

March 2014

Donation 50¢

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.

Unity Day
February 22

Please consider closing your Saturday meetings that day with a moment of silence for all OA members around the world and pray for unity within our fellowship.



**Overeaters Anonymous Office: 1219 East Glendale Ave. #23, Phoenix, AZ 85020
602-234-1198**

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.

Message of Hope

In Step One we admit total, complete defeat. Step Two follows with its message of hope that in spite of our powerlessness and defeat, there is help for us. In Step Two, we come to believe in three things: 1) the existence of a force outside and greater than ourselves; 2) the fact of our own insanity and 3) the ability of that greater force to take care of that insanity.

The search for a Higher Power and its nature is a very personal matter. Many of us have no trouble accepting God as our Higher Power. Others who shy away from the word God can accept the presence of some sort of universal forces, while still others take their OA group or OA as a whole as their Higher Power. The important thing is to acquire a belief in some force that is external and more powerful than we are.

Many of us boggle at the word insanity. As we grow in the program, we look back on things we once did (such as driving at high speeds with one hand while shoveling food in our mouths with the other, eating "at" other people, etc.) and acknowledge that our behavior was not sound and that we can still behave in an insane manner when we take back our own will and try to run our own lives. Some of us come to believe quickly; others take weeks, months or years. The important thing is to keep an open mind and to work toward complete acceptance.

-Lifeline, July/August 1973

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

NEW MEETING

Thursdays 6:00pm

Buckeye Fire Station No. 3

2582 N. Verrado Way
Buckeye, AZ 85396
(Corner of Verrado Way &
Point Ridge Rd.)

**Contact Karen at
209-404-7960 for more
information.**

NEW MEETING

**Serene In Laveen
Thursdays 7:30pm**

Cactus Pointe Baptist Church

6730 W. Baseline Rd.
Laveen, AZ 85339
(In the house on the NW
corner of 67th Ave and
Baseline Rd.)

**Contact Christina S. at
602-471-1217 for more
information.**

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

SAVE THE DATE 03/08/2014

Workshop/Speaker Panel on working the first three steps.

**Where: Desert Springs Bible Church
16215 N. Tatum Blvd.
Phoenix, AZ 85032**

When: 6:30pm – 8:30pm

We will close by taking the Third Step Prayer together.

Contact: Kathy Y. at 602-930-2689 or
kathyyst9@msn.com

Speaker's Directory

Anabel A aportela1@gmail.com 602-803-6356	Jeanne W jeannewitter@aol.com 623-340-1020
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Arizona Serenity in the Desert Intergroup (ASDI)

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Treasurer	Kayla W.	480-626-2123
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Office Cleaner Coord.	Donna	480-946-8037

(See Outreach Directory for e-mail addresses)

IN OA, LOVE IS:

- ♥ Giving in, not giving up.
- ♥ Not being possessive.
- ♥ Being able to confide in each other.
- ♥ Being able to say you're sorry.
- ♥ Making up quickly after a row.
- ♥ Being there when another member needs you.
- ♥ Telling each other with your eyes.
- ♥ That feeling that makes the heart grow fonder.
- ♥ Caring about my fellows, as well as myself.

-Lifeline, December 1972

Inspiration:

“Love isn't love unless you give it away.' OA's love has given me self-acceptance, self-respect and the willingness to change what I can just for today.”

-Lifeline, March/April 1977

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

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

TRADITION THREE

The only requirement for OA membership is a desire to stop eating compulsively.

CONCEPT THREE

The right of decision, based on trust, makes effective leadership possible.

Region 3 Representatives & World Service Delegates

Dianna, Kayla, Rosie, Teri, Bobbi, Alternate: Jackie

Contact Information for Monthly Contributions

Please be sure to include you World Service Office group number with ALL of you donations.

Arizona Serenity in the
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P.O. Box 47565
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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	ASDI Intergroup Meeting OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix
February 22	UNITY DAY! Please consider closing your Saturday meetings with a moment of silence for all OA members around the world and pray for unity within our fellowship.
March 8	Workshop/Speaker panel on working the first three steps ▪ Desert Springs Bible Church ▪ 16215 N. Tatum Blvd., Phoenix ▪ 6:30pm – 8:30pm ▪ Contact: Kathy Y. at 602-930-2689 or kathyyst9@msn.com
March 15	ASDI Intergroup Meeting OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix