

DESERT RECOVERY

December 2002

PO Box 43221, Tucson, AZ 85733-3221

UP COMING EVENTS

Merry
Christmas

PLAN AHEAD EVENTS

February 28, 2003

March 1, 2, 2003

"Serenity Retreat"
San Diego, CA
Mickey mickey@aboutime.com or 760-942-0992

March 14-16, 2003

"Region III Assembly & Convention"
Oklahoma City, Ok
<http://www.oaokc.org>

August 7-10, 2003

"World Service Convention"
New Orleans, LA
Sandy Allen sallen@oa.org

March, 2004

"Region III Convention"
Salt Lake City, Utah

*Get your events listed in
the Desert Recovery!!!*

**For an OA Meeting List
(520) 733-0880**

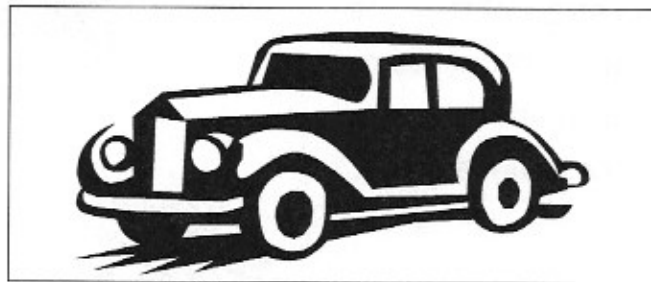
or

desertrecovery@theriver.com

WALKING WITH MY HIGHER POWER

Recently while driving home from Tucson, I ran out of gas on I-10. I was beyond the Tucson city limits with no gas stations in sight. Making matters worse, my cell phone was dead. But my Higher Power is good...right in front of the place where my car stopped was a sign that said the next exit was only 1 mile away and there was a phone! So I locked up the car and started walking. Immediately, I thanked my Higher Power that I had worn my sneakers that day (usually I wore sandals) and that I had a full bottle of water. Then, trying to stay calm with an "attitude of gratitude," I was getting my walk in for the day!

I continued walking and the exit was getting closer. I started to think about which way I should go when I got to the top of the exit ramp. I had the feeling I should go left, but I wasn't sure where to go from there. I was also



getting frustrated because cars were whooshing by and not one stopped. Finally I said, "You know Higher Power, it would be nice if someone stopped, because I need some help here!" The INSTANT I uttered those words, a red Blazer that had just whooshed past me pulled over, stopped and waited for me at the bottom of the exit ramp. As I saw this happen, I began to laugh and then to cry, struggling to gain control of my emotions, I walked over to the Blazer. The kind man behind the wheel drove me over to the store where I could call AAA. My instincts were right. We did go left from the top of the

exit ramp AND then right AND then left. The store was probably another mile away from the point where the man picked me up.

There are several lessons for me to take away from this experience, like gas up BEFORE I get on the interstate, and don't leave home without a working cell phone, etc. The most important lesson, which I know deep in my soul but I need to be reminded of from time to time, is don't hesitate to ask my Higher Power for help. He always comes through with the help that I need...not always what I want, but definitely what I need. Thank you, Higher Power. Jan

FROM THE EDITOR

Well, as you noticed there wasn't a newsletter last month. I made a major move from a spacious 3 bedroom home into 32' RV. In the process, I was without a computer, without a telephone line and most importantly, without the ability to produce the newsletter. But all things

have settled down and we are back in business doing the newsletter. Thank you all for being understanding and having patience with me. If you sent emails to me during the month of November and you didn't get an answer from me, please resend and I will certainly respond.

I hope you enjoy the Desert Recovery's new look and the articles sent in from our own local members. Hopefully there will be even more articles sent in from our local members. Phyllis B.

"In order to make our way in the steps of life, one must expect to run into obstacles and occasionally fall."



The Twelve Steps

(Condensed)

1. *SHOW UP*
2. *LOOK UP*
3. *GIVE UP*
4. & 5. *FESS UP*
6. & 7. *OPEN UP*
8. & 9. *MAKE UP*
10. & 11. *KEEP UP*
12. *SPEAK UP*

A TIME TO SHARE

Saturday at the Step Study meeting I was hearing that several OA members had fallen down. This article came to me from a woman in the class ahead of me in nursing school. She had Guillain-Barré syndrome and had to learn to fall.

"In order to make our way in the steps of life, one must expect to run into obstacles and occasionally fall. However, we do not have to crash if certain guidelines are remembered. When you feel like you are bottoming out, first throw away your crutches, for if you don't you may injure yourself on the very thing you feel is holding you up. Don't fight the fall, but realize it as a part of life, bend your knees, say a prayer

and proceed. Do not grab aimlessly at things nearby as you descend because these "things" can further trip you up. Pay attention to those who know the way and follow their "suggestions". Do not break your fall by your own strength as you can end up with a fractured life. Instead, hold your arms close to your body and go down with a roll. The Higher Power has prepared that those who have the same difficulties are there to rescue, recondition, and help you up again. Thus with regained strength, you can proceed, one step at a time WITH CONFIDENCE." Karen Nelson Meyer, class of 1960.
Judith

LIGHT SIDE DISHES

Did you hear there's a new 12-step program for people who talk too much?
It's called, on- and-on-anon.

May you enjoy the holidays, without all the extra compulsive eating. Just remember to eat the garland on the dish and leave the sweets for others.

WISHING YOU A HAPPY AND ABSTINENT HOLIDAYS

"I was doubly grateful for the program when I noticed a colleague attempting to diet during the holiday season. Her struggle with food was the same as mine had been the previous year. What struck me most, however, was the look in her eyes. Although she was saying 'No, thank you,' with her mouth, her eyes were saying, 'Please, give me some.' I then fully

comprehended the state of mind I had been in the previous Christmas. I now have an even greater appreciation for the gift I've been given by the Higher Power and OA."

SOURCE: Abstinence, page 114

