



**Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195**

*This literature has been locally produced by ASDI. The content reflects the experience, strength, and hope of our local members. It is not OA Conference or board approved and does not represent OA as a whole.*



**WEBSITE:**

[www.oaphoenix.org](http://www.oaphoenix.org)

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Once a week ASDI sends out an email with the latest news and updates of what is happening locally, regionally, and worldwide. Just go to our website at [oaphoenix.org](http://oaphoenix.org) and on the home page on the left side you will see where to sign up. Don't miss out on the latest news, ideas, stories, or suggestions.

**Miracles Found in Willingness**

I started attending OA meetings in January after many years away from the program. I had been isolating myself to avoid the pain that relationships of any kind had seemed to cause me. After years of self-imposed isolation from jobs, relationships, relatives, friends and God I returned to OA.

When I first returned to program, I got stuck on the question of was I willing to do anything to stop compulsively overeating. My rational mind kept coming up with far-fetched situations where I might not be willing. Finally, I was so desperate that I finally proclaimed my readiness to do anything in order to abstain from compulsive overeating. Once I was able to gain willingness, that enabled me to move forward and finally take the leap of faith needed to have God or a Higher Power in my life.

The miracles starting happening after that. I became abstinent on the 13th of January and remain abstinent thank God. I found a wonderful generous sponsor who has a strong recovery. In the past, my perfectionism would have prevented me from ever accepting help from a sponsor or from a Higher Power. My obsession with food was lifted and even my lifelong depression has started to lift. I was reminded to use the many tools available and again was led to telephone meetings which have greatly helped to break the feelings of isolation that I had created. My sponsor has asked me to use the tool of writing which I began after so many years of feeling blocked and began writing again.

After many years of feeling totally hopeless, I am so grateful these miracles have happened. I know people in OA from many years ago that I now see at meetings and they have remained abstinent through all these years which gives me so much hope.

In the past, my perfectionism would have preventing me from sharing my experience, strength and hope in a written article because I would never allow myself the luxury of being human and anything less than Shakespeare would not suffice. Now I realize that as I focus on spiritual progress, I can allow myself the freedom to share these miracles with other suffering compulsive overeaters.

~ Allan M.

### Third Month Reflection on the Third Step

#### ASDI WINTER RETREAT

Saturday, February 28<sup>th</sup>  
9:00am – 6:00pm

St. Stephen's Episcopal Church  
2310 N. 56<sup>th</sup> Street  
Phoenix, AZ 85008

For further information and/or  
to be of service, contact:  
Rosie O. at 602-369-8444

#### NEW MEETING

Wednesday 6:00pm  
Big Book Focus

Church of the Beatitudes  
555 W. Glendale Ave.  
Phoenix, AZ 85021

Contact: Barb D. at 602-314-6508

#### SAVE THE DATES!!!

June 26-28

ASDI's Summer Retreat  
In  
Prescott

Details coming soon!!

I had been in the program about three months, it was March, and I was struggling with my third step. I complained to my sponsor about the awkward wording of the third step prayer on page 63 of the Big Book, about the archaic thee, thou and 5 thys, and I complained about the awkward third sentence.

My sponsor made a suggestion that helped me take the third step with such power that this prayer has become a key element of my meditation every morning. The suggestion was to write my own Third Step Prayer. I did, and that is when my recovery began.

The Big Book version says "*God, I offer myself to thee – to build with me and to do with me as thou wilt*". My version: "**Lord, I give you my life and my will to help build the world you want.**" Here I renew my third step commitment to keep God first and to do my part in perfecting God's world, today.

"*Relieve me of the bondage of self, that I may better do Thy will.*" My version: "**Relieve me of the bondage of selfishness, self seeking, and separation from you.**" With this I acknowledge that my self will obscures God's will, especially when I lose conscious contact.

"*Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy Way of Life.*" My version: "**Please wake me up when I am angry, anxious, attached or addicted so that I maintain abstinence, moderation and mindfulness, and reflect you in the world.**" This takes a few moments as I review the seven deadly sins and how conscious awareness is the first step to recovery each time self takes over.

"*May I do thy will always!*" I don't change this last sentence. These six words summarize the whole prayer. But then I add: "**What are we doing today?**" Sometimes I hear something new and unexpected, but I always hear "Take us out there," a reminder that God wants to walk with us in our world.

This morning I planned to talk to at least one person and end the exchange with the words "We love you." I was curious about how this would be received especially since I said "we" instead of "I." The next person I greeted was a friend at the gym and when I said "We love you" I surprised her. This is unexpected in casual conversations, and I knew that the "we" required explanation, especially in the gym at seven in the morning. To deal with her surprise and maybe confusion I explained that today I am trying to remain conscious that I am walking with God, that He wants me to remind others of His love, and that I say "'we' love you" to bring God into the friendship. Her smile made my day.

So it is March, the month of yellow blooms, beginning with cassia, creosote and cactus, the early signs of new life. And I am reminded that my new life got a jump start in the third month three years ago when I took the third step.

~Mike V.

NEWSLETTER INFORMATION – Arizona Serenity in the Desert Intergroup: P.O. Box 47565, Phoenix, AZ 85068. Serenity Press is always seeking submissions on how the OA program of recovery works in your life. We reserve the right to refuse or edit submissions for punctuation and grammar. Permission to reprint original material found in this newsletter is granted to all Twelve Step groups and their publication provided that ASDI is credited. All opinions are those of the writers and do not necessarily represent those of ASDI or OA as a whole. Please send articles, content, contact changes, OA-related events, etc. to the editor or specifically to the proper party as listed in the newsletter. Deadline is the 1st of the month, one month ahead of the next month's issue. Your newsletters will be distributed at the Intergroup meeting for your reps to bring back to your meetings.

Christina S. 602-471-1217 [check.perception@gmail.com](mailto:check.perception@gmail.com)

## Your Newsletter Wants to Hear From You!

Our local Fellowship is full of experience, strength, and hope. We share it in meetings, with our sponsors/sponsees, and with each other, so why not write an article and share your recovery with a broader audience?

Action Plan, Writing, and Service are three of the OA Tools of Recovery. Why not use these tools to be of *service* by adding "*writing an article*" to your *action plan*?

Email Submissions to: [check.perception@gmail.com](mailto:check.perception@gmail.com)

## Arizona Serenity in the Desert Intergroup (ASDI)

### ASDI TRUSTED SERVANTS

Chair	Marie	602-717-1099
Vice Chair	Bobbi	623-606-2633
Treasurer	Teri	480-466-5123
Recording Secretary	Tori	602-679-5273
Communications Secretary	Greg L.	480-688-2222

### COMMITTEES

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12 <sup>th</sup> Step Within	Vacant	
Newsletter Editor	Christina	602-471-1217

### SERVICE POSITIONS

Telephone Coordinator	Sheila	480-451-0859
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Website Manager	Greg L.	480-688-2222
Meeting List Updates	Bobbi	623-606-2633
Office Announcements	Pat H.	480-585-4024
Office Cleaner Coord.	Donna K.	480-946-8037

(See Outreach Directory for e-mail addresses)

## This is your newsletter!

We are always looking for contributions from our local fellowship. Share your experience, strength, and hope of recovery with others.

It is as easy as emailing it to:  
[check.perception@gmail.com](mailto:check.perception@gmail.com)

## Speaker's Directory

<b>Anabel A</b> <a href="mailto:aportela1@gmail.com">aportela1@gmail.com</a> 602-803-6356	<b>Jeanne W</b> <a href="mailto:jeannewitter@aol.com">jeannewitter@aol.com</a> 623-340-1020
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<b>Harlan</b> <a href="mailto:harlan288@gmail.com">harlan288@gmail.com</a> 480-495-8961	

## TRADITION THREE

*The only requirement for OA membership is a desire to stop eating compulsively.*

All I needed to do to come to OA was say I have a desire to stop eating compulsively, I didn't have to be abstinent; I didn't have to follow your plan of eating; I didn't have to share - I just needed that desire - whether I'm was an overeater, bulimic, anorexic (or any combination). That was it - I was a member - I belonged! I hadn't felt I belonged anywhere before OA. And, to receive the unconditional love which I have found here was truly more than I could have hoped for.

One of the things I have found so wonderful is all the people I have met through this program are people I most likely would never have met. I have met people both older and younger than I am; people of different races, educational backgrounds, political beliefs, languages, etc., etc. Yet, not one of these things has made a difference to the one unifying fact - we are all compulsive eaters - and there is a common solution available for all of us. As our Twelve and Twelve says: "Recovery is a journey, and the twelve-step program is the road we travel together in OA. The purpose of tradition three is to ensure that the road will always be accessible to all who wish to travel it." (p. 130)

~Anonymous

### STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

### TRADITION THREE

The only requirement for OA membership is a desire to stop eating compulsively.

### CONCEPT THREE

The right of decision, based on trust, makes effective leadership possible.

### Region 3 Representatives & World Service Delegates

Marie, Bobbi, Christina, Jackie, Donna M., Alternate: Dianna

### Contact Information for Monthly Contributions

Please be sure to include you World Service Office group number with ALL of you donations.

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Rio Rancho, NM 87174  
Attn: Controller  
505-891-2664  
[www.oa.org](http://www.oa.org)

## CALENDAR

3rd Saturday of every month	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
February 28	Mini Day Retreat ▪ 9:00am – 6:00pm St. Stephen's Episcopal Church ▪ 2310 N. 56 <sup>th</sup> St. ▪ Phoenix, AZ 85008  Unity Day ▪ 12:30pm OA members pause to reaffirm the strength inherent in OA's unity.
March 14	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
June 26-28	Summer Retreat in Prescott ▪ Details coming soon!