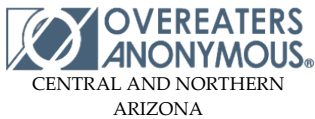




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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

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.

Step Eleven: Keeping an Active Spiritual Connection

The further I go in my recovery, the more I have realized the importance of always keeping a close connection with my higher power, whom I call God. When I look back over my three-plus years in recovery, I can see clearly now that most of my struggles occurred during periods when I allowed myself to get "too busy" for God or ignored His guidance and tried to run the show myself. I now know, 100%, that I cannot do this without His daily presence in my life.

So, how do I keep my connection with God? First of all, I make it a priority to start each day centering on God. I set my alarm clock early and spend my first 15 to 30 minutes of each day reading, praying, and quietly meditating. I start each of these sessions thanking God for a new day and asking Him to open my mind and heart to his guidance. This practice sets the mood for my whole day.

Giving the start of my day to God is a great start, but that is just the beginning of my daily walk with God. My God and I have become close friends who talk throughout the day. Any time I feel worry, frustration, or fear sneaking into my thoughts, I stop, take a big breath, and say a little prayer. I turn whatever worries I have over to Him, and let Him deal with it. I know I have to trust that He can handle it better than I, and that if I open my heart and mind, He will show me what to do. Believe me; I know this is not as easy as I make it sound. Sometimes I have to turn the same worry over repeatedly, because I keep taking it back. But, with practice, I am getting better at trusting Him, and when I do, my life is more peaceful and manageable.

The final part of my daily walk with God is to end each day with a prayer of thanksgiving. No matter how hard the day has been or what struggles I have faced, I look for the little blessings and focus on them. I thank God for His loving guidance and support. I go to sleep each night feeling blessed and loved by a higher power I know I can trust to take care of me no matter what.

Debbie

How My Food Plan Has Changed Over Time

NEW MEETING

Begins Thursday, June 9th
6:00 pm – 7:00 pm
Big Book Study Format
Church of Latter Day Saints
(Mormon Church)
3601 East Shea Blvd.
Phoenix, 85028
Two blocks east of the 51
and Shea exit.
Enter eastside by the steeple.
Take hallway to the back.
Contacts for this meeting are:
Debbie R. at 602-494-7446 or
Greg L. at 480-688-2222

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

IMPORTANCE OF WORKING THE STEPS WORKSHOP

Friday Evening, June 3rd
from 7:00 pm to 8:30 pm
at the OA Office located at
1219 E Glendale, #23,
Phoenix 85020
This new OA World Service
Office informative and fun
workshop will focus on the
importance of working all
Twelve Steps. A blend of
readings, discussions,
writing exercise, survey
results, and more. The
Importance of Working the
Steps Workshop encourages
step work and awareness.
Open to all members and
newcomers. To help facilitate
the workshop or for more
info, contact Greg L. at 480-
688-2222 or
glane480@gmail.com.
www.oaphoenix.org

When I finally walked through the doors of OA, I was full of shame and fear. The fight within was over, and I felt like I'd lost. I knew my bingeing days were over and I knew which trigger foods I had to let go. I actually knew a lot about nutrition; having been obsessed with food all my life, I'd read volumes on nutrition, diet, and exercise. So after my first meeting, I did what I always did when I was going to change my eating habits: I went through the cupboards and threw away anything that didn't fit on the diet of the day. If the label listed sugar in any form, out it went. I asked my husband not to bring any sweets into the house, and I set up what seemed like a reasonable food plan for myself. During those first few weeks, I felt unworthy when I ate, shamed by my past relationship with food. But I stuck to my plan one day at a time, with the help of meetings and a higher power I was beginning to rely on like never before.

But confusion was a problem! As I heard OA members talk about their "abstinence" referring to their food plans or about abstaining from entire food groups, I became terrified of eating the wrong foods. Then another member suggested I see a nutritionist and do what she told me.

Lo and behold, the nutritionist affirmed that my plan was definitely on the right track; it was just too restrictive. I didn't need to cut out entire groups of foods other than avoiding trigger foods. She even suggested that I simply avoid what she called "gross sugars," meaning foods composed mainly of sugar. I wasn't there yet – if the label listed sugar, I wouldn't touch it. Of course this made it difficult to eat in a restaurant or in someone else's home. What if the salad dressing had a pinch of sugar in it? Yes, I could bring my own. But would that insult my host?

When I was in junior high school, I read an article about anorexia. The author talked about how much socializing revolves around food: we go out to lunch together and invite friends to our homes for dinner. At one time, I used that rationale to keep overeating, but through the help of OA I was beginning to understand the social aspect of food in a new way. With the help of a higher power, I begin to realize that I could let go of the fear of food. I could be a gracious guest without breaking my abstinence. There was no shame in saying "no thank you" without making a big deal of it or having to bring my own dinner to a dinner party. A member told me her theory once that there are no bad foods, only bad food behaviors.

Ah ha! I can live in the real world. After my initial detox from sugar and trigger foods and following a sound food plan, after years in program with regular meeting attendance, connection with a sponsor, and repeated step work, I am not as strict with my food. Yes, there are certain foods I haven't eaten since my first meeting – I had already eaten enough of them to last a lifetime! But as I have grown and changed, I have truly come to believe that the food is but a symptom of my disease; it is what's eating me, not what I'm eating.

I am still particular about what I choose to buy and bring into my home. But if there is a pinch of sugar in a salad dressing or bread, I know that it won't push me over the edge into bingeing. If I'm invited into someone's home, I let them know in advance that I don't eat desserts or food with high sugar content. And I can usually "eat around" the foods presented without making a crisis out of the menu. By keeping the focus on the people – not on the food – I can stay abstinent one day at a time, and I can stay sane (most of the time) by relying on a power greater than myself.

Are my eating habits perfect? No! Fortunately, perfection is not on my food plan, but neither is shame and blame.
Anonymous

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)

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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

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STEP SIX

Were entirely ready to have God remove all these defects of character.

TRADITION SIX

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

CONCEPT SIX

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Region 3 Representatives & World Service Delegates

Kayla, Bobbi, Donna M., Halina, Teri

**Don't forget to sign up for
ASDI's Annual
Summer Retreat
June 24 -26, 2016
in Prescott, Arizona**

**<http://www.oaphoenix.org/>
Questions? Contact Rosie O., Chair
at 602-369-8444 or email at
specialevents@oaphoenix.org**

Twelve Step Acronyms and Slogans

BIG BOOK: Believing in God Beats Our Old Knowledge

DENIAL: Don't Even Notice I'm Lying

FEAR: Face Everything And Recover

FINE: Frustrated, Insecure, Neurotic, and Emotional

HOPE: Happy Our Program Exists

Easy does it.

Think...think...think.

This too shall pass.

It works if you work it.

First things first.

One day at a time.

Act as if.

Turn it over.

EGO: Edging God Out

FEAR: False Evidence Appearing Real

FINE: Feeling Insecure, Numb, and Empty

HALT: Hungry, Angry, Lonely, Tired

NUTS: Not Using the Steps

Live and let live.

Let go and let God.

If it works, don't fix it.

Stick with the winners.

But for the grace of God.

Keep it simple, sweetie.

Keep coming back.

More will be revealed.

Fear

That little word penetrated into every corner of my life. I was afraid of food, afraid of losing my abstinence, afraid of being fat, afraid of being too thin, afraid of not being able to have children, afraid of not ever knowing who I was, afraid of not having friends, afraid of always being stuck in the cycle of self. The list went on and it paralyzed me.

So what is the truth behind my fears? Well, they are always in the future! My sponsor told me that resentments are in the past and fears are in the future. Doesn't it make sense to stay in the now? The Big Book gives me a wonderful prayer for times when I'm afraid on page 68:

"We ask Him to remove our fear and direct our attention to what He would have us be."

For example, I'm afraid that my husband will die in his line of work. "God, remove my fear and direct my attention to what You would have me be."

What would God have me be today? He would have me love my husband unconditionally and be the wife He created me to be.

Today, I choose to rest in God's Truth. I believe the Big Book when it says, "We were reborn." I truly believe that I have new life in recovery, by the Grace of God. I'm free to be at peace with myself (steps 4 & 5), with God (steps 6 & 7), and with others (steps 8 & 9). This, in turn puts food in its place. Remember, we "were" powerless over food. Yes, past tense. God's Power is alive and well in my life today. I have no reason to fear food or anything else for that matter. Judi

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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www.oa.org

NEXT ASDI INTERGROUP MEETING

3rd Saturday of every month
June 18th

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