

OA Desert Recovery December 2025

**Promise: We will suddenly realize that God is doing for us
what we could not do for ourselves**

For years, I tried to control my eating on my own. I made countless plans, diets, and rules, but no matter how determined I was, I kept falling back into old patterns. I felt frustrated, ashamed, and powerless--stuck in a demoralizing cycle that I could not break. In this place of complete and utter hopelessness, I found OA.

I attended meetings, abstained, worked the Steps, and developed a relationship and dependance on God. Then I gradually noticed a shift. Slowly but surely, I experienced freedom from the obsession with food in ways I never imagined. God, the Higher Power I choose to believe in, was doing for me what I could not do for myself. That awareness brought relief, gratitude, and a growing sense of peace. Today, I continue to rely on God, trusting that He provides miracles as long as I keep doing the footwork.

Michelle S.



I finally understood more about what humility meant when I tackled this promise. It was a sudden realization ... about a lifelong attempt to run the show. I couldn't do it. I've never been good with balancing acts, and my life was proof of that. I could finally get half my things up in the air and spinning, but then the other half of them crashed on the ground beside me. I had tried for decades to tackle the extra weight I had and wrestle it off ... with limited success. It will all come back afterward plus some more. With this program, however, I discovered it wasn't my lack of willpower, but it was my lack of trust in a Higher Power that kept me on the rollercoaster ride. The Steps set me straight: no amount of willpower could stop the compulsion. But when I let go and let God, the weight melted off ... and the obsession to overeat was lifted. That's not something I could have done on my own. My recovery in OA is proof positive that this program works!

Joy V'Marie

Sponsored by *Southern Arizona Intergroup of Overeaters Anonymous*
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The reading of The Promises has always filled me with joy. I find myself smiling as I read them, while the word itself gives me a deepening sense of hope as I journey through this program. I look forward to hearing or reading them during our meetings.

But beyond that, I wonder if I would truly appreciate and love them as much as I do if I had not admitted that I was powerless over food - and that my life had become unmanageable (OA Step 1). I have learned through life experience that when faced with insurmountable odds, my Higher Power somehow comes into my being and leads me to resolution or acceptance of a situation. I didn't really notice this realization when I first joined Overeater Anonymous though. It took time to realize that God was doing for me what I couldn't do for myself as I began to really listen to the experiences of my fellows, when I began journaling, but most of all when I began to drop my pride and just "be." That's when I heard the message that I was supposed to hear.

During this month of December, the 12th Promise also represents a wrap up of the year. It symbolizes a time of gratitude and excitement for what is to come in the next season of life. I am so grateful for all of these Promises. They bring me such peace. With peace comes the ability to listen more deeply to what our Higher Power is trying to tell us. "They will always materialize if we work for them" couldn't be more true. Have a fulfilling and abstinent Holiday Season!

Brenda W.



A single mother, having lost her job, crying, watched her car being towed away. But, she called a friend, who told of their own experiences of seeming hopelessness, and shared that the worst had been overcome. God has a purpose for us. In the mire of fear and hopelessness, we may accidentally step closer to Him. And, in the background, unknown to us, someone watches. And, that example of trust is exactly what that other person needs to move forward. We have planted a seed. And God will grow also, as the seed grows in that other person. And, we know nothing about it, but God knows. Abstinence is indeed a gift. When I stay close to God, stay in that serenity, then the cares, fears, and pains of the world float away. And, sufficient food is enough. I do not want more. For me, that is a miracle. I am so grateful for this program, and the life it has given me.

Becki B.