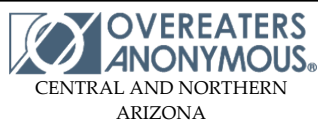


**Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195**

*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](http://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](http://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.

**UNITY DAY**

**February 28<sup>th</sup>  
12:30pm**

OA members pause to reaffirm the strength inherent in OA's unity.

**Come One, Come All**

Our personal recovery depends on unity at the group, intergroup, region and world service levels. Without the unity that ensures the meetings continue, we cannot pass on the message of hope.

On an emotional level, our personal recovery can only come to us as we share our feelings with one another. When we share, our faith increases. As our physical recovery progresses, our faith gives us such a trust in a Higher Power that we become willing to listen to the still, small voice within us.

Until we work together in unity to find out *why* we do the things we do with food, we are blind to the energy within us that is ready to be used in inspiration and encouragement.

In order to achieve spiritual recovery, we must remember that, although we are limited by our humanity, we have a power within and a freedom we can rely on. The rewards of the program let us know who we really are. We find out that we don't have to be burdened with family or religious traditions. Our new family is the OA Fellowship.

Our Higher Power needs us to pass on the OA message. We are the ones who have shared the pain of the disease and have learned that by letting go we find freedom. Our Higher Power uses us to get the message of hope and help to people who would otherwise die of the disease.

*~Lifeline, February 1991*

## **OA's 55<sup>th</sup> Birthday Party Weekend in LA**

**January 23-25<sup>th</sup>**

Many of us from AZ will be there and we hope you will join us in the Birthday celebration!

All of the information can be found on our website at [www.oaphoenix.org](http://www.oaphoenix.org)

## **ASDI WINTER RETREAT**

**Saturday, February 28<sup>th</sup>  
9:00am – 6:00pm**

**St. Stephen's Episcopal Church**  
2310 N. 56<sup>th</sup> Street  
Phoenix, AZ 85008

**Flyers located in the OA Office  
and on the website**

**For further information and/or  
to be of service, contact:  
Rosie O. at 602-369-8444**

## **NEW MEETING**

**Tuesday 7:00pm  
Big Book Focus**

**OA Office**  
1219 E. Glendale Ave. #23  
Phoenix, AZ 85020

**Contact: Lynda at 602-740-2863  
or [lschwartz@accel.org](mailto:lschwartz@accel.org)**

## **TRADITION TWO**

*For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

It always amazes me how our OA groups survive with no apparent leadership. Yet, OA just celebrated its 49<sup>th</sup> birthday (January 19, 1960 was the first meeting). Obviously, God has been working through the members of the group. Problem after problem gets solved. One advantage of having so many of us involved in decision making is that we get so many good suggestions – sometimes from someone new to the program. If we truly want what is best for OA as a whole, we learn to listen to everyone – the newcomer as well as the person who has been around seemingly forever.

Sometimes it is difficult for me to decide what is right for the group – and not what would be best for me. As it says in OA's 12 & 12, "The group conscience is not the same as majority rule. This conscience is an expression of the group unity...a common bond which grows among us as we each let go of self-will."

We have to remember that each person who is included in the decision making process is included in the decision. We all have the choice of attending and participating in group conscience meetings. Would you like to be excluded because you did not have perfect abstinence? Or hadn't been in OA for a specific length of time? Or didn't attend "enough" meetings? I know, I would not – OA has helped me to find a wonderful way of life – and I want it to be around for me and you and all those others who haven't yet found us. By allowing God to guide us in our decisions, we will continue to grow in recovery. I choose to want our decisions to be guided by the way God is expressed on our group conscience.

*~Anonymous, 2009*

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](mailto:check.perception@gmail.com)

## ASDI's Mini Winter Retreat February 28<sup>th</sup>

Part of the retreat's purpose is to be a fundraiser for ASDI. As in the past, ASDI is asking meetings for their help by donating gift cards to be raffled off at the retreat. Because this is just a one day retreat, we are only asking for gift cards to be donated due to time constraints. The gift cards can be from anywhere: Walmart, Target, QT, Walgreen's, Fry's, VISA, American Express, restaurants, etc. and in any amount from \$10 on up. AND we will also be happy to take donations of gift cards from individual members. For more information or questions, please contact Dianna at 480-600-1617 or [diannainaz@msn.com](mailto:diannainaz@msn.com).

## 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	Tori	602-679-5273
Communications Secretary	Greg L.	480-688-2222

### COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Stephanie	480-227-9267
Office	Pat J.	602-923-8310
PI/PO	Dianna	480-600-1617
12 <sup>th</sup> Step Within	Kathy Y.	602-930-2689
Newsletter Editor	Christina	602-471-1217

### 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:  
[check.perception@gmail.com](mailto:check.perception@gmail.com)

## Speaker's Directory

<b>Anabel A</b> <a href="mailto:aportela1@gmail.com">aportela1@gmail.com</a> 602-803-6356	<b>Jeanne W</b> <a href="mailto:jeannewriter@aol.com">jeannewriter@aol.com</a> 623-340-1020
<b>Bernie W</b> <a href="mailto:bernie301@cox.net">bernie301@cox.net</a> 480-626-2123	<b>Jim R</b> <a href="mailto:jimrood@cox.net">jimrood@cox.net</a> 602-370-0614
<b>Christina S</b> <a href="mailto:check.perception@gmail.com">check.perception@gmail.com</a> 602-471-1217	<b>Kayla W</b> <a href="mailto:kayla301@cox.net">kayla301@cox.net</a> 480-626-2123
<b>Dianna</b> <a href="mailto:diannainaz@msn.com">diannainaz@msn.com</a> 480-600-1617	<b>Marie</b> <a href="mailto:mdils@cox.net">mdils@cox.net</a> 602-717-1099
<b>Elise</b> <a href="mailto:elise.ashe@imaginatics.net">elise.ashe@imaginatics.net</a> 860-961-0788	<b>Pat J</b> <a href="mailto:sprjz3137@q.com">sprjz3137@q.com</a> 602-923-8310
<b>Greg L</b> <a href="mailto:glane480@gmail.com">glane480@gmail.com</a> 480-688-2222	<b>Sheila</b> <a href="mailto:luv2laugh2@msn.com">luv2laugh2@msn.com</a> 480-451-0859
<b>Harlan</b> <a href="mailto:harlan288@gmail.com">harlan288@gmail.com</a> 480-495-8961	

## Meeting News:

For me, meetings are a safe place to hear experience, strength, and hope. As I listen to sharing, it is distracting when others in the meeting are texting on their cell phones. Sending this message to the *Serenity Press*, is my way of being a trusted servant as described in our literature. Each meeting I attend says in the format, that cell phones are to be on vibrate or turned off. It is my understanding that texting requires the phone to be in on mode. Perhaps when OA members enter the meeting after the format is read, do not realize what a distraction this is to others. There are, of course, exceptions to this. Sometimes the person has the OA phone response that day. Sometimes a person has a medical emergency for which they need to respond. I understand such exceptions. I hope that those OA members who are texting in meetings do realize that it is an interruption and is considered rude.

Thank you for listening and considering this behavior if you are one of those who is mentioned.  
Thank you for your consideration.

~Anonymous

## STEP TWO

Came to believe that a Power greater than ourselves could restore us to sanity.

## TRADITION TWO

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

## CONCEPT TWO

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

### Region 3 Representatives & World Service Delegates

Marie, Bobbi, Christina, Jackie, Donna M., Alternate: Dianna

### 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](http://www.oaphoenix.org)

Region 3  
P.O. Box 29903  
Austin, TX 78755  
[www.oaregion3.org](http://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](http://www.oa.org)

## CALENDAR

3rd Saturday of every month	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
February 21	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
February 28	Mini Day Retreat ▪ 9:00am – 6:00pm St. Stephen's Episcopal Church ▪ 2310 N. 56 <sup>th</sup> St. ▪ Phoenix, AZ 85008  Unity Day ▪ 12:30pm OA members pause to reaffirm the strength inherent in OA's unity.