

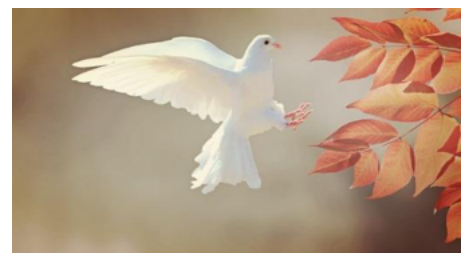
# OA Desert Recovery

**Promise: We will know peace.**

Since finding recovery in Overeaters Anonymous seventeen years ago, the promise “we will know peace” has become a living truth in my life. It is not just a nice idea or a fleeting feeling; rather, it is a deep, steady presence that I never imagined possible. I know peace when I wake up in the morning without dread, no longer consumed by the obsession with food and my body. I know peace when I can sit with my emotions—joy, sadness, boredom, stress—without needing to eat over them. There is a quiet confidence and peace that comes from trusting my Higher Power and knowing I do not have to manage or control everything anymore. This peace shows up in the most ordinary moments: choosing my meals with clarity and self-care, being present in conversations instead of mentally checking out or planning the next binge, and treating my body with gentleness rather than criticism. It’s the peace of not living in secret, not hiding from others or myself. Through working the Steps, making amends, and connecting with my fellows, I have found peace in relationships that were once strained or broken. I have learned to listen, to pause, to forgive. Recovery has given me the space to breathe.

Most importantly, I’ve come to understand that peace is not the absence of problems. Peace is the presence of spiritual grounding in the middle of life’s messiness. When I’m aligned with my Higher Power, when I stay honest, connected, and willing, peace is there, even when life is hard. The chaos in my mind has quieted. I’m no longer at war with food, with others, or with myself. The promise, “we will know peace,” and all the others, have come true, so I continue to do the work.

Michelle S.



Sponsored by *Southern Arizona Intergroup of Overeaters Anonymous*  
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The most painful time in my life was early recovery. That was so, until I had to go through losing my husband of thirty-four years. He was gone, but still there, the pain tearing my heart out. They said I needed to let go. Letting go of Frank was only possible when I felt God was close. In trust, I could plan that day, reach out to friends to say good morning. Each dawn, I photographed the sunrise, to share with my siblings, and it reminded me to be grateful. Trust and thankfulness eased the pain and helped me to let go. However, even after these beatific experiences, thoughts of self snuck back in. Being human definitely interferes with my spiritual growth. I am sorry for this lapse. I see friends struggling with far scarier demons than mine. So, I just sigh, try to follow my food plan, go back to enjoying friends and family, and slip back into the comfort and peace of conscious contact.

Rebecca B.



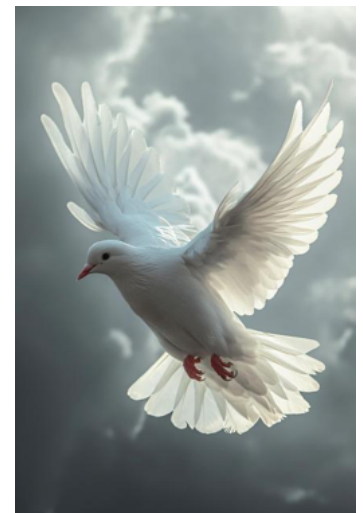
It's certainly something to strive for. I know about it in bits and pieces. When I'm in my floating hammock with my dog by my feet looking out over the plants and trees in my backyard ... that's when I know peace. When I'm at an OA meeting, and I share love and understanding with all of those there – my family of choice ... that's when I know peace. When I'm writing in my Two-Way Prayer journal and I see something that answers a question – and I'm not sure how it got on the page ... that's when I know peace. When I'm reflecting on my day and completing the questions for my 10th Step to send to my OA accountability partner ... that's when I know peace. This sentence from the Promises is written in the future, so perhaps it's well and good that I only have snatches of peace now, knowing that I will someday know even more peace.

Joy V'Marie



Hello I'm Jody, gratefully recovered from a seemingly hopeless state of mind and body, not cured but recovered indeed! As for the Peace I know, it's all due to putting God & my recovery 1st as they go hand in hand & I can't have one without the other. I do my morning spiritual routine of reading, meditation, writing & prayer asap in the morning, then let go & let God. I can't. HE can & I choose to let Him daily like steps 1, 2 & 3 tells us then I do the next right thing for the right reasons, trusting God, cleaning house & serving others in whatever form that takes: zoom meetings, texts, email or fact to face meetings. Conscious contact with HP makes all the difference when it comes to that divine Peace that surpasses understanding & remaining a member of the No Matter What club - One Day at a time, One Moment at a time, with an attitude of gratitude. Thank You God. Amen

Jody M.



One's mind, uh, my mind, that this, while obsessing about food, cannot be at peace. It was always thinking about when and what my next fix could be. I'd imagine what I might have, or wonder about what would be served, or what I might be able to sample. For me, the obsession was the problem more so than the compulsive eating. I don't overeat, and I have a BMI of only 19. But my mind can still be absorbed, distracted, and pre-occupied with food thoughts. When I am into food fantasy, I often wonder, "What am I missing?" What would I be thinking about or doing if I weren't feeding my worst habit these days, which is fretting about food!!!

And when have I known peace? Clearly, that has been during periods in my life when I didn't eat anything but natural, unprocessed food. "Eat food," an exercise trainer once told me, "the closest to the way God gave it to you." Simply, don't recipe it up; don't eat processed food. Period.

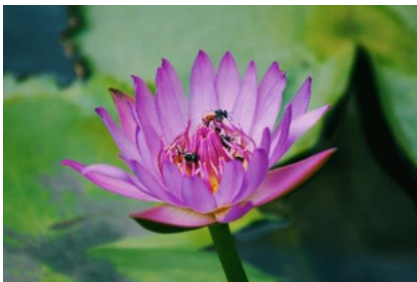
Once my body became cleaned out of the junk, sugar and the chemicals, it was as if my mind cleared for the first time. During those times, I was not pre-occupied, craving, or obsessed with food thoughts. ***I came to know peace.***

Do I have that today? Not as much because I am back, not to over-eating, but to eating more of an American diet, with processed foods, and foods that just plain taste too good! Those foods light up my addictive neurons and perpetuate the cycle of obsession. Socially, it's difficult to eat a pure, clean diet. Much of our food is chemically engineered to taste like "more," always. It's plain seductive.

But THINK! THINK! THINK! as one of our mottos tells us. I know better than to fall for that. However, knowing and doing are two different things. I must have a clear intention, the willingness, and enlist the help of my higher power to provide us with the strength and the power to live a life for which we can truly declare, "**...we will know peace.**"

Now, as I write this on Easter morning, I ask God to give me that strength and willingness to eat food in its most natural state, the way God gave it to me. By virtue of writing this article, I am reminded of the peace that came over me when I completely surrendered all my food to God.

Ann S.



Today, I give thanks (one day at a time) for Peace in relation to Food, Myself and Others.

- In relation to **food**—One day at a time the fight is over.
- In relation to **myself**—A few days ago, my sponsor made a great suggestion. He said, "When you notice the recurrence of a defect, spot, name it and surrender it to HP, but always with a smile, always with a twinkle in your eye. Like: 'There I go again (wink, wink).'" Shame has no place in recovery—especially as I try to shed character defects, because shame is itself a character defect.
- In relation to **others**. When I make peace with **me**, I have a much better chance of making peace with **you**. It all starts right here in my chest, right here in this little heart of mine.

Michael A.