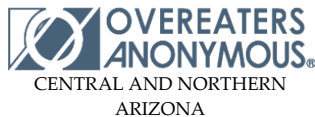




Overeaters Anonymous Office: 1219 East Glendale Avenue #23, Phoenix, AZ 85020 602-234-1195

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.

The Twelve Steps to a Better Holiday Season

This article appeared in the November 2007 edition of Lifeline

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We can believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

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

Questions for Coming out of Relapse Part Two

Here are some tips from the OA rooms on surviving and thriving during the holidays:

- Keep it simple.
 - Ask for God's help to abstain.
 - Have a game plan and tools in place.
 - Get rid of temptations in the house.
 - Remember, "When in doubt, leave it out."
 - Realize you cannot please others, so why die trying?
 - Think of it as "just another Thursday or Saturday."
 - Recall the natural high or "holy awe" you get from being around junk food and not eating it, or excess and not indulging (ours is a positive, happy choice!).
 - Remember, making even the littlest room for HP helps!
 - HALT if you are Hungry, Angry, Lonely, Tired (or bored, sad, or anxious).
 - Remember our "disease brains" think celebrating means getting sloppy; real celebration is living happy, joyous and free!
 - Look up words like "joy," "happiness," "hope" in OA's *For Today* and *Voices of Recovery*, to anchor your mind and heart in satisfying reality. I looked up "joy" in *For Today* and found the loveliest quote: "Those undeserved joys which come uncalled and make us more pleased than grateful are [the ones] that sing" —Henry David Thoreau" (p. 64).
- We don't need extra food or "fabricated delight" to savor what is meaningful about holidays, whatever our creed or religion.

Edited and reprinted from Calling newsletter, South Central Pennsylvania Intergroup, December 2010

16. Read page 35 in the Big Book. Discuss and reflect on the idea that a compulsive overeater has to be pretty badly mangled before they commence to solve their problems.
17. Read pages 31-34 in Step Two. Discuss and reflect on the following concepts: a) no person could believe in a Higher Power and defy it and b) to recover we need faith that works under all conditions.
18. Re-read Step Two. Discuss and reflect on why every OA meeting is assurance that God can restore us to sanity.
19. Read the Big Book, pages 5t-57. Discuss why in the life of a compulsive overeater, reasons, as most perceive it, are not entirely dependable. .
20. Re-read Chapter Three of the AA Big Book. Discuss and reflect on the growth one must have before he can move from Step One to Step Two.
21. Read Step Three. Discuss and reflect on why willingness is the way to a faith that works.
22. Read Chapter Five to page 63 (" this was only a beginning"). Discuss and reflect on why happiness and satisfaction cannot come unless the compulsive overeater gives up control.
23. Re-read Step Three. Discuss the idea that faith does not necessarily mean we have let God into our lives.
24. Read pages 569-570 in the Big Book. Discuss the God-consciousness you have experienced for yourself and have seen in others.
25. Re-read Step Three. Discuss the spiritual dependence as the only means of escape from the destruction of overeating;
26. Re-read pages 25-29 in the Big Book. Discuss the idea that recovery depends on huge emotional displacements and rearrangements.
27. Re-read pages 41-42 in the 12 & 12. Discuss how we go about bringing our will into agreement with God's will.
28. Discuss the following tools as part of your daily program of recovery: a)reading, b)writing, c)meetings, d)service, e)abstinence, f)sponsorship, g)anonymity.
29. Read "A Vision For You" in your AA Big Book. Discuss the vision God has for you. Discuss the idea that our answers will come if our own house is in order.
30. Read the last paragraphs of Steps 1 and 2. Re-read Step 3. Discuss how Step 1 is our commitment to Honesty. Step 2 is our commitment to Open-mindedness and Step 3 is our commitment to Willingness. After writing this, renew your contract with God by repeating aloud the prayer on page 63 in the AA Big Book in the privacy of your own place of meditation.

Winter Retreat, January 8-10, 2016

As summer slowly fades behind us and cooler weather heads our way we look forward in 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.

Now is also the time to start thinking about the fundraising raffle that takes place during the retreat. 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, have something in your closet you would like to re-gift by donating it, please contact Dianna at diannainaz@msn.com or 480-600-1617. You will be responsible for bringing the item to the retreat, but your contributions are always welcome. Money generated from ASDI retreats is used to send rep/delegates to Region 3 assemblies (twice a year) and to the World Service Business Conference (annually).

The next winter retreat committee will Sunday, October 25th at 11:45 am at the Paradise Bakery just down the street from the OA office. The committee is still in need of volunteers to help.

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	Stephanie	480-227-9267
Office	Pat J.	602-923-8310
PI/PO	Jeri	805-714-3742
12 th Step Within	Donna M.	602-725-7440
Newsletter Editor	Dianna	480-600-1617

SERVICE POSITIONS

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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 ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

CONCEPT ELEVEN

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Region 3 Representatives & World Service Delegates

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

NEW MEETING STARTING

Thursdays (starts Oct. 22nd)

7 pm at the OA office

Recovery from Relapse

This will not be the usual open sharing but rather an open discussion meeting. The discussion will be based on the Big Book.

For more information, contact Dianna at
diannainaz@msn.com or 480-600-1617.

Holiday Marathon Meetings

It is that time of year again and the holidays are upon us. Every year ASDI and the 12th Step Within Committee sponsor the holiday marathon meetings at the OA office. The committee is looking for volunteers to commit to one of the meetings on Thanksgiving Day, Christmas Day and New Year's Day. The meetings are scheduled for 9:00 am, 10:30 am and 12:00 pm. You will be responsible for opening, closing and leading the meeting. What a great way to start your holiday than at an OA meeting. If interested in signing up for one of these meetings, please contact Donna M. at 602-725-7440 or tidder @cox.net

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.

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www.oaphoenix.org

Region 3
P.O. Box 29903
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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 ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
November 21st	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>