



# Desert Recovery

Nov. Dec. 2013

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS  
ANONYMOUS

## **\*\*THE GRATITUDE ISSUE\*\***

My sponsor says I can't have a day without gratitude and she always emphasizes giving credit where it is due – to God, my Higher Power. Even those days when I feel like nothing is going my way, and I just want to escape it all, I need to be able to find something to be grateful for.

Today, I am grateful to be honored with the job of preparing this newsletter. The time I spend formatting and editing is time I don't obsess about food or what other people are doing. It keeps me out of trouble!!

Thanks for the submissions. I really appreciate the help and encouragement of all of you! And, Thanks, God!

*~Angela N, Newsletter Chair*

## **FROM THE ARCHIVES**

I am grateful for the awareness that no amount of food is ever going to fill me up or satisfy me. I can't tell you how many times I sat all day long fantasizing and craving about the perfect binge I was going to have – but when I had that “perfect” binge – it never satisfied me the way I envisioned. Actually, as soon as I put that food in my mouth, I experienced the stages of a spree as stated in the Doctor's Opinion in the Big Book – total remorse and guilt. It would take more and more food to get past those guilt feelings to the “stoned effect” I wanted. It is such an awareness to know that there is no sense turning to the food today since no amount of food is ever going to be enough, taste the way I dream or really do what I want it to do. I found out that my malady was a spiritual one – not a physical one, and the only thing that fills up that bottomless hole is God.

*~Joe A. (Reprinted from OA HowGram, Tucson IG, Feb/Mar 1997)*

## THANKFUL FOR AA'S FOUNDATION

After reading the current newsletter, I am reminded how grateful I am for the men and women who, with God's guidance and help, put together the Big Book of Alcoholics Anonymous. I never realized that most of what I received in recovery wisdom has come from a book written in 1939, long before I was born.

I am amazed and truly grateful that by changing the word 'alcohol' and alcoholic' to 'food' and 'compulsive eater' was enough to provide a workable solution.

I am grateful for the many people who have continued to carry the message, who have continued to come back so that there was a meeting for me to find and attend, when I was finally ready to admit that I had a problem.

I am grateful that those first six steps (pg. 263) were expanded to the current twelve steps ( pg. 59) and that I am able to understand these steps; that if and when I am able, they will work for me, if work them.

I am grateful to God, my Higher Power, for bringing into my life, through this program of recovery, men and women who had been able to love me until I could love myself.

*~ Anonymous*

## GRATITUDE FOR MY ATTITUDE

**Gratitude turns what we have into enough. I began practicing an attitude of gratitude when I was deep in self-pity. The practice made me look for things in my life to write on my gratitude list. The process has changed my mind. That has helped me to be more serene. I am able to laugh more easily. I have less need to control because I am less afraid that there will not be enough. I am more comfortable in my skin.**

*~Anna M.*



# APPRECIATION FOR THE TOOLS

I am grateful for the willingness that I and others have shown when we lead a **meeting**; **write** an article, or other more obvious acts of **service** like **sponsoring** or being on a committee that puts together the retreat or convention. All of these things benefit me and I am grateful.

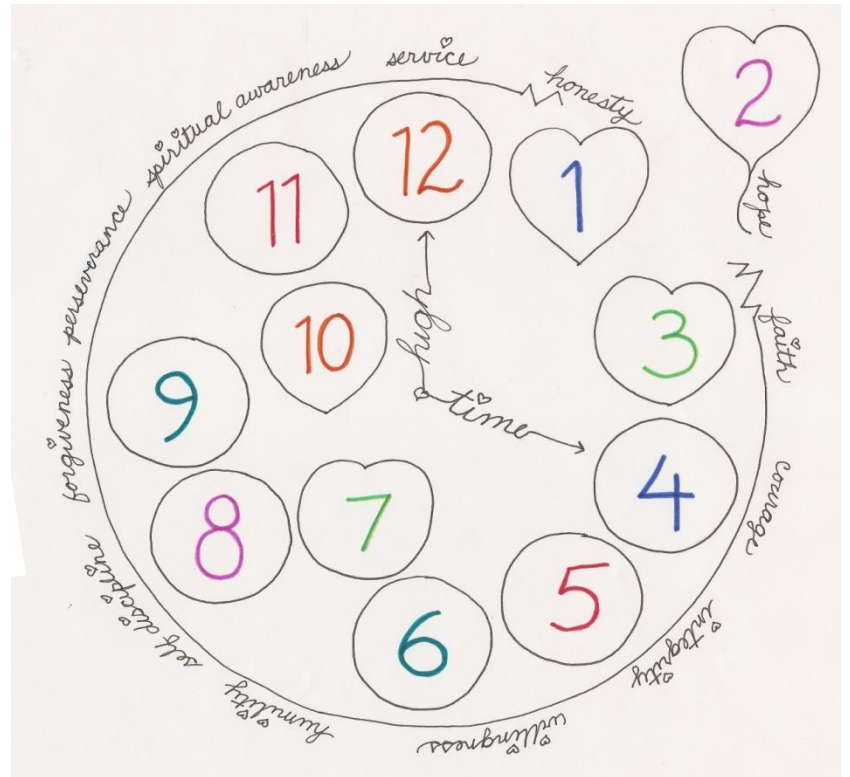
I am grateful for the tools of the program. I cannot share enough on how these tools have saved my life. Until I got into recovery; I did not know that these simple things were tools that I could use to get reconnected with God and my fellow man. I have tried to understand in many different ways why these nine tools are so helpful, so simple yet so profound and I have come up with many ideas. These tools teach me how to take care of myself and in using these tools I end up helping others as I help myself. The biggest thing that I have found to be true is that when I am willing to share where I am at right now with others at a **meeting**, on the **telephone**, by **writing** an article that becomes **literature** for others to read, I proclaim loud and clear that I am not alone anymore and I need others in my life. When I take on **service** through **sponsoring**, I share what I have done, my **plan of action** and my **plan of eating**, with someone else, trusting them to keep my **anonymity**.

~ *Anonymous*

DATE *****	TIME *****	ACTIVITY *****	WHERE *****
Nov. 15, 2013 & Dec 20, 2013	7:30am	Speaker Meeting	St. Francis Cabrini Catholic Church 3201 East Presidio (Education Building)
Nov. 16, 2013	930am-300pm	IDEA Day (International Day Experiencing Abstinence)	Sierra Vista 815 El Camino Real
Nov. 28, 2013	900am- 1200pm	Thank-a-Thon	St. James UMC
Dec. 29, 2013	530pm	Speaker Meeting	Streams in the Desert Lutheran Church 5360 E. Pima, Room A
January 25-26, 2014		Annual Winter Retreat "Finding Joy through Recovery"	Mount Claret Retreat Center in Phoenix

If your meeting has a speaker meeting, please let me know.  
I can publish it in the newsletter and/or forward to email subscribers. Thanks!!

# CREATIVITY IN RECOVERY!



Chris N.

**For my quiet time with God each morning  
For the love and relationships with family and friends  
For the fellowship and support of OA  
Today I am grateful and I strive to live my life on purpose**

**For the 12 steps and traditions of OA  
For my sponsor who walks my journey with me  
For this new more balanced life  
Today I am grateful and I strive to live my life on purpose**

**For the beauty of Nature  
For the gift of laughter and tears  
For finally saying yes to God  
Today I am grateful and I strive to live my life on purpose.**

*~Annlee*

Please consider writing for the next issue, due out in January 2014 (deadline January 5, 2014).

Send your writing to [newsletter@oasouthernaz.org](mailto:newsletter@oasouthernaz.org)  
(or give me your hard copy at a meeting).

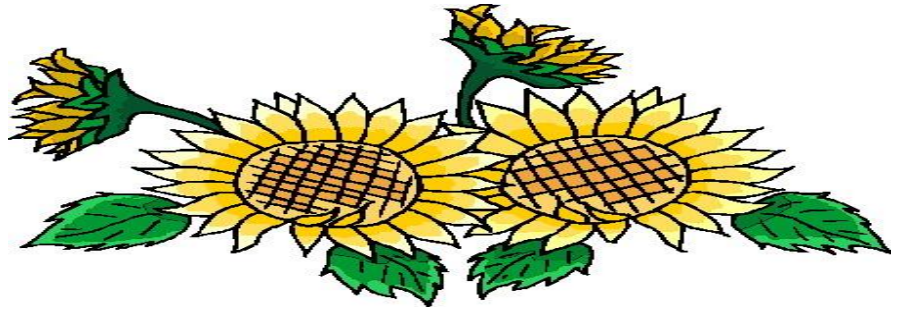
As you can see, original art and poetry are welcomed!

And, of course, OA related announcements.

Submissions can be printed with your first name only, or as "anonymous."

Articles may be edited for space reasons.

# GRATEFUL FOR OA



After several years in an outside recovery program, my life went from degrading to delightful - except for one area of my life: my relationship with food and weight.

Often, I felt separated from what the Big Book calls the "sunlight of the spirit". I felt cut off from the joy I witness others experience in their lives. I was not totally free yet, but I yearned to be. Something was holding me back, but I didn't know what it was. I took better care of myself than I had in years; I went to the doctor and dentist, kept well groomed, no longer pushed myself to the point of exhaustion, and bought new underwear often. That was progress for me!

As chance would have it, I went to Los Angeles to visit a friend I knew from my other program. She told me she was going to an early morning meeting the next day, and invited me to come along. "It's not our regular program meeting", she explained "this is a different program". Count me in, I said. This was how I attended my first OA meeting.

In the meeting, the speakers told stories and shared feelings I could relate to. They talked about eating to "get loaded", using food to cope with feelings of stress, sadness or anger. They shared about planning big meals, stockpiling or privately scarfing down certain comfort foods. They also shared the way that these foods initially offered comfort in the short term, but inevitably the eaters wound up feeling immense shame, pain and guilt in the long term. I was hearing my own story!

They shared about having a spiritual hole inside of themselves and their attempts to fill it with food, work, people, places and things - and the inevitable disappointment that followed, only triggering another round of troubling food-obsessed behavior. It was a vicious cycle I knew all too well. I was so grateful to finally have a face, a name for the "dis-ease" I was experiencing. I was a "Compulsive Overeater".

Hearing these speakers, their journey and story, I finally felt some hope. That was the day I became a member of Overeaters Anonymous.

Today, I am more than one year abstinent, 30 lbs. slimmer, and a whole lot happier. I'm uncovering the spiritual message of OA in every step with the help of my sponsor and meetings. I have Higher Power big enough to handle my compulsive overeating as well as the fears, anxieties and emotions that have erupted because I am no longer using food to numb myself.

My gratitude for this program reaches far and wide, not only to the friend who took me to my first meeting, but also to those who share their stories. I am so grateful to the 2 speakers at my first meeting who had the courage to share honestly about the disease just long enough for me to see myself in their stories - and then focus on the solution, so I could absorb the message of hope. A hope that if I kept coming back, I too could live happy, joyous and free.

*~ Anonymous*



# USING THE DICTIONARY...

My sponsor gave me an assignment one day to use the dictionary to better understand things I was dealing with in recovery. Using [Dictionary.com](http://Dictionary.com), I looked up some words...

**Sobriety** - “the state or quality of being sober (*not intoxicated or drunk; habitually temperate, especially in the use of liquor {food}; quiet or sedate in demeanor*)”  
Habitually temperate. One day at a time, over and over and over. Quiet and sedate is the result I get from continuing in this way of life, instead of being frantic and irritable. My emotions don't swing up and down as much. It is essentially talking about how my food is (or isn't)

**Temperance** - “1. moderation or self-restraint in action, statement, etc.; 2. self-control. 2 habitual moderation in the indulgence of a natural appetite or passion, especially in the use of alcoholic liquors. 3. total abstinence from alcoholic liquors.”

I really like this word. Habitual is mentioned again, along with ABSTINENCE! I must remain moderate in my eating (extremes don't work for me!) and I must have “total abstinence” from my addictive behavior. For me the compulsive eating is my “natural appetite,” which is why I cannot fix myself. I need OA and God. This word, too, is talking about how my food is (or isn't)

**Serenity** – “the state or quality of being serene, calm, or tranquil; serenity OR a title of honor, respect, or reverence”

Serenity reflects that “quiet and sedate” *in all areas of my life, not just with the food.* For me, serenity comes after sobriety and temperance. I've set aside my old higher power and I'm clinging to a real Higher Power. And if I am serene, maybe that makes me WORTHY of respect (respectable), to myself and others.

~Anonymous



*All personal stories in this newsletter express the experience of the individual member and not of OA as a whole.*

*Any other OA group is welcome to reprint an article without permission.*

## OA MEETING LIST – October/November 2013

[www.oasouthernaz.org](http://www.oasouthernaz.org)

DAY& TIME	GROUP NAME & NUMBER	LOCATION	CONTACT & IR	NOTES
<b>SUNDAY</b> 11:00 -12 Noon	<b>MIRACLES HAPPEN</b> Literature Varied Format #23957	<b>4180 W. Sweetwater Dr (WEST)</b> Look for OA signs	Junardi 306-8225 IR:	WC
<b>SUNDAY</b> 5:30-6:30 PM	<b>HOPE, LOVE &amp; ACCEPTANCE</b> Varied Format: Tradition/Step and 1-1/2 hr Big Book Study #45377	Streams In The Desert Lutheran Church Classroom A in Fellowship Hall <b>5360 E. Pima (CENTRAL)</b>	IR: Claudia 373-5186	WC
<b>SUNDAY</b> 5:30-6:30 PM	<b>SEEKING THE POWER</b> 11 <sup>TH</sup> STEP MEETING #49744	University Medical Center <b>(CENTRAL)</b> <b>1501 N. Campbell Rm. E/F (S end of Café)</b>	Janet G. 795-7492 IR: Peri 751-7801	<b>FF* WC</b> <b>**Parking</b>
<b>MONDAY</b> 5:30-6:30 PM	<b>GOING SANE</b> Big Book Study Speaker 1 <sup>st</sup> Monday #39507	First United Methodist Church, Carillon Room (4 <sup>th</sup> & Park), <b>915 E. 4<sup>th</sup> St (CENTRAL)</b> Park behind church, enter lot from 4 <sup>th</sup> St	Felice G. 891-8900 IR: Allison M. 609-3583	WC
<b>MONDAY</b> 5:30-6:30 PM <b>*NEW MEETING*</b>	<b>READING, WRITING &amp; RECOVERY</b> Indepth Step Study <b>*NEW MEETING*</b> #	Mountain View Retirement Village 2 <sup>nd</sup> Floor (please sign in at reception desk) <b>7900 N. La Canada Dr (NORTHWEST)</b>	Lana 270-0702 IR:	<b>*NEW MEETING*</b>
<b>MONDAY</b> 7:00-8:00 PM	<b>FAR EAST ABSTINENCE / STEP STUDY</b> #40522	Abounding Grace Church, <b>2450 S Kolb Rd (FAR EAST)</b> N. of Golf Links on W. side	Debbie F. 312-7597 IR: Barbara B. 751-7801	WC
<b>TUESDAY</b> 10:45-12 Noon	<b>NW TENDER SOLUTIONS</b> OA 12 & 12/ Sharing #40963	Dove of Peace Lutheran Church <b>665 W. Roller Coaster Rd (NORTHWEST)</b> West of Oracle Rd	Neva S. 877-8420 IR: Barb 229-6178	WC
<b>TUESDAY</b> 5:30-6:30 PM	<b>TUCSON MEN'S SANITY</b> #49144	<b>931 N. Fifth Ave (CENTRAL)</b> 1 ½ blocks south of Speedway	Jim D. 250-0509 IR: OPEN	
<b>WEDNESDAY</b> 11:30-12:30 PM	<b>WELCOME HOME</b> Sharing #04330	Streams In The Desert Lutheran Church, Ginsler Hall S. Side of Church <b>5360 E. Pima (CENTRAL)</b>	Sue R. 358-7358 IR: Beverly C. 628-8580	<b>Beverage only</b>
<b>WEDNESDAY</b> 6:30-7:30 PM <b>*NEW MEETING*</b>	<b>KEEP IT SIMPLE</b> Step Study <b>*NEW MEETING*</b> #52972	Mountain View Retirement Village 2 <sup>nd</sup> Floor (please sign in at reception desk) <b>7900 N. La Canada Dr (NORTHWEST)</b>	Lana 270-0702 IR: Diane S. 235-7570	<b>*NEW MEETING*</b>
<b>THURSDAY</b> 10:45-11:45 AM	<b>SEEKING THE SPIRITUAL PATH</b> Book study #00439	Oro Valley Urgent Care, Comm. Ed. Room <b>13101 N. Oracle Rd (Oro Valley FAR NW)</b>	Diane 638-5583 IR: Nancy N. nlnnielsen@aol.com	
<b>THURSDAY</b> 5:30-6:30 PM	<b>OVER AND UNDER MEETING</b> Lifeline/Discussion #50226	St. Frances Cabrini Church, Ed. Bldg., Rm. 5 (E. of church) <b>3201 E. Presidio (CENTRAL)</b>	Beth M. 577-8745/349-0810 IR: Terre J. 977-1960	WC
<b>THURSDAY</b> 7:00-8:00 PM	<b>BIG BOOK STUDY</b> #47942	Abounding Grace Church <b>2450 S Kolb Rd (FAR EAST)</b> N. of Golf Links on W. side	IR: Angela N. 808-2091	WC
<b>FRIDAY</b> 7:30-8:30 AM	<b>FRESH START</b> #49600	St. Frances Cabrini Church, Ed. Bldg., Rm. 5 (E. of church) <b>3201 E. Presidio (CENTRAL)</b>	Roz V. 343-9504 IR: Sara J. 343-3090	<b>FF* Service dogs only</b>
<b>FRIDAY</b> 10:30-11:30 AM	<b>LIVING IN THE SOLUTION</b> Sharing #14251	Streams In The Desert Lutheran Church Class Room A in Fellowship Hall <b>5360 E. Pima (CENTRAL)</b>	Elisa R. 881-1670 IR: Sally Hicks 795-1022	<b>FF*</b>
<b>SATURDAY</b> 9:00-10:00 AM	<b>FAR EAST SATURDAY GROUP</b> Varied Format #45696	Eastside Covenant Church <b>551 N Camino Seco (FAR EAST)</b> (North of Broadway)	Sue L. 885-2861 IR: Mike A. 445-6630	WC
<b>SATURDAY</b> 9:00-10:00 AM	<b>SATURDAY MORNING STUDY GROUP</b> #12117	St. James Methodist Church <b>3255 N Campbell (CENTRAL)</b> (N of Ft. Lowell; W side of Campbell)	Chris B. 887-7188 IR: Barbara M. 327-2709	WC
<b>SATURDAY</b> 4:00-5:00 PM <b>*NEW LOCATION*</b>	<b>I PUT MY HAND IN YOURS</b> OA Literature Study #52213 <b>*NEW LOCATION*</b>	Phillips Chapel CME Church <b>122 W. 4<sup>th</sup> Street (CENTRAL)</b> (the NW corner of 9th Avenue & 4th Street)	Bev 628-8580 IR: Mike 810-624-2008	<b>*NEW LOCATION*</b>

IR=Intergroup Representative

WC=Wheel Chair Accessible

\*\*No parking fees at UMC on Sundays

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

>>>OVER

OUT OF TOWN OA MEETINGS						
DAY& TIME	GROUP NAME & NUMBER	LOCATION		CONTACT & IR		NOTES
<b>GREEN VALLEY</b>						
<b>TUESDAY</b> 7:45-8:45 AM	<b>DISCUSSION</b> #49982	St. Francis of the Valley Church <b>600 S. La Canada Dr</b> Library		Marj M. 248-9043 IR: Wanda 647-9076		WC
<b>THURSDAY</b> <i>*NEW MEETING*</i> 6:30-7:30 PM	Theme/Group Name TBD <i>*NEW MEETING*</i> #37169	St. Francis of the Valley Church - Library <b>600 S. La Canada Dr</b> Library		Marj M. 248-9043 IR: OPEN		WC
<b>SATURDAY</b> 9:00-10:15 AM	<b>STEP AND TRADITION STUDY</b> #34898	St. Francis of the Valley Church <b>600 S. La Canada Dr</b> Library		Marj M. 248-9043 IR: Marj M. 248-9043		WC
<b>SIERRA VISTA</b>						
<b>MONDAY</b> 6:30-7:30 PM	<b>MONDAY NIGHT MIRACLES</b> Literature study #17537	Church of Christ <b>815 El Camino Real</b> Room 2		Jan F. 520-678-0369 IR: Jan F. 520-678-0369		WC
<b>THURSDAY</b> 6:30-7:30 PM	<b>NEWCOMERS</b> #39367	Church of Christ <b>815 El Camino Real</b> Room 2		Marilyn 520-417-1645 IR: OPEN		WC
<b>SATURDAY</b> 11:00-12 Noon	<b>Varied format</b> #40592	Church of Christ <b>815 El Camino Real</b> Room 2		Jan F. 520-678-0369 IR: Nancy R. 520- 227-3817		WC
<b>PATAGONIA</b>						
<b>TUESDAY</b> 6:30-7:30 PM	<b>PATAGONIA TUESDAY OA</b> Varied Format #50474	United Methodist Church <b>387 McKeown Ave</b>		Michelle S. 520-604-6811 IR: Leanne F. 774-521-8932		
<b>THURSDAY</b> 6:30-7:30 PM	<b>PATAGONIA OA</b> Big Book Study #51744	United Methodist Church <b>387 McKeown Ave</b>		Adrienne 520-404-3490 IR: OPEN		
<b>BENSON</b>						
<b>TUESDAY</b> 4:00-5:00 PM	<b>BENSON TUESDAY</b> Rotating Format #47074	Sobriety House <b>225 E. 6<sup>th</sup> St</b>		Peggy 520-456-1676 IR: Robyn H. robyn8607@yahoo.com		WC
<b>YUMA</b>						
<b>MONDAY</b> 1:00 – 2:00 PM	<b>YUMA MONDAY</b> <i>October thru April Only</i> #47822	Gloria DeCristo Church <b>11273 E. 40<sup>th</sup> St</b>		BJ 928-782-4019 IR : Connie O. 928-305-0682		XX
<b>TUESDAY</b> 6:30-7:30 PM	<b>JUST FOR TODAY</b> Rotating Format #49443	Connecting Point Nazarene church <b>1900 S. Ave A</b>		Lorraine 928-782-1305 IR: OPEN		WC
<b>THURSDAY</b> 12:00-1:00 PM	<b>YUMA THURSDAY</b> #00520	Central Church of Christ <b>651 West 28th St</b>		BJ 928-782-4019 IR: OPEN		

IR=Intergroup Representative

WC=Wheel Chair Accessible

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**MEETING LIST CHANGES:** Please send corrections or changes to Marie R. at mariemail13@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			Newsletter	Angela N.	808-2091
Treasurer:	Pam T.	331-2107	Special Events	Marj M.	248-9043
Delegate (1):	Beth M.	349-0810	Tape Library/Lifeline	OPEN	
Delegate (2):	Jill S.	282-9818	IR Trainer	Wendy A.	955-0710
			Telephone	Barb	229-6178
			12 <sup>th</sup> 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