

Desert Recovery Quarterly

March 2018

PRAYER & MEDITATION

"When your attention moves into the Now, there is an alertness. It is as if you were waking up from a dream of thought, the dream of past and future. Such clarity, such simplicity. No room for problem-making. Just this moment as it is."

~ Eckhart Tolle

There are many different types of meditation techniques or practices. One can choose from several types of meditation such as Transcendental Meditation, Heart Rhythm Meditation, Guided Visualization, Mindfulness and Walking Meditation. With meditation, we are getting in touch with that awesome reality within us.

Meditating early in the morning just after a bath is extremely beneficial. It is one of the best ways to start your day. Both for job goers as well as students.

Getting started with meditation begins by sitting in any comfortable posture. This can be to sit against a wall with the legs outstretched, or in a chair which has a straight back. Keep the head and spine upright. Relax the whole body and close the eyes. Now breath from the abdomen, allowing your belly

to rise and drawing air through your nose, filling your lungs fully with air. Exhale through your mouth, allowing your belly to lower as you exhale. This is one round of Pranayama. Pranayama is performed because it is a tremendous help in quieting and calming the mind. Practice five rounds of pranayama before starting meditation and after completing the meditation. Do not open the eyes until your meditation is complete.

As you meditate, draw life's subtle energy from your Higher Power, which manifests as well-being, peace, happiness, and joy into all parts of your body, starting from the top of your head to the tips of your toes.

At the end of your meditation offer a prayer. This is one I like to use... May there be Well-Being in All, May there be Peace in All, May there be fulfillment in All, May there be Auspiciousness in All.

Palms Together,

Marta Arambula

PRAYERS FOR EACH STEP

**Find The 12 Step Prayers
Throughout the Newsletter**

Copied from OA Silicon Valley - www.oasv.org

1

Dear Lord,

I admit that I am powerless over my food addiction.

I admit that my life is unmanageable when I try to control it.

Help me this day to understand the true meaning of powerlessness.

Remove from me all denial of my addiction.

2

Heavenly Father,

I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought & addictive behavior from me this day. Heal my spirit & restore in me a clear mind.

My Journey with Prayer & Meditation

I have been in program for more than 20 years. I was encouraged to 'get on my knees' every morning and again every evening before bed. I was assured that this was not a religious thing, but something that had helped others to get or find their spiritual base. Step 11 directs me, "...praying only for knowledge of his will for us and the power to carry that out," so I keep it short in the morning. 'God, please keep me sober and abstinent and help me to be of service today.' Lately I have added something like, 'God please help me to be mindful of your presence throughout the day and to do your will.' At night, 'Thank you God for keeping me sober and abstinent.' I take a moment to focus on my heart and feel the gratitude for my life and freedom from addiction. If times are hard, I remember to be grateful for my recovery and what I do have that so many others do not.

Meditation seems so much less tangible than prayer, but I was encouraged to start with '2 minutes' or, '5 minutes'. Well, I'll tell you that 2 minutes was quite an order, thank you very much. My mind just insisted on reviewing, worrying about or planning my own or someone else's life.

Meditation times slowly got longer. For a while I fell asleep every time I meditated. Then finally at about 10 years, I noticed that I was what I will call, 'descending' (or ascending?) into a relaxed, almost suspended state where my mind was clear of thoughts. I count slowly on inhale; one...

two... three... four... hold, then count on exhale one... two... three... four... (or five, six, however many). That focuses me- sort of like a mantra I would guess.

Today I practice meditation daily and remember to breath and slow down when I get impatient or uptight. In the line at the check-out instead of growing agitated I focus on the sounds, smells and sights-- and breathe.

I went to many, many meetings- at least one a day- for the first three years of my recovery- both AA (we can go to open AA meetings- they are very helpful) and OA. It was suggested that I go to 'at least' one Big Book study a week. I was fortunate to have a Big Book study close to work during lunch times where we read and discussed the 1st 164 pages on Tuesday and the stories on Thursday. It was helpful to hear what others took from the readings and our discussions enriched my appreciation and understanding- and thus exercise - of the principals and practices taught there. The OA 12 and 12 is very helpful and should never be excluded. It expands on basic ideas in a way not present in the Big Book or AA 12 and 12 (also OA-approved).

Thank you, OA for opening my life, which is so much 'bigger' than before my freedom from food addiction.

-EJM, Tucson AZ

MEDITATION

- M**aking space for God
- E**mpptying my mind
- D**rifting from the shores of consciousness
- I**nhale, exhale
- T**urning my will over
- A**sking for peace and serenity
- T**rusting in a power greater than myself
- I** am enough as I am
- O**pening my heart to love
- N**ever being alone

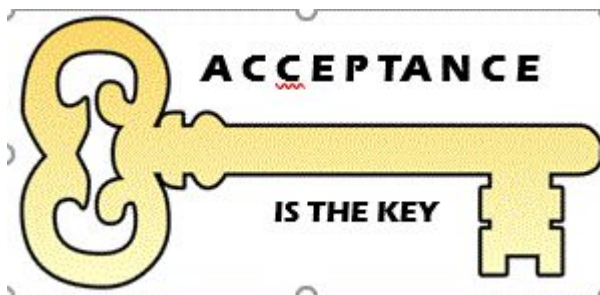
-Hannah D.



God,

I offer myself to Thee. To build with me & 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 & Thy way of life.

May I do Thy will always!



2018 Fall Region III Convention & Assembly of Overeaters Anonymous

In conjunction with Colorado State OA Convention

Friday, October 12 thru- Sunday, October 14, 2018

Come join us for a weekend of workshops focused on Your growth and OA fellowship in Colorful Colorado Springs.

There will be experience, strength and hope as we gather together to examine the key of ACCEPTANCE.

We who want to stop eating compulsively have found a proven, workable method in the OA 12-steps of recovery. Welcome to the fellowship of Overeaters Anonymous. You are not alone Welcome Home.

We'll be waiting for you at

Hotel Elegante

2886 S. Circle Drive

Colorado Springs, CO

RESERVE a guest room for the week-end
ONLY \$120.17 including taxes per night
Call: **Hotel Elegante (719) 576-5900 by September 9, 2018**
Make sure to use
Our Group Name: State Convention
Group Code: 1860666

Unlock Your Recovery

We Are Looking for OA Members Who Would Like to Speak or Do an Activity on The Topic of ACCEPTANCE.

Your experience, strength, and hope in reaching and having or using ACCEPTANCE may be just what someone needs to hear to further recovery. We have openings for keynote and workshops

If You Want To Serve Fellow OA's, Please Contact,

Juliet at pattulloj@aol.com -- Put "Program Committee" in your subject line.

For **more information** watch for our brochure or go to **oasoutherncolorado.org**

Registration fees range from \$50-\$125.

UNITY DAY 2018

This past Saturday, 2/24/18 Green Valley again hosted an awesome Unity Day for SoAZ.

During this event a task was set before attendees to write about how 'In it for the long haul' (the title of the workshop) and 'one day at a time' intersects in our lives.

Someone mentioned that these two phrases seem to be an 'oxymoron' (a figure of speech in which apparently contradictory terms appear in conjunction) and everyone chuckled but knew that the terms did have connection.

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Well, being me, I instantly thought of the literal intersection of the terms and this was my take on it. The closest intersection landed on the letter T, so 7 T's for 7 days.

- T hinking, acting on life instead of reacting to it
- T aking time to stay present with my meals and my day
- T horoughly working the steps bit by bit for today
- T hanking GOD for his daily help when I ask for it
- T rudging forward when I feel I stepped backward again
- T ruthfully acknowledging and accepting my humanness
- TODAY

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Chris N.

4

Dear God,

It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

5

God,

My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person & to You. Assure me, & be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this & I will do it. With Your help, I can do this & I will do it.

6

Dear God,

I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health.

Coming to Believe

When I joined OA for the second time in 2016, I had arrived at a new low in my life. I was desperate for change. I was bingeing every day, multiple times a day. Food just wasn't working for me anymore. No matter how hard I tried, I couldn't feed my sugar dragon enough. Nothing was enough; I wasn't enough.

At my first meeting, I got a sponsor and stopped eating my binge foods. I started praying every day and night to a higher power. The idea of getting on my knees and praying to something I wasn't sure was there was difficult for me. I was not raised with religion and I couldn't separate religion from spirituality. I kept doing it and after the first few weeks, it became a habit. At first the rooms were my higher power. As I grew in OA, my understanding of what

a HP is grew. An HP is someone who loves you no matter what, someone who knows your secrets and can help you through any situation you might face.

Today I have a relationship with my higher power like I never thought I would ever have. My HP has saved my life. I reach out to it throughout the day. Today I can pause before taking that first compulsive bite. I meditate and let my HP into my mind and body. Thy will be done. I am going on two years without my binge foods. I could not have done it without my higher power, meditation and my sponsor. I have witnessed so many miracles in OA. I know with the help of my higher power, meditation and the twelve steps, anything is possible.

-Anonymous

Submit to the Newsletter!

Quarter 2 Submissions Due June 1st

We have an ongoing need for stories, articles, poetry, and original artwork to be published in the newsletter. Issues are published quarterly. Quarter Two Theme Will Be:

"Facing Fears Through Faith"

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

7

My Creator,

I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding.

8

Higher Power,

I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.

This I pray.

9

Higher Power,

I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress.

FROM THE POST BOX

POVERTY OF SPIRIT

DANGER, DANGER WILL ROBINSON!

WELL DANGER, DANGER TUCSON!

OA is in trouble as is World Service. Between group donations and earnings from special events IG came up \$1802.00 short last year and World Service is running at a deficit. What do I think is happening? There are many reasons. With a population of 530,000+ in Tucson and One million+ in Pima County we have only 220 people on the We Care List and I wonder how many of that number are active members?

Are our meeting as a strong as we think they are, is tradition being upheld or ignored, are we using OA as a social or therapy group? Are we welcoming to the new comer? Do we value our OA meetings as life sustaining? Do we accept direction when traditions are broken in the meetings? Why is membership dwindling? Why are meetings closing? Are we afraid to share the message with friends or family or whenever a opportunity presents it self?

One reason we may be operating with a poverty of spirit. Is your monthly rent a fair price or has it been the same for years? Do we have more than one months rent in prudent reserves? Money in the checking account is not sharing the message. Are we fearful that we won't have enough money or recovery, that we have to protect what we have at the expense of SHARING THE MESSAGE! Do we really believe HP will provide and care for us at all levels?

Here is what I am going to do, I am going to put World Service on the list of the charities I support and increase my donations at the meeting level. I tell you this is not just from the kindness of my heart. It is totally self serving and I know from experience that I can not exceed HP's generosity, the more I give the more I receive.

I joined OA because I didn't want to die from some life style induced disease but I stay in OA because it is teaching me how to live not just exist. And how much better the world would be if everyone had the benefit of a 12 Step program

So what do we want to do as a group? Take up a special collection for World Service? Leave it up to the individual members to send a donation? I would think long and hard what would happen if we lost the support of World Service and/or the availability of local meetings. Check the OA and World Service web sites and see how they work to support us. Talk about it at your meetings come up with suggestions or actions that the individual or the group might do to help solve this problem.

Remember the only way to stay abstinence and be in recovery is to SHARE THE MESSAGE!

10

I pray I may continue:

- To grow in understanding & effectiveness;
- To take daily spot check inventories of myself;
- To correct mistakes when I make them;
- To take responsibility for my actions;

- To be ever aware of my negative & self-defeating attitudes & behaviors;
- To keep my willfulness in check;
- To always remember I need Your help;
- To keep love & tolerance of others as my code; &
- To continue in daily prayer how I can best serve You, My Higher Power.

11

Higher Power, as I understand You, I pray to keep my connection with You open & clear from the confusion of daily life. Through my prayers & meditation I ask especially for freedom from self-will, rationalization & wishful thinking. I pray for the guidance of correct thought & positive action. Your will, Higher Power, not mine, be done.

12

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on & give to others, both in & out of the Fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day on the road of spiritual progress.

I pray for the inner strength & wisdom to practice the principles of this way of life in all I do & say.

I need You, my friends & the program every hour of every day.

This is a better way to live.

SOUTHERN ARIZONA OA MEETING LIST: Updated February 16, 2018

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: Sally H. 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. 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 #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. 548-0904 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 IR: Deb B. 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 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: Joanne B. 271-5060 until April 2018	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)	IR: Michael A. 847-370-5845	
THURSDAY 5:30-6:30 PM	OVER AND UNDER MEETING Lifeline/12 and 12 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 OA Literature Study #49600	St. Frances Cabrini Church, Ed. Bldg., Rm. 3 (E. of church) 3201 E. Presidio (CENTRAL)	Ann S. 395-2503 IR: Kiva B. 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. 881-1670 IR: Micky M. 885-6861	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. 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: OPEN	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

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 S. 429-1340 IR: Mary Anne S. 429-1340	WC	
WEDNESDAY 7:00-8:00 PM	DISCUSSION #37169	St. Francis of the Valley Church 600 S. La Canada Dr Library	Mary Anne S. 429-1340 IR: Mary Anne S. 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 S. 429-1340 IR: Ellen C. 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. 520-678-0369 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 520-417-1645 IR: OPEN	WC	
SATURDAY 11:00-12 Noon	Varied format #40592	Church of Christ 815 El Camino Real Room 1	Jan F. 520-678-0369 IR: Nancy R. 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. 520-404-3490 IR: Jan H. 520-275-6439	FF*	
THURSDAY 6:30-7:30 PM	PATAGONIA OA Big Book Study #51744	United Methodist Church 387 McKeown Ave	Adrienne H. 520-404-3490 IR: Jan H. 520-275-6439	FF*	
BISBEE					
Wednesday 5:00-6:00 PM	BISBEE TUESDAY VARIED FORMAT #53251	YWCA Howell Ave, Old Bisbee	Lynda 520-432-5126 IR: Lynda 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. 928-322-8647 IR: Nora G. 520-255-0784		
YUMA					
MONDAY 1:00 – 2:00 PM	YUMA MONDAY May 9 last one until October #47822	Gloria DeCristo Church 11273 E. 40th St.	BJ 928-782-4019 IR: Connie O. 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 928-920-9787 IR: Judy G 928-920-9787		
SATURDAY 9:30-10:30 AM	YUMA SATURDAY #56225	Yuma Center For Spiritual Living 781 S. 2nd Avenue	Judy G. 928-920-9787 IR: Judy G. 928-920-9787		

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WC=Wheel Chair Accessible

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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

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

SO Arizona Intergroup Board

Officers			Committee Chairs		
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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
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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	