

# OA Desert Recovery

Tool: MEETINGS  
March 2024 | Issue

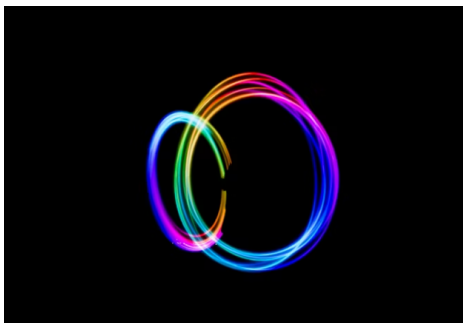


## By Michael A.

**Meetings!** I love 'em. I can't say that about all the other eight tools, but I am a meeting guy. **Meetings** are easy. I love 'em!

Why? Because in **meetings** I meet my fellows, I meet my disease and my recovery. In every single **meeting** I attend, I hear someone share a snippet of my story. Which tells me I'm not alone. I might be looking into ten different faces around the table or on the Zoom screen, but every one is a mirror, reflecting me and my story back to me. Someone said, "This is a "we" program; illness begins with an 'i', wellness with a 'we'"

My first **meeting** was January 27, 1999. So this is my Silver Anniversary. It's been 25 years since I first walked into the rooms! Today I pray, "Dear God, may I keep coming back!"



## By Rhonda S.

**Meetings** have been very important to me. The very first thing I did for my recovery was to call the OA phone number in the Staten Island phone book. I spoke with Ralph and he went on and on about his recovery. I had to cut him short (20 minutes) and was preparing to go to the Wednesday night **meeting**. That was November 25, 1981. The first **meeting** I went to gave me love and hope. I hadn't felt that in an extremely long time, if every at all.

I have never stopped going to **meetings** because I was always too afraid to go back to where I came from – wanting to commit suicide. Even when I moved to Tucson I went to a **meeting** the night after I arrived.

**Meetings** have given me experience strength and hope. I became honest, open-minded, and willing. I wanted what the other people had – happiness, intimacy in sharing, and hugs. I would have to do what they did-work the Steps!

At meetings I heard how other people felt shame and guilt when they went back out and were lucky to make it back. I like what I have, and I will keep on going to **meetings** and working the program.

**"OA groups meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service." ~World Service Organization**

## By Janet R.

Did you ever think of what took place for us to even be at a **meeting**?

- Those who did for us what we could not do for ourselves before we got here?
- The people who went before us in the world to make my meeting possible?
- The people who gave their time and life to the purpose of OA?
- The people who carried “the message” all over the world?
- The people who understood the importance of carrying the message *to the still suffering*?
- The people who knew they had been given something that they had to give away...who understood the power of sharing their Experience Strength and Hope?
- The people who *fell in love with* the rooms?

You see them in the rooms of OA:

- They are the ones who are smiling, reaching out their hands, asking if the leader needs anything.
- They are the ones who arrive early and stay late, just to talk to anyone who is there.
- They are the ones who create fellowship both in and out of the rooms.

You *know* them. You *see* them. You ask one of them to sponsor you! (Then, ultimately, you *become* one of them!)

- They speak the language of their hearts.
- Their Experience, Strength and Hope flows freely.
- They have become able to listen.
- They are the ones that you know *really do* care about you and your abstinence.

## By Becki B.

During the pandemic, all places of gathering were ordered to be closed down. Immediately upon hearing this, I had a certifiably huge panic attack. They took away my **meetings**! I could see myself three hundred pounds, frantic with the insanity of the disease, wailing in the black hole of misery. I searched for every CD or cassette recording I had. Why didn't I have more OA tapes? Then, someone called and suggested a **phone meeting**, yes! I did not know how a phone meeting worked, but I grasped at the offering of recovery. Then, intergroup formed the **ZOOM meetings**, and I began to breathe again. So grateful for the lifesaving sharing in our **meetings**.



## By Michelle S.

There is a line on page 110 of the AA Twelve and Twelve that resonates with me: “We sit in **O.A. meetings** and listen, not only to receive something ourselves, but to give the reassurance and support which our presence can bring.” It is important to remember that I attend **meetings** for my own recovery but also to show that the program works for others. It is a simple but profound reminder of why **meeting attendance** is important.

## By Patti S.

“We” is the first word of the first step! I’ve been trying for years on my own to have abstinence. All kinds of hope that there is a drug or diet plan that will really work. After dancing around OA, I found IT here in the rooms of OA. I cannot do it, but WE can! You’ve shown me love, forgiveness, and hope. Most of all, you have given me a Higher Power!

We admitted We were powerless over food, and our lives have become unmanageable. Then you showed me a God who could restore me to sanity (doing the same thing, expecting different results). Then I made a decision! to turn my will and my life over to a Higher Power! **Meetings are my God with skin on.** You guys get me, wow, freedom, growth and abstinence! I am grateful.

## By Jody M.

I am a grateful food addict, recovered from a seemingly hopeless state of mind & body, not cured, but definitely recovered through the Power and Grace of God. How? by going to **meetings**, working the 12 Steps, keeping conscious contact with my Higher Power, reading our literature, trusting God, cleaning house and serving others One Day at a Time (ODAAT), One Meeting at a Time (OMAAT), Thank You God (TYG), Amen!

**Meeting-makers** make it! (I heard that early on.) I only have to go to two meetings: the ones I want to go to and the ones I don't! That way there's no struggle with my disease telling me that, “I'm too tired” or “I don't have time”...when my Higher Power and Recovery tell me *I need to be there*, for both my “check up from the neck up”, and for that next possibly struggling newcomer who needs hope. When I go to **meetings**, it's an example of strength and hope; it carries our message!



April's topic will be “**TELEPHONE**” We look forward to receiving your submissions about how phone calls have helped you achieve abstinence. Your submissions will be gratefully received when you send an email to Judy G at [newsletter@oasouthernaz.org](mailto:newsletter@oasouthernaz.org) by April 13th. Please send your articles as Word documents and not in PDF. Thanks! ~Judy