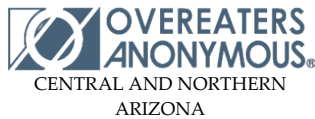




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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.

The Tool of Service

Someone said that when they do service for another, they are the ones who receive the benefit. That's usually true for all of us. They also said that part of the reason is that it gets them out of themselves and thinking of others. Isn't that what OA is supposed to do?

At the same time, service according to the 9th Tradition is about work and service to others. Let's face it, service is important everywhere. Whether it's business or personal, service is a major part of our lives. If we are not doing service of some kind, we are neglecting OA, ourselves and those around us. We are supposed to be the shining examples of OA service to those still suffering.

The outreach calls, attending meetings, sponsoring, and all the other things that make up service are far more important to those around us than us. When we make outreach calls, we are telling someone how important they are; that we took the time out of our busy days to call them, to talk to them and reassure them that OA works **if you work it!** When we attend meetings, we are telling everyone at that meeting that they are important to us; that we want to be there and that we want to help them. When we sponsor, we are serving on a one-on-one basis that shows a higher level of commitment to them than anything else. They are important and we are there for them. These things are important **SERVICE** that we do.

So when you're thinking that you're doing nothing for the OA Step 9, take a few minutes and review your life and how you can serve others. It doesn't take a lot of time, but it does take a little commitment. Remember, **service is slimming.**

Mary Lou

SHARING

THE PROMISES BY CANDLE LIGHT

*ASDI Invites
You To The
14th Annual
Holiday
Candle Lighting
Ceremony*

*Saturday,
December 3, 2016
7:00 pm
at*

*Our Savior's
Lutheran Church
1212 E Glendale
Ave, Phoenix,
85020
(Across the street
from the OA
office)*

*Join us for a
celebration of the
9th Step Promises
(From Alcoholics
Anonymous, pages
83-84)*

*For further
information and/or
to be of service
contact
Dianna at
diannainaz@msn.com
or 480-600-1617*

*A 7th Tradition
will be taken.*

Why is it we all fall back on "it's all about me"? Time and time again at the meetings when people are sharing, they or we, feel we have to say something about the place we are in right now. Why don't they or we share about the good things in our lives that OA has done for us.

Sharing could be so much more if people would SHARE what has been accomplished and not only what they WANT to have happen. We need to remember that we have to do the work.

The tools in OA are simply that – tools. But tools can't work by themselves. A hammer doesn't move unless someone yields it. A saw does not cut unless someone lifts it.

We get so buried in ourselves and what we want to have happen that we forget that WE have to make it happen. That's where our strength lies. Not in the tools themselves, but how we use them to do our work. The saying "there is no free lunch" is absolutely true. There is no free lunch in OA. You only get lunch if you work for it.

M.L., Phoenix

How Can I Live in Abstinence?

The story "AA TAUGHT HIM TO HANDLE SOBRIETY" starts out with a quote: "God, willing, we...may never again have to deal with drinking, but we have to deal with sobriety every day." (AA 4th edition, p. 553) this rings so true in my heart and mind. Later, on that same page, he describes how he could stop drinking at any time, but the issue was STAYING stopped. Immediately, I am flooded with the ways I stopped, (for a day, hour, week) my insane vomiting, running to the grocery store for another dozen of my go to 'gods,' or anxiously awaiting the newest weekly add to go and get my cold, sweet and creamy 99 cents comfort. But time and time again life would happen. I would get angry at my life and my actions. I would not express my emotions and hurts and struggles with loved ones. I would get envious of what others had and what I did not have. My boss would give attention to someone else and I immediately thought no one would see me. I would tell myself that no one else understands or cares. Then I would eat and binge and purge and eat again; there was always something to 'act out' over. I would start another new diet and food plan and fantasize how when I am a size 8 I will be happy. Everyone else around me is happy and they are about a size 8. Oh how the size 8 came and that did not solve anything; in fact it fueled the control and weight loss even more!

The basic fact is that I can't live life on life terms without the grace of God, a relationship with my God, the steps of this program, the support of others and enough willingness to try something new. It involves choosing honesty, hope, humility, surrender, integrity and service. It involves a desire to not play around with selfishness, self-pity, victimization, resentment and fear, but to put them to death (or they will kill me first). I can choose to acknowledge and confess my emotion, ask for its removal, make amends if necessary and turn toward loving others. This is not my default yet; I tend to still stew in those emotions at times, BUT one day at a time and one situation at a time, it becomes more and more a habit and blossoms into a new way of life.

A.M.

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

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| 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 |

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| Outreach/Lifeline | Linda P | 602-909-5113 |
| Office | Carol H | 623-931-2231 |
| PI/PO | open | |
| 12 th Step Within | Mollie | 602-214-9069 |
| Newsletter Editor | Dianna | 480-600-1617 |

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| 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

| | |
|--|---|
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| Harlan harlan288@gmail.com 480-495-8961 | Sheila luv2laugh2@msn.com 480-451-0859 |

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us, and the power to carry that out.

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion: we need always maintain personal anonymity at the level of press, radio films, television, and other public media of communication.

CONCEPT ELEVEN

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Region 3 Representatives & World Service Delegates

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

It is time that I rotated out of service for being the newsletter editor. If you are interested in the position, contact myself or Tori (602-679-5273). I will gladly train you on how to do it. It generally takes two or four hours a month to do. In the beginning, it might take longer. If you have any questions about the position or are interested, please feel free to contact me. Dianna at diannainaz@msn.com or 480-600-1617.

Practicing the Principles

Here are some notes I made from the OA 12 and 12 about how I work the program using spiritual principles. I am working my program when I am practicing each principle connected with the Twelve Steps. This is what it means to me:

- *Practicing the principle of Honesty, I admit that I cannot manage my life on my own. I cannot do life alone.
- *Practicing the principle of Hope, I believe that help is available for me, if I ask.
- *Practicing the principle of Faith, I look up to God for guidance and strength to face each and every decision.
- *Practicing the principle of Courage, I am no longer ruled by fear, and I can admit my mistakes.
- *Practicing the principle of Integrity, I have the courage to face my mistakes and test my strengths in the challenges of life.
- *Practicing the principle of Willingness, I am willing to learn, willing to cooperate with God, and willing to learn the difference between my self-will and God's will.
- *Practicing the principle of Humility, I can see myself as God sees me and let go of status seeking and the habit I have of belittling myself and others. I trust God's timing in the removal of my shortcomings.
- *Practicing the principle of Self-Discipline, I have self-discipline. I am less likely to hurt others and I am quicker to make amends when I do harm to someone else.
- *Practicing the principle of Love, I am learning to accept others just as they are and I am able to show unconditional love.
- *Practicing the principle of Perseverance, I continue to practice using the tools of the program and work the steps of the program. I do the things which brought me recovery.
- *Practicing the principle of Spiritual Awareness, I seek to become more aware of God through prayer and meditation.
- *Practicing the principle of Service, I let go of my need to control people, places and things and allow God to serve others through me.

Anonymous

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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NEXT ASDI INTERGROUP MEETING

**3rd Saturday of every month
November 19th**

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