



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.

Capital Idea

I recently had a spiritual aha moment: Many of us learned that a proper noun is not just a person, place, or thing, but a *specific* person, place, or thing, usually beginning with a capital letter. If I'm talking about a proper noun in a meeting, I'm probably referring to an outside issue (and possibly breaking the spirit of anonymity).

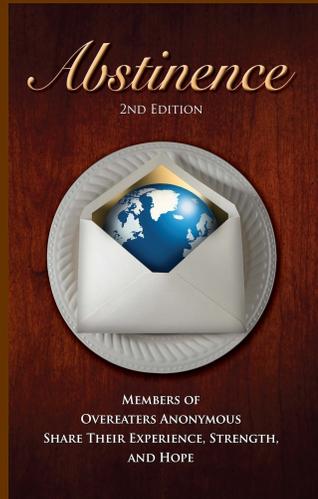
In *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, the chapter on Tradition Ten explains that talking about specifics – religions, eating disorder treatment centers, and even other Twelve Step fellowships – is really talking about outside issues. What do those specifics have in common? They all start with capital letters. If I share about any of them, referring to them by name, I'm not upholding Tradition Ten.

My husband came home from a meeting in another fellowship (it doesn't matter which one) upset because several people had bashed the faith he was raised in (it doesn't matter which one). He had enough recovery to know not to leave his program, but a newcomer might have stopped going altogether. If I really need to share about the impact a religion, treatment center, or other fellowship has had on my life, simply dropping any words with capital letters when I'm sharing keeps the focus off That Thing and on me and my recovery instead.

The chapter also talks about why we don't sell outside literature but stops short of saying we should never mention non-OA-approved literature. My aha moment happened after a leader at a retreat read from and referenced outside literature. Some people were upset. While I felt she did it in a loving and respectful way, sharing about her own experience with those books, I realized the controversy could have been avoided if she had simply not mentioned specific book titles or authors. I find a lot of wisdom in non-OA books, and I am free to share what I've internalized from other sources, but I have to remember that I'm not writing a research paper and I don't have to provide a bibliography. I can just say I got it from a book, a movie, or a celebrity (it doesn't matter Which One). I realized my need to share A Name is part of my insecurity – it's me wanting to bolster what I say because I'm afraid my own words are not enough.

I also realized that if I talk about specific OA members, I'm not upholding Tradition Twelve. During sharing, I can talk about what I've learned from a speaker, rather than thanking the speaker by name. If I tell people the name of my sponsor, I've shifted focus to that sponsor and away from my own recovery. If I share a fantastic recovery metaphor, it doesn't matter Who shared it with me – we're all just Overeaters.

– Anonymous, *Lifeline* October 2016



**The ASDI/12th Step
Within Committee
Presents**

Abstinence

**Saturday, September
30**

Abstinent Dish
Potluck at 5:30PM
Abstinence Workshop
at 6:30PM
Firepit Conversation
at 8:00PM

This month's event
will be held at Mike
V's beautiful home
located at:
6211 N. 20th St.,
Phoenix, AZ
(within 1.5 miles of the
OA office)

To help out or obtain
additional information
and/or directions
please contact Mike V
at:
mvalder@cox.net
(602) 615 – 2396

Suggested 7th
Tradition Donation is
\$7.00

Surrender-Acceptance: Theme of ASDI Fall Retreat

As fall begins, there is no better way to start your 2017 holiday season than attending the ASDI Fall Retreat, Oct. 20 – 22, 2017. This year's theme is Surrender-Acceptance. Our retreat leader has over 20 years of recovery and is maintaining a 100lb plus weight loss. The retreat this year is being held at the Mt. Claret Retreat Center in the heart of beautiful Phoenix at 54th Street and Camelback. This retreat center is peaceful, serene and beautiful. Once again this year we are offering payment plans and a new commuter plan. Check out the registration brochure on the website: oaphoenix.org or available at your meetings. This year the retreat is expected to be as exceptional as the ones in the past. There will be time for Higher Power Walking, Writing, Meetings and an amazing Retreat Leader. If you're not sure what any of these things are, then you need to come and check them out.

I can't think of a better opportunity to Rejuvenate, Relax and Ramp up your Recovery as we prepare to head into the sometimes difficult and overwhelming holiday season. We look forward to spending the weekend with you as we all grow and strengthen our precious recovery.

Thank you,
Your Retreat Committee

ADDICTION = SLAVERY



Definition of slavery:

- Excessive dependence on something;
- Restricted Freedom;
- Absolute power and control by another;
- Being owned by another;
- Relationship of dominance and submission

Do some of these sound familiar?

1.) I have little control over myself and decisions are not always in my best interest. I don't have the power to escape on my own. I have tried. Pain is inflicted on my physical, social, spiritual, mental (obsession), and emotional self. Lack of self-esteem, feelings of helplessness, hopelessness, anger, fear, victimization. I see no way out on my own.

2.) I need help from another to escape from this prison of slavery. I see both the slavery and the means to escape when I see others getting free.

After I realize my enslavement, I know that I do not have the key to freedom. I decide that there is a way out; I need faith that there is a Power that has the key.

3.) It is time to turn my will and addiction over to the one who has all Power and the key to a life of freedom.

PRISON BREAK!!!!!!

– Sharon, Phoenix, AZ



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

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Treasurer	Teri	480-466-5123
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Communications Secretary	VACANT	

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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

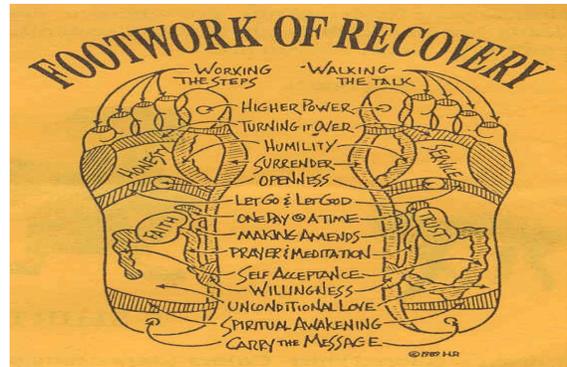
Anger Management

The hardest character defect for me to accept was anger. After years of depression and stuffing down my feelings, I actually believed that anger was an asset because it energized me. But when a valued friend told me my anger made me unbearable to be around, I cried (crying is the first step in surrender for me), and I realized I had to change even more.

I have done a lot of Step work around anger and its sidekicks: sarcasm and irritability. Writing is the beginning of the process. I write in gory detail what these defects do for me, to me, and to those around me. Then I share what I uncover. I do a lot of daily Sixth and Seventh Step work and prayer to help me release these ugly behaviors. Only then can I replace them with healthy behaviors, like speaking up for what I really want and need. I have learned I must address my anger when it is small because I still have the capacity to be explosive.

I need my daily medicine if I hope to be my higher self.

– *Anonymous, Lifeline March 2017*



STEP TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

TRADITION TEN

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

CONCEPT TEN OF OA SERVICE

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Region 3 Representatives & World Service Delegates

Tori, Harlan, Stacy Alyse
Rosie/alternate

Dirty Laundry



I was in the launderette flicking through one of their magazines when I saw something I quite liked. "This is just a secondhand magazine," I thought. "It won't matter if I rip this page out and take it home." That evening as I reviewed my day, the magazine incident was on my mind. I didn't have peace around my actions, but most important, I knew not to eat over it. The next day, I spoke with my sponsor. She suggested I make amends by apologizing to the lady who works at the launderette and donating a few magazines. I thought, "Really? Is that really necessary?" But sometimes I just need to shut up and show up when it comes to cleaning up my act. My pride and ego can be powerful persuaders against saying sorry. So I pocketed my pride. I explained to the lady that I am a member of OA, a Twelve Step recovery program, which is helping me be well today. I explained that part of my ongoing recovery is to be honest and to clear up any mistakes I make as I go along. I told her what I'd done, apologized for my actions, and gave her the magazines. She looked at me quizzically but received my apology and the magazines with kindness. I immediately felt better. About a week later, I was back in the launderette, and the same lady asked, "So, was your problem under-eating?" I said, "No way, my problem was definitely compulsive overeating." Surprised, she replied, "I guessed you were an under-eater because you're nice and thin." Then she said, "I can't overeat anymore – I had a gastric band put in. Now when I do, I'm sick!"

That was the beginning of a wonderful, heartfelt conversation. I told her what things were like for me, what happened when I found OA, and how life is today. We relayed stories of our food hell, and I listened to her difficulties with food. I recognized the heavy burden of shame and hopelessness she was carrying. When my clothes dried, I popped home and picked up some OA pamphlets with my phone number written on them. I gave them to her, offered my help if she wanted it, and wished her a good day. I let go of any expectation that she might call me soon. (It had taken me eight months!)

This experience confirms for me the importance of staying abstinent and telling people I'm a compulsive overeater. Not only do I owe it to myself to follow my food plan, work the Steps, and be honest with who I am, but also I owe it to the still-suffering compulsive overeater. I am so grateful to God and to OA, the people who planted a seed of hope in my head. Now I can be a seed planter and carry this wonderful message to all who need and want it.

– Sacha, UK, Lifeline October 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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Attn: Elaine Lang

World Service Office
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Rio Rancho, NM 87174
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www.oa.org

NEXT ASDI INTERGROUP MEETING

3rd Saturday of every month
October 21st

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