

# OA Desert Recovery November 2025

**Promise: We will intuitively know how to handle situations that once baffled us**

When I first got to OA I was a mess. I was trying to control this disease! An intuitive thought got me through the doors. I was baffled, totally in denial. Today with recovery, a clearer mind, my higher power, I recognize the Promise in Step 11 - sought through prayer and meditation to improve my conscious contact with my higher power. I can listen, I can hear the voice of my HP through YOU, my peeps with skin on! Freedom.

Patti S



Why did I still have wild inner messages telling me that I wanted more? Oh, yes! I was abstinent from sugar since 2009, but I still had compulsions to overeat on acceptable foods. As long as I fought the truth, abstinence could not happen. The truth was that I had buried fear, anger, guilt; there was denial of emotions, and my ego was running the show. I justified my blaming, told myself only God could forgive, not me, so I could hang onto resentments. And, as long as I held resentments, I would eat over them. When I finally put the resentments together with the overeating, I knew, deep down, that as long as my raging phantom arguments continued, my compulsive eating would be out of control. Faced with sudden anxiety, I accidentally found that, when I sought the anxiety-easing of conscious contact, the compulsion to overeat was no longer there. One huge lesson I learned, that along with not partaking of binge foods, I could not partake of my old emotion-stuffing behavior. And, I could not stay far from my higher power.

Becca B



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I'm Jody - a grateful food addict, recovered from a seemingly hopeless state of mind & body- not cured mind you but definitely recovered. I used to be very indecisive with no direction or guidance. Although I had a God of my understanding at one time in my earlier years, I had walked away from that relationship upon the demise of my 1st marriage (a story for another time). I thought I could have just one since I'd been free of alcohol & drugs for over 11 years. Well as you can imagine, one lead to another then something else and next thing I knew I was on a 5 yr binge and wound up in the rooms of our 12 step sister & brother programs AA and NA. It took what it took. I had to hit bottom there first. Long story short, I had 20 years clean and sober before reaching incomprehensible demoralization when it came to sugar. Come to find out there's no cross over credit - I had to hit bottom with sugar and my other alcoholic foods before I could look up and again admit my powerlessness and surrender to a new understanding of a powerful Higher Power that could also help me with my food - good, bad & ugly. I've since known easy abstinence at first, then harder. After more research, trial & error, live and learn abstinence and believe me acceptance and surrender is the easier softer way!

The promises have all come true for me in more ways than one. I can act rather than react to stress or other uncomfortable situations and I don't have to eat over them or do or say things I'll later regret. I have steps one, two and three, I can't, God can & I need to let Him. Put down the fork for God's sake, it's easier to stay abstinent than get abstinent. The kitchen is closed after a certain hour and besides my ever present HP, prayers, meditations and you all, I have many tools and other coping skills to help me realize and know how to handle any situation that used to baffle me. I have all kinds of love, direction and guidance and I'm good to go. Yay! Thank You God. Amen!

Jody M



Sometimes a nudge comes from deep within, guiding me, helping me make the best choice, reminding me of something forgotten. It seems as though the nudge comes from God, my Higher Power. There have been times when I've marveled because out of my mouth came words that I hadn't pieced together before. Seemingly, there were just the right words. Often I've reached out to people at just the right time - I hear later how lonely, frustrated, or sad they had been. One of the best lessons I've learned in this program is that often handling a situation that baffles me is to stop and listen. Uncover what the other person's thoughts are. Say little, listen much. Hear the voice of God.

Joy V'Marie