

OA Desert Recovery June 2025

Promise: The feelings of uselessness and self-pity will disappear

OA has given me a purpose and replaced the goal I had before abstinence: to eat as much as I could before I said goodnight to the world. A very small world. The nighttime binges became daily events I looked forward to all day and would trigger overwhelming self-pity: “Why can’t I just stop doing this?” “I hate the way my body looks – why can’t I look like that person?” Or “Think of all of the money I would save if I didn’t keep buying junk food?” This program has enlarged my perspective and widened my world. I now have friends from all over who I’ve met on Zoom – and even traveled hundreds of miles to meet face to face. I do feel useful – I provide OA service which keeps me connected to others in this program ... and keeps me coming back. This promise has become true for me!

Joy V'Marie



Often, I over-commit, over-schedule, then become wiped out. That’s when I welcome days when I have nothing scheduled outside home and can catch my breath on what piles up on my desk or on household tasks. But when I have two or more of those days in a row, I find myself on the lonely pity-pot. How does this happen? Isolating is one of our tendencies – mine, anyway. And when I feel alone, I seem to want to “stay in.” It’s just so much easier, albeit counterintuitive. But then the worst thing happens, and that is that I am left alone with my own mind, a truly dangerous place.

You see, it’s my thoughts that determine how I feel, and this crazy mind of mine, which suffers all the insanities that the addictive mind suffers, starts thinking I’m old and purposeless. OK, I’m older than I’ve ever been, but I am also younger today than I ever will be! I still work in a helping profession – so how can I be purposeless?

This morning I reminded myself that I am not my thoughts. I got out of bed and decided to ask God to help me have a great day. AND I HAD A GREAT DAY! I put myself into situations that caused me to interact in meaningful ways with people I know not only like me, but care about me. Help for those lonely empty feelings were mine for the taking. All it took was for me to get up, reach out, and let God make it happen. AND GOD DID!

Ann S

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All my life, I felt too confused to make decisions, too incapable to handle repairs, shamed, hurt, and afraid everybody would find out how worthless I was. And, my magical, rationalizing mind fashioned a cure, a deadly sequence. I am ashamed, I rage and blame some phantom person, I hide these emotions behind food. This sequence has become a warning. If I find myself fearing that I can't handle something in life, or find myself raging, I recognize that I am slipping into old habits, into the deadly sequence, and the end of the sequence is compulsive eating. From experience, I know that the only block to compulsive eating, is to seek my Higher Power's serenity. Feelings are put aside there, ego does not demand the right to reign, and compulsions fade.

Each morning, while doing my meditation reading and writing, tidbits of regretted thoughts or actions crop up. This is a good time to face these, because in the morning quiet time, my Higher Power is right there, and I can talk to him about it. Always, the peace of self-acceptance and forgiveness follows. When this baggage is cleared away, the miracle of abstinence just happens.

Rebecca B



I am a grateful food addict, recovered from a seemingly hopeless state of mind and body, not cured mind you but definitely recovered, thank You God amen! All the promises have come true for me and especially that feeling of uselessness & self-pity has disappeared. I'm now living a life beyond my wildest dreams and I know a new freedom and new happiness due to living & working the steps, principles and traditions, accepting who and what I am and surrendering to a Higher Power of my understanding - all Power and Love. One day at a time, I have victory over this disease and choose to live in the solution with an attitude of gratitude. Thank You God amen! Thanks for my recovery and allowing me to be of service!

Jody M