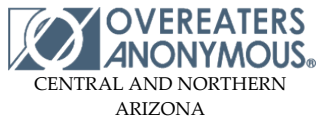




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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.

Winter Retreat, January 8-10, 2016

The holidays are upon us and we are looking forward with anticipation to the Arizona Serenity in the Desert's annual winter retreat. This year's theme: 12 Stepping Through Life... Practical Solutions. This amazing event is scheduled for January 8-10, 2016 at the beautiful and serene Mt. Claret Retreat Center. If you haven't been to Mt. Claret you are in for a real treat. Buried in the heart of Phoenix is a quiet, peaceful oasis. A place to relax, rejuvenate and recover. Those of you have attended retreats before know the benefits of going. For those of you who have not, or those who need a refresher, it's a time to unplug from the hectic world we live in, a chance to commune with nature and your Higher Power, an opportunity to interact and to get to know your OA family. To download the registration brochure, go to oaphoenix.org.

For more information contact Dianna at diannainaz@msn.com or 480-600-1617 or Rosie at rosieoldham64@gmail.com or 602-369-8444.

The next meeting of the 2016 Winter Retreat will be on Sunday, December 27 at 11:45 am at the Paradise Bakery and Café just down the street from the OA office. Volunteers are still needed. This is a great way to meet other OAers outside your usual meeting circles. For more information, contact Dianna at diannainaz@msn.com

Here are the top 7 reasons to attend the 2016 ASDI Winter Retreat

- R – Relapse and Recovery Speaker
- E – Easy commute, located in Phoenix
- T – Time to spend with your HP and OA family
- R – Reprieve from the daily demands of life
- E – Enjoyment of spending quality time with and making new friends
- A – Ability to regroup, assess and restart your recovery
- T – Together we can do what we could never do alone

Fresh start for Fresh Start Meeting

The Tuesday meeting at the Fresh Start Women's Foundation, 1130 E. McDowell Rd. will be meeting in the afternoon starting January 5th instead of during the evening. Group will continue to be a literature meeting with an emphasis on newcomers. All women are welcome to attend. Group will start at 2:30 pm, stop at the front desk to find out where the meeting will be. For more information contact Christina at 602-471-1217.

Day Break

I look at myself in the reflection on the bottom of my coffee cup this early morning. What do I see? I envision a person filled with hope for the promise of a new day, 24 hours to work and to play, to learn and to grow, to surrender to my Higher Power, thankful for his guidance in and release from my powerlessness over food. And I see a willing individual primed for abstinence, not perfect but grateful, grateful for the sun rising on an invigorating spirit of daily renewal.
Dawn

I Need Each and Every One of You

It occurred to me at a big book OA meeting why I need each and every one of you so much, whether you are a newcomer or have been in program for many years; whether you are working the steps or not, whether you use the tools of the program or not, whether you have a plan of eating or not, whether you have years of program wisdom or not, whether you are abstinent or not. Every single one of you is important to my recovery, and I will tell you why.

If you are a newcomer, you allow me to see the program with fresh eyes. You "give me your hope and the kind of enthusiasm that comes only from making a new start. If you are in relapse, you help make me a more compassionate person for I have been there too many times, and back again. You remind me that the program works if I work it. If you are abstinent, working the steps, and taking the program seriously, I want to do the same because if you think it's that important then it must be. If you are floundering around, not working the program and your life is unmanageable, you remind me where I had been for many years. I close my eyes and pray for you, and for me too, that I may not walk down that path again. If you have years of program wisdom and a chip commemorating many years of abstinence, you teach me and guide me and are living proof to me that the dream is possible.

I need and thank each and every one of you for making my recovery possible.
Anonymous

TWELVE STEPS TO A SLIP

Every slip has a beginning. Know your danger signals.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurture the idea that someday, somehow, you can eat like 'normal people' again.
4. Let the other members do the 12th step work in your group. You are too busy.
5. Become conscious of your OA "seniority" and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.
9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If an unfortunate member has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.

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 ONE

We admitted we were powerless over food — that our lives had become unmanageable.

TRADITION ONE

Our common welfare should come first; personal recovery depends upon OA unity.

CONCEPT ONE

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Region 3 Representatives & World Service Delegates

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

Over Heard at Meetings

When all else fails, follow directions.

Minds are like parachutes--they won't work unless they're open.

Serenity is not freedom from the storm
but peace amid the storm.

H.A.L.T.= Don't get too hungry(h)...or too angry(a)
or too lonely(l) ...or too tired(t).

If faith without works is dead; then willingness
without action is fantasy.

RAFFLE ITEMS REQUESTED

RAFFLE ITEMS REQUESTED for the ASDI Winter Retreat on January 8-10, 2016. Our OA family has always been generous and we hope we can continue to count on that generosity. ASDI asks that meetings consider making a donation to the retreat by purchasing gift cards, or if you, as an individual can also donate, whether a gift card or something in your closet you would like to re-gift. Please contact Mindy at mindyc85019 or 602-920-0826 for questions or more information. For items other than gift cards, you will be responsible for bringing the item to the retreat or making arrangements with Mindy. Your contributions are always welcome. Money generated from ASDI retreats are used to send rep/delegates to Region 3 assemblies (twice a year) and to the World Service Business Conference (annually).

Celebrating Our 56th Year!

SAVE THE DATE - January 15-17, 2016 for the 56th OA Birthday Party Weekend Celebration
Come early at same low rate.

Attend OA early am and pm meetings at hotel and then play in LA, the city where OA was BORN!

* Deluxe Location * Luxurious 4 star hotel @ \$114 / night up to 4 people

LAX Hilton, 5711 West Century Blvd, LA, CA 90045

Online Registration is now open!

For more information, go to: <http://www.oalaig.org/oa-birthday-party/the-oa-birthday-party.html>

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
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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 Long

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

CALENDAR

3 rd Saturday of every month	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
January 23 rd Please note change of date for this month only.	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
January 8 – 10, 2016	ASDI's Annual Winter Retreat at Mt. Claret This year's theme: <i>12 Stepping Through Life... Practical Solutions</i>
January 15-17, 2016	56 th OA Birthday Party in Los Angeles