

OA Desert Recovery July 2025

Promise: We will lose interest in selfish things and gain interest in our fellows.

interest in our fellows



For the first few years in the program, I would rush into a meeting just a minute before it would start. I noted that there was a business meeting after the meeting once a month, but I had things to do – I didn't have time for anything more. I didn't sponsor, although I had a tireless and loving sponsor. As far as I was concerned, my "service" was being there at the meeting, speaking for three minutes, volunteering to read, leading a meeting every now and again, and putting away a chair or two at the end of the meeting. I'd also put money in the basket for the 7th tradition. I was abstinent and plowing through the Steps, so I figured I was doing enough. How selfish of me!

I started writing a short blog based on one of the daily readers and emailing that out every day. I figured that was service enough. Half a dozen years later, our retreat speaker told me that if I wasn't sponsoring, I wasn't working the program. I argued with that. I wrestled with that. The seed had been planted, though, and I gingerly began to raise my hand at meetings when sponsors were asked to identify themselves. After working with one sponsee, I realized the merit and worth of sponsorship from the other side of the connection. My window of service became larger, and I had a better view of recovery. Following that, I substituted for someone to be a retreat leader and then I led a few sessions of the 12 Steps in 15 weeks, changed it to 12 Steps in 12 Months and after that I became part of the Intergroup ... chairing first the website and then Twelfth Step Within and then the newsletter and finally Region Rep and World Service Delegate. Now I'm the Region 3 interim Digital Content Coordinator working with some dynamos who are on the region's steering committee. And here's what I discovered: by gaining interest in our fellows and serving them to the best of my ability, all parts of my program were enhanced. I learned to focus on others instead of just on myself. Service made this promise come true for me.

Joy V'Marie

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If I had to list the top two or three things to do when the disease starts talking to me, this promise would be one of them.

It directs me to turn my attention to others. Not that I'm turning my back on myself; not that I'm abandoning myself or giving myself the cold shoulder. Quite the contrary.

When I turn my focus to others, I am the one who gets the most help. My sponsor frequently reminds me that this is a selfish program. That everything I do is for my own recovery.

So there you go: turning to others is really turning to me, to help me, heal me and advance my recovery, always with God's help, one day at a time.

Michael A



"gain interest in our fellows"... I think that's what sponsoring and service do. Opens me up to humility and honesty when interacting with members in and out of these rooms. Such a blessing to offer what I have so generously been given. I have to let go of my expectations (Serenity Prayer) of the results, as they are in HP's hands.

Chris N

I was sometimes surprised when a person got angry at me. I felt that I was sitting in a chair, my hands folded in my lap, and people came up to hit me on the head. I did not see myself properly. There was my sarcastic eye-rolling, my impatient tongue clicking, my accusatory stares. Not only body language, but snippy words. In program, I could see a pattern, as I reviewed broken friendships.

I read somewhere that love is not something that must be found. Love is a verb, it is something one does. That outlook changed my marriage, my relationship with my siblings, and my friendships. Taking love as an action, and actively loving others, made the friendships warm and caring. It removed the judging, expectations, disappointments, replacing it all with acceptance.

Becki B

