

April 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.

Men's Meeting

Thursdays 4:00pm

**University
Presbyterian Church**
139 E. Alameda Dr.
Tempe, AZ 85282

You can attend in person or by telephone call. If you wish to attend, just show up or for more info get in touch with Peter at 602-750-2055



**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.

Equal Status

Despite the vast differences in age, lifestyle, and personality among OA members, we share a common goal: abstinence. The beautiful thing is that abstinence is not a requirement for attending meetings or working the program; only the desire to be abstinent is required. The Fellowship accepts us, whether we are abstinent or not, for we are not bad people. We are sick people trying to recover.

Many of us came to OA feeling that we did not fit in or belong anywhere else. We all have equal status in the program, whether newcomer or veteran. As our OA "Twelve and Twelve" says, "Recovery is a journey, and the Twelve Step program is the road we travel together in OA. The purpose of Tradition Three is to ensure that the road will always be accessible to all who wish to travel it" (page 130).

When we open our hearts and minds to those around us, many of us experience unconditional acceptance for the first time in our lives. This program works.

~Lifeline, March 1997

CANCELLED MEETING

Monday 6:30pm

OA Office

1219 E. Glendale Ave. #23
Phoenix, AZ 85020

Last meeting held Monday,
March 10, 2014

CANCELLED MEETING

Wednesday 8:00pm

OA Office

1219 E. Glendale Ave. #23
Phoenix, AZ 85020

Meeting will be closing in
March and will merge with
the following meeting:

OA Office

1219 E. Glendale Ave. #23
Phoenix, AZ 85020

Wednesday 6:45pm - 7:45pm

CANCELLED MEETING

Friday 5:30pm

Desert Springs Bible Church

16215 N. Tatum Blvd.
Phoenix, AZ

Last meeting was held on
Friday, February 28, 2014

Easier and Easier

Almost everyone who knows me personally knows I'm in OA. When I lost weight early in my physical recovery, people asked me what I was doing. Most of the people who asked had their own weight problems.

At first, I was not comfortable telling people about OA. I said I was watching my portions and avoiding sugar and white flour. I never said I was on a diet.

Over time, though, I started thinking that if I was not willing to tell people what I was really doing, how would they ever be touched by the program? Sure, I demonstrated a Twelve-Step way of life in all my affairs, and this was the message. However, if I didn't share about OA, how would the still struggling people be able to consider taking the same Steps I was taking?

I decided to add "going to OA meetings and working with someone who has already lost her weight" to the other parts about portion control and avoiding sugar and white flour. At least one person told me she had come to a meeting once and thought, "Those people are crazy." My response was that it worked for me. After one or two people knew, it became easier and easier to share the information. Today I am very comfortable with people knowing I am in OA.

~Lifeline, May 2008

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

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Christina S check.perception@gmail.com 602-471-1217	Kayla W kayla301@cox.net 480-626-2123
Dianna diannainaz@msn.com 480-600-1617	Pat J sprjzz3137@q.com 602-923-8310
Greg L glane480@gmail.com 480-688-2222	Marion marion@fredandmarion.com 602-284-8076
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	Dianna	480-600-1617
Vice Chair	Marie	602-717-1099
Treasurer	Kayla W.	480-626-2123
Recording Secretary	Jen H.	602-803-1503
Communications Secretary	Greg L.	480-688-2222

COMMITTEES

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Outreach/Lifeline	Teri	480-807-2048
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Meeting List Updates	Bobbi	623-606-2633
Office Announcements	Carol	623-931-2404
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

Freedom to Choose List

Whenever I'm tempted to overeat, I take out a checklist I drew up to see how willing I am to trade what I have for what I'd probably get. Here it is. If I take that first compulsive bite, I agree that I am taking a chance that I will:

- ☐ Chase food endlessly right up to bedtime.
- ☐ Feel ugly, act ugly, look ugly.
- ☐ Gain weight that will be twice as hard to lose later.
- ☐ Feel heavy, old, sluggish and short of breath all day & night.
- ☐ Feel defensive or even hostile toward every person I meet.
- ☐ Realize, too late, that no type of food or amount of food, ever solved a single problem for me.
- ☐ Think with self-loathing of my friends in OA who are working hard to make it through this day, who really care about me and the decision I made here today.
- ☐ Waste a precious day; trash my miracle, my gift of abstinence.
- ☐ Wrap myself in a guilt quilt and have a self-pity party.
- ☐ Quit working the program, avoid phone calls, skip meetings.
- ☐ Risk a full-blown relapse and the loss of all that I've been given in this program.

~reprinted from August 1998's Lifeline magazine

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT FOUR

The right of participation ensures equality of opportunity for all in the decision-making process.

Region 3 Representatives & World Service Delegates

Dianna, Kayla, Rosie, 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
April 19	ASDI Intergroup Meeting OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix
April 28 – May 3	World Service Business Conference 2014 ▪ Our Primary Purpose Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE ▪ Albuquerque, NM 87102 ▪ 505-245-7100
August 8, 9, & 10	Overeaters Anonymous Region III Convention & Assembly Tempe Mission Palms ▪ 60 E. 5 th St. ▪ Tempe, AZ 85281