

Desert Recovery Quarterly

September 2017

"Staying Anchored to Your Higher Power"

When my Well Runs Dry, the Telephone Saves Me

I entered OA four years ago filled with awe and gratitude that a group existed that could help me with my illness. At the time, I was dying in silence because no one could see or hear my disorder. The gratitude at finding fellows who understood my insane compulsion with food began to wear off when I found out this program takes hard work and demands journeying through uncomfortable feelings and living with them. In changing track from do-whatever-I-want towards see-how-I-can-live-God's-will it feels like I am being ripped apart sometimes. So why do I keep coming back? Why do I keep working my program? I have touched the serenity of recovery. I have been reunited with God and all of life again. I have received clarity and ease where before there was only war. I know how sweet abstinence is.

After a rocky start in my first few years, the third year in OA was my honeymoon. Abstinence came suddenly and easily. Cravings disappeared. I found myself, and lost 30 pounds. I thought this would last forever. Then, all of a sudden, at the beginning of my fourth year in the program I felt a storm



brewing. Deep emotions began to swell and so did my compulsion. I had barricades around my illness marked with green, yellow, and red foods. I knew if I started in on the yellows, my warning flags were up. Well, I started slipping into my yellows and began to put out calls for help.

I turned to my tools. I use the tools of reading and writing most days and regularly attend meetings. I have a sponsor, a plan of eating, and an action plan. I work a service position. Yet outrageous swells of compulsion were threatening to take over me and my recovery, so I went deeper. I was desperate. I reached out via phone and text. My fellows were my lifeline. Ev-

ery time I picked up the phone, even the strongest cravings dissolved after getting off. That the compulsion could be lifted at all is a complete miracle!!! Now I am reminded as summer descends upon our desert that when my well of recovery is running dry, a sure way to moisten it is to pick up the phone. Thank HP that "together we can do what we could never do alone!"

-Valerie O.

**Helpful
Recovery Tip:**

**Take Down Numbers
from the Meeting Phone
List and Make a Call!**

Notes from the Relapse and Recovery Workshop

Your SEAZ Intergroup Twelfth Step Within committee hosted a Relapse Prevention and Recovery Workshop on July 21 and July 22 in Tucson. Many OAers came to hear Brenda Q from Texas share her experience, strength, and hope about recovery, going through relapse, and coming back into recovery. Her talk was lively and inspirational. Here are some of the comments about the workshop:

-TSW Committee co-chairs-Roni and Janis

"Whether in relapse or not, this was an excellent workshop focused on concrete ways to work the program and a reminder of the secret to recovery: The Twelve Steps."

**"Came in desperate, leaving with hope! Gained new insight about me. Always profound to see me."
-Stephanie**

"I gained so much insight on my character defects that still stand in the way of me being completely honest. I hope with this knowledge to keep myself heading down the path of recovery and avoiding any detours into relapse."

**"I always appreciate the hard work and recovery in workshops. Having Roni and Janis co-chair adds a great level of hilarity and camaraderie to them. The speaker at the Relapse and Recovery Workshop was an amazing speaker with an inspiring story. There was an incredibly helpful blend of listening, writing, exercises, and discussion. Loved it!"
- Michelle**

"Came in desperate, leaving with hope! Gained new insight about me. Always profound to see me." -Stephanie

"As a newcomer to recovery in OA, this gave me many tools to use on the path." -Ruth

"I'm so grateful to have the time and availability to attend the Relapse Workshop. I'm in a place in my life where I really need to learn how to deal with life on life's terms and let my HP take over all my fears and surrender my own feeling so that I can handle it all. I keep proving that is not really happening until I am exhausted. The relapse I'm in is already feeling less pronounced and I am hopeful with God's help I can continue back to recovery."

"I learned that when I start piling on the use of meetings, tools, and healthy activities, I need to ask myself what am I running from? Am I hoping this will 'fix' me?"

"After over a year without sustained abstinence, my HP broke through my unwillingness and I have now experienced 5 days of abstinence. The timing of this workshop was such a gift because it reinforced my commitment to abstinence! The speaker, the organizers, and the fellowship were wonderful. I am leaving with feelings of gratitude, hope, and love. Thanks to all who worked to make this happen!"

Resources to Help Prevent and Recover from Relapse

OA Literature:



- Members in Relapse pamphlet
- Welcome Back pamphlet
- Taste of Lifeline book-Chapter 8
- Welcome Back. We Care! Packet
- Recovery from Relapse-podcast

OA Virtual Speakers Bureau:



By The L.A. Intergroup of Overeaters Anonymous

<http://www.oalaig.org/laig-virtual-speakers-bureau/>

Region 2 Convention Speakers Podcast:



<https://oar2.podbean.com/>

Breaking Out of Relapse Video:



<https://oa.org/members/relapse-prevention/relapse/>

My Frenemy, Refridgamonster.



When I was in my disease, the refrigerator was my friend, my constant companion at home. I'd gleefully approach the fridge, deciding what snack I deserved after the 15 minutes of concentration I'd applied to my school work. I couldn't start any project without a snack. I couldn't continue the project without a snack. And I deserved a celebratory snack at the finish of my work. I would compulsively open the doors to my fridge-temple, not knowing what I was looking for.

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When my binging got out of control and I entered program, the refrigerator suddenly became a cold, sly 'Refridgamonster'. When I was first practicing abstinence, which meant 3 meals a day, nothing in between, I could not help but return to the fridge, open it's lovely doors and stare in longingly. The refrigerator called me all day long. It would taunt me by holding food inside that I knew I shouldn't eat. It would call me with lies about 'just having a taste'.

Three years later and I have finally learned to ignore the Refrigamonster. I no longer feel the nagging feeling that I can't do anything without a full belly. I've learned to confront my character defects of procrastination and anxiety. My constant snacking kept me in the cycle of fear, preventing me from moving forward. I used food to sate the anxiety and fear of failure. Through the spiritual program I have learned how to take a deep breath and begin whatever task is ahead of me, without food. I've learned to reach to my HP to give me confidence and strength. And most importantly, through the grace of my HP I've released the idea that my work must be perfect.

Today, the fridge is no longer a monster. I don't find myself magically drawn to its doors. I open it to retrieve my abstinent food items and I close it after cleaning the kitchen. I don't run to it when I'm anxious about work. My relationship is that of an owner to an appliance. Thank you HP for restoring the balance of power. *-Thankful Appliance Owner*

Call For Submissions by December 1st

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 December, Fourth Quarter edition, we would like to focus on.

"Keeping My Sanity Through the Holidays"

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.

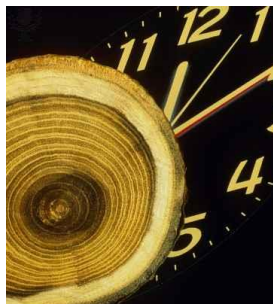
Southeastern Arizona

Overeaters Anonymous c/o Hannah Dahl

PO Box 43221

Tucson AZ 85733-3221

Growing in Recovery



Physical – Emotional – Spiritual October 27th through October 29th, 2017

Holy Trinity Monastery retreat center, St. David, AZ

Check in starts at 3:30 PM on Friday.

The retreat starts with Friday meal at 6 PM and ends at 11:30 AM on Sunday.

Registration fee: \$140 (2 nights, 5 meals, & entire retreat)

Saturday-only registration fee: \$50 (3 meals & Saturday retreat)

Checks will be cashed Friday, October 20, 2017, after which there will be NO refunds.

Detailed letter will be mailed/emailed the week prior to the event for more specific information.

Retreat questions? Contact Joy V (520) 834-7224

Registration questions? Contact Chris C (520) 296-3672

or send an email to searizonaoaretreat@gmail.com

Cut at line & mail registration form with your check. Keep the top portion for information.

✂ -----

Please make checks payable to: **SEAZ INTERGROUP OF OA**

Mail to Chris C, P.O. Box 43221, Tucson, AZ 85733-3221

RETREAT REGISTRATION FORM --- Please Print Neatly

\$140 for the weekend, \$50 for Saturday only

SOME ROOMS ARE DOUBLE-OCCUPANCY.

Name: _____ Phone: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Special Needs or Roommate Requests: _____

Limited number of scholarships available for half the registration fee.

Scholarship Request ☐ I can provide service ☐ I can provide carpool ☐ I need a ride ☐ New to OA/retreat? ☐

Saturday only ☐ Scholarship Donation _____ Scholarship Amount Requested _____

Scholarship donation added to your check helps others attend and will be deeply appreciated.

NAME ON CHECK _____ CHECK # _____ AMOUNT _____

2017 SEAZ OA Retreat!

**Yes! We will have our Raffle Baskets at this year's Retreat.
What can we put in them?**

Lotions Movies
Pencils Notebooks Music
Stuffed-Animals Sunscreen
Sunglasses Lip-Balm
Bracelets Journals Books
Pens

This year's SOAZ OA Retreat at the Holy Trinity Retreat Center in St. David will be October 27th through the 29th. Want to know more? For retreat information, click on the link below. We will have a basket raffle again this year. What are some items that could be put in a basket?

Here are a few suggestions. Pencils – Pens – Books – Journals – Notebooks – Music – Movies – Sunglasses – Bracelets – Stuffed Animals – Lotions – Lip Balm – Sunscreen – and any other items that will help a compulsive overeater steer clear of becoming a basket case!

PLEASE NOTE: For those groups not interested in creating a basket, a gift card donation from a favorite location/site would be a wonderful raffle prize.

www.oasouthernaz.org

SOUTHERN ARIZONA OA MEETING LIST: Updated September 14, 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: 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 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)	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: 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: 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: Maggy M 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. 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

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

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	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*
BENSON -SUSPENDED UNTIL 10/1/17 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 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: Timi R.	928-322-8647 928-322-8647	
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 STARTS OCTOBER 14, 2017	Yuma Center For Spiritual Living 781 S. 2nd Avenue	Judy G.	928-920-9787	

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MEETING LIST CHANGES: *please send corrections or changes to Leslie S. at bhllas100@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	OPEN		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	