

# OA Desert Recovery

Step 10 Principle: PERSEVERANCE

October 2023 | Issue 10



## By Becki B

A good, solid look at how perseverance works includes a lot of history. For years, my defects allowed me to face scary situations with arrogance. It was as if I dared not loosen up, approach people softly, or they would walk all over me. So, I had to walk above them. My only spirituality was righteous indignation. But, of course, the facade crumbled, I chased folks away, and I fell, painfully, into the abyss of isolation. My only company was food. Using the steps, and coming out of that black hole, was a slow, bit by bit, change. As I got distant from the incident which pointed out my defects to begin with, the willingness to stay in a changed state floated away, I slipped back into relying on arrogance and superiority to combat my fear of hard situations. And the same repercussions recurred. Once again, the black hole of the disease drove me to become willing to seek God's will, not mine, in all things. It became obvious that in order to remain in the necessary state of serenity, I must persevere with the program, with using steps, tools, principles, and with seeking daily conscious contact with my Higher Power. Perseverance, for me, means repeatedly doing what works to maintain abstinence and recovery.

## Perseverance:

*"Never lose hope. Storms make people stronger and never last forever."* ~Roy T. Bennett

## By Michelle S

What is perseverance? Merriam-Webster says that perseverance is "continued effort to do or achieve something despite difficulties, failure, or opposition."

What does that mean in regard to my recovery? It means that every single day, I do what it takes. I stay abstinent. I pray. I work the steps. I use the tools. No matter what. Every single day.

Thanks to my Higher Power, I have 15 years of abstinence that I do not take for granted. Life has thrown quite a few curveballs my way, but I just keep putting one foot in front of the other as I hold on tightly to my Higher Power's hand.





## By Anonymous

In the opening paragraph of the story beginning on page 553 of *Alcoholics Anonymous* it reads: "A.A. does not teach us how to handle our drinking; it teaches us how to handle sobriety". Although I have been coming to OA for many years, somehow, I never heard this before. I expect that it was probably read in my past, but that day was when I "heard" it.

How very true. I keep coming back to handle my abstinence in all areas of my craziness as well as in all areas of my life. My areas of craziness were my food, my emotions, and my spiritual void. My areas in my life were my family, my work, my colleagues, my friends, the tellers/cashiers in stores, the drivers on the road, and more.

I am so grateful that the problem encompasses all of these and more. Step One, yes, speaks of food, but it speaks too of the unmanageability of life. Once the food was 'managed by God and my willingness, I came to realize that the program is all about the other eleven steps. Thanks to OA for still 'being here' for me. As I persevere to work the program, I continue to receive its promises.

## By Joy V'M

This always sounded like a four-letter word to me, and it is: W-O-R-K. If it comes easy, it might slip away in the same way, so I embrace this word now in however many letters it's spelled. The things which have required my patience and endurance now are almost holy to me. My abstinence, miraculous as it is, does ask one thing of me: careful regard of it during every one of my waking hours. Over the years, I have learned to eat mindfully, to take my food in fewer bites, and to chew it more completely. I've also learned to keep my bucket of bones in gear every day, working my muscles and organs, so I can hum along happily. I've found that the proof of perseverance is TIME plus COMMITMENT. I will never take either of those for granted! This program, lived on a daily basis, helps me turn perseverance into RECOVERY, with the consistent and constant help of my Higher Power.

**Editor's Note:** The focus for the November newsletter will be the principle for Step Eleven – **SPIRITUAL AWARENESS**.

Your submissions will be gratefully received when you send an email to [newsletter@oasouthernaz.org](mailto:newsletter@oasouthernaz.org) by November 8<sup>th</sup> (requested earlier than usual because of earlier Intergroup meeting. ~Judy