



**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.

**THE PROMISES BY CANDLE LIGHT**

Overeaters Anonymous Arizona Serenity in the Desert Intergroup (ASDI) Invites You To The Annual Holiday Candle Lighting Ceremony. Two to choose from:

**Friday, December 4<sup>th</sup> at 7:00 pm to 9:00 pm at  
St. Peter's Lutheran Church 1844 E. Dana Ave.  
Mesa, AZ 85204.**

Join us for a celebration of the 9th Step Promises (From Alcoholics Anonymous Big Book, pages 83-84) In the Great Hall. For further information contact Judy S 480-895-9471 or Linda W. 480-984-8553  
**OR**

**Saturday, December 5<sup>th</sup> at 7:00 pm at  
Our Savior's Lutheran Church 1212 E Glendale Ave,  
Phoenix, 85020**

(Across the street from the OA office)

Join us for a celebration of the 9th Step Promises (From Alcoholics Anonymous, pages 83-84) For further information contact Dianna at [diannainaz@msn.com](mailto:diannainaz@msn.com) or 480-600-1617.

**Here are the top 7 reasons to attend the 2016 ASDI Winter Retreat**

- R – Relapse and Recovery Speaker
- E – Easy commute, located in Phoenix
- T – Time to spend with your HP and OA family
- R – Reprieve from the daily demands of life
- E – Enjoyment of spending quality time with and making new friends
- A – Ability to regroup, assess and restart your recovery
- T – Together we can do what we could never do alone

## Winter Retreat, January 8-10, 2016

The holidays are upon us and we are looking forward with anticipation to the Arizona Serenity in the Desert's annual winter retreat. This year's theme: 12 Stepping Through Life... Practical Solutions. This amazing event is scheduled for January 8-10, 2016 at the beautiful and serene Mt. Claret Retreat Center. If you haven't been to Mt. Claret you are in for a real treat. Buried in the heart of Phoenix is a quiet, peaceful oasis. A place to relax, rejuvenate and recover. Those of you have attended retreats before know the benefits of going. For those of you who have not, or those who need a refresher, it's a time to unplug from the hectic world we live in, a chance to commune with nature and your Higher Power, an opportunity to interact and to get to know your OA family. To download the registration brochure, go to [oaphoenix.org](http://oaphoenix.org).

For more information contact Dianna at [diannainaz@msn.com](mailto:diannainaz@msn.com) or 480-600-1617 or Rosie at [rosieoldham64@gmail.com](mailto:rosieoldham64@gmail.com) or 602-369-8444.

The next meeting of the 2016 Winter Retreat will be on Sunday, November 22nd at 11:45 am at the Paradise Bakery and Café just down the street from the OA office. Volunteers are still needed. This is a great way to meet other OAers outside your usual meeting circles. For more information, contact Dianna at [diannainaz@msn.com](mailto:diannainaz@msn.com)

## Cravings. What are they, where do they come from, and how can I face, interact with, and grow through them to serve my Higher Power's will for me?

In my earliest meetings, I heard one fellow traveler in recovery say of cravings, "Either God has removed the compulsion or He hasn't." My cravings would be gone most of the time, but they'd still pop up occasionally and I found myself lost in a feeling of shame whenever it happened. I felt like a failure and it was hard to reach out. A year into program and nearly a year abstinent from compulsive eating, I realize that her understanding of and interaction with cravings differs from mine, that's okay, and that's part of The Divine's plan for me, at least for today. In my life, cravings are my Higher Power's way to let me know when something's not quite right.

For me, the phenomenon of craving or the urge to eat compulsively can be brought on in two ways. The first, as discussed in "The Doctor's Opinion" in the Big Book, is related to triggering my physical allergy (p. xxviii). With my food addiction, this allergic reaction can be either biochemical, in which something I ingest impacts my blood sugar level and produces a high/effect, or sensual, meaning that the texture, taste, smell or volume of something I eat gives me an emotional effect. The second, as discussed in "Into Action" in the Big Book, is the constant fear and tension in my life that can take hold if I'm due for a moral inventory (p. 72-73). The biggest threat to my food sobriety is when I edge God out (ego), and that happens when I hold onto whatever I should be turning over. This is nothing to be ashamed of—I'm human so, even when I'm working a strong program and doing 10th step work regularly, I may miss some insights that don't reveal themselves immediately or are temporarily drowned out by my ego.

I always hear in meetings that we are to invite our Higher Power in before cravings hit, but no one ever talks about what to do when cravings actually show up and dig their heels into our foundation. I live a life of progress, not perfection, so I know that I have to face the fact that, even with a rigorously honest program, sometimes cravings just find their way in. Here's how I use program to honestly face, examine and move through the space of cravings back into the serenity my Higher Power wants for me:

First, I turn to my Higher Power and ask for insight, wisdom, and the courage to be searching and fearless. Then, I take an inventory of anything that may be cutting me off from God. I write down any resentments I'm keeping, amends/restitutions I refuse to make, vicarious thrills I'm holding onto, and any secrets I won't tell—these are the four "Impediments to God" observed by Sam Shoemaker of the Oxford Group. I make sure to include any food, drinks and other substances I've ingested that may have triggered my physical allergy, too, because those are vicarious thrills. Next, I comb through the list, seeing where my character defects (fear, anger, selfishness, self-seeking and dishonesty) appear. Then I call or sit down with my sponsor or a program friend and go through my list, welcoming any feedback. I ask my Higher Power to remove these shortcomings, make amends for any harms I've caused, and then I turn my attention to service to others.

I'm an imperfect human being whose primary purpose in life is to be of service. By listening to my Higher Power's gentle cues, like the appearance of cravings, I am blessed with the daily gift of serenity and a reprieve from the disease of compulsive eating.

Brooke H.

## 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 | Christina | 602-471-1217 |

### COMMITTEES

|                              |          |              |
|------------------------------|----------|--------------|
| Bylaws                       | Sheila   | 480-451-0859 |
| Outreach/Lifeline            | Linda P  | 602-909-5113 |
| Office                       | Pat J.   | 602-923-8310 |
| PI/PO                        |          |              |
| 12 <sup>th</sup> 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

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

## 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

Kayla, Bobbi, Jackie, Donna M., Alternate:  
Teri

## RAFFLE ITEMS REQUESTED

RAFFLE ITEMS REQUESTED for the ASDI Winter Retreat on January 8-10, 2016. Our OA family has always been generous and we hope we can continue to count on that generosity. ASDI asks that meetings consider making a donation to the retreat by purchasing gift cards, or if you, as an individual can also donate, whether a gift card or something in your closet you would like to re-gift. Please contact Mindy at mindyc85019 or 602-920-0826 for questions or more information. For items other than gift cards, you will be responsible for bringing the item to the retreat or making arrangements with Mindy. Your contributions are always welcome. Money generated from ASDI retreats are used to send rep/delegates to Region 3 assemblies (twice a year) and to the World Service Business Conference (annually).

### Celebrating Our 56th Year!

SAVE THE DATE - January 15-17, 2016 for the 56th OA Birthday Party Weekend Celebration  
Come early at same low rate.

Attend OA early am and pm meetings at hotel and then play in LA, the city where OA was BORN!

\* Deluxe Location \* Luxurious 4 star hotel @ \$114 / night up to 4 people  
LAX Hilton, 5711 West Century Blvd, LA, CA 90045

Online Registration is now open!

For more information, go to: <http://www.oalaig.org/oa-birthday-party/the-oa-birthday-party.html>

### 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](http://www.oaphoenix.org)

Region 3 OA Treasurer  
P.O. Box 310290  
New Braunfels, TX 78131  
[www.oaregion3.org](http://www.oaregion3.org)  
Attn: Elaine Long

World Service Office  
P.O. Box 44020  
Rio Rancho, NM 87174  
Attn: Controller  
505-891-2664  
[www.oa.org](http://www.oa.org)

## CALENDAR

|   |   |
|---|---|
| <b>3<sup>rd</sup> Saturday of every month</b> | ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm<br>OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020          |
| <b>December 19<sup>th</sup></b>               | ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm<br>OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020          |
| <b>January 8 – 10, 2016</b>                   | ASDI's Annual Winter Retreat at Mt. Claret<br>This year's theme: <i>12 Stepping Through Life... Practical Solutions</i> |