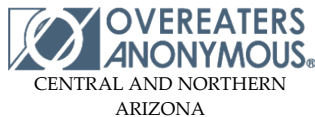




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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.



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.

ASDI Annual Summer Retreat

As the weather starts to get warmer (alas much sooner than usual) we desert dwellers are always looking for ways to be cooler, get cooler or stay cooler. Here is the perfect solution for escaping the summer temperatures: AN OA RETREAT IN PRESCOTT!!

The Serenity in the Desert Intergroup has put together (and still working on - volunteers always needed) an exciting and rejuvenating retreat at Embry-Riddle Aeronautical University. This promises to be a wonderful opportunity to be led by a woman with over 30 years in program and "slipping, sliding, love and forgiveness" are some of the topics! This is a great way to fellowship with others who share your addiction, kick start your recovery program, and to take a break from the daily grind of life.

In keeping up with the times, you can now register and pay for the retreat on line. (www.oaphoenix.org) We look forward to seeing you in Prescott June 24-26, 2016 for our annual ASDI summer retreat. Hold your spot by making your \$50.00 deposit today!

OA Works!

Today I know my Higher Power wants me to be Happy, Joyous and Free! In Overeaters Anonymous I have found this. No matter what is happening in my life or the lives of those around me, I am at peace. This is a miracle! Before OA, nothing could fill me up, nothing could make me happy, nothing could give me peace and nothing could bring me freedom from the obsession to kill myself with food. How did this miracle happen? I still don't know and today I don't care. All I know is that I am free to live my life, to connect with my loved ones, to live life on life's terms, to be me and to grow as a human being. What a beautiful life!

I also know that the miracle lies in the Twelve Steps of Overeaters Anonymous. It is only in rigorously working the Twelve Steps with a sponsor that I have found freedom from the hell of the disease. If the compulsion is in my life, then there is a step I need to work. Remember that OA works. It has worked for me and it can work for you.

Anonymous

A SKEPTIC'S GUIDE TO THE 12 STEPS

By Shirl B.

In the promises in the Big Book at the end of Step 9, we are not promised wealth, happiness, or a wonderful lover. We are not told our life will be free of pain and sorrow, loneliness or grief.

What we are promised is this: through our willingness and effort to grow spiritually, we will become capable of living a meaningful, useful life despite our human imperfections and the fact that we exist in a world that is ultimately unpredictable.

The world does not change as a consequence of our Twelve Step work. We are not promised Divine intervention in the events of our lives because of our devotion to God or because we proclaim His power and glory.

Rather it is we who change---our attitudes and personalities are transformed so we face life's challenges in new ways.

Again, our new perspective comes not from some external God but from an internal Higher Power and our commitment to open ourselves to the deeper truths about the nature of reality and the human experience.

ABSTINENCE

Abstinence frees me to choose healthy foods, healthy friends, and healthy thoughts.

Abstinence is a life style.

Abstinence is a state of grace by which I am balanced physically, emotionally, and spiritually.

Abstinence is all GOD is asking of me today.

Abstinence is the #1 action in my life, so that GOD can be in the center.

Abstinence keeps me present for life and joy.

Abstinence makes the heart grow fonder.

Abstinence takes care of the fat on my body.

My abstinence becomes three meals a day with "life" in between.

Remember: GOD has done abstinence for us.

Since abstinence; my only "To Do List" is life!

The only time I have ever been satisfied is when I am abstinent.

To be or not to be abstinent? That is the question. GOD is the answer.

To keep abstinence alive, I have to be constantly aware of it.

When we are abstinent, we can truly be present for other people who are in pain.

OA RECOVERY

Compulsive eating is an equal opportunity disease.

In OA, my job is to serve other people.

Before OA, there was never enough to satisfy me; in OA, abstinence satisfies me now

Through OA Recovery, I experience more days of grace.

OA allows me to "be".

In OA, we leave the results to GOD.

My life must illustrate OA Recovery.

Before OA, I had a hole in my soul not a whole soul.

Before OA, I was constantly engaged in the "pursuit of never enough".

Being right is not as important as being FREE!

OA has taught me how to keep company with my feelings rather than eat over them.

My old life before OA, depended upon hanging onto my defects and my old survival skills.

Find the blessings in this disease through the OA Fellowship.

In OA, I am learning to take care of myself and others.

Before OA, I had a head full of knowledge and a heart full of nothing.

OA is the bright spot of our lives:

we watch loneliness vanish,

we see the fellowship grow,

we have frequent contact with newcomers,

we carry the message of hope and recovery; and

we help when no one else can!

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.

Dianna – 480-600-1617 – diannainaz@msn.com

Arizona Serenity in the Desert Intergroup (ASDI)

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Vice Chair	Marie	602-717-1099
Treasurer	Teri	480-466-5123
Recording Secretary	Bobbi	623-606-2633
Communications Secretary	Christina	602-471-1217

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Newsletter Editor	Dianna	480-600-1617

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Website Manager	Greg L.	480-688-2222
Meeting List Updates	Bobbi	623-606-2633
Office Announcements	Pat H.	480-585-4024
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:
diannainaz@msn.com

Speaker's Directory

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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

Kayla, Bobbi, Donna M., Halina,
Alternate: Teri

God Moments

Happy Moments, Praise God
Difficult Moments, Seek God
Quiet Moments, Worship God
Painful Moments, Trust God
Every Moment, Thank God

SAVE THE DATE
June 24 -26, 2016
ASDI's Annual Summer
Retreat
in Prescott, Arizona

COMPULSIVE OVEREATING: A BLESSING IN DISGUISE

I never would have dreamed I'd ever say my compulsive overeating is a blessing but, in fact, that's a fact.

Because if I weren't a compulsive overeater, I never would have found Overeaten Anonymous. And without the OA Fellowship, I would probably have lived the rest of my life in disease and pain, not to mention insanity.

Instead, I discovered a group of people who loved me unconditionally until I could love myself. Never once did anyone judge me or criticize me. And I didn't have to lose 100 pounds to feel accepted. All the loving people in OA accepted me exactly as I was - fat, miserable, lacking in self-esteem, overabundant with criticism and blame, and ruled to the brim with shame.

Today, my life is infinitely better. I no longer need to control everyone in my path nor shake my fists in rage toward life. Today, I let go and let God. I do my readings, write, make phone calls, and look forward to meetings. I detach with love and cut aside blame and inventory-taking (except my own).

Today life is good-rich--precious--an unbelievable treasure. All this because I was (and am) a compulsive overeater. All this because I found Overeaten Anonymous. I am, indeed, welcomed home!

I pray the Lord, my shape to keep.
Please no wrinkles, please no bags
And please lift my butt before it sags.
Please no age spots, Please no gray.
As for my belly, please take it away.
Please keep me healthy. Please keep me young.
And thank you, dear Lord, for all that you've done.

OA World Service 2016 Convention

Dates: September 1–4, 2016

Venue: Boston Marriott Copley Place, Boston, MA USA

Join thousands of fellow OA members from around the world to celebrate "Recovery: The Trail to Freedom!"
at the 2016 World Service Convention in Boston, Massachusetts USA!

For more information go to: <https://www.oa.org/world-service-events/world-service-convention/>

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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World Service Office
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Rio Rancho, NM 87174
Attn: Controller
505-891-2664
www.oa.org

CALENDAR

3rd Saturday of every month (Normally)	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
April 9th (due to the Region 3 Assembly on April 15-17 in TX)	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020