

# Arizona Serenity in the Desert Intergroup Newsletter

December 2014

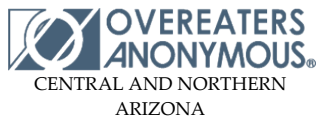
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**Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195**

*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.

## HOLIDAY MARATHON MEETINGS

9:00am, 10:30am, and Noon

### OA OFFICE

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

Nov 27<sup>th</sup> - Thanksgiving Day  
Dec 25<sup>th</sup> - Christmas Day  
Jan 1<sup>st</sup> - New Year's Day

## Finding Answers

My name is food addict and my problem is me. While your family bakes pies for the holiday, I write my overeating story, hoping Thanksgiving will be no different than any other day. If I'm lucky, I'll eat three moderate meals with one measured snack and nothing in between, just like today.

I am recovering from a debilitating ailment: food addiction. My allergy to highly processed foods such as sugar and white flour makes me break out in insane eating. I eat long after I'm full. I cannot fill a spiritual place in my core, but I sure tried to muffle it for three decades until my body almost gave up on me. I weighed 210 pounds (95 kg) before I could accept I had a fatal, progressive illness with no remedy.

The fat I carried (equal to six 10-pound bags of flour) represented my inner turmoil, resentments and self-centeredness. I didn't listen to my body, others or my conscience. I was caught up in what Twelve Step people call "self-will run riot." No one wanted to be around me, not even me. So I ate and ate. I was a disaster who hurt people I loved.

The real "stuffing" on past Thanksgivings was me, and the many foods I could get. After eating all day and feeling sick, I would still go out an hour later to buy a sweet dessert, in secret or with my sister. By nighttime, I was eating leftovers and popcorn slathered with butter. I saw no end to my compulsive eating; I was never satisfied.

It's easy to forget the inescapable, enormous pain of addictive eating. I wanted to die, but instead went face down into food. I couldn't even pray. My idea of God was way too small to help me. I thought I was unique. You could get well, but not me.

Inspirational videos or exercise programs didn't do it. I was defeated from the moment I stepped on a treadmill. An addict has to have his fix, and I needed mine. One friend in college told me, "Stop talking about losing weight and just do it." I cried because I couldn't. I gave away the best years of my 30s, 40s and half of my 50s to this ailment.

Eventually, I went to the only program that could help me-Overeaters Anonymous. A thin, happy looking member said she would sponsor me and didn't hesitate when I asked her; I owe her more than I can say.

In OA, our personal stories remind us we are not alone. Through my sponsor's experience, strength and hope, I came to believe I might find recovery for myself. So can you, if you are in trouble with food. This disorder never gets better by itself.

I had no idea how to pray until OA taught me how. At meetings I heard "God, I am now ready for you to have all of me, good and bad. I pray you will now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen." Now I know prayer is an attitude. I pray to become teachable.

OA defines abstinence as "The action of refraining from compulsive overeating. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."

*~Reprinted from Lifeline, November 2006*

## **Coping With the Holidays: Advanced Planning**

"If I fail to plan, I plan to fail" shared an OA member at a meeting in Silver Spring, Maryland. Each day I strive to follow my food plan, exercise for an average of 30 minutes, do service and make outreach calls. I have been tweaking this plan for 25 years (my time in OA). I have been maintaining a 50-pound (23-kg) weight loss. My emotional, physical and spiritual plan ramps up at the end of October, but preparations may begin 12 months ahead of time. While I am not at my goal weight yet, my goal for the end-of-year holidays is to maintain my weight and enjoy the holidays.

On Halloween, All Hallow's Eve in my religious tradition, sugarless gum and a pile of quarters solve the "What do I give for treats?" problem. Trick or treat is followed by two holidays, All Saints Day and All Souls Day. On those days I pray for deceased family members and meditate on the personality traits I admired in them and would like to emulate.

At Thanksgiving I celebrate my attitude of gratitude. My husband and I make a gratitude list and share it. When it comes to Thanksgiving dinner, I often choose vegetarian entrees; I am a social omnivore. If I am attending a traditional Thanksgiving meal, my aim is a human-sized serving of my Thanksgiving favorites. At holidays I allow myself one serving of dessert. I feel it is important to have a celebration of the holiday in a way that allows for fellowship with my family and does not leave me feeling deprived. Around the holidays, I make an effort to walk more. A stroll after dinner with my husband is romantic.

In December my religious tradition celebrates Christmas. This is my most challenging holiday because I love every aspect of it, including the spiritual rebirth of faith, hope and love. I attend my weekly meetings as usual; schedule plenty of exercise, especially yoga; and most important, I limit my holiday activities to my most meaningful ones. I do what I can when I can. Whatever gets done gets done, and that is enough. Letting go and letting God is a must. Gone is the expectation of a "perfect Christmas."

Most years I chair a preholiday mini-marathon where speakers share on holiday themes. Two of the most popular themes are prioritizing time and getting along with family members. I write a special holiday card to my sponsor and start my cards in November. If I am going to a holiday meal, I eat a human-size serving of protein, veggie and grain, and one serving of dessert. If the meal is in a restaurant, I eat a half or one-quarter of a portion, whichever quantity approximates my regular human-serving notion. Advanced planning is key.

*~ Reprinted from Lifeline, November 2011*

### **Promises by Candlelight East Valley**

**Friday, December 5<sup>th</sup>  
7:00pm – 9:00pm**

**St. Peter's Lutheran Church**  
1844 E. Dana Avenue  
Mesa, AZ 85204  
(In the Great Hall)

For further information and/or to be  
of service, contact:  
Judy S. at 480-895-9471  
or Jackie at 602-770-2320

### **Promises by Candlelight Phoenix**

**Saturday, December 6<sup>th</sup>  
7:00pm – 9:00pm**

**Our Savior's Lutheran Church**  
1212 E. Glendale Avenue  
Phoenix, AZ 85020  
(Across the street from the OA Office  
on Glendale Ave.)

For further information and/or to be  
of service, contact:  
Lisa at 623-229-2957  
or Shawna at 602-421-3314

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](mailto:check.perception@gmail.com)

## SAVE THE DATE!!

February 28, 2015

9:00am – 6:00pm

### “Mini Day Retreat”

St. Stephen's Episcopal Church

2310 N. 56<sup>th</sup> Street

Phoenix, AZ 85008

Flyers located in the OA Office and on the website

For further information and/or to be of service, contact:  
Rosie O. At 602-369-8444

## Arizona Serenity in the Desert Intergroup (ASDI)

### ASDI TRUSTED SERVANTS

Chair	Marie	602-717-1099
Vice Chair	Bobbi	623-606-2633
Treasurer	Kayla W.	480-626-2123
Recording Secretary	Tori	602-679-5273
Communications Secretary	Greg L.	480-688-2222

### COMMITTEES

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Office	Pat J.	602-923-8310
PI/PO	Dianna	480-600-1617
12 <sup>th</sup> Step Within	Kathy Y.	602-930-2689
Newsletter Editor	Christina	602-471-1217

### SERVICE POSITIONS

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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	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](mailto:check.perception@gmail.com)

## Speaker's Directory

<b>Anabel A</b> <a href="mailto:aportela1@gmail.com">aportela1@gmail.com</a> 602-803-6356	<b>Jeanne W</b> <a href="mailto:jeannewitter@aol.com">jeannewitter@aol.com</a> 623-340-1020
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<b>Dianna</b> <a href="mailto:diannainaz@msn.com">diannainaz@msn.com</a> 480-600-1617	<b>Marie</b> <a href="mailto:mdils@cox.net">mdils@cox.net</a> 602-717-1099
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<b>Greg L</b> <a href="mailto:glane480@gmail.com">glane480@gmail.com</a> 480-688-2222	<b>Sheila</b> <a href="mailto:luv2laugh2@msn.com">luv2laugh2@msn.com</a> 480-451-0859
<b>Harlan</b> <a href="mailto:harlan288@gmail.com">harlan288@gmail.com</a> 480-495-8961	

## Surviving and Thriving...

Here are some tips from the OA rooms on surviving and thriving during the holidays:

- Keep it simple.
- Ask for God's help to abstain.
- Have a game plan and tools in place.
- Get rid of temptations in the house.
- Remember, "When in doubt, leave it out."
- Realize you cannot please others, so why die trying?
- Think of it as "just another Thursday or Saturday."
- Recall the natural high or "holy awe" you get from being around junk food and not eating it, or excess and not indulging (ours is a positive happy choice!).
- Remember, making even the littlest room for HP helps!
- HALT if you are Hungry, Angry, Lonely, Tired (or bored, sad or anxious).
- Remember our "disease brains" think celebrating means getting sloppy; real celebration is living happy, joyous and free!
- Look up words like "joy," "happiness," "hope" in OA's daily readers, *For Today* and *Voices of Recovery*, to anchor your mind and heart in satisfying reality. I looked up "joy" in *For Today* and found the loveliest quote: "Those undeserved joys which come uncalled and make us more pleased than grateful are [the ones] that sing – Henry David Thoreau" (p. 64).

~Reprinted from Calling Newsletter, South Central Pennsylvania Intergroup, December 2010

## 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.

## TRADITION TWELVE

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

## CONCEPT TWELVE

The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power;
- (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- (c) No OA member shall ever be placed in a position of unqualified authority;
- (d) All important decisions shall be reached by discussion, vote, and, whenever possible, by substantial unanimity;
- (e) No service action shall ever be personally punitive or an incitement to public controversy; and
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

### Region 3 Representatives & World Service Delegates

Marie, Bobbi, Kathy, Christina, 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  
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Attn: Barbara Vervenne

World Service Office  
P.O. Box 44020  
Rio Rancho, NM 87174  
Attn: Controller  
505-891-2664  
[www.oa.org](http://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
November 27	Thanksgiving Day Marathon Meetings • 9:00am, 10:30am, and Noon OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020
December 5	East Valley Promises by Candlelight • 7:00pm – 9:00pm St. Peter's Lutheran Church • 1844 E. Dana Ave. • Mesa, AZ 85204
December 6	Promises by Candlelight • 7:00pm – 9:00pm Our Savior's Lutheran Church • 1212 E. Glendale Ave. • Phoenix, AZ 85020
December 20	ASDI Intergroup Meeting • 1:00pm – 3:00pm OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020
December 25 and January 1	Holiday Marathon Meetings • 9:00am, 10:30am, and Noon OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020
February 28	Mini Day Retreat • 9:00am – 6:00pm St. Stephen's Episcopal Church • 2310 N. 56 <sup>th</sup> St. • Phoenix, AZ 85008