

June 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.

JUNE 20, 2014

**"Keeping your Abstinence
Strong and Intact"**

A new OA World Service Office program with a slide presentation, panel discussion, writing and sharing.

OA Office

1219 E. Glendale Ave. #23
Phoenix, AZ 85020
7:00pm – 9:00pm

Contact Kathy Y. 602-930-2689 or
Greg L. 480-688-2222



**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.

How Can You Keep Your Abstinence Strong and Intact?

From www.oa.org :

In OA, abstinence is defined as:

"Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."

Ask yourself...

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working towards a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?

**ATTEND THE OA WORKSHOP ON FRIDAY NIGHT, JUNE 20th FROM 7:00PM TO 9:00PM
AT THE OA OFFICE. SLIDE PRESENTATION, PANEL, WRITING AND SHARING.**

JOB TITLE: GOD
REPORTS TO: No one.
SUBORDINATES: All of creation.

MEETING CHANGE

Monday 7:00pm

The Mercy/Gilbert meeting has been changed to a new location:

Desert Cross Lutheran Church

3249 S. Lindsay Rd.
Suite 106
Gilbert, AZ 85296
(Southeast corner of Pecos/Lindsay. We are in the buildings facing Pecos behind the church and on the far east end of parking lot in the Preschool room)

Contact Linda 480-984-8553

MAIN RESPONSIBILITIES: Maintains an open door policy that lends itself to frequent discussion with His subordinates at all times in all matters. Leads, guides, and directs in matters of nutrition, exercise, thought processing related to food gathering, preparation, and consumption for all occasions, both routine and those times of holidays and other celebrations.

Is available for counsel in any and all emotional matters that would cause one to reach for food in an inappropriate manner. Provides balance between rules and needs for His subordinates. Is always available, any time of day or night, on an as needed basis; basically on call 24/7.

Is willing, able and delights in spending time with His subordinates to discuss any matter and to provide assistance when asked.

A just being that has love and compassion at the core of His being. If need be, is willing and able to provide correction, as needed to fit the behavior(s) that have been displayed.

Fills the role of confidant, friend, provider, healer and Master to those He supervises.

This is my understanding of God and how He can and will work in my life as I am willing to surrender to Him. I hope that this concept is meaningful to the recovery of others.

~Dale Z.

MEETING NEEDS SUPPORT

Wednesday 12:00pm

Tempe First Methodist Church

215 E. University Drive
Tempe, AZ 85281

Contact Joshua 415-307-6313

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
August 8, 9, & 10 2014

REGION III
Convention & Assembly

Tempe Mission Palms
60 East Fifth Street
Tempe, AZ 85281

If you have any questions/requests regarding the convention & assembly, contact Kayla at 480-626-2123 or email kayla301@cox.net

(Brochures available in the OA Office or on the website: www.oaphoenix.org)

Speaker's Directory

Anabel A aportela1@gmail.com 602-803-6356	Jeanne W jeannewitter@aol.com 623-340-1020
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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

Arizona Serenity in the Desert Intergroup
(ASDI)

ASDI TRUSTED SERVANTS

Chair	Marie	602-717-1099
Vice Chair	Bobbi	623-606-2633
Treasurer	Kayla W.	480-626-2123
Recording Secretary	Jen H.	602-803-1503
Communications Secretary	Greg L.	480-688-2222

COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Vacant	
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PI/PO	Dianna	480-600-1617
PI/PO	Teri	480-466-5123
12 th Step Within	Kathy Y.	602-930-2689
Newsletter Editor	Christina	602-471-1217

SERVICE POSITIONS

Telephone Coordinator	Christina	602-471-1217
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	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:
check.perception@gmail.com

The Tools Of Recovery

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet *Dignity of Choice*.) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

Telephone

Many members call, text or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature

We read OA-approved books, pamphlets and *Lifeline* magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative or Conference delegate

STEP SIX

Were entirely ready to have God remove all these defects of character.

TRADITION SIX

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

CONCEPT SIX

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Region 3 Representatives & World Service Delegates

Marie, Kayla, 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
Desert Intergroup
P.O. Box 47565
Phoenix, AZ 85068-7565
602-234-1195
www.oaphoenix.org

Region 3
P.O. Box 29903
Austin, TX 78755
www.oaregion3.org
Attn: Barbara Vervenne

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 OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 1:00pm – 3:00pm
June 20	“Keeping Your Abstinence Strong and Intact” A new OA World Service Office program with a slide presentation, panel discussion, writing, and sharing. • OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 7:00pm – 9:00pm • Contact: Kathy Y. at 602-930-2689 or Greg L. at 480-688-2222
June 21	ASDI Intergroup Meeting OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 1:00pm – 3:00pm
August 8, 9, & 10	Overeaters Anonymous Region III Convention & Assembly Tempe Mission Palms • 60 E. 5 th St. • Tempe, AZ 85281