



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

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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.

Dragon

I have arrested my dragon, i.e. disease. My disease likes to tell me to watch what I eat, punish me when I eat "wrong". After all, some food is "bad". I beat myself up, subconsciously I say I am a loser, I am a failure, I am a POS, I am weak, I WILL, NEVER EVER succeed. Before I know it, my behaviors look this way too. I will isolate, I will rage, I will lie, I will have false pride, I will be jealous of others. As if this isn't bad enough, something worse happens, my body reacts, and I start to CRAVE the very thing I am killing my TRUE self over. I tell myself, just this one time, I can have one piece, tomorrow I will be back on. So, I give in, believing the lies, again. I become my own worse nightmare. Who needs enemies when I have my dragon?



I have tried countless times to fight the dragon on my own. I will put the thing in the cage, I swear I do. Guess what? I am NOT strong enough to lock it away for good. I have to have a power greater than me. I need an ARMY.

That's why I have you. You help me lock it away. You help me when that thing uses its lies, deception, sweetness to manipulate me. You see this thing knows me. It knows what I feel and uses what it can to get out. It knows all of my weaknesses.

You know what? We can have freedom, it's the first promise. Freedom to me means I get out of the prison and ARREST my disease. So, that dragon GOES in the box. I do NOT let that dragon out. I don't even need to let it out for three meals. You know why? Because FOOD is not the problem. It's my OWN thinking.

I admit it. I am weak and I can survive because I am NOT alone.

Thank you for walking this with me and doing your part to lock up my dragon! I am here for you to put a stop to yours.

- Stephanie

FIND A MEETING



NEWCOMERS!

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

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

6:15PM on the 1st and 3rd **Wednesday**

11:45AM on every **Tuesday**

10:30AM on the 1st, 3rd and 5th **Saturday**

10AM on the 2nd and 4th **Sunday**

All are welcome to stay for the meeting(s) afterward.

A great resource for those new to OA and/or the 12 Steps!

Call for more info:
(602) 234 - 1195

When I first arrived in the Phoenix area to spend a few weeks out of Michigan's ice and snow, I found the OA phone number and called. No one answered the phone and I left a message. I waited and called my sponsor. She reminded me: Always connect by phone with a meeting contact before you climb in the car to go to an OA meeting!

"Oh!" I thought . . . and remembered driving into an empty parking lot, waiting for someone to unlock a door. Waiting and waiting, and finally driving home. Something about a couple of those experiences was terrifying. Somehow -- addict that I am -- my mind builds for a meeting while I'm driving to a meeting. When I must go home alone, I feel I've been dropped like an orphan on an unfamiliar doorstep. Evidently, my sponsor understood that.

It's been several years since I went to my first meeting in this Phoenix area. I have found a warm and welcoming OA home here. That is the will of the Higher Power for me.

Those few times of sitting, waiting, in an empty parking lot have driven me to a reverence for Tradition One. Always! Always, Sally, revere the unity of Group!!

No opinion, belief, food plan or valued personal routine is worth arguing or pushing. My "stuff" may be so "valuable" that it needs to be changed tomorrow!

The unity of the Group depends on my listening to you and valuing your plan, routine, opinion and belief. Yours is as valuable as mine. When I forget this, may some kind OA brother or sister gently remind me. Thus I may not need to drive out of an empty parking lot and go home alone and frightened again.

Respectfully submitted,

Sally S., Sun City West

Spiritual roots 12 Steps

Peace with God	Steps 1 to 3
Peace with ourselves & others	Steps 4 to 9
Keeping the peace	Steps 10 to 12

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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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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:
mycatbobby@yahoo.com

Try Writing

At sharing time in OA meetings, I sometimes read thoughts I have written down. Sharing thoughts and speaking out loud what I have written helps my recovery.

Other members used to say, "You should submit that to *Lifeline*." But I thought, "If what I write is rejected, I'll feel rejected" or "What if it isn't good enough?" My fear of submitting to *Lifeline* was really all about me because I was still living in my disease. I was missing the point, which was, "Wow, that really helped me—I bet others could be helped by it too!"

After a few years, I finally realized what others meant by saying I should submit to *Lifeline*, so I sent in my first item. It was published in April 2015. Shortly after that, I submitted another and then forgot about it. Today I opened a letter that said my second submission would appear in the March 2016 issue of *Lifeline*.

I'm telling this story to encourage you to take ten or fifteen minutes to write down your thoughts about something that means a lot to you. We walk in each other's shoes. Others can be helped by what we honestly, willingly—with HP's help—are able to say.

Today, I understand that submitting to *Lifeline* is not about me. It's about throwing an emotional rope to others. It's about sharing over isolation. By writing what we think and sharing what we write, we speak out loud, just as we do in meetings. After I took the first step, the next seemed easier. I think it could be that way for you too if you will try writing to *Lifeline*.

- Donna R., Urbana, Illinois USA

STEP THREE

Made a decision to turn our will and our lives over to the care of God *as we understood God*.

TRADITION THREE

The only requirement for OA membership is a desire to stop eating compulsively.

CONCEPT THREE OF OA SERVICE

The right of decision, based on trust, makes effective leadership possible.

Region 3 Representatives & World Service Delegates

Tori, Halina, Harlan
Rosie/alternate

One Main Reason OA Responsibility Pledge

I have been in program for more than twenty-three years. I came in to prove to my doctor that OA, like everything else I'd tried, wouldn't work. I weighed 359 pounds (163 kg) and thought I didn't belong.

Then I heard about gratitude and giving back what had been given. So I went to meetings, shared, and qualified. I sponsored. That was enough. Then I started doing service above the group level and thought again, well, that is enough.

I was pretty sure I never took a pledge of any kind. But I started hearing about this OA pledge and finally saw it in the literature. OA's Responsibility Pledge says, **"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."**

I thought the message was good. A pledge is a promise. I'd never thought before about promising to extend my hand or my heart, but I started asking myself how I personally take the pledge. Do I routinely greet newcomers and follow up with a phone call? If I know someone is struggling, do I reach out to that person? Do I support OA financially and in service? Is there more I can do?

If I reach out in small ways, there is so much I can do:

- Arrive early to a meeting so I can smile, make eye contact, ask how someone is doing, and listen.
- Greet a newcomer (or someone who looks as lost as I once was).
- Pay attention at meetings and not check my phone to see if I received any all-important texts.
- Raise my hand to share, even when I don't think I have anything to say.
- Get newcomers' phone numbers and give mine, telling them, "Give me a call. It will help."
- Do service if someone asks me to. I will get so much more out of it than I give.
- Give to the Seventh Tradition. OA needs financial support to continue to reach the still suffering.
- Stay after a meeting and make sure I speak to at least one person.
- Break my anonymity when I think a person is interested or has questions. I used to wear my disease; now I'm willing to wear my recovery.
- Pledge to be responsible.

OA was there for me, and I want OA to be there for all who share my compulsion!

- Karen C., Everett, Massachusetts USA

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
March 18th

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