

OA Desert Recovery

January 2022 - Step One

When I think of Step 1, I think about the relief when I read the *Doctor's Opinion* for the first time. The realization that I wasn't stupid, or weak-willed or just a loser was so comforting. I have a disease, and I can't change that. I can face the symptoms, but the disease is with me for life – like anything else I was born with. So, no hope of "eating normally," no resentment of "why can't I have this" – because one is too much and a thousand isn't enough. ~Roni

I came to OA in 1985 and played touch tag for years. I thought it was all about the food plan. If I stayed away from sugar, I could stay with the plan. But this is not Sugar Anonymous. And, if I could not stick to the plan, I had failed. It was years later that I overcame my ego enough to realize that "the big I" would never be able to stick to the plan. It took all the steps to relieve the inner turmoil, the tools to daily keep me on track, and it took my Higher Power to give sufficient serenity. ~Becki B

**"WE ADMITTED WE WERE
POWERLESS OVER FOOD—
THAT OUR LIVES HAD BECOME
UNMANAGEABLE."**

Surrender is the last resort.
I have to stop fighting everything
and everyone.
Admit that life is unmanageable.
That willpower changes nothing.
Entering a meeting. I abstain from
compulsive eating for one hour.
I sit down. I shut my mouth. I
listen.
I ask for help.
Recovery begins. ~Neva S

I was desperate when I walked in
the doors to OA. Surrender is the
acting of letting go and that was
tough for me. To give up my
personal rigidities, to relax and
admit I was powerless took a lot of
courage. But I am an addict. I am a
compulsive overeater. My life was
unmanageable, my relationships
were dishonest, and my life was
unfulfilling. I needed to reduce my
ego, admit I needed help, and
accept a power greater than myself.
~Michelle S

Sponsored by *Southern Arizona Intergroup of Overeaters Anonymous*

Editor: Joy V'M – SoAZIG-Newsletter@gmail.com