

DESERT RECOVERY NEWSLETTER

Step Eleven: Keeping an Active Spiritual Connection

The further I go in my recovery, the more I have realized the importance of always keeping a close connection with my higher power, whom I call God. When I look back over my three-plus years in recovery, I can see clearly now that most of my struggles occurred during periods when I allowed myself to get "too busy" for God or ignored His guidance and tried to run the show myself. I now know, 100%, that I cannot do this without His daily presence in my life.

So, how do I keep my connection with God? First of all, I make it a priority to start each day centering on God. I set my alarm clock early and spend my first 15 to 30 minutes of each day reading, praying, and quietly meditating. I start each of these sessions thanking God for a new day and asking Him to open my mind and heart to his guidance. This practice sets the mood for my whole day.

Giving the start of my day to God is a great start, but that is just the beginning of my daily walk with God. My God and I have become close friends who talk throughout the day. Any time I feel worry, frustration, or fear sneaking into my thoughts, I stop, take a big breath, and say a little prayer. I turn whatever worries I have over to Him, and let Him deal with it. I know I have to trust that He can handle it better than I, and that if I open my heart and mind, He will show me what to do. Believe me; I know this is not as easy as I make it sound. Sometimes I have to turn the same worry over repeatedly, because I keep taking it back. But, with practice, I am getting better at trusting Him, and when I do, my life is more peaceful and manageable.

The final part of my daily walk with God is to end each day with a prayer of thanksgiving. No matter how hard the day has been or what struggles I have faced, I look for the little blessings and focus on them. I thank God for His loving guidance and support. I go to sleep each night feeling blessed and loved by a higher power I know I can trust to take care of me no matter what.

-Debbie

Twelve Step Acronyms and Slogans

BIG BOOK: Believing in God Beats Our Old Knowledge

DENIAL: Don't Even Notice I'm Lying

FEAR: Face Everything And Recover

FINE: Frustrated, Insecure, Neurotic, and Emotional

HOPE: Happy Our Program Exists

EGO: Edging God Out

FEAR: False Evidence Appearing Real

FINE: Feeling Insecure, Numb, and Empty

HALT: Hungry, Angry, Lonely, Tired

NUTS: Not Using the Steps

Easy does it.

Think...think...think.

This too shall pass.

It works if you work it.

First things first.

One day at a time.

Act as if.

Turn it over.

Live and let live.

Let go and let God.

If it works, don't fix it.

Stick with the winners.

But for the grace of God.

Keep it simple, sweetie.

Keep coming back.

More will be revealed.

BEING POWERLESS

Before I came to OA, I thought that I had control over everything and everyone. I wanted and needed to have perfect children, a perfect house, perfect students, and most of all I had to be perfect. I thought that I was really keeping my act together until everything fell apart before my eyes. I was brought to my first meeting and I did not know anything about Overeaters' Anonymous, but I was sitting in a priest's office and I had been saved but did not know it at the time. When I got to OA, I heard people talking about being powerless over compulsive eating. How could this be possible because I was so good at controlling and predicting my life?

After my first meeting I gave back my precious gift of abstinence because I still did not understand that I had been given something special. I had to continue finding out that I was powerless over sugar. I would never be able to eat ice cream, chocolate or cookies ever again. This was not possible. I had to be brought to my knees for me to finally accept that I was powerless over certain foods, and when I put the first bite into my mouth, I was without defense over compulsive eating.

With time I have had to accept that I was also powerless over many more foods including wheat, flours of all kinds, soda, and artificial sweeteners. My life becomes unmanageable when I put these items in my mouth – not after the 6th one, but after the first bite. I cannot control my thoughts or my actions. I had to confess to my innermost self that I was a compulsive overeater and my life goes to the terrible committee in my head.

I am powerless over the aforementioned foods and I have a power greater than myself that can help me to be in remission from this fatal disease. I am an intelligent person but I have accepted that certain foods have more power over my mind and my body than I can control. I am eternally grateful for my recovery.

-Rhonda

Quotable Quotations:

"A goal without a plan is just a wish."

-Antoine de St. Exupery

"In the country of Georgia they have a word with no English equivalent. It's shemomedjamo, which means 'I accidentally ate the whole thing.'"

-Anonymous

OA "CLASSIFIEDS"

Please return keys: If you have keys to a meeting room that you are no longer responsible for opening, please return the keys to the appropriate member. Thank you!

Wanted: Higher Power

Must be loving, accepting, infinite, and kind. Must let me hand over my life to You. Will show me Your will for me each day.

We sent out a test email to update our newsletter emailing list and over 100 people did not respond. If you are not getting the newsletter via email and you want to, please email newsletter@oasouthernaz.org and let Michelle know you want to be added to the list!

Support Needed: The *Friday Fresh Start Meeting* at 7:30 AM at St. Frances Cabrini and the *Saturday Morning Study Group* at 9:00 AM at St. James United Methodist need our support!

Needed: Articles for the newsletter! It's a simple way to give service. If you have an article or would like an idea for a topic to write about, contact Michelle at newsletter@oasouthernaz.org! Next deadline is April 10th!

I have been involved with OA in Tucson for just a short time. I am feeling frightened, overwhelmed, and depressed. But I am attending meetings, reading literature, making phone calls, and getting some idea of what abstinence might be for me. Some days, I even sense some hope.

For the most part, I have been made to feel welcome, told I was in the right place, and encouraged. However, I have also been "bullied" after meetings by 3 different people now. (I'm wondering, do I have a sign on my head?). Two of those people have told me *their* eating plan was the *only way* I could recover. The third person basically took my inventory and told me I was on step "0".

Now for a newcomer with no exposure to 12 step programs, this inappropriate behavior would most likely be devastating. Thankfully, I have been involved with the 12 steps in other formats/programs for 2 decades and am familiar with "how it works" and the traditions. I have enough of my own program to know that these comments were made by sick people, who are also in recovery.

I would like the community to please be reminded - newcomers are your lifeline. Without them, OA will cease to exist. They are not "weak willed gluttons" to be pushed around. We need unconditional love and PATIENCE.

Also, we all must find our own "eating plan." The literature states that OA does not support any specific eating plan. We each must take our own inventory. Yours is not my business and vice versa. (Unless of course we have given a sponsor or friend permission to do so.)

I felt very discouraged today leaving my OA meeting. Part of me never wanted to go back. But where else can I go? I am a compulsive eater/overeater. And I believe the 12 steps work.
-Anonymous

INTERGROUP REPS SHARE ON STRONG MEETINGS

In 2012, I returned to an Intergroup position that I held and cherished a few years ago. I am the Intergroup Representative (IR) Trainer and my responsibilities include updating our Intergroup's *We Care List* twice a year and maintaining our monthly Intergroup Name and Address List. My main responsibility, though, is to train, encourage, and assist the IRs in doing their jobs. Our [OA Handbook for Members, Groups, and Intergroups: Recovery Opportunities](#) states that "the intergroup representative represents the group in tasks undertaken jointly with other groups in the area and tries to keep the group well-informed about the jobs the local intergroup is doing." That's a big job as we have an active intergroup here in Southern Arizona. One of the tasks that our IRs take on is to urge their groups to do a Strong Meetings Checklist <http://www.oa.org/wp-content/uploads/2011/11/strongmtgchecklist1.pdf> during the year. In that vein, I asked the IRs to give me some best practices from their meetings that keep the newcomers coming back and the long-termers enthused and excited about recovery and the meetings. Here are some of the responses that I received:

- I believe that our meeting format structure keeps sharing on a level that is about the program, rather than people's issues.
- Our IR encourages business meeting participation and makes sure everyone understands what the meeting is for and about.
- Our long-term members set the tone for sharing by referencing the program in their sharing as well as their issues.
- We laugh a lot. It is a safe place to share.
- We have someone each week who makes outreach calls.
- We added a 5 minute meditation at the close of the meeting. We turn out the lights and turn on a soft lamp light. Everyone who attends likes the meditation.

May your meetings be strong, lively, and full of recovery!

- Janis R SEAZ Intergroup IR Trainer

Heard at Meetings:

"God, grant me the laughter to help me see the past with perspective, face the future with hope, and celebrate today – without taking myself too seriously."

"My mind's a bad neighborhood – I should never go in there alone!"

Misreading Step Ten: "Continued to take personal and when we were wrong, probably admitted it."

Misreading Step Twelve: "Sought through prayer and meditation to improve our conscious contact with God..."

"I don't need your help today... Love, God."

"Those who matter don't mind, and those who mind, don't matter."

"Attitudes are contagious. Is yours worth catching?"

HOW MY FOOD PLAN HAS CHANGED OVER TIME

When I finally walked through the doors of OA, I was full of shame and fear. The fight within was over, and I felt like I'd lost. I knew my bingeing days were over and I knew which trigger foods I had to let go. I actually knew a lot about nutrition; having been obsessed with food all my life, I'd read volumes on nutrition, diet, and exercise. So after my first meeting, I did what I always did when I was going to change my eating habits: I went through the cupboards and threw away anything that didn't fit on the diet of the day. If the label listed sugar in any form, out it went. I asked my husband not to bring any sweets into the house, and I set up what seemed like a reasonable food plan for myself. During those first few weeks, I felt unworthy when I ate, shamed by my past relationship with food. But I stuck to my plan one day at a time, with the help of meetings and a higher power I was beginning to rely on like never before.

But confusion was a problem! As I heard OA members talk about their "abstinence" referring to their food plans or about abstaining from entire food groups, I became terrified of eating the wrong foods. Then another member suggested I see a nutritionist and do what she told me.

Lo and behold, the nutritionist affirmed that my plan was definitely on the right track; it was just too restrictive. I didn't need to cut out entire groups of foods other than avoiding trigger foods. She even suggested that I simply avoid what she called "gross sugars," meaning foods composed mainly of sugar. I wasn't there yet – if the label listed sugar, I wouldn't touch it. Of course this made it difficult to eat in a restaurant or in someone else's home. What if the salad dressing had a pinch of sugar in it? Yes, I could bring my own. But would that insult my host?

When I was in junior high school, I read an article about anorexia. The author talked about how much socializing revolves around food: we go out to lunch together and invite friends to our homes for dinner. At one time, I used that rationale to keep overeating, but through the help of OA I was beginning to understand the social aspect of food in a new way. With the help of a higher power, I begin to realize that I could let go of the fear of food. I could be a gracious guest without breaking my abstinence. There was no shame in saying "no thank you" without making a big deal of it or having to bring my own dinner to a dinner party. A member told me her theory once that there are no bad foods, only bad food behaviors.

Ah ha! I can live in the real world. After my initial detox from sugar and trigger foods and following a sound food plan, after years in program with regular meeting attendance, connection with a sponsor, and repeated step work, I am not as strict with my food. Yes, there are certain foods I haven't eaten since my first meeting – I had already eaten enough of them to last a lifetime! But as I have grown and changed, I have truly come to believe that the food is but a symptom of my disease; it is what's eating me, not what I'm eating.

I am still particular about what I choose to buy and bring into my home. But if there is a pinch of sugar in a salad dressing or bread, I know that it won't push me over the edge into bingeing. If I'm invited into someone's home, I let them know in advance that I don't eat desserts or food with high sugar content. And I can usually "eat around" the foods presented without making a crisis out of the menu. By keeping the focus on the people – not on the food – I can stay abstinent one day at a time, and I can stay sane (most of the time) by relying on a power greater than myself.

Are my eating habits perfect? No! Fortunately, perfection is not on my food plan, but neither is shame and blame.

-By Anonymous

STRONG SPONSORSHIP: THE BACK BONE OF A HEALTHY MEETING

One of the first things I heard when I first came into recovery was to get a sponsor. I didn't know what a sponsor was supposed to do for you, but everyone seemed to think it was important. Being independent and hard-headed I waited awhile before I was ready to trust anyone, let alone share my life with them. Now many years later I hear myself suggesting to newcomers to look for a sponsor. Usually I don't have the opportunity to explain my opinion of that service position, one I believe is the most important of all the service I do. I believe that strong sponsorship is the back bone of a healthy group, intergroup or any other 12-step service position. But sponsorship is as different as the personalities of the people who are sponsors. I've learned through trial, error, intuition, action, love, and other women how I fit into the sponsorship role.

Since coming to OA, I've had five sponsors, all them amazing and helpful in my journey on the road of Happy Destiny. I personally take a more laid-back approach. I work primarily from the Big Book, but I use all literature because I believe it's all relevant and helpful. I don't tell people what to eat. I feel it's much more powerful if a sponsee comes to her own conclusion about what she is to abstain from. I don't believe in telling them anything really except to take them through the steps. If they ask my opinion, I will give it to them. For me, experience has been the best teacher. Because we are so different and our nutritional needs are different, I don't suppose to be a nutritionist, so I leave their food to them. There are some exceptions. I have people I've worked with for long periods who struggle, so we might talk about certain foods and quantities if they want, but the steps are my primary purpose and to get them through the steps and traditions with an ability to take others through also. As our relationship grows and they've completed the steps and traditions, we might talk of other things, usually living life on life's terms.

**“I WAS JUDGED ENOUGH OUT THERE IN THE WORLD OF
NORMAL EATERS WHO CAN DIET AND LOSE WEIGHT AND LOOK
AT ME AND WONDER WHY I CAN'T.”**

I'm not concerned with a person's food behaviors, what they eat, or how much they eat. My service as a sponsor is to suggest as many meetings as possible, clean house, and help others. I let God decide what they need to hear about food plans or types of foods to eat. In meetings they have a plethora of experience, strength, and hope to draw from. If they choose to ask me about food plans, I will share my opinions, being sure to tell them that my opinions are not the be-all-end-all.

The Big Book says on page 64 that, “We have not only been mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we will straighten out mentally and physically.” So as a sponsor I try to steer the person towards work on the spiritual malady. I believe if they keep coming back they will recover mentally and physically. I don't get to pick how fast that happens.

I was judged enough out there in the world of normal eaters who can diet and lose weight and look at me and wonder why I can't. I want every person who walks through the doors of OA to find love and understanding beyond their wildest dreams. I'm not here to judge you, but help you. I'm not here to tell you what you are to eat or not eat. I'm here to love you. I'm not here to tell you how much you should weigh; I'm here to accept you. I truly believe that as a sponsor I'm to take you through the Big Book help you learn to live by spiritual principles, and in doing so, you find your own answers. I'm grateful to the women who have let me find mine.

-Sally



GOING TO ANY LENGTH

“If you have decided you want what we have and are willing to go to any length to get it- then you are ready to take certain steps” (BB p. 58)

“...it was agreed at the beginning we would go to any length for victory over alcohol” (BB p. 78)

“...we have decided to go to any lengths to find a spiritual experience” (BB p. 79)

I learned two things early on in Program:

1. When all else fails, follow directions.
2. Use a dictionary.

To go to any length - to do whatever is necessary. When I first came to Program I didn't know what was required or what was even meant by this phrase. I didn't necessarily want what you have; *I just knew that I didn't want what I had*. I was ready to do whatever was necessary to get rid of what I had. I guess I wasn't attracted to OA as much as I was repelled by the life I had at the time. I wasn't familiar with Appendix II in the BB. I didn't know what spirituality meant.

I had to stick to Program until I learned to live life without the crutch of food. I became abstinent and worked the Steps; the pain became worse. I was told to stick to abstinence no matter what. Once I learned how to use the Steps to live life, the Steps took over the Power food used to have. I was then in a position of neutrality. I could choose with clarity and objectivity the life of a practicing compulsive overeater or the life of a recovering compulsive overeater. It was then that I realized that if I choose food, I have to take *everything* food had to offer; not just skim the cream off the top. That would never change.

So what does “going to any length” mean for me today?

- Working the Steps
- Really working the Steps
- Even when I don't feel like it
- Choosing OA service over anything else
- Even when I don't feel like it
- Even when my three young children are sick
- Or the dog runs away
- Or my husband is out of town
- Or there's a lot of stress at work
- Or someone looked at me funny in a meeting

When I struggle, I know I'm not following all of these points.

If you are a compulsive overeater like I am, then we come to OA because we have no other options left. However, in order to be willing to go to any length, bingeing must be more painful than abstinence.

-Roni

*I put my hand in yours, and
together we can do what we could
never do alone.*

OA MEETING LIST – March/April 2012

www.oasouthernaz.org

DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
SUNDAY 11:00-12 Noon	MIRACLES HAPPEN #23957 Literature Varied Format	4180 W. Sweetwater Dr. (WEST) Look for OA signs	IR: Barbara A. 548-0904	WC
SUNDAY 5:30-6:30 PM	HOPE, LOVE & ACCEPTANCE Varied Format, Tradition/Step & 1-1/2 hr Big Book Study #45337	Streams in the Desert Lutheran Church Classroom A in Fellowship Hall 5360 E. Pima (CENTRAL)	Elisa 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 (CENTRAL) 1501 N. Campbell Rm. E/F (S end of Café)	Janet G. 795-7492 Rebecca T. 547-5570	Fragrance-free WC **Parking
MONDAY 5:30-6:30 PM	GOING SANE #23957 Big Book Study Speaker 1 st Monday	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 (FAR EAST) 2450 S. Kolb (N. of Golf Links on W. side)	Debbie F. 312-7597 IR: Jan H. 790-2658	WC
TUESDAY 10:30-11:30 AM	RECOVERY #30601	Foothills Rehabilitation Center (NORTHEAST) 2250 N. Craycroft (Park at Safeway)	Judith H. 323-9845 IR: Lauren M. 241-3616	Fragrance-free, WC
TUESDAY 10:30-10:45 AM 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: Barb oshitzu49@msn.com	WC
TUESDAY 5:30-6:30 PM	TUCSON MEN'S SANITY #49144	931 N. Fifth Avenue (CENTRAL) 1-1/2 blocks south of Speedway	Jim D. 250-0509 IR: Ron R. 320-9675	
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 R. 358-7358 IR: Barbara M. 327-2709	Beverage Only
WEDNESDAY 5:30-6:30 PM	VOICES OF RECOVERY #49188 Leader's Choice Literature	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: Marie R. 270-9568	
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: Ellen F. 290-3235	WC
THURSDAY 7:00-8:00 PM	BIG BOOK STUDY #47942	Abounding Grace Church (FAR EAST) 2450 S. Kolb (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: Kara S. 971-9730	Fragrance-free* Service dogs only
FRIDAY 10:30-11:30 AM	LIVING IN THE SOLUTION Sharing #14251	Streams in the Desert Lutheran Church Classroom A in Fellowship Hall 5360 E. Pima (EAST)	Don B. 325-7053 IR: Bev C. 628-8580	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: Melissa TG 603-6656	WC
SATURDAY 9:00-10:00 AM	SATURDAY MORNING #12117 Study Group	St. James Methodist Church (CENTRAL) 3255 N. Campbell (N. of Forth Lowell; W side of Campbell)	Chris B. 887-7188 IR: Deb E. 444-9960	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 – March/April 2012

GREEN VALLEY

DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
TUESDAY 7:45-8:45 AM	Discussion #49982	St. Francis of the Valley Church 600 S. La Canada Dr. Library	Marj M. 248-9043 IR: Wanda 520-237-3088	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 IR:	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. 248-9043 IR: Wanda 520-237-3088	WC

SIERRA VISTA

DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
MONDAY 7:00-8:00 PM	Monday Night Miracles #17537 Literature Study	Church of Christ 815 El Camino Real	Leslie 378-4238 IR: Jan F. 678-0369	WC
THURSDAY 6:30-7:30 PM	Newcomers #39367	Church of Christ 815 El Camino Real	Marilyn 417-1645 IR:	WC
SATURDAY 11:00-12 Noon	Varied format #40592	Church of Christ 815 El Camino Real	Jan F. 678-0369 IR: Nancy R. 227-3817	WC

PATAGONIA

DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
TUESDAY 6:30-7:30 PM	Patagonia Tues. OA #50474 Varied Format	United Methodist Church 387 McKeown Ave.	Michelle S. 520-604-6811 IR: Leanne 774-521-8932	
SUNDAY 6:30-7:30 PM	Patagonia Thurs. OA #51744 Big Book Study	United Methodist Church 387 McKeown Ave.	Adrienne 520-404-3490 IR:	

BENSON

DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
TUESDAY 4:00-5:00 PM	Rotating Format #47074	Sobriety House 225 E. 6th Street	Peggy 520-456-1676 IR: Nora G. 520-255-0784	WC

YUMA

DAY & TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
MONDAY 1:00-2:00 PM	October through April Only #47822	Gloria DeCristo Church 11273 E. 40th Street	Connie O. 928-305-0682 IR: Connie O.	XX
TUESDAY 6:30-7:30 PM	Just for Today #45337	Central Church of Christ 651 West 28th Street	Lorraine 928-782-1305 IR: Lynn C. 928-503-1229	WC
THURSDAY 12:00-1:00 PM	#00520	Central Church of Christ 651 West 28th Street	Lorraine 928-782-1305 IR:	

IR: Intergroup Representative

WC= Wheel Chair Accessible

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MEETING LIST CHANGES: Please send corrections or changes to Kara S. at kara.adams.snyder@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 10:45 AM, St. James United Methodist Church, 3255 N. Campbell Ave., Tucson

SE Arizona Intergroup Board

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| <ul style="list-style-type: none"> Chair: Emily RS 490-1409 Vice Chair: Wendy A. 955-0710 Secretary: Chris N. 721-1085/661-1991 Treasurer: Pam T. 331-2107 Delegate (1): Neva S. 404-7649 Delegate (2): Open | <ul style="list-style-type: none"> PIPO: Rae S. 748-9626 Meeting List Contact: Kara S. 971-9730 Newsletter: Michelle S. 520-604-6811 Special Events: Open Tape Library/Lifeline: Rebecca T. 603-547-5570 | <ul style="list-style-type: none"> IR Trainer: Janis R. 325-4441 Telephone: Susan C. 747-5018 12th Step Within: Jocelynn W. 982-0556 Website: Nan B. 825-2892 |
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WEBSITES: OA World Service: www.oa.org

OA Region 3: www.oaregion3.org

OA Southern AZ: www.oasoutheraz.org