

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.