

DESERT RECOVERY NEWSLETTER

Amends to Myself

This is the Ninth-Step amends I made to myself recently. I would like to share it with my OA family.

I am sorry for every diet I ever put you on. I am sorry for starving you. I am sorry for stuffing you. I am sorry for taking speed, for over-exercising, for sticking fingers down your throat and forcing you to vomit. I am sorry for taking laxatives. I am sorry for the amount of money I spent on diets. I apologize for the endless hours spent talking about food, diets and fat. I am sorry for the useless hours spent daydreaming about the "perfect" lives of the thin. I am sorry for the self-hate, the name-calling, the negative talk, the beating up.

I am sorry for squishing you into clothes that are too small and spending good money on clothes that don't fit.

I am sorry for depriving you of new clothes because I refused to buy clothes larger than a certain size.

I am sorry for making you freeze because a cold body burns more calories.

I'm sorry for eating in secret – a practice which created much shame for you. I'm sorry for using food to hurt you: eating until your tongue hurt, your jaw hurt, your stomach hurt.

I'm sorry for constantly living in deprivation mode, for not allowing you to eat in front of other people and then gorging when they're gone.

I'm sorry for settling for certain men because I didn't think you deserved better.

I am most sorry for rejecting you through striving to be something other than who you are.

I'm sorry for pushing you away and claiming that this child god created wasn't good enough

I can't give you back the time that was lost. I cannot give you back your teenage years or your 20s. I cannot erase the 18 years of obsession.

All I can do is say I'm sorry and ask you to believe me when I say I did the best I could with the information I had at the time.

Now I accept you and I embrace you, every single pound of you. Do not measure your worth by your weight. Life is a celebration!

-Reprinted with permission, Lifeline, November 2009

I USED TO THINK I WAS SHOWING LOVE TO OTHERS BY SOMETHERING THEM, BENDING OVER BACKWARDS FOR THEM... OA IS TEACHING ME BALANCE IN THIS AREA.



**THANK YOU TO JOCELYNNE AND THE
TWELFTH STEP WITHIN COMMITTEE FOR
THEIR SERVICE IN PUTTING TOGETHER A
WONDERFUL WORKSHOP ON FEAR AND THE
BIG BOOK. IT WAS AN AMAZING
EXPERIENCE AND THOSE OF US WHO
ATTENDED GREATLY BENEFITTED FROM
BOTH THE SPEAKERS WHO GRACIOUSLY
SHARED THEIR EXPERIENCE, STRENGTH, AND
HOPE AND THE FELLOWSHIP MEMBERS WHO
ATTENDED.**

KEEP COMING BACK

When I sit down and think about it, I guess I've had a long service "career" in my 3 ½ years in program. I started out as a meeting treasurer after being in the program for three months and just kept going from there. At the three month mark I was starting to get a little frustrated and I thought how can I make myself go to meetings when I wasn't in the mood. Although I was always happy that I attended a meeting on my drive home, I frequently thought that other things were more important than my meeting. That's when I heard someone say that holding the key for the group kept them coming back. I knew I would need service positions to help me to keep coming back.

When I became treasurer I felt a responsibility to be at the meetings to collect the money. There wasn't any wiggle-room for life to interrupt, I had a responsibility and I took it seriously. The next step was Intergroup Representative. I loved this position because I got to meet so many great people through intergroup. Although you do not have to be a representative to attend (shameless plug), I would have never walked through those doors unless I had too. That is how I work. I am not a joiner, but I realize with OA I don't need to join, I just need to show up and keep coming back. If I don't feel like sharing one night, that is ok. If I don't feel like hugging anyone after the meeting, that too is ok. But if I make a commitment to do something, even if I don't feel like joining, I need to do my part.

OA allows me to be who I am, but it also teaches me to stretch myself. Although I am not a joiner, I am still in intergroup and I keep coming back. Service keeps me honest and keeps my abstinence clean. My abstinence has changed over the years, but my dedication and love for this program and its people has not. I encourage you all to try a service position if you haven't tried one in the past. It is an excellent opportunity to grow in your program and in your life. -Emily RS

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.

OA Tucson Facebook Group

Everyone's anonymity is protected. To join, you need to search Wendy Ascher on Facebook and friend her. She can invite you to the OA Tucson Facebook Page.

Call for Workshop Proposals-ASDI Winter Retreat 2013

The retreat committee is looking for workshop facilitators for eight, 90 minute workshops to be held on Saturday, January 12, 2013 at Living Water Retreat Center in Cornville, Arizona. Workshop facilitators will be expected to be retreat attendees (overnight or commuters). Workshops should relate to the theme of Living in the Solution – Awakening Your Spiritual Self and will be attended by 20-40 participants. Ideal workshops will be interactive and include practical applications of the material presented. If you feel called to this service opportunity, please contact Victoria for more information and/or an application at: Victoria L. Woods, 727 E. Bethany Home Rd. Ste C-102, Phoenix, AZ 85014; (602) 679-5273, Victoria@azwoods.com. The Selection Committee will view applications and notify facilitators of the time they will be presenting and further details about the retreat. Thank you for your interest in this project.

In Fellowship,
Victoria
Retreat Chair Person

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

Recovery to Rock Our World

Cleveland, Ohio

August 29 – September 1, 2013

Contact: conventioninfo@oa.org

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 October 10th!

Heard at a
Meeting:

"I was chasing that
perfect yet
unattainable high."

"I am not my
weight."

"Happiness is not
matter of good
fortune or worldly
possessions. It's a
mental attitude. It
comes from
appreciating what
we have."

"Attitude=angle of
approach."

"If I choose to
ignore my reactions,
feelings, and
emotions, I'm not
being honest. I
can't control my
feelings or emotions
but I can choose my
course of action and
how I handle those
feelings."

"Inhale faith and
exhale hair."

"The definition of
serenity is clear,
unclouded."

"All Program asks is
that you completely
change your
attitude as soon as
possible."

"External
circumstances don't
make internal
emotions
disappear."

"I didn't have
emotions. I was
never angry, sad or
lonely, only
constantly hungry."

SHINING LIGHT

Since returning to OA in July 2011 after a 15-year relapse, I have released 47 pounds and now carry 199 pounds on my 5-foot-8-inch frame. Although I'm still obese according to medical charts, I have already noticed many positive changes in my body image.

I am more willing to be photographed at family events, and sometimes I even think I look good in the photos. I notice my smile and the people I'm with more than my excess weight.

I stand up straighter now. A health-care provider who has been helping me with my back problems commented, "You've probably spent many years trying to make yourself inconspicuous." That felt like a message from my Higher Power, and since then I have made a conscious effort to stand up tall and let my light shine.

I wear more fitted clothes, and I'm drawn to bright colors. My old clothes look like sacks, and I won't be wearing those styles again even though I can still get them in my size. I'm knitting myself a pair of sparkly leg warmers.

As my weight decreased, I had to accept that even if someday I were to weigh what I weighed in high school, I would never again look the way I did when I was 16. Nor would I look the way I did when I had physical recovery in OA 15 years ago. I am a 41-year-old woman with 30-plus years of compulsive overeating behind me; it shows. I have sagging skin on my breasts, thighs and belly. The lumps, bums and wrinkles become more pronounced as the fat underneath them dissolves. I think would be hard to accept if I were simply "on a diet." But because I'm achieving emotional and spiritual recovery as well as physical, I'm able to greet these changes with good humor. I glance in the mirror when I stop out of the shower, and my sagging, wrinkled belly makes me smile. I love and accept myself as I am.

-Reprinted with permission from Lifeline, May 2012

BEEN SLIPPING AND SLIDING? A READING AND WRITING TOOL

If you have been slipping and sliding and want to stop, OA.org has a great resource entitled *Been Slipping and Sliding?* It is available for download at <http://www.oa.org/pdfs/been%20slipping%20and%20sliding.pdf>. The pdf file contains 30 questions to use in daily writing and/or discussion with a sponsor. Each question references literature readings that include *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* (OA 12&12), *Overeaters Anonymous, Second Edition* (OAI Brown Book), the Overeaters Anonymous daily meditation book *For Today* and the OA pamphlets, "The Tools of Recovery," "A Plan of Eating," and "Dignity of Choice."

Here is a sampling of the reading suggestions and questions:

1. Read the story "Abstinence, not Perfection" in OAI and pages 19-22 in "Step Three" in the OA 12&12. What does "abstinence" mean to me physically, emotionally and spiritually?

5. The paragraph starting on the bottom of page 58 of the story "It's Elementary" in OAI describes one person's original plan of eating ("My first plan of eating was three binges a day."). The OA pamphlets "A Plan of Eating" and "Dignity of Choice" are possible resources for considering an appropriate food plan for continuing in Overeaters Anonymous. Both eating behaviors and specific quantities of each food group are worth considering. What was my food plan in earlier efforts to work the program? What is it now? What changes do I need to make?



Recovery Walk • Expo • Youth Rally
Saturday, September 29
9:00 a.m. - 1:00 p.m.
 at Reid Park (22nd & Country Club Ramada 14)
Save the date
 JOIN THE VOICES FOR RECOVERY
It's Worth It
www.tucsonrecoverywalk.org
 Hosted by:
 City of Tucson, CODAC Behavioral Health Services,
 Community Partnership of Southern Arizona,
 Compass Health Care, COPE Community Services,
 Gospel Rescue Mission, Hope Recovery,
 and La Frontera Arizona
Free Event
 Questions? (520) 409-8869
 National Recovery Month
 Prevention Works • Treatment is Effective • People Recover
 september 2012

THE PROMISES

Thanks to Sally for sharing these promises at the Big Book Weekend.

The promises of recovery are not just those found Step 9. The promises of Recovery are found all through the Big Book. Here are some of them... each of us will find many more that are special to us if we take the time to read the Big Book with an open heart and mind. Here is just a sampling:

Promises of Step Two:

- "There is a solution." (page 25)
- "We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." (page 25)
- "The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have been revolutionized our whole attitude toward life, toward our fellows and toward God's universe." (page 25)
- "The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous." (page 25)

Promises of Step Three:

- "More and more we became interested in seeing what we could contribute to life." (page 63)
- "As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter." (page 63)
- "We were reborn." (page 63)
- "At once, we commence to outgrow fear." (page 68S)

Promises of Step Five:

- "We can look the world in the eye." (page 75)
- "We can be alone at perfect peace and ease." (page 75)
- "Our fears fall from us." (page 75)

Promises of Step Eight:

- "If our manner is calm, frank, and open, we will be gratified with the result." (page 78)
- "Rarely do we fail to make satisfactory progress." (page 78)

Promises of Step Ten:

- "And we have ceased fighting anything or anyone – even alcohol." (page 84)
- "We will seldom be interested in liquor." (page 84)

Promises of Step Eleven:

- "Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives." (page 86)
- "Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it." (page 87)

Promises of Step Twelve:

- "Life will take on new meaning." (page 89)
- "God will keep you unharmed." (page 102)

A PLAN OF EATING

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat.

There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. (See the pamphlets "Dignity of Choice" and "A Plan of Eating" for more information.) For specific dietary or nutritional guidance, OA suggests consulting a qualified health care professional, such as a physician or dietitian. Each of us develops a personal plan of eating based on an honest appraisal of his or her past experience. Many of us find it essential to take guidance from our sponsors to develop a plan of eating that reflects an honest desire to achieve and maintain abstinence.

Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.

This tool helps us deal with the physical aspects of our disease and achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve-Step program of recovery and move beyond the food to a happier, healthier and more spiritual life.

Quotable Quotations:

"He suddenly realized that in order to save himself he must carry his message to another alcoholic."

The Big Book of Alcoholics Anonymous
(4th edition), page xvi

Quotable Quotations:

"Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power?"

The Big Book of Alcoholics Anonymous
(4th edition), page 45

WANTED:

Your gently-used or new clothing for recirculation!

Now is a great time to clean out your closets for our seventh annual **OA Closet Recycle Adventure**. Donate your clean, gently-used or new clothing for the clothing sale at the Retreat in St. David Oct. 19-Oct. 21, 2012. Clothing will not be priced; instead, good conscience donations will be accepted at the Retreat. Contact your Intergroup Rep for your clothing donation. If there is no IR for your OA meeting, call Janis R (325-4441) or Jill S (320-7534) and a clothing pick-up will be arranged. This is a fund-raiser for our SEAZ Intergroup and it helps us to continue to be self-supporting. We ask that your donated clothing be clean, folded, and boxed, please. Clothing leftover from the sale is donated to the Benedict's Closet Thrift Store at the monastery and they are incredibly grateful for our donation.

Refresh your recovery. Recharge your spirit. Discover new paths. Nourish your program. **Transformation through the 12 Steps of OA.**

Save the Date:

October 19-21, 2012

For:

Retreat at St. David

Theme:

Transformation through the 12 Steps of OA

Contact:

Mary M. 520-437-4376

Cost:

\$115 early registration (October 1 deadline); \$125 after October 1

Flyer/registration is now available on the website in PDF form so members can fill it out online, print it, and send it in.

Scholarships of \$58.00 are available on first come basis and registrants need to send their half of \$57.00 with their registration requests.

Extras: basket raffles, a silent auction, clothes closet and a special "gratitude quilt" raffle

STEP 10: CONTINUE, CONTINUE, CONTINUE, CONTINUE...

This word is used four times in the first paragraph of step 10. The word “continue” is used two times in the first sentence. Gee, do you think this suggestion might be important? This function of continuing to grow and understand escaped me until I entered the doors of OA. Up until that time I occasionally did a hasty inventory and if I felt it called for an apology I would do so.

Thinking this was recovery at its finest, I lived this way for many years. I attended meetings but I was resting on my laurels. It states that by the time I reach step 10 I will have entered the world of the spirit. My mistake was thinking that once I had arrived I couldn't really lose it. I mean how could I lose something that had changed my life so dramatically? I was transformed, a new person, you can't lose that can you? Selfishness, resentment, dishonesty and fear slowly started to crop back into my life, but since it was a gradual process I was unaware of how sick I was becoming. The thoughts of discussing my recovery much less my problems with someone, occasionally entered my mind but my ego and my fear of looking bad made sure that I seldom took that risk. I thought of myself as helpful to others but many times my motives were selfish and self-seeking. Our code of love and tolerance of others, well, what the hell was that??? The fight was on and frankly I was getting my butt kicked but I was too lame to know it. Insanity, my old enemy, whom I thought was dead and buried, was becoming more of my companion and I was starting to believe and act upon the lies I told myself.

The biggest lie of all was that someday, somehow on my own I would be able to control my eating, lose weight, stay thin and live happily ever after...NOT!

So this was my life for many years until coming to OA where I found recovery around my food addiction and a new way of life that has enabled me to recover from a seemingly hopeless state of mind and body... again. After working through the steps, once more I arrived at step 10. Like a breath of fresh air, like a cool drink of water on a summer Arizona day, like a brilliant light at the end of a dark tunnel I see what I failed to see before.... *continue to take* personal inventory, *continue to set right* any new mistakes, *vigorously commence* this way of living, *grow* in understanding and effectiveness, *continue* for our lifetime, *continue to watch* for selfishness, resentment, dishonesty and fear, *ask God*, *discuss* with someone, *make amends* quickly, *resolutely turn* our thoughts, and *live by a code* of love and tolerance of others.

Over the many years that I've been in OA, this step along with steps 11 and 12, have continued to change my life. The promises that at one time were found and lost once again started to come true in my life. Having gained the miracle of sanity, lost it, then once again receive it has made me more grateful than that first time around. This time I know God is running the show. God is the director, God is the Principal, and I am but an agent. God is a loving, understanding parent and I am but one of Gods many children. God provides what I need if I keep close to God and perform Gods work well.

I know how not to do step 10. I know exactly how not to work the program of action. I've experienced the misery it causes in my life when I don't continue to grow and work these steps on an ongoing basis. Today I believe and understand that I am and compulsive overeater and always will be one. If I am to stay free of the behaviors and compulsions that drive my addiction I must continue to grow spiritually and serve. Since coming to OA I have learned the importance and respect for step 10 that becomes deeper throughout my journey. I have faith that continuing to work this step and all the others too will transform me into the person God wants me to be. The promises in the 10th step have and continue to come alive in my life. Ceasing to fight anything or anyone has been hard especially when I've been fighting my self-will around food all my life, but most days, because of the tools and fellowship of OA, I surrender to win. Sanity my old friend, reminds me that I can stay abstinent and not starve. Sanity also reminds me that truth is better than lies, and love is stronger than hate. I try hard to not get cocky concerning my new attitude about life and my freedom from food obsession but when I do God reminds me to have a little humility because the gift of abstinence can be fleeting.

As I gain strength, inspiration and direction from God who has all knowledge and power I try to carefully follow Gods direction. The God consciousness I have today is a gift not to be taken lightly. And all I have to do is *continue* to put God first, *continue* to seek abstinence, *continue* work the steps and help others to do so, and *continue* to live my life one day at a time happy, joyous and free.

-Sally H.

OA MEETING LIST – September/October 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: 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 M. 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 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: 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:	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: 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	Brewd Coffee Shop (CENTRAL) Meeting Room 39 N. 6th Ave	Joe N. 551-2039 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 – September/October 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 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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