



**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.*



## Summer Retreat – June 23, 24 & 25<sup>th</sup>, 2017 –



Our first early bird deadline for registration is June 3, 2017 (saves \$15.00 registration money). The dorm rooms are near the Haas Chapel (our meeting room) and have two beds and a bath in each room. One person in each room will have to use the upper bunk. If unable, you may register for single room or place the upper bunk mattress on the floor (not ideal but is safer than climbing up to bunk).

### 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.

Please go to the ASDI – OA website and obtain a registration brochure and or to register online. These brochures are also being distributed at meetings and are available at the OA office. We have limited space for 60 members. The Summer Retreat Committee is requesting a few more member volunteers. Service is great for your recovery. The Committee is also asking that meetings contribute gift cards, such as QT, Amazon, Kohl's & Wal-Mart (get creative) for the raffles.

Our leader is maintaining a normal weight (top weight over 300#s) and will share his experience with compulsive overeating, anorexia and bulimia. He views the Big Book as a "Treasure Trove" for living. He has 9 years of sobriety and abstinence.

In the 12 & 12 of AA, Bill W., one of the co-founders of Alcoholics Anonymous, in discussing a Step Ten inventory, wrote "Many of us like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation" (page 89).

Come join us in Prescott –you will be away from the valley heat. Trudging the road to happy destiny can be found in the most amazing places. Call Rosie – 602 369 8444 if you need more information or can assist with the Summer Retreat!

– Rosie O., Arizona

## Reflections on Step 5

### 15 Questions

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?
12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

"After I completed Step Five, many of my fears diminished, my attitudes changed, and my defects troubled me less. Simply sharing my defects with a trusted confidante caused these changes in me. I believed that the darker side of my emotions gave me little in common with others. After Step Five, I felt more a part of this world. For the first time, I could see the struggles of others and find compassion in my heart for them. We were not better or worse than each other. Didn't we all deserve the benefit of the doubt?"

I had much work to do, but others had drawn the road map and I became willing to ask for directions. Without the barrier of shame, my path didn't seem quite so desolate or lonely."

"God, grant me the willingness to see my imperfections as a means of getting closer to others and to You."

– Voices of Recovery Pg. 80



"If we are to recover, we must learn to trust other people and entrust our lives to a Power greater than ourselves." ("The Twelve Steps and Twelve Traditions of Overeaters Anonymous", page 50.)

Even after all these years in recovery, I still find it difficult to trust other people. Having been hurt and violated in the past, I still hold myself back, to keep from being hurt and abused again.

I have done a number of 5th Steps during my years in program and the relief doesn't always come immediately ... yet I know that it will come, if I continue working the steps and committing to abstinence. I don't know how or why it happens - I just know that it does. I think it has to do with willingness and humility -- willingness to risk openness and humility to accept that I am neither better nor worse than others.

I have heard that as we begin to walk in God's direction, She/He meets us more than halfway. The secret is to keep going - a step at a time.

– Gloria B., Central New Mexico Intergroup



The OA Twelve and Twelve tell us "Through the fifth-step process, we begin to see reality." Our damaged thinking begins to right itself:

*All our striving to get ahead has been useless. We are neither above nor below the rest of the human race; we're a part of it, shaped by the same basic needs and desires as all our fellows. Those of us who have belittled ourselves or felt we were worse than others also gain a new perspective. In talking honestly with another person about ourselves, we begin to feel a sense of relief. Someone knows all about us and still accepts us unconditionally. (47)*

– Anonymous

## 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
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Treasurer	Teri	480-466-5123
Recording Secretary	Lisa M	401-261-4540
Communications Secretary	Halina	602-339-1053

### COMMITTEES

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### SERVICE POSITIONS

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Meeting List Updates	Bobbi	623-606-2633
Office Announcements	Mary G.	623-687-0735
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

## Twenty-Four-Hour Reminder

Even after more than four years of abstinence, I don't ever want to forget how painful my life was before I became abstinent.

Two weeks ago, I had a chance to remember life before OA. I was incredibly hungry all day, craved certain foods, and was driven to eat. I didn't break my abstinence, but it was the hardest twenty-four-hour period of the last few years. That day, I used all the Tools. While I read, food called to me; while I wrote, food yelled at me. I phoned friends in the program, but the obsession didn't abate. It hurt to want to eat so badly.

"What am I doing wrong?" I wondered. "I'm using the Tools. I'm working the Steps. What's wrong?"

With God's help, I got through that day. Here's what I learned.

Prior to that day, I honestly thought I remembered the pain I experienced pre-OA. But my memory had lapsed. I realized again that before OA, every day had been like that one recent day. Every day I was driven to compulsive overeating, except without the Tools or support of other members. I didn't have good and bad days; I had terribly painful days all the time.

Now I can thank God for that daylong reminder that I have a disease that is in remission, not cured. I am grateful to have been reminded how good abstinence is and to have been given a way of life to avoid the pain caused by compulsive overeating. Today, when I get tired of meetings, tired of reading OA literature, tired of working the Steps, and just plain tired of not being normal, I remember that fateful day and thank my Higher Power for the life I now have.

— Lifeline, November 1988

## STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

## TRADITION FIVE

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

## CONCEPT FIVE OF OA SERVICE

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

## Region 3 Representatives & World Service Delegates

Tori, Halina, Harlan  
Rosie/alternate

**Tradition Five: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.**

So we know that a meeting has just one thing it must do, and that's carry the message. Still, as one of our longtime area member says, "We addicts can complicate a two-car funeral." If we aren't in top spiritual condition, even a simple, direct statement such as Tradition Five can be overly parsed in the spirit of wanting to do well by our fellow members.

For example, many years ago some members of a certain meeting wanted the group to join hands during the closing serenity prayer. They brought it up at a business meeting. Proponents said holding hands fostered a welcoming, inclusive atmosphere. Opponents said it was too intimate and might frighten newcomers. Each group, perhaps each member of the group, had its own interpretation of this simple suggestion. Yet, both appeared to act from the same basis: making the meeting as comfortable for the newcomer as possible.

So we can see the kind of nested-doll thinking this leads to. We wonder whether people will be attracted or repelled by a meeting's format, and how will we carry the message if they don't come back? How can we make this thing "better"? There's thousands of meetings across the world, and every one of them does things differently. Not just things, actually, but many, many things. Whether it's holding hands, talking about individual binge foods, or having a certain number of days before sharing, meetings have tried every possible adjustment. Yet there's only one thing that's known for sure to work well everywhere: sharing our experience with the Steps.

That's it. OA is a Twelve-Step program held together by the loose webbing of guidelines called the Traditions. As a result, OA World Service includes this language in the OA preamble:

***Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.***

So the only thing we must do at a meeting is tell others about the Steps and how they help us refrain from compulsive eating. Our job is not to make things more or less comfortable for ourselves, others, or newcomers. Our job is not to "perfect" our meeting. Our job is not to let everyone know how events in our lives went in the past week. Our job is not to "sell" anyone on OA either. It's simply to talk about how OA's Steps keep us out of the clutches of this awful disease. Our experiences are enough to attract others; we need not worry over the rest. Holding hands or having a timer or saying one prayer or another must all be viewed through this single lens: *Does it enable our members to speak specifically and honestly about their experience with the Steps?* We need not worry about which way of doing the Steps either. Nor whether we ourselves have done them "correctly." We just share what we've done and what the result is. The group's Higher Power takes care of the rest.

So the next time we face the prospect of a difficult business meeting with controversial agenda items, we can relax and take it easy. We merely ask God for wisdom and ask ourselves and our OA fellows if a proposal is maximally aligned with Tradition 5. Why make it complicated?

– 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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Desert Intergroup  
P.O. Box 47565  
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P.O. Box 44020  
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Attn: Controller  
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## **NEXT ASDI INTERGROUP MEETING**

**3<sup>rd</sup> Saturday of every month  
MAY 20<sup>th</sup>**

**ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm  
OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 8502**