Thon**

Thanksgiving Day Marathon Meeting  
Thursday, November 22, 9am - 12pm  
St. Francis in the Foothills Church  
N.W. corner of River and Swan  
Look for signs at the church & flyers at your meeting.

## Questions for Coming out of Relapse

1. Read the Doctor's Opinion in the AA Big Book. Discuss the phenomenon of craving as it occurs in the three levels of your life: Emotional, Spiritual and Physical.
2. Read Step One in the OA Twelve Steps & Twelve Traditions (12x12). Discuss and reflect on the idea that you have a devastating weakness. Discuss how this weakness leads you to return to food for your comfort.
3. Discuss the mental obsession that precedes "that first compulsive bite." Discuss and reflect on the idea that obsessing about anything leads to compulsive overeating.
4. Read pages five and six in the Big Book. Discuss and reflect on the feeling of oblivion as it is described in Bill's story and as it has manifested itself in your life.
5. Re-read Step One. Discuss why, for you, there is no possibility of controlled eating as it is outlined in this step.
6. Read pages 20-25 in the Big Book up to "So many want to stop but cannot." Discuss and reflect on your last eating binge and why you are without defense against "that first compulsive bite."
7. Re-read Step One. Discuss the idea that when an overeater plants in the mind of another the true nature of his malady.....that overeater can never be the same again.
8. Read Chapter 3 up to page 35. Discuss and reflect on what sort of thinking dominates when the compulsive overeater repeats the desperate experiment of trying just one bite.
9. Re-read Step One. Discuss and reflect on the things you must do (as outlined in Step One) in order to stay alive.
10. Discuss and reflect upon the effectiveness of OA from your personal experience and from what you have observed in others. Could what you have experienced emanated solely from you? If so, why had it not happened before?
11. Read Chapter 4 in the Big Book. Discuss and reflect upon the concepts of Honesty, Open-mindedness and Willingness. How are these tools of growth in the OA program?
12. Discuss and reflect upon the concept of insanity as it applies to us in OA.
13. Discuss and reflect upon how we use the substitution method of accepting the presence of a higher power. How have you looked for substitutes all of your life?
14. Discuss and reflect upon the following concepts available in Step Two: Belief means reliance not defiance; Defiance is an outstanding characteristic of every compulsive overeater. Refer to page 31 in the 12 & 12.
15. Re-read Step Two. Discuss and reflect on the following concepts as they play a part in your spiritual life: Intellectual self-sufficiency, Wandering from faith, Self-righteousness.
16. Read page 35 in the Big Book. Discuss and reflect on the idea that a compulsive overeater has to be pretty badly mangled before they commence to solve their problems.
17. Read pages 31-34 in Step Two. Discuss and reflect on the following concepts: a) no person could believe in a Higher Power and defy it and b) to recover we need faith that works under all conditions.
18. Re-read Step Two. Discuss and reflect on why every OA meeting is assurance that God can restore us to sanity.
19. Read the Big Book, pages 51-57. Discuss why in the life of a compulsive overeater, reasons, as most perceive it, are not entirely dependable.
20. Re-read Chapter Three of the AA Big Book. Discuss and reflect on the growth one must have before he can move from Step One to Step Two.
21. Read Step Three. Discuss and reflect on why willingness is the way to a faith that works.
22. Read Chapter Five to page 63 ("...this was only a beginning"). Discuss and reflect on why happiness and satisfaction cannot come unless the compulsive overeater gives up control.
23. Re-read Step Three. Discuss the idea that faith does not necessarily mean we have let God into our lives.
24. Read pages 569-570 in the Big Book. Discuss the God-consciousness you have experienced for yourself and have seen in others.
25. Re-read Step Three. Discuss the spiritual dependence as the only means of escape from the destruction of overeating.
26. Re-read pages 25-29 in the Big Book. Discuss the idea that recovery depends on huge emotional displacements and rearrangements.
27. Re-read pages 41-42 in the 12 & 12. Discuss how we go about bringing our will into agreement with God's will.
28. Discuss the following tools as part of your daily program of recovery: a)reading, b)writing, c)meetings, d)service, e)abstinence, f)sponsorship, g)anonymity.
29. Read "A Vision For You" in your AA Big Book. Discuss the vision God has for you. Discuss the idea that our answers will come if our own house is in order.
30. Read the last paragraphs of Steps 1 and 2. Re-read Step 3. Discuss how Step 1 is our commitment to Honesty. Step 2 is our commitment to Open-mindedness and Step 3 is our commitment to Willingness. After writing this, renew your contract with God by repeating aloud the prayer on page 63 in the AA Big Book in the privacy of your own place of meditation.

## "Like a Tree I Must Be Pruned" (Allowing New Growth)

Pruning the dead leaves which clutter my growth, or vines that strangle new sprouts will be cleaned up in the fourth step, I hope. The dead leaves are old ideas, beliefs and baggage that I no longer need. They weigh me down and suck the energy that my true limbs need. There is a sense of freedom and lightness with pruning-who knows what I will become? At this point in my recovery it is time to take stock again of what I need on a daily basis. If I am to be a spiritual warrior what truths do I need to face, acknowledge and leave behind? What actions no longer serve me-what ways of being and doing? Are there things, people or ideals I need to prune from my consciousness? This process of pruning is exciting to me, up until this point I've been anxious about truly looking at the past and the mistakes that have gotten me to this place. The regrets and resentments I have show me how much more I need to grow; lugging them around will only hinder my journey. My needs are really pretty simple, but when I don't take care of those basic needs I am stunted in my growth. Pruning the leaves provides better sunlight-stripping the dead weight from my food, thoughts and form can only improve the quality of my life, and thereby my relationships. Too many leaves make me top-heavy making it easier for me to topple over or be hidden from the light I need for survival. I am ready to be pruned.

Gina September 2001

### A note from your Editor:

First, I would like to apologize for missing the September issue of the newsletter. This commitment is important to me...but there was some illness in my family which took up most of my time. I'm happy to say that the situation is resolved and we are all well again.

Second...HELP!!!...Please send articles! I hope that home groups will continue to ask for volunteers to submit articles.

Last, there has indeed been a revision of the We Care List. If you have been omitted please let me know, if you know someone on the list who is no longer attending OA locally please let me know that as well.

The best way to contact me is via e-mail at (this is new) [DesertRecovery2@aol.com](mailto:DesertRecovery2@aol.com). The second best way is to leave a message at: 5. I will be glad to meet you at a meeting, just call me to arrange it. My regular meetings are: Monday Going Sane, Thursday Eastside Stop-Off and Saturday Far East, but I'm very flexible! Love, Karen S.

\*\*\*\*\*

## We Care list

Name	Number	Post Office	County	E-Mail Address	Sponsor/ Speaker	Drive to Meeting?
------	--------	-------------	--------	----------------	------------------	-------------------