

Arizona Serenity in the Desert Intergroup Newsletter

February 2017

SERENITY PRESS

FREE



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 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.

Looking back, **Step 2** was the hardest step for me to take. It has 2 parts and I had trouble with both:

First part: "Came to believe that a Power greater than ourselves..." I believed in a Deity when I first joined OA, but I also believed He was so busy helping Mother Theresa and Gandhi and Martin Luther King that He couldn't have the time or patience to help me with a food problem. When I rejoined OA 15 years later, I was an agnostic—no HP to guide me. A sponsor suggested I use the entire OA group as my HP. Thousands of people invisibly followed me everywhere: to parties, restaurants, buffets, shopping, family gatherings, and whenever I wondered what to choose/eat/say/do, I asked THEIR advice—and I ALWAYS heard their answer, loud and clear! Fifty pounds lighter and the same size for 4 years, I still do!

Second part: "....could restore us to sanity." Hey! Don't call ME insane!! I have a food problem and I'm not perfect but THERE'S NOTHING WRONG WITH MY BRAIN! Then I learned that making insane choices does not mean I have mental problems. But the Step 2 questions in the workbook showed me that my choices about eating were irrational, self-destructive inappropriate, ineffective, and insane. I know that I can't heal a broken arm by applying a slice of cheesecake, so it's irrational of me to think a dessert can fix a broken heart! I've learned it's self-destructive to think that ingesting sugar can dissolve a resentment, and inappropriate to continue to eat after I've just consumed a hearty meal. OA has given me tools to act on life, rather than react to it. I've learned effective, logical, appropriate actions/reactions. I call a member, go to a meeting, read literature, seek my sponsor's feedback, pray that I'll be shown sane choices/actions, write a 'letter to God', and develop a plan of action. THIS is "sanity". And now I try to consistently ask HP to help me make sane choices, appropriate choices, when I eat, speak, or act.

- Jean, Durham



Newcomers!

Attention all meetings and members of OA in Central and Northern Arizona:

We've started 2 newcomer open-house style meetings:

6:15PM on the first and third Wednesday of the month and

10AM on the second and fourth Sunday of the month,

both to be followed by regularly scheduled meetings at 6:45PM Wednesdays and 10:30AM Sundays, respectively.

A great resource for those new to OA and/or the 12 steps! Both will be at the OA office at 1219 E. Glendale Ave. in Phoenix! Call for more info.

(602) 234 - 1195

Emotional Sobriety by Bill W.

"My basic flaw had always been dependence, almost absolute dependence on people or circumstances to supply me with prestige, security and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.... If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety."

- Grapevine, January 1953

Defining My Own Higher Power

When I was a child, people told me what my concept of God should be. This gave me an image of a jealous, demanding, judgmental God, not a source of unconditional love. Because I hated being told what to think, this also aroused criticism and rebellion in me. As a result, I never found a God I could talk to and listen to. But OA is unique. You told me to find a Higher Power of my own understanding, and you silenced the inner critic forever.

How can I criticize a concept I made myself and can modify at any time? At last I was able to feel a closeness with a power greater than myself, and my gradual spiritual awakening began. Before OA, my efforts at meditation were mostly disappointing. I was never able to clear my mind of visualizations. But at an OA retreat, an experienced meditator gave me validation; he said that focusing on an inspiring mental image is a perfectly valid, even excellent, meditation technique. I had been doing it right after all! So visualization during meditation became my way of staying close to my Higher Power.

I knew my concept of a Higher Power was feminine, but I needed a specific image. With a mind free of prior religious programming, I looked anew at a statue that I keep in my bedroom. I saw a female figure with a face expressing the essence of unconditional love and compassion. For the remainder of my day, I am a responsible adult. But in my moments of meditation, I am a child at peace, safe in his Mother's arms.

- Lifeline, December 1996

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

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(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:
mycatbobby@yahoo.com

On Step Two

I had a tough time getting past this step. I'm agnostic, which to me means that as a human being I can't possibly KNOW what the Truth is. I do have a spiritual concept though, which is a personal feeling about "power greater than myself."

All I'm asked to do in this step is "come to believe." This power-greater-than-myself started out simply as "not me," "not my ego," and it is still that on my more skeptical days. On other days, it is Love. When I was trying to figure out what "It" was (ironically, I felt I needed to KNOW, and I couldn't make a move until I had it all figured out!), I was also procrastinating on doing whatever I needed to that was in front of me to find recovery.

Today, I accept that I am not in charge, and I move on with my day. I need to in order to have the sanity mentioned in this step. The only other choice for me is to make the food or other things that are detrimental to my health and wellbeing my higher power, and I have plenty of empirical experience with that... no thanks, not today. Today, I have come to believe.

- Anonymous

STEP TWO

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION TWO

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

CONCEPT TWO OF OA SERVICE

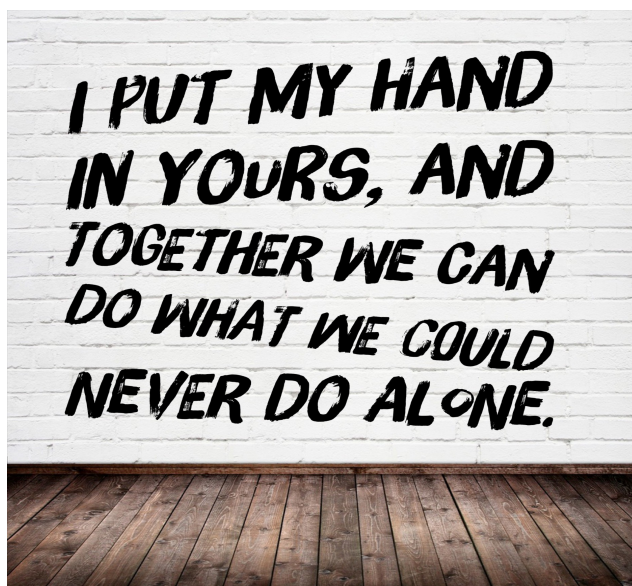
The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Region 3 Representatives & World Service Delegates

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

Tradition 2 threw me when I first read it. My home group studies the literature including the traditions. When I first heard that “our leaders are but trusted servants; they do not govern” I struggled. In my personal and professional life there had always been someone who was in charge – often someone who was not a benevolent leader. Often the leader was punitive and had won a power struggle to attain the role of leader. Learning that there was no official leader in OA was refreshing to me. No one could punish me if I was not perfect. I learned I had a voice and I could participate in a business meeting without being evaluated and judged. I learned that I could be heard. It was a gift to be a part of the business meeting. Over the years of my OA experience, I have been a group secretary and facilitated the business meetings of the group. I have been a literature representative and an intergroup rep at different times. Each time I learned that I do not govern, I serve. I have been able to take what I learned about trusted servants into my own personal and business life. The lessons I learned and continue to hone have served me well in all areas of my life. I am grateful to study the traditions each month.

– Anonymous



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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NEXT ASDI INTERGROUP MEETING

**3rd Saturday of every month
February 18th**

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