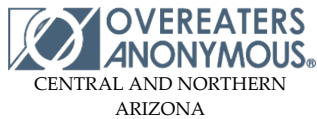




**Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195**

*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.

## Step 11 is the Key

Why was I even mildly surprised that the compulsion had hold of me again! I had walked away from the light, stepping back into the darkness, letting it engulf me. I had stopped praying for only two days and there I was, unable to fill the hole in my stomach.

At times, after a quick prayer, there would be a glimmer of hope and then the feeling that it was slipping through my fingers. Why couldn't I catch it, hug it to me? I did want it again, didn't I?

"Let go and let God," I remembered hearing in OA. Let go of what? "Let go of self-will."

Then who will hold me up? Not my husband; he has to work. Not the group; they have their own lives. Who will hold me up?

"Let go and let God."

That's what I thought I was doing, and look where I was yesterday – back in that cave I used to live in. But I had forgotten the key; the key is prayer. I unplugged the phone, shut my bedroom door, got down on my knees and opened my heart to God. I talked to my Higher Power as to my mother or father. I prayed to be able to pray. "How can I best serve you, not me?" Asking for freedom from that forceful self-will, I prayed for the courage and grace to deal with my fears and for the strength to abstain.

I am no authority on what others need, and I have no answers for anyone else. I can only share what I have learned. In giving God a small part of the twenty-four hours a day I am so graciously given, I keep the channel clear and allow God's will to be active in my life.

I can't make it in this program without daily practice of Step Eleven. If I want to get well, I pray – each day, on my knees, in a quiet space cleared for that purpose. Only then am I able to let go.

Today I am living in the light again. Today all is well. Lifeline, March 1982

## A Second Look at Tradition Three

### 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 at the OA office at  
5:30 pm. Contact Reszi  
(602) 820-3234 for more  
info.

LGBT meeting on Thursdays  
at 7:00 pm 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

12<sup>th</sup> 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!

It is said that you can leave OA, but OA will never leave you.

I learned how true that is one night while doing the dishes. I hadn't been to a meeting for several months after attending regularly for a year and a half.

Somehow, I got to thinking about Tradition Three: "The only requirement for OA membership is a desire to stop eating compulsively." I realized that during the time I had been a member, I misinterpreted that statement. I had always thought of it as the desire to lose weight, to be thin.

Now suddenly, it was obvious to me that Tradition Three says absolutely nothing about weight. I knew at that moment that I had never really wanted to have the excess food removed. I just wanted to be thin. The whole time I was attending meetings, I only looked forward to the end result and blinded myself to anything that did not provide specific tips on how to lose weight.

Sure, I had lost 60 pounds. But I put most of it back on because I never really met the simple requirement set forth in Tradition Three: I did not have a desire to stop eating compulsively.

I realize now that sanity can only come from first humbling myself to the fact that I am powerless, and then being willing to turn my life over to a Higher Power.

What a relief to know that I can't even fool myself anymore!

Lifeline, August 1982

## Higher Power: An Atheist's Concept

I nearly ran from my first OA meeting when God was mentioned. But I was impressed with the things people were saying about themselves.

"I'd better try it." I thought. "Nothing else has worked. Last year I was twenty-five pounds. This year, thirty-five."

My first problem came with Step Two. I couldn't believe, as others seem to, that God is a kind of super-being who lives in the sky and orchestrates everything on earth.

On the other hand, I had to recognize that I do have a kind of faith in what I think of as the "righting mechanism" in human beings. I believe that people seek health. They may deny it. They may behave like the devil incarnate. But if they can be reached – if someone they can trust is able to drive home a message of love – they would confess their misery and open themselves to change.

I have no scientific support for this belief. It may or may not be true. But I believe it. If this righting mechanism does exist, and if it can be considered a higher power, then I too am God's child.

And that's how I, an atheist, found myself talking about God. I feel I can trust this quality in the same way people talk of trusting God. It makes me feel less significant and alone.

I still hesitate when others talk of God. I can't agree with their interpretation. But I certainly plan to hold onto the good feelings that accompany my evolving thoughts.

Lifeline, December 1979

## 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                    | Tori   | 602-679-5273 |
| Vice Chair               | Marie  | 602-717-1099 |
| Treasurer                | Teri   | 480-466-5123 |
| Recording Secretary      |        |              |
| 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 <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 EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

### TRADITION EIGHT

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

### CONCEPT EIGHT

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

### Region 3 Representatives & World Service Delegates

Tori, Bobbi, Teri, Dottie, Harlan  
Rosie/alternate

Count your blessings.

Share your happiness.

Respect the anonymity of others.

Share your pain.

Let go of old ideas.

Change is a process, not an event.

Take what you can use and leave the rest.

## Losing the Need

When I came into the program and learned that I had to abstain one day at a time. I believed it meant nothing more than short-term willpower. By that I mean having to use my desire to lose weight as a prod to keep from eating *this* minute, *this* meal, *this* day.

I found myself asking, "What is the difference between OA and all the diets I've been on? Didn't they, too, depend on willpower?"

For me, what made dieting so difficult was that I could never look forward to a time when willpower was not going to be needed. I knew that year after year I was going to have to fight to control my eating or lose everything I had worked so hard to accomplish. I lived every day with this fear that I would put all my weight back on plus a few pounds more. This had happened dozens of times.

But I found a big difference in OA, something wonderful and new! I did exactly as I was told. And I got exactly what I expected: clenched-fist abstinence one day at a time. As I absorbed the program and worked the steps, twenty-four hours at a time, I don't know when it happened, but my compulsion to overeat was lifted automatically. It was just as the Big Book promised, and as of today I know that as long as I keep spiritually fit, I have lost my need for willpower to control my compulsive overeating. What a great feeling! Freedom at last.

I believe this can happen to anyone who will work the full OA program and abstain one day at a time. The fact that the Big Book says it will happen automatically also tells me that I am not able to predict when it will happen for anyone. We can't rush it. We must have faith and believe it will happen in its own time. In other words, we must pay our spiritual dues. Only then are we assured it will come to us.

Lifeline, February 1980

Anger is but one letter away from danger. Courage to change. Easy does it, but do it.

Bring the body and the mind will follow. Before engaging your mouth, put your mind in gear.

OA is not something you join, it's a way of life. Spirituality is the ability to get our minds off ourselves.

Formula for failure: try to please everyone. OA is an education without graduation

## 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.

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Region 3 OA Treasurer  
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[www.oaregion3.org](http://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](http://www.oa.org)

## NEXT ASDI INTERGROUP MEETING

3<sup>rd</sup> Saturday of every month  
August 20<sup>th</sup>

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