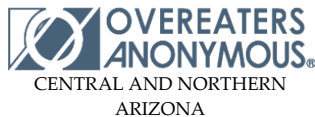




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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.

Is It Time For You To Consider Service?

Having agreed to write a short article for the newsletter, I sit and wonder "how did I get here"? My 40 year entry date into the OA program is September 15. The wonders of life and the pain of growth have been amazing. Without service, I am not sure I would have "kept coming back". My personality is such that I am very loyal and when I say I will serve my OA program, it is to give back to others that which has freely been given to me. I personally feel this is my duty to my fellows. This commitment made to my HP many years ago still stands today!

I attended my very first retreat back in 1980.....so very many years ago. The spiritual nature of that retreat changed my life so much that weekend in Prescott at Yavapai College. I realized that I was loved and could love and give back to the world. The speaker was an OA/AA guy who believed that if you are not ready to stop eating, you need to go back out until you are ready. Well, that got my attention as the pain of being out there without the twelve steps was nothing short of daily anguish and depression.

So how do you justify looking back at your service in OA with the majority of time given is to Retreats? It is simple. I love contributing time to share freely that which was given to me. Many others have served before me. For that I am grateful and blessed. It is such a wonderful recovery event to leave your usual home environment and get close to our recovery family for a weekend or even a full day.

ASDI is planning a "Pre Holiday Serenity Mini Retreat" on October 29th, 2016. Please register online (\$40.00) for full day of events which includes a wonderful healthy lunch. The 2016 Mini Retreat Committee still needs volunteers for this event. We will be holding our final planning meeting on Saturday, September 24, 2016 at the OA office following the 11:00 am meeting. Bring lunch and bring a willingness to do service.

These are the serviced positions needed:

- Love Notes Set Up
- Packet Set Up
- Registration Table Assistants
- Raffle/50/50/Fundraiser Assistants
- Water (Bring Cooler Ice and Water) Reimbursed
- Greeters

Please consider these positions and if unable to make the planning committee meeting, call Rosie O., 602 369 8444 or email: rosie.oldham64@gmail.com

ASDI/12th Step Within Committee Presents

11th Step Workshop

Two opportunities for the same workshop!!

Saturday, October 15th

3:00 pm – 6:00 pm

with an optional potluck dinner to follow.

After dinner there will be fire pit conversations
under a nearly full moon.

Again this year it will be at Mike V's beautiful home at
6211 N. 20th St, Phoenix
(which is within a mile and a half from the OA office)

To help facilitate the workshop or for more info,
contact Mike V. at mvalder@cox.net or 602-615-2396.



OR

Sunday, October 16th

3:00 pm – 6:00 pm

Epiphany Church, 800 W. Ray Rd., Chandler

To help facilitate the workshop or for more info,
contact Stephanie at steffeisinaz@yahoo.com or 480-227-9267

Suggested 7th Tradition Donation: \$5

"It is one of the most
beautiful compensations of
this life, that no man can
sincerely try to help another
without helping himself."
Ralph Waldo Emerson

"We make a living by what
we get, we make a life by
what we give."
Winston Churchill

"Those who bring sunshine
to the lives of others cannot
keep it from themselves."
Sir James Barrie

"Cling to the thought that, in
God's hands, the dark past is
the greatest possession you
have-the key to life and
happiness for others. With it
you can advert misery and
death for them."
AA, p. 124

"The more I shared secrets
that I thought were so awful,
the more people were drawn
to me and I to them. I found
some serenity when I got out
of the driver's seat, I found
God working in my life."
[Author Unknown]

"I sought my soul, but my
soul I could not see. I sought
my God, but my God eluded
me. I sought my brother and
I found all three."
Martin Luther King Jr.

"We had a new Employer.
Being all powerful, He
provided what we needed, if
we kept close to Him and
performed His work well.
Established on such a
footing we became less and
less interested in ourselves,
our little plans and designs.
More and more we became
interested in seeing what we
could contribute to life."
AA, p. 63

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	Tori	602-679-5273
Vice Chair	Marie	602-717-1099
Treasurer	Teri	480-466-5123
Recording Secretary	Lisa M	401-261-4540
Communications Secretary	Halina	602-339-1053

COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Linda P	602-909-5113
Office	Pat J.	602-923-8310
PI/PO	open	
12 th Step Within	Mollie	602-214-9069
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 jeannewitter@aol.com 623-340-1020
Bernie W bernie301@cox.net 480-626-2123	Kayla W kayla301@cox.net 480-626-2123
Christina S check.perception@gmail.com 602-471-1217	Marie mdils@cox.net 602-717-1099
Greg L giane480@gmail.com 480-688-2222	Pat J sprjz3137@q.com 602-923-8310
Harlan harlan288@gmail.com 480-495-8961	Sheila luv2laugh2@msn.com 480-451-0859

STEP TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

TRADITION TEN

Overeaters Anonymous has no opinion on outside issues: hence the OA name ought never be drawn into public controversy.

CONCEPT TEN

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Region 3 Representatives & World Service Delegates

Tori, Bobbi, Halina, Dottie, Harlan
Rosie/alternate

"The fact is that he should work with other people to maintain his own sobriety."
AA, p. 119

"To be helpful is our only aim."
AA, p. 89

"Your job now is to be at the place where you may be of maximum helpfulness to others; so never hesitate to go anywhere if you can be helpful."
AA, p. 102

"The only really happy people are those who have learned how to serve."
Albert Schweitzer

ASDI - Vice Chair's Report - August 20, 2016

As you might know, the Intergroup Vice Chair's job, among other things, is to keep the fellowship apprised of upcoming events. Since you already get reports from our 12th Step Within committee regarding local things, I thought I would let you know what's on the Region III, World Service and nearby Region 2 calendar for the near future. Who knows, you could find yourself visiting one of the areas and have the opportunity to attend one of these functions. The events are also available to you if you go to Google and look for OA Region III, OA World Service, Southeast Arizona OA or OA Region 2. Brochures for all the events are available on line.

In addition to what's happening around and about, I would like to make you aware of things happening right here in our own Intergroup. As you all may know, we have ten active or semi-active committees that do the work of our fellowship. They are all interesting ways to get involved and wonderful ways to be of service to your fellow OAers.

- By-laws: is about the business of keeping our by-laws and policy manual up to date and meaningful. It's not as dry as you would think. There is lively discussion about the best way to keep the fellowship going in the right direction.
- Finance: This is a newly revised committee which will be responsible for developing our year budget, arranging for our yearly audit and putting together a fund raiser.
- Outreach: encourages all existing meetings, trouble shoots issues, keeps everyone in touch and on the same page.
- Public Information/Professional Outreach (PI/PO): makes our presence known at various informational functions around the valley, such as large meetings of dieticians and healthcare professionals. Also reaches out to doctors, nutritionists and others to explain OA and how our program can help those suffering from our disease.
- 12th Step Within: puts on workshops, marathons and other functions such as the yearly candle-lighting ceremony. All the programs we have come through this committee (except for retreats).
- Retreats: responsible for the twice yearly retreat events that are so valuable to our recovery.
- Office: keeps the office going, making sure it is clean, supplies are there, filters are changed, the refrigerator is stocked, the lights are working, the plumbing and air conditioning are functional. They even redecorated recently and did a great job.
- Communications and Technology: a new committee that has just formed and will address all things geeky for the good of our fellowship.
- Newsletter: our monthly meeting on paper. A way to share a story or article with other fellow sufferers, the list of our board and the rep/delegates, and many other important pieces of information.

You don't have to come to Intergroup to be part of one of our committees. It's a grand way to do service and a wonderful way to get to know some of your fellow OA members who might not go to the same meetings.

Yours in service,
Marie
Vice Chair

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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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

NEXT ASDI INTERGROUP MEETING

3rd Saturday of every month
October 15th

ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm
OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020