

Arizona Serenity in the Desert Intergroup Newsletter

September 2015

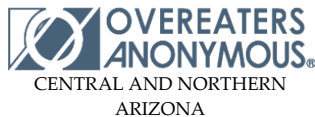
SERENITY PRESS

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.

Losses Caused by OA

Before you decide OA is for you, you might want to consider what you might lose:

This is what I lost:
100 pounds
3 wardrobes – fat, fatter, and fattest
A liking for all-you-can-eat menus
An uncontrollable appetite
A lot of self-loathing
An inability to pass a donut store without stopping
Denial that I had a problem with food
Self-condemnation
Inability to look at myself in the mirror
Loneliness

The list is longer, but it gives you an idea of what you may lose if you decide OA is for you.

Ann M

Podcasts From Across the Country

Travelling, up late at night, find yourself needing a meeting but none to be found? Try listening to podcasts from around the country.

OA World Service

<http://www.oa.org/oapodcasts/>

Los Angeles

<http://www.oalaig.org/speakers-podcasts/oa-speakers.html>

Denver

<http://www.oadenver.org/category/members-share/podcasts/>

Central New Jersey

http://oa-centraljersey.org/?page_id=1954

San Francisco

<https://sites.google.com/a/oasf.org/oasfig/sorted-pods>

Santa Barbara County & Northern Ventura County

<https://oaciig.wordpress.com/podcasts/>

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/>

Continue by NJ

We often hear the promises of Step Nine read at meetings with the assurance, “They will always materialize if we work for them.”

Continue is the work. Continue to inventory thought and behavior patterns. Continue to make amends. Continue to watch for resentment, selfishness, dishonesty, and fear. Continue to ask God to remove them. Continue to discuss flaws and problem behaviors with another person. Continue to help others. Continue for a lifetime a way of life that embraces love and tolerance.

Transformation for many of us is the “educational variety” William James describes in “Spiritual Experience,” Appendices II of Alcoholics Anonymous. As part of my ongoing awakening to the Spirit of the Universe, I share my personalized Seventh Step Prayer:

My Creator, Father God, I am now willing that You take all of me, the imperfect and the ridiculous. Soft lesson, hilarious, or humiliating, remove from me every single defect of character that separates me from You. Keep me pliable and useful to You and those who journey with me. Grant me energy and courage till my last breath.

When I came to OA, my digestive system was breaking down. Diarrhea was a continual plague. I’d binged and starved since my teen years. In OA I found a place where people acted on and thought about food like I did. I needed to stop so I could stay alive. My highest weight was about 200 pounds; my lowest weight, 110 pounds. I was bingeing again after a starving episode.

I chose a sponsor after my first meeting, a woman I’d known and admired for many years. I began keeping a food notebook and following her guidance. I still make a daily written food plan. Persistence in using the tools and following the steps has saved my life and my marriage.

I am grateful for the drive OA has given me not to pick up the fork when:

something hard faces me.
I need a reward.
I’m not getting something I want.
the scale doesn’t show what I want.
I feel disliked and alone.
I’m bored.
I don’t know what I want.
I’m restless, irritable and discontent.

I am grateful that OA has encouraged and supported me in digging deeper and deeper toward the core of my Higher Power. I’ve enveloped each day with prayer, reading and meditation for almost 12 years now. On July 5, 2003, I had my last compulsive bite. Because of OA, the Steps, and the tools, I stay tight with my Higher Power. I begin most items in my gratitude list each evening with: “I was able to . . .”

With gratitude and deep respect,
Sally S.

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

Arizona Serenity in the Desert Intergroup (ASDI)

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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:
diannainaz@msn.com

Speaker's Directory

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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

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

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

OVER HEARD AT MEETINGS

Minds are like parachutes. They only function when they are open.

Things aren't necessarily going wrong just because they're not going my way.

I'm not where I need to be but thank God I'm not where I used to be.

Recognizing Food Addiction as a Disease

M.S., MD

This is my story as both a physician and an overeater in recovery in Overeaters Anonymous. Much of my recovery has been letting go of old ideas rather than learning new techniques, knowledge, or information.

I struggled with weight in my early teen years and began to diet. It was just a few pounds, and self-discipline sufficed to handle the issue. However, this is a chronic and progressive disease. Over the next twenty-plus years, my struggles increased, the weight swings became greater, and compulsive diets became more bizarre, punctuated by brief periods of bingeing and vomiting. With every diet, I thought I would lose the weight so I could return to "normal eating," while totally denying that I did not know what normal eating was. My medical training in the early 1960s did not address addictions. Even today many health professionals do not include compulsive eating with addictions.

As a physician and a man, I was too proud to go to any of the commercial weight loss programs or to even talk about my struggles. They were my private hell. I could not hide the weight swings but could not talk about them with anybody.

In the 1970s, I began to recognize that addiction is a disease rather than a moral issue, and that willpower is not sufficient to produce recovery. My eating issues had many parallels to alcoholism, and when a good friend invited me to attend Overeaters Anonymous, I couldn't make up an excuse not to go.

This program has worked for me for the last seventeen years. I have released about 120 pounds (55 kg), and it has stayed off. The OA program has given me a healthy body, a workable plan of eating for all circumstances and contingencies, and improved relationships with family, friends, the world at large, and myself.

Contact Information for Monthly Contributions

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

Arizona Serenity in the
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Attn: Controller
505-891-2664
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
September 12th**	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020 **Due to ASDI participating in the Art of Recovery on September 19 th , we have moved the intergroup meeting to September 12 th .