

Desert Recovery Quarterly

June 2017

"When Your Recovery Feels Dry & Stagnant, How Do You Stay Abstinent?"

Fresh Ideas for a Fresh Recovery

My Higher Power has blessed me with back-to-back abstinence for nearly nine years. In the beginning, I was so grateful for the freedom from food obsession and the positive revamping of my life, I did whatever was necessary to maintain that abstinence: commuting long distances to meetings 3-4

for a few months when I needed them and others that lasted for a few years. Each served a specific purpose even if I was not aware of it at the time! In addition to meetings, using the tools, and sponsoring, I have three non-negotiable actions. First, I attend every workshop and event (except a few retreats) that I am able. I always benefit from interacting with others outside of

ic sharing than in a meeting. I have coffee partners, lunch partners, and friendships deeper than I could have ever imagined. I have an OA friend I email several times a week. I have had literature buddies where we read a passage (i.e., Lifeline story) and discuss on a weekly call. I have had someone I called every night for weeks when I was having trouble with wanting

*I pray for my Higher Power to show me new ideas
to keep my abstinence first.*

times per week at home and whenever I traveled, starting meetings closer to home, doing service at the meeting and Intergroup level, sponsoring others, writing my food, having a daily action plan, journaling, making outreach calls, and more. Then I got a little tired of always having to do so much of the same old thing. As I let go of some actions, my abstinence felt less clean. I quickly realized that sponsoring others and maintaining OA friendships was crucial. So how do I stay abstinent when my recovery feels stagnant? I pray for my Higher Power to show me new ideas to keep my abstinence first.

Over the years, I have tried many different activities - some that lasted

meetings and get to learn some new ideas and often leave with a deeper commitment to the Program. Second, I cultivate ongoing friendships with people with strong recovery so that when I make outreach calls, they really know me and point me to Program steps to get through a problem. Third, I do what my sponsor tells me to do - always! The reason I asked her to be my sponsor was because I wanted what she had so it only makes sense to do what she does.

In addition to these, I have some actions that worked for a change of pace. I attend a monthly book club with a group of women with strong recovery. It is more intimate and specif

ic sharing than in a meeting. I have coffee partners, lunch partners, and friendships deeper than I could have ever imagined. I have an OA friend I email several times a week. I have had literature buddies where we read a passage (i.e., Lifeline story) and discuss on a weekly call. I have had someone I called every night for weeks when I was having trouble with wanting to eat after work stress and have also done that for others. I listened to and participated in phone meetings when I could not go to in-person ones. I take literature recommendations from people especially looking for journaling topics because I am not always good at putting words on paper! I have emailed my food to a friend to see if they could offer perspective on why my food felt unfulfilling. I try new ways of preparing abstinent foods when I feel like I am in a rut of eating the same few things. Finally, I look for ways to enlarge my physical recovery (i.e., exercise changes) and spiritual recovery (i.e., turning everything over), and that helps my emotional recovery too!

Despite the many challenges I face, I know that food will not fix any of them. Abstinence does. It gives me the clarity of mind and Program direction to take the next right action. That is why I constantly look for ways to reinvigorate my recovery.

Anonymous

Before OA my default solution to many needs was to use food. Now, with OA there is NO need to use food to cope. I have a program of recovery complete with steps and tools to cope with life on life's terms. That said, have I still used food at times to cope? I sure have. I get in my own way. I trip myself up on my road of recovery and get sidelined for awhile. I do have a choice in Recovery to get to KNOW my true needs through the steps, tools, and in sharing my walk in Recovery with other OAs. So I can KNOW my need and there is NO need to use and abuse food. If I take step 3 to the best of my ability; there will be no need to feed beyond my nutritional needs. I don't have to fill the hole in my soul with excess food. Just for today.

-Cyndi K.

Use Your Support System



I've learned that when I feel my abstinence start to slip, the best thing I can do is surround myself with a strong and encouraging support system. My support system becomes my safety net and my lifeline to reality. Oftentimes my eating disorder blinds me to what the "real world" is actually like; my support system and my Higher Power help to tether me to the present and keep me from getting lost in the deep, dark world of my eating disorder. The longer I go down the path of disordered behaviors, the more skewed my thinking and perspective on life becomes. By consistently turning each day over to my Higher Power and reaching out to the people who have my best interests at heart, I build a wall between me and my eating disorder.

-Hannah

"For Most of us, the central factor in this spiritual awakening has been our decision to trust a Higher Power with every aspect of our lives."

-The Twelve Steps and Twelve Traditions

of Overeaters Anonymous p99

Letter from Twelve Steps Within

OA's Responsibility Pledge is "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible". Whenever Janis sees or hears this pledge she thinks it is oddly worded, and then her HP reminds her that she needs to look at what the pledge says, not how it looks or sounds. Roni's grammar is not as good so she has one thing less to obsess about. This pledge is the very heart of OA 12th step work and embodies our primary purpose of Carrying the Message of OA.

TSW is a crucial piece of the OA recovery puzzle. This is because unlike other committees who work with people either already in recovery or non-OA members, our aim is to bring back the light of recovery for those who have already seen it and somehow lost it. TSW is geared towards existing OA members who are in relapse or have not yet obtain the recovery promised in the Big Book.

Our Southeastern Arizona (SEAZ) Intergroup has many committees working together to carry the message to the compulsive overeater who suffers inside and outside the rooms of OA. The Twelfth-Step-Within (TSW) Committee's purpose is to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship by holding workshops, marathons, and/or retreats; encourage and support sponsorship; focus on membership retention; and encourage the use of literature that addresses twelfth-step-within concerns.

The 2017 TSW Committee held a workshop in March and covered three pieces of OA literature that members can use daily to help their recovery. That same workshop will be given again on August 5th in Sierra Vista. Plenty of room in our car for those of us who want to join! Coming up June through September is a series of 15 2-hour meetings studying OA's 12 steps. This event is full and we are hoping that there will be more of this series in the coming years. In July there will be a Relapse Recovery and Prevention workshop held at the St James United Methodist Church in Tucson. You can access the flyer at the EVENTS option on our SEAZ Intergroup website oasouthernaz.org.

While this article mainly deals with the facts of our Intergroup's TSW Committee, we feel compelled to express how rewarding it is to share information, support, and encouragement with other OAers and how meaningful it is to share in each other's physical, emotional, and spiritual recovery. Please join us in supporting each member's efforts to become the person our Higher Powers want us to be. Please check out the oasouthernaz.org website for local events, information about Overeaters Anonymous, and for resources that support your own recovery.

-TSW Committee co-chairs-Roni and Janis

Call For Submissions:

We have an on-going need for stories, articles, poetry and original artwork to be published in the newsletter. Issues are published quarterly, and deadline for each issue is always printed in the preceding newsletter. For the September, Third Quarter edition, we would like to focus on.

“Staying Anchored to Your Higher Power”

The co-chairs meet monthly to edit items received and would appreciate submissions as early as possible. 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

OA PROMISES

"I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."



An OA Lifer

I am a lifer. My disease is such that I understand I can never leave OA. I spent a lifetime learning to control my food and body, with the result being a soul-wrenching desperation to find another way. My disease takes the form of what I will call 'classic bulimia,' I binged until it hurt, threw up my food and binged again. It wasn't always end-on-end binging and purging though. Sometimes it took as long as a month for me to 'need' to binge and purge again, but that day always came. I am so grateful for the bottom I reached because I understand deep within that I will never, ever, ever-ever be a normal eater. I just won't.

Surrender is a wonderful thing. It has allowed me to stay in OA for the past

16 years – maintaining a 30- pound weight loss. Losing weight took me three summers because mentally

Surrender is a wonderful thing. It has allowed me to stay in OA for the past 16 years

I could not handle more than ~10 pounds' weight loss at a time. Weight loss is a traumatic experience. I had to pace myself and take time in between body size changes.

It takes time to recover. At first, my abstinence was as wide as just don't purge no matter what. It is a miracle to not have to binge and throw up!! My first sponsor- also bulimic- asked me to make a list of my binge foods (never alluding that I would be asked to refrain from these), and said, 'we

don't purge no matter what!' I do service. We 'must' give it away if we want any hope of keeping what we have

been so freely given. I sponsor, I have a sponsor, my sponsor has a sponsor and so on. That is one requirement: I 'must' not do this alone, for my way brought me through the doors of OA.

I have made all my amends except one (cannot find the person). I get on my knees every morning and ask for help. I meditate. At night, I get on my knees again and thank the god of my understanding for another day of abstinence.

As the years have gone by, I continue to become more honest about my abil-

ity to handle certain foods. I do not eat my binge foods, which come under the heading of 'recreational' sugar. I avoid my 'yellow light' foods (i.e. sweet breads, cereal). I follow a plan of 3-0-1 – three meals a day, nothing (zero calories people) in between one day at a time. That works for me. That is what I must do to abstain from compulsive eating and compulsive food behaviors.

This recovery is for everyone who wants it – but alas not for everyone who needs it. So, if you are a hardcore compulsive eater like me, or if you have simply despaired of ever losing weight, keep coming back and never give up, don't do it alone, take the steps- they will change your life! This miracle is here for you, because it was here for me.

-Beth M, Tucson AZ

Call to Action

TSW (12-Step Within)	<p>Intensive 12-Step workshop begins June 13 for 15 weeks.</p> <p>A relapse recovery workshop will be held on July 21-22 at St. James Methodist Church, 3255 N Campbell Ave.</p> <p>A pamphlet workshop will be held August 5 in Sierra Vista.</p> <p>Contact Janis 520-599-4724 janistucson@gmail.com or Roni 520-269-1025 ronibyrne@gmail.com for more information.</p>
Prescott Retreat	June 23-25 Courage to Change 2017 Summer Retreat (Prescott, AZ)
So. AZ Retreat	<p>The retreat is scheduled for October 27-29, 2017.</p> <p>The theme is Growing in Recovery.</p> <p>The committee is looking for recommendations for speakers and panel members.</p> <p>Next planning meeting: June 17 following Intergroup.</p>
New Spanish Speaking Meeting	<p>Spanish-Speaking meeting Friday, 5:00-6:30 p.m., at Little House, 840 S. 6th Ave.</p> <p>Pass the word! This group really needs support.</p> <p>Contact Inge H. 520-207-6602</p>

SOUTHERN ARIZONA OA MEETING LIST: Updated June 8, 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 404-8466 IR: Barb A 548-0904	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. 747-5018 IR: Cyndi K 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. 299-3200 IR: Andy M. 321-1846	FF* WC **Parking
MONDAY 11:00-12:00	San Xavier OA Sharing, 12x12, Big Book, literature	On the reservation Call for directions	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)	Cynthia 414-732-3063 IR: Christine K. 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 834-7224	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 847-370-5845 IR: Ari K 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. 241-3616 IR Bev C. 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. 395-2503 IR: Vallerie O 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. 323-9845 IR: Jane C. 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. 349-0810 IR: Alex J. 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. 395-2503 IR: Elizabeth E 325-6172	FF* 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. 881-1670 IR: Maggy M 305-498-1915	FF*
FRIDAY 5:00-6:30 PM	MANOS UNIDOS (JOINED HANDS) Steps, Traditions, Pamphlets #54978	Little House Meeting Place 840S. 6th Avenue (DOWNTOWN)	Inge H. 207-6602	Spanish speaking
SATURDAY 9:00-10:00 AM	FAR EAST SATURDAY GROUP Varied Format #49566	Eastside Covenant Church 551 N. Camino Seco (FAR EAST)	Cheryl L. 747-2387 IR: Pat D. 906-3526	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. 623-2357 IR: Linda J. 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**

MEETING LIST CHANGES: Please send corrections or changes to Leslie S. at bhlas100@msn.com >>>OVER

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	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: OPEN	429-1340	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	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	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	FF*
BENSON -SUSPENDED UNTIL 9/1/17 BY WHICH TIME MEMBERS WILL DECIDE IF MEETING IS GOING TO CONTINUE					
TUESDAY 4:00-5:00 PM	BENSON TUESDAY Rotating Format #47074	Sobriety House 225 E. 6th St	IR: Peggy	520-456-1676	WC *FF
BISBEE					
Wednesday 5:00-6:00 PM	BISBEE TUESDAY VARIED FORMAT #53251	YWCA Howell Ave, Old Bisbee	Lynda IR: Lynda	520-432-5126	
SAFFORD					
TUESDAY 7:30-8:30 PM	SAFFORD TUESDAY BIG BOOK STUDY #52833	St. Rose of Lima Church St. Luke's Room 311 S. Central Ave.	Timi R. IR: Nora G.	928-322-8647	
SATURDAY 9:00-10:00 AM	SAFFORD SATURDAY OA 12X12 MEETING #53645	Safford Ranch Clubhouse 3201 E. Hwy 70	Timi R. IR: Timi R.	928-322-8647	
YUMA					
MONDAY 1:00 – 2:00 PM	YUMA MONDAY May 9 last one until October #47822	Gloria DeCristo Church 11273 E. 40th St.	BJ IR: Connie O.	928-782-4019	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	

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

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

OVEREATERS ANONYMOUS SOUTHEASTERN ARIZONA INTERGROUP #09078

P.O. Box 43221 Tucson, AZ 85733-3221 (520) 733-0880

SE Arizona Intergroup Board

Officers			Committee Chairs		
Chair	Beth M..	349-0810	PIPO	Janet G.	795-7492
Vice Chair	Jill S.	282-9818	Meeting List	Leslie S..	520-732-1339
Secretary	Emily R.-S.	490-1409	Newsletter	Hannah D.. Alex J.	623-218-8388 520-990-2834
Treasurer	Sara J.	343-3090	Special Events	Barb A.	548-0904
Sr. Delegate	Rhonda S.	370-5100	Media Library/Lifeline	OPEN	
Jr. Delegate	Chris N.	661-1991	IR Trainer	Cheryl L.	591-8025
			Telephone	Gina B.	390-3985
			12 th Step Within	Janis R.	325-4441
			Web Site	Nan B.	940-0702
			Retreat	OPEN	

SE 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