

OA Desert Recovery October 2025

Promise: Fear of people and of economic insecurity will leave us.

I realized early on that fear was one of my fundamental defects. And that it comes in many forms, like fear of people and of economic insecurity. Those two--but so many more.

When I'm living in fear, I'm trying to regain control. I'm saying NO to where I am today or where I think I will be tomorrow.

But recovery teaches me a radical surrender, a surrender to what is and what might be, a decision to sit still in God's will.

And every day I live this way, I am giving up control, saying good-bye to fear!

Michael A.



When I began hearing this particular promise, I was definitely very skeptical. I was an active compulsive spender and was terrified of people who looked smarter, richer, well dressed and almost everyone who had initials before or after their name. Almost everyone!

I kept working my program to the best of my ability. I even drove to Manhattan from Staten Island to go to a Debtors' Anonymous meeting once a week. I can't say that this didn't help me but I needed a miracle! When I sat with my friend who was a multi-millionaire and she had the same fears about money as I did, I knew that this was not about how much money I had. (I was not a millionaire or anywhere near it). This was a soul sickness. I needed God to help me big time.

One day, many years after I began my recovery I realized that I was not going to be a bag lady pushing my shopping cart. What a great feeling it was.

It took lots of time but for several years I have had this promise come TRUE!

Rhonda S

Sponsored by *Southern Arizona Intergroup of Overeaters Anonymous*
Editor: Martha S-Nafeh | newsletter@oasouthernaz.org

Economic insecurity. I sure had plenty of that. Because of an absolutely huge mistake when I married a man who turned out to be a hardened criminal, he left me with no money in my checking or my savings account. I had to declare bankruptcy. What a humbling experience the divorce AND the bankruptcy were. Lesson not learned, though. I had invested heavily in a software company and then the market crashed in 2008. I struggled with what that fledgling company owed me. Once again, ends did not meet ... and I suffered the consequences, including losing a house and a car and my self-respect. Once in the program, a year later, I took this promise seriously. I scrimped and saved and was able to buy another house nine years ago. Since then, I've purchased a vacation home up in Show Low, and I'm driving around in a 2006 Lexus SC 430 – the best car I've ever had even when compared with brand-new cars from other years. This promise has been life-changing – God had bigger plans for me than I dared to believe!

Joy V'Marie



What a promise! Hopeful in the beginning that these two fears would leave me! Praying for a solution. How do I get there? Before I get to these promises, I've got some work to do. The steps, in order, help me get there! 1, 2, 3 Believing in higher power! 4, 5, 6, 7, 8 cleaning house, become willing to look at what my part is, my character defects, oh my gosh, it's a lot. The payoff, freedom and peace. The ability to look people in the eye is the gift. I never thought that I could be free of financial insecurity, but as I work these steps, my view of my finances changed. Why? Due to the steps and my faith in this huge Higher Power, I've learned to turn it over. OA has taught me how to live life on life's terms! Worry does rear its ugly head, and I have tools. If I remember to use them, my life is filled with abundance. Thank you God and Thank You OA!

Patricia S.



Fear that others would shun me, and therefore I would lose my job, which would lead to total failure to care for myself. I have not often thought of the gift of stability, but I now rely on it. At one time, if acquaintances seemed to be finding out how worthless I really was (that was my assessment, nobody ever said that), I would drop their friendship before they could say it out loud. I had moved to different areas of town, to different cities, to different states. But, with each move, there I'd be, and soon, I wanted to move again. Recovery gave me a higher power, a source of strength and wisdom far greater than my own. Seeking his will meant that my words and actions had direction. I no longer felt worthless. I no longer need to run. And being okay where and how I am is the greatest stability.

Becca B.