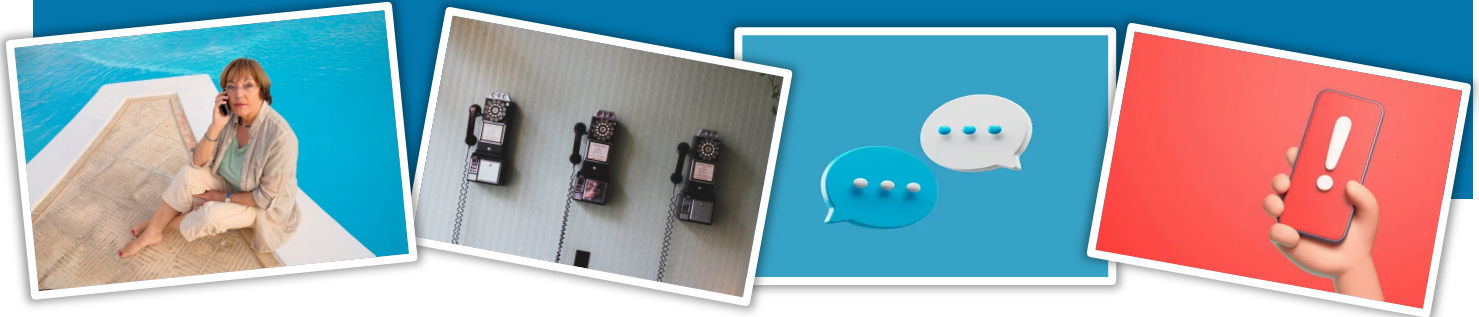


# OA Desert Recovery

Tool: TELEPHONE

April 2024 | Issue 4



## By Rhonda S

This tool has been one of the two most effective in my recovery; the other being meetings. I had to learn trust, honesty, and humiliation.

First it was **TRUST** of a sponsor. That was tied in with anonymity because I did not want to tell her anything that would be spread around OA. (Never happened by the way!) With time and experimentation, I learned to trust another person. That went to other people also. I don't trust everyone in the rooms (zoom boxes) and I am very careful with the people I call.

Next came **HONESTY** because I had to pick up and tell someone that I was going to eat something compulsively. This was much harder for me to learn. I am still learning this after many decades of recovery, but it is truly much easier now because I know the results. This is turning to God with skin on.

The last is **HUMILITY**. That came with the other two. I had to learn about this through "ratting myself out" and to not worry what others think of me. I have gotten this through meetings also.

*I* have profound gratitude for all those people who have called me.

## By Barbara V

The telephone has been a two-way tool for me.

I struggled early on to pick up the hundred-pound device and make a call when I needed help or to just needed to talk to someone. Now, thirty years later, when I pick up the small device to say hello or say Help! – even if nobody answers, I feel lighter and/or my desire to pick up food off my plan suddenly disappears.

Countless times I have been standing in front of the fridge or thinking about it and suddenly my phone rings or dings. What a gift! Someone reached out to me just when I needed it most. Thanks to our Higher Powers, the telephone tool works both ways when we use it.



## By Becki B

The tool of telephone refers to outreach, where we contact other program members. I hear members with long-term abstinence talk about making daily phone calls. BUT my uneducated ego tells me I don't have to do that stuff. Then, a newcomer talks about facing his or her compulsion head on, fighting the insanity of the first bite, by making a phone call instead of reaching for excess food.

By now, the miracle of the program is sinking in. The Big Book says, "If (abstinence) is very troublesome, we throw ourselves the harder into helping others." We help each other by reaching out, by sharing. Camaraderie is the replacement for the act of overeating. It is why outreach works when other activities fail.



## By Patti S

Remember the days before cell phones? I had to wait until I got home to call anyone, or to see if I had messages on my machine! Gotta love technology! I've now got a valuable tool! I can pick up my cell phone easily, anytime, and call another Compulsive Overeater and share a bad day, or fear about an event, or just to talk about this disease. This has been a wonderful tool for this crazy head of mine! The real joy is to get to know the people I have called, they GET ME. I get to learn about them and their program. What a gift. I am not alone anymore!

## By Judy G

The telephone...my nemesis! I had spent my adult life dreading the ring! I see that particular avoidance now as an aspect of my habitual isolation. As the old-time movie star, Greta Garbo, famously said, "I 'vant' to be alone!" Yes, just leave me alone to indulge in nonstop eating! My sponsor told me that I would begin using the tools when I found out they would help me. She was correct! Once immersed in program, I began using the phone--albeit mostly as a device for texting--but it started a healthy habit; it put me in touch with my fellows and with the help available that I had ignored.

## By Janet R

Why phone calls? *They* were training my addicted, food-obsessed mind to change: I was told to make three outreach calls per day. *They* were teaching me how to care about others. *They* were teaching me to build my support system."

## By Michelle S

I dislike talking on the telephone and have since I was a child. I actively procrastinate when I need to make calls - even for other important matters, not just recovery. I have to pray often and psyche myself up to finally make the call.

Calls in recovery became more commonplace, but they still were not easy. Since COVID, more people became comfortable texting and meetings were via Zoom, which lessened my need to pick up the phone and make an actual call. Instead, I use my phone in ways that are comfortable - texting, Zooms, scheduled calls with Sponsees, emailing, answering calls from others, etc.

Perhaps I need to make a call soon?



## By Joy V

Those of you who know me know that I'm quite a talker. So, if you see my phone number (ends with 7224; I'm on the We Care list), be sure to have a back-up plan. Set your timer for however long you can afford to talk, and then come up with that excuse – must take my parakeet for a walk or got to clean the underside of my washing machine or have to tune my windchimes. Talking helps me think. Just like writing, I discover ideas from the way-back-there corners of my mind – things that may not have surfaced had I not picked up that telephone. Call me sometime and let's see what happens!

May's topic will be **"WRITING."** We look forward to receiving your submissions about how meetings 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 May 10th. Please send your articles as Word documents and not in PDF. Thanks! ~Judy