

# Desert Recovery Quarterly

May 2018

## “Facing Fear Through Faith”

### Growing Faith

Fear will run my life, if I let it. My eating disorder feeds on fear—fear of calories, fear of not exercising, fear of being fat, fear of losing control. Living my life in fear is miserable. It’s a good thing the program has taught me there’s a simple (but not easy) alternative to this—a life of faith in my Higher Power. It’s always been interesting to me how non-negotiable the decision is. You can either live in faith, or you can live in fear, but you can’t have both. If I am acting in faith, then fear cannot be there, and vice versa.

I’ve noticed that applying this principle is especially useful in my recovery. When I decided I wanted to become abstinent, it was like jumping into a river of faith and taking off my “fear” lifejacket. I had to completely uproot myself and reprogram my life to fit God’s terms. Somehow, this was easier for me than just trying to make small changes over a long period of time. The sudden changes shocked my eating disorder just like throwing cold water on a fire, and made it easy to build new pathways to a healthy, abstinent way of

life. Now, it is my faith that keeps me on the path and stops me from pausing to answer to fear. Even when I begin to feel the whispers of fear in my head, I know I can turn to my Higher Power and ask for peace. If I am willing to do the footwork, it will eventually come. I am grateful for a recovery journey that is not perfect, straight, or fast. If anything, I’ve learned that faith takes time to grow.

-Hannah D.

### Upcoming Events

#### OA 12 Step 15 Week Workshop

**June 30th – October 7th**

**Saturdays: 10:30AM to 12:30PM**

This is a closed workshop and World Service recommends up to 15 participants. Note, participants are requested to plan to attend all meetings if possible.

To register, contact Joy  
by calling or texting 520-834-7224 or  
by email [atjoyvmarie@centurylink.net](mailto:atjoyvmarie@centurylink.net)

#### 12 Step Within Workshop on Service, Traditions, and Concepts

**When: August 11th**

**What: Out-of-town speaker,  
Sponsorship Day activities**



**October 26-28, 2018**

## *Exploring the Eleventh Step*

### **OA's Central New Mexico Intergroup Silent Retreat**

Join us in the Fall at the Pecos Monastery (30 minutes SE of Santa Fe, NM) for a weekend of recovery. There will be art projects available, time for contemplative writing, and optional inspiring activities. We'll have a keynote speaker on Friday evening followed by 24 hours of silence. Sunday morning is for processing and fellowship or more silence if you prefer.

The monastery is in a beautiful setting with the Pecos River running through it. We'll have a building all to ourselves with a lounge area, meals customized to our special needs, and a small chapel inviting us to personal meditation.

**SCHOLARSHIPS  
AVAILABLE**

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**CHECK-IN BEGINS AT  
3PM ON FRIDAY**

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**SINGLE AND DOUBLE  
ROOMS**

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**SMALL KITCHEN WITH  
MICROWAVE, COFFEE  
MAKER, AND  
REFRIGERATOR**

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**GO TO OUR WEBSITE  
FOR A BROCHURE &  
REGISTRATION FORM**  
[WWW.OA-CNMI.ORG](http://WWW.OA-CNMI.ORG)

### **PECOS SILENT RETREAT**

October 26-28, 2018

more information:

[www.oa-cnmi.org](http://www.oa-cnmi.org)

[oacnmi@gmail.com](mailto:oacnmi@gmail.com)

## Fear Acrostics

Frustration	Future	Forget	Also
Ego	Events	Everything's	Evidence
Anxiety	Already	All	Appears
Resentment	Ruined	Right	Real

Personally, when I feel afraid I look at the object of my fear. Trying to deny that I feel fear so I won't appear unspiritual has not worked. Then I ask HP to help me bring my mind back to the present. In the here and now everything really is all right. And when I face life on life's terms with HP's help I am open to recovery.



## Faith Acrostics

For	Finding	Fantastic	Facing
Always	Answers	Adventure	All
I	In	In	In
Trust	The	Trusting	Trusting
HP (him/her)	Heart	HP	HP

The last one is my favorite because letting go of my fear which has triggered my control response or addiction feels like an adventure. And that thought makes me feel courageous. We have heard "courage is fear that said its prayers." Right now I am asking myself how I acquired faith. Of course I think I do not have enough. And it has been a process. Admitting my powerlessness over food. Carving out a belief system that works to restore me to sanity. And putting my physical action into writing a 4th step, taking a 5th, practicing steps 6 and 7, and doing steps 8 and 9 have all been part of the process of getting faith. Maybe I have acted "as if" I have faith when inside I thought I did not.

What I have shared many times at meetings is that the object of a faith that works to heal my food addiction has been the shared love in the group conscience of Overeaters Anonymous. I could not find recovery in church or in Mother Nature, as inspiring as they have been. I grow my faith in the rooms of OA.

=Judith

SOUTHERN ARIZONA OA MEETING LIST: Updated April 2018					
for the most up to date list visit: <a href="http://www.oasouthernaz.org">www.oasouthernaz.org</a>					
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: OPEN	404-8466	WC
SUNDAY 5:30-6:30 PM	HOPE, LOVE & ACCEPTANCE Varied Format: Tradition/Step and 1-1/2 hr Big Book Study 3 <sup>rd</sup> Sunday #45377	Streams In The Desert Lutheran Church Classroom A in Fellowship Hall 5360 E. Pima (CENTRAL)	Susan C. IR: Cyndi K	747-5018 338-3040	WC
SUNDAY 5:30-6:30 PM	SEEKING THE POWER 11 <sup>TH</sup> 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 <sup>nd</sup> 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. (Meeting in lower level room, park in rear of church. Entrance is through gate on the right.)	Michael A IR: OPEN	847-370-5845	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	951-233-7089 275-8697	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: Joanne B. until April 2018	323-9845 271-5060	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)	Michele K. IR:Michael A.	260-8116 847-370-5845	
THURSDAY 5:30-6:30 PM	OVER AND UNDER EATERS' MEETING Lifeline/12 and 12 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 OA Literature Study #49600	St. Frances Cabrini Church, Ed. Bldg., Rm. 3 (E. of church) 3201 E. Presidio (CENTRAL)	Ann S. IR: OPEN	951-233-7089 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)	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: Cheryl L.	591-8025	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)	Chris B. IR: OPEN	887-7188	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](http://www.oa.org) OA Region 3: [www.oaregion3.org](http://www.oaregion3.org) OA Southern AZ: [www.oasouthernaz.org](http://www.oasouthernaz.org)

GREEN VALLEY					
<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	Mary Anne S. 429-1340 IR: Mary Anne S. 429-1340		WC
<b>WEDNESDAY</b> 7:00-8:00 PM	<b>DISCUSSION</b>  #37169	St. Francis of the Valley Church <b>600 S. La Canada Dr</b> Library	Mary Anne S. 429-1340 IR: Weze D. 625-4509		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	Mary Anne S. 429-1340 IR: Weze D. 625-4509		WC
SIERRA VISTA					
<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 1	Lange S. 520-458-6698 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 1	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 1	Jan F. 520-678-0369 IR: Nancy R. 520-227-3817		WC
PATAGONIA					
<b>TUESDAY</b> 6:30-7:30 PM	<b>PATAGONIA TUESDAY OA</b> Varied Format #50474	United Methodist Church <b>387 McKeown Ave</b>	Adrienne H. 520-404-3490 IR: Jan H. 520-275-6439		FF*
<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 H. 520-404-3490 IR: Jan H. 520-275-6439		FF*
BISBEE					
<b>Wednesday</b> 5:00-6:00 PM	<b>BISBEE TUESDAY</b> VARIED FORMAT #53251	YWCA <b>Howell Ave, Old Bisbee</b>	Lynda 520-432-5126 IR: Lynda 520-432-5126		
SAFFORD					
<b>SATURDAY</b> 9:00-10:00 AM	<b>SAFFORD SATURDAY</b> OA 12X12 MEETING #53645	Safford Ranch Clubhouse <b>3201 E. Hwy 70</b>	Timi R. 928-322-8647 IR: Nora G. 520-255-0784		
YUMA					
<b>MONDAY</b> 1:00 – 2:00 PM	<b>YUMA MONDAY</b> <i>May 9 last one until October</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>YUMA TUESDAY</b>  #54420	Central Church of Christ <b>651 W. 28th St.</b>	IR : Lorraine W 928-246-4494		
<b>THURSDAY</b> 12:00-1:00 PM	<b>YUMA THURSDAY</b>  #00520	Central Church of Christ <b>651 W. 28th St.</b>	Judy G 928-920-9787 IR: Judy G 928-920-9787		
<b>SATURDAY</b> 9:30-10:30 AM	<b>YUMA SATURDAY</b>  #56225	Yuma Center For Spiritual Living <b>781 S. 2nd Avenue</b>	Judy G. 928-920-9787 IR: Judy G. 928-920-9787		

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