

DESERT RECOVERY

December 2008/January 2009

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

UPCOMING OA EVENTS

- **January 17, 2009**
 "A Day in OA"—Saturday
 workshop, Foothills Library,
 13226 S. Frontage Rd., Yuma, AZ
- **February 28, 2009**
 "Unity Day", St. Francis of the
 Valley Episcopal Church, 600 S.
 LaCanada, Green Valley.
- **Get your events listed in *Desert Recovery!*** E-mail us at
desertrecovery@hughes.net or
 contact new incoming newsletter
 chair Joanne B., via her email,
azdesertbloom@gmail.com.
- **Check out our website :**
<http://www.oasouthernaz.org>

NUGGETS OF WISDOM

Tests of faith are various trials
 and hardships
 that invite you to surrender
 something of great value
 to God, even when you have
 every right not to.

Intergroup in Action

Brrr! When I wrote here last, it was just starting to cool a bit and now it is COLD. I know we are barely feeling the cold in the desert as our days are still in the 60's, but I like it HOT and I am already missing the heat. Now it is time for the holidays and time to be looking forward to 2009 and a great year for our Southeastern Arizona Intergroup. Our coffers have enough money for us to carry the message throughout 2009 and we need people to do service so that the message gets carried far and wide. As of this writing we need chairpersons for the Special Events Committee and the Public Information Professional Outreach (PIPO) Committee. A chairperson needs to be abstinent, working the steps with knowledge of the traditions and service concepts, and have been an OA Intergroup Rep for at least six months anytime, anywhere. We have a few committee people (and need more) so some activities are taking place, but it would be wonderful to have the committees represented at Intergroup monthly. This is the time for you to count your OA blessings and think about the service you do or could be doing.

Speaking of service, as 2008 is winding down, I want to take this opportunity to thank the wonderful Intergroup Reps, Board Members, Committee Chairpersons and their committees, and all the members who give service at any level in OA. May your new year be full of abstinence, peace and happiness, and may the promises be yours to embrace.

I also hope to see you at Unity Day, the fourth Saturday of February, in Green Valley. Look for flyers at Intergroup or at your meetings, and for information on our own SEAZ website: www.oasouthernaz.org.

Yours in service,
Janis, outgoing IR chair

Nourishment

When we refuse air, light or food, the body suffers. And when we turn away from meditation and prayers, we likewise deprive our minds, our emotions and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul.
Anonymous

A Winning Combination

The combination of abstinence and working the steps to establish a plan for living worked the magic for me and my program of recovery. Others noticed the personality change long before I could see it. But I fought the spiritual part. Oh, how I didn't want to get involved with that! I heard a speaker say once that a recovery program without spirituality is like rain without the wet. Today, I am blessed with a three-fold recovery---physical, emotional and spiritual. OA has taught me how to live without having to eat compulsively or to use any other substance or activity. For this I am deeply grateful.

Janet S.

“TWELVE” IN ACTION

Step-----Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition----Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

“ONE” IN ACTION

Step-----We admitted we were powerless over food—that our lives had become unmanageable.

Tradition----Our common welfare should come first; personal recovery depends upon OA unity.

“RECOVERY”

*My program is
a whisper,
breathing in the
background of my days.*

*A poem, it plays
in the words shared
across tables,
in the moments when
our willingness again
brings us to unity.*

*It answers
no-one's call but mine,
hidden sometimes—
yet visible
in abundant ways.*

*My partner in
the dance
of this disease --
and often,
from its depths,
I find sweet ease.*

*My program, its power
from a Higher Source,
gives healing rays;
winding through each
daily maze -
its comfort stays.*

Submitted by E.K.

“FEELING LOST”

I feel so alone,
And yet I know I'm not.
I feel confused,
With thoughts that seem to twist,
I want to run away,
But have no idea where to.

To God I need to turn,
For I know He's always there.
That is where the answers,
With myself I seem to share.
His love is overflowing,
He assures me I'm okay.
I know He never leaves me,
His love is always there.
It is so very special,
The answer to my prayer.
God's peace, it is my refuge.
I can find it anywhere.

Submitted by Patty D.

CLEANING HOUSE WITH GOD

“Trust God, clean house and help others.” I once heard that is the short version of OA's Twelve Steps. I even heard, “You can't keep what you have if you don't give it away.” Ten years ago when I came to this program, I certainly didn't understand that, but I came to learn through personal experience that “they” were right. In working the steps, I learned to **give away** all of my **negative thoughts** and feelings so that I could experience the happiness of the positive things (and people) I already had in my life. I learned to love myself and so began to **love others, especially God**.

I also gave away my character defects to my Higher Power and in return received **a new freedom from food obsession, and serenity**. And I learned that showing up at meetings is not enough service, that I could help others through outreach calls and sponsorship. After a few years, I learned that I was smart enough and valued enough to represent my group at Intergroup. After a few more years, I was “promoted” to become a committee chairperson at Intergroup. And **what an opportunity for service** that has been!

Five years ago at Thanksgiving I gave away a lot of my over-stocked pantry to the needy and I cleaned a lot of “stuff” out of my closets. I continue my spiritual and physical house cleaning, depending on God to give me what I need. And I have learned, **I always have enough!**

chair

Peggy P., outgoing newsletter

OA MEETING LIST – December 2008

| SUNDAY | | | | |
|----------------------------|--|---|--|----------------------|
| 11:00 AM to 12:00 PM | MIRACLES HAPPEN Literature - Varied Format | Cottonwood De Tucson 4180 W. Sweetwater Rd.- look for OA signs | Sally 795-1022 IR: Lori B. 743-2456 | WC |
| 5:30-6:30 PM #45377 | SUNDAY 60 MINUTES Literature – Varied Format | Christian Faith Fellowship 5601 E. Broadway, Shepherd Room | IR: Susan C. 747-5018 | WC |
| MONDAY | | | | |
| 5:30-6:30PM #39507 | GOING SANE (Big Book Study/ Speaker 1 st Monday) | First United Methodist Church 915 E. 4 th St. (4 th & Park) Carillon Room Park behind church, enter lot from 4 th Street | Felice G. 891-8900 IR: Katie K., 981-2881 | WC |
| 7:00-8:00 PM #40522 | FAR EAST ABSTINENCE / STEP STUDY | Abounding Grace Church 2450 S Kolb Rd-Just North of Golf Links on West side of street | Michelle T 784-3597 IR: Open | WC |
| TUESDAY | | | | |
| 10:30-11:30 AM | RECOVERY #30601 | Christian Faith Fellowship 5601 E. Broadway, Shepherd Room | IR: Judith H. 323-9845 *Fragrance free | WC |
| 10:45-12 Noon #40963 | NORTHWEST TENDER SOLUTIONS (Literature Study/ Sharing) | Dove of Peace Lutheran Church 665 W. Roller Coaster Road (just west of Oracle Road) | Neva 877-8420 IR: Open | WC |
| 5:30 –6:30 PM | HAPPY, JOYOUS, AND FREE Big Book Study | Cottonwood de Tucson 410 W. Sweetwater Dr. (look for OA signs) | Roni B., 269-1025 IR: Sally 795-1022 | WC |
| 6:00-7:00 PM #49144 | KEEP IT SIMPLE STEP STUDY (K.I.S.S.S.) | Mountain View Retirement Village 7900 N. La Canada (at Magee) Multi-purpose room (2 nd floor) | Lana: 797-7439 IR: Eileen T. 975-5480 | WC |
| 5:30-6:30 PM | TUCSON MEN'S SANITY #49144 | 931 N. Fifth Avenue 1 ½ blocks south of Speedway | Jim D 250-0509 IR: Ron R. 320-9675 | |
| WEDNESDAY | | | | |
| 10:00-11:00 AM | UNDERSTANDING HEARTS– Open Discussion – Northwest Side #46884 | Christ the King Episcopal Church 2800 W. Ina Road Ground Floor in Library | Patricia P. 744-6675 IR: Dena L. 544-0544 | |
| 11:30-12:30PM | WELCOME HOME / Sharing #04330 | First Congregational United Church of Christ 1350 N. Arcadia – Studio | Sue L. 885-2861 IR: Barbara M 327-2709 | <i>Beverage only</i> |
| 5:30-6:30PM #49188 | VOICES OF RECOVERY Leader's Choice Literature Meeting- No meeting 12/24 an 12/31 | St. Thomas More Newman Center Library—1615 E .22nd St., (corner of Cherry & 2nd—Park & enter from rear Park & enter from rear | Andrea M. 749-6789 IR: Open | WC |
| THURSDAY | | | | |
| 10:30-10:45 10:45-11:45 | <u>NEWCOMERS MEETING</u> SEEKING THE SPIRITUAL PATH- ORO VALLEY <u>BIG BOOK STUDY MEETING</u> | Oro Valley Urgent Care Conference Room, across from Community Education Room 13101 N. Oracle Rd. | Pam 297-4704 IR: Neva S .877-8420 | |
| _____ | OVER AND UNDER MEETING Format Lifeline/Discussion, | St. Francis Cabrini Church (Education Building, Room 3) East of the Church 3201 E. Presidio, E. of Country Club, S. of Ft. Lowell | Beth M. 577-8745 or Cell #349-0810 IR: Wendy A955-0710 | WC |
| 5:30-6:30 PM | | | | |
| 7:00-8:00PM | BIG BOOK STUDY #47942 | Abounding Grace Church 2450 S Kolb Rd-Just North of Golf Links on West side of street | Meg 546-1168, Donna 749-6657 IR: Open | WC |
| FRIDAY | | | | |
| 7:30-8:30 AM | FRESH START #49600 | St. Frances Cabrini Church, 3201 E. Presidio Education Bldg. Rm. 3, (East of the church) | Janet G. 795-7492 IR: Dee W. 406-6398 | |
| 10:30-11:30AM | LIVING IN THE SOLUTION – Sharing #14251 | First Congregational United Church of Christ. 1350 N. Arcadia – Fellowship Hall | Elisa R-881-1670 IR: C Jay H. 400-5951 | Fragrance-free* |
| 6:00-7:00PM | Big Book Study – Northwest Side #46417 | Mountain View Retirement Village-- 7900 N. La Canada (at Magee), Multi-purpose Room (2 nd Floor) | IR: Eileen T 975-5480 | WC |
| SATURDAY | | | | |
| 9:00-10:00AM | FAR EAST SATURDAY GROUP (Varied Format) #45696 | Eastside Evangelical Covenant Church 551 N Camino Seco-Between Speedway and Broadway | Meg 546-1168 Joanne B. 762-9576 Or 520-271-5060 | WC |

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|---------------|-------------------------------------|---|---|---------------------|
| 9:00-10:15 AM | SATURDAY MORNING STUDY GROUP #12117 | University Medical Center-1501 N. Campbell, Dining Rood C/D or Room 3505-see list at information desk | Chris B. 887-7188 IR: Lauren M. 241-3616 | WC Park ing** |
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OUT OF TOWN OA MEETINGS-----DECEMBER 2008

GREEN VALLEY

| | | | | |
|---------------------------------|------------------------------------|---|--------------------------------|----|
| TUESDAY 7:45-8:45 AM | Discussion #49982 | St. Francis of the Valley Church 600 S. La Canada Dr., Library | Mary Anne 393-0169 IR: Open | WC |
| WEDNESDAY 7:00-8:00PM | Literature Study # 37169 | St. Francis of the Valley Church 600 S. La Canada Dr., Library | Mary Anne 393-0169 IR: Open | WC |
| SATURDAY 9:00-10:15AM | Step and Tradition Study #34898 | St. Francis of the Valley Church 600 S. La Canada Dr., Library | Mary Anne 393-0169 IR: Open | WC |

SIERRA VISTA

| | | | | |
|----------------------------------|---------------------------------|--|--|----|
| MONDAY 7:00-8:00PM | MONDAY NIGHT MIRACLES #17537 | Church of Christ 815 El Camino Real- -Classroom 9 | IR: Linda C. 520-803-8118 | WC |
| THURSDAY 6:30-7:30PM | NEWCOMERS #39367 | Church of Christ 815 El Camino Real, Classroom 9 | Marilyn 520- 417-1645 IR: Murrell B. 520-459-3970 | WC |
| SATURDAY 10:00-11:00AM | Discussion #40592 | Church of Christ 815 El Camino Real, Classroom 3 | Jan F. 520- 452-0093 IR: Same | WC |

BENSON

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|-------------------------------|---------------------------|---|---|----|
| TUESDAY 4:00-5:00PM | Rotating Format #47074 | Sobriety House 225 E. 6 th Street | Darlyn R. 505-681-7478 IR: Peggy 520- 456 1676 | WC |
|-------------------------------|---------------------------|---|---|----|

YUMA

| | | | | |
|--|--|--|---|----|
| MONDAY through April 1:00 – 2:00PM | October #47822 | Gloria DeCristo Church 11273 E. 40 th Street | Connie O. 928-305-0682 | WC |
| TUESDAY 6:30-7:30 PM | Rotating Format #49443 Just for Today | Central Church of Christ 651 West 28 th St. | Lorraine 928-782-1305 IR: Lynn C. 928-503-1229 | WC |
| THURSDAY 12:00-1:00 PM | #00520 | Central Church of Christ 651 West 28 th St. | Contact: Lorraine 928-782-1305 | |

IR=Intergroup Representative

WC=Wheel Chair Accessible

***No parking fees at UMC on Saturdays

*In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume.

WEBSITES: OA World Service: www.oa.org

OA Region 3: www.oaregion3.org/

SOUTHERN ARIZONA (SEAZOA) Home Page: <http://www.oasouthernaz.org/>

MEETING LIST CHANGES: Changes/corrections to meeting information: Please email Susan C. at: AssuntaFCC52895@aol.com or send changes to Susan Crinage, PO Box 13391, Tucson, AZ 85732

SOUTHEASTERN ARIZONA INTERGROUP #09078

Overeaters Anonymous

P.O. Box 43221--- Tucson, AZ 85733-3221--- (520) 733-0880

SE AZ 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: Janis 325-4441
Vice Chair: Marilyn 520-417-1645
Secretary: Karen S. 298-1975
Treasurer: Meg R. 546-1168
Delegate (1): Beth M. 577-8745
Delegate (2): Roni B. 269-1025

Committee Chairs

PIPO Contacts: Meg R. 546-1168
Meeting List: Susan C. 747-5018
Newsletter: Peggy P. 520-456-1676
Special Events: Open
Tape Library/Lifeline: Open
Telephone: Felice G 891-8900
IR Trainer: Chris N. 721-1085 or 661-1991
12th Step Within: Neva S. 877-8420