

Desert Recovery Quarterly

December 2017

“Keeping My Sanity Through the Holidays”

*Call for Submissions!
By March 1st, 2018*

We have an ongoing need for stories, articles, poetry, and original artwork to be published in the newsletter. Issues are published quarterly, for the first quarter edition in March, we would like to focus on:

“Prayer and Meditation”

Submissions can be emailed to Newsletter@OASouthernAZ.org or mailed to the Intergroup’s post office box:

Southeastern Arizona

Overeaters Anonymous c/o Hannah Dahl

PO Box 43221

Tucson, AZ 85733-3221

Tips for Staying Grounded During the Holidays

1. Consider adding an extra meeting during a tough week.
2. Phone or text a friend in the program.
3. Make a gratitude list of things you are thankful for.
4. Add five minutes of meditation to your morning routine.
5. Journal, paint, or compose a poem about one of the twelve steps.
6. Consider making amends to anyone you are harboring resentment towards-including yourself.
7. Offer to lead a meeting or perform another act of service in the program.
8. Reach out to your sponsor and ask for support.
9. Enjoy the stillness of the outdoors.
10. Practice loving self-care. You are doing the best you can!

STAY STRONG!

YOUR HP IS THERE FOR YOU!

Retreat Reflections

It's Sunday night and I just returned home from the retreat. Laughing at myself, I reflect on how much fear and anxiety I had about attending the retreat. The insanity of the disease was swirling around my mind prior to attending the event. "What if people don't like me and I have no one to talk to? What if there isn't enough food? What if other people watch what I eat and judge me?" This disease is really crazy. I've learned that I can feel my feelings of anxiety and fear, but take the next right step anyway. I can acknowledge my feelings without letting them rule my life.

It has been my recovery experience that my HP often blesses me when I follow His will, and this weekend was no exception. My heart is full tonight, and the retreat allowed me to make physical, emotional, and spiritual progress.

Physical- I had time for a walk/run on Saturday morning. We were served healthy and delicious meals. I took time Saturday afternoon for a nap.

Emotional- Smiles, hugs, and a spirit of fellowship were plentiful and the laughter therapy session was great!

Spiritual- Prayer and meditation along with quiet time in nature all assisted me in getting quiet and connecting to my HP.

Big thanks to the retreat committee for all of their hard work and planning. It was a joy to see them using their gifts and talents to serve the program.

It truly is weakness that binds us together. Once again, OA has welcomed me with open, loving arms. I am home in OA, no matter where I am. Thank you!

--Jen G.

Open Letter to OA Retreaters

Dear Fellows,

Thank you for the gift of your presence, your sharing, your laughter ,your tears. Your words, your smiles, your hugs were exactly what I needed to ease my path. When I got home, I watched your energy, your love, rippling out from me into my relationships, my meetings, enriching my life. Because of you I love better, listen better, eat better. Thank you.

--Lynda S.

New Big Book Awakening Workshop Starting Soon:

"Becoming Whole In Our Soul"

- Big Book Awakening Step Study on Compulsive Eating
- Phone Workshop
- Begins January 3, 2018
- Wednesday's 6-8pm
- Register Now at www.wholeinoursoul.com



My disease is creative. It uses numerous strategies to deceive me, exploiting all my character defects, especially laziness and skepticism.

It says, (addressing my laziness): "It is moronic to have to work this hard and put forth all this effort just to manage your food, something infants do on pure instinct."

And it says, (addressing my skepticism): "So you work like a Trojan, go to three or four meetings a week, read

the little white book every morning and email your sponsor every night. You make phone calls, do service, and above all, slog through a dozen meaningless steps—and what do you get in return? The depressing knowledge that you have an incurable disease."

Those are the charges. What is my response?

Truth is, I've found it's counter-productive to debate with my disease. Instead, I just head for my Saturday

morning meeting and wait for the moment when the leader says: "And to show that the program works, will all those with a year or more of abstinence please raise your hands."

That is my response, my wordless rebuttal, when all around the room, faces break into smiles and hands go up.

--Anonymous

SOUTHERN ARIZONA OA MEETING LIST: Updated November 9, 2017						
for the most up to date list visit: www.oasouthernaz.org						
DAY& TIME	GROUP NAME & NUMBER	LOCATION		CONTACT & IR		NOTES
TUCSON AREA						
SUNDAY 11:00 -12 Noon	MIRACLES HAPPEN Literature Varied Format #23957	4180 W. Sweetwater Dr. Look for OA signs (NORTHWEST)		Adena IR: Sally H.	404-8466 429-5318	WC
SUNDAY 5:30-6:30 PM	HOPE, LOVE & ACCEPTANCE Varied Format: Tradition/Step and 1-1/2 hr Big Book Study 3 rd Sunday #45377	Streams In The Desert Lutheran Church Classroom A in Fellowship Hall 5360 E. Pima (CENTRAL)		Susan C. IR: Cyndi K	747-5018 716-248-9867	WC
SUNDAY 5:30-6:30 PM	SEEKING THE POWER 11 TH STEP MEETING #49744	UNIVERSITY OF ARIZONA MEDICAL CENTER 1501 N. Campbell (CENTRAL) Rm. E/F (S end of Café)		Elisa M. IR: Andy M.	299-3200 321-1846	FF* WC **Parking
MONDAY 11:00-12:00	San Xavier OA #54379 Sharing, 12x12, Big Book, literature	On reservation - call for directions People Wellness House, 2018 W. San Xavier Road, Tucson, AZ 85746		IR: Connie T.	577-3768	
MONDAY 5:30-6:30 PM	READING, WRITING & RECOVERY #53361	Mountain View Retirement Village, 2 nd Floor 7900 N. La Canada Dr. (NORTHWEST)		Barb A. IR: Christine K.	548-0904 261-9911	Please sign in at Reception
MONDAY 7:00-8:00 PM	FAR EAST ABSTINENCE / STEP STUDY #40522	Abounding Grace Church, 2450 S. Kolb Rd. (FAR EAST)		Joy IR: Deb B.	834-7224 248-7531	WC
TUESDAY 10:45-12 Noon	NW TENDER SOLUTIONS OA 12 & 12/ Sharing #40963	Dove of Peace Lutheran Church 665 W. Roller Coaster Rd. (NORTHWEST) West of Oracle Rd. <i>(Meeting in lower level room, park in rear of church. Entrance is through gate on the right.)</i>		Michael A IR: Ari K	847-370-5845 419-3340	WC
TUESDAY 5:30-6:30 PM	RELAPSE RECOVERY AND PREVENTION #56000	St. Philip's Episcopal Church 4440 N. Campbell Av. (corner of Campbell and River) Salvia Room (in bldg. on south end of lot nearest River Rd.) (CENTRAL)		Lauren M. IR Bev C.	241-3616 490-6998	WC
WEDNESDAY 7:30-8:30 AM	EARLY MORNING BIG BOOK STUDY #54477	St. Frances Cabrini Church, Ed. Bldg. Rm. 3 (E of church) 3201 E Presidio (CENTRAL)		Ann S. IR: Vallerie O	395-2503 275-8697	FF* Service dogs only
WEDNESDAY 11:30-12:30 PM	WELCOME HOME Sharing #04330	Streams In The Desert Lutheran Church, Ginsler Hall S. Side of Church 5360 E. Pima (CENTRAL)		Judith H. IR: Jane C.	323-9845 296-5199	Beverage only
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)		Michael A.	847-370-5845	
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. IR: Alex J.	349-0810 990-2834	WC
THURSDAY 7:00-8:00 PM	BIG BOOK STUDY #47942	Abounding Grace Church 2450 S. Kolb Rd. (FAR EAST)		IR: OPEN		WC
FRIDAY 7:30-8:30 AM	FRESH START #49600	St. Frances Cabrini Church, Ed. Bldg., Rm. 3 (E. of church) 3201 E. Presidio (CENTRAL)		Ann S. IR: Kiva B.	395-2503 982-2253	Service dogs only
FRIDAY 10:30-11:30 AM	LIVING IN THE SOLUTION Sharing #14251	Streams In The Desert Lutheran Church Class Room B in Fellowship Hall 5360 E. Pima (CENTRAL)		Elisa R. IR: Maggy M	881-1670 305-498-1915	FF*
SATURDAY 9:00-10:00 AM	FAR EAST SATURDAY GROUP Varied Format #49566	Eastside Covenant Church 551 N. Camino Seco (FAR EAST)		IR: Pat D.	903-3526	WC
SATURDAY 9:00-10:00 AM	SATURDAY MORNING STUDY GROUP #12117	St. James Methodist Church 3255 N. Campbell (CENTRAL) (N of Ft. Lowell; W side of Campbell)		Dorothy W. IR: Linda J.	623-2357 461-8345	WC - enter off of back parking lot

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

SO AZ Intergroup meets the third Saturday of the month at 10:45AM, St. James United Methodist Church, 3255 N. Campbell Ave., Tucson

WEBSITES: OA World Service: www.oa.org OA Region 3: www.oaregion3.org OA Southern AZ: www.oasouthernaz.org

GREEN VALLEY					
TUESDAY 7:45-8:45 AM	DISCUSSION #49982	St. Francis of the Valley Church 600 S. La Canada Dr Library	Mary Anne IR: OPEN	429-1340	WC
THURSDAY 6:30-7:30 PM	DISCUSSION #37169	MEETING ON HOLD UNTIL FURTHER NOTICE St. Francis of the Valley Church 600 S. La Canada Dr Library	Mary Anne IR: OPEN	429-1340	WC
SATURDAY 9:00-10:15 AM	STEP AND TRADITION STUDY #34898	St. Francis of the Valley Church 600 S. La Canada Dr Library	Mary Anne IR: Ellen C.	429-1340 300-6419	WC
SIERRA VISTA					
MONDAY 6:30-7:30 PM	MONDAY NIGHT MIRACLES Literature study #17537	Church of Christ 815 El Camino Real Room 1	Jan F. IR: Jan F.	520-678-0369 520-678-0369	WC
THURSDAY 6:30-7:30 PM	NEWCOMERS #39367	Church of Christ 815 El Camino Real Room 1	Marilyn IR: Hannah R.	520-417-1645 334-464-1801	WC
SATURDAY 11:00-12 Noon	Varied format #40592	Church of Christ 815 El Camino Real Room 1	Jan F. IR: Nancy R.	520-678-0369 520- 227-3817	WC
PATAGONIA					
TUESDAY 6:30-7:30 PM	PATAGONIA TUESDAY OA Varied Format #50474	United Methodist Church 387 McKeown Ave	Adrienne H. IR: Jan H.	520-404-3490 520-275-6439	FF*
THURSDAY 6:30-7:30 PM	PATAGONIA OA Big Book Study #51744	United Methodist Church 387 McKeown Ave	Adrienne H. IR: Jan H.	520-404-3490 520-275-6439	FF*
BISBEE					
Wednesday 5:00-6:00 PM	BISBEE TUESDAY VARIED FORMAT #53251	YWCA Howell Ave, Old Bisbee	Lynda IR: Lynda	520-432-5126 520-432-5126	
SAFFORD					
SATURDAY 9:00-10:00 AM	SAFFORD SATURDAY OA 12X12 MEETING #53645	Safford Ranch Clubhouse 3201 E. Hwy 70	Timi R. IR: Nora G.	928-322-8647 520-255-0784	
YUMA					
MONDAY 1:00 – 2:00 PM	YUMA MONDAY <i>May 9 last one until October</i> #47822	Gloria DeCristo Church 11273 E. 40th St.	BJ IR: Connie O.	928-782-4019 928-305-0682	XX
Tuesday 6:30-7:30 PM	YUMA TUESDAY #54420	Central Church of Christ 651 W. 28th St.	IR : Lorraine W	928-246-4494	
THURSDAY 12:00-1:00 PM	YUMA THURSDAY #00520	Central Church of Christ 651 W. 28th St.	Judy G IR: Judy G	928-920-9787 928-920-9787	
SATURDAY 9:30-10:30 AM	YUMA SATURDAY #56225	Yuma Center For Spiritual Living 781 S. 2nd Avenue	Judy G. IR: Judy G.	928-920-9787 928-920-9787	

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MEETING LIST CHANGES: *please send corrections or changes to Leslie S., at bhlas100@msn.com*

OVEREATERS ANONYMOUS SOUTHERN ARIZONA INTERGROUP #09078

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SO Arizona Intergroup Board