

Arizona Serenity in the Desert Intergroup Newsletter

November 2014

SERENITY PRESS

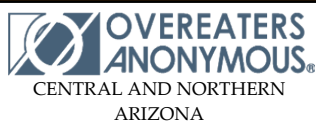
Donation 50¢



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.

The Twelve Steps to a Better Holiday Season



**CHECK OUT OUR NEWLY
DESIGNED 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.

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

~ This article appeared in the November 2007 edition of Lifeline.

One Bite Away

OA's I.D.E.A. International Day Experiencing Abstinence

Celebrate Recovery on:

**SATURDAY
November 15th**

**OA OFFICE
1219 E. Glendale Ave. #23
Phoenix, AZ 85020
3:30pm – 7:30pm
(brown bag dinner)**

**Contact: Pat J at 602-923-8310 or
Pat H at 480-585-4024**

I walked through the doors of OA in 1999. I weighed 285 pounds. I got a sponsor right away and immediately started working the steps. When I wrote my eating history, I saw that I was a 24/7 closet eater. I was a sneak eater, behind closed doors. My first abstinence date was 4/10/1999 which was eating three meals a day, nothing in between. I needed to learn to have a beginning and an end to each meal. I started to lose weight doing that alone. My next behavior I had to look at was letting go of fast food restaurants and no eating in the car while driving. That was now added to my definition of abstinence. My sponsor had me write my favorite binge foods. The foods that I knew I could not eat just one, the foods that I couldn't wait to eat at a certain event. "The foods that make me fat". When I wrote them down in black and white, it became reality. I call them my alcoholic foods. These are the foods that I have to abstain from, just like an alcoholic has to abstain from alcohol. As I worked the steps and became more honest, the list increased. With the letting go of my "alcohol foods" I started to have a spiritual awakening throughout the years. The obsession with these foods went away. The weight continued to fall off.

In 2006 I kept hearing people refraining from flour and sugar. What was that all about, I wondered? I then again, added to my abstinence definition. I refrained from all white flour, refined sugar along with no drive through joints, eating in the car, and three meals a day nothing in between. By this time I had worked the steps, made amends and was living in Steps Ten, Eleven, and Twelve to the best of my ability, daily. My spiritual life was growing. I sponsored, did service work at meeting, intergroup and region levels. Life was happy, joyous and free, even through divorce, purchase of a home, death of a mother and sister to mention a few.

I moved to Arizona in 2011. I was the new kid on the block. My sponsor of all those years passed away. I was comparing everyone to her and did not get a sponsor. I let go of prayer and meditation. I stopped living in Steps Ten, Eleven, and Twelve. My food got sloppy. I started to pick up "sugar free" items. My disease said it was ok, it was not sugar. I had forgotten a very important thing, that I could not eat certain foods "in any form". Sugar free turned into the real deal fast and I ended up in relapse and gained 30 pounds of the weight I had lost since 1999. I never stopped going to meetings but I was living in denial and a lie that I could get this on my own. NOT! I went deeper and deeper into my addiction with food and prayed for the gift of desperation. It finally came. I found a new structured meeting which I felt I needed to get the food thing in check. And one of the requirements for this was no sugar-free foods. I needed that. I started with a new sponsor and group of meetings in February of 2014. I used all the tools of the program and am working the steps again. I made amends with all whom I lied to about being in recovery when I was not, both in Michigan and Arizona.

It is now September 2014 and I have lost the 30 pounds I had gained. I am now again, living in Steps Ten, Eleven, and Twelve. It doesn't matter how long one has, 30 days, three years, 13 or 30 years. We are all just one bite away from a relapse. I trust God, clean house and work with others daily. And I remember I cannot, one day at a time, pick up my alcohol foods, in any form. I am reminded daily on page 88 of the Big Book that "God is here to discipline us." I have found happiness again within the steps. We never graduate. I have to remain humble and teachable.

In Recovery
Det2Phx

SAVE THE DATES!!

**Promises by Candlelight
7:00pm – 9:00pm**

**East Valley
Friday Dec 5th**

**Phoenix
Saturday Dec 6th**

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

HOLIDAY MARATHON MEETINGS

Need help making it through the holiday season?
Try one of the marathon meetings!

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

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

Thanksgiving Day, Christmas Day, and New Year's Day

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	Vacant	
Communications Secretary	Greg L.	480-688-2222

COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Tori	602-679-5273
Office	Pat J.	602-923-8310
PI/PO	Dianna	480-600-1617
PI/PO	Teri	480-466-5123
12 th Step Within	Kathy Y.	602-930-2689
Newsletter Editor	Christina	602-471-1217

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	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 jeannewitter@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
Dianna diannainaz@msn.com 480-600-1617	Marie mdils@cox.net 602-717-1099
Elise elise.ashe@imaginatics.net 860-961-0788	Pat J sprjz3137@q.com 602-923-8310
Greg L glane480@gmail.com 480-688-2222	Sheila luv2laugh2@msn.com 480-451-0859
Harlan harlan288@gmail.com 480-495-8961	

Plan for Holiday Success

Routine keeps my OA program safe. As one of the *For Today* readings says, "Repetition is the only form of permanence that nature can achieve" (p. 204). Repeating safe routines around food choices and behaviors keeps my abstinence on track. However, the holidays disrupt my routine. Although I welcome change as refreshing and reviving in some aspects of my life, a forced change to my abstinence brings fear and uncertainty.

I want to enjoy and look forward to the holidays, so with a little more effort than usual, I find I can not only get through these times, but also enjoy them. OA gives us the tools to go out and enjoy life, not to run away and hide from it.

I plan carefully for the end-of-the-year events around food and eating. I make a call or write down my strategy:

- I will ask, "What will feel good and be safe to eat?"
- I will leave a table loaded with food after an appropriate period of time.
- I will arrive after the food but in time for conversation with friends.
- I will plan events not associated with food: a walk in the park, a movie or a trip to an art gallery with friends.

Let's enjoy our holidays, our abstinence, and all the gifts our Higher Power has to offer over the holiday season.

~ This article appeared in the November 2006 edition of *Lifeline*.

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

CONCEPT ELEVEN

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Region 3 Representatives & World Service Delegates

Marie, Teri, 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
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
November 15	ASDI Intergroup Meeting OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 1:00pm – 3:00pm OA's I.D.E.A. • International Day Experiencing Abstinence OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 3:30pm – 7:30pm Contact: Pat J at 602-923-8310 or Pat H at 480-585-4024
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 St. Peter's Lutheran Church • 1844 E. Dana Ave. • Mesa, AZ 85204 • 7:00pm – 9:00pm Contact: Judy S at 480-895-9471 or Jackie at 602-770-2320
December 6	Promises by Candlelight Our Savior's Lutheran Church • 1212 E. Glendale Ave. • Phoenix, AZ 85020 7:00pm – 9:00pm
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