



DESERT RECOVERY

November
December
2014

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

GRATITUDE

According to mirriam.webster.com, gratitude is an emotion, “a feeling of appreciation or thanks.” It is also described as “thankfulness,” and one of its synonyms is “appreciation.” I heard someone in a meeting recently say that gratitude should be one of the tools. I think that person may be on to something!

I feel immense gratitude for this last year and a half (or so) of being entrusted to edit and format this newsletter. It has kept me away from food obsession and kept me “out of trouble” on many, many occasions. And this is a fine example of why service is a tool. Because, like gratitude, it kept me out of self-pity and despair.

As of the writing of this newsletter, no one has stepped up to take over the newsletter for 2015. I hear many tell me how much work it is. I guess, I never noticed. It takes a couple of emails, some work in Microsoft Word, opportunities to express creativity (choosing topics, formatting, etc.). Being newsletter chair gave me a sense of belonging, and my heart is warmed over and over by the gratitude that has been expressed to me. I have to believe there is someone in our OA body who is gifted with words and grammar skills and creativity who would be blessed by being the next newsletter chair. Let me say, it is FUN!

~Angela C., Newsletter Chair

SAVE THE DATES

November 27 Thank-A-Thon

Meetings on the hour (varied format)
9 a.m. to 12:00 p.m.

St. James Methodist Church
3255 N Campbell Ave.

Share experience, strength and hope, and stay abstinent
on Thanksgiving!

OA 12th Step Within Day 12/12/14

Potluck, Meeting, and Celebration

Far Horizons Club House
5000 E Grant Road,
5 p.m. to 8 p.m.
5-5:30 Meet and Greet
5:30-6:30 OA Meeting
6:30 Potluck and Entertainment

For more information on either of these events, contact Beth M.
@ oa.bethm.tucson@gmail.com or 520-349-0810



IDEA Day

(International Day Experiencing Abstinence)

November 15, 2014

9:30 a.m. to 3:00 p.m.

815 El Camino Real, Sierra Vista

Suggested Donation: \$5.00

For more information, go to oasouthernaz.org

A Heart Full of Gratitude

When I came to OA 24 years ago, I was broken spiritually, physically, and mentally. Sound familiar? I couldn't go any lower. If you would have told me there was a program that could put me back together, I would have said, "sure there is."

Through the grace of God, I found OA. Over time, I started to mend and heal spiritually, physically, and mentally. OA gave me a reason to stay, understanding, unconditional love, hope, and a Higher Power who never judged me. OA loved me enough to bring me to the one place that would give me serenity and the willingness to live my life the way God intended me to.

I wake every morning and thank God for all that I am, and for all that I can be.

I am so grateful for the wonderful fellowship in OA. You are why I am still here. You gave me hope, and let me know I was not alone. You told me to keep coming back, and for that I will be forever grateful. My Higher Power and I have been on a wonderful journey, I don't know where I would be without him. Thank you my friends and thank you God, I am happy, joyous and free.

God Bless.

~Barb S.



The Rose

It's only a tiny rosebud,
A flower of God's design,
But I cannot unfold the petals
With these clumsy hands of mine.

The secret of unfolding flowers
Is not known to such as I.
The flower God opens so sweetly
In my hands would fade and die.

If I cannot unfold a rosebud,
This flower of God's design,
Then how can I think I have wisdom
To unfold this life of mine?

So I'll trust in Him for His leading
Each moment of everyday
And I'll look to Him for His guidance
Each step of the OA way.

For the pathway that lies before me
My heavenly father knows.
I'll trust Him to unfold the moments
Just as He unfolds the rose.

*~Bob M., reprinted from Tucson's HOW/OA
newsletter of June 1993*

I had no expectations;
I came late to this feast.

The pickings could be sparse,
However, Spirit *always* saves
The *best* for the *least*.

It is joyous, just to be here,
To be present in this day.

Grateful that a
Power greater than myself
Sent me this way.

~Neva

- G = Gifts of the Program
- R = Reprieve Daily
- A = Acceptance
- T = Taught How to Live
- I = Impulse Control
- T = Thanks for the Promises
- U = Understanding
- D = Daily Reprieve
- E = Emotional Health
- S = Serenity

~MMM, Green Valley



Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine, we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.



BLAST FROM THE PAST



When I first came into program, I heard the phrase “keep an attitude of gratitude.” I didn’t quite understand the full meaning of this statement until recently. It dawned on me like a light bulb going on that this was the way for me to fight against complacency and back sliding emotionally.

When I am “acting as if” emotionally and spiritually, I can keep on focus by being grateful for just being alive and try and find the good things in my life. Like just brushing my teeth or making my bed are some things to be grateful for. (Before program I didn’t care enough about me to even brush my teeth.)

I can be grateful today for friends in OA, my OA program, and my family and their growth due to my staying out of their business and being sane. I am grateful to my Higher Power for showing me the growth in me, the beauty all around me, the goodness in other people and the changes of attitude I have had over and over again due to saying the Serenity Prayer.

I love life today. I love people today and most of all, I am grateful to God for loving me and doing for me what I cannot do for myself.

~Karen S, reprinted from “The OA Reporter,” Tucson’s newsletter of May, June 1982



A GRATEFUL HEART

In desperation, I attended my first 12-step meeting and I started to truly understand and accept all the spiritual concepts of the 12 steps, including the importance of forgiveness. I stopped blaming God, my family and even myself for the past. I understood that living with negative feelings is like throwing life away with both hands. I saw how everyone else in my life was just another me – same fears same pains. When I saw myself in the new mirror, and all the selfish, the self-centered, parts of myself I felt a shame I never felt before.

Today, I am truly grateful that God gave me a choice and then gave me His heart to choose with.

~Susan C.

GRATITUDE IN ACTION

I'm finding that the more I gain recovery, the less self-absorbed I am and the more I can look up from my own concerns and notice the bigger things I'd been taking for granted.

This amazing Earth and especially the Tucson part of this lush Sonoran desert is always there with beauty that fills my heart and soul. Every direction in our basin offers views of mountains—a good many up close. Gorgeous pink, craggy rock with abundant green growth. The kind of views that belong on calendars. And our sunsets can be such that I have to pull over to the side of the road, so I can fully drink in the spectacle. My little heart is filled with awe and wonder at these gifts that I don't have to do anything for except be willing to notice them and be open to receive.

~Nancy N.

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Please send your writings, artwork and OA-related announcements to newsletter@oasouthernaz.org. Submissions can be printed with your first name only, or as “anonymous.”
Articles may be edited for spacial reasons.

All stories express the experience of the individual & not of OA as a whole.

Any other OA group is welcome to reprint an article without permission.