

DESERT RECOVERY NEWSLETTER

OA to the Rescue

I have been in and out of (mostly in) the OA rooms for over 40 years. I admire the OAers who report multiple years of back-to-back abstinence; alas, that is not I. The only thing I can say is that I have back-to-back perseverance. However, that perseverance pays off. You don't really know how much you get from meetings until you are put to the test.

I'd like to share a story that happened to me just yesterday, and how my OA "training" got me through it. Now if you don't like long-winded anecdotes, skip this part and go right to the last three paragraphs which, basically, say it all.

I am a recent (one year) transplant from the New York City suburbs to the deep South. As a very social person, one of my biggest fears was not making friends easily because I didn't have the usual hooks (children in school, a job, etc.), and the OA scene where I am, is just not as ample as it is in New York.

So when a lady at church approached me and asked if my husband and I would be interested in joining a club she and her husband had started, I was thrilled and delighted. We were invited to attend the first meeting of the year in June, which was to be a planning meeting.

In my unbridled enthusiasm to be supportive and contributing, I volunteered to be treasurer (nobody else at the planning meeting did) and to be a part of the by-laws committee. I have experience in both and thought that I could be an asset to the team.

My offer was gladly accepted, and we joined the ranks of the club. The lady and her husband were president and vice-president respectively.

My husband and I went to a social function held by the club in August and met other members. We brought food, and helped with clean-up after the function ended.

Then we had the meeting of the by-laws committee. The president wanted by-laws drawn up in time for the Board of Directors' meeting in early September. There are three on the committee, but one could not attend the meeting.

However, the president wanted to sit in, and she offered a copy of some by-laws that she had put together from the by-laws of other organizations as a sample.

We worked quickly and efficiently and within two hours had produced a very good set of by-laws, which I offered to type up for review by the board of directors. I am a fast worker and like to get things done. I made comments on the proposed by-laws, and the other member of the committee as well as the president had input. I had copies of the new by-laws emailed to them within three hours after the meeting ended. I received positive feedback from the other members of the committee along with thanks for typing them up in such a clear and understandable fashion.

Five days later (yesterday), I received a call from the president asking me and my husband to leave the club. She said she just couldn't work with me, that I was pushy and overbearing. When I tried to explain to her that I was only trying to be helpful, she cut me off with, "I don't want to talk about it." And then she made some denigrating reference to my being a Northeasterner. Interestingly, she comes from New Jersey!

Needless to say, I was devastated. Not just because of the element of rejection, but by the misconception that I was trying to take over. I love being a worker bee; I never want to be the head honcho. It bothered me the whole day, and I went from being hurt to being angry, to feeling unworthy...I'm sure you know the drill. It wasn't until I was lying in bed last night that I realized what I needed to do was work my Program.

I needed to do a 10th Step and find out what my part in the whole thing was; and I needed to make amends. Her perception is her reality, and whether she was threatened by me or just angry that I seemed critical of her version of the by-laws, or whether she had a completely different agenda (she told me I reminded her of her grandmother...and I guess she didn't get on too well with grandma), is really none of my business. What is my business is that I inadvertently hurt someone, and for that I had to make amends. Clean up my side of the street, as the slogan goes. As soon as I arose, I wrote a handwritten letter of apology for any behavior that may have hurt her. I wished her and her husband luck in their endeavors and I signed off.

OA did that for me. If I didn't have the OA tools; if I didn't work the steps; if I didn't realize that no matter how innocent my actions, if someone is hurt by them, I need to make it right...I would never have been able to write that note. The minute I realized what I had to do, those heavy feelings of rejection, disappointment, anger, unworthiness, etc. were lifted. So all those years of sitting at meetings, listening, assimilating, paid off.

And what's even more amazing and almost miraculous: *I didn't eat over it! Hallelujah!!!*

-MCB, Birmingham, AL, August, 2012

DESERT RECOVERY CONVENTION & ASSEMBLY

We know that you know that our very own Southeastern Arizona Intergroup is hosting the Fall Convention and Assembly for Region Three!! It will take place at the University Marriott at 880 E 2nd St. right here in Tucson. The convention starts Friday night August 16th, 2013, with a Public Information Forum followed by the Grand Opening with an out-of-state speaker.

We will have a once-in-a-5-year opportunity to attend our Region Three business assembly here in town! See where and how the fascinating business of Region (which includes New Mexico, Arizona, Colorado, Nevada, Oklahoma, Texas, Utah, Torrington, Wyoming, and Scottsbluff, Nebraska) takes place. In addition there will be great OA speakers, sessions, entertainment, OA meetings, and wonderful fellowship, all for you to enjoy. In addition, there will be shopping at our Desert Deals and Doodads Boutique where handcrafted items, gently-used clothing, and raffle items will be featured. We promise something for everyone's recovery. We especially like the handmade journals, greeting cards, and scrabble word magnets. Saturday night there is a banquet with healthy, beautiful foods and a keynote speaker talking about Freedom from Bondage. After that we can enjoy playing table games that are recovery focused and fun! Sunday's activities include an OA meeting, Public Information forum, and a closing ceremony with a speaker.

Prices are almost too good to be true. The hotel, located at a central location, is charging only \$89 a night with up to 4 people in a room and the registration fees are: \$85 for the weekend events including banquet; \$10 for Friday only; \$15 for Sunday only; \$45 for Saturday only without banquet. Scholarships are available and, in the spirit of Traditions Three and Five, no one will be turned away.

"How can I get involved?" Well, we are thrilled that you asked. The 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. Go to our SEAZ website <http://oasouthernaz.org/> for more details. Be sure to SAVE THE DATES: Aug 16-18, 2013. Call either of us for more information.

Janis R 325-4441 janisroth@msn.com

Roni B 269-1025 ronibyrne@gmail.com

OA "CLASSIFIEDS"

DIDO GYM INITIATIVE

HELP OA STRETCH ITS MEMBERSHIP!

If you are a gym member, attend fitness classes, have a personal trainer, or know people who are coaches, pass along information about the fellowship!

Talk with your meeting literature person about taking pamphlets or contact Rae at 239-784-9626 or rstrozzo@gmail.com!

Save the Date!

Living in the Solution Awakening Your Spiritual Self

**Arizona Serenity in the Desert
Intergroup
2013 OA Winter Retreat
January 11th – 13th, 2013
Living Water Retreat Center
Cornville, Arizona**

Service Opportunities

1. Read Between the Bars: The PIPO Committee is asking individuals and groups to donate soft bound copies of the Big Book and OA's Twelve Steps and Twelve Traditions. Give your contribution to your IR or contact Rae at 239-784-9626.
2. Help Youth Recover: The PIPO Committee will be donating books to Middle School, Jr. High School, and High School libraries. They are asking for copies of *For Today*. Give your contribution to your IR or contact Rae at 239-784-9626.

Heard at a

Meeting:

"If you want to change who you are, change what you do."

"The Big Book is like a cookbook – you can read it all day long and starve. You have to take the action."

"If you stay humble, you will not stumble."

"Our neighbor's window looks much cleaner if we first wash our own."

"Yesterday is a canceled check, tomorrow is a promissory note, today is cash in hand, spend it wisely."

"If you share your pain, you cut it in half; if you don't, you double it."

"There's no elevator; you have to take the Steps."

"If you don't want what we have, go back out to what you had."

"A fear faced is a fear erased."

"Courage is fear in action."

"You can't direct the wind, but you can adjust your sails!"

BOUNDARIES

Boundary: something that indicates limits, a limiting or bounding line. Before OA I could not contain my food, or the food choices, in any way. And for my first two years in OA I struggled so very hard to establish a relationship with the food in my life that would give me a structure I could live with, not just for a while, or as long as I could 'hold' it, but for the long haul. It took the help of a higher power and a complete surrender of my will around food to put in place an abstinence that was physically and emotionally do-able for me. 301 is that abstinent food plan, three meals a day, no sugar. It was EXTREMELY difficult at first and I ate meals that were big enough to make sure I could last from one meal to the next.

As the days and weeks passed and I held the boundary of three meals, the volume reduced. As one of the most profound consequences of maintaining these boundaries with food is how it helped me say to other areas of my life, "I do want this to be in my life" and I "don't want this to be in my life", especially with men! I am totally convinced that, for me, holding those boundaries with such a powerful substance in my life (food) helped me to begin to hold boundaries with men I had never done before. I will accept 'this', I won't accept 'that'. So much so that after a few exploratory relationships with men, where I tried out my new skills with boundaries with men and their behavior (that took a few years LOL), I was able to form a relationship with the man I married that is free and easy to this day, 20 plus years later. I am so grateful to the founder of OA, Rozanne S, for the concept of 301 abstinence.....it has given me a life beyond my wildest dreams!

-Michele T.

WANTED!

WANTED!!

(for Desert Recovery Convention 2013 creations)
Old Scrabble games found at yard sales or in your bottom game drawer!

(no new games please...trying to recycle ;)

Crystal Light plastic tubes

Lace ribbon (guessing some seamstresses will find scraps to donate :)

$\frac{1}{2}$ "

Gently used clothing (starting collection after Jan 2013)

Personal 4x6 photos depicting Southwest Arizona

(Bisbee, Yuma, Tucson, Sierra Vista, Green Valley)

(no people please),

you can either e-mail Janis the photo or print and bring to Intergroup

Janis: janisroth@msn.com Chris: rainbow.smiles@cox.net

(520) 325-4441

(520) 661-1991

15 QUESTIONS: ARE YOU A COMPULSIVE OVEREATER?

Do you have a problem with food?

Welcome to Overeaters Anonymous. This series of questions may help you determine if you are a compulsive overeater.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive overeating problem. We have found that the way to arrest this progressive disease is to practice the twelve step recovery program of Overeaters Anonymous.

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Is OA for You?

Only you can decide that question. No one else can make this decision for you. We who are now in OA have found a way of life which enables us to live without the need for excess food. We believe that compulsive overeating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested. Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.

OA PRAYERS AND SAYINGS

The Third Step Prayer: God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do thy will always. (*Big Book of AA*, p. 63, 4th ed.)

The Seventh Step Prayer: My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of uselessness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen. (*Big Book of AA*, p. 76, 4th ed.)

Resentment: If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love. (*Big Book of AA*, p. 552, 4th ed.)

Acceptance: And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitude. (*Big Book of AA*, p. 417, 4th ed.)

The Serenity Prayer: God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

WILLINGNESS TO CHANGE

After attending my first few OA meetings this past February, I realized that I needed to make some big changes in my life. I had dieted, gained and lost weight over and over for fifty years. Obviously, what I had been doing wasn't working. I realized the insanity of that and I truly wanted different results. I also wanted more than just weight loss. I heard in these meetings that what I had was an illness.

I was a compulsive eater and my drug of choice was sugar. I was praying a lot those first few weeks in OA and the message I got from my Higher Power was that I needed to give up sugar and white flour. Wow!! That was huge and I struggled with that decision for days. I finally decided to surrender and do what HP was asking of me. It's been seven months now without granulated sugar and most of the time I am avoiding white flour. I became willing to change and willing to let HP into my life fully and help me.

It took me quite a while to find a sponsor. I was scared to reach out and there was still a part of me that thought I had to do this alone. At first I used the group at each OA meeting as my sponsor. I shared in meetings and listened and talked to people after meetings. At one of my early meetings, a longtime OA member gave me a very helpful pamphlet, *A Guide for Sponsors*. She told me there were 30 questions in the back to help the newcomer with the first Three Steps toward recovery.

I bought the necessary books and gathered the required pamphlets and started a 2-month project of reading, reflecting, and writing. For the most part, the writing just flowed, and some of it was more difficult and painful. Question 30 asked me to write about my own personal surrender. Those two months of reading, writing, reflecting, crying, remembering where I'd been and what I'd tried- all this helped me with writing honestly my personal surrender story. I was also asked to make a sincere commitment to turn my life and will over to the care God, as I understood Him.

That day, June 7th, I made that commitment with tears of joy and gratitude. I finally got it: I couldn't, God could-- AND God wanted to help me. I felt loved and deserving and I felt hope.

Shortly before I started on this project I started waking up every morning at least an hour earlier than usual and this kept happening. I soon realized that this was HP's way of encouraging me to get started and keep at it. I am very grateful for that loving member who gave me that pamphlet and encouragement early in my time in OA.

Another big change for me was that I went to see a dietician for the first time in my life. I guess I had thought that since I was a nurse and had taken *Nutrition 101* 48 years ago, I knew it all---WRONG !! I saw the dietician three times and she gave me a food plan that I've been using since the end of August. After I got used to it, I realized that it's not that hard to follow. I also found out that my normal weight is just what I thought it was. It was so good to have the dietician confirm that. Now, I have about 15 lbs. to go 'til I reach my goal weight. I have shed 40 lbs.

I am so glad that I found OA and have embraced the program.

I found my sponsor in August and I am so happy about that. It is wonderful to have her support.

- Annlee L.

TRY BEFORE YOU BUY?

In case you're not absolutely convinced that you need your very own copy of the OA Twelve Steps & Twelve Traditions (OA 12 & 12), or the book of recovery stories *Overeaters Anonymous* (2nd ed., OAI), there are copies available at the Pima County Public Library (www.library.pima.gov). All you need in order to check them out for 3 weeks is a library card, and items can be renewed up to 3-4 times, as long as there is no one waiting for them. You can even enter reserve requests, and renew items you've checked out, online. See the website for library locations and hours, or look in the phone book in the blue government pages at the front, under Pima County ==> Library Department.

The good news is that these books tend to be readily available. I found copies of both of them on the shelf at my local library on my way to my first OA meeting last year. The bad news is that the library tends to discard items that aren't checked out very often, so let's show some demand here: If we don't use 'em, we might lose 'em!

-Mary H.

Gratefully recovering OA
OA literature fan
Public library fan

Sound Bites from Overeaters Anonymous

A 12-Step Solution to Compulsive Eating

Tune in to Voice America Internet Radio for a 13-week Internet radio show to help listeners better understand compulsive eating and OA's recovery program. This weekly, one-hour program will be broadcast online beginning October 17 at 1 p.m. PST and run through January 9, 2013. Programs will be archived for later listening and downloading.

Sound Bites from Overeaters Anonymous will share first-hand the personal struggles of compulsive eaters, and the strength, hope and recovery they found using OA's Twelve-Step program.

Listeners can find *Sound Bites from Overeaters Anonymous* on Voice America starting October 10 by visiting www.voiceamerica.com and searching for "Overeaters Anonymous."



Listen for these topics:

- How and why a Twelve-Step program can work for compulsive eating.
- How OA's Plan of Eating differs from a diet.
- The nine tools of Overeaters Anonymous.
- Keeping your eating sane during the holiday season.
- 100+ pounds to lose—is there hope for me in OA?
- The three levels of recovery from compulsive eating.
- What to expect at an OA meeting.
- In all our affairs—how recovery in OA can improve every aspect of your life.
- New Year's resolutions—what can you do differently this time? And live call-in questions and answers.



oa.org

OA MEETING LIST – November/December 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	Junardi 306-8225 IR:	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)	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 Jill S. 320-7534	Fragrance-free* WC **Parking
MONDAY 5:30-6:30 PM	GOING SANE #39507 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: 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: 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 299-6178	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:	
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: CALL FOR JULY LOCATION CHANGES	
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: Paula 742-6657	
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 (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)	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 #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 Meeting #52213	Brewd Coffee Shop (CENTRAL) Meeting Room 39 N. 6th Ave	Joe N. 551-2039 Elsa M. 299-3200 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 – November/December 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:	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 Room 3	Jan F. 678-0369 IR: Jan F. 678-0369	WC
THURSDAY 6:30-7:30 PM	Newcomers #39367	Church of Christ 815 El Camino Real Room 3	Marilyn 417-1645 IR: Marilyn 417-1645	WC
SATURDAY 11:00-12 Noon	Varied format #40592	Church of Christ 815 El Camino Real Room 3	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:	WC
THURSDAY 12:00-1:00 PM	#00520	Central Church of Christ 651 West 28th Street	IR:	

IR: Intergroup Representative

WC= Wheel Chair Accessible

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MEETING LIST CHANGES: Please send corrections or changes to

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 | <ul style="list-style-type: none"> • Delegate (2): Beth M. 577-8745 or 349-0810 • PIPO: Rae S. 239-784-9626 • Meeting List Contact: Marie R. 270-9568 • Newsletter: Michelle S. 520-604-6811 • Special Events: Open | <ul style="list-style-type: none"> • Tape Library/Lifeline: Rebecca T. 603-547-5570 • 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