

DESERT RECOVERY

September 2002

PO Box 43221, Tucson, AZ 85733-3221

UP COMING EVENTS

September 27th - 29th

Friday - Sunday
"Let Go & Lift Off"
Assembly and Convention
Albuquerque, NM
Dodie 505-255-2405
Jack 505-275-8004

October 19th

Saturday 1:30pm-3:00pm
"Public Information Day"
Morris K. Udall Center
Tucson, AZ
Marlatt 621-8012/577-8745
MarlattE@email.arizona.edu

November 16th

Saturday 9:30am-4:00pm
"I.D.E.A."
St. Andrews Church
Sierra Vista, AZ
Marilyn 520-417-1645
Laura 520-458-0563

PLAN AHEAD EVENTS

March 19-21, 2003

"Retreat at St. David"
St. David, AZ

August 7-10, 2003

"World Service Convention"
New Orleans, LA
Sandy Allen sallen@oa.org

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

For an OA Meeting List
(520) 733-0880
or
desertrecovery@theriver.com

THE OA PROGRAM IS LIKE A RAY OF LIGHT THAT OFFERS HOPE

The OA program of recovery is like the sun that is always there, always shining somewhere in the world, even when the clouds are heavy or darkness falls. There are times, however, that the clouds seem excruciatingly dark and foreboding. This program teaches me that this, too, shall pass. Program helps me through these times, and offers me hope. And when the clouds lift, as they eventually do, that feeling of lightness and rebirth is wonderful. Concepts that were a struggle for awhile are again second nature. Following are some of those insights, that although I knew them in my head, are again in my heart.

It's being able to go with the flow, and feeling okay about what is happening in my life, not having to stress over everything.

It's feeling connected to my Higher Power, and acting on those intuitions that I receive as a result of this connection.

It's being connected to myself, of making choices that



focus on my long-term peace and happiness, not some short-term want. It's believing that I truly deserve to be happy, joyous and free.

It's feeling better about myself and acting accordingly with others, being kinder, more patient and loving—because I am also treating myself this way.

It's freedom from the struggle with food, and placing food in

its proper perspective in my life.

It's knowing that genuine, soul-satisfying peace and serenity are within my reach.

These are gifts of the program that sustain and nourish me in a way that food never could.

- Anonymous

FROM THE NEW EDITOR

I am looking forward to taking on the service of the Desert Recovery Newsletter. Without a doubt, Karen has done an exceptional job and promises to still help when needed. Thank you, Karen! I have determined that from birth I would be a compulsive

overeater after asking for directions to the cafeteria from the delivery table. All through my childhood, I stored food under my bed and in my closet so I would not starve to death before the next meal. Then as an adult I had bigger beds and bigger closets.

Through OA I have gained truths and freedoms that only other OA'ers can comprehend. I look forward to getting to know the readers and the contributors to this newsletter as we "grow and learn through our recovery".

A TIME TO SHARE

After 2 years of pain, I was granted an option for surgery. I was clear headed enough to follow through the surgery.

Some time later we had another deposition to attend. By that time I had been abstinent for 15 months and had not seen my lawyer during that time of recovery.

After the deposition she remarked that my posture, my bearings and clarity had improved. Plus I had lost 55 pounds. She also said, "Frankly, I don't know how we won any of our actions. You did everything wrong. God must be watching over you. The change in you today was like night and day. I thought you were a "Professional Witness". You were that good". She wanted to know how did I

I've been involved in a legal action for three years now. I injured both shoulders within a two month period. I had been enjoying OA Recovery and a long-term abstinence until then. I knew this was going to be a time of testing. But I took back the food and flung myself into self-pity, fear, worry, despair and drama. Through the court hearings I overate. At times I would argue with a smug satisfaction. I'd become so overloaded with sugar I couldn't think and would slouch in my chair. My lawyer would have to baby sit me. I had all kinds of signals that I needed to stop my behavior. Excess food and allergic reactions to foods made me immature, and unruly.

"I'd become so overloaded with sugar I couldn't think and would slouch in my chair."

SIDE DISHES

Twice as Much Fun

Recently a newcomer came to our meeting. Though she had experience in another Twelve Step program, she was unsure of our procedures for sharing. After she had one turn, she wanted to speak again. "May we double-dip?" she asked. "As long as it's just with talking," the leader replied. - M.V. Media, PA

At our Saturday morning meeting, the leader said, "There are only eight people here today. After everyone has had a chance to share, there may be time for seconds." "Sorry," came the quick retort, "Seconds are not in my food plan!" - D.M. Olympia, WS

THE MEANING OF LIFE

When I first entered OA therapists and OA friends. Finally, one day a Mental Health Technician in a treatment center responded to my question. "That's simple. To do God's will" she said. "Wow! So that is it, to do God's will. I felt as though I had hit the jackpot. But then moments later I wondered, "How

do I know God's will for me?" Almost 5 years later I still ask myself this same question every day. There is still a lot I don't know. But what I do know is that God reveals His will to me on a continual basis. I only have this moment right now. I strive to do His will with my life one moment at a time. T.

*Use them
Share them*

- 1) Meetings
- 2) Telephone
- 3) Plan of Eating
- 4) Sponsorship
- 5) Writing
- 6) Literature
- 7) Service
- 8) Anonymity