

Arizona Serenity in the Desert Intergroup Newsletter

September 2017

SERENITY PRESS

FREE



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.



Are you signed up for ECares?

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 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.

Labor Days

This month, we celebrate the idea that hard work is its own reward. This idea is woven throughout the 12 Steps, and they encourage us to remember the importance of hard work each and every day. Step 9, the famous making of amends, is very much included.

North America, the US and Canada celebrate Labor Day this month. This is the working person's holiday when we celebrate the historic achievements that workers have made to the advancement of society, the economy, culture, and prosperity. Of course, when we engaged in addictive behaviors, we did the opposite. We made every day about ourselves, not about bettering the world we live in. We did little to advance anything but our own agenda, which was usually to keep things as they were because we feared change. Prosperity was a means by which we might acquire more food.

But as we worked the Steps of OA, we discovered that we hadn't necessarily done hard work in our addiction, but that we definitely had made hard work of our lives when it wasn't necessary. We tried to control the uncontrollable, and when that didn't work, we used food to medicate ourselves against fear, anger, and sadness.

Soon, we found we needed more and more food to medicate ourselves because our bodies quickly developed a high-level tolerance for our binge foods. Soon it was a difficult job to keep up with our cravings. So, we didn't care whose toes we stepped on, whose needs we ignored, how bad we felt about ourselves, or what we had to do to satisfy the unsatisfiable. We were going to get our food, everyone else be damned.

Over the years, we accumulated a lot of soul-junk through our behaviors. As we placed food ahead of loved ones, they felt hurt. As we blamed others for our situation, they felt betrayed. As we tried to control our friends and family and coworkers to get our fearful way, they felt resentful at our know-it-all attitudes. As we marched slowly toward a food-based death, those who cared about us felt unlistened to and angry at our incredible selfishness. But we kept right on eating.

So now, we have some work to do in recovery. Our side of the street is littered not only with candy wrappers, chip bags, crumbs, blobs of sugary gum, soda bottles, and empty pastry boxes but also with the wreckage of the relationships we've warped with our addict behaviors. The broken promises are heaped up. Our harsh words are spray-painted on the sidewalks. The lies we've spun hang over our side of the street like smog. (cont. next page)



Phoenix Fall Retreat

“Surrender - Acceptance”

**October 20 – 22,
2017**

**Mt. Claret Retreat
Center
4633 N. 54th Street
Phoenix, Arizona
85018**

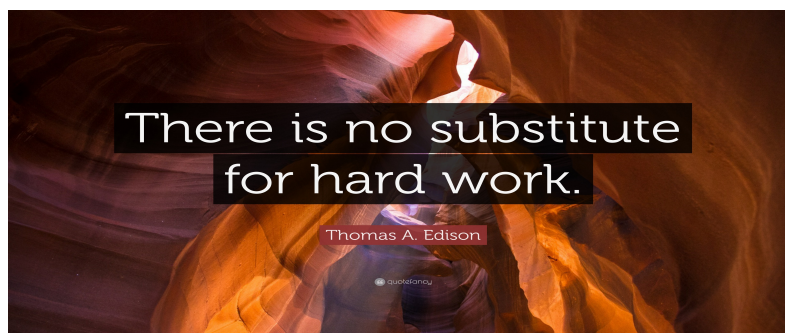
**Space is limited –
reserve your spot by
pre-registering with
a deposit!**

**Early Bird Rates are
available until
September 17th!**

**Questions? Contact
Registrar:**

**Rosie Oldham
rosie.oldham64
@gmail.com**

**PHONE
602-369-8444**



In the first seven Steps, we discovered all that our compulsive eating had done to to our life and our relationships. In Step 8, we listed specifically who we needed to straighten things out with. And now, in Step 9, we step out into that garbage-strewn street and go about the necessary clean-up. Making amends can be hard work. There are people we'd rather not see again. We don't want to admit to them that we did what we did. And it doesn't matter because if we don't, we're screwed if we don't make those amends.

We're living a new kind of life in OA. We avoid behaviors that lead to us to having to make amends. We make kindness, love, and tolerance our code. We know that if we don't, we will return to the miserable existence we had before. Making amends is part of that code. The kind thing to do is humbly acknowledge our wrongs. The loving thing to do is set the situation right, and in so doing, perhaps help someone else exorcise a spiritual burden. The tolerant thing to do is clean up the mess we've made with everyone, even those who have done more harm to us than we have done to them. And when we do, the smog will clear, the piles will be gone, and we can finally invite people onto our side of the street without fear.

This hard work we do in Step 9 is, indeed, its own reward. With each amends we make, we move closer to our Higher Power. We remove another barrier between ourselves and others. We place ourselves in a position to be of increased service. We make contributions to the spiritual good of the world rather than self-centered withdrawals. And it feels good. So as we consider how much the working people of our land have done to create the prosperous conditions in which we find ourselves in September of 2017, we might also consider Step 9. We might consider how through our labors with amends and the example we show of the power of recovery, our Higher Power is creating opportunities for peace, good will, and freedom from addictive behavior.

– Anonymous

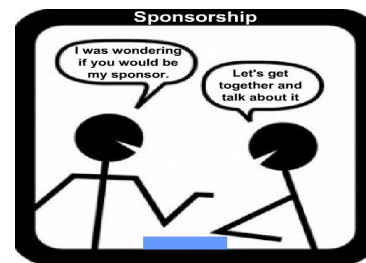
Sponsorship Workshop

Join us on Saturday, August 26, 2017

1:00 pm - 3:00 pm

At the OA Phoenix Office

1219 E. Glendale, Phoenix 85020



Experienced OA Sponsors will address topics such as:
Getting Started Sponsoring; Breaking Up is Hard To Do (When to Say When); My Sponsee,
My Friend - Keeping the Focus on Recovery; Sponsoring Members in Relapse;
Different Kinds of Sponsors---Food, Step, Big Book,
Service, etc.; Helping Your Sponsee Be a Sponsor

7th Tradition will be taken (\$5 suggested donation)
Contact Dottie D. by email dot007@cox.net or
phone/text @ (602) 451-0145 for questions.

Workshop sponsored by Arizona Serenity in the Desert Intergroup (ASDI) and 12th Step Within Committee.

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.

Emily G. – 480-582-8061 – mycatbobby@yahoo.com

Arizona Serenity in the Desert Intergroup (ASDI)

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Office Cleaner Coord.	Carol H.	602-292-4346

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:
mycatbobby@yahoo.com



Having an eating disorder is a beautiful thing. It allows me to cherish and love every moment that I experience clarity, despite whatever situation I am in. It gives me a unique and miraculous opportunity to have a direct connection with God.

When the desire insidiously reappears, either to abuse food or to take the control of my body size into my own human hands, I pause and I can faintly hear my inner compass of eternal self-compassion. The key to access the heaven that surrounds all of us during this present moment is now mine. By choosing to place this desperate, dark desire into the hands of my Higher Power, I do the impossible and let go.

That instant, I am conscious of the divine light of God, within myself and in the environment surrounding me, becoming more distinct, vivid, and real each time I hand it over.

Having an eating disorder is a beautiful thing.

- Arielle R., Lifeline July 2016

One of the most lasting pleasures you can experience is the feeling that comes over you when you genuinely forgive an enemy - whether he knows it or not.

QUOTEID.COM

O. A. Battista

STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION NINE

OA, as such, ought never be organized: but we may create service boards or committees directly responsible to those they serve.

CONCEPT NINE OF OA SERVICE

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Region 3 Representatives & World Service Delegates

Tori, Harlan, Stacy Alyse
Rosie/alternate

Tradition 9 – Imagine If...

Tradition 9 is kind of buried, and it seems like one of those boring things about how we set up shop. Yeah, yeah, so we can have an Intergroup and a World Service, isn't that special...who wouldn't have thought of that? But imagine if the opposite were true! What if tradition 9 said:

OA ought to be highly structured and hierarchical. Every local group's mission is to serve the greater good as determined by OA's leadership.

Imagine the clawing and ladder-climbing that would ensue as we control-freak OAs tried to manage our way up the hierarchy. All so that we could show everyone the "right" way to run the program. Imagine the hurt and resentment, the bitterly contested power struggles. The hammers coming down all over the country on groups that didn't run their meetings precisely as "OA's leadership" told them to. The rebellions, factionalism, and anger. We'd last about as long as an Eskimo in the Amazon. If we were lucky.

With tradition 9, we are guaranteed freedom from...our own power driving, domineering, and the worst of our bright ideas. The truth about people like us is that we are in OA because we couldn't run our own lives. Now we have to run OA? Like in most human endeavors, among our party are some who, if given a little taste of authority will unduly enjoy its exercise. Some of us are very good, indeed, at telling others what to do (and not necessarily doing, ourselves, what we say others ought to). We're good at plotting and planning, and not so good at cooperating to get things done.

Tradition 9 gives us guidance about how to get things done locally and more broadly. We form service boards that report to those they serve. That's right, in OA, the Intergroup is not the boss! The Intergroup is a collection of hopefully humble servants who act on behalf of its local meetings to carry the message in the broader community. Intergroups don't make rules for meetings, because their job is to serve meetings. In some instances, that can mean challenging meetings that have gone astray of the traditions. In protecting the traditions, an intergroup protects the meeting too, because meetings that don't mind the traditions often fail.

There's an important feature of tradition 9 that deserves one final mention. In tradition 5, we are counseled that every OA group's primary purpose is to carry the message and help other compulsive eaters. The ninth tradition enables individual meetings to focus on their primary purpose. If individual meetings were constantly trying to plan uncoordinated events, they would drown in the details, but an intergroup can support that sort of wide-reaching event more simply. Another example: Individual meetings pass money through the intergroup where it then disperses money across the service structure of OA. Can you imagine what a pain it would be if at each business meeting, a local group had to go through the treasury in that kind of detail?

OA works because it is not organized. There are no stars or VIPs that rise through a power structure to tell us all what to do. But being not organized isn't the same as being disorganized, and tradition 9 facilitates getting the work of OA done without dissolving into chaos.

– Anonymous

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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Attn: Controller
505-891-2664
www.oa.org

NEXT ASDI INTERGROUP MEETING

**3rd Saturday of every month
September 16th**

**ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm
OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 850**