

September 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.

NEW MEETING

Mondays 6:00pm

**Westside Men's
Step Study**

OA Office

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

Contact George R. 623-337-0061

**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.

Volunteers Needed

Again this year, ASDI will be participating in the Art of Recovery Expo. The expo will be held Saturday, September 20th at the Phoenix Convention Center from 10:00am to 5:00pm. It is free to get in. The Art of Recovery Expo offers positive solutions to anyone currently facing challenges and for those who love them. There will be many anonymous organizations there, along with professionals, addiction treatment centers and the like.

We will need volunteers to man the booth. We are looking for volunteers who can easily share their program of recovery with the public. If you have your before pictures, you are encouraged to bring them with you. We also encourage those in recovery who have other forms of eating disorders and have recovered to volunteer.

If you would like to volunteer, please contact Dianna at diannainaz@msn.com or 480-600-1617.

Best Day of My Life (OA Lyrics)

(with apologies to the band, American Authors, who wrote & performed the song originally)

I used to binge, I couldn't stop
I'd clean my fridge out floor to top,
Wo-oah-oah-oah-oah-oh-oh
Wo-oah-oah-oah-oah-oh-o
But then a miracle took place,
I ended up with you OA's!
Wo-oah-oah-oah-oah-oh-oh
Oah-oah-oah-oah-oah-oh-oh

I'm never gonna leave, woah
Since I came to believe
I found some food release

Oo-o-o-o-o-o
Every day is now the best day of my life
My li-i-i-i-i-ii-ife
Oo-o-o-o-o-oooooooo
OA's giving me the best days of my life
My li-i-i-i-i-ii-ife

I'd eat all night and watch TV
A zillion foods from A to Z
Wo-oah-oah-oah-oah-oh-oh
Oah-oah-oah-oah-oah-oh-oh
Almond Joy to Zucchini Bread
I'd end up passing out in bed!
Wo-oah-oah-oah-oah-oh-oh
Oah-oah-oah-oah-oah-oh-oh

Now my life is changed, woah
My brain is rearranged,
My thoughts not so deranged

Oo-o-o-o-o-o
Every day is now the best day of my life
My li-i-i-i-i-ii-ife
Oo-o-o-o-o-oooooooo
OA's giving me the best days of my life
My li-i-i-i-i-ii-ife

Once I surrendered
The struggle was ended
Found peace within my soul

I know there's a Power
It's 24 Hour
When I can give up, let go control

Oo-o-o-o-o-o
Every day is now the best day of my life
My li-i-i-i-i-ii-ife
Oo-o-o-o-o-oooooooo
OA's giving me the best days of my life
My li-i-i-i-i-ii-ife

*(Every day, every day now, is
the best day of my life, my life, my life; repeat
til end)*

~Judy B ©2014

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

At the July Intergroup meeting the representatives voted to send the suggested bylaws change out to the meetings for discussion and group conscience decision. The vote on this change will take place at the Intergroup meeting on September 13th. Please send a meeting representative to Intergroup.

ASDI bylaws

Motion to amend

Submitted by the ASDI bylaws committee

Motion: Amend ASDI bylaws Article V – Region Representatives and World Service Delegates, Section 6 – Responsibilities, D

Current Wording: Attend all Intergroup meetings.

Suggested Wording: *Attend all Intergroup meetings unless prior notification has been given to a board member.*

Rationale: Current wording does not allow for any absence regardless of circumstances. This places an undue burden on the Rep/Delegates. This change permits absence provided there is prior notification.

Speaker's Directory

Anabel A aportela1@gmail.com 602-803-6356	Jeanne W jeannewitter@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
Dianna diannainaz@msn.com 480-600-1617	Marie mdils@cox.net 602-717-1099
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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	Rachel	602-561-7688
Communications Secretary	Greg L.	480-688-2222

COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Tori	602-679-5273
Office	Pat J.	602-923-8310
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	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	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

STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION NINE

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

CONCEPT NINE

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Region 3 Representatives & World Service Delegates

Marie, Teri, Bobbi, Kathy, Rachel 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
September 13	ASDI Intergroup Meeting OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 1:00pm – 3:00pm