



**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](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.

### Power of Truth

“Thank you”—two small, yet powerful words evoking appreciation and gratitude. Add a few more words: “Thank you for your honesty.” This is followed by gratitude, appreciation, and then the simple permission to breathe in the power of truth with no judgment attached.

In OA, the truths are usually about my personal struggle with food, emotions, and control. Before OA, I was unable to simply speak a truth and then soak in the possibilities of moving forward with a truth that had been disguised by years of lying. I lied to myself and others because the judgments that followed the truth sent me spiraling downward. Better to live in a lie and hold on to the low quality of life it offered than to be plunged into a hole out of which I never knew how to crawl.

In OA, we talk of the disease, or addiction, of compulsive overeating. No one would think to ask a person why they have cancer, either the first time or if the cancer returns. This is a big shout out to all those lovely people in OA who have provided me the opportunity to grow by simply responding to my willingness to be honest with a simple, “Thank you for your honesty.”

I am constantly reminded that applying intellectual practice to my problem will only get me to the places I have already been. “Why did I overeat?” That is my old way of responding to a slip, a slide, or a roller coaster. This program is a spiritual program. Thank you to those who offered to pray with me, read with me, sit with me while I write, or take any of the real solutions this spiritual program offers.

— Anonymous, USA



We must  
**CHANGE**  
if we are  
to recover.  
Change  
begins with  
**HONESTY.**

## Save the Date!

Come join us at the beautiful Northern Arizona Campus in Flagstaff for ASDI's Annual Summer Retreat!

June 22, 23, 24<sup>th</sup>,  
2018



Online registration  
begins December  
2017!

Visit  
[www.oaphoenix.org](http://www.oaphoenix.org)

Questions?  
Call chair: Lois B.  
Phone:  
(608) 225-1595  
Email:  
[nolack4936@gmail.com](mailto:nolack4936@gmail.com)

See you there!

## Program Truths

There are lies I tell myself and truth the program teaches me:

- The “I don't care how I look” lie – the truth is, I do care, and it affects my moods, my thoughts, and my actions.
- The “God doesn't care if I'm fat” lie – the truth is, God cares about everything about me.
- The “I can't do this” lie – the truth is, I can't but God can if I ask him and then let him.
- The “Who cares?” lie – the truth is, God cares, my fellow OA members care, and my friends and family care, even when I'm not able to.
- The “I can be spiritual and fat” lie – the truth is, I can be more deeply spiritual when food is not blocking “the sunlight of the spirit” (*Alcoholics Anonymous*, 4<sup>th</sup> ed., p. 66).
- The “I am a failure” lie – the truth is, I am only a failure if I walk away.
- The “I should just quit trying” lie – the truth is, I can see a glimmer of hope no matter what.
- The “It's only food” lie – the truth is, food is the cross I bear, and I'm not alone.
- The “I can eat trigger foods moderately” lie – the truth is, my trigger foods lead to binging.
- The “I'm not worth the effort” lie – the truth is, I am worth the effort because my heart still cries out for the freedom of recovery.
- The “I have too much weight to lose” lie – the truth is, the journey of a thousand miles starts with one step. My one step is being abstinent, just for today.

All of you who have abstinence, please pray for those of us who still struggle. All of you who struggle, please join me in taking more action. Stop believing the lies.

– Laurie, *OA Lifeline*, July 2016

## One...and...Two...and...

“I have been in OA for six and a half years. I have struggled with relapse but have also had long stretches of abstinence. I believe a Power greater than myself can and will (in time) restore me to sanity. My sponsor asked me to write down the actions I take for Step One and Step Two.

My goal for Step One is to be honest about my problems with food, my powerlessness, and my life's unmanageability. I say the First Step out loud every day. I am accountable to and honest with my sponsor. I convey my food plan and exactly what I'm eating each day. I share honestly at meetings about problems with food. I wrote down my food history, and I included details about bingeing, dieting, eating out, eating in secret, eating at night, and grazing. I also wrote down my trigger foods and made a red/yellow/green light food list. I wrote and shared with others about unmanageability in other aspects of my life, such as my time management problems, my spending, and my problematic relationships. I strive to be aware of the problems and admit my powerlessness so I can think and talk through concrete actions to help address these issues.”

– Liz T., *Lincoln, Massachusetts, USA*

## 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)

### ASDI TRUSTED SERVANTS

Chair	Tori	602-679-5273
Vice Chair	Marie	
Treasurer	Teri	480-466-5123
Recording Secretary	Lisa M	401-261-4540
Communications Secretary	Coleen	

### COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Deb	602-460-9893
	Greg	480-688-2222
Office Co-Chairs	Pat J.	602-799-0153
	Donna	602-750-3589
PI/PO	VACANT	
12 <sup>th</sup> Step Within	Mike V	602-615-2396
Newsletter Editor	Emily	480-582-8061

### SERVICE POSITIONS

Telephone Coordinator	Christina	602-471-1217
Literature	Dianna P.	480-600-1617
Website Manager	Deb	602-460-9893
Meeting List Updates	Bobbi	623-606-2633
Office Announcements	Carol H.	602-292-4346
Office Cleaner Coord.	Carol H.	602-292-4346

## 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

## Unity (An OA Love Poem)

I love the spirit within each of you.  
I love the endless kindness and understanding.  
I love the sharing of our lives together.

Your struggle is my struggle.  
I feel your sorrows and joys, your strengths and weaknesses.  
It is the same with me; we share the same journey.  
– Rick E., *OA Lifeline*, February 2017

## Remarkable Unity

We all have heard the ancient saying that a house divided cannot stand. I see this happening throughout the world today; division seems to be a preferred way of life, though it seldom brings desired results.

In OA, we seek unity. Unity does not mean conformity. Through practicing the concept of unity, I have learned patience and openness; differences among us do not mean right and wrong, but only that one person prefers one solution over another. Imagine – two or more solutions to problems. Unity also means acceptance, though I have to keep in mind that my acceptance may not mean I like a situation or solution.

Here we are all united by the fact that we are compulsive eaters who have major problems with food. And we are not only united at this one meeting in this one room – we are united around the planet, united with compulsive eaters in other countries speaking other languages. It's all quite remarkable!

The Twelve Traditions and Steps each have a spiritual aspect to them, and I have found this to be true: When I find spiritual solutions to my problems, those solutions seem to last.

Thank you, OA unity.

– Sara F., *Virginia USA, Lifeline*, February 2017

## STEP ONE

We admitted we were powerless over food – that our lives had become unmanageable.

## TRADITION ONE

Our common welfare should come first; personal recovery depends upon OA unity.

## CONCEPT ONE OF OA SERVICE

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

## Region 3 Representatives & World Service Delegates

Tori, Harlan, Stacy Alyse  
Rosie/alternate

## Big Truth

When I first came to OA, I had no hope. I thought I would never look normal or be able to eat regular food. I was obese and profoundly depressed. In OA, I found much more than just weight loss and “control”; I found a Higher Power, a Fellowship of people who understood me for the first time in my life, and a safe place to share my feelings.



I have been in OA a little longer than twenty-seven years, and all the times I have left my group or the program, my experiences were terrible. The first time, I'd moved to a new city and could not find a meeting. The second time, I left because OA meetings were so far from my area, and traffic was dense and dangerous; I was pregnant and afraid I might have a car accident. The last time I left, it was because my sponsor asked me to stop eating refined flour and sugar. I did not realize until later that I left because I was unconsciously attached to these substances. I thought I was leaving because I had found such profound spiritual growth that I could manage on my own. Each time I left, I gained unbelievable amounts of weight. The second time, I must have gained about 50 pounds (23 kg)!

Finally, the day came when I realized that leaving OA when I had a problem was never going to be a solution. Upon coming back for the third time, I heard the day's *For Today* reading and started crying because I realized I had turned my back on God when I left. I left because I wanted to do things my way instead of trusting that my Higher Power would take care of me. I cried because there is such profound spirituality in OA groups. I cried because my Fellowship has always extended a loving and caring hand to me whenever I needed it.

Ever since, I have understood that my place is in OA, no matter what the circumstances, no matter what feelings I might be experiencing. If I leave OA, nothing stands between my addiction and me. In OA, I am always reminded that I have my nine Tools and a Twelve Step program to help me recover from this cunning, baffling disease. I am not alone anymore, and I do not have to fight this disease on my own. I have OA; I am an OA member, and OA is my home.

“Keep coming back” is one of the biggest truths I've ever heard in OA. If I am doing well, I keep coming back. If I feel bad, I keep coming back.

– Alejandra, Costa Rica, *OA Lifeline*, August 2017

## 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

Region 3 OA Treasurer  
P.O. Box 310290  
New Braunfels, TX 78131  
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

## NEXT ASDI INTERGROUP MEETING

3<sup>rd</sup> Saturday of every month  
January 20<sup>th</sup>, 2018

ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm  
OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 850