



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.

Run to God

Life's problems and recovery – I love putting these two concepts together because it means I can let go of problems instead of wrapping my life around them and getting stuck. Recovery is about taking the action needed to experience serenity. Recovery gets me unstuck!

I find such freedom in the program, such peace – and then, yikes! A problem hits me in the face. Life on life's terms, I'm reminded. What to do? How do I stay out of obsessive analysis of another person's behavior or obsessive thinking about the issue confronting me? And how do I let go of the fear produced by "what ifs," if I time-travel in my head to the worst possible outcome? I have seven years in recovery, and what a miracle it is, how this program works. When a problem surfaces, I can ask myself, "Why don't I first run to God, instead of running to obsessive thinking?" or "Why do I want to hang onto this issue? Why not turn it over?"

What works for me is to first recognize when I'm starting to obsess. Then I use Step Eleven by:

- Pausing to ask for the right thought or action.
- Pausing when I want to rush in and say something I'll regret even though it feels right at the time.
- Pausing when I can't seem to focus on the beauty around me because I'm worried about the situation before me.
- Pausing to pray, "God, please guide me into right thinking. I cannot do it on my own."

Then I take an action, even a small one – journal, call my sponsor, make an outreach call, fold the laundry, or anything to move me in a more positive direction and change my focus.

When I use these tools, I become free – free to live how this program intends me to life, letting go and experiencing serenity. Each day I ask myself, "Did I experience serenity?" It's a question that reminds me it is possible, that I do deserve to be at peace with myself, and that I can trust God in the midst of hard things.

In gratitude, I take action when my old self starts telling me lies about who I am. Left alone, I would be self-propelled to the kitchen or pantry for "just one bite," and my thoughts would want to default to the old way, the self-obsessive and self-defeating way. But this program offers guidance for a sane and happy life, one day at a time. I am forever grateful for the blueprint for living offered by the Twelve Steps of OA – truly we have a program to live by.

– Nadine V., Billings, Montana, Lifeline, August 2016

The Promises By Candle Light

*Overeaters Anonymous
Arizona Serenity in the
Desert Intergroup
(ASDI)*



*Invites You To The
14th Annual Holiday
Candle Lighting
Ceremony*

*Saturday, December
03, 2017
7:00pm
at
Our Savior's Lutheran
Church
1212 E Glendale Ave,
Phoenix, 85020
(Across the street from
the OA office)*

*Join us for a celebration
of the 9th Step Promises
(From Alcoholics
Anonymous, pp. 83-84)*

*For further information
and/or to be of service,
contact Dianna at
diannainaz@msn.com*

*A 7th tradition will be
taken.*

Perseverance, Even When

When I got into program, I weighed about 240 pounds (109kg), well over my target weight of 190 pounds (86kg). I was bingeing and drinking too much alcohol, plus I was mildly depressed. I thought my spiritual life was okay, but really it was a cycle of small peaks and deep valleys. I'd get some abstinence, but then lost it, and this went on for about four years. I'm glad I kept at it, though, because I finally got a good run of abstinence forty days ago, and it has everything to do with the spiritual principle of Step Ten: perseverance. In the past, I had "mountaintop" spiritual experiences in recovery, during which I felt loved by my Higher Power, tender and compassionate – a deep, warm connection with my HP. When these exhilarating moments passed, in minutes, hours, days, or occasionally weeks, my willingness to stick to the program and do the footwork weakened. Then I heard someone make a distinction between two concepts: the HP of our experience versus the experience of our HP. This means that, while my incredible moments of closeness to God – these wonderful experiences – may not be enduring, the HP I experience during these moments is enduring, I learned that I need to give up trying to relive the thrill of experiencing my HP and instead focus on seeking the HP I had experienced.

This distinction might seem too subtle to matter, but it is making a difference in my recovery. My HP is there, at spiritual high tide and low tide, whether my soul looks up and sees a foggy, gray sky or a brilliant sky of blue. Doing my HP's will is the key, not trying to recapture the exultation I sometimes feel with my HP. Being spiritually fit, to me, means seeking my HP through prayer and meditation while realizing that a warm sense of God's nearness is probably not going to wash over me every minute of every day. Perseverance in prayer and meditation, even when I'm not "feeling it", is working for me. Focusing on the HP of my experience, not on the experience of my HP, is helping.

– David P., Mill Valley, California, USA, *Lifeline* September 2017

Step 11 Prayers: A Cross-Section

You don't have to believe in my Higher Power, and I don't have to pray like you do. That's one of the beauties of OA. We each come to our individual understanding of God, we learn to depend on the God of our understanding as the steps unfold, and then we learn to communicate with God in whatever way works for us.

That's right, while OA has many suggested prayers, not one of them is mandated. Many of us use them, and we find them indispensable, but no one can make us talk to God in a way that doesn't align with our concept of a Higher Power or whatever practices make sense to us. After all, the Big Book tells us that "the realm of the spirit is broad, roomy, all inclusive...."

One way we could look at prayer is that it is much like our food plan. It needs to be tailored to our own needs, of course, but we can also adapt prayers others have used. We can express the meaning of the prayer to God in whatever words we wish to. So it might be helpful to review some prayers from OA and AA literature. They can be used in the morning, in the evening, or just when walking around or facing difficulties. The important thing is that we each have the opportunity to use them in whatever way best supports our relationship with our own Higher Power, our abstinence, and our relations with others.

- **OA prayers:** Roz's Prayer/Unity Prayer/OA Promises
- **The Big Book:** 3rd Step prayer (p.63), Angry Man's Prayer (p.67), 7th Step Prayer (p.76), "Thy will be done." (p.88)
- **12 Steps and 12 Traditions of Alcoholics Anonymous:** St Francis' Prayer (p.99), Serenity Prayer (p.125)

Step 11 reminds us to stay humble, close to God, and out of the driver's seat. We get inspiration from God...not confirmation of how we think things should go. The prayers above and many others help us stay right sized, sane, and connected to God.

– Anonymous, November, 2015

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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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

Listen to your Heart



The normal feeling of the newcomer is either "I am home" or "I am in hell," but it doesn't seem to matter. We can make it with both feelings. Sometimes those who are the most cynical, stubborn, and negative hang around the longest to get the new attitude.

Nineteen years ago, I sat in the back row weighing over 300 pounds (137 kg). I was an equal-opportunity hater, and I hated everyone in the room. Today I have learned to love those same people; because of them and with my Higher Power's grace, I have maintained a weight loss of over 100 pounds (45 kg) for eighteen years.

Over the years, I have learned that it is much easier to keep my abstinence than to lose it and try to get it back. We share our mistakes with one another so that we can learn from each other. This program works because it is about changing through the Twelve Steps. My sponsor and I still attend a weekly Step-study meeting; they told me when I was a newcomer that the directions are in the Steps.

If you are new, keep coming back. Don't listen to your head since it will probably lead you away from recovery. Listen to your heart because this is a program of the heart. Read the promises because they were made for us.

– Lifeline, January 1996

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

CONCEPT ELEVEN OF OA SERVICE

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Region 3 Representatives & World Service Delegates

Tori, Harlan, Stacy Alyse
Rosie/alternate

Tradition 11: Anonymity on Social Media is More Important than Ever

We often talk about the importance of anonymity in terms of our not misrepresenting OA. Or of OA having no spokespeople. But this election year shows us another invaluable reason: not repelling potential members.

OA's tenth tradition tells us that we have no opinion on outside issues. We don't want to be drawn into public controversy because it will reduce our ability to help other food addicts find recovery. Meanwhile, the 2016 election was the most heated and bitterly contested since before the dawn of the 20th century. Fear, anger, and intolerance for differing points of view exploded during our electoral process. Since the results came in, this bitterness has grown and intensified. There's much talk around water coolers and in the media itself about how friends and family members are unfriending each other on Facebook and other social-media platforms.

Now put yourself in the shoes of a still-suffering compulsive eater who isn't yet an OA member. You are researching OA, and a Facebook friend is expressing opinions you strongly disagree with. You're thinking about unfriending them, and you see that they also identify as an OA member and perhaps even promote it. What would you think of OA? Would it represent the code of kindness, love, and tolerance that the Big Book recommends? Could it potentially appear to have political overtones?

Our number one job as OA members is to carry the message of hope and recovery. Our traditions tell us that *everyone* who wants to stop eating compulsively is welcomed in our meetings. In our lives as compulsive eaters, it doesn't matter who is the president. It doesn't matter what's going on in our country. The most important facts for our survival are that we are compulsive eaters, that we need one another if we are to get better, and that helping others is the most important thing we can do in this world.

In other words, OA is more important to our survival as compulsive eaters than our political affiliations, opinions, or grievances.

We'll have no political allegiance if we are dead.

We can't hold an opinion if we are dead.

We cannot air our grievances if we are dead.

We cannot afford to repel anyone who wants to get better because we need them as badly as they need us. So we cannot reveal our OA membership on social media. We most certainly can talk to someone one-on-one where we can give a more complete picture of OA. Where we can tell them that our beliefs are not characteristic of OA as a whole, which has no political beliefs. One-to-one we can give them the sense of warmth and community that a political post can't convey. But we can't do any of that if they run from us because they associate our names with both a political doctrine they can't abide and our OA membership.

Among our fellows, we are no longer party members. We are no longer trying to persuade anyone of our rightness (or leftness). We are only trying to be helpful to other compulsive eaters. Some must keep our anonymity on social media lest OA cease to be a place where *every* compulsive eater can find a solution.

– *Anonymous, November, 2016*

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
November 18th

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