

OA Desert Recovery July 2026

Freedom from Self-Reliance

Over the years, different parts of the program pulled at me. Early on, I was becoming aware of, and reinforcing acceptance of, my addiction to binge foods. Every reading seemed to bring that message. Then, I spent years fighting guilt over selfish behaviors and demands. So, everything I heard referred to those failures. Finally, the idea that I needed to rely totally on my higher power for comfort, strength, and guidance came to me. And every reading or share was a message telling me again to seek more, trust more, follow more. Each phase required giving up parts of self. I had to give up foods I had relied on all my life for uplift and comfort. I had to give up the demand to always be right and to be the best. I had to turn my life and my will over to my higher power. The best reward was that each phase released more misery and brought more peace. The more I relied on my higher power, the more serenity filled me.

Becky B.



Not only did my parents make that a mantra, but they added a power boost to the importance of depending on myself: “Do your best!” Talk about pressure. As a capable people-pleaser, I did my level best—and made sure that level wasn’t flat-lined but always on an upward trajectory. If I did my best yesterday, I had to do better today and out-best myself tomorrow. That lesson was ingrained in me, and did it ever make every aspect of my life stressful! Whenever I’d make a mistake—and I made plenty—I rarely gave myself any reprieve. Instead, I reached for the moralistic mood-masher and berated myself.

The new lessons seeped in slowly, one at a time: I wasn’t a mistake. Let go of doing it all. Ask God for help. Rely on God. These feet of mine still need to do the walking, but this program has given me a compass (my Higher Power), some maps (the Steps), GPS (my sponsor), and a pair of sturdy hiking boots (my food plan). With the meetings I attend all over the globe, I’ve also found program buddies to join me on hiking trails with gorgeous views. Now, when I sense stress coming my way, I know to shrug my shoulders, put my hands together, turn my will over to my Higher Power—and rely on God.

Joy V’Marie

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I just returned from a family vacation in Tennessee planned by my 3 daughters, and it involved 14 people, mostly adults, and 4 kids over 10. The patriarch and the matriarch (me) were assisted on the flight by my Tucson family (youngest daughter, sister-in-law, 14-year-old grandson and 10-year-old granddaughter) both ways.

We spent a week in an Airbnb, and the girls and sister-in-law made the plans, cooked, drove and created a wonderful memory for us and I hope for them too with lots of pictures.

With past gatherings I was responsible for the planning, cooking and general entertainment. I am blessed that these wild wonderful women worked together and there was little drama.

I know there's the personal expectation of Bill and I caring for ourselves and I was able to graciously bow out of some decisions. I was also consulted and a communal decision developed on the spot so each day or part of the day was different. I released my reliance to the here and now one day at a time and my spirit was renewed and supported by my HP. This could only have happened as I grew and learned in this program how to 'practice these principles in all my affairs'. Connecting with HP, the tools of the program, steps, awareness and PAUSE ing (postpone action until serenity enters). I am grateful for my freedom from self-reliance.

Chris N.

