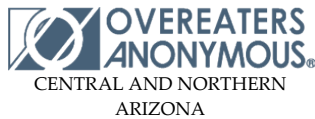




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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.

Some Thoughts on Recovery

Learning self-love as God loves us and learning self-care as God would care for us (the ultimate authority) including: Nurture, Nourish, Service, Exercise, Quiet time.

The welfare of the individual is served when we consider what's best for the group as a whole to be our primary concern.

We must be responsible for all of our OWN affairs without doing damage to the community as a whole.

As we carry the message, we must be an example of that message.

We must learn to separate the material from the spiritual.

We must each be fully self-supporting in our own lives.

We give service freely and get fair recompense for employment.

Having no authority we are guided in the spirit of service, we do not govern, we become useful.

We hire help when needed and provide service to self in the form of spiritual, emotional and physical health through surrender to God's will.

We need to distinguish between outside issues and our own issues (gossip, comparing, focusing on other's behaviors/actions). We oppose no one.

We practice attraction rather than promotion. There is no need to praise ourselves or seek praise by advertising weight loss, or food plan. It works better when people are attracted by our behavior, sharing and actions.

My genuine humility comes when we count our blessings AND express our gratitude for good orderly direction from our HP.

We need to develop a willingness, then make a decision (an act of our own will) for a sustained and personal adherence to God's will. Anonymous

SAVE THE DATE

**June 24 -26,
2016**

ASDI's Annual
Summer Retreat
in Prescott,
Arizona

Want to volunteer to
help plan the retreat?

E-mail:
specialevents@
oaphoenix.org

Heard at Meetings:

"God, grant me the
laughter to help me see
the past with
perspective, face the
future with hope, and
celebrate today –
without taking myself
too seriously."

"My mind's a bad
neighborhood – I
should never go in
there alone!"

Misreading Step Ten:
"Continued to take
personal and when we
were wrong, probably
admitted it."

"I don't need your help
today... Love, God."

"Those who matter
don't mind, and those
who mind, don't
matter."

"Attitudes are
contagious. Is yours
worth catching?"

Coming To Believe: A Closer Look at Step 2

Came to believe that a Power greater than ourselves could restore us to sanity: I have no magic about helping someone find a concept of a Higher Power. I do for my sponsees what has been done for me.

My first sponsor took me through the first 8 steps of the program by reading two pages per night in the Big Book & had me look up two words in the dictionary and highlight the musts and promises. I read the OA 12 & 12 and answered questions in the workbook; she heard and enhanced my answers by sharing her experience, strength and hope with me.

As I let go of the excess food and stopped eating sugar, I began to really feel my feelings. The fears I had been trying to avoid rose up in me and she encouraged me to get down on my knees asking God for help. She told me how to make a God box and how to use it. She encouraged me to make outreach calls when I was feeling shaky and fearful. She taught me about writing letters to God. She had me write out a "want ad" for my HP and she told me some of the qualities her HP had.

She had abstinence, a healthy weight, a knowledge of the Big Book and seemed happy to me. She had what I wanted so I took direction from her.

I do those same things with my sponsees. When I've had a sponsee more resistant than some to the concept of a HP, I have asked my HP to help me help them. One idea that came to me was to say, 'if you had a baby and knew you were going to die and needed to leave your precious child in someone else's care, what characteristics would you want that person (HP) to have?' That seemed to help the sponsee come up with some ideas of her own concept.

From time to time I have felt not so connected to my HP as I would like. My sponsor has encouraged me to do meditation. She also suggested the AA book, 'Came to Believe'.

I have found that trust in a HP is gradual. I ceased fighting. I quit analyzing. I listened in meetings more than I talked, I held my food boundaries and I took direction. I pray the first three steps every morning some days on my knees, some days walking in my neighborhood, with the sun just coming up and the night sky turning into day. Out in nature, more than anywhere else, I feel the presence of a power greater than myself.

I used to go to the food for power and control and numbness and then the food turned on me and I needed more and more. Today I don't have to do that. Today my HP is steadfast and there for me. I need only to ask. A HP is there for you too. Be patient, keep coming back, get abstinent and hold the boundaries. The promises are coming true for me and they will for you too. Anonymous

ABSTINENCE

Abstinence to me is the will to be free:

Free to grow, Free to live, Free to soar, And a whole lot more

Abstinence to me is the desire to feel:

Feel the love, Feel the pain, Feel the food without the gain

Abstinence to me is the courage to be:

Being a sponsor, Being a friend, Being with God whose love never ends

Abstinence is sanity, Self-love that is true,
Freedom and courage, But most of all, you.

Sally H.

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)

ASDI TRUSTED SERVANTS

Chair	Kayla	480-626-2123
Vice Chair	Marie	602-717-1099
Treasurer	Teri	480-466-5123
Recording Secretary	Bobbi	623-606-2633
Communications Secretary	Christina	602-471-1217

COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Linda P	602-909-5113
Office	Pat J.	602-923-8310
PI/PO		
12 th Step Within	Donna M.	602-725-7440
Newsletter Editor	Dianna	480-600-1617

SERVICE POSITIONS

Telephone Coordinator	Sheila	480-451-0859
Literature	Marian F.	623-587-6016
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

Anabel A aportela1@gmail.com 602-803-6356	Jeanne W jeannewriter@aol.com 623-340-1020
Bernie W bernie301@cox.net 480-626-2123	Jim R jimrood@cox.net 602-370-0614
Christina S check.perception@gmail.com 602-471-1217	Kayla W kayla301@cox.net 480-626-2123
Elise elise.ashe@imaginatics.net 860-961-0788	Marie mdils@cox.net 602-717-1099
Greg L glane480@gmail.com 480-688-2222	Pat J sprjzz3137@q.com 602-923-8310
Harlan harlan288@gmail.com 480-495-8961	Sheila luv2laugh2@msn.com 480-451-0859

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

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

Unity Day is February 27, 2016
12:30pm Arizona time

This day recognizes the strength of the OA Fellowship worldwide. On the last Saturday in February, OA members pause to reaffirm the strength inherent in OA's unity.

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

Words of Wisdom Worth Repeating

"The only thing I have to deal with each day is my thinking."

"My relationship with God is far sweeter than any food I can put in my mouth."

"The only one who can take it away from me is me, by taking that first compulsive bite."

"I don't compare me with anybody else. I only compare me with the me that I was."

"I live my life today with a song in my heart and a smile on my lips."

"When I think I need more food, I really need more faith."

"There is no person, place, or thing big enough to make me small enough to take that first bite."

"When God is going to do something wonderful, He begins with a difficulty. If it is going to be something very wonderful, He begins with an impossibility."

"If I have not humility, I have not serenity."

"I am not free as to the things that will happen to me, but I am 100% free as to the attitude I have toward these things. My personal well-being or my suffering depend on my attitudes."

"The word Anger is only one letter short of the word Danger."

"Do you want to be right or do you want to be happy?"

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.

Arizona Serenity in the
Desert Intergroup
P.O. Box 47565
Phoenix, AZ 85068-7565
602-234-1195
www.oaphoenix.org

Region 3 OA Treasurer
P.O. Box 310290
New Braunfels, TX 78131
www.oaregion3.org
Attn: Elaine Lang

World Service Office
P.O. Box 44020
Rio Rancho, NM 87174
Attn: Controller
505-891-2664
www.oa.org

CALENDAR

3rd Saturday of every month	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
March 19th	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020