



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

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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.

Tune In Monthly for Virtual Workshop Series Podcasts Reach Large Audience

Stephanie D., Virtual Services Trustee

OA's virtual workshop series on the importance of working all Twelve Steps has received a positive response. The introductory workshop, which focused on "step zero": the nature of the disease and the willingness to go to any length, had 184 members who listened live and has been downloaded 1,558 times. The Step One workshop discussed surrender and the beginning of recovery and had more than 240 live listeners and 1,657 downloads. More than 150 members listened to the Step Two workshop live and had an opportunity to share on the questions provided by the speaker. It has been downloaded 1,125 times.

In this workshop series, region chairs, region trustees, general service trustees, the virtual services trustee, and members of the Fellowship share how they work the Steps, why working all Twelve Steps is important, and how working the Steps changed their lives physically, emotionally, and spiritually. Each month different members share their experience, strength, and hope on a different Step.

This workshop series came about as a result of a Fellowship inventory that revealed 25 percent of those OA members who took the survey had not completed all Twelve Steps and there was a correlation between completing all Twelve Steps and long-term abstinence. In addition, "more focus on the Steps" was voted one of the top three ways to improve OA in a survey of virtual groups.

The workshops take place from 3 to 4 p.m. EST on the second Sunday of each month. To access live, dial 1-424- 203-8405 and enter access code 925619#. More information can be found on the OA Datebook Calendar at oa.org/datebook-calendar. OA's Responsibility Pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." As Overeaters Anonymous moves into the twenty-first century, OA in the virtual community is helping extend the hand and heart to all who share our compulsion. These and other virtual workshops are recorded and available as podcasts on the OA website, oa.org

What's New From WSO

OA Bookstore Has New Links, New Look Placing a literature order is faster and easier thanks to a recent redesign at bookstore.oa.org. Create a secure account to save time placing future orders and jump to the new Quick Order Form when you know what you want to purchase. Attention webmasters: All bookstore products have new URLs!

Overheard at Meetings!

Fear is the darkroom where negatives are developed.

Before engaging your mouth, put your mind in gear!

OA is not something you join, it's a way of life.

Be as enthusiastic about OA as you were about your eating.

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

A Better Way Tina C.

By admitting my life was unmanageable, I came into OA. I heard the Steps being read at each meeting and thought, "Well, maybe I can do some of them, but no way will I do them all, especially Steps Five, Eight, and Nine."

About six weeks into program, my Higher Power brought a special person into my life: my sponsor. Like The Twelve Steps and Twelve Traditions of Overeaters Anonymous and the Big Book, my sponsor suggested I study all Twelve Steps in sequence. She said she would be honored to take me through the Steps, and she encouraged me to go to an open OA Step meeting where I could study both the Steps and the Traditions. Thus began a life-changing experience for me as I trusted this woman, followed her advice and instruction, and began working all Twelve Steps.

Starting with Step One, we did each Step in sequence. The writing in Step Four was hard, but my sponsor reassured me. I cried tears of relief and joy after giving away my Fifth Step. I thought Steps Six and Seven would be resting times in between the hard Steps. Little did I know those two Steps would be the hardest for me to fully embrace. They still are.

I trembled at the thought of working Steps Eight and Nine. Once again, my loving sponsor guided me through those Steps, helping me see whom I had harmed and whom I had not. She also helped me make appropriate amends and determine how I could change to keep from offending again.

Many people call Steps Ten, Eleven, and Twelve the "maintenance Steps." Again, I studied all three Steps. How could I skip any of them when each was helping me become a better person?

Special quotations are associated with each Step. My favorite is associated with Step Ten and reads, "Practicing the program has given us many gifts . . . More gifts are in store for us as we continue working the program and experiencing the miracle of permanent recovery, one day at a time" (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 90).

Each Step has a specific Principle associated with it, such as honesty, hope, faith, courage, and integrity. Pages 103 to 106 of the Twelve and Twelve give a brief description of all Twelve Principles. All are traits and characteristics that I yearn to possess and display.

This is why I say the Twelve Steps are not multiple choice. How can I not want to associate with any of these wondrous Steps or Principles and have them become part of me and help me be the type of person my Higher Power and I always wanted to me be?

12th Step Recovery Humor

Q: Why aren't people in recovery good dancers?

A: They lose interest after twelve steps.

How many compulsive overeaters does it take to change a light bulb?

Just one, he/she holds the light bulb and the whole world revolves around him/her.

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)

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(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

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Web Links

Discover Interesting and Helpful OA Website Links.

Abstinence Resources: Find and maintain abstinence using OA's new abstinence resources, available for free download—Strong Abstinence Checklist, Abstinence Literature Resource Guide, Abstinence PowerPoint Presentation, and Abstinence and A Plan of Eating Workshop. oa.org/membersgroups/service-body-support/

Monthly News Bulletin: Want more OA news? Sign up to receive the monthly email OA News Bulletin. oa.org/membersgroups/service-body-support/#WSO-NEWS

2015 OA-Approved Literature Catalog: See OA's complete list of available books, pamphlets, and more, including the bundle of Overeaters Anonymous, Third and Second Editions (while supplies last). oa.org/pdfs/lit_catalog.pdf

STEP SEVEN

Humbly asked Him to remove our shortcomings.

TRADITION SEVEN

Every OA group out to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

Region 3 Representatives & World Service Delegates

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

Contact Information for Monthly Contributions

Please be sure to include you World Service Office group number with ALL of you donations.

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CALENDAR

3rd Saturday of every month	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
July 18	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020