

DESERT RECOVERY NEWSLETTER

Don't Be Afraid to Try

I called my sponsor today. I call her at least once a week to check in and to keep my relationship with her 'alive' and so she knows 'where I am'. Today's call was to say that the editor of the OA newsletter had asked me to write an article. My call to my sponsor was to say, "I don't have anything to write about; do you have any ideas for me?" She said, "Write something about sponsoring. Not very many people in the meetings raise their hand to sponsor. Why don't you tell people, 'don't be afraid to try and remind them that not everyone is going to work out'."

Now that I'm sitting here with this blank piece of paper in front of me, I want to call her back and say, good idea, how about you write the article? ☺

Definition of fear: ***an unpleasant, often strong emotion caused by anticipation*** (yup, that's how I felt about sponsoring)!

I was very afraid to sponsor but when I had about 5 months of abstinence my first sponsor said to me, "I have four sponsees now and would it be okay if my newest sponsee started calling you?" I gulped and said yes. It wasn't really a question. My sponsor had given me so many pearls of wisdom from the Big Book. I was feeling pretty inadequate because I had none of those pearls to give. I was pretty sure if I shared that with her, she would tell me to 'get over myself and to cut God in on the deal', so I did just that. "God," I asked, "please give me the words this sponsee needs to hear and please take my pride and ego out of this relationship." That's how I got started.

Page 89 of the Big Book says: "You can help when no one else can. You can secure their confidence when others fail" – the pearls were there for me to learn right along with my sponsee. We all have to start somewhere. My first sponsee was my guinea pig. She knew I was new. She needed someone and I needed her. I'd like to believe we found our way together and continue to do so as we keep our abstinence and work the Twelve Steps.

She was so motivated that I finished my own Steps so she didn't pass me by in the Step work. I also increased my weekly meetings from 2 to 3; I needed to learn as much as I could as fast as I could to help someone else. When my sponsee asked something I didn't know, I called my sponsor for help. She guided me to places in the Big Book & other OA literature or sometimes knew just the right thing to encourage me so I could encourage my sponsee. Little by little my confidence grew.

Soon after, my first sponsor let me go and it was very hard. I had made some friends in OA and with their help, I kept my abstinence and I didn't run away; I didn't quit and I gathered the courage to ask someone else to sponsor me. I had two reasons not to leave OA – my own recovery & now an accountability to a sponsee.

My current sponsor is right; not everyone works out. I have had a few sponsees come and go and I have learned so much from each person I have had the privilege to work with – mostly things about myself – about my own character defects; to name a few – pride, control, selfishness and fear but also about boundaries and limitations and my needs and rights in a relationship.

Thank you, God, that my sponsors knew that passing it on was the only way for me to keep it and that I needed to give to someone else what had been so freely given to me.

Like my sponsor says, 'I hope you won't be afraid to try'. I would have missed out so much had I not sponsored. The Big Book says: "To watch people recover, to see them help others, to watch the loneliness vanish". Thank you, God, for a solution to this disease and for allowing me (with help) to walk through my fear of sponsoring.

"You can help when no one else can. You can secure their confidence when others fail."

-The Big Book of Alcoholics Anonymous, page 89

A SPIRITUAL PROGRAM

When I first came into OA, I did not understand when the literature talked about recovery being a spiritual program. I have struggled to understand how to explain to others what I have found. I have started reading the *Holy Bible* and I came upon a verse that I feel goes hand in hand with what the OA 12 & 12 tells about the principles of the steps. The verse is Galatians 5:22-23, which says: "But the fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Goodness, Gentleness, Faithfulness, & Self-Control against such things there is no law."

The chapter on the Twelfth Step in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* states the following on pages 103-106: Step One - Honesty; Step Two - Hope; Step Three - Faith; Step Four - Courage; Step Five - Integrity; Step Six - Willingness; Step Seven - Humility; Step Eight - Brotherly Love; Step Nine - Self-Discipline; Step Ten - Perseverance; Step Eleven - Spiritual/God Awareness; and, Step Twelve - Service.

Again the fruit of God's Spirit is: Love, Joy, Peace, Patience, Kindness, Goodness, Gentleness, Faithfulness, and Self-Control.

I have looked at these lists a long time. Here is how I think they fit together:

- First (step) honesty brings Peace;
- Second (step) Kindness brings us Hope and with Hope, we are kinder;
- Third (step) Faith goes with Faithfulness; they go hand in hand;
- Fourth (step) Courage takes Patience with ourselves (one day at a time); Patience can, also, go with the Tenth step - Perseverance. Those who have worked and are working the Steps know that Step Ten is like a mini Fourth step, nightly;
- Fifth (step) Integrity is Goodness; knowing the right way, the good way, God's way, and following it, even when it is hard to do - that's integrity;
- Sixth (step) Willingness to live life God's way (thy will be done, not my will be done) brings Joy;
- Seventh (step) Gentleness of spirit is Humility; not demanding your own way, 'humbling asking' God and others for help;
- Eighth (step) Brotherly Love is Love for our fellow man/sufferers;
- Ninth (step) Self-Control is a Self-Discipline.

We realize the fruit of the Spirit when we work the Steps of Recovery. The last three steps are how we achieve and maintain recovery. If we want to keep recovery, we must give it away by being of:

1) Service to others still suffering with the compulsion, others in meetings and through sponsorship, calling others, writing and reading articles about recovery written by and for other compulsive eaters (Twelfth Step)

2) Spiritual/God Awareness- Personal time with God ' through prayer and meditation to improve our conscious contact with God as we understand Him' (Eleventh step); and

3) Perseverance - Persevering one day at a time (Tenth Step).
These are the things I have come to understand: this is a spiritual program and when I chose to work the Steps I will become more like God and display His character more. I will become more loving, more joyful, more peaceful and at peace, more patient, kinder, gentler, more faithful and more faith-filled, more self-controlled, and good, as God defines good.

Thank you for reading this I hope it helps you.

-Darlyn

Quotable Quotations:

"Those of us who live this program don't simply carry the message; *we are the message.*" OA 12 & 12, pg. 106

OA "CLASSIFIEDS"

BIG BOOK BOOT CAMP!

ASDI Annual Summer Retreat

We read to know we are not alone!

June 1, 2 & 3, 2012

Living Water Retreat Center
Cornville, AZ

www.livingwaterretreatcenter.com

Questions? Please contact:

Rosie Oldham

602-369-8444

rosie.oldham64@gmail.com

Region III Fundraiser: Region

III is selling some very cute refrigerator magnets which say, "Don't let the light of your life be the light in the refrigerator!"

Updated order forms coming soon.

(NOTE: If you took order forms from Intergroup, please correct the date of next IG meeting. It should be March 17.) Contact: Beth M.

Meeting change: Young people's meeting Tuesdays, 8:30 p.m., is suspended while looking for a new meeting place.

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 June 10th!

3-0-1

Rozanne S, OA's founder, explains how the concept of abstinence emerged in the OA Abstinence book....."in early 1962, one powerful AA meeting changed my way of thinking about eating. All through that meeting, the speakers emphasized 'abstinence' from alcohol. During the two years I'd had contact with AA, I had never heard sobriety referred to in that manner. It was a revelation!"

"Abstinence means simply three moderate meals a day with absolutely nothing in between... if for medical reasons our doctor has ordered more than three meals a day, then of course we would plan accordingly and know that anything outside that plan would be breaking abstinence."

This concept of 3-0-1 abstinence was introduced in the May 1962 bulletin sent to all groups announcing the concept and the proposal for the first OA conference. It appears as the first eating plan listed in the Dignity of Choice pamphlet.

I had never heard the word abstinence in the meetings I went to my first year in OA. Then I heard Rozanne speak at a conference and share the 3-0-1 eating plan and I understood the benefits of those boundaries immediately. I only sponsor 3-011 because it's the only eating plan I have any experience with. I am so grateful for a freedom from the food obsession that can be maintained continuously over the long haul.

-Michele T.

Heard at Meetings:

"I heard someone say that they were visiting Tucson, 'their refrigerator of origin.'"

Read in recovery newsletter: "As always we have included mistakes in the newsletter for those of you who like to find them. We aim to please everyone!"

While reading "we are not saints" from the Big Book, the speaker added, "Of course, that was written before I came into program!"

Mis-spoke: "Before you take that first call, bite..."

"Minds are like parachutes. They only work when they're open."

"Sorrow looks back. Worry looks ahead. Faith looks up."

"Negativity is my disease asking me to come out and play."

A LONG-TERM SOLUTION

A friend from high school contacted me this week to let me know that our classmate, Jim, had died the night before. Jim and I were in the Junior Class play together and we started dating during rehearsals. He was smart and funny (in our Senior year he was voted Best Personality), and I came to adore him. He was no big, strong athlete; in fact, his hobby was rock hounding. He was my first love and soon we were going steady and I wore that class ring around my neck as a badge of honor proving that someone loved me. We walked the school halls in the morning holding hands. As first loves often go, we broke up a few months later and he reconnected with a former girlfriend whom he married and then divorced years later.

As I thought about writing this article for the newsletter, I figured I could talk about the 9th Step Promises and "we will not regret the past nor wish to shut the door on it". I was going to write how I was glad that Jim found a new love to make him happy for the last 20 years or so and how I didn't regret that he didn't choose me over anyone else. As I am thinking these thoughts, which are very true, I hear an old song on the radio that takes me back in time to my college days and I think about how I wasted so many years with food instead of pursuing a life of adventure and excitement. I could have had great loves, but I loved food too much to look for them. So I guess I do have regrets that haunt me from time to time. Damn those oldies on the radio!

Yes, it is accurate that I have evolved in program and I am not as controlling or as quick to give advice and feel hurt if you don't follow it as I used to be. But, and this is a big BUT, I have a long way to go to be the person I want to be. That's why I stay in program. OA is not a quick fix but a long-term solution to my addiction. I can't leave; I have to Keep Coming Back. This is where I belong. And Jim, I miss you and those sweet times of long ago!

NO LONGER JUST SURVIVING

Big Book page xxix states, "...unless this person can experience an entire psychic change there is very little hope of his recovery." The Twelve Steps are the way to facilitate that psychic change, that spiritual awakening and blueprint for living that enables me to rely on God to direct my life and relieve my compulsion to misuse food. My old way of living is so deeply ingrained and so compelling that I need a support system to help me learn and apply those Steps in my daily life. The foundation of my recovery is the acceptance of the fact of my abject powerlessness to control my eating and my need for a Power greater than myself to restore my sanity.

1. I am instructed to build a support system (The tools of the program) reading, writing, meetings, telephone, sponsorship, plan of eating, action plan, anonymity and service.
2. I am encouraged to use that that support system daily.
3. I identify survival techniques that keep me from using my support system. Such as:
 - Not troubling others
 - Putting others first
 - Being invisible
 - Appearing to have it all together
4. I learn to ask for help.
5. I learn to listen to and accept my feelings.
6. I begin to recognize that if feelings are driving me, causing me to isolate myself, causing harm to myself or others, they are probably feelings connected to survival rules and wrong beliefs.
7. I get support to break those old rules.
8. I learn to identify and meet my physical needs: rest, fluids, sleep, exercise, nutrients, stimulation and relaxation.
9. I learn to stop neglecting my emotional needs by too much isolation, hiding from feelings, too much work, and too much contact with people with whom I can't be myself.

Because of the Twelve Steps, the support of the tools and the fellowship, I have a relationship with a Higher Power that is enabling me to experience healing, and that vital psychic, spiritual change that is allowing me to have (on most days):

1. Abstinence that comes from the "inside out" from the "drug" foods and behaviors that cloud my thinking and perpetuate my need to eat.
2. The awareness to stop neglecting myself by reconnecting to my feelings and needs.
3. The support I need to break survival rules that have limited me from getting my needs met.
4. The ability to stop abusing myself by giving what I cannot afford to give.
5. The ability to stop sacrificing my inside self for outside impressions.
6. The awareness to stop abandoning myself.

-Joanne B.

I FIGHT A BATTLE

I fight a battle at 2 a.m.
I fight a battle at 11 a.m.
I fight a battle at 10 p.m.
Me vs. food, rounds 1, 2, and 3.
Food is manipulative
Food plays tricks on you
Like making you think you're hungry
When you're not in the slightest
I want to eat for many reasons
Because I'm in pain
My knee hurts, throbs, is swollen
And I know food will take the edge off the pain
Because I feel fat
And I know eating will make me feel happy with my body size
For the moment at least.

Because I am discouraged with my body image
And I know food will distort the image back to something I
like
At least I think food does this
In reality food does none of this
It confounds the problem by making the situation worse
It contorts the whole issue neatly
So I need to deal with my food problems
I fight battles at 2 a.m., 11 a.m., and 10 p.m.
With God on my side.
Food may be baffling, powerful, and cunning,
But God is all powerful.
And God is love.
And love takes the bite right out of food.

-Paula

A LETTER TO MY OLD BEHAVIORS

Dear Old Behaviors,

For 28 years we have depended on one another. You have been my safety, my strength and my guide. When I was filled with fear, you offered me comfort. When I felt lost in the world, you gave me a way, but our relationship has not always been happy. You have also kept me stuck. You've kept my worth from me and you closed the door to the relationship I could have with my Higher Power. Old Behaviors, there comes a time when we must say goodbye. The space that you filled in my life is being filled by something new. It is sometimes hard for me to let you go. We've been through so much and you have protected me and helped me get to this point. So I will not resent you; I will not talk negatively of you. But I will, with grace, say good-bye. I have a new comfort today, a Power greater than myself. I have a new guide, a Program of Recovery, a tool for living. I no longer feel lost or react in fear because my Program and Higher Power show me I am safe. I am still getting to know my Program and Higher Power. This is still a new relationship that is developing and growing. But, this relationship is filled with trust, gentleness, and hope. This relationship doesn't hurt. Sometimes I want to turn back to you, Old Behaviors, because we have history; I know what will happen when we're together. But just for today, I've said good-bye. Just for today, I choose New Behaviors.

"WHEN I FELT LOST IN THE WORLD, YOU GAVE ME A WAY, BUT OUR RELATIONSHIP HAS NOT ALWAYS BEEN HAPPY. YOU HAVE ALSO KEPT ME STUCK."

Just for today, I can...

- Pause and pray instead of rush and panic,
- Call my sponsor to ask for help instead of muscle through it by myself,
- Approach the day with a plan, instead of mindlessly react to whatever comes my way,
 - Do just enough instead of too much or too little,
 - Sit peacefully in silence instead of fill it with noise and movement,
- Choose gentle words to use within myself instead of words that rip and tear,
- Breathe calmly and walk slowly instead of move quickly and act with urgency,
 - Stop instead of go,
 - Label my feelings instead of resent that they are there,
 - Take the next step instead of be paralyzed with uncertainty,
 - Admit I have a problem instead of think I am a problem,
 - See the solution is within me instead of react in fear,
 - Know I have a choice instead of feel stuck,
 - I can see others as others instead of a direct comparison to me, and
- Hand it over to a Power greater than myself instead of figuring it out by myself.

Meeting support needed: The following meetings need your support:

Friday Fresh Start, 7:30 a.m., St. Frances Cabrini , 3201 E. Presidio

Saturday Morning Study Group, 9:00 a.m., St. James United Methodist, 3255 N. Campbell

Meeting closures:

Wednesday, 7:45 p.m. Young People's Meeting, Arizona Power Yoga on Silverbell

Wednesday, 6:00 p.m., 11th Step Meeting, Oro Valley Urgent Care

Wednesday, 7:30 a.m., Going to Any Lengths, St. Frances Cabrini

THE TENTH STEP

When I was asked to write an article on Step 10, I scrunched up my nose and felt very inadequate about writing about this particular step. The first voice in my head said, "You don't do a formal 10th Step, so how can you write about it"? After further thoughts, I decided to write the article because I do an inventory daily, albeit not something formalized. This is about taking a personal inventory and I definitely do this daily.

When I first started OA I was very much concerned about the 9th Step because it would mean that I would have to apologize to my ex-husband and I did not want to do that. I kept hearing that I don't have to worry about that right away. Step 10 is about right away because if I clean up my daily messes, then I won't be adding to the amends that I will have to do later in my recovery.

I do Step 10 as a spot check inventory. I do this right at the moment. This means that I have done or said something that was hurtful to someone else. It just doesn't seem right inside me – my conscience is talking to me. I need to understand what I did wrong and apologize for that. I cannot say I am sorry anymore because I used to do that all the time and there was no true substance in saying those words. I need to say that I was wrong when I am and I apologize for my words and/or actions. Many times I can do this on my own, but there are occasions when I need to ask my sponsor or other program friends what I need to do in this situation. Then I take the action and make an amends.

When I was new, this Step was very difficult to do at the moment. I did not know what I did wrong, but I knew that it was uncomfortable. I was truly beginning to get a conscience. This was a gift in itself!!

There is the inventory that is taken at the end of the day. This is more formalized and this involves seeing where I was selfish, dishonest, resentful, or fearful. Step 10 is about growing in understanding and effectiveness (p.84 Alcoholics Anonymous Big Book). If I owe someone an amends, then I will do it as quickly as possible because I want to grow in my program.

Steps 10, 11 and 12 are the maintenance steps and they help me to grow in my spiritual world.

HOW HP WORKS IN MY LIFE

From the moment I was asked if I would write about how HP works in my life, I have been making more of an effort to be in an intuitive/sensitive mode. I know that the only way I see what I need to see is if I pay attention. However, the challenge for this child of atheists is to also keep an open mind. At the same time, when I think about HP, I also think about the innumerable people, places, and things that I do not, cannot, and more importantly, no longer want to control.

I know that HP is working in my life. I came to believe that I could be restored to sanity through working the Twelve Steps and living my life according to the principles of the program. I came to that moment because I did what my sponsor told me (most of the time), but especially when she told me to stay for the miracle. What I did not know at first, is that it wasn't necessarily my miracle I would see. I just kept coming back, because I saw people getting better and I wanted what they had. I wanted to be sane. I was not sure I was going to be restored to sanity, because I was not sure that there was a real history of sanity. I wanted freedom from obsessions and I wanted balance in my life. I don't know if there was a particular moment when I knew that my life was better, but when I look back (usually without morbid reflection), I chose to stay in the present moment.

To really answer the question, I took some time to look at how my life is different today than from it was before program. I looked at what has been added and what has been taken away. There are simple differences: I sleep better. I do not suffer from the insomnia that used to awaken me in the middle of the night. I would be up for hours, as my brain bounced from one urgent task to another. I do not wake up with a flood of apprehension about all the things that have not been started and all the things that have not been completed. There are huge differences as well. I have willingness now, which lets me take risks. That willingness leads me to allow feelings back into my life.

I know HP works in my life, because there is no other explanation.

"I know HP works in my life, because there is no other explanation."

OA MEETING LIST – May/June 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
SATURDAY 4:00-5:00 PM	LBGTQ and Friends #12117 Teen and Youth Friendly, Open to all	Brewd Coffee Shop (CENTRAL) 39 N. 6th Ave in the meeting room (parking available behind Chicago music)	Joe N. 551-2039 Rae 239-784-9626 IR:	

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 – May/June 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	
THURSDAY 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

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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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