



Coming in was a crossroads, staying in is the plan

First off, please allow me to introduce myself. I am the adult daughter of two alcoholics, I usually leap before I look, I don't always engage brain before putting mouth into gear, and I am often overlooked by people that don't know me. I am also a wife, a sister, a friend and a compulsive overeater. Here is my story.

There are a million reasons why any of us enter OA, but I have boiled them all down to one – Life. All of us have been hit in the face with life at least once. For me the reasons why I am in OA are not as important as making sure I stay in program.

When I lived in the “food fog” as I now call it, I didn't realize I had a problem at all. I wasn't overweight I was under tall, and if anyone told me to apply some willpower I would tell them that I had plenty of willpower it was won't power I needed. On August 26, 2010 I went to the doctor's office and right

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Looking Back

One OA member starts her new year with a grateful look at the past

I usually don't consider myself a sentimental person in any area except my children, but I do get a touch mawkish around the first of the year, as January first is my abstinence anniversary date.

I am always involuntarily taken back in mind to my beginnings in OA and the overweight, lost, frightened and overwhelmed woman I was so long ago. The yearly trip back is helpful because without it would be easy to forget her entirely. I am soooooo very different a person now I hardly recognize that woman.

My food fog was such that all I could feel at my early OA meetings was a sense that I was at ease there and wanted to go back. I remember thinking that even though the idea of a higher power helping me was so unbelievable, I knew somewhere inside that I was beyond human aid any more.

Then my numerous attempts at continuous abstinence showed me

what my future could very well be, flipping back and forth, abstinent, binging, abstinent, binging, etc. I saw many examples of that in the rooms of OA and still do. But what I wanted more than anything else in the world was the freedom back-to-back abstinence gave me from the food, and weight loss during the periods I was back-to-back. Freedom and weight loss, what a concept. With

“What I wanted more than anything else in the world was the freedom.”

the help of God and the steps, it could happen for a person like me, severely wounded, not exceptional in any way, one of life's defeated people.

I did everything the Big Book suggested and recovery did happen.

On 1/1/2011 I embrace 24 years of back to back 301 (three meals a day, nothing in between, one day at a time). Because some of those years had deserts at those meals, I will pick up a chip for 6 continuous years 301(no sugar) this

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To contribute to the newsletter or receive the newsletter by e-mail, contact Rae at newsletter@oasouthernaz.org or rstrozzo@gmail.com

Next Deadline: March 1

Events and Service Opportunities

Information Blitz!

PIPO is planning a public outreach blitz. For information or to help contact Joycelynne (520-982-0556) or Andrea M. (520-977-9980).

Food and Addiction Panel. Himmel Park Branch, Pima Public Library. Monday, Jan. 24, 6:30-8 p.m.

OA meeting at Amity.

Second Thursday of the Month at 7 p.m. This meeting is always looking

for volunteers to participate! Call John W. for more information! 520-971-9353

51st OA Birthday Celebration

Feb. 4-6 at the Radison Westside Hotel in Culver City, CA. Check the SEAZ web site events for more information.

Phoenix Annual Retreat

Feb. 4-6 at Spirit of the Desert Retreat Center. See the Phoenix Inter-

group web site for more information.

Unity Day

Saturday, Feb. 26
St. Francis Episcopal Church 600 S. La Canada Dr. Green Valley, AZ
Registration begins at 10:30 am. For more information call Marj at 520-248-9043

For more events and updates visit the SEAZ web site at <http://www.oasouthernaz.org>

Tool Time

Service keeps the fellowship going

The Big Book of Alcoholics Anonymous says that we keep our sobriety by helping newcomers; that we do good for ourselves when we do service for others.



My OA sponsor strongly suggested that I do service at meetings right away. I put out literature, set up chairs for meetings and helped put them away. After a month of abstinence, my sponsor told me that I was ready to lead a meeting. According to her, after six months of abstinence, I was ready to tell my story at a meeting.

I carried a key for a meeting for a year, despite constant trouble with the door's lock. When I was still new, I heard an announcement for a business meeting, and being curious, I went because I wanted to know how OA worked.

I felt hesitant and frightened at my sponsor's directions. Why did I do it? Because OA had changed my life, and I wanted the program to be around for others like me.

Sometimes it seems to me that the same members do all the work of the fellowship. Maybe it's daunting to think of being a group representative. But service doesn't have to appear big to be big. How about putting out literature or chairs at a meeting? Ask your sponsor if you are ready to do service.

I want OA around for the new people who need it. My service ensures my recovery and the possibility of the recovery of others. So maybe I'll see you at a business meeting!

**** Anonymous**

Image: hinnamsaisy / FreeDigitalPhotos.net

Stepping it up: Members and sponsors talk about things that help working steps one and two.

Step 1

From a Sponsor:

I ask my sponsees to tell me their story. By looking at their past behavior and circumstances, they get a view of when they have been powerless. It's a view they don't get unless they look at their own history. Some people write it down, and others just tell it to me. Even though writing is a good tool, for some people it's an obstacle. It makes little difference to me and it should make little difference to their program if they need to tell me as opposed to write it as long as they are doing the work.

**** Wendy**

From an OA member:

I try to stay in touch with step one in some way every day. The moment I forget that I'm powerless is the second I take back control. And lets face it, my control is what got me in program in the first place. As a part of my morning prayers, I say the first three steps. I also try to read step one in the 12 and 12 at least once a week.

**** Anonymous**

Step 2

From a Sponsor:

I have found that trust in a HP is gradual. I ceased fighting. I quit analyzing. I listened in meetings more than I talked, I held my food boundaries & I took direction. I pray the first three steps every morning some days on my knees, some days walking in my neighborhood, with the sun just coming up and the night sky turning into day. Out in nature, more than anywhere else, I feel the presence of a power greater than myself.

**** Anonymous**

From an OA member:

Working through the workbook around Step 2 really helped me. I had no idea that my self-will was a form of insanity. When I recognized that, I realized I really did need a power outside of myself to help me deal with my addiction.

**** Anonymous**

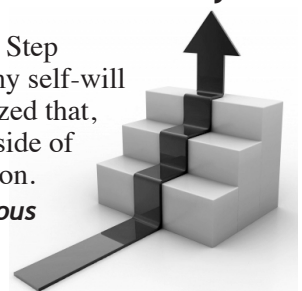


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“FAT”

Taking a closer look at the “F-word”

Fat ugly disgusting, nasty, unattractive.

Fat invisible, large, obese, whale, behemoth, unlikable, unlovable, shame, pain longing to be thin.

Fat fat is who I am.

Fat is where I live.

Even when I was thin I was fat – okay I was never thin. I was smaller but never thin... except once when I was hooked on heroin.

I felt...NOT FAT while I was dying but I thought I looked good while my life past before me.

Fat – I’ll say it first ...fat, fat, fat, fat saying over and over takes the sting out.

I’ll say it first so you can’t hurt me.

I know you say it in your thoughts.

Fat – Fat is NOT where it’s at... fat is CRAP!

Once I was in a meeting and a woman said that because I used the word fat in my share that I might have made someone feel unsafe.

I immediately felt unsafe. I felt shame and guilt.

She doesn’t know me.

But it took courage to say the thing she did.

So in respect of her opinion I

started thinking about this word fat.

My story includes fat.

I can’t police my every word.

I won’t apologize for my fat whether it’s the word I use or I’m wearing it.

Fat, fat, fat, fat, fat, fat

Fat protected me. Fat kept me safe. Fat gave me excuses for my failures and loneliness. Fat – I wear it like a glove.

Sometimes when I think of fat I think about those exhibits at some health fair.

Where some skinny person is sitting at a table hawking a new diet scheme.

She has one of those 5lb replicas of fat... plastic fat, a yellow, wrinkled blob of faux fat. I pick it up. It’s freaking heavy. Well, multiply this by 20 and underneath my skin suit lives the monster.

Fat moves independent of my muscles.

Fat enslaves tortures, imprisons smothers, encapsulates, and strangles my hopes and dreams.

Does my very utterance of my new F word scare you or create your pain?

Am I unthinking or uncaring for mentioning my word weapon, the one I use to hurt myself.

Come on, it’s true...I’m fat and even if I lose every single cell of adipose tissue from my body. I will always be the fat girl...THE LOSER!

She keeps you warm in the winter shady in the summertime, that’s what I like about that fat Sal of mine.

So, if I can’t say fat do I have to stop saying Skinny? Is skinny as offensive as fat?

Look - This is my process, and I need to process my fat. Where but in program could I process my fat? Where fat and spiritual journey go hand in hand.

Where but in program can my character defects and my mouth bring me closer to God?

Where but program am I willing to look at the dreaded low-life word that stings, explains, and judges?

Where but program would you achieve star status the more fat you lose?...Oh Paleese!

I love OA and today I have a new Fat word to use.

Today I will use the four letter F word:

F-A-A-T Fabulous- At- All -Times.

** Anonymous

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January first. I mention the 24 years just as an example that boundaries can be held, like sobriety, year after year. The boundaries are what enabled me to take sugar back out 6 years ago, lose the added weight and go on. I have maintained a 90lb loss. THANK YOU GOD AND OA!

** Michelle T.

Watch for this meeting change!

The Sunday 5:30 pm UMC meeting on Step 11 will meet this week (Jan. 16th) at Bentley’s House of Coffee and Tea (nearby on Speedway). We’ll hold a group conscience about what to do for the next few weeks. *Watch the SEAZ web site for further location updates!*

Crossroad continued from page 1

next to the scale was a poster for OA. I had seen it dozens of times before but for some reason this time I copied down the information. When I got home I looked up the web site on the computer, promptly decided that I did not have a problem and discarded the information from my brain. My husband came home and went to put something on my desk, saw the

these kids I heard a voice telling me I needed to go to the meeting. I have believed in God for awhile now, and argue with him on a regular basis. I told him no I did not want or need to go.

After arguing for a bit, and a phone call to the group's listed contact I found myself in the car and on the way, the whole time saying I did not need this. Once I got out of the car, I stood on the sidewalk with tears running down my face, knowing I was at a crossroads. The next person to drive up stopped as she was going by and

I went into that meeting, cried my way through it and even admitted out loud that I was a compulsive over eater. I never looked back.

slip of paper I had written the web site down on and asked me about it. I told him about it, that there was a meeting on Monday night and that it was not for me.

The following Monday morning as he was leaving for work he asked if I was going to attend the meeting that night, and I told him I didn't need to I was not a compulsive overeater. That evening around 6 o'clock I was flipping channels and came across a TV show "Too Fat For 15." As I was empathizing with

asked if I was going inside. I told her I was trying to. Then another lady and another until five wonderful ladies had surrounded me and all were saying the same thing, just come in and listen. You don't have to say anything and you can leave at anytime. I went into that meeting, cried my way through it and even admitted out loud that I was a compulsive overeater. I never looked back.

The next day one of the ladies gave me a call, and we talked for quite awhile. She was explain-

ing about sponsorship, and I flat out told her I wasn't giving up chocolate. God bless her all she said was, well we can revisit that later. I got a sponsor the following Saturday, got abstinent and chocolate was a non-issue because after attending several meetings in one week I knew it had to go. I have been abstinent ever since but always waiting for the other shoe to drop. Because in my world there is always another shoe and getting abstinent had been too easy. Some days I struggle but most I am just fine. I thank God for that because I can't do it, but He can.

I have made some wonderful friends, went to the retreat in October and made some more there. Along the way I have learned some wonderful things I would like to share: I don't have to believe everything I think; I am worthy of other people's time; This is a we program not a me program; Do the work and the results will come; Humility is not thinking less of yourself it is thinking of yourself less; Don't forget to close the back door; and my personal favorite – Thinking is not a tool.

**** Joyce**



12th Step Within Committee

The 12th Step Within Committee creates opportunities that help people already in OA to strengthen their program. Previous workshop topics have included sponsorship, relapse prevention, a 14-week step study, and the Big Book study weekend just to name a few.

This committee will be planning a Big Book weekend and an event around 12/12. The committee

also hopes to have two or three more workshops during the year.

The committee is a great opportunity for service and needs your help to make these workshops happen! Anyone interested in the committee should come to the first meeting. Prior to the first meeting, and during the year, any suggestions and ideas for programming are welcome and encouraged. Please contact Wendy at whascher@yahoo.com.

The first meeting of the 12th Step Within Committee will be Feb. 5 at 3 p.m. Please call Wendy for the location and directions. 520-955-0710.

Image: idea go / FreeDigitalPhotos.net

**Adopt a Library!
Help spread the word!**

The PIPO Committee is posting Cookie posters and information cards at each of the public libraries.

There are still libraries without posters.

Volunteer for this service opportunity!

**Call Janet G. for more information!
520-795-7492**

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www.oasouthernaz.org		OA MEETING LIST – JANUARY/FEBRUARY 2011		
DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
SUNDAY 11:00 -12 Noon	MIRACLES HAPPEN Literature Varied Format #23957	4180 W. Sweetwater Dr. (WEST) Look for OA signs	Sally H. 429-5318 IR: Susan 505-4391	WC
SUNDAY 5:30-6:30 PM	SUNDAY VARIED FORMAT Varied Format #45377	Streams In The Desert Lutheran Church Class Rm. C in Fellowship Hall 5360 E. Pima (CENTRAL)	Elisa M. 299-3200 IR: Susan C. 747-5018	WC
SUNDAY 5:30-6:30 PM	SEEKING THE POWER 11 TH STEP MEETING #49744	University Medical Center, 1501 N. Campbell (CENTRAL) Rm. E/F at S end of Cafeteria	Janet G. 795-7492 or Andrea M 977-9980	Fragrance-free* WC **Parking
MONDAY 5:30-6:30 PM	GOING SANE Big Book Study Speaker 1 st Monday #39507	First United Methodist Church, Carillon Room (4 th & Park), 915 E. 4th St. (CENTRAL) Park behind church, enter lot from 4 th Street ,	Felice G. 891-8900 IR: Robert K. 914-980-3044	WC
MONDAY 7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Abounding Grace Church, 2450 S Kolb Rd (FAR EAST) N. of Golf Links on W. side	Michelle T. 784-3597 IR: Jan H. 790-2658	WC
TUESDAY 10:30-11:30 AM	RECOVERY #3 0601	Posada Del Sol 2250 N. Craycroft (NORTHEAST) Park at Safeway	Judith H. 323-9845 IR: Pam T. 331-2107	Fragrance-free* WC
TUESDAY 10:30-10:45 10:45-12 Noon	NW TENDER SOLUTIONS Newcomers meeting OA 12 & 12/ Sharing #40963	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd. (NORTHWEST) West of Oracle Rd.	Neva S. 877-8420 IR: Willie C. 297-9396	WC
TUESDAY 5:30-6:30 PM	TUCSON MEN'S SANITY #49144	931 N. Fifth Avenue (CENTRAL) 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, Education Bldg. Rm. 3 (East of the church) 320I E. Presidio (CENTRAL)	Wendy A. 955-0710 IR: Ms. G 795-2166	Fragrance-free*
WEDNESDAY 11:30-12:30 PM	WELCOME HOME #04330 Sharing	Streams In The Desert Lutheran Church, Ginsler Hall S. Side of Church 5360 E. Pima (EAST)	Sue L. 885-2861 IR: Barbara M 327-2709	Beverage only
WEDNESDAY 5:30-6:30 PM	VOICES OF RECOVERY Leader's Choice Literature #49188	St. Thomas More Newman Center Library 1615 E. 2nd St. (CENTRAL) Cherry & 2 nd Park & enter from rear	Andrea M 977-9980 IR: Magda K. 331-5726	
THURSDAY 10:45-11:45 AM	SEEKING THE SPIRITUAL PATH Book study #00439	Oro Valley Urgent Care, Conf. Room 13101 N. Oracle Rd. (Oro Valley FAR NW)	Diane 638-5583 IR: Marie R. 270-9568	
THURSDAY 5:30-6:30 PM	OVER AND UNDER MEETING Lifeline/Discussion #50226	St. Frances Cabrini Church, Ed. Bldg., Rm.3 (E. of church) 320I E. Presidio (CENTRAL)	Beth M. 577-8745 or 349-0810 IR: Jocelyne W. 982-0556	WC
THURSDAY 7:00-8:00 PM	BIG BOOK STUDY #47942	Abounding Grace Church, 2450 S Kolb Rd (FAR EAST) 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, Ed. Bldg., Rm.3 (E. of church) 320I E. Presidio (CENTRAL)	Janet G. 795-7492 IR: Lynne L. 745-5954	Fragrance-free*
FRIDAY 10:30-11:30 AM	LIVING IN THE SOLUTION Sharing #14251	Streams In The Desert Lutheran Church Class Room A in Fellowship Hall 5360 E. Pima (EAST)	Esther M. 320-1599 IR: Deb B. 885-0249	Fragrance-free*
SATURDAY 9:00-10:00 AM	FAR EAST SATURDAY GROUP Varied Format #45696	Eastside Evangelical Covenant Church 551 N Camino Seco (FAR EAST) (North of Broadway)	Meg R. 546-1168 IR: Wendy A. 955-0710	WC
SATURDAY 9:00-10:15 AM	Saturday morning Study group #12117	St. James Methodist Church 3255 N Campbell (CENTRAL) (N of Ft. Lowell; W side of Campbell)	Michelle 219-9574 IR: Roger S. 877-8420	WC

IR=Intergroup Representative

WC=Wheel Chair Accessible

**No parking fees at UMC on Sundays

*In consideration of members who suffer from allergies, please refrain from wearing cologne or perfume. **XX**=no summer meetings

OUT OF TOWN OA MEETINGS						
DAY& TIME	GROUP NAME & UMBER	LOCATION		CONTACT & IR		NOTES
GREEN VALLEY						
TUESDAY 7:45-8:45 AM	Discussion #49982	St. Francis of the Valley Church 600 S. La Canada Dr	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
WEDNESDAY 7:00-8:00 PM	Literature Study #37169	St. Francis of the Valley Church 600 S. La Canada Dr	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
SATURDAY 9:00-10:15 AM	Step and Tradition Study #34898	St. Francis of the Valley Church 600 S. La Canada Dr	Library	Marj M. IR: Marj M.	248-9043 248-9043	WC
SIERRA VISTA						
MONDAY 7:00-8:00 PM	Monday Night Miracles Literature study #17537	Church of Christ 815 El Camino Real	Room 3	Leslie IR: Jan F.	378-4238 678-0369	WC
THURSDAY 6:30-7:30 PM	Newcomers #39367	Church of Christ 815 El Camino Real	Room 3	Marilyn IR: Marilyn	417-1645 417-1645	WC
SATURDAY 11:00-12 Noon	Varied format #40592	Church of Christ 815 El Camino Real	Room 3	Jan F. IR: Alt. Jan F.	678-0369 678-0369	WC
PATAGONIA						
TUESDAY 6:30-7:30 PM	Patagonia Tues. OA Varied Format	United Methodist Church 387 McKeown Ave		IR: Leanne F.	774-521-8932	
NOGALES, AZ						
				Ros V. Spanish/English Speaking	520-668-5950	
BENSON						
TUESDAY 4:00-5:00 PM	Rotating Format #47074	Sobriety House 225 E. 6th Street		Peggy IR:	520-456-1676 OPEN	WC
YUMA						
MONDAY 1:00 – 2:00 PM	October thru April Only #47822	Gloria DeCristo Church 11273 E. 40th Street		Connie O. IR: Connie O.	928-305-0682	XX
TUESDAY 6:30-7:30 PM	Just for Today Rotating Format #49443	Central Church of Christ 651 West 28th St.		Lorraine IR: Lynn C.	928-782-1305 928-503-1229	WC
THURSDAY 12:00-1:00 PM	#00520	Central Church of Christ 651 West 28th St.		Lorraine IR: Open	928-782-1305	

IR=Intergroup Representative WC=Wheel Chair Accessible **No parking fees at UMC on Sundays
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MEETING LIST CHANGES: Please send corrections or changes to Magda K. at: magdakacz@gmail.com

OVEREATERS ANONYMOUS SOUTHEASTERN ARIZONA INTERGROUP #09078
P.O. Box 43221 Tucson, AZ 85733-3221 (520) 733-0880

SE AZ Intergroup meets the third Saturday of the month at 10:45AM, St. James United Methodist Church, 3255 N. Campbell Ave., Tucson

SE Arizona Intergroup Board

Officers			Committee Chairs		
Chair:	Roni B.	269-1025	PIPO Contacts	Janet G.	795-7492
Vice Chair	Marilyn B.	417-1645	Meeting List	Magda K.	331-5726
Secretary	Chris N.	721-1085/ 661-1991	Newsletter	Rae S.	239-784-9626
Treasurer:	Rhonda S.	370-5100	Special Events	Claudia P.	829-6968
Delegate (1):	Janis R.	325-4441	Tape Library/Lifeline	Pam T.	331-2107
Delegate (2):	Emily R.-S.	490-1409	IR Trainer	Jocelynn W.	982-0556
			Telephone	Susan C.	747-5018
			12 th Step Within	Wendy A.	955-0710
			Website	Beth M.	577-8745/349-0810