



DESERT RECOVERY

September October
2014

SOUTHERN ARIZONA INTERGROUP OF OVEREATERS ANONYMOUS

THE MYTH OF COMFORT FOOD

I have recently returned to OA after a 2 year relapse. The only thing that was hard about coming back into the rooms was the battle my pride was waging. I am so grateful to be in the early days of abstinence again, but like the first time I became abstinent, it isn't always easy. Most days I still feel shaky in my abstinence, but I pick up one of the tools and by God's grace I am making it, one day at a time.

Recently, I faced a serious challenge to my abstinence. I came down with a pesky virus, nothing serious, just one of those upper respiratory viruses that knocks the wind right out of you and saps all your energy. In those moments of ill-health and weakness my disease started talking. "You need to be comforted. Turn to food, it will help you." My body and spirit yearned for comfort. Part of me wanted to throw a tantrum like a 3 year old. I had to accept that I was powerless. Powerless over the virus and over the misguided thoughts that food equated comfort.

I realized that the connection between excess food and comfort is a lie. Excess food provides no comfort at all! In fact, it damages me. It is not comforting to put on clothes and have them feel too tight. It is no comfort to have a stomach so full it physically hurts. It is no comfort to shove food in my mouth instead of giving my body physical rest. It certainly is no comfort to come down from a sugar high.

Thankfully the second step comes easily once I admit my powerlessness. I have a higher power that reminded me that I could be sane, have peace and find comfort while I was feeling under the weather. During those couple of days my higher power strengthened me and kept me out of the food. I am so grateful that I didn't break my abstinence!

Strangely, I feel a sense of loss with the realization that excess food does not provide comfort. I carried that myth around for over 40 years. But the OA program is now giving me new choices and new ways to find true comfort anywhere, anytime. It really does work when we work it.

~Jen

IS OA VALUABLE?

What is my life worth? OA saved my life over 25 years ago. I know that I would not be alive if were not for Overeaters Anonymous. I have recently become aware that our World Service Office, the source of our literature and public information, the central hub of OA's existence, is not doing well financially. They cannot afford to do the things we want them to do to get the word out about this wonderful program. We heard at Intergroup recently that at the state conference of Academy of Nutritionists and Dieticians a surprising number of these professionals who help people with their food are not even aware of the existence of OA.

Our 7th tradition pamphlet encourages our groups, after paying our bills and a prudent reserve, to split the remainder between our **Intergroup (60%), World Service (30%) and our Region (10%)**. If your group isn't doing this, maybe you could bring up the topic at your next group conscience meeting. I am going to suggest that my group do an extra collection for WSO monthly or quarterly. I am going to go the www.oa.org website and set up a monthly automatic donation. I am also going to present a motion that our Intergroup give a larger donation to WSO than we have given in the past.

There are many members who attend online and phone meetings but think that they don't need to make 7th tradition donations because the meetings don't have expenses. All meetings need to help support OA as a whole. The recent World Service Virtual Services Report said that the average donation per attendee to virtual meetings is 58 cents a year.

Below are some of the things WSO does:

Produces and distributes OA-approved literature, media and specialty items

Maintains the OA Web site, www.oa.org

Offers worldwide meeting location contacts and information on virtual groups through the Website, as well as a telephone referral service and service by mail

Publishes *Lifeline* magazine

Produces *A Step Ahead* newsletter

Sends starter kits for new groups

Registers intergroup and groups, including virtual groups (online and telephone)

Holds the annual World Service Business Conference

Puts on World Service Conventions

Handles OA's media and public relations contacts

Reaches out to professionals

WSO does a lot, but they can do more, if we "give as if our lives depended on it." They do.

~ Signed, "Grateful to Be Alive"

Upcoming

EVENTS

SAILING INTO RECOVERY

REGION 3 OA CRUISE

to

Roatan, Cozumel and Belize

March 22-29, 2015



*7-Night Cruise on Royal Caribbean's
Navigator of the Seas*

There will be OA workshops and meetings onboard!!

“SUPERSIZE YOUR RECOVERY”

Fall Retreat Oct. 10-12, 2014

In St. David, Arizona

Registration \$140.00 (2 Nights, 5 Meals. & Retreat)

Saturday Only Registration \$65 (Includes 3 Meals)

Checks will not be cashed until September 24, 2014, after which there will be NO refunds.

Questions??

Mike A. (520) 390-6377 or spunkyoldfart@yahoo.com

Nancy K. (520) 241-0019 or Nancy_Killian@yahoo.com

Registration & Monastery Questions Contact Susan C. (520) 747-5018 or email @ assuntafcc5285@aol.com

The next event sponsored by our Twelfth Step Within Committee will be on December 12, 2014 and will include a **potluck, meeting and celebration**. Contact Beth M. @ 349-0810 or oa.bethm@gmail.com for more information.



MORE HELPFUL ACRONYMS

B.I.G.B.O.O.K. Believing In God Beats Our Old Knowledge

S.L.I.P. Sobriety Losing Its Priority

A.C.T.I.O.N. Any Change To Improve Our Nature

F.A.I.T.H. Facing An Inner Truth Heals

G.O.D. Good Orderly Direction

B.L.O.A.T.E.D. (Don't get too) Bored, Lonely, Overwhelmed, Angry, Tired, Excited or Depressed

S.P.O.N.S.O.R. Sober Person Offering Newcomers Suggestions on Recovery

P.R.O.G.R.A.M. People Relying on God Relaying a Message

These acronyms are not officially OA Conference approved, but many are common in our OA culture.

~Submitted by Darlyn R.

A card from Rozanne's family.....

To OA:



We want to express our heartfelt gratitude and thanks to all of you who sent cards and other expressions of sympathy and

With sincere appreciation

and warmest thanks to you.

Comfort on the passing of Rozanne S., and to everyone who has had her in their thoughts. We also really appreciate all of the kind and caring effort you put into her Memorials. They were beautiful!
We thank all of you so much, The family of Rozanne S.

SURRENDER IS THE ANSWER NO MATTER THE QUESTION

I don't know if I'm the only one with this problem but surrender has been and sometimes still is a problem for me. I have had to work hard to remember that the God I grew up with and lived with for almost 60 years (angry, scary, punishing, vengeful) is gone and can only have power in my life if I let Him.

Instead I pray each day to remember that my God is loving, kind, generous, forgiving, accepting and always available. My part is to turn it over (and over and over if and when necessary). It's the letting it go that I am always working on. So to help me out God sent me wonderful proof of His power and love in my life, when I open my hands and my heart and let it (whatever it is) go

Here's what happened at the end of August. Our son and his wife and the 3 grandkids spent a week with us. Best week of my life. Then a few days after they got home my son said something mean to his wife (I know all this because she and I are very close) and my brain immediately went to the scary, dark place of the past...."their marriage is going to end, where did he learn to talk like that, it must be my fault, what can I do to fix it"....Instead I prayed "Dear God, please open his heart so he knows he owes her an apology"...I prayed that on and off for one day and as I went to sleep that night. When I woke up there was a text from her, he had apologized, they were fine, all was well.. Wow!!! That turned out way better than anything I could have managed on my own.

I try to begin each day with the 3rd step prayer, repeated as necessary during the day:

"God, I offer myself to Thee, to do with me as Thou wilt"...

That means, that I surrender, each moment of each day. The literature promises lots of miracles, but it depends on my repeating DAILY, certain things....When I do that, my life and my sobriety move along as they should. Not necessarily as I want but when I surrender I am truly safe, sane and free. Thank you God.

I share one last thing heard at a meeting: God answers in 4 ways: Yes---No---Maybe---and It's not your business.

May all who read this have a day filled with peace, serenity and the joy of true freedom.

MMM

The next newsletter deadline is November 5, 2014, and our topic will be GRATITUDE.

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.



OA IS GOOD MEDICINE

My compulsive eating is “a disease, not a moral issue.” (Alcoholics Anonymous, 4th ed., p. 416)
But – that’s not always the way I see it.

Recently, negative thinking, judgment and criticism reared their ugly heads. Fortunately, I’ve mainly been able to keep my mouth shut or have talked to my sponsor in general enough terms to avoid gossip. I try to stay on “my side of the street”. I know the problem is with me, not the other person or the situation I’m dealing with. I am the one who needs a change in attitude.

First, I need to remember that I’m not the Higher Power – mine or anyone else’s.

Second, I reaffirm that I know this is my problem. I need to use the Steps and the tools to solve it. They help me figure out what “my part” is and turn it over to HP.

Then, I know that my Higher Power will help me discern (possibly through my sponsor) the best way to make amends – that is, to repair any damage I have done to myself or others, and to change my attitude.

This program is the “medicine” I use to treat my illness.

Recently, when I complained to my sponsor about being blocked in my creative efforts, she gave me the gift of suggesting a “fear inventory” which uncovered the familiar old defects of control, perfectionism, fear of responsibility, and fear of what other people think of me. Nothing new. However, coupled with the judgmental attitude I was experiencing toward others – and, naturally, myself – I was able to see the role of recent events in throwing me off balance.

I found that I was too tired, too lonely (in spite of attending all of my usual meetings and appointments), and grieving. By allowing me to see these things, my Higher Power allowed me to begin the footwork I needed to do to regain my equilibrium.

So... I have a date with my sponsor to give away my inventory. I’m continuing to write on whatever is coming up for me on a daily basis. I’m sharing more honestly with friends and sponsees and at meetings. I have even picked up the phone a time or two.

The real blessing is that I know today that my disease is not the enemy. It is a vehicle for spiritual growth. This is a journey I welcome. Through the Twelve Steps of Overeaters Anonymous, I am being granted a full and rich life. And, for today, I am grateful not to be numbing out the experience with compulsive eating.

Thank you for my recovery.

~ Neva