

DESERT RECOVERY

August/September 2009

P.O. Box 43221, Tucson, AZ 85733-3221

OA Bulletin Board

**New Meeting
Sunday 5:30-6:30pm**

11th step

SEEKING THE POWER

University Medical Center
1501 n. Campbell

Meeting Location Change

**Tuesday 10:30-11:30am
RECOVERY**

Moved August 1st to:
Posada Del Sol
2250 N. Craycroft

**SEAZ Annual Retreat
Saint David, AZ**

October 30, 31, & November 1

Volunteers needed

Marj : 60mmm48@gmail.com
(520) 248-9043 or

Chris: rainbow.smiles@cox.net
520- 721-1085 or 520-661-1991

Link to registration form at:
oasouthernaz.org

**Sponsorship Workshop
September 12, 2009**

9am-3pm

St. James Methodist Church
3255 N. Campbell

Region 3

**Convention and Assembly
October 16th to 18th**

Albuquerque, N.M.

Link to registration form at:
oasouthernaz.org

**Celebrate
OA's 50th Anniversary
August, 2010**

at the
World Service Convention
Los Angeles, CA

oa.org

Perfection

I was asked by a friend to write a letter for the newsletter several months ago. I've put it off and put it off until I had the "perfect" thing to say and was in a "perfect" mood in order to write the "perfect" article. Needless to say, all this time has gone by and no article. So here I am: in a very imperfect mood at the end of a very imperfect day.

Needless to say, perfectionism is a character defect that I am STILL praying for God to help me with, but for some reason I just keep hanging on to it. Today is a unique day for me. As of this very day, it has been 17 years since I entered a 12-step treatment program for my eating disorder of anorexia. As a 33 year old woman, I have now officially spent more of my life in recovery than out of recovery. The perfectionist in me would like to say as a result of this, I live a serene and perfect life spewing wisdom to all around me. But unfortunately, that is not the case.

After entering OA at the young age of 16, I always thought I'd eventually "graduate" and be done with it. So after several years, my attendance in meetings became more and more sparse. Then shortly after moving to Tucson in my early 20s, I stopped coming to meetings altogether. I thought I had this food thing under control. The only problem was I didn't have the life thing under control. Long story short, things got way out of hand and four years ago I found myself back at OA meetings. This time I realized I was here to stay. God willing, I will proudly celebrate my 4th year of re-commitment to my recovery this August. Let me rephrase that, my 4th year of messy, challenging, imperfect recovery.

I think the most significant lesson I've learned from this experience is that perfection is not obtainable. I don't know why it is such a hard concept for me to truly understand in my heart and soul, but it is. I constantly beat myself up when I make mistakes. Still... after all this time. But, it says it right there in the 10th Step: "Continued to take personal inventory and when we were wrong promptly admitted it." Note it says "WHEN" we were wrong, not "IF" we were wrong. I didn't notice the importance of that terminology until about 3 weeks ago when a friend gently pointed it out to me (thank you!).

Today, after 17 years, I am gratefully starting to understand that I am never going to be perfect at any of the things I try to do. I WILL mess up and that's OK. For anyone else out there who feels that way, the best thing I can say is to please keep coming back and eventually the message will slowly make its way into your heart.

Anonymous

I Put My Hand in Yours

I put my hand in yours and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Rozanne S.

Step 7

"Humbly Asked Him to Remove Our Shortcomings"

As soon as I got abstinent and stopped bingeing I had mental clarity of a kind I had never known before. I was so very shocked to see the truth about myself from the angle of the program instead of the self-propelled legend in my own mind that I had constructed for myself. It was painful to see how my self-absorption affected my children. I was totally sincere in my prayers to God to help me begin to remedy that area. I knew that only God could help me. I was beyond human aid with my shortcomings just like I was with the food. With the clarity of abstinence, I saw and heard myself differently day by day. Many times, in so many situations, I paused to pray to be different. Seeing the size of my fears and self-centeredness was overwhelming at first. It seemed impossible to overcome. But little by little and prayer by prayer I did see tiny changes almost daily that encouraged me to hold the boundaries of abstinence and work the program as hard as I could. I believed in the program and still do.

Step 8

"Made a List of All Persons We Had Harmed and Became Willing to Make Amends to Them All"

I was willing to make the list and anxious to make amends because I believed what was written in the Big Book... that if I failed to follow the steps I would binge again. Food had taken away whatever pride I had had in myself so I was not limited by pride and was willing to go to any length to be rid of the compulsion to binge. The most difficult person on the list was my ex-husband and I was even willing to make that amends so I could get free of the food obsession.

Submitted by Michele T.

The principles of the Twelve Steps are honesty, hope, faith, courage, integrity, willingness, self-discipline, love, perseverance, spiritual awareness and service.
Did you know that our Twelve Traditions also include a set of principles?

	The Twelve Traditions of Overeaters Anonymous	Principles
1	Our common welfare should come first; personal recovery depends upon OA unity.	Unity
2	For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.	Trust
3	The only requirement for OA membership is a desire to stop eating compulsively.	Identity
4	Each group should be autonomous except in matters affecting other groups or OA as a whole.	Autonomy
5	Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.	Purpose
6	An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.	Solidarity
7	Every OA group ought to be fully self-supporting, declining outside contributions.	Responsibility
8	Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.	Fellowship
9	OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	Structure
10	Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.	Neutrality
11	Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.	Anonymity
12	Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.	Spirituality

Letter From Our Intergroup Chair

"Do our meetings focus on OA recovery through the 12 Steps and the 12 Traditions?" This question is taken from the Strong Meeting Checklist, available to upload as a PDF file at www.oa.org.

I was recently reminded of this relatively new piece of OA literature – really more a "tool" –while reviewing the proposed goals and objectives for SEAZ being assembled for presentation at the August 15th Intergroup meeting.

Our delegates returned from WSBC this spring raving about the "five year plan" that the World Service Board of Trustees had presented to assembled representatives of OA from around the world. It included goals in four areas: Public and Professional Awareness, Strong Meetings, Committed Service Bodies, and Financial Health. We (the SEAZ Intergroup) had just completed our own Intergroup Inventory and had yet to set our objectives and tasks for the coming year.

Our delegates suggested we follow the Board of Trustees (BOT) and create our own five year vision for SEAZ along with addressing what we as an Intergroup are planning in the coming year. A brainstorming session was held on June 20th prior to the regular Intergroup meeting with lots of good ideas being shared. The Intergroup formed an ad hoc committee to work on a five year vision based on the four goals addressed by the World Service BOT.

Each part of the vision would have a defined "goal" that we would work toward over the next five years. Each goal would be followed by specific "objectives" for the coming year. The objectives would be followed by a list of "tasks" needed to achieve those objectives. Each task would be assigned to specific persons or service bodies who would be responsible for completing them. A final column would allow us to keep track of the status of each task. Intergroup will periodically review its inventory throughout the year to make sure that we stay focused on our goals and objectives, and that we are making progress toward them. The SEAZ Intergroup will be reviewing and approving the coming year's goals, objectives, and tasks on August 15.

Back to the question from the Strong Meeting Checklist. "Do our meetings focus on OA recovery through the 12 Steps and the 12 Traditions?" This is indeed important for our meetings. However, it is equally important that each OA member and all OA service bodies, no matter what level, have this focus as well.

Neva S., SEAZ Intergroup Chair

News From The World Service Business Convention

WSBC DELEGATES APPROVE A NEW OA CELEBRATION

Twelfth Step Within Day. Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

NEW ABSTINENCE DEFINITION!

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows: **"Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors."** **Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.**

SEAZ

Southeastern Arizona Overeaters
Anonymous Intergroup #09078
P.O. Box 43221 Tucson, AZ 85733
(520) 733-0880
OASOUTHERNAZ.ORG

SEAZ Intergroup meets the third Saturday
of the month at 10:45AM
Sam Lena South Tucson Branch Library
1607 S. Sixth Avenue, Conference Room

SE Arizona Intergroup Board

Officers

Chair	Neva S.	877-8420
Vice Chair	Beth M.	577-8745
Secretary	Marilyn B.	520-417-1645
Treasurer	Meg R.	546-1168
Delegate (1)	Roni B.	269-1025
Delegate (2)	Janis R.	325-4441

Committee Chairs

12th Step Within	Open	
Meeting List	C. Jay H.	400-5951
Newsletter	Joanne B.	762-9576
Special Events	Open	
Library & Lifeline	Sally H.	795-1022
IR Trainer	Chris N.	721-1085
Telephone	Lauren M.	241-3616
PIPO Contact	Meg R.	546-1168
PIPO Chair	Open	
Website	Roger S.	877-8420

Websites

WWW.OA.ORG
WWW.REGION3.ORG
WWW.OASOUTHERNAZ.ORG

Desert Recovery Newsletter

- 1) Deadline for next issue **October 1, 2009**
- 2) Get your events listed or submit an article
- 3) Receive the newsletter by e-mail

Contact Joanne B.
AZDESERTBLOOM@GMAIL.COM

Submitted articles may be edited as needed. Permission to reprint original material found in this newsletter is granted to all Twelve Step groups and their publications provided that SEAZ is credited. All opinions are those of the writers and do not necessarily represent those of the Editor, SEAZ, or OA as a whole.

TUCSON OA MEETINGS

MEETINGS APPEARING ON THIS LIST ARE REGISTERED WITH THE WORLD SERVICE OFFICE (WSO)

SUNDAY

11:00-12:00 PM	MIRACLES HAPPEN	(look for OA sign)	4180 W. Sweetwater	Sally H.	429-5318	WC
5:30-6:30 PM	SEEKING THE POWER STEP 11	UMC (room C/D @ s. end of cafeteria)	1501 N. Campbell	Janet G.	795-7492	
5:30-6:30 PM	SUNDAY VARIED	Christian Faith Fellowship	5601 E. Broadway	Claudia P.	503-409-1052	WC

MONDAY

5:30-6:30PM	GOING SANE Big Book Study	First United Methodist Church	915 E. 4 th St.	Felice G.	891-8900	WC
7:00-8:00 PM	FAR EAST ABSTINENCE	Abounding Grace Church	2450 S Kolb Rd	Michelle T.	784-3597	WC

TUESDAY

10:30-11:30 AM	RECOVERY	Posada Del Sol (parking at Safeway)	2250 N. Craycroft	Judith H.	323-9845	++WC
10:45-12 Noon	NW TENDER SOLUTIONS	Dove of Peace Lutheran Church	665 W. Roller Coaster Rd.	Neva S.	877-8420	WC
5:30 -6:30 PM	HAPPY, JOYOUS, AND FREE	Cottonwood De Tucson (look for OA sign)	4180W.Sweetwater	Roni B.,	269-1025	WC
6:00-7:00 PM	KEEP IT SIMPLE STEP STUDY	Mountain View Retirement Village	7900 N. La Canada			WC
5:30-6:30 PM	TUCSON MEN'S SANITY		931 N. Fifth Avenue	Jim D.	250-0509	

WEDNESDAY

7:30-8:30 AM	GOING TO ANY LENGTHS	St. Frances Cabrini Church	320I E. Presidio	Wendy A.	955-0710	
10:00-11:00 AM	UNDERSTANDING HEARTS	Christ the King Episcopal Church	2800 W. Ina Road	Betty D.	690-1441	
11:30-12:30PM	WELCOME HOME	First Congregational United Church Of Christ	1350 N. Arcadia	Sue L.	885-2861	##
5:30-6:30PM	VOICES OF RECOVERY	St. Thomas More Newman Center Library	1615 E. 2 nd St.	Andrea M.	749-6789	WC

THURSDAY

10:30-11:45AM	SEEKING THE SPIRITUAL PATH	Oro Valley Urgent Care	13101 N. Oracle Rd	Pam	297-4704	
5:30-6:30 PM	OVER AND UNDER MEETING	St. Frances Cabrini Church,	320I E. Presidio	Beth.	577-8745 or 349-0810	WC
7:00-8:00PM	BIG BOOK STUDY	Abounding Grace Church	2450 S Kolb Rd	Meg R.	546-1168	WC

FRIDAY

7:30-8:30AM	FRESH START	St. Frances Cabrini Church,	320I E. Presidio	Janet G.	795-7492	
10:30-11:30AM	LIVING IN THE SOLUTION	First Congregational United Church Of Christ	1350 N. Arcadia	Elisa R.	881-1670	++
6:00-7:00PM	BIG BOOK STUDY-NW Side	Mountain View Retirement Village	7900 N. La Canada	Eileen T	975-5480	WC

SATURDAY

9:00-10:00AM	FAR EAST SATURDAY GROUP	Eastside Evangelical Covenant Church	551 N Camino Seco	Meg R.	546-1168	WC
9:00-10:15 AM	SAT. MORNING STUDY GROUP	UMC (room C/D @ s. end of cafeteria)	1501 N. Campbell	Chris B.	887-7188	+++

OUT OF TOWN OA MEETINGS

GREEN VALLEY		ST. FRANCIS OF THE VALLEY CHURCH		600 S. La Canada Dr.		
TUESDAY	7:45-8:45 AM	Discussion	Library	Mary Anne	393-0169	WC
WEDNESDAY	7:00-8:00PM	Literature Study	Library	Mary Anne	393-0169	WC
SATURDAY	9:00-10:15AM	Step and Tradition Study	Library	Mary Anne	393-0169	WC
SIERRA VISTA		CHURCH OF CHRIST		815 El Camino Real		
MONDAY	7:00-8:00PM	Monday Night Miracles	Classroom 9	Leslie	520-378-1238	WC
THURSDAY	6:30-7:30P	Newcomers	Classroom 9	Marilyn	520-417-1645	WC
SATURDAY	10:00-11:00AM	Discussion	Classroom 3	Jan F.	520-452-0093	WC
BENSON		SOBRIETY HOUSE		225 E. 6th Street		
TUESDAY	4:00-5:00PM	Rotating Format		Darlyn R.	505-681-7478	WC
YUMA						
MONDAY	October thru April Only 1-2pm	Gloria DeCristo Church	11273 E. 40th St.	Connie	928-305-0682	XX
TUESDAY	6:30-7:30 PM	Central Church of Christ	651 West 28th St.	Lorraine	928-782-1305	WC
THURSDAY	12:00-1:00 PM	Central Church of Christ	651 West 28th St.	Lorraine	928-782-1305	WC
PATAGONIA		UNITED CHURCH OF CHRIST		387 McKeown Street		
TUESDAY	6:30-7:30 PM	Varied Format		Roz V.	520-668-5950	

WC=Wheel Chair Accessible +++No parking fees at UMC on Saturdays ##=Beverages only
 ++In consideration of members who suffer from allergies, refrain from wearing cologne or perfume. XX=no summer meetings

MEETING LIST CHANGES: Changes/corrections to meeting information: Please email C. Jay at: arkiebell2@earthlink.net or send changes to: C. Jay Hawkins, 6063 E. Rosewood St., Tucson, Az. 85711-1634