

October 2014

Donation 50¢

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www.oaphoenix.org

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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.

September 27, 2014

**Eighth and Ninth
Step Workshop
Repairing Relationships**

OA Office
1219 E. Glendale Ave. #23
Phoenix, AZ 85020
7:00pm – 8:30pm

(5:30pm dinner at Paradise
Café on Glendale and 12th St.)

Contact Kathy Y. at 602-930-2689
or kathyyst9@msn.com



**Overeaters Anonymous Office: 1219 East Glendale Ave. #23, Phoenix, AZ 85020
602-234-1198**

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.

An Article on the Importance of Unity with Diversity

I am grateful to have been accepted in OA as a person who was not overweight and as a lesbian. My eating disorder began at age 14 when I became aware of my sexual orientation. The thought of being gay was so reprehensible to me that I began the process of hiding myself from myself. I created a distraction by obsessing about food and weight. I didn't eat all day, binged at night and purged with exercise. Of course, my disease progressed over the years, but my sexual orientation did not change. For a short few months in the next 18 years, I put down the food long enough to fall in love with my best friend, and to feel truly happy.

By the time I was led to OA several years later, it was time for me to admit who I was. It was time to come out as a compulsive eater and exercise bulimic, a fact hidden by my normal body size, and as a lesbian. I had a tremendous amount of shame about both.

My fears about being recognized at OA meetings were calmed when it dawned on me that if I saw anyone I knew, it would be because they too had a problem with food. Upon arrival in OA, I was accepted simply because I had an eating disorder. The people in my small group in Columbia, Missouri welcomed me as one of them.

It was another thing entirely to be open about being a lesbian. I had kept this a secret for so long because I found it so loathsome. I could barely say the word. If I couldn't accept myself, how in the world could others? But it was time to tell my truth, so I shamefully admitted to my little group, in the middle of this very conservative state, that I loved women. To my surprise and relief, nobody blanched. Nobody ran screaming from the room. Nobody was overcome with horror. One of my kind fellows put her arm around me and said, "We love you Kathy." And so I allowed my OA companions to love me until I could love myself, to love me until I let go of the shame about my eating disorder and my sexual orientation.

I've been in OA for 25 years and since that first coming out, I have always been open about my disease and my sexual identity. With rare exceptions, I have felt loved- or at least accepted- for exactly who I am. No matter what things about me are different than my fellows – and there are many – we share the common bonds of obsession and compulsion with food. I am grateful for OA's Unity with Diversity policy that reminds us all of that.

~ Kathy M., Central New Mexico Intergroup

Dear OA Friends,

October 11, 2014

**Maintaining Your Program
Steps Ten and Eleven**

2:00pm – 9:00pm

Silent retreat, potluck salad dinner, and workshop at a member's home near the OA office (see flyer for location)

Contact Kathy Y. at 602-930-2689
or Mike V. at 602-615-2396

SERVICE OPPORTUNITY

**Holiday Marathon Meeting
Coordinators & Chairpersons**

Volunteers are needed to find speakers for marathon meetings at the OA Office on Thanksgiving, Christmas, and New Year's Day from 9:00am – 1:00pm. Meetings are held at 9:00am, 10:30am, and 12:00pm.

Contact Kathy Y. at 602-930-2689
or kathyost9@msn.com

Meeting Change

Friday 5:30pm
(location change)

OA OFFICE
1219 E. Glendale Ave. #23
Phoenix, AZ 85020

Contact Marci 480-888-5063

Meeting Change

Thursday 5:30pm

Tempe Men's meeting
has been cancelled.

I've had many discoveries during my time in OA. Today in my meeting I read a paragraph from a Big Book story that became very meaningful to me. The message I received was about taking action, willingness and having the choice to no longer be a prisoner in my disease. It clearly resonated with me. For the longest time, I thought that I was progressing in my Program when I ate "right". Now, please understand that in my rigid recovery world, "right" meant eating cleanly, lowfat, high-protein, restrictively, extra exercise to combat the dessert from the night before or just too much healthy stuff...because, well, I now know that I was trying to keep feelings stuffed down. As a bulimic, that is rather ironic. All I ever felt was fat and we all know that fat is not a legitimate feeling! But I digress. So I thought that if my food and exercise were in balance i.e. controlled, I was earning myself an "A" in recovery. What occurred to me in the midst of reading the story "My Chance to Live" in the Big Book, was that recovery is a choice. I, of course, am paraphrasing the following from the story: Taking action is my choice. Having willingness to do the right thing is my choice. I am rewarded with an inner peace when I do the right thing. Working the Twelve Steps provides me with the gift of choice. Additionally, what I took from the reading is that the right thing for me does not mean perfect food and exercise. It means a plethora of things. It means staying on my side of the street in my relationships and overall encounters. It means taking responsibility when I've harmed someone and making immediate amends to them. It means if I have a slip, knowing that my OA Program is strong enough to not allow it to become a landslide. It means if I wake up wanting to isolate and/or binge, I know there is a feeling behind that which needs to be addressed. It means surrendering the outcome of anything and everything. (Still a work in progress.) It means being of service and not expecting anything in return. It means always being rigorously honest. It means pausing when agitated and sometimes not responding at all. It means before I speak to ask myself, "Is it kind, is it true, is it necessary?" When I do the aforementioned with the guidance of my HP, I now understand that doing the right thing doesn't mean trying to perfect how or what I eat. It means living in a way that the students I teach would like to emulate. When will these opportunities for growth stop unfolding? I have no idea but I promise to continue trudging the happy road to destiny.

Love & Light,

Mollie

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



Arizona Serenity in the Desert Intergroup (ASDI)

ASDI TRUSTED SERVANTS

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Treasurer	Kayla W.	480-626-2123
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Communications Secretary	Greg L.	480-688-2222

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Office Announcements	Pat H.	480-585-4024
Office Cleaner Coord.	Donna	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

Speaker's Directory

Anabel A aportela1@gmail.com 602-803-6356	Jeanne W jeannewriter@aol.com 623-340-1020
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Harlan harlan288@gmail.com 480-495-8961	Sheila luv2laugh2@msn.com 480-451-0859

THOUGHT FOR THE DAY - The Light of the world knows no power failure. Step Twelve. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. My own definition of abstinence is awareness of feelings – learning how to feel and express my feelings without fear or the need to self-medicate. I refuse to live in a state of “fat serenity”. Abstinence also means developing a plan of eating – putting this plan in writing on a daily basis, practicing the principles, the twelve steps and turning my will and my life over to the care of my God (my Higher Power) on an ongoing, hour-by-hour basis. It also means turning myself completely in a reverse direction. JUST FOR TODAY if it is all I can do – reaching for recovery instead of food is a blessing from God. Love is the healing power that brings serenity into the life of the craziness of the love of food above all else. It is the promise of recovery – the carefully planned “food of life” that can know no failure. May I always offer my prayers of gratitude, praise and thanksgiving to God. God is the light of my life – not the light in my refrigerator – my freedom – not my next compulsive bite and my deliverer – may I get out of my own way and give God the chance. God doesn’t remove all of our imperfections but He makes us beautiful by shining through them.

GLORIA DEI

~ U.O.

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

Marie, Teri, Bobbi, Kathy, Rachel Alternate: Jackie

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
Desert Intergroup
P.O. Box 47565
Phoenix, AZ 85068-7565
602-234-1195
www.oaphoenix.org

Region 3
P.O. Box 29903
Austin, TX 78755
www.oaregion3.org
Attn: Barbara Vervenne

World Service Office
P.O. Box 44020
Rio Rancho, NM 87174
Attn: Controller
505-891-2664
www.oa.org

Calendar

3rd Saturday of every month	ASDI Intergroup Meeting OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 1:00pm – 3:00pm
September 27	Eighth and Ninth Step Workshop • Repairing Relationships Dinner at Paradise Café • Glendale and 12 th St. • 5:30pm OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 7:00pm – 8:30pm Contact: Kathy Y. at 602-930-2689 or kathyyst9@msn.com
October 11	Maintaining Your Program • Steps Ten and Eleven Silent Retreat 2:00pm – 5:00pm • Sunset Potluck Salad Dinner 5:30pm – 6:30pm Evening Workshop Under the Stars and Fire Pit Sharing 6:30pm – 9:00pm Venue is at a member's home near OA Office (directions to be provided on flyer) Contact: Kathy Y. at 602-930-2689 or Mike V. at 602-615-2396
October 18	ASDI Intergroup Meeting OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 1:00pm – 3:00pm