

Arizona Serenity in the Desert Intergroup Newsletter

October 2015

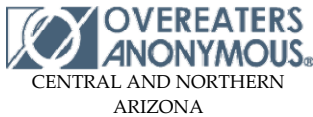
SERENITY PRESS

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.



WEBSITE:

www.oaphoenix.org

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.

Suggestions for Holiday Food Situations

Recently I spent time with some family that I haven't been around in a long time. I don't often spend time with people that have cocktails, eat snacks before their meals and who eat many foods that aren't healthy for me. I was surprised at the difficulty I had during this time, and brought it up at a meeting as soon as I returned.

The first suggestion I heard was *practice*. I cannot expect myself to sight read music perfectly the first time, likewise I cannot expect myself to be instantly comfortable in this new situation. I can become comfortable with practice. Attending meetings, making telephone calls for support and relying on my higher power to get me through these times makes all the difference.

The second idea shared was to be clear with my program (and food plan) and centered in myself and with my higher power. This may give me the integrity to go against the flow.

Third, I needed to acknowledge my feelings: awkward, different and fearful were the three feelings that disturbed me. I was afraid my abstinence would throw a wet blanket on other people's enjoyment. Acknowledging the feelings helped me to see my part in things.

The fourth suggestion was to be willing to be uncomfortable. The addict in me seeks comfort and sometimes wants to go down a self-destructive road in the effort to get there.

The last suggestion was to remind me that I do not need other people to accept me in order for me to accept myself.

Recently I celebrated 2 years in program, I would like to say I was abstinent the entire time, but I can't. I had a slip, but by the grace of my Higher Power I didn't leave the program, didn't lose my sponsor and didn't allow the disease to take back my recovery and serenity that I had worked 11 months to achieve. I now have a year of abstinence and am maintaining a 60 pound weight loss.

When I meet members with many more than 2 years, still working the program, one day at time, it makes me realize just how much more work I have to do. Every day I discover more of who I am and who my HP wants me to be; how to live life on life's terms without the food; and how to feel my feelings and deal with them without going to extreme measures to avoid them. I'm learning to Let go and Let God, trust, turn my life over to His care and protection. His will be done - not mine.

The promises are coming true one by one and my life is so much better today than I would have ever imagined. Thank you Higher Power and thank you OA. Anonymous

Questions for Coming out of Relapse Part One

Second Part Next Month

Ever Thought of Doing an Online Meeting or Phone Meeting?

Telephone and Online Meetings: All telephone and online meetings take place in "real time" and must be fully interactive. To be registered with the WSO, they must fulfill the definition of an OA group, which means they meet to practice the Twelve Steps and Twelve Traditions of OA, welcome all who have the desire to stop eating compulsively, do not require members to practice any actions to remain a member or to share at a meeting, and as a group they have no affiliation other than OA.

OA, Inc. maintains a listing of registered telephone meetings as a courtesy to its members. OA, Inc. does not own, endorse, manage or otherwise sponsor these meetings. Each meeting is autonomous. Some meetings choose to record all or part of a meeting for available playback at a future time. By accessing and using information on this list, you agree that you have been notified that a telephone meeting may be recorded. You have the option of listening without speaking; and/or if participating vocally, you have the option of using your own name, a fictitious name or none at all.

Calls into telephone meetings are NOT toll-free. Regular long-distance charges will apply based on the long-distance plan callers have with their telephone service provider.

<https://www.oa.org/members/groups/find-a-meeting/>

1. Read the Doctor's Opinion in the AA Big Book. Discuss the phenomenon of craving as it occurs in the three levels of your life: Emotional, Spiritual and Physical.
2. Read Step One in the OA Twelve Steps & Twelve Traditions (12x12). Discuss and reflect on the idea that you have a devastating weakness. Discuss how this weakness leads you to return to food for your comfort.
3. Discuss the mental obsession that precedes "that first compulsive bite." Discuss and reflect on the idea that obsessing about anything leads to compulsive overeating.
4. Read pages 5 and 6 in the Big Book. Discuss and reflect, on the feeling of oblivion as it is described in Bill's story and as it has manifested itself in your life.
5. Re-read Step One. Discuss why, for you, there is no possibility of controlled eating as it is outlined in this step.
6. Read pages 20-25 in the Big Book up to "So many want to stop but cannot." Discuss and reflect on your last eating binge and why you are without defense against "that first compulsive bite."
7. Re-read Step One. Discuss the idea that when an overeater plants in the mind of another the true nature of his malady.....that an overeater can never be the same again.
8. Read Chapter 3 up to page 35. Discuss and reflect on what sort of thinking dominates when the compulsive overeater repeats the desperate experiment of trying just one bite.
9. Re-read Step One. Discuss and reflect on the things you must do (as outlined in Step One) in order to stay alive.
10. Discuss and reflect upon the effectiveness of OA from your personal experience and from what you have observed in others. Could what you have experienced emanated solely from you? If so, why had it not happened before?
11. Read Chapter 4 in the Big Book. Discuss and reflect upon these concepts of Honesty, Open-mindedness and Willingness. How are these tools of growth in the OA program?
12. Discuss and reflect upon the concept of insanity as it applies to us in OA.
13. Discuss and reflect upon how we use the substitution method of accepting the presence of a higher power. How have you looked for substitutes all of your life?
14. Discuss and reflect upon the following concepts available in. Step Two: Belief means reliance not defiance; Defiance is an outstanding characteristic of every compulsive overeater. Refer to page 31 in the 12 & 12.
15. Re-read Step Two. Discuss and reflect on the following concepts they play a part in your spiritual life: intellectual self-sufficiency, wandering from faith, self-righteousness.

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.

Dianna – 480-600-1617 – diannainaz@msn.com

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(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:
diannainaz@msn.com

Speaker's Directory

Anabel A aportela1@gmail.com 602-803-6356	Jeanne W jeannewitter@aol.com 623-340-1020
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STEP TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

TRADITION TEN

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

CONCEPT TEN

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Region 3 Representatives & World Service Delegates

Kayla, Bobbi, Christina, Jackie, Donna M.,
Alternate: Teri

OVER HEARD AT MEETINGS

I can't ...He can...I think I'll let Him (Steps 1,2,3).

Abstinence is a journey - not a destination.

We are only as sick as our secrets.

There are no coincidences in OA.

Willingness is the key.

Here is a List of 12 ideas for 12 actions To Take on the 12th of the Month.

This came out of the World Service Business Conference (WSBC) Twelfth-Step Within Committee. We hope you will find it helpful and engaging. On the 12th of the month, make a call, say hello and I love you. That's enough. It can change a life. Just listen or share your experience, strength and hope.

1. Ask someone you haven't seen lately at meetings to *help* with 12th step outreach calls.
2. Bring a small meeting to someone isolating.
3. Call someone who has been missing from meetings for several weeks.
4. Put into your personal calendar to make outreach calls on the 12th of each month.
5. Use a "We Care" list to make a few calls.
6. Write a letter to a member in relapse or isolation and invite the person to a meeting.
7. Contact a relapsed member and tell him or her about the next OA event on relapse.
8. Review old newsletters or members lists and call people you haven't seen for a while.
9. Encourage a member in relapse to get involved in service.
10. Call and offer a person a ride to a meeting.
11. Call and offer to sponsor a person.
12. Visit a member in relapse or isolation and fill out the Recovery Insurance Policy pledge with him or her.

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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CALENDAR

3rd Saturday of every month	ASDI Intergroup Meeting • 1:00pm – 3:00pm OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020
October 17th	ASDI Intergroup Meeting • 1:00pm – 3:00pm OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020
October 2nd – 4th	2015 OA Colorado State Convention – Colorado Springs For more information go to: http://oasouthernaz.org/EventFlyers/CONVENTION20Jun2015.pdf
October 23rd – 25th	Annual SEAZ Retreat – Holy Trinity Monastery in St. David, Arizona. For more information go to: http://oasouthernaz.org/events/