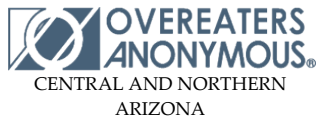




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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.

SHINING LIGHT

Since returning to OA in July 2011 after a 15-year relapse, I have released 47 pounds and now carry 199 pounds on my 5-foot-8-inch frame. Although I'm still obese according to medical charts, I have already noticed many positive changes in my body image.

I am more willing to be photographed at family events, and sometimes I even think I look good in the photos. I notice my smile and the people I'm with more than my excess weight. I stand up straighter now. A health-care provider who has been helping me with my back problems commented, "You've probably spent many years trying to make yourself inconspicuous." That felt like a message from my Higher Power, and since then I have made a conscious effort to stand up tall and let my light shine.

I wear more fitted clothes, and I'm drawn to bright colors. My old clothes look like sacks, and I won't be wearing those styles again even though I can still get them in my size. I'm knitting myself a pair of sparkly leg warmers.

As my weight decreased, I had to accept that even if someday I were to weigh what I weighed in high school, I would never again look the way I did when I was 16. Nor would I look the way I did when I had physical recovery in OA 15 years ago. I am a 41-year-old woman with 30-plus years of compulsive overeating behind me; it shows. I have sagging skin on my breasts, thighs and belly. The lumps, bums and wrinkles become more pronounced as the fat underneath them dissolves. I think would be hard to accept if I were simply "on a diet." But because I'm achieving emotional and spiritual recovery as well as physical, I'm able to greet these changes with good humor. I glance in the mirror when I stop out of the shower, and my sagging, wrinkled belly makes me smile. I love and accept myself as I am. –

Reprinted with permission from Lifeline, May 2012

A Plan of Eating

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat.

There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. (See the pamphlets "Dignity of Choice" and "A Plan of Eating" for more information.) For specific dietary or nutritional guidance, OA suggests consulting a qualified health care professional, such as a physician or dietitian. Each of us develops a personal plan of eating based on an honest appraisal of his or her past experience. Many of us find it essential to take guidance from our sponsors to develop a plan of eating that reflects an honest desire to achieve and maintain abstinence.

Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.

This tool helps us deal with the physical aspects of our disease and achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve-Step program of recovery and move beyond the food to a happier, healthier and more spiritual life.

THE PROMISES

The promises of recovery are not just those found in Step 9. The promises of Recovery are found all through the Big Book. Here are some of them. Each of us will find many more that are special to us if we take the time to read the Big Book with an open heart and mind. Here is just a sampling:

Promises of Step Two:

- "There is a solution." (page 25)
- "We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." (page 25)
- "The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have been revolutionized our whole attitude toward life, toward our fellows and toward God's universe." (page 25)
- "The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous." (page 25)

Promises of Step Three:

- "More and more we became interested in seeing what we could contribute to life." (page 63)
- "As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter." (page 63)
- "We were reborn." (page 63)
- "At once, we commence to outgrow fear." (page 68)

Promises of Step Five:

- "We can look the world in the eye." (page 75)
- "We can be alone at perfect peace and ease." (page 75)
- "Our fears fall from us." (page 75)

Promises of Step Eight:

- "If our manner is calm, frank, and open, we will be gratified with the result." (page 78)
- "Rarely do we fail to make satisfactory progress." (page 78)

Promises of Step Ten:

- "And we have ceased fighting anything or anyone – even alcohol." (page 84)
- "We will seldom be interested in liquor." (page 84)

Promises of Step Eleven:

- "Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives." (page 86)
- "Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it." (page 87)

Promises of Step Twelve:

- "Life will take on new meaning." (page 89)
- "God will keep you unharmed." (page 102)

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

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STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION FIVE

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

CONCEPT FIVE

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

Region 3 Representatives & World Service Delegates

Kayla, Bobbi, Donna M., Halina, Teri

SAVE THE DATE
June 24 -26, 2016
ASDI's Annual
Summer Retreat
in Prescott, Arizona

Amends to Myself

This is the Ninth-Step amends I made to myself recently.

I would like to share it with my OA family. I am sorry for every diet I ever put you on. I am sorry for starving you. I am sorry for stuffing you. I am sorry for taking speed, for over-exercising, for sticking fingers down your throat and forcing you to vomit. I am sorry for taking laxatives. I am sorry for the amount of money I spent on diets. I apologize for the endless hours spent talking about food, diets and fat. I am sorry for the useless hours spent daydreaming about the "perfect" lives of the thin. I am sorry for the self-hate, the name-calling, the negative talk, the beating up.

I am sorry for squishing you into clothes that are too small and spending good money on clothes that don't fit.

I am sorry for depriving you of new clothes because I refused to buy clothes larger than a certain size.

I am sorry for making you freeze because a cold body burns more calories.

I'm sorry for eating in secret – a practice which created much shame for you.

I'm sorry for using food to hurt you: eating until your tongue hurt, your jaw hurt, your stomach hurt.

I'm sorry for constantly living in deprivation mode, for not allowing you to eat in front of other people and then gorging when they're gone.

I'm sorry for settling for certain men because I didn't think you deserved better.

I am most sorry for rejecting you through striving to be something other than who you are.

I'm sorry for pushing you away and claiming that this child god created wasn't good enough

I can't give you back the time that was lost. I cannot give you back your teenage years or your 20s. I cannot erase the 18 years of obsession.

All I can do is say I'm sorry and ask you to believe me when I say I did the best I could with the information I had at the time.

Now I accept you and I embrace you, every single pound of you. Do not measure your worth by your weight. Life is a celebration!

Reprinted with permission, Lifeline, November 2009

OA World Service 2016 Convention

Dates: September 1–4, 2016

Venue: Boston Marriott Copley Place, Boston, MA USA

Join thousands of fellow OA members from around the world to celebrate "Recovery: The Trail to Freedom!" at the 2016 World Service Convention in Boston, Massachusetts USA!

For more information go to: <https://www.oa.org/world-service-events/world-service-convention/>

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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NEXT ASDI INTERGROUP MEETING

3rd Saturday of every month
May 21st

ASDI Intergroup Meeting • 1:00pm – 3:00pm
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