

OA Desert Recovery May 2025

Promise: No matter how far down the scale we have gone, we will see how our experience can benefit others.



I came into this program with one eye on the scale and the other eye on the scale. I wanted to lose 100 pounds. That was my mission. During the next few months, I listened to the meeting format where it spelled out the 12 Steps. I wondered which Step it was that would help me release all of this extra weight. The 1st Step was a given – I already knew that I was powerless over food and that my life was pretty much a mess. I wasn't sure about the rest of it, though. The Steps seemed more concerned about my relationship with myself, my relationship with others, and my relationship with God. When were we going to get down to my relationship with the scale? What did all of this have to do with my weight problem?

My sponsor turned on the lightbulb that was over my head. She explained to me that my recovery would take much more than a diet – or what she called a food plan. She reminded me that I would need to take a closer look at all three – my physical, my emotional, and my spiritual serenity.

She guided me through all of the Steps, and sure enough – I started slowly becoming less of myself. In a year-and-a-half or so, I was what my doctor deemed a “normal” size. Thanks to a daily focus on those three “legs” of the recovery “stool,” on most days I can sit on a rather level seat. The miracle of this program is that it really does work when nothing else did for decades! People have told me that they are inspired by the numbers – 15 years of back-to-back abstinence and over 100 pounds gone. My hope is, though, that they'll realize that it took work on my emotional and my spiritual condition to get to physical abstinence. And that – in a nutshell – is how this program works

Joy V'Marie

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Down the scale.....its been up the scale! The scale is not my friend, that's for sure!

Going down into the quicksand has been my issue. I've been pulled out, working some steps, with my higher power by my side, then on the safe ground, oops, my own will kicks in and I'm off and running. Yo-yo effect! I have a disease that tells me I'm okay. But I keep trying. Never give up is my mantra! So today I surrender!

Every morning I wake up a chronic compulsive overeater! The OA Program has given me a design for living, tools to help me on my journey, people who take outreach calls and events that I can go to. I never have to be alone again. Thanks HP and Thank You OA. Love is all we need



Patricia S



I'm Jody and a grateful recovering food addict. I've been in OA for 7 yrs but just in the past 3 years I finally got abstinent. May 28th is my 27th anniversary clean & sober but there's no crossover credit here and I had to start from scratch when it came to food. The promises have come true in my life because I kept coming back no matter what, stayed in today one day at a time and didn't give up before the miracle, trusting God, cleaning house & serving others with God's help, living & working the steps. I love this program and you all! Thanks for my recovery!!!

Namaste 🕐💖🙏🥰🥰

Jody M