

# OA Desert Recovery September 2025

## Promise: Our whole attitude and outlook upon life will change

I never was a grumpy sort, but when I was alone, I was melancholy and regretted so many of the details that were mine. I did a lot of what-iffing and wondered how things could have been different. I was pleased with the things I had done, but I was not enthralled with the person I was. This program of change has definitely done that. I'm confident about today and not regretful about yesterday. I have high hopes for tomorrow, although I don't have definite plans. I've truly learned to lean on God and to be energized by the people around me. The people I've met in the OA program have become family to me, and I'm warmed by their friendship. All in all, everything is different – nothing is the same – and I embrace all of the changes!

*Joy V'Marie*



I cannot even imagine where I would be or who I would be had OA not come into my life in January of 1994. I would probably be long dead by now. Either directly or indirectly from the disease of compulsive overeating. I am not the same person I was then. So much has been changed, and yes, it is mostly in my attitudes and outlooks. Old ideas and beliefs have been shed through working and living the Twelve Steps and Twelve Traditions to the best of my ability one day at a time. I have definitely had my ups and downs, but a solid bottom line abstinence has removed me from the grip of the diet mentality and the constant craving for foods that I don't need and that don't nourish me. I'm grateful for all of the tools of recovery that OA has provided and taught me to use over the years – meetings, telephone/text/email, sponsorship, service, literature, writing, a plan of eating, and anonymity among them. And, as I continue to participate in this way of life, I continue to grow. I won't be the same person a year from now. There is a Higher Power guiding and directing me in this process of recovery, and I am grateful for all of it.

*Neva S.*

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Accepting who I am was one part of a sequence, but a very important one. Knowing that I was no more than I was, made arrogance unnecessary. And, knowing I was no less than I was, made self-loathing pointless. Instead, there is the humility of seeking my higher power for comfort, guidance, and strength. I am who I am, because my higher power intended this. And, it cannot be wrong or bad, since it is HP's will. It is totally acceptable. Today, if I feel anger, I know I have turned away from my higher power. It is a signal, first that I need more prayer and meditation. Then, I recognize the next danger would be to my abstinence. Without my higher power, my abstinence gets shaky. My disease always brings me back to the lessons the program taught me.

*Becca B*

