

# DESERT RECOVERY

May – June 2010

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

## NEW MEETING GOING ON NOW!

### 'SOLO POR HOY'

Spanish Speaking  
Weds. 5:30 – 6:30  
969 Country Club Dr,  
Nogales Arizona  
INFO: Ros V. (520) 394-2148

## COMING EVENTS:

### For Details go to:

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

July 30-Aug. 1, 2010  
Big Book Study Weekend  
Sheraton Four Points

Aug. 13-15, 2010  
Region 3 Convention  
Tempe, AZ

Aug.14-Nov. 13, 14-Week Step  
Study Covenant Church

## Desert Recovery Newsletter

- 1) Deadline for next issue is July 1, 2010
- 2) Submit an article or send a synopsis of your event with a graphic if you like
- 3) Receive the newsletter by email.

### Contact Beth M. at:

[newsletter@oasouthernaz.org](mailto:newsletter@oasouthernaz.org)

## EXPECT A MIRACLE!

If someone had told me that eating three meals a day could change my life I would have thought they were crazy. In fact, when several people told me it had changed their lives I cast a cynical eye at them and thought, "This is nuts."

But I was desperate. My life wasn't working. I was Newly divorced, increasingly depressed and facing a future I felt sure would be filled only with loneliness. I had been brought me to my knees. 'What now God?' I asked him. In a letter in which I pled my case to Him, I justified all of my anger and questioned his loyalty to me. "Do you even love me God? If so, you know where to find me!" I signed off in a huff. Shortly after, I was introduced to OA. The honesty and vulnerability their members displayed simply humbled me. It seemed as if God did love me because here He was in these rooms talking to me, holding my hand, and offering me a tissue when all I could do was cry.

I recognized immediately that my obsession with food was merely a symptom of a much larger problem - the problem of me. Someone wisely said, "Wherever you go, there you are." Painfully true. Food was the vehicle I used to run away from myself, to hide from my fears and my past mistakes. I couldn't live with them, so I had to stuff them down, way down. But I couldn't hide the consequences. My bulging body revealed my emotional insecurities, and the mess I had made in my attempts to exist on self-will alone.

Once I removed the food from the equation, a channel was opened wide enough for God to enter. "Now we can talk," God whispered to me and He is using my sponsor to guide me through the steps, a sponsor I thank God for everyday. He knew who to send my way. I am only half way through but have witnessed miracles and changes in my attitude that I never could have foreseen, just as the Big Book promises. It is so much simpler God's way; I wonder why I ever resisted. Of course, simple does not mean easy. The temptation to overeat is always there, it seems embedded in our society and glorified in every birthday, holiday, and job promotion. But my abstinence is precious to me and vital to my recovery – all of my newfound self esteem and self discovery is bound to it so I treat it as gently and lovingly as I would a newborn baby.

Three meals a day, life in between, who would have thunk it? Thank God OA did.

~Mary M.

## DEVELOPING A "CHILDISH FAITH"...

One of my most troubling character defects is negative thinking. It is that old feeling of impending doom - when will the other shoe drop? I tend to have the cynical attitude that everyone has ulterior motives - of course, I seldom look at my own. All of this is triggered by self centered fear and a perfectionistic attitude that leaves me falling short of "my" goals, no matter how hard I work.

Thank goodness, and my Higher Power, that I regularly attend Big Book study meetings and Step study meetings. These are the places where I gain insight and hope that I pray will one day lead me out of the dark morass that I create for myself into the "sunlight of the Spirit". In recent weeks, information from a variety of resources conspired to nudge me a little further along the path to recovery.

The Big Book pp. 52-53 reminds me of the Wright brothers' experience in creating a machine that could fly in the face of almost universal criticism and skepticism. It talks about the need we addicts have to develop something called "God sufficiency".

The book Overeaters Anonymous, 2nd edition, contains a story "The Atheist Who Made a Ziff" that reminds me that when I don't have faith that this program is working, I need to "act as if". Even though I believe in a Higher Power, I have to admit that there is sometimes not a lot of evidence of that in the way I live.

And, I heard an interview with a scientist who revealed results of a scientific study that proves "we create our own emotions" to a very large extent.

This all conspires to tell me that I am not "help" less - there is a Power greater than myself at work in my life - BUT, I am not completely powerless either. There is footwork to be done.

What is my solution?

- Keep going to those book study meetings!!!
- Actually call, email, and meet with my sponsor and get honest about my feelings. When I keep them to myself, I suffer and my disease grows stronger.
- Take note of the negative feelings when they come up and ask myself if I really do have a choice. Then, get out of myself and do something for someone else. It's surprising how much that helps me make the shift toward emotional sobriety.
- Spend more time in prayer and meditation. One thing that really helps me is simply to get outside and work in the garden by myself. It gives me a chance to think through what's going on in my life and talk to HP about it.
- Do more writing when troubling emotions come up. Sometimes the writing alone relieves me of the pain. Other times it leads me to that all important contact with my sponsor or even to the "next right thing".
- Stay abstinent - no matter what. Just don't take that next compulsive bite - and in my case, refrain from any other self destructive behavior my disease might suggest.

I have been told that we are all "spiritual beings having a human experience", and it is a wild ride at times. I have to take it one day at a time. I need to remain teachable. I am grateful that OA is there to give me "Good Orderly Direction."

Thanks,

Neva

## ABSTINENCE ON THE ROAD!

We are currently on the road, from Sat. 5/1/10 - Sunday 5/16/10. How do I work my program while I'm on vacation: Actually better than I do at home. I try harder, pray more, and think before I eat. I'm not sure why, but for me, at least so far on this trip I am working especially hard on my sobriety around food. What actions am I taking?

I have my favorite day at a time book "voices of Recovery" with me and my little daily diary. In it I say Just for this Day I....then I write what my heart tells me to write. Right now I am working especially hard on "relieve me from the bondage of self..." at this point in my journey of recovery that phrase says it all. It encompasses surrender and sobriety and sanity. I also write who I'm praying for that day, what my gratitudes are and I finish with the reminder to myself that I am God's own artistic creation and I deserve and am worth all the work I am doing.

I also have with me the OA 12 x 12, and my notebook. I am currently doing my 4th step inventory, for the 2nd time, and I am answering a question a day. That is the commitment I made with my sponsor and I know that I cannot take a vacation from this effort. I am also calling in my food after each meal to a friend from my home group. It has helped tremendously.

So far, I am clean and sober and surprise, surprise, I am having the best vacation ever.



Hugs and love.... MMM

## GETTING HONEST

As I am approaching my two year mark of abstinence and maintaining a triple digit weight loss, I've been frustrated by never having achieved "goal weight" because my weight hadn't budged in quite a while. I had turned over my food and weight to Higher Power, believing I just needed to keep doing the work. So I worked! I kept working the steps, gave service, worked with my sponsor and sponsees, and used the tools. Slowly, though, I began to believe and accept that this was the weight I was destined to be at, even though it was about 30 pounds more than I would like.

After a conversation with a sponsee, however, I began to ask myself the same questions I asked her.

My answers were startling. I was comfortable with the amount of food I was eating. I no longer weighed and measured those foods I ate often and when I began again, the portion sizes had slowly crept up. Just a little bit, but enough that it made a difference. My daily exercise, which had been consistently done, was now sporadic and not at the intensity level it once was.

I was asking Higher Power for help, but I wasn't doing all of the work. After much prayer and discussion with my sponsor, I began to weigh and measure all of my food again and I began to exercise daily, slowly working up to the intensity level I was at before.

It has been 13 days, and although I don't know if have lost any weight (because I only weigh in monthly); I'm already finding my pants sliding a little too low!

Frustrated at the realization that I had actually been complacent when I believed I was working so hard, I remembered several things: progress not perfection; to periodically look at all aspects of my program; and, more is always revealed. I'm so grateful to this program and what I learn from the experience and strength of those in the Fellowship.

~Anonymous

## ABSTINENCE

Abstinence to me is the will to be free

Free to grow

Free to live

Free to soar

And a whole lot more

Abstinence to me is the desire to feel

Feel the love

Feel the pain

Feel the food without the gain

Abstinence to me is the courage to be

Being a sponsor

Being a friend

Being with God whose love never ends

Abstinence is sanity

Self-love that is true

Freedom and courage

But most of all, you.

~Sally H.



**JUNTAS Español:** Miercoles 5:30pm  
St Andrew's Episcopal Church Patagonia  
Community Church  
969 W Country Club, Nogales

### ¿ES LA COMIDA UN PROBLEMA PARA TI?

*o tienes hambre? | ¿Continuas con atracones de comida? | ¿Tu peso afecta tu vida?*

COMEDORES COMPULSIVOS ANONIMOS (OVEREATERS ANONYMOUS)

***Sin cuotas, sin pesarte, sin dietas, somos una agrupación***

**Contacto Ros: (520) 668-5950**

[www.comedorescompulsivos.mx.org](http://www.comedorescompulsivos.mx.org) o <http://www.oasouthernaz.org/>

<http://www.oasouthernaz.org/>**OA MEETING LIST – MAY/JUNE 2010****SUNDAY**

11:00-12:00 PM	MIRACLES HAPPEN Literature Varied Format #23957	4180 W. Sweetwater Dr. <b>Look for OA signs</b>	Sally H. 429-5318 IR: Sally H. 429-5318	WC
5:30-6:30 PM	SUNDAY VARIED FORMAT Varied Format #45377	Streams In The Desert Lutheran Church 5360 E. Pima, Class Rm. C in Fellowship Hall	Susan C. 747-5018 IR: OPEN	WC
5:30-6:30 PM	SEEKING THE POWER 11 <sup>TH</sup> STEP MEETING #49744	University Medical Center 1501 N. Campbell Rm. E/F at S end of Cafeteria	Janet G. 795-7492 or Andrea M 977-9980	WC

**MONDAY**

5:30-6:30PM	GOING SANE Big Book Study Speaker 1 <sup>st</sup> Monday #39507	First United Methodist Church 915 E. 4 <sup>th</sup> St. Carillon Room (4 <sup>th</sup> & Park) Park behind church, enter lot from 4 <sup>th</sup> Street	Felice G. 891-8900 IR: Robert K. 914-980-3044	WC
7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Abounding Grace Church, 2450 S Kolb Rd N. of Golf Links on W. side	Michelle T. 784-3597 IR: Emily R. 490-1409	WC

**TUESDAY**

10:30-11:30 AM	RECOVERY #3 0601	Posada Del Sol 2250 N. Craycroft Park at Safeway	Judith H. 323-9845 IR: Pam T. 331-2107	Fragrance-free* WC
10:45-12 Noon	NW TENDER SOLUTIONS OA 12 & 12/ Sharing #40963	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd. West of Oracle Rd.	Neva S. 877-8420 IR: Paul M. 471-8265	WC
5:30 –6:30 PM	HAPPY, JOYOUS, AND FREE Big Book Study #00708	4180 W. Sweetwater Dr. <b>Look for OA signs</b>	Roni B. 269-1025 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 Multi-purpose Rm (2 <sup>nd</sup> Fl.)	Becki 908-6495 IR: Open	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**

7:30-8:30 AM	GOING TO ANY LENGTHS Big Book Study	St. Frances Cabrini Church, 3201 E. Presidio Education Bldg. Rm. 3 (East of the church)	Wendy A. 955-0710 IR: Open	
10:00-11:00 AM	UNDERSTANDING HEARTS Open Discussion –NW side #46884	Christ the King Episcopal Church 2800 W. Ina Road Library (Ground Floor)	Betty D. 690-1441 IR: Open	
11:30-12:30PM	WELCOME HOME #04330 Sharing	Streams In The Desert Lutheran Church 5360 E. Pima, Ginsler Hall S. Side of Church	Sue L. 885-2861 IR: Barbara M 327-2709	Beverage only
5:30-6:30PM	VOICES OF RECOVERY Leader's Choice Literature #49188	St. Thomas More Newman Center Library 1615 E. 2 <sup>nd</sup> St. Cherry & 2 <sup>nd</sup> Park & enter from rear	Andrea M 977-9980 IR: Magda K. 331-5726	

**THURSDAY**

ORO VALLEY 10:30-10:45AM 10:45-11:45AM	SEEKING THE SPIRITUAL PATH NEWCOMERS MEETING BIG BOOK STUDY MEETING #00439	Oro Valley Urgent Care 13101 N. Oracle Rd. Conf. Room, across from Com. Ed. Rm.	Pam 297-4704 IR: Nan B. 825-3867	
5:30-6:30 PM	OVER AND UNDER MEETING Lifeline/Discussion #50226	St. Frances Cabrini Church 3201 E. Presidio Ed. Bldg., Rm.3 (E. of church)	Beth M. 577-8745 or 349-0810 IR: Jocelyne W. 982-0556	WC
7:00-8:00PM	BIG BOOK STUDY #47942	Abounding Grace Church, 2450 S Kolb Rd N. of Golf Links on W. side	Meg R. 546-1168 IR: Mary M. 248-6480	WC

**FRIDAY**

7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church 3201 E. Presidio Ed. Bldg., Rm.3 (E. of church)	Janet G. 795-7492 IR: OPEN	
10:30-11:30AM	LIVING IN THE SOLUTION Sharing #14251	Streams In The Desert Lutheran Church 5360 E. Pima, Class Room A in Fellowship Hall	Esther M. 320-1599 IR: Deb B. 885-0249	Fragrance-free*

**SATURDAY**

9:00-10:00AM	FAR EAST SATURDAY GROUP Varied Format #45696	Eastside Evangelical Covenant Church 551 N Camino Seco (North of Broadway)	Meg R. 546-1168 IR: Wendy A. 955-0710	WC
9:00-10:15 AM	Saturday morning Study group #12117	University Medical Center 1501 N. Campbell Room C/D at S. end of Cafeteria	Michelle 219-9574 IR: Roger S. 877-8420	WC Parking**



**OUT OF TOWN OA MEETINGS – MAY/JUNE 2010**

GREEN VALLEY						
<b>TUESDAY</b> 7:45-8:45 AM	Discussion #49982	St. Francis of the Valley Church <b>600 S. La Canada Dr</b>	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
<b>WEDNESDAY</b> 7:00-8:00PM	Literature Study #37169	St. Francis of the Valley Church <b>600 S. La Canada Dr</b>	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
<b>SATURDAY</b> 9:00-10:15AM	Step and Tradition Study #34898	St. Francis of the Valley Church <b>600 S. La Canada Dr</b>	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
SIERRA VISTA						
<b>MONDAY</b> 7-8pm	Monday Night Miracles #17537	Church of Christ <b>815 El Camino Real</b>	Room 3	Leslie IR: Jan F.	378-4238 678-0369	WC
<b>THURSDAY</b> 6:30-7:30PM	Newcomers #39367	Church of Christ <b>815 El Camino Real</b>	Room 3	Marilyn IR: Marilyn	417-1645 417-1645	WC
<b>SATURDAY</b> 11:00AM-12:00PM	Discussion #40592	Church of Christ <b>815 El Camino Real</b>	Room 3	Jan F. IR: Alt. Jan F.	678-0369 678-0369	WC
PATAGONIA						
<b>TUESDAY</b> 6:30-7:30PM	Patagonia Tues. OA Varied Format	United Methodist Church <b>387 McKeown Ave</b>		IR: Ros V.	520-668-5950	
NOGALES						
<b>WEDNESDAY</b> 5:30-6:30PM	Solo por Hoy Spanish/Varied Format	<b>969 W. Country Club Drive</b> Nogales, AZ 85621		Ros V.	520-668-5950	Spanish speaking
BENSON						
<b>TUESDAY</b> 4:00-5:00PM	Rotating Format #47074	Sobriety House <b>225 E. 6<sup>th</sup> Street</b>		Peggy IR: Darlyn R.	520-456-1676 505-681-7478	WC
YUMA						
<b>MONDAY</b> 1:00 – 2:00PM	<b>October thru April Only</b> #47822	Gloria DeCristo Church <b>11273 E. 40th Street</b>		Connie O. IR: Connie O.	928-305-0682	XX
<b>TUESDAY</b> 6:30-7:30 PM	Just for Today Rotating Format #49443	Central Church of Christ <b>651 West 28th St.</b>		Lorraine IR: Lynn C.	928-782-1305 928-503-1229	WC
<b>THURSDAY</b> 12:00-1:00 PM	#00520	Central Church of Christ <b>651 West 28th St.</b>		Lorraine IR: Open	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.  
 XX=no summer meetings

**MEETING LIST CHANGES:** Please email Nan B. at: [nbadgett@earthlink.net](mailto:nbadgett@earthlink.net)  
 SOUTHEASTERN ARIZONA INTERGROUP #09078 | OVEREATERS ANONYMOUS | (520) 733-0880

**INTERGROUP** meets the 3<sup>rd</sup> Saturday of each month, 10:45AM, St. James Methodist Church, 3255 N. Campbell Ave., Tucson

OFFICERS			COMMITTEE CHAIRS		
Chair:	Neva S.	520-877-420	PI/PO	Janet G.	520-795-7492
Vice Chair	Adair L.	520-743-1582	Meeting List	Nan B.	520-825-3867
Secretary	Claudia P.	520-829-6968	Newsletter	Beth M.	520-349-0810
Treasurer	Rhonda S.	520-370-5100	Special Events	Marj M.	520-248-9043
Sr. Delegate	Janis R.	520-325-4441	Library/Lifeline	Emily R.-S.	520-490-1409
Jr. Delegate	Joanne B.	520-762-9576	IR Trainer	Chris N.	520-721-185
			Telephone	Lauren M.	520-241-3616
			12 <sup>th</sup> Step Within	Michelle S.	520-604-6811
			Website	Roger S.	520-877-8420