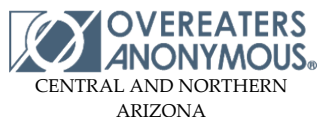


Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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WEBSITE:

www.oaphoenix.org

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.

What I Learned From the Neighborhood Drunk

It was time for another evening out with the neighbors. My neighborhood is friendly and social and our get-togethers always include ample food and drink. These parties were getting more and more uncomfortable for me and as my abstinence was slipping away, my relationship with the food table went from a curt nod to a full-blown siege.

After each event, I was filled with shame and regret and yet nothing changed until the most recent party. We were celebrating the neighbors birthday at our golf club. There is one neighbor who is a heavy drinker and this evening he was so drunk that he could not walk unaided. Two neighbors carried him to the car and drove him home. Some of the neighbors were joking about the situation and some were just disgusted. I heard the words "drunk" and "alcoholic" over and over. It was at that moment I suddenly saw myself in this neighbor.

What was my revelation? I AM THE NEIGHBORHOOD DRUNK! Food is my drug and I am no different than the man that was just carried out of the party. I am an addict and my addiction has the power to destroy me.

So what is next? Surrender of course! Surrender was and is my only hope. The next day I was at my meeting and a fellow member shared what it took for him to go from accepting the program in his head to accepting it in his heart. The realization that I am the neighborhood drunk is what opened my heart to surrender, to true abstinence and peace.

As the Big Book says, God's timing is impeccable.

~Therese H.

Thanks to a Newcomer

Recently during one of my regular OA meetings, something triggered an uncomfortable, awkward feeling that I couldn't explain. As I made the long drive home, the feeling continued to intensify. In an effort to avoid ever experiencing that feeling again, I decided I would never attend another meeting. Logically I knew how dangerous that thought was to my abstinence, but mentally I couldn't push it out of my mind.

Although I didn't realize that's what I was doing, the next day I completely isolated myself. I checked in with my sponsor and explained I was enjoying a relaxing, lazy day. I felt like I had been going non-stop since the start of the holiday season and figured I deserved the rest. It wasn't until I woke up the following day that I realized that I was isolating and that I had been ruminating over my feelings for a day and a half. At that point I knew I had to take action. I decided to run errands that I'd been avoiding so that I would have to interact with people. I reached out to a close friend of mine and processed things with her for a while. I knew I was going to skip my next regular meeting that week, but I had also decided that I would attend my Sunday morning meeting no matter how I was feeling.

Later that day, I called my sponsor to explain everything that I had been experiencing. I reassured her that while I was still struggling a bit, I was planning on attending the Sunday meeting. Saturday night I came up with a couple of poor excuses as to why I didn't want to attend the meeting the next morning. I shared them with my sponsor knowing that they were poor excuses. She reminded me about priorities.

During the Sunday morning meeting, I made the decision to listen and not share. I didn't want to be there and I surely didn't feel like talking about my recent experience. There happened to be a newcomer in the meeting. She was one of the last people to share and as I listened to her, I found some similarities between her struggles and the struggles that brought me to OA for the first time. I decided I wanted to talk to her after the meeting and explain how I had experienced issues similar to hers and how OA had changed my life. After the meeting she was in the middle of a conversation, so I started talking to other fellows. I found myself sharing my life changing experience with someone else, but I was saying exactly what I had planned on saying to the newcomer. By the time my conversation had wrapped up, the newcomer was already gone.

As I was driving home I was processing everything I had heard both during and after the meeting. I thought about missing the opportunity to share with the newcomer how OA has changed my life. In that moment, my Higher Power reminded me that I'm enjoying life now because of OA. I had a sudden attitude adjustment and was finally back to realizing how important OA is in my life and how important it is to continue to attend meetings. Although she probably has no idea, it was a newcomer who renewed my strength and faith in my program. I only hope she returns so I can share my experience, strength, and hope with her, but also so I can thank her.

~Christina S., 2013

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.

Christina S. 602-471-1217 check.perception@gmail.com

OA ANNUAL SUMMER RETREAT

"Sunlight of the Spirit...Let Your Light Shine"

Embry Riddle Aeronautical University
3700 Willow Creek Road
Prescott, AZ 86301

Register before June 5, 2015 for the Early Bird Special!

Brochures are located in the OA office and on the ASDI website: www.oaphoenix.org

Contact: Rosie O. 602-369-8444 or Jackie W. 602-438-0223

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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:
check.perception@gmail.com

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TRADITION FOUR

Each group should be autonomous except in matters affecting other groups, or OA as a whole.

In the same way as I can make guidelines for my family that apply to my family only, each OA group has the right to have its own guidelines. Only one thing can limit a group's right to do this and that is - will it affect other groups? My OA home group may say you need 30 days of abstinence to lead meetings; yours may say you need 90 days - or zero days. This does not affect OA as a whole. But, if our group says "You have to follow this food plan or you are not a member" then, it does affect other groups. Thus, the principle of autonomy for the individual group gives us the freedom to do what is best for us without infringing on the rights of other groups. Sometimes this tradition can appear to create problems. An example is when a group discourages crosstalk. It is not crosstalk to speak out when a tradition is not being observed. In fact, the OA 12 & 12 states ... "OA members who know the traditions have a responsibility to speak up and to inform the group that it is operating outside the traditions (p.139)." It doesn't matter whether the problem arises from use of outside literature, or whether the discussion brings in outside issues such as politics or religion. Of course, we can have our own opinions about these things - discussing them, however, belongs outside the rooms of OA.

Once at an OA retreat I attended, the leader wanted to include a religious ceremony particular to his religion. Many of the members were uncomfortable with this, reminding him that OA is a spiritual program not a religious one - and that including the ceremony would affect OA as a whole.
~Anonymous

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT FOUR

The right of participation ensures equality of opportunity for all in the decision-making process.

Region 3 Representatives & World Service Delegates

Marie, Bobbi, Christina, Jackie, Donna M., Alternate: Dianna

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: Controller
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CALENDAR

3rd Saturday of every month	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
April 18	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
June 26-28	“Sunlight of the Spirit...Let Your Light Shine” Embry Riddle Aeronautical University 3700 Willow Creek Road ▪ Prescott, AZ 86301 Contact: Rosie O. 602-369-8444 or Jackie W. 602-438-0223