



January-February 2013

<http://www.oasouthernaz.org>

Letting Go

OA members talk about their struggles and successes with surrendering

Control Free

I'm a structured, organized person, which is a great help with my OA program. I have been recovering for 15 years, maintaining a 30-pound weight loss. But all good attributes can become hindrances when carried to the extreme.

I was wondering why I was feeling heavy, down and less joyful. It dawned on me rigidity was taking over my life. Did I need to have dinner at the same time or to

go out almost every evening?

How could I be spontaneous if I was too busy? It seemed every moment was programmed, off balance. I wanted to run away.

As I was preparing for a vacation, I pondered this situation with my Higher Power, whom I choose to call God. I asked for his wisdom and guidance. Small suggestions came to my attention, and I incorporated them into my life. I rotated my morning quiet

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Are you worried about slipping?

One member offers some things she looks out for

I May Be Headed for a "Slip" if...

- I am feeling rebellious about any aspect of my recovery – following a food plan, going to meetings, using the telephone, working the steps, etc.
- I live under the illusion that I can be "cured".
- I have become careless or complacent in working my program.
- I have guilt over other behaviors that I am not proud of.
- I suffer from too little forgiveness and too little prayer.

Often is will be a combination of conditions:

- I may be more damaged than others – and need additional/outside help to deal with other issues.
- I may have suffered a series of calamities and have not found the spiritual resources to meet them.
- I may be physically ill.

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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 5

Events and Service Opportunities

Become a Trusted Servant

Tucson OA needs members to step up and be a part of Intergroup. The rolls that need to be filled are the committee chair positions of Twelfth Step Within (TSW), PIPO (Public Information/Professional Outreach), Lifeline/Resource Library, and Special Events. The board also needs a secretary. Members can go to the SEAZ website for more information about each position. If you are interested please let your intergroup representative know.

PIPO Gym Initiative

When you hit the gym, help

spread the message. Check out the SEAZ website for a poster you can download and share with your gym, personal trainer, coach, or any fitness professional. You are just a click away from doing great service!

Convention 2013

Convention Planning Committee (CPC) meets after Intergroup monthly and you can join one of the committees or you can get involved at convention time by helping with registration, selling in the Boutique, or greeting folks as an OA Ambassador. And you can get involved by registering

early.

Be sure to SAVE THE DATES: Aug 16-18, 2013.

Call or contact :

Janis R 325-4441 janisroth@msn.com or Roni B 269-1025 roniby-rne@gmail.com

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

To add an event or service opportunity contact Rae at newsletter@oasouthernaz.org

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time and meditation readings with various materials and did yoga at home instead of at a class. I tried a new recipe each week and asked my husband for dinner ideas. I explained my situation to my sponsees and asked for help in relieving me of daily phone calls. I did not run to my room every night to do paperwork. In short I made small tweaks to my daily routine. I had been trying to control every aspect of my life so I would feel in control.

How wonderful these small changes have been! My God knows me better than I know myself. He never gives me more than I can handle. The most important things are to spend time with HP and stay in fit spiritual condition. Then God can work through me as his instrument to serve others. Thanks to the OA program, I am a grateful, recovering, compulsive overeater.

— A.M., Queensbury, New York

Great Equalizer

Somewhere, sometime, I received a little reminder of meeting topics that listed “equality” as a Traditions topic. Traditions Eleven and Twelve, which deal with anonymity, and Step Seven, which deals with humility, come to mind when I think of equality as a topic (and perhaps Tradition Two). I’ve struggled with feeling superior because I have been blessed with long-term abstinence. I see myself as surrendered to a method of staying abstinent. A tendency to feel superior about methods is a frequent factor in OA controversies, and we continue to struggle to over or fend off that tendency. Vigilance is required of me to realize and remember that surrender is the gift of a power greater than myself—a power that is, even when I don’t like it that much. Feeling “big of myself” is a pitfall of success in physical recovery, and a sense

of equality may be as elusive as abstinence.

The great equalizer is need. As Our Invitation to You says, “It is weakness, not strength, that binds us to each other.” Somehow, beyond my understanding and control, it has worked. I am a recipient of mercy that undoes internal opposition. I am needy of this grace and of the recognition that, in our desperate need for this grace (this merciful bringing about of willingness), we are all equal.

I’ve wondered of late whether I’m sincere enough about my spiritual life. A sponsor might tell me, “Forget the question. You’re not sincere enough. Ask your HP to work inside of you, to supply the sincerity that isn’t yours.” Recognizing my great need of this grace is necessary for a spirit of equality.

— Anonymous, USA

Reprinted from Lifeline July 2012



Unity Day

Saturday February 23, 2013

St. Francis Episcopal Church
600 S La Canada Dr., Green Valley, AZ
Chorus Room = watch for signs

From the **North**, exit 65 - Esperanza Drive, right off the ramp to the light,
left onto La Canada, ½ mile to the church on your right, watch for signs

From the **South**, exit 63 – Continental, turn left off the ramp, go west on Continental
to the corner of Continental and La Canada (Wells Fargo on your right & Walgreens on your left)
turn right onto La Canada, go about ½ mile to Alegria, watch for signs.
The church is on your left as you drive north on La Canada.

10:30 - Registration
10:45 Morning Session
12:00 - 1:00 Lunch Break
1:00 - 3:30 – Afternoon Session

Please bring your lunch
(Keep in mind there is limited refrigerator space available)
In the Spirit of Fellowship - We'll all eat together
Green Valley will supply:
Coffee, Tea, Water & Soda for a nominal amount

For those who want to eat out, we will supply a list of area restaurants
and a map, however, due to the shorter day, we will begin the afternoon session
promptly at 1:00

The Suggested Donation is \$7.00

We eagerly look forward to another fantastic Unity Day
Questions --- Marj (520) 248-9043

Image: mr. lightman / FreeDigitalPhotos.net



Gems by Joy

from January 15th, 2013

“For today: In looking to others in the program for help, I am careful not to deny my own right of discovery.” (For Today, p. 15)

I am a first-born, and sometimes we can be a little bossy – wanting others to agree with us, unsettled when someone has a different opinion. I’ve learned more about embracing

this kind of diversity – to appreciate what I can learn from others – and then looking at my own thoughts and updating them if necessary. I’m also a Gemini, so I can seem fickle. I always tell myself that it’s just that I am willing to consider all options and change my mind.

Ha! Even so, when I ask for help, I need to weigh that advice and feel how it sounds. I’ve learned in this program to trust my feelings. I didn’t do that before. I buried them, I ate around them, I ignored them. I’m paying closer attention to myself and allowing me to be who I am becoming. At a glance, others can see that I don’t follow the trends – I have my own preferences and druthers. Not many people wear as much bling as I do – that’s one proof of the proverbial pudding. (Sugar-free, that is.)

*~
 (.) (.) * Joy
LIFE IS GRAND!

email: joys.gems.for.you@gmail.com

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- I may suffer from continuous exhaustion, anxiety and/or depression.

Sometimes these conditions control us. We need to be alert to their danger to our recovery. I plan to keep this list handy for frequent reference. It could

save a life – possibly my own. But, I do have a treatment that works – if I work it.

(The information contained in this article has been adapted from material

found in the AA book, “As Bill Sees It” – excerpts from the various writings of AA’s cofounder, Bill W.)

**** Neva**

And now a Word from our Sponsors

So my sponsor says to me all the time, “What are the facts?” And usually she’s saying this to me when I’m especially distressed or out of acceptance around things that are happening in my life. It’s really a wake up call to evaluate what I know verses what I think I know. It’s an invitation to see if I have enough information or if am I just making myself crazy by making things up. Usually when I’m doing that I’m in fear and want to eat. She also says that if I eat in those moments, I just wind up with two problems - the food AND whatever was the problem in the first place. I’m so grateful to have a sponsor to share her program, and her experience, strenght an hope with me. And I’m grateful that working the steps and having a solution are also facts that my sponsor has help me come to too.

**** ANON**

Have something that your sponsor says to you that helps or that you say to your sponsees often? Submit these to the newsletter to share! Email Rae today!

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Send your name, recovery date, and lenght of time to the newsletter. Share the hope of your time in program! Jan. and Feb. folks will be included inthe March issue.

OA MEETING LIST – December 2012/January 2013

www.oasouthernaz.org

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	Junardi 306-8225 IR: Cris P. crispoole@gmail.com	WC
SUNDAY 5:30-6:30 PM	HOPE, LOVE & ACCEPTANCE Varied Format: Tradition/Step and 1-1/2 hr Big Book Study #45377	Streams In The Desert Lutheran Church Classroom A in Fellowship Hall 5360 E. Pima (CENTRAL)	IR: Susan C. 747-5018	WC
SUNDAY 5:30-6:30 PM	SEEKING THE POWER 11 TH STEP MEETING #49744	University Medical Center, (CENTRAL) 1501 N. Campbell Rm. E/F (S end of Café)	Janet G. 795-7492 IR:	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: Jonathan K. 609-0939	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	Debbie F. 312-7597 IR: Barbara B. 751-7801	WC
TUESDAY 10:30-11:30 AM	RECOVERY #30601	Foothills Rehabilitation Center (NORTHEAST) 2250 N. Craycroft (Park at Safeway)	Judith H. 323-9845 IR:	Fragrance-free* WC
TUESDAY 10:45-12 Noon	NW TENDER SOLUTIONS 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: Barb 229-6178	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:	
WEDNESDAY 11:30-12:30 PM	WELCOME HOME Sharing #04330	Streams In The Desert Lutheran Church, Ginsler Hall S. Side of Church 5360 E. Pima (CENTRAL)	Sue R. 358-7358 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:	
THURSDAY 10:45-11:45 AM	SEEKING THE SPIRITUAL PATH Book study #00439	Oro Valley Urgent Care, Comm. Ed. Room 13101 N. Oracle Rd. (Oro Valley FAR NW)	Diane 638-5583 IR:	
THURSDAY 5:30-6:30 PM	OVER AND UNDER MEETING Lifeline/Discussion #50226	St. Frances Cabrini Church, Ed. Bldg., Rm. 5 (E. of church) 3201 E. Presidio (CENTRAL)	Beth M. 577-8745/349-0810 IR: Terre J. 977-1960	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	IR:	WC
FRIDAY 7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church, Ed. Bldg., Rm. 5 (E. of church) 3201 E. Presidio (CENTRAL)	Jim D. 250-0509 IR: Alison B. 437-2861	Fragrance-free* Service dogs only
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 (CENTRAL)	Elisa R. 881-1670 IR:	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)	Sue L. 885-2861 IR: Cheryl L 747-2387	WC
SATURDAY 9:00-10:00 AM	SATURDAY MORNING STUDY GROUP #12117	St. James Methodist Church 3255 N Campbell (CENTRAL) (N of Ft. Lowell; W side of Campbell)	Chris B. 887-7188 IR: Deb E 444-9960	WC
SATURDAY 4:00-5:00 PM	LGBTQ & Friends #52213	Brewed Coffee House Meeting Room 39 N. 6th Ave. (CENTRAL)	IR: Joe N. 551-2039	

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 & NUMBER		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: Wanda	248-9043 647-9076	WC
WEDNESDAY 7:00-8:00 PM	Literature Study #37169	St. Francis of the Valley Church 600 S. La Canada Dr	Library	Marj M.	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:	248-9043	WC
SIERRA VISTA						
MONDAY 6:30-7:30 PM	MONDAY NIGHT MIRACLES Literature study #17537	Church of Christ 815 El Camino Real	Room 3	Jan F. IR: Jan F.	678-0369 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: Nancy R.	678-0369 227-3817	WC
PATAGONIA						
TUESDAY 6:30-7:30 PM	PATAGONIA TUESDAY OA Varied Format #50474	United Methodist Church 387 McKeown Ave		Michelle S. IR: Leanne F.	520-604-6811 774-521-8932	
THURSDAY 6:30-7:30 PM	PATAGONIA OA Big Book Study #51744	United Methodist Church 387 McKeown Ave		Adrienne IR:	520-404-3490	
NOGALES, AZ						
				Ros V. Spanish/English Speaking	520-668-5950	
BENSON						
TUESDAY 4:00-5:00 PM	Rotating Format #47074	Sobriety House 225 E. 6 th Street		Peggy IR:	520-456-1676	WC
YUMA						
MONDAY 1:00 – 2:00 PM	October thru April Only #47822	Gloria DeCristo Church 11273 E. 40th Street		BJ IR: Connie O.	928-782-4019	XX
TUESDAY 6:30-7:30 PM	JUST FOR TODAY Rotating Format #49443	Central Church of Christ 651 West 28th St.		BJ IR:	928-782-4019	WC
THURSDAY 12:00-1:00 PM		Central Church of Christ 651 West 28th St.		BJ IR:	928-782-4019	

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MEETING LIST CHANGES: Please send corrections or changes to Marie R. at mgrivera@comcast.net**OVEREATERS ANONYMOUS SOUTHEASTERN ARIZONA INTERGROUP #09078****P.O. Box 43221 Tucson, AZ 85733-3221 (520) 733-0880****SE Arizona Intergroup Board***SE AZ Intergroup meets the third Saturday of the month at 10:45AM, St. James United Methodist Church, 3255 N. Campbell Ave., Tucson*

Officers			Committee Chairs		
Chair:	Marilyn B.	417-1645	PIPO	OPEN	
Vice Chair	Deb E.	444-9960	Meeting List Contact	Marie R.	270-9568
Secretary	OPEN		Newsletter	Rae S.	239-784-9626
Treasurer:	Pam T.	331-2107	Special Events	OPEN	
Delegate (1):	Beth M.	349-0810	Tape Library/Lifeline	OPEN	
Delegate (2):	Jill S.		IR Trainer	Wendy A.	955-0710
			Telephone	Barb	229-6178
			12 th Step Within	OPEN	
			Website	Cheryl L.	747-2387

WEBSITES: OA World Service: www.oa.org OA Region 3: www.oaregion3.org OA Southern AZ: www.oasouthernaz.org

1/2/2013

OA MEETING LIST Dec 2012 Jan 2013 REV 2