

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.

Independence Day

What better occasion to talk about step 7 than Independence Day weekend! That's because step 7 is where we gain true freedom in recovery.

We learned a lot about how broken our thinking and conduct were as we wrote our 4th step inventory. We discovered new attitudes of humility and trust as we read that inventory aloud in step 5. Now understanding how our disease and our own minds enslave us in the bondage of self, in step 6, we became ready to be changed by our Higher Power. Finally, in step 7, we ask God to get rid of all the crap that's kept us shackled to compulsive eating and to a way of life that doesn't work and that is ultimately futile and fatal.

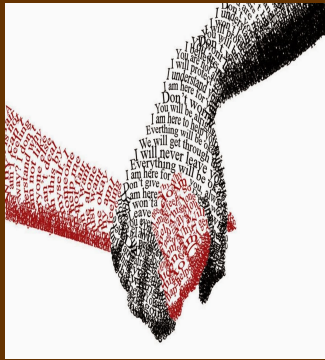
Once the junk is gone, we can walk back into our house and see the beauty of our lives again. Instead of goat trails full of dark reminders of our past piled floor to ceiling like old newspapers, we see the spaciousness of our lives, the pictures of family and/or friends on the walls that had been obscured by the piles of junk. We feel gratitude for the soundness of the construction of our home—and for that matter for our home itself. From here, from this now repaired home base, we can return to our daily lives free of the encumbrances of our past.

Will everything be perfect? Nah. Some of the walls will need repainting, or the plaster may have cracked behind all those old newspapers and junk. But we'll be up to it. Will we be reminded of the bad old times? Of course, but the burning pain of them has been taken away and replaced with perspective. Will some new junk pile up? It could, but we'll have the means to deal with it through OA's twelve steps, twelve traditions, and nine tools.

And what truly comes of the 7th step? Freedom *from* is just one half the story. When our HP gives us freedom *from* compulsive eating, we gain freedom to eat sanely and safely. When we are granted freedom *from* our past, we gain the freedom *to* move on, to draw a line in the sand between our old selves and our new selves. The freedom *to* help others comes when we gain freedom *from* "helping" others in order to stanch the aching need for acceptance or validation. When we feel freedom *from* sticky enmeshment with others, we get the freedom *to* be in honest, two-sided relationships based on trust and love. As OA's *Twelve Steps and Twelve Traditions* tells us, once we have worked step 7,

When we make a mistake, we acknowledge that fact without claiming that we ourselves are a mistake. From now on, we cease telling ourselves we are always going to be dishonest, selfish, abusive, stupid, or bad people. Instead, we repeatedly affirm to ourselves the truth about ourselves—that we are becoming honest, caring, nurturing, wise, and effective human beings as we practice our new behaviors, day by day. (64)

The day we first complete step 7 is our independence day. It is the day when we officially let God change us. As we do step 7, we step out of the drivers' seat and let God into it. We get out of the way and stop trying to live our way. In return, we are given the freedom we've longed for from the broken thinking that has led us to hopeless compulsive eating. – Anonymous



The 12th Step Within Committee

This committee is dedicated to reaching out to those who are still suffering within the fellowship.

This committee plans all the marathons and workshops. They like to have at least one event a month and it is good to vary the locations from one side of town to the other.

Your level of service depends on your availability and how involved you want to be.

To take advantage of this exciting service opportunity, please contact Marie or Mike at:

12StepWithin
@oaphoenix.org

Stay Connected to God

In my darkest days of overeating, slipping, and blaming myself, I got down on my knees every day and turned it over to God. I said, “God, I know things are tough right now, but I trust you know the way. I trust that my path on the road to recovery is safe in your hands.” After a few days of obsession and struggle, I felt God lift the dark clouds, and the sun began to shine.

My automatic response to anything in life is action, action, action. I must control and manipulate any situation to make sure it turns out right. In program, I found that my efforts were not only futile but also led to the food again and again. I was able to get through situations only when I turned them over to God and let go.

This is true not only when I’m suffering with compulsive overeating but also when I have other challenges I think I can control. Family issues, job difficulties, travel delays, and general disappointments can be tough to bear. But when I step back, ask God for help, and get on with my life, suddenly the weight of the world is lifted from me!

Handling everything myself was a burden. When I’m suffering the pain of compulsive overeating, I have only one option: Give my burden to God.

— Lifeline, May 2008

What, Me Compare?

For most of my life, and definitely before recovery though abstinence and Overeaters Anonymous, I spent my time first looking at others, next at myself, and then throwing up my hands in despair. Other women were always better: better body; better boyfriend; better hair, clothes, brains, job—you name it. I was the loser.

It first started with my older sister. She was thinner and smarter, had more trophies, and was just better than me. Later, all women “became my sister,” and my feelings of worthlessness and “less-thanism” grew and grew. Naturally, being fat was a sure way of feeling “less than.” Other women had the secret. They could eat what they wanted and not be fat. If only I could get on that plan! But of course, I failed and ended up in the kitchen with a loaf of carbs, a vat of desserts, and a knife of self-hate through my heart.

Finally, driven to the brink of insanity, I came to OA again last year and got abstinent. Even so, this defect of comparing myself to others did not stop. If anything, it became more apparent once I put down the food. Now I was feeling the unmanageability of my comparisons. It sure wasn’t fun! My colleague at work was brilliant, while I was the frazzled, parttime working mom. My sponsor in OA was thin, gorgeous, and full of answers, while I was the crazy, chubby one trying to stay abstinent. Seldom did I see myself as another comrade in this journey of life, recovery, and abstinence.

Finally, through Steps Four and Five, I started to see how the pattern of compare/despair started in my life at a young age. As the middle of three girls with a busy working mom, I learned early on to fight for attention and measure my worth in relation to others. It was all I knew.

But Steps Six and Seven told me there was a different way. I began to realize that by comparing myself to others, I was staying separate from them too. I could remain anxiously apart instead of peacefully together. I began praying to stop comparing, to accept people as God’s children, and to see that we all have gifts, each special and worthy. The turning point came when I started to work with others in the program. We were teammates, compatriots, survivors, and soul mates. It wasn’t about comparing; it was about sharing. What a revelation!

I’ve found that by opening up my true self to others in OA, I am more open to life in general. When I meet someone, I no longer measure myself against him or her, but instead seek our common ground. It’s all about connecting.

Thanks to abstinence and Steps Six and Seven, I pray today to humbly share—not hopelessly compare.

— Lucy R.F., Palo Alto, California USA (Lifeline October 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

Arizona Serenity in the Desert Intergroup (ASDI)

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Office Cleaner Coord.	Carol H.	602-292-4346

(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

Tools of Recovery



Telephone

These tools help us learn to reach out, ask for help and extend help to others.

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience. Members should respect anonymity when leaving any type of voicemail or electronic message.

Meetings

There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all.

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings that are useful in breaking down the deadly isolation caused by distance, illness or physical challenges.

STEP SEVEN

Humbly asked Him to remove our shortcomings.

TRADITION SEVEN

Every OA group ought to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN OF OA SERVICE

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

Region 3 Representatives & World Service Delegates

Tori, Harlan
Rosie/alternate



Tradition 7: Contributing to Our Own Recovery

We all know that Tradition 7 is why we pass the hat. But what's in it for us as individual OA members? Quite a lot, as it turns out.

In order to be free from the monstrous and insidious influence of fiduciary affairs, we are self-funding, and we only keep what we need to meet expenses. The rest goes on to service organizations that carry the message to the many out there who still suffer. We do our part as individuals to fund the rent and the literature. We are under absolutely no obligation to contribute, but we are strongly encouraged to do so. We are all responsible for OA's health.

Yet for many of us, a lingering sense of unease comes with the Seventh Tradition. Simply put, many of us have a fear of financial insecurity. Virtually all of us have experienced this feeling. We may be on a fixed income and worried that the money will run out. We may be out of work and on unemployment. We may be over our heads in debt. Or we may simply have grown up impoverished and have trouble letting go of a buck or three. Perhaps several of these conditions and many others apply to us. Or none. Nonetheless, fear of falling off a financial cliff afflicts so many of us that it's listed in The Big Book as an affect in the third column of our inventory of resentments!

As individual OA members, we can use Tradition 7 as a safe means to feel, heal, and deal with the fear of financial insecurity.

- FEEL: When the hat gets passed, we can notice whether our fear arises, even a little bit.
- HEAL: We then can say the fear prayer found in The Big Book on page 68: *"We ask Him to remove our fear and direct our attention to what He would have us be."*
- DEAL: Finally, we chip in.

For those who feel scared to put in anything, any amount will do. For those who put in less than they could, adding a little more than usual can help. No matter what we put in, what we are really doing is expressing faith that our Higher Power will both change us by helping us with this fear and work through us and OA to help others.

What do we get out of it? A low-risk opportunity for instant spiritual growth. A healthier OA. Freedom from the bondage of self that the Third Step prayer talks about. One dollar buys about 0.4 gallons of gasoline: We might walk somewhere during the week when we usually would drive. One dollar buys a bottle of premium seltzer water: We might have tap water one day a week instead of the bubbly. One dollar buys half a cup of coffee: Is there a cup we could do without once a week? Heck, we used to use that dollar on penny candy or cheap snack cakes, and we would gladly trade that for relief from compulsive eating!

As often is the case in OA, when we take courage from our Higher Power and do the thing we don't want to, we receive a reward much greater than what we hesitatingly put in. Each time we do so, we take another step toward serenity and another step away from a life of anxiety and worry. – *Anonymous*

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
JULY 15th**

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