

# OA Desert Recovery

June 1, 2021: Spreading the OA Message

**“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”**

## Free Program Literature

Our Intergroup Vice Chair is in possession of 21 *Overeaters Anonymous*, Third Edition books that are excess from the ones we bought for libraries in 2020. If you want one of these books at no charge, email her, and she will arrange to get one to you. Remember the supply is limited so the first to email are the first to get them.

Email:  
[soaz.ig.vicechair@gmail.com](mailto:soaz.ig.vicechair@gmail.com)

## 2021 Convention and Assembly

It's been a long time since the last Region 3 Convention and Assembly was hosted by our Southern Arizona Intergroup. It was in 2013, and we spent 2 years planning all the activities to carry the message of Recovery to all who attended in person.

Now here it is, less than 3 months away from our August 20-22, 2021 Convention and Assembly. So many things were the same during these latest 2 years of planning. We had to decide on a theme (Act AZ If), the program, the entertainment, and it seems like a thousand other tasks and decisions. And again, we have co-chairs to monitor our planning and keep us on track, along with many, many committee chairs and committee members who created ideas and plans to constantly move the planning forward.

BUT, there is one very big difference with this Convention and Assembly—it is virtual! Many of the decisions we originally made were thrown out the window while we geared up to learn how to create a virtual weekend event.

I was involved with the 2013 Convention boutique where we had clothing for sale along with many recovery items created by the Ways and Means team. We talked about how to raise money selling items virtually. We were baffled until we learned that we could partner with a couple of vendors who would handle the money part of this process and had a template to create a display with pictures and descriptions of the raffle items.

We are just now launching our website, [oar3fall2021.org](http://oar3fall2021.org). There is a link to where you can donate money, services, or artwork to the raffle. And there is a link to the display of raffle items where you can purchase tickets and take your chance to win an amazing prize. Please check out the raffle link as you register for the convention. For an awesome weekend of speakers, workshops, meetings and more, the fee is only \$25.00. Come one, come all; you won't be disappointed. Your recovery will be boosted by the energy and excitement, experience, strength, and hope of everyone connected to the convention.

We hope to see you all on our screens in August.

-Janis R., Tucson

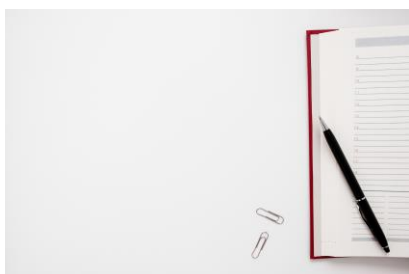
**"God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life."**

### *Third Step Prayer*

## **For Discussion...and Journaling**

It's **Inventory** time. Especially the **Forgiveness Inventory**. Write down 10 things you are grateful for today (yes, you *can* do 10). Bask in the joy. Then use the Forgiveness Inventory to let go of a resentment. Warm yourself in the "sunshine of the spirit."

*Lifeline, Sept/Oct 2012*



## **Finishing Well**

The end of May is a time of major transition in the work and home lives of educators and parents/guardians of school-aged children. As the academic year comes to a close before a time of rest, teachers contend with mile-long task lists; grades to assign and reports to file; materials and supplies to organize, catalog and store. Some relationships change and others end. Parents scramble to find childcare or summer programs, or to simply settle into a slower, louder, sweet and messy couple of months with the kids at home full-time.

As an educator, it is a time to ask myself, "How can I finish well?"

Program has given me tools to answer this question and close this season out with healthy relationships and a job well done. Our 4th step questions (*The 12 Steps & 12 Traditions of Overeaters Anonymous* 1st Edition, pp 34-43) guide me and can take on a slightly different spin as I apply them to my professional life. "Are we selfish, letting our own desires govern us while we ignore the needs of others?" "Or do we let the needs of others govern us while we ignore our own?" "Can we accept our own failings and those of others as natural, or do we criticize, condemn and complain?" "Are we anxious about the future? How much of our time do we spend worrying?" "Have we been sneaky or practiced deception?" "Are we optimistic or pessimistic?"

Admission... In my nearly 17 years in 12-step programs, this is the **first year** that I am committed to working through all of the 4th step questions as they relate to my professional life at the end of a school year. (Oh, hey sponsor, I've got a 5th step coming your way!!) So often the school year comes to a screeching halt and I fall exhausted onto the couch for a week to sleep and binge Netflix. Then I emerge and start my summer job or summer to-do list. As an uber planner, my summer calendar pages are printed and awaiting color coding (summer planning typically starts in January, but given THE YEAR OF COVID, I am running behind my usual planning timeline). It is natural and easy for me to look forward, plan forward, move forward. It's less natural and more difficult to look back, consider, and inventory with a wide and long-range lens.

Friend, are you in a time of transition? Are you transitioning from working from home, back to the office? Are you stepping out of a job you've had for years, into a new and scary adventure? Are your children leaving home or are you ending a long-term relationship that is no longer healthy? I'd love to invite you to join me in taking the time to inventory the season that is ending, to look back before moving forward. Let's finish well!

- Rachel R.S. Tucson, AZ

**Next deadline for submissions: July 15, 2021**

Theme: Spiritual Solution

Email

[happyjoyous@g.com](mailto:happyjoyous@g.com)

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

### *Seventh Step Prayer*

## Spreading the Word through Words

When I write, I discover thoughts and feelings that seem to be locked inside. Perhaps they never would have surfaced had I not taken pen to paper. Actually, in my case, it is keyboard to screen. Every day, I write about the daily quotation in the *Voices of Recovery*. This OA reader starts each day with a quotation from program literature and then features the thoughts of various authors who have experienced 12-Step recovery. The themes are varied. The responses help others reflect not only on the quotation, but also on the insights and perspectives of the authors about the wisdom found in our literature.

Every day I reflect on the quotation for the next day and free-write my thoughts about it. When I first read the quotation, I rarely know where it will take me. The words just pour out as I type. I've found this form of journaling to be the most intimate kind I've tried since the words come from somewhere within. Each day I discover what is going on inside my heart, mind, and soul. With each passage, I renew my commitment to abstinence and to upholding the 12 Steps which saved me.

These messages of mine are sent to people in the program. This tradition of emailing daily messages to OA members was started eight or so years ago by someone who would send out quotations and slogans each day to those who had signed up to receive the messages. When she moved away, I talked to my sponsor about taking on the task. The format has changed over the years. Sometimes the quotations came from *For Today*; another time they came line-by-line from the *Big Book*. The passage ends with a question for the reader to write or think about during the day.

Here's an example of one of the "Gems" from earlier this month:



**Daily Reflections: from VOICES OF RECOVERY for May 13th**

"Tradition Five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message – in our Steps and Traditions – that we find solutions to our problems." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 146)

That's what we did back in 1989. We sat around in a circle and took turns talking. We pointed fingers. We complained. We felt so sorry for ourselves. Our logic was skewed with raw emotion. We did everything BUT focus on the Steps and the Traditions. In fact, I didn't even know what the Traditions were until years later. That was my first experience at an OA meeting in a classroom at Ramstein Air Base near Kaiserslautern, Germany. These were fellow Americans who had addictions to food and sugar. We were trying to help each other by talking. No one there was abstinent. We swapped recipes. Thankfully, years later, I came to my first "real" OA meeting, and I discovered recovery, thanks to the Steps and the Traditions!

**NOW PONDER THIS: How well do you know the Steps and the Traditions?**

The purpose of a Gem? For me to journal. For me to dive into the literature to find a treasure – a gem. For those who read it? By pondering over the quotation, perhaps they find a gem for themselves! I've found that when I write, I seem to uncover things I wouldn't have had I just relied on my thinking or my speaking. Writing is my way of spreading the word through words.