



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

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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.

Digging Deep

In my first Fourth Step over ten years ago, I identified my major character defects as fear, people-pleasing, and low self-esteem. I thought those covered them all. These were easy defects of character for me to admit because I figured sharing them would get me sympathy. Who would still like me if I admitted to the massive ego, pride, and selfishness that have been part of my life for as long as I can remember? At the time, I was unaware of being in denial about these other character defects. I genuinely thought I had done a fearless and thorough inventory. I don't beat myself up for not knowing better at the time. I believe my Higher Power was only showing me what I was ready to see.

As I worked the rest of the Steps, I grew in self-esteem and self-awareness. It became easier for me to admit I have a big ego. In a subsequent Fourth Step, I realized there were people I resented simply because they did not give me special treatment and extra attention. I admitted that a part of me thought everyone else's rules should not apply to me. I should be able to eat what I want and not gain weight, and I shouldn't have to work hard to be successful. Some of these realizations arose as I sat in meetings and heard others share similar sentiments. Hearing their shares also lifted the unconscious shame of having such egotistical feelings: If others I respect and admire had similar sentiments, I must not be that bad. Working the Steps thoroughly, however, was key to my coming out of denial, and if I'm not careful, then denial about my ego can still creep in.

Writing has been key to my staying honest about my motivations. Through writing, I realized that resentment toward my mother was driven almost entirely by ego. I was afraid she was right and I was wrong. But knowing what's going on underneath doesn't get rid of the defect. I am just as powerless over it as I am over food and therefore have to ask HP for help.

Another character defect that has given me a lot of trouble is fear. In working Steps Six and Seven, I have discovered part of me believes fear is a useful motivator. If I wasn't afraid of what could go wrong, of financial insecurity, or of others' disapproval, would I even get out of bed in the morning? Here I have to trust the experience of those who came before and act as if letting go of fear will not have these harmful consequences.

My life is immeasurably better on days when these character defects are removed, which is most days. I no longer wake up feeling fearful about the day and no longer obsess over what everyone thinks about me. It takes footwork, but it's worth it!

— Anonymous (Lifeline October 2015)

2017 Summer Retreat – "Courage to Change"



ASDI would like us to host the Region III Assembly and Convention.

Are you willing to help plan the event for August 2019?

Please fill out the quick survey which can be found at:

<http://www.oaphoenix.org/>

Newcomer Meetings:

1st and 3rd Wednesday –
6:15PM

Every Tuesday –
11:45AM

1st, 3rd and 5th Saturday –
10:30AM

2nd and 4th Sunday –
10AM

Call for more info:
(602) 234 - 1195

Why on earth would anyone attend a retreat for Overeaters Anonymous? My answer would be, why on earth not?

You could call me an OA event junkie, but considering what I used to be like in my relationship with excess and binge foods, my gratitude is beyond what I dreamed that life could be without compulsive overeating. It is nothing short of a miracle.

Life truly does take place in between meals and it is definitely a roller coaster ride at times. Getting away to a retreat or any OA event allows for a “break away” from our ordinary daily activities which is so refreshing and healthy. It allows us to focus on ourselves and take the Spiritual road to recovery in a beautiful setting. We can walk away with support, strength, courage and understanding of situations we are experiencing in everyday life.

Our Summer Retreat Committee is excited about the venue at Embry Riddle Aeronautical University in Prescott, AZ. We are requesting a few more member volunteers. Service is great for your recovery. The Committee is also asking that meetings contribute gift cards, such as QT, Amazon, Kohl's & Wal-Mart (get creative) for the raffles - small gently used items also accepted– contact Mindy C. – 602-920-0826.

Keep the dates of **June 23, 24 & 25th, 2017** free. A \$50.00 deposit (nonrefundable) holds your space. We will have our meetings in Haas Chapel and have an attendance limit of 60 people. Our dorms are nearby and have two beds (one is a bunk and one lower bed) and a bath in each room. If you are unable to find a roommate to share who can easily get in upper bunk bed, we offer single rates as well. This year we are also offering online payment plans to assist with member planning. Please call registrar Rosie O, 602 369 8444 to set this up.

We have a great speaker leading the retreat who has 9 years of sobriety and abstinence maintaining 110 lb weight loss. We will also have break out groups for activities and sharing. Save up now and register for the early bird special for which payment is due prior to June 3, 2017. Please go to our website to register online and to download a brochure and sign up today! <http://www.oaphoenix.org>

Rosie O.
Registrar
602 369 8444

“The Twelve Steps embody a set of principles which, when followed, promote inner change. Sponsors help us understand and apply these principles. As old attitudes are discarded, we often find there is no longer a need for excess food. Recovery for each OA member is highly personal. There are no rules, just suggestions. Those of us who choose to recover one day at a time practice the Twelve Steps. In so doing, we achieve lasting freedom from our food obsession and a new way of life.” - OA Pamphlet, “OA is not a diet club”

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)

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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

No Easier Way

There must be an easier way, I thought. Just letting go of the food is not for me. In my search I injected myself with shots, took pills, overexercised, fasted, drank liquid meals, saw dozens of doctors and dieticians, tried throwing up, cried, screamed, anguished, wished to die, and started all over again.

I ate nonstop from morning until night. Disgusted and full of self-hate, I ate to comfort myself.

My parents drove me crazy; they didn't know what to do with a five-foot (152-cm), 300-pound (136-kg) food processor, so I saw another doctor. He said, "There's an operation that we do"

I was cut in half from my breast-bone, which had to be split, to above my navel. I was traumatized, but I'd found the easier way: stomach stapling.

I lost 80 pounds (36 kg) and vowed I would never gain it back. But the scale slowly crept back up. I hit rock bottom at 301 pounds (137 kg) and felt despair and panic whenever I became hungry.

Then a friend told me about OA and asked if I would go. I said maybe. It took weeks to say, "Hi, I'm a compulsive overeater. I'm a foodaholic. I'm miserable." It took me months of meetings to get abstinent, but I kept coming back. I thought to myself that those people were crazy. They were weird. They had this disease that I didn't have. But I had hit rock bottom, so I kept coming back.

Now, I've lost a lot of weight and I'm still losing. I have months of abstinence behind me and a life of joy and abstinence ahead of me.

Thank you, OA, for the only way out, even if it seems the hard way.

— Lifeline, April 1997

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT FOUR OF OA SERVICE

The right of participation ensures equality of opportunity for all in the decision-making process.

Region 3 Representatives & World Service Delegates

Tori, Halina, Harlan
Rosie/alternate

Knit Together

I recently finished knitting a hat for my sponsor. It's a "dancing ladies hat", an old Norwegian pattern with ladies kicking up their heels as they make a circle. They make me think of our meetings, learning the Steps, and finding joy in OA unity.

Knitting is my meditation. I do a bit every day, and things get finished. During this hat project, I practiced the Tools, meditated on the process of recovery, and offered a prayer for my sponsor in every stitch. One stitch isn't much, but it is a step, and taking one step after another gets the project closer to being a garment that will serve a purpose.

If I have to backtrack, I can rip it and knit those steps again for a better result. Experienced knitters share techniques with novices and each other. We all have to keep our stitches on the needles and not drop them, lest the project unravel. But even when that happens, we can start again because there are few mistakes that are irreparable. Repetition creates a garment that is beautiful, strong, and useful.

And so it is with my OA fellows. We share Tools and Steps and our experience, strength, and hope. Little by little we see the pattern made by the Steps repeated around the circle. Beauty and meaning emerge in our work together over time.

– Lifeline, February 2017



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
April 15th

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