

Arizona Serenity in the Desert Intergroup Newsletter

JULY 2016

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.

What Does it Mean to be Spiritually Fit?

This is a question that has come to mind. We were reading from the Big Book of AA in the "More about Alcoholism" chapter. I asked "what does it mean to be spiritually fit?" One answer was: progress with the steps, clearing up the wrongs, making yourself right with the world. Another answer was living the principles of the recovery program.

What does that mean?

When we are walking in truth, when we desire to do God's will, we are at peace with God and other people. We are trying to be of service to God and our fellow man. We are not looking to take advantage of anyone. We are not upset because we are being taken advantage of. We are no longer demanding every one follow our script. We are no longer trying or wanting to be in charge. We are not trying to see what we can get away with.

When we are actively working the steps, we are at peace with God, at peace with ourselves, peace with others, and in the business of keeping the peace. Once we finally understand that using food to find peace does not work; once we understand that we are actually forfeiting our peace with God, ourselves and others, we are less likely to want to do that.

I realize that it is very easy to forget. All I need to do is stop consciously taking care of myself. Every day that I wake up grateful for another day of life -grateful for the opportunity to be abstinent, grateful to be in close daily contact with God, and grateful to be of use to my fellow man, I am less likely to be obsessed with food. ~
Anonymous

Pieces of Me

With excess food, I am guilty, angry, paranoid, and judgmental
With abstinence, I am free, compassionate, forgiving, and tolerant
With excess food I am selfish, ego-centric and short-sighted
With abstinence, I am helpful, present, and open-minded
With excess food, I am depressed, lost, and alone
With abstinence, I am joyful, purposeful and connected
In my journey I have passed through these different places; there are no mistakes in God's universe.
My sorrows, pain, and struggles are important
So I can share the joy, healing, and victories with others
Life continues to be unpredictable; I learn to be teachable.
My disease of compulsive overeating is a curse, turned into a blessing when I see that my Higher Power and you, are with me. ~A Grateful Compulsive Overeater

NEW MEETINGS ON THURSDAYS

6:00 pm Big Book Study
Church of Latter Day Saints
3601 East Shea Blvd.
Phoenix, 85028
Enter eastside by the steeple.
Take hallway to the back.
Contacts are:
Debbie R. at 602-494-7446 or
Greg L. at 480-688-2222

Anorexia/Bulimia meeting on
Thursdays (**starts June 23**)
at the OA office at 5:30 pm.
Contact Reszi (602) 820-
3234 for more info.

LGBT meeting on Thursdays
at 7:00 pm (**starts July 14**)
at the OA office. Contact
Lisa M (401) 261-4540 for
more info.

RETREAT

October 28-30, 2016

Put on by the Southeastern
Arizona Overeaters
Anonymous
Alive! In Recovery
Route 80 – Holy Trinity
Monastery in St. David, AZ
\$120 for the weekend,
\$40 for Saturday only
Contact Joy V. for more
information: 520-834-7224
or joyvmarie@centurylink.net

Relapse and Recovery Panel

12th Step Within Committee
will be hosting a panel of
three people who will share
their stories of overcoming
relapse and thriving in
recovery on August 6th.
There will be time for
questions and a
sponsor/sponsee meet and
greet afterwards. Venue to
be announced!

Abstinence- the 24 Hour Plan

When I think of abstinence, I think of my first meeting in OA (this last time). At the time, I had little-to-no-idea what abstinence meant, but I knew that OA was the only solution left for me. And I had faith that it worked. The other thing I think about when I hear the word abstinence is a phrase used recently where the speaker referred to herself as 'stark-raving abstinent'. There can be no contented abstinence for me without taking the steps and continuing to [try to] enlarge my spiritual life. I cannot sustain stark-raving without the accompanying disease of compulsive eating.

Somehow, I have been blessed in my OA journey to know that whatever the solution or direction required of me, that it will not be a one-off. In other words it will not have a distinguishable end. It will be a 24-hour journey, one day at a time and there will be no finish line as I've come to know them in diets and 10-week get-well-quick programs. What I have is a disease of the mind that must be treated with a spiritual remedy, always the treatment is in the current 24 hours.

I want to thank Rosanne S. our founder who died recently for starting the OA program. Because of her efforts, others before me have proven long-term recovery from compulsive eating; giving me the hope I needed to make a start. From that kernel of faith, I moved forward into my first abstinence of just not bingeing and throwing up no matter what. I also want to thank OA and the membership as well as my sponsor for allowing me the dignity of choice to choose my own path when it comes to a food plan and a personal definition of abstinence. Today, almost 14 years later, I choose to refrain from eating or drinking caloric beverages in between my 3 daily meals, and I do not eat sugar in its recreational forms of cake, candy, cookies, soda, etc. This is an undreamed of outcome that you can bet I would NEVER have asked for, but have received through the grace of my higher power, a sponsor and the 12 steps of OA. Thanks Roseanne and thank you OA!!

Anonymous

Living in Abstinence

In the story "AA Taught Him to Handle Sobriety" in the book Alcoholics Anonymous, a recovering alcoholic discusses the life he had to learn to deal with when he became sober. I know this has been one of the biggest challenges of my recovery. Doing all the growing up that I avoided by compulsively eating. Learning to have friendships, learning to have acquaintances, and learning to be myself fully are some of the lessons I've been learning in Overeaters Anonymous.

On page 556, the author writes "I didn't enjoy life without drinking [compulsively eating]. I had to cope with the demands of everyday living without my comforter....And I didn't like it." When I first became abstinent, I was overwhelmed with wave after wave of emotions. Although today the emotions aren't as overwhelming, I am still uncomfortable with them. Over the last couple of weeks, in my "new" abstinence, I have become a grandmother and been hired for a full-time job in my field of study. These are good things, but to feel excitement and joy and some anxiety over them is not easy. But I am doing it today, while living in abstinence.

Anonymous

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.

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	Kayla	480-626-2123
Vice Chair	Marie	602-717-1099
Treasurer	Teri	480-466-5123
Recording Secretary	Bobbi	623-606-2633
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		
12 th 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

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

STEP SEVEN

Humbly asked Him to remove our shortcomings.

TRADITION SEVEN

Every OA group ought to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

Region 3 Representatives & World Service Delegates

Kayla, Bobbi, Donna M., Halina, Teri

Elusive Butterfly of Abstinence

For me, abstinence is still elusive even after over one year in OA. I cannot seem to grasp it or get a firm hold on it and, thus, I am still struggling with my food. But maybe it's not meant to be held tightly, maybe it's free flowing and light like a butterfly. The harder I try to catch it, the more it dances around me.

But if I sit still and be quiet, it may come to rest on my shoulder. A fellow OA member and now good friend told me not to struggle when faced with a 'temptation...to be still and be quiet and let my HP take over and trust that my HP can do for me what I cannot do for myself. I think that up until now that has been missing in my life. So, I will continue to do the footwork and pray for the willingness to be abstinent, but more importantly, be open to my HP's will and now do it without struggling. I know that the OA literature tells me abstinence is a gift for everyone that wants it. Therefore, I am sure that, in my HP's time, that elusive butterfly of abstinence will come to rest on my shoulder and yours too. LC

Step Eleven: Keeping an Active Spiritual Connection

The further I go in my recovery, the more I have realized the importance of always keeping a close connection with my higher power, whom I call God. When I look back over my three-plus years in recovery, I can see clearly now that most of my struggles occurred during periods when I allowed myself to get "too busy" for God or ignored His guidance and tried to run the show myself. I now know, 100%, that I cannot do this without His daily presence in my life.

So, how do I keep my connection with God? First of all, I make it a priority to start each day centering on God. I set my alarm clock early and spend my first 15 to 30 minutes of each day reading, praying, and quietly meditating. I start each of these sessions thanking God for a new day and asking Him to open my mind and heart to his guidance. This practice sets the mood for my whole day.

Giving the start of my day to God is a great start, but that is just the beginning of my daily walk with God. My God and I have become close friends who talk throughout the day. Any time I feel worry, frustration, or fear sneaking into my thoughts, I stop, take a big breath, and say a little prayer. I turn whatever worries I have over to Him, and let Him deal with it. I know I have to trust that He can handle it better than I, and that if I open my heart and mind, He will show me what to do. Believe me; I know this is not as easy as I make it sound. Sometimes I have to turn the same worry over repeatedly, because I keep taking it back. But, with practice, I am getting better at trusting Him, and when I do, my life is more peaceful and manageable.

The final part of my daily walk with God is to end each day with a prayer of thanksgiving. No matter how hard the day has been or what struggles I have faced, I look for the little blessings and focus on them. I thank God for His loving guidance and support. I go to sleep each night feeling blessed and loved by a higher power I know I can trust to take care of me no matter what. Debbie

Twelve Step Acronyms and Slogans

BIG BOOK: Believing in God Beats Our Old Knowledge

EGO: Edging God Out

DENIAL: Don't Even Notice I'm Lying

FEAR: False Evidence Appearing Real

FEAR: Face Everything And Recover

FINE: Feeling Insecure, Numb, and Empty

FINE: Frustrated, Insecure, Neurotic, and Emotional

HALT: Hungry, Angry, Lonely, Tired

HOPE: Happy Our Program Exists

NUTS: Not Using the Steps

Easy does it. First things first. Live and let live. But for the grace of God. Think...think...think. One day at a time.

Let go and let God. Keep it simple, sweetie. This too shall pass. Act as if. If it works, don't fix it.

Keep coming back. It works if you work it. Turn it over. Stick with the winners. More will be revealed.

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.

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

Region 3 OA Treasurer
P.O. Box 310290
New Braunfels, TX 78131
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

NEXT ASDI INTERGROUP MEETING

3rd Saturday of every month
July 16th

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