



**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.*



## 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.

## Twelfth Step Timidity

Carrying the message has been very hard for me. It was difficult enough to admit to myself and my group that I am a compulsive overeater and powerless over food, and admitting it to my family was even harder. But telling other people? That was impossible. When others asked how I lost the weight, I muttered something about diet and exercise, all the while knowing it was the first Eleven Steps and God that got me through each day. I knew this was unfair to OA and all the compulsive overeaters my sharing might have reached, and I knew I needed to practice the complete program for my own recovery. One day while walking home, my overweight neighbor called me over. "Wow! You have really lost weight," she said. "You look great. How did you do it?" In a split second, I prayed, "God, if you want me to do this, you'd better put the words in my mouth." My heart was pounding. Then suddenly I was telling her about OA—the meetings, the Steps, my Higher Power—and it surprised me how beautifully it all came out. I offered to help if my neighbor ever decided to try OA, and she was smiling when I left. When I got home, an even more amazing thing happened: My food obsession was gone. I realized what life can be like if I work the whole program. Later, I came to see that I had been only a fool. I merely had to be willing to open my mouth, and God filled it with words. And as a thank you, I was given a taste of what freedom from compulsion can be.

— *Lifeline, February 1986*

**CORRECTION!!! Last month's newsletter contained an error.**

## The Promises By Candle Light

15<sup>th</sup> Annual Holiday Candle Lighting Ceremony  
Will in fact be held:

**Saturday, December 09, 2017**

**7:00pm at**

**Orangewood Presbyterian Church**  
**7321 N. 10th St. Phoenix, 85020**



*Please note that this is a change of venue for this event from past years. Orangewood is on North 10th Street between Glendale Ave. and Northern Ave. It is best reached from 7th Street. Turn east on E. State Ave. and you will see the Church two blocks in front of you.*

*It is a beautiful and touching event that everyone looks forward to every year. We are looking for volunteers to speak on the promises. They have been broken down into 12. If you have not spoken at this event for the past several years, please contact Dianna at 480-600-1617 or [diannainaz@msn.com](mailto:diannainaz@msn.com) and find out what promises are available.*

## Save the Date!

Come join us at the beautiful Northern Arizona Campus in Flagstaff for ASDI's Annual Summer Retreat!

June 22, 23, 24<sup>th</sup>,  
2018



Online registration  
begins December  
2017!

Visit  
[www.oaphoenix.org](http://www.oaphoenix.org)

Questions?  
Call chair: Lois B.  
Phone:  
(608) 225-1595  
Email:  
[nolack4936@gmail.com](mailto:nolack4936@gmail.com)

See you there!

## Practicing These Principles During the Holidays

The holiday season is an open invitation to pig out. Christmas dinner, Hanukkah festivities, New Years Eve parties, Kwanza celebrations. There's food frickin' everywhere. As OA members, we're taught to use our program's tools to support our abstinence, and this is *always* helpful advice. And if we need a little something extra, Step 12 provides a way.

If we recall the cycle of addiction, it always begins with a thought or feeling that we makes us uncomfortable. We obsess about food when we are mentally or emotionally activated. In recovery, we learn that to stop this cycle in its tracks, we must use the tools and Steps. But what if we could avoid this activation in the first place? That's what the Steps help us do.

The holidays activate many of us because we spend them with the people who trigger us the most: our loved ones. They know how to get us going and which buttons to press to get us wrapped around the axel. They will assume the roles and characters they've always played in the family drama of our life. After all, they may not have a program, and we can't expect them to change.



It is we who must play our part differently. If we do, we will be less prone to the mental/emotional activation that leads to the first bite.

But how do we do it? Step 12 suggests we apply the principles we've learned in the Steps. For example, the Big Book shares many important ideas, including the following:

- resentment is the number one offender
- fear is a corrosive thread in the fabric of our lives
- kindness, love, and tolerance are our code
- when we are wrong, we promptly admit it
- our job now is to be of service to God and others
- our only defense against the first bite is our Higher Power.

Even if we haven't yet completed the Steps, we can put these principles into immediate practice. Here's some examples:

### *Resentment is the number one offender*

If we retain resentment against those we will celebrate with we have choices. We can not go. Or before going, we can work those resentments out using the 10th Step. At the very least, we need to acknowledge our hurts and be honest with someone about them so they don't own us.

### *Fear is a corrosive thread in the fabric of our lives*

Fear breeds resentment. Fear also breeds compulsive eating. If we are afraid of the situation in our holiday celebrations, we must ask our Higher Power for courage. Courage is the willingness to go forward despite our fear. We've been afraid all our lives, so we've eaten. Now is not the time to deny our fear and cross our fingers that we won't be tempted to eat.

### *Kindness, love, and tolerance is our code*

It's easy to be fun and gentle around our easy-going loved ones. But what about the coarse, bigoted uncle who shouts his opinions at everyone else at the table? Or the bratty teenager who only cares about their phone? Or the sibling you've always butted heads with? We can ask ourselves a simple question: *Do I want to be right, or do I want to be happy?* Nothing we say will change Uncle's mind. Nothing we do will make that adolescent grow up. The more we try to control a sibling relationship, the more strained it gets. Instead of loading for bear, we can remember that we are as flawed as they are, if not more so and give them the same respect we ask in return. (cont. next page)



## 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.

Emily G. – 480-582-8061 – mycatbobby@yahoo.com

## Arizona Serenity in the Desert Intergroup (ASDI)

### ASDI TRUSTED SERVANTS

Chair	Tori	602-679-5273
Vice Chair	Marie	
Treasurer	Teri	480-466-5123
Recording Secretary	Lisa M	401-261-4540
Communications Secretary	Coleen	

### COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Deb	602-460-9893
	Greg	480-688-2222
Office Co-Chairs	Pat J.	602-799-0153
	Donna	602-750-3589
PI/PO	VACANT	
12 <sup>th</sup> Step Within	Mike V	602-615-2396
Newsletter Editor	Emily	480-582-8061

### SERVICE POSITIONS

Telephone Coordinator	Christina	602-471-1217
Literature	Dianna P.	480-600-1617
Website Manager	Deb	602-460-9893
Meeting List Updates	Bobbi	623-606-2633
Office Announcements	Carol H.	602-292-4346
Office Cleaner Coord.	Carol H.	602-292-4346

## 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:  
mycatbobby@yahoo.com

*When we are wrong, we promptly admit it*

We addicts are prideful by nature. Our disease uses pride to generate resentments and keep us eating. So if we find ourselves arguing for argument's sake, or if we find ourselves taking an invitation to a family fight, or if we are too snarky with someone, we can just admit it. Experience shows that we'll be surprised and delighted by the results.

*Our job now is to be of service to God and to others*

Even if you don't yet have a Higher Power, you can easily practice being of service to others. If you are visiting somewhere, ask to set or clear the table. Help with preparing food. Volunteer to go to the store to grab a missing ingredient. Pick up a baby or play with a little one to give a parent a break. Wash or dry the dishes. If you are hosting, mingle and talk with everyone one-to-one to help them enjoy the occasion. Be extra helpful to your spouse or cohost. Don't try to control the day, just ask people to enjoy it with you.

*Our only defense against the first bite is our Higher Power*

This most of all. We can't do it ourselves, but we are never alone if we invite the God of our understanding to show us the way to an abstinent holiday season. We don't need stocking stuffers, holiday treats, or boozy drinks to feel aglow during the holidays. We only need to ask God to remind us of our gratitude for the blessings we have and to strengthen us in our times of temptation and need. Experience says God will be happy to do so.

Have a joyous and abstinent holiday season!

– *Anonymous, Seacoast OA 2016*

### 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 OF OA SERVICE

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

Tori, Harlan, Stacy Alyse  
Rosie/alternate

## Fallen Star

I was the self-appointed poster child for OA: I had physical recovery, I performed a lot of service, and I had several sponsees. My phone rang day and night. I was asked to speak at marathons and retreats. I wasn't anonymous, and I didn't want to be anonymous – I was a star.

I was lacking in self-esteem, and OA offered a platform where I could succeed and show my worth. When I attained a normal body weight and performed more than my fair share of service, recognition came my way. People looked up to me! I was finally perched on a higher rung of that imaginary ladder of worth. Self-righteousness only strengthened my grip. Members began to look my way whenever a service position needed to be filled. By then, my life was full to bursting with service, family, work, and the fixer-upper home I'd purchased.

Then, at one business meeting, a question hung in the air, needing an opinion. I always had at least three opinions on the same issue, but this time I didn't offer any of them. I leaned back in my chair and remained silent, letting someone else take the lead. It was the start of humility. Building a persona at meetings takes a lot of energy. I imagined myself better than others because that was the only way I felt good enough. Imagine the effort it took to keep up such a sick standard! How you continued to love me defies all reason, but you did.

When the inevitable fall came, I tossed away my abstinence and sank into a three-year, 70-pound (32-kg) relapse. I continued to come to meetings, fearing what would happen if I didn't. My shame must have been palpable to others in that group, and it took every last shred of courage to show up. Ironically, the only member who ever sneered at my relapse was the other "star" in the group. The rest of you loved me through it. When I see other OA members repeating my mistakes, I appreciate their willingness to give, and I hope they learn balance before they fizzle out and fall away from our Fellowship, unable to sustain endless service commitments and perfect back-to-back abstinence. I am aware that some members (the "experts") want to influence decision-making based on the length of their membership. I only know because I did that too.

We can only love the stars blazing in our meetings, make our own decisions, and keep our "expertise" to ourselves. We all have one voice and one vote, and none is more substantial than another. We are all trusted servants, not self-appointed leaders. I'm grateful that OA taught me the difference.

– *Cynthia W., Wickenburg, Arizona USA*

## 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

3<sup>rd</sup> Saturday of every month  
December 16<sup>th</sup> 2017

ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm  
OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 850