

OA Desert Recovery

Tool: WRITING
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By Michelle S

Writing is an everyday tool for me.

Each day begins in prayer and meditation, writing to God in my prayer journal about my plans for the day, my thoughts, and a long gratitude list.

Then I read something in program literature and write an email to my sponsor, sharing my thoughts and feelings about what I've read and how it relates to my life. She reads the same passage and writes back.

Each evening, I use an app to write out my Tenth Step that I share with an OA friend. Then I write out an end of day gratitude list to share with her. I write guest GEMS, articles for the Tucson newsletter, and started a monthly newsletter for our COLA intergroup. Writing is a wonderful tool!



By Becki B

Writing saved my life. My sponsor told me she would fire me if I did not do an inventory. After a suicide attempt, I finally did. Since I did not know what I was doing, I did it wrong. But the method did not matter. That inventory kept me alive long enough, until the miracle could happen. I did the work. The rest of it caught up with me later.

Writing clears the darkness within me. Memories of my past unkind remarks can haunt me, causing misery and remorse. Or, worse yet, the memories are ignored, and the compulsion to eat takes over, in an effort to hide the guilt. Better to put pen to paper, write the memories, face underlying fears, the defects involved in defending that fear, talk to my sponsor, and talk to God about it. And, if necessary, talk to anybody involved. Remorse, like anger, separates me from God, and therefore, has the power to kill. Writing takes time, but it is much less time than I used to spend hating myself.



By Michael A

In our literature it says writing helps clarify feelings more than merely thinking or talking about them. So true. Just this morning, I was journaling about a depressive incident that engulfed me after returning from a wonderful but complicated and strenuous two-week trip abroad. I was not expecting it. And that was part of why it hit me so hard. Suddenly, the day after we returned, I fell into a big funk.

But this morning I wrote about it and it really helped. I was able to gain some objectivity; and because I had written out my thoughts, it was easy for me to copy-and-paste and share them with my sponsor, asking his counsel. So today I'm writing to say: Writing works!



By Jodi M

In my experience, when we are confused or in pain it's always best to write about it, even when we don't want to. This gives us a chance to sort through what's bugging us & know what's really going on inside.

Writing is its own reward while working through the steps. I used to journal and write out my prayers and that was very helpful for a time. Now I like to answer our daily reading questions in writing and, of course, when I'm working through the steps with sponsees, also. There's something about the physical action of writing that helps fix the principles of recovery in my mind and heart somehow.

When writing I get clarity of thought and am quiet enough to hear that "still small voice" and listen to my heart getting courage, strength and power to know and do the next right thing, one day at a time, Thank You, God, Amen!

By Judy G

My sponsor is awesome. For one thing, her abstinence has been in place for *45 plus years!* She utilizes every single thing our program has to offer, from the Big Book to the Tools. She uses the tool of writing on a daily basis. Every few weeks, I am the recipient—along with her other sponsees, I believe—of an envelope filled her recent writings. I decided to go through the two large binders where I have saved her 'pearls of program wisdom' to look for her words about the actual value of the tool of writing. Imagine my surprise when I could not find a reference that dealt with the value of using that tool! Since, by demonstration, she obviously holds the tool in high esteem, I decided to ask her outright why she continually writes. This was her reply: *"Removing your thoughts from your head to paper gives you a clearer outlook on everything!"*

Editor's Note: The focus for the June newsletter will be the Tool of LITERATURE. Your submissions will be gratefully received when you send an email by June 10th to newsletter@oasouthernaz.org. ~Judy

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