

DESERT RECOVERY

www.oasouthernaz.org

June/July 2008

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

UPCOMING OA EVENTS

■ **June 26, 2008**

Back-to-Basics Workshop,
Church of Christ, 815 El Camino
Real, Sierra Vista, first in a five-
week series.

■ **September 19-21, 2008**

SEAZ Intergroup to host **Region III
Convention & Assembly, in
Tucson, AZ.** Sheraton Tucson
Hotel and Suites, 5151 E. Grant
Rd., west of or next to TMC
campus. Call Marilyn B., 520-417-
1645 or Karen S., 520-298-1975 to
volunteer for a committee or to get
more information.

■ **Get your events listed in *Desert
Recovery!*** E-mail Peggy at
desertrecovery@hughes.net or call
420-456-1676

NUGGETS OF WISDOM

- Whatever I resist will persist.
- Shame is thinking, "I am a mistake." Guilt is thinking, "I made a mistake." Humility is thinking, "God can take this mistake from me."

Intergroup in Action

What a year this is! Our Southeastern Arizona Intergroup is going wild with great events and you can join one, some, or all of them. There is something for everyone. Two five-week Back to Basics meetings have been completed over the last three months. ***The next series of meetings will take place in Sierra Vista starting June 26.*** What a great way to work the 12 Steps! And then Intergroup will be hosting the 2008 Region III Fall Assembly and Convention in Tucson, September 19-21. There will be great OA speakers, workshops, entertainment, and wonderful fellowship---all for you to enjoy!

After that comes our ***annual October Retreat*** at the Holy Trinity Monastery in St David. This will be our fifth year in a row that we will be regrouping and refreshing ourselves with program and fellowship at the monastery. ***The theme this year is Acceptance*** and we plan to have fun and re-energize at this beautiful, peaceful location from October 24-26.

Still not enough to keep you interested? We have on-going meetings all over southeast Arizona and in Yuma, monthly Intergroup meetings, our very own local website, and plenty of opportunities to meet with other OAers to share our experience, strength and hope. Please join us. You will be glad you did! Our website at www.oasouthernaz.org has more info about all of the events mentioned here. Check it out!

Janis R., Intergroup chair

Time Is Flying!

"A Climate for Change" (no, not global warming) is the theme of the Region III Fall Assembly and Convention to be held September 19-21 in Tucson at the Sheraton Tucson Hotel, 5151 E. Grant Rd. **The deadline for the special hotel rate is August 18, and the deadline for the "early bird" registration is August 31.** After that date the registration package increases by \$10.00, so time is flying!

This will be a very special convention for the southern Arizona area because the Region Chairman's Committee (RCC) and the Trustee Liaison to the RCC will be holding their meeting here. For the past several years, the RCC has chosen to meet at a regional assembly. For 2008, our Region III Assembly site has been chosen for the meeting! According to our region chairman, Francine A., seven or eight of the ten region chairmen will be attending our assembly and convention. This is a huge honor for us.

All convention attendees will have the opportunity to hear the region chairmen, General Service Trustee Dodie H., Region III Trustee Wanda S., and General Service Trustee/Chairman of the Board of Trustees Kayla W., share their experience, strength and hope. Some of the Region Representatives from Utah, Nevada, Colorado, Texas, Oklahoma, and Arizona will also be speaking at the convention sessions. SEAZ Intergroup could never afford to bring that many speakers from out of state to a single event, so take advantage of this unique opportunity!

Registration forms are available at your local meetings and at our website, www.oasouthernaz.org. There will be many opportunities to practice the tool of "service." See you there!

Marilyn B., Intergroup co-chair

The Steps and Traditions in Action

Step Six---Were entirely ready to have God remove all these defects of character.

"Saying we are entirely ready and being entirely ready are two different things....some of us act as if it is up to us to remove our shortcomings...it will be up to a power greater than ourselves to remove them from us."

Step Seven---Humbly asked Him to remove our shortcomings.

Many of us confused humility with humiliation or low self-esteem....humility is an awareness of who we really are today and a willingness to become all that we can be....only with God's help can we change."

The Twelve Steps and Traditions of Overeaters Anonymous, pages 53-55.

Tradition Six-----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.

"Many enterprises are worthwhile... but they divert us... from carrying our message to others."

Tradition Seven---Every OA group out to be fully self-supporting, declining outside contributions.

"If we accept free gifts from outsiders...or members...we become less than free ourselves."

The Twelve Steps and Traditions of Overeaters Anonymous, pages 161-162.

Recovery---Hot or Not?

Summer is upon us, with temperatures sometimes breaking records. ***That doesn't mean you have to break your abstinence when temptations peculiar to the season confront you.*** Draw the drapes to keep the house cool, but don't isolate yourself behind them. Make at least one outreach call when you're home alone. And resist the urge to use the fridge door as an open-air fan when you're hot to take an inventory of the contents. Reach in only for what you need and then get out. Keep it stocked with healthy fruits and vegetables readily available now. Keep hydrated, but stay away from those sweet or fizzy drinks that can sabotage your meal plan.

July 4th we observe our country's independence but don't use it as an excuse to celebrate with tempting food. Enjoy the company of family and friends, but plan your part in the event. Bringing a healthy dish to share ensures sticking to your meal plan. If dessert is served, choose fruit, or take a walk until the meal is done. If the only entertainment seems to be a gossip fest around a food-laden table, organize a sporting activity/game/nature walk or find a shady spot to rest. ***The only things exploding should be the fireworks, not your program and not your abstinence!*** With a little planning, your recovery can be the hottest thing in your life this summer.

P.L.C.

Finding the Miracle

Today I know my Higher Power wants me to be Happy, Joyous and Free. In OA, I have found that no matter what is happening in my life or with those around me, ***I can be at peace.*** Before OA nothing could fill me up, give me peace or bring me freedom from the obsession to kill myself in food. What changed? ***I found the miracle that lies in the steps of this program.*** As long as there is a compulsion in my life, then there is a step I need to work. The OA program is simple, but not easy. My experience, strength and hope remind me of some of the footwork I must do on a regular basis.

- Get a sponsor and stay in frequent touch.
- Work the steps **NOW!** Be honest and rigorous as I work each one.
- Go to as many meetings as possible, three a week is a realistic goal.
- Make at least one outreach call every day.
- Get into service. Ask my Higher Power for direction if I am unsure what to do.

And remember, OA WORKS! But only if I work it.

Reprinted from *Lifeline*

OA MEETING LIST – JUNE 2008

<http://www.oasouthernaz.org/>

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 Sue D. 401-1978	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	GOING SANE (Big Book Study/ Speaker 1 st Monday) #39507	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	FAR EAST ABSTINENCE / STEP STUDY #40522	Immanuel Presbyterian Church, 9252 E. 22 nd Street, Room Three (E. side complex)	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	NORTHWEST TENDER SOLUTIONS #40963 (Literature Study/ Sharing)	Dove of Peace Lutheran Church 665 W. Roller Coaster Road (just west of Oracle Road)	Neva 877-8420 IR: Open	WC
6:00-7:00 PM	KEEP IT SIMPLE STEP STUDY (K.I.S.S.S.) #45767	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
7:00-8:00 PM	Tucson's 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	Betty D. 690-1441 IR: Patricia P. 744-6675	
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>Beverages only</i>
5:30-6:30PM #49188	VOICES OF RECOVERY Leader's Choice Literature Meeting	St. Thomas More Newman Center LIBRARY 1615 E. 2 nd St. (corner of Cherry & 2nd) Park & Enter from rear	Andrea M. 749-6789 IR: Open	WC
THURSDAY				
10:30-10:45AM 10:45-11:45AM	NEWCOMERS MEETING SEEKING THE SPIRITUAL PATH- ORO VALLEY BIG BOOK STUDY MEETING	Oro Valley Urgent Care Conference Room across from Community Education Room 13101 N. Oracle Rd.	Pam 297-4704 IR: Neva S.877-8420	
5:30-6:30PM	OVER & UNDER MEETING Format: Lifeline/Discussion Open OA Meeting	St. Francis Cabrini Church Education Bldg.Rm#3 (EAST OF THE CHURCH) 3201 E.Presidio-E.of Country Club, S of Ft.Lowell	Beth M. 577-8745 or Cell #349-0810	WC
7:00-8:00 PM	BIG BOOK STUDY #47942	Immanuel Presbyterian Church, 9252 E. 22 nd Street, Room Five (E. side complex)	Meg 546-1168 Donna 749-6657 IR: Open	WC
7:30-8:30PM	JUST FOR TODAY #27843	St. Andrew's Church 7600 N. Paseo Del Norte Park on North side; take elevator to basement.	Donna S. 408-8198 IR: Open	WC Fragrance-free*
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	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)	Lana 797-7439 IR: Eileen T 975-5480	WC
SATURDAY				
9:00-10:00AM	FAR EAST SATURDAY GROUP (Varied Format) #45696	Immanuel Presbyterian Church, 9252 E. 22 nd Street, Room Five (E. side complex)	Meg 546-1168 Joanne B. IR 520-762-9576 Or 520-271-5060	WC
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: Open	WC Parking* **

OUT OF TOWN OA MEETINGS JUNE 2008

GREEN VALLEY

TUESDAY 7:45 AM-8:45 AM	#49982	St. Francis of the Valley Episcopal 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 Episcopal 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 Episcopal Church 600 S. La Canada Dr., Library	Mary Anne 393-0169: IR: Open	WC

SIERRA VISTA

MONDAY 7:00-8:00 PM	Literature #17537	Church of Christ 815 El Camino Real, Classroom Nine	IR: Linda C. (520) 803-8118	
THURSDAY 6:30-7:30PM	NEWCOMERS #39367	Church of Christ 815 El Camino Real, Classroom Nine	Marilyn (520) 417-1645 IR: Murreyelle B. (520) 459-3970	WC
SATURDAY 10:00-11:00AM	Discussion #40592	Church of Christ 815 El Camino Real, Classroom Three	Jan F. (520) 452-0093 IR: Jan F. (520) 452-0093	WC

BENSON

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

YUMA

MONDAY 1:00 – 2:00PM	YEAR ROUND #47822	Gloria DeCristo Church 11273 E. 40 th Street	Contact: Connie O. (Away till October) (928) 305-0682	WC
TUESDAY 5:30-6:30 PM	*new start time* Rotating Format #49443 Just for Today	Central Church of Christ 651 West 28 th St.	Contact: Lorraine 1-928-782- 1305 IR: Lynn C 1-928- 503-1229	WC

NOTES 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://ww.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 B. 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: Ellen K. 798-3478
IR Trainer: Chris N. 721-1085 or 661-1991
12th Step Within: Neva S. 877-8420