



Unity with Diversity Desert Intergroup



“Overeaters Anonymous is a Fellowship of individuals who, through shared experiences and mutual support are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.” We share our experiences, strength, and hope here in this newsletter along with information that may be of interest to you in obtaining freedom from compulsive eating and maintaining your abstinence and serenity.

UDDI OF OA BOARD MEMBERS

Chair: Natalie A. (760) 673-8006
Vice Chair & Web Master: Hanna S.
(760) 369-0010
Treasurer: Jacque U.: (760) 238-3213
Secretary & Newsletter: Joan L. (760) 777-8001
Newsletter Co-editor: Judi B. (760) 770-7749
Friday IG Rep: Susan M. (760) 200-3682
Vacancies: Outreach

FYI

Desert Region Website:
<http://www.desertoa.org>
Desert Hotline:
(760) 773-9173
World Wide:
<http://www.oa.org>
Western U.S.
<http://www.oar2.org>

YOU ARE IMPORTANT

Whether you are a newcomer to OA or have been around for years, your experience, strength, and hope is important to others who are struggling with the disease of compulsive overeating. We invite you to share what you have learned in OA in this quarterly newsletter. Please send your contributions, questions, and news to Judi B. at jbreiner@dc.rr.com and/ or Joan L. at joanledoux1@dc.rr.com or mail to Joan Ledoux, 81841 Bowstring Circle, LA Quinta, CA 92253

EVENTS

OA WORLD SERVICE CONVENTION

50 years of recovery to be celebrated at the Hilton Los Angeles Hotel.

For reservation contact the Hilton at 800-445-8667. The group code is WSC. Reservations must be made by August 1, 2010. If you want a roommate contact WSO at (505)891-2664 or conventioninfo@oa.org. Meeting secretaries please make this information available for your members. Also, a flyer you can download with all the hotel information is on: <http://www.oa.org/pdfs/hotelrates9-09.pdf>

OAers' Shares

“Recover in OA as a Process”

Before OA I didn't realize that I had a disease. Am I powerless over food? Me...a smart and intelligent person? It was with the guidance and the unconditional love of my sponsors that I accept the fact that “I cannot eat certain foods as “normal” people do. I started working the OA steps and have a food plan, and since then I have re-learned to give my body healthy food and to nurture my mind with positive thoughts. I believe that the God of my understanding has put in my path these beautiful human beings because they started loving and understanding me before I did. They taught me to love in an unconditional way myself and others. God is showing me His love and acceptance through the voice of my sponsors. I am so grateful for OA and or all of you. Lupe M. Tuesday 5:30 – 6:30 pm Spanish Speaking Meeting



Hi Friends,

When I start looking at myself as an addict and stopped telling myself that I'm not as bad as Fred, I got a lot more willingness to look at my recovery as a prove, workable method to arrest my addiction. I get strength when I write like I think Fred would write about his drug use. I'm abstinent 7 years, 10 months, 17 days from sugar and white flour. Overeaters Anonymous works. Love, Teresa. I'm a compulsive overeater.



Shares contd:

Here I go again looking up words in the dictionary. **Process:** as a verb- an action work process means *to prepare, to treat, to refine, to cure, to extract, to convert, to transform, to change, to change over*. In the past three years or so as a returnee to OA and being abstinent from the foods that set up a craving for me to want to eat more and more, I have learned over and over again that Overeaters Anonymous's Twelve Steps and Twelve Traditions are a blueprint for living in the real world that is becoming more and more comfortable for me. Most days I don't have to go through a long thinking "process" that guides me in the right direction when it comes to making decisions for myself in all areas of my life. The reason being is that I have become willing to work the OA Program as a necessary and inevitable part of my life. As a "process" working the Steps and Traditions offers me a new way of looking at life and of living life. I get a chance to look at the overall success of being who I am as a contributing, confident, and joyful part of my family and the people I interact with daily. For instance, when I live the OA Program I *prepare, treat, refine, cure,, extract, transform, change, and change over* the wreckage of my past which include all the miss happened steps, the self-demeaning thoughts, the shame and the blame that had kept me a prisoner of compulsive overeating all this years. Going to OA meetings and doing service provides me with the tools I need daily to make the right choices for myself, which inevitably become the right choices that affect everyone I come in contact with whether it's a family member, an OA sponsor and/or friend, a cashier in the store, or even a stray dog on the street. As I work my program daily minute to minute with the guidance of my Higher Power and my God, I get to *prepare* my body, mind, and spirit to a day filled with less expectations of others and to rely on the wisdom of my HP. I get to *treat* myself with the care I would as if I were writing a love letter. I get to *refine* not only my eating plan but my willingness to listen to others and to learn from them, thus putting all my thoughts and energy into the project at hand. I get to *cure* – as in heal and restore – my physical, mental, and spiritual health to it's former self as a child of God with the eagerness to face each day no matter what challenges surface. I get to *extract, to remove, to wrestle out, to take out* the character defects that keep me from hearing the wisdom of my Higher Power and consequently remaining in the old habits until I will feel nothing but despair and the insanity of my own will run riot. And having let go of my character defects fed in the past with self pity and compulsive overeating, I will become transformed. I will let go of the past as I realize the Promises when I "comprehend the word 'serenity'", and when I "will intuitively know how to handle situations that used to baffle" me. And finally, I will *be changed and change over* to the belief that "God is doing for us [me] what we [I] couldn't do for ourselves [myself]. So, in a nutshell *Recovery in OA is a Process of never-ending becoming humble and learning, going to meetings, and doing service to become the person God wants me to be.*

Joan L



"I PUT MY HAND IN YOURS AND TOGETHER WE CAN DO WHAT WE COULD NOT DO ALONE..."
EXACTLY WHAT DOES THIS MEAN TO YOU AS A MEMBER OF OA? HOW DO YOU REACH OUT YOUR HAND TO OTHERS IN THE PROGRAM?

"REACHING OUT TO OTHERS IN OA WILL BE A FOCUS OF OUR NEXT NEWSLETTER.

PLEASE SEND IN YOUR SHARE TO JUDI AND I...FOR THIS IS HOW WE GROW IN OA.

THE VALUE OF RELAPSE

Pamela H.

April 2010 Workshop

1. It helps me change the course of my recovery because it acts as a barometer for needed changes in my relationship with myself, food, others, and God.
2. It has only led to a greater understanding of the disease of compulsive eating, fellow food addicts, the 12 steps, and God.
3. Relapse has been the most valuable tool in my practice of step 12 because so many compulsive eaters experience it.
4. The value of relapse is contingent upon "keep coming back" to meetings and the fellowship. Better yet, just stay here."
5. My major block to freedom from relapse is selfishness, usually disguised as perfectionism or control. When I pray it away, I get more God-centered.
6. When I don't embrace relapse as a learning curve, relapse embraces me.
7. Relapse is only an indication that there is a greater experience of remaining abstinence awaiting me.
8. Relapse has forced me to turn to God where I otherwise would not.

**** Pamela at forelight@aol.com

REGION 2 SPRING ASSEMBLY REPORT

March 19-20, 2010

Representative: Hanna S., UDDI Representative
to Region 2

Due to limited space in this newsletter I will not be able to print the three-page report by Hanna from the Assembly. However, the full report will be sent to meeting secretaries so that they can present the full report to interested members: here are the Highlights of that report.

ASSEMBLY THEME: Supersize Your Recovery

ATTENDING: 46 IG reps and 7 visitors. This is 79.41% of all eligible intergroups in our region.

EMPHASIS AT THE ASSEMBLY: The importance of the S&T – Service and Traditions Workshops. These workshops are available and facilitated by the region board. [the recent workshop here in the Coachella Valley hosted two speakers from the region board. Yeah for us!]

WHY GO TO AN ASSEMBLY! To vote on motions and to keep up with the latest information and/or changes taking place in our region. Also, **the R2 Publications Coordinator requested groups or individuals contribute to the region newsletter by sending articles of personal recovery or service by members to their individual groups or intergroups. Also, IGs are asked to submit events to the regional calendar so other groups may attend the event.**

COMMITTEES: every intergroup rep attending the assembly is required to join a committee.

They are:

- 12 Step Within
- PI [public information]
- Diversity – encouraging others [i.e. people of color and handicapped] and to make them feel at home in meetings.
- By-laws
- Young People
- Outreach

A new committee is to be established: **Assembly planning committee**, which will work on providing entertainment and speakers for

assemblies. **THE ASSEMBLY CHAIR stressed to “Give as if your life depends on it” and referred this to service.**

Questions and Motions are available in the full report available to all Meeting secretaries and IG reps to be sent via email attachment ASAP. Also, reports by the various committees are available.



A STEP AHEAD NEWSLETTER is a free quarterly newsletter for OA members, groups and intergroups. It provides information about issues important to the fellowship, including descriptions of new and approved literature and specialty items, news from WSO, and helpful information such as the *Lifeline* monthly topics. *A Step Ahead* appears online every quarter, usually in January, April, July, and October. **GROUP SECRETARIES:** Please print the PDF file, copy it, and distribute it to members in your groups.

<p>UDDI of OA “Removing Stumbling Blocks to Abstinence” April 24, 2010 Workshop Report By Jacque U., Workshop Chair</p>
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This three-page report will be available via email attachment to all meeting secretaries and IG reps to copy for their meetings. The workshop I have heard from many attendees was the best ever. Our two speakers Pamela and Bob were great and I – along with many others have learned so much. The suggested donations collected at the door will help a lot in sending a representative from our Intergroup to region assemblies. **A very special thanks to Ruth S. and Pearle G. for their one-of-a-kind rocks and bracelets donated to sell for our fundraiser.** Here is a list of what you would like to see in the quarterly newsletter:

- Cartoons
- More about relapse and dual diagnosis
- Continue with personal sharings
- Maybe you can suggest topics at the meetings [“I have sent out flyers to meeting secretaries and IG reps asking

for sharings and contributions for the newsletter and I have received only 1 by email and one personally.” Your co-editor, Joan L.]

- “Voices from the Region,” i.e., other So Cal IG, R2 and WSO to help members feel linked. [“Newsletters from other regions and intergroups are online and always available to everyone.” Joan L.]
- Recipes for healthy foods, dinner type items, crock pot recipes.
- MORE shares.
- Personal stories
- Letters from Newcomers
- Etc., etc., etc.

Please ask your meeting secretaries to have this report available to you.

A SPECIAL THANK YOU

On behalf of the Intergroup and all members out there I would like to thank Armando and Lupe for the time and effort they have spent in starting a new Spanish – Speaking meeting at Eisenhower Hospital, Tuesdays 5:30 – 6:30 pm in room PBDS on the lower level. Good luck to both of you as you reach out to others and share your experience, strength, and hope of the OA program and you realize the Promises daily.



UDDI of OA Intergroup Meetings

Intergroup meetings are held once a month for “one hour” on the second Wednesday of the month in the cafeteria of Eisenhower Hospital directly after the regular OA meeting in room PBDS on the lower level. Intergroup meetings are vital to our fellowship. We need representatives from each meeting to further serve compulsive overeaters in our valley. Remember, the workshops these past two years have been chaired and put together by your Intergroup and member volunteers.

TWELVE STEPS TO A SLIP

Every Slip has a beginning and every slip has an ending. Know your Danger Signals!

Make the ending of your slip recovery not death! Relapse is a serious and sometimes fatal reality.

- Start missing meetings for any reason, real or imaginary.
- Become critical of the methods used by other members who may not agree with you in everything.
- Nurse the idea that someday, somehow, you can eat in a controlled manner.
- Let the others do the 12th step work in your group. You are too busy.
- Become conscious of your OA “Seniority” and view every member with a skeptical and jaundiced eye.
- Become so pleased with your own views of the program that you consider yourself an “Elder Statesman.”
- Start a small clique within your own group. Composed of only a few members who see eye to eye with you.
- Tell the new member in confidence that you yourself do not take certain of the 12 Steps seriously.
- Let your mind dwell more and more on how much you are helping others rather than on how much the program is helping you.
- If an unfortunate member has a slip, drop him at once.
- Cultivate the habit of borrowing money from other members, then stay away from meetings to avoid embarrassment.
- Look upon the 24 hour plan as a vital thing for new members, but not for yourself. You have outgrown the need of that a long time ago.

CONTRIBUTIONS NEEDED FOR THE NEWSLETTER

Personal share are always needed for the newsletter. Any OA related topic is welcome. We also publish poetry. Send shares to Judi B at jbreiner@dc.rr.com or Joan L. at joanedoux1@dc.rr.com . Our next quarterly newsletter will be coming out in October.