



# Desert Recovery

February  
2015

NEW YEAR – NEW BEGINNINGS

## OA RECOVERY IS A LOT LIKE REHAB

**“Nothing is more desirable than to be released from an affliction, but nothing is more frightening than to be divested of a crutch.” James Baldwin**

This giving up the crutch resonates with me because I have had to do that, both literally and figuratively. Having been unable to walk for several months when I broke my leg some years ago, I looked forward to the time when I could rise from my wheel chair and take steps with the aid of a walker and then a crutch or cane and then only on the power of my two feet. It happened, but not overnight, and not without a few setbacks and some pain and a lot of work by me.

I equate this food disease the same way...it held me powerless until I realized I had to learn a new way to deal with food and not stay resigned to remaining forever in the wheelchair of my addiction. I equate the steps of program with rehab...there is a plan I need to follow and exercises done to strengthen my muscles and my recovery. When I was strong enough I took baby steps to begin walking thru the steps of the program and, ultimately, to let go of the crutches that kept me tied to this addiction. Now, as I continue working the 12 Steps I seek to find "a new freedom and a new happiness" as mentioned in the Promises.

But whatever recovery I have achieved is not complete, not at an end, and this disease is certainly not cured. To remain standing on my own two feet, physically, and in this program, I must continue exercising and following a new plan of living.....so I don't have to use a cane or walker again, or, even worse, relapse back to a wheelchair in this addiction. I must periodically consult a doctor or Higher Power and perhaps get new orders, new exercises to keep my muscles toned and my legs working to the best of their ability. My physical therapist or sponsor can guide these things, but I must continue to put in the effort every day.

There is a quote from Isaiah 40:31 which says “Where those who hope in the Lord will renew their strength,,, they shall soar on wings like eagles,,,they will run and not grow weary...they will walk and not be faint.” This quote reminded me of one of my favorite films, "Chariots of Fire," about a Scottish missionary competing in the Olympics as a sprinter. Whatever obstacles he encountered he never gave up, he realized his athletic prowess was a gift that could inspire others, so he just kept running for God and not personal glory. He used that reference to soaring eagles to demonstrate to others struggling with their faith that with God all things are possible.....wonderful movie with great scenery and an even more powerful message.

I also know, for sure, that my struggles toward recovery can only be achieved with and through God. Every day I run some kind of race, usually related to food, and I often win.....more now than I used to. But when I find myself stumbling or even face down in the dirt, there's always a hand out-stretched to steady me or to help me up. It's that assurance, that faith of the hand always being there, that keeps me in “OA rehab” or out on the track of my life in recovery every day.

I hope you find the same blessing, wherever you are in the steps of your life and recovery.

Peggy P.

## **AN ANSWERED PRAYER**

*I lit a candle as I started to pray,  
Hoping the light would show me the way.*

*The flame was blue, orange and white.  
I prayed to God to make things right.*

*He whispered softly in my ear,  
The living words I needed to hear.*

*"Follow the light, be true to yourself.  
Take your feelings off the shelf.*

*"Feel the love I send your way.  
Keep it simple and stay in today.*

*"Walk through the pain that enters your head.  
Trust the words that you have read.*

*"Twelve Steps are the answer I have given to you.  
Walk toward recovery as they tell you to do.*

*"Don't be afraid; I am at your side.  
Walk through the struggles; there's no free ride.*

*"One day you'll realize how special your are,  
How I've held you close and carried you far.*

*"I am the light and the love you feel.  
Soon you'll realize that I am real.*

*"You are a miracle and you are enough.  
Hang in there, child, no matter how tough.*

*"I have always loved you, and I always will  
And I'll talk to you when you are still.*

*"Listen carefully to the words I say  
And I will teach you how to pray.*

*"Remember each day you have a choice,  
To wallow in pity or learn to rejoice.*

*"You are exactly what you need to be.  
Trust your feelings and trust in Me."*

*I blew out the candle and watched the flame die.  
I sat there in silence and started to cry.*

*They were tears of joy, and I was happy with that.  
I know life is not about losing the fat.*

*The purpose of life is to give love free,  
And I know that I must start with me.*

*Reprinted from  
K.H., "Lifeline," March/April, 2009*

# The Prayer On The Coin

GOD GRANT  
ME THE SERENITY  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
COURAGE TO CHANGE  
THE THINGS I CAN  
AND WISDOM TO  
KNOW THE  
DIFFERENCE.

**God grant...** *A grant is a gift with strings attached.*

**Me the Serenity.....** *the gift I am asking for.*

**To accept the things.....** *the strings attached... I must do the work of accepting the things I cannot change.*

**I cannot change.....** *which are, by the way, just about everything outside of me, including the results of my own words and actions.*

**Courage to change.....** *how many times have I turned down this gift, because I was too afraid to do or say what was needed?*

**The things I can,.....** *for the most part, what I have the ability to change are my own words and actions, sometimes my thoughts (but, I'm not always as successful with that)...*

**And wisdom to.....** *I have finally accepted this gift to some extent, but it wasn't easy...*

**Know the.....** *learning the difference between what I could change and what I couldn't...*

**Difference.....** *and letting go of the results too? Thy will, not mine, be done.*

Neva



## NEW YEAR AND NEW BEGINNINGS

There's new beginnings when it comes to the year or with a new job. I've had both this year. I'm going back to work after 12 years at home. There's a lot of adjustments to be made. I'm grateful for the opportunity to go back to work and to be able to enjoy doing what I am doing.

I realize there's also new beginnings when it comes to a food plan or a change in my schedule. It's tempting to think that there will be no more changes to have to adjust to, but that's not realistic, I realize that now.

It's interesting to me, that when you diet and you reach some kind of a plateau; that this is/has been an unwelcome new beginning. I believe that I've reached some kind of plateau with my food, I am NOT feeling as tempted as I used to be, I'm not feeling the necessity for extra food. It's like **I've reached a new layer or level of abstinence.**

Once I became willing to see that I was eating more than I needed, and willing to only eat the very minimum needed, it was an opportunity to choose a different path. It was a new revelation for me that I had been stuffing myself at dinner. **I came to see that I had an unrealized fear of being hungry.** Subconsciously, I thought I had to stock up at night, so that I could make it to breakfast the next morning, without starving. I was afraid of starving, afraid of being over hungry, afraid of being without. I had over compensated, protecting myself from starvation by stuffing myself with food.

Today, **I don't have to stay in those feelings;** I can trust God, my Higher Power, to provide just enough of what I need. When I trust God, I am amazed to see how little I need to eat and still be content. God has blessed me with the desire to please Him, to trust Him, to not overeat and to be willing to ask Him for the desire to eat only what I need to survive.

**'Survive'** is an interesting word to because I used to think I needed to eat a great deal of food before the day was over, otherwise I'd be starving when I woke up. But I was never starving; I was never hungry at breakfast. I had been depriving myself of the pleasure of being hungry for breakfast.

Now, I'm able to be ready to eat and enjoy breakfast. Food has also become something that is necessary for life, instead of something that is thought of every minute of the day. **God has blessed me with abstinence that I never would have or could have imagined.**

Darlyn



# OA'S ANNUAL UNITY DAY

Saturday---February 28

*You Are NOT Alone Anymore*

St. Francis in the Valley Episcopal Church

600 S. La Canada Drive

Green Valley, AZ

10:30 a.m. - 3:30 p.m.

In the spirit of fellowship, please bring your lunch. Some refrigerator space available. A map of area restaurants will be provided for those who would rather eat out.

**Contacts: Marj (520) 248-9043  
or Mary Anne (520) 393-0169**



## SAVE THE DATES

Region 3 Spring Assembly in Galveston/Webster, TX,  
March 20-21

Region 3 Cruise and Convention, March 22-29, leaves  
from Galveston, TX and travels to Roatan, Honduras--  
---Belize City, Belize---Cozumel, Mexico

## A MESSAGE FROM OUR INTERGROUP CHAIR...

Welcome to a new year of service in OA. It is definitely true that service strengthens your recovery. I have heard many OA members say they were grateful for the service they took on as it kept them in the program. On January 17th, we held our first 2015 Intergroup meeting. Some of the groups were represented by Intergroup Reps, but many weren't. An Intergroup Rep's primary responsibility "is to represent your group at all Intergroup meetings, to act as a liaison between Intergroup and your group, and to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group."

Maybe you've already been an Intergroup Rep and you want to move on to other service positions. Email me and I will share with you all the wonders and excitement of doing service as a Committee Chair or even working on a committee. Your recovery program gets stronger with every day of recovery and service!

Janis R [janisroth@msn.com](mailto:janisroth@msn.com) SEAZ Intergroup Chair

## Step Two

*Came to believe that a Power greater than ourselves could restore us to sanity.*

### STEP TWO EXERCISE

Here is an exercise designed to analyze the words of Step Two and to deepen the understanding of it. The group recites the words of the step and a single voice says the meaning. This could also be adjusted to use on any other step.

#### GROUP SAYS

#### INDIVIDUAL RESPONDS

Came.....	Showed up
Came to.....	Woke up
Came to believe.....	Chose faith
Came to believe that.....	Looked around
Came to believe that a Power.....	Looked up
Came to believe that a Power greater.....	Saw/felt a Presence beyond
Came to believe that a Power greater than myself.....	It was big—great—IMMENSE
Came to believe that a Power greater than myself could.....	It was competent and capable
Came to believe that a Power greater ..... than myself could restore	With incredible ability to heal and renew
Came to believe that a Power greater..... than myself could restore me	The presence accepted my imperfections and loved me to wholeness
Came to believe that a Power greater ..... than myself could restore me to	Used my gift
Came to believe that a Power greater..... than myself could restore me to sanity	To accept a larger reality, including spirituality

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