

OA Desert Recovery

Phrase: "Let Go and Let God."

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By Dulcie S

Abstinence has and is teaching me what I need to learn about patience and letting go. My comfort in life began with sweets as a baby as my grandmother put sugar in little gauze bags and tied them with a string since the pacifier hadn't been invented yet. I became a "sugarholic" from babyhood which got me to 200 pounds by age 17 and 270 pounds by age 33. I entered OA in 1976, and I've never left. OA helped me let go of the weight, not by giving up food but by surrendering it over to God as I understand God. I've been able to be at goal weight since, and I am now 81.

It's all due to my first sponsor who said, and I quote; "You are going to learn to say NO to the food and then you will be able to say NO to people, places, and things that do not serve you. And if you don't say NO to non-abstinent food, you will not have the power to say No to others and you will be owned and a people pleaser your entire life."

I've had to let go of two marriages, multiple jobs, pets, friends and parents dying, homes but, best of all, not the dignity to be me and be free. Indeed, it all did begin with the food and the strength to say No and let Go and let God. To let go is to admit powerlessness which means the outcome is not in my hands.

By Michelle S

I am waiting to see the dermatologist after two trips to Urgent Care for pervasive and persistent rash/hives combination that feels like my skin is on fire. I have been told it could be that my immune system is compromised. It could be stress. No real answers.

I have taken steroids, used a special cream, used a special lotion, changed soap, detergent, and laundry products. I have tried to keep exercising and also tried taking a break from anything that causes sweating. I have worn long sleeves and pants to keep the area covered but also tried to let it get more air.

What I have done is the footwork—seeking medical advice and following what I am told. Then I leave the results to God. That's how I live life today in all areas.

We were recently in the path of a hurricane, the first one my husband would experience. He was incredibly anxious all day, and our son kept reassuring him that we had done all of the footwork, and there was nothing else to do but wait and trust that we'd be okay. It's nice to know my son understands the results are in God's hands today!



By Becki B

Accepting that my defects are indeed there, is crucial, because God can't change me if I think I am perfect. But, if I stay close to God, I know his spirit will be there for awareness and strength. My thinking on this was instigated today by a phantom argument. (The state of yelling, in an empty room, at someone I have not seen in years.) When I have one of those assaults, I need to ask if I am indeed with God, or back in my old, angry, behavior. So, accepting where I am lets me humbly seek God's peace again, to be open to change.

This is exactly what happens when I do any inventory, even a spot check. I ask for help with getting rid of the anger, fear, or guilt that is blocking me. And new thoughts occur to me. Those thoughts turn out to HPs guidance. When the war within is battling to take over control, I feel angst, fear, anger, guilt, and a plethora of other bad stuff. But, when I let go of the ego-driven demand that I do it all on my own, and let God in, there is serenity and a knowledge that I will be okay.

*"Freedom is only possible by constantly struggling for it."
(Albert Einstein)*

By Janet R

Am I willing to spend time with God? Am I willing to try it and see what happens? I know the benefits of prayer and meditation, but I am not willing to take the time. It's like a kid who runs out of the house yelling, " See you later!"

Someone said, " I cannot stop the voices in my head!" His sponsor said, Practice prayer and meditation and see what happens."

He said I do not know God's love. His sponsor said, You just don't recognize it yet. You will!" I have learned how to listen to God, and I also know how to listen to others. I know today that God speaks to me through you.

By Jody M

I've been going through some trials and tribulations lately where "Let go and let God" is definitely my mantra. After I do my readings, prayers, and meditations, I let go and let God. I turn my life, my will, and everything else over to God, fresh each day, to use me as He sees fit. I accept who and what I am, surrendering to Who and What God is and trust that, as I let go and let God, He will lead the way and all will be right as it should be. Nothing happens in this world by mistake, and I know I'm exactly where I'm supposed to be. Even if I mess up in spots, it will be ok and not the end of the world. The last I checked, it's ok to be human today! The Universe is on my side, always aspiring for my Good. God's got my back, no matter what, as long as I keep doing the next right thing: trust God, clean house, and serve others...and let go and let God ODAAT TYG amen!!!!



By Judy G

Not that long ago, I experienced a strong craving. I thought to myself, "You *know* what to do! Turn it over. The help *is* there. All you must do is be *willing* to access it."

Sadly, that time I made the choice to choose the food I was craving instead of divine help. Of course, the food in question was like sawdust in my mouth. Beyond that, I was very angry at myself for choosing my disease over my Higher Power. Devastated, I wrote a two-way letter to God and received forgiveness. At that point, I took a risk and asked God for a healing. So far, the miracle remains in place. To protect it, I try to maintain a constant, conscious contact with my Higher Power, remembering that, with God in my corner, my disease doesn't stand a chance.

Editor's Note: The focus for the November newsletter will be the OA slogan, "One day at a time!" Your submissions will be gratefully received when you send an email by November 15th to newsletter@oasouthernaz.org. ~Judy