

DESERT RECOVERY

October 2003

PO Box 43221, Tucson, AZ 85733-3221

UP COMING OA EVENTS

November 15, 2003

"I.D.E.A. Day"

Sierra Vista, AZ

St. Andrew's Church

Laura 520-458-0563



PLAN AHEAD OA EVENTS

March, 2004

"Region III Convention"

Salt Lake City, Utah

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

We always
have choices!

For an OA Meeting List
(520) 733-0880

or

desertrecovery@theriver.com



A Bright Promise

I was abstinent today. It almost seems silly to write down in virtual celebratory fashion one day of abstinence, but that one day was a victory for me, and today another "battle" to be won, though, of course, with God's help, not a battle, but a march, a march in a gay parade full of the colors of hope and the cheers of support and the promises displayed on each flag and banner my Higher Power waves in my heart and soul assuring this 24 hours his healing grace and divine will, granted I lead the way with willingness to do what he would have me do this day one day at a time.

Dale E.



DayBreak

I look at myself in the reflection on the bottom of my coffee cup this early morning. What do I see? I envision a person filled with hope for the promise of a new day, 24 hours to work and to play, to learn and to grow, to surrender to my Higher Power, thankful for his guidance in and release from my powerlessness over food. And I see a willing individual primed for abstinence, not perfect but grateful, grateful for the sun rising on an invigorating spirit of daily renewal.

Dawn

A Wondrous New Journey

As a relative newcomer to OA, the spiritual and emotional aspects of things have become life altering and a source of loving amazement. I have found a calm and a peace I never thought I would encounter in my life. Things which up until recently would have caused panic and a disappointment and countless other overwhelming feelings have been replaced with a greater degree of acceptance, a feeling of divine grace, and wonder at how I ever lived with emotions of so much fear, resentment, pessimism and negativity. Of course, there will come times of misfortune in my life, and I will pray that with all that I have learned, experienced, practiced and strived to achieve as a new way of living with *all* the principles of OA's 12 Steps in all aspects of my life that I will find support with others, strength within myself, and, perhaps most importantly of all, the healing grace of my Higher Power.

The physical aspects are still a challenge. As a compulsive overeater, they always will be, but I believe that with the spiritual and emotional strength I've gained, in time, in *my time*, in my *Higher Power's time*, abstinence will come.

And so my final reflection is this: That all is full of hope and potential and I am well on my way to a miraculous life of recover.

SE OA Member

STEP TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

TRADITION TEN

Overeaters Anonymous has no opinion outside issues; hence the OA name ought never be drawn into public controversy.

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Progress not Perfection - a Reflection of thirteen years in OA

THEN**NOW**

Came into program to lose weight and become thin.

Stay because of a desire to stop overeating & eating compulsively.

Skipped breakfast unless sugar was handy.

Eat breakfast & eat it before noon!

Ate sugar - not fruit

Avoid sugar.

Eat at least one fruit a day.

Stopped at Dairy Queen after work.

Am not tempted by any fast food.

Ate huge lunches & dinners, late in the day.

Eat moderate breakfast, lunch & dinner as early as I can each day.

Smoked cigarettes, did drugs and drank.

No cigarettes, no drugs, drink wine with dinner and take my vitamins.

Drank coffee and sodas all day.

Drink one cup of coffee & no soda.

Candy was a food group.

Candy doesn't exist for me.

Fruit, vegetables and salad weren't.

Choose fruit, vegetables & salad.

Was often insane, controlling, defiant.

Am often sane, grateful & joyous.

Every meal had meat.

Sometimes other proteins will do.

Every meal had high carbs & rich sauces.

Each meal has carbs, lower fat, protein, vegetables & fruit.

I thought other people judged what I ate.

I don't even judge what I eat!

I tried to figure out how to get MORE.

I ask what more can I give.

I never had enough of anything.

Am grateful for gifts given.

Perfectionism ruled!

Weakness is my greatest blessing.

I wanted to be better than everyone and felt less than everyone.

I've joined the human race...walk.
Neither better than nor worse than.

Spent hours on graphs, charting weight loss.

Don't even have a scale.

Anonymous