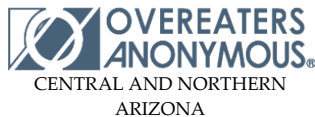




**Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195**

*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)

## 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](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.

## Forgetting to Eat?

Some of my naturally-thin friends talk about times when they are so busy that they "forget to eat," and I simply can't fathom that. Heck, some of my overweight friends say that as well and I think I just either don't believe them, or dismiss the idea as irrelevant if you overeat later to make up for missed meals, which I assume they must be doing or they'd lose weight forgetting to eat.

In any event, I could not imagine forgetting to eat. I wake up hungry and wanting to eat. I could eat another meal right after any single meal I just finished. I could sit in a restaurant enjoying a good meal and already be thinking of what my next meal might be, or talking about past meals in that restaurant I'd like to have again.

Sure, sometimes I was busy and working and unable to eat. Meals could get delayed through life circumstances, but I sure as heck hadn't forgotten about them. I'd count minutes until break time when I could eat. I'd ignore what was going on in front of me and fantasize about what I could eat and when. I would protect my meal times from all avoidable intrusions and I wouldn't waste eating time with other irrelevant tasks.

This morning I woke up hungry and anxious about several aversive tasks that faced me. Instead of just getting up to eat and get working, I started my day with prayer and surrender. Turns out God didn't particularly care if I got my self-assigned tasks done today. His Will for me today was to honor and take care of my husband, my home, and myself. What a concept!

I then began my day leisurely, with a self-care task of preparing my abstinent meals for the next two days. While I chopped fruits and vegetables, all my self-important tasks were swimming in my head and my anxiety went through the roof. Instead of ignoring the anxiety and soldiering on, I reminded myself that today I was to care for my husband, my home, and myself and stay connected to God.

That inspired me to play music while I worked and I searched out songs related to Forgiveness. I felt like I was at church. I took a couple of breaks from my food prep to pray and write and process the concept of forgiveness and how it applies to me, some family members, and people from my past and present. I got in touch with a need I had to still forgive myself for past actions and I spent some time crying and writing about that. I got up and felt refreshed and content and... I had forgotten that I hadn't yet eaten my breakfast.

So, now I finally get it! You can forget to eat if you're just really engaged in the hard work of accepting life on life's terms and cleaning up your side of the street. This program offers so much more than a plan of eating in terms of things that will make you lose weight!

M.A.

## Dial-in to Our Second Sunday Virtual Workshops

(oa.org)

ASDI Presents

### Using the Traditions To Build Healthy Relationships

Our Region 3 Trustee  
will be conducting this  
workshop

**Sunday, Sept. 18th**  
from 1:00pm to 5:00pm  
at the  
Jewish Community Center  
12701 N. Scottsdale Rd.,  
Scottsdale, 85254

Suggested 7<sup>th</sup> Tradition  
Donation: \$5

To help facilitate the  
workshop or for more info,  
contact

Dianna at 480-600-1617  
or [diannainaz@msn.com](mailto:diannainaz@msn.com)

### Pre-Holiday “Serenity Mini Retreat”

**October 29, 2016**  
at

St. Stephens Episcopal  
Church,  
2310 N. 56<sup>th</sup> St.  
Phoenix, AZ 85008  
8:30 am – 5:30 pm

Retreat brochure with  
additional information  
available at  
[oaphoenix.org](http://oaphoenix.org)

(On the main page, on the  
left side of the screen)

Questions?

Rosie at 602-369-8444

### SAVE THE DATE:

11<sup>th</sup> Step Workshop  
October 15<sup>th</sup>

(near the OA office)  
or

October 16<sup>th</sup>  
(east valley)

More details to come in  
ECares and in next  
month's newsletter

This year OA's virtual workshops are focused on “Service and My Recovery” and are hosted on the phone bridge 641-715-3818 with pin code 925619#. Everyone is welcome to attend. The format includes a speaker who shares for 15 to 20 minutes about his or her recovery and how service and the Principles of both the Twelve Traditions and the Twelve Concepts of OA Service have helped in his or her personal life and service to OA. Following the speaker is time for participation from OA members attending by phone, who can share their experiences as well.

Recordings of the first three workshops in this series, United We Stand, Who's In Charge, and All Together Now We are Reaching Out Our Hands, are available to download or stream on the podcast page at [oa.org](http://oa.org). The remaining workshops for 2016 are: • September 11—Service Structure, Not Power Structure • October 9—When We Have an Opinion or an Agenda, Let Go, Let God • November 13—Anonymity Inside and Out • December 11—Spirituality, Sponsorship, and Service Mark your calendar and join us. We look forward to hearing you there.

Virtual workshops about “The Importance of Working All Twelve Steps” are now available to download or stream at [oa.org/podcasts](http://oa.org/podcasts).

A Step Ahead, 2<sup>nd</sup> Quarter 2016, page 4 [https://oa.org/files/pdf/asa\\_q2\\_16\\_bw.pdf](https://oa.org/files/pdf/asa_q2_16_bw.pdf)

## How Can I Live in Abstinence?

The story “AA TAUGHT HIM TO HANDLE SOBRIETY” starts out with a quote: “God, willing, we...may never again have to deal with drinking, but we have to deal with sobriety every day.” (AA 4th edition, p. 553) this rings so true in my heart and mind. Later, on that same page, he describes how he could stop drinking at any time, but the issue was STAYING stopped. Immediately, I am flooded with the ways I stopped, (for a day, hour, week) my insane vomiting, running to the grocery store for another dozen of my go to ‘gods,’ or anxiously awaiting the newest weekly add to go and get my cold, sweet and creamy 99 cents comfort. But time and time again life would happen. I would get angry at my life and my actions. I would not express my emotions and hurts and struggles with loved ones. I would get envious of what others had and what I did not have. My boss would give attention to someone else and I immediately thought no one would see me. I would tell myself that no one else understands or cares. Then I would eat and binge and purge and eat again; there was always something to ‘act out’ over. I would start another new diet and food plan and fantasize how when I am a size 8 I will be happy. Everyone else around me is happy and they are about a size 8. Oh how the size 8 came and that did not solve anything; in fact it fueled the control and weight loss even more!

The basic fact is that I can't live life on life terms without the grace of God, a relationship with my God, the steps of this program, the support of others and enough willingness to try something new. It involves choosing honesty, hope, humility, surrender, integrity and service. It involves a desire to not play around with selfishness, self-pity, victimization, resentment and fear, but to put them to death (or they will kill me first). I can choose to acknowledge and confess my emotion, ask for its removal, make amends if necessary and turn toward loving others. This is not my default yet; I tend to still stew in those emotions at times, BUT one day at a time and one situation at a time, it becomes more and more a habit and blossoms into a new way of life.

Allison M.

## 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)

### ASDI TRUSTED SERVANTS

|                          |        |              |
|--------------------------|--------|--------------|
| Chair                    | Tori   | 602-679-5273 |
| Vice Chair               | Marie  | 602-717-1099 |
| Treasurer                | Teri   | 480-466-5123 |
| Recording Secretary      | Lisa M | 401-261-4540 |
| Communications Secretary | Halina | 602-339-1053 |

### COMMITTEES

|                              |          |              |
|------------------------------|----------|--------------|
| Bylaws                       | Sheila   | 480-451-0859 |
| Outreach/Lifeline            | Linda P  | 602-909-5113 |
| Office                       | Pat J.   | 602-923-8310 |
| PI/PO                        | open     |              |
| 12 <sup>th</sup> Step Within | Donna M. | 602-725-7440 |
| Newsletter Editor            | Dianna   | 480-600-1617 |

### SERVICE POSITIONS

|                       |           |              |
|-----------------------|-----------|--------------|
| Telephone Coordinator | Sheila    | 480-451-0859 |
| Literature            | Marian F. | 623-587-6016 |
| 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:  
diannainaz@msn.com

## Speaker's Directory

|  |   |
|--|---|
| <b>Anabel A</b><br><a href="mailto:aportela1@gmail.com">aportela1@gmail.com</a><br>602-803-6356                  | <b>Jeanne W</b><br><a href="mailto:jeannewitter@aol.com">jeannewitter@aol.com</a><br>623-340-1020 |
| <b>Bernie W</b><br><a href="mailto:bernie301@cox.net">bernie301@cox.net</a><br>480-626-2123                      | <b>Jim R</b><br><a href="mailto:jimrood@cox.net">jimrood@cox.net</a><br>602-370-0614              |
| <b>Christina S</b><br><a href="mailto:check.perception@gmail.com">check.perception@gmail.com</a><br>602-471-1217 | <b>Kayla W</b><br><a href="mailto:kayla301@cox.net">kayla301@cox.net</a><br>480-626-2123          |
| <b>Elise</b><br><a href="mailto:elise.ashe@imaginatics.net">elise.ashe@imaginatics.net</a><br>860-961-0788       | <b>Marie</b><br><a href="mailto:mdils@cox.net">mdils@cox.net</a><br>602-717-1099                  |
| <b>Greg L</b><br><a href="mailto:glane480@gmail.com">glane480@gmail.com</a><br>480-688-2222                      | <b>Pat J</b><br><a href="mailto:sprjzz3137@q.com">sprjzz3137@q.com</a><br>602-923-8310            |
| <b>Harlan</b><br><a href="mailto:harlan288@gmail.com">harlan288@gmail.com</a><br>480-495-8961                    | <b>Sheila</b><br><a href="mailto:luv2laugh2@msn.com">luv2laugh2@msn.com</a><br>480-451-0859       |

### 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

Tori, Bobbi, Halina, Dottie, Harlan  
Rosie/alternate

There are two days in every week which we have no control over----yesterday and tomorrow.  
Today is the only day we can change.

JUST FOR TODAY I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

JUST FOR TODAY I will be happy. This assumes to be true what Abraham Lincoln said, Most people are as happy as they make up their minds to be....

JUST FOR TODAY I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my LUCK as it comes and fit myself to it.



## Introducing the New OA.ORG — Cyndy L., Ad Hoc Website Committee Chair

On February 29, 2016, the new oa.org was launched, and the first comment received was “Wow! The new website looks great on my 7-inch (18-cm) tablet! Nice big clickable spots :) Find a Meeting is really well done.”

The Ad Hoc Website Committee was delighted because we wanted to make the website user-friendly and bring a fresh look that would attract non-members to stay and look around for more information on ways OA can help solve their problems with compulsive eating and compulsive food behaviors. We also wanted to showcase all the materials offered to our members, groups, and service bodies. With the new exciting features available in the wide world of website design, we envisioned a site that engaged the viewer and kept them looking for more.

The new site is visually appealing, and the “responsive” design works well on computers, tablets, and mobile phones. But even more important, it is easier to navigate and use to locate information quickly. The newest features of the site include: • Translation into thirty-four languages as well as links to non-English websites maintained by OA service boards around the world. • Quick access to Find a Meeting, Contribute, Bookstore, Newsletter Signup, Documents, Podcasts, What's New, Lifeline, and Contact Us. • Many ways to navigate through the site, making it easier to find all the support materials available.

Over the coming year, there will be ongoing improvements to the website. For example, we are currently looking at ways to add video testimonials to increase attraction and public awareness. To let us know what features you would like to see on the new website, please send your suggestions either via the Contact Us button at oa.org or by email at info@oa.org.

There is, of course, another aspect of this project that is important for all members to be aware of: the cost. To date, the website update has cost US\$111,523. This year's budget includes only US\$3,700, and most of that will go toward continued improvement of Find a Meeting and its database. Routine updates to website content will be handled by WSO staff.

The ongoing maintenance of the website is something that must be a high priority item for OA. A good website is updated every three to five years to keep up with the latest technology, which means the money we have spent to date is only to bring our website in line with current standards. The need to support and update our website is ongoing.

Many OA members first found their way to a meeting via OA's website. OA needs your contributions to keep the website operational and to extend the hand and heart of OA into the virtual world. Can we count on you?

*A Step Ahead*, 2<sup>nd</sup> Quarter 2016, page 4 [https://oa.org/files/pdf/asa\\_q2\\_16\\_bw.pdf](https://oa.org/files/pdf/asa_q2_16_bw.pdf)

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

Region 3 OA Treasurer  
P.O. Box 310290  
New Braunfels, TX 78131  
[www.oaregion3.org](http://www.oaregion3.org)  
Attn: Elaine Lang

World Service Office  
P.O. Box 44020  
Rio Rancho, NM 87174  
Attn: Controller  
505-891-2664  
[www.oa.org](http://www.oa.org)

## NEXT ASDI INTERGROUP MEETING

**3<sup>rd</sup> Saturday of every month  
September 17<sup>th</sup>**

ASDI Intergroup Meeting • 1:00pm – 3:00pm  
OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020