

# Arizona Serenity in the Desert Intergroup Newsletter

May 2015

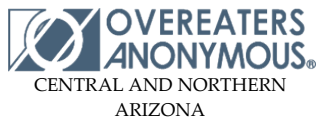
SERENITY PRESS

FREE



**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.

## **My Source**

I pay special attention when the same message comes up at different meetings. This week the topic I heard over and over was, "I don't know what will make me happy." I have more than one meditation book that I read each morning, and the topic one day was titled, "I DO NOT PERCEIVE MY OWN BEST INTERESTS". Now, why is that, I thought? It could be as simple as what I want isn't good for me in the long run. That was certainly true of the food. But, are there other reasons? Is it because I see life through the eyes of my ego, which is my judgementalness and my fear? Is it because I have expectations (those pre-meditated resentments)? Is it because I "play small" (don't take risks, don't let myself be vulnerable)? Is it because I'm waiting for some mythical time and place where no projects at or at home need to be started or finished – instead of life's ups and downs, only a smooth, paved road for as far as I can see stretches out before me?

Yes, all these are major reasons why I don't know what's going to make me happy. But steps 1, 2, and 3 assure me that there's a Power greater than myself that knows what I need – that has my best interest at heart every minute of every day. It's up to me to plug into that source. Just like a lamp was made to shine, but on its own it remains dark. It has to move close to an outlet – that source of electricity. Similarly, I need to move close to my Higher Power – my source.

I'm reminded of an old story. A woman in a village heard a child talking, but she couldn't make out the words. She followed the voice until she found the child, alone in a room. She couldn't understand what he was saying at first, because he wasn't speaking words, he was just reciting the alphabet. She asked him what he was doing, and he said that he was praying, but he didn't know the words to use, so he was saying the alphabet, and God would understand how to put what he needed into words.

Well, that's me. I don't know what I need, but if I stay close to my source, I'm given everything I need to get through today without compulsive overeating.

~Anonymous

## **"Sunlight of the Spirit...Let Your Light Shine"**

**Summer Retreat – June 26, 27, 28, 2015**

**Embry Riddle Aeronautical University Campus**

**Prescott, AZ**

Why on earth would anyone attend a retreat for Overeaters Anonymous? My answer would be, why on earth not?

You could call me an OA event junkie, but considering what I used to be like in my relationship with excess and binge foods, my gratitude is beyond what I dreamed that life could be without compulsive overeating. It is nothing short of a miracle.

Life truly does take place in between meals and it is definitely a roller coaster ride at times. Getting away to a retreat or any OA event allows for a "break away" from our ordinary daily activities which is so refreshing and healthy. It allows us to focus on ourselves and take the Spiritual road to recovery in a beautiful setting. We can walk away with support, strength, courage, and understanding of situations we are experiencing in everyday life.

Our Summer Retreat Committee is excited about the venue at Embry Riddle Aeronautical University in Prescott, AZ. We could also use more help on the committees – Call Rosie at 602-369-8444 or Jackie at 602-770-2320 to volunteer. Our next two committee meetings are at the OA office Saturday, May 9<sup>th</sup> at 12:15pm and Saturday, June 13<sup>th</sup> at 12:15pm.

We are also asking each meeting to pass the basket a second time for any change they have to go towards gift cards to be raffled at the Summer Retreat as a fund raiser. This can be done over a period of two to three weeks consecutively. Gift cards in the amount of \$10 to \$25 for gasoline, home products, groceries, hobby supplies, or OA Literature are appreciated. The money we make from the Retreat Raffle of gift cards helps Arizona Serenity in the Desert Intergroup send delegates to OA World Service Business Conference and Region 3 Assemblies. These representatives and delegates represent all our members as they do the business of OA. Gift cards should be given to the Ways and Means Summer Retreat Committee Chair, Gloria at 480-232-4304 or Greg at 480-688-2222.

Keep the dates of June 26, 27, 28, 2015 free! A \$50 deposit (nonrefundable) holds your space. We will have our meetings in Haas Chapel and have an attendance limit of 60 people. Our dorms are nearby and have two beds and a bath in each room. We have a great speaker leading the retreat with long term recovery! Save up now and register for the early bird special for which payment is due prior to June 5, 2015. Please go to our website to download a brochure and sign up today! [www.oaphoenix.org](http://www.oaphoenix.org)

See you there!

*~Rosie O.*

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)

### Prayer Before Eating

A friend in OA and I were talking on the phone about ways to curb our tendency to gobble food down without thought. We were talking about thanking God for our food before we started eating. I am an atheist, so this did not appeal to me. I decided to thank the farmer, the workers who processed the food for sale, the truckers who brought it to the market, the grocer who displayed it, and the cashier who bagged it to go home with me. It sure does slow down my gobbling!

~Ann M.

### Arizona Serenity in the Desert Intergroup (ASDI)

#### ASDI TRUSTED SERVANTS

Chair	Marie	602-717-1099
Vice Chair	Bobbi	623-606-2633
Treasurer	Teri	480-466-5123
Recording Secretary	Kayla	480-626-2123
Communications Secretary	Greg L.	480-688-2222

#### COMMITTEES

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Outreach/Lifeline	Stephanie	480-227-9267
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PI/PO	Vacant	
12 <sup>th</sup> Step Within	Donna M.	602-725-7440
Newsletter Editor	Christina	602-471-1217

#### SERVICE POSITIONS

Telephone Coordinator	Sheila	480-451-0859
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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:jeannewitter@aol.com">jeannewitter@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
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<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	

### How My Father Learned I Was A Member Of OA

When I joined Overeaters Anonymous., my aging father lived with my husband and me

My husband was and still is a member of AA – and, at the time I came to OA he had been sober for approximately 11 1/2 years. Curiously, my father could not understand why his son-in-law was still going to AA meetings with those years of sobriety. Therefore, there was no way he would understand about OA. Thus, I never told my father that I was going to OA – and he just assumed I was on another one of my many diets.

About three years after coming to OA, our local newspaper had a wonderful article about OA. In this article, my sponsor was listed as someone to contact for additional information about OA. However, the day the article was published, she was out of town. Her daughter, trying to be helpful, provided everyone who called with my name and phone number.

That day, while I was at work, our home phone rang all day long. When I returned from work that day, my father waved the newspaper in front of me, asking if the article had anything to do with me. He had taken about 30 phone calls – and, of course most of the newcomers knew nothing about anonymity. That is how Dad learned that I was a member of OA

As a result of this experience, a suggestion was forwarded to members of the Board of Trustees suggesting that a change be made to the description of the Tool of Anonymity. The last line now reads: "When leaving a telephone message, please remember the tool of anonymity." Of course, someone new to 12-step programs will not know about anonymity. However, the messages I leave for fellow OAers now do not mention OA as being how I know the person.

~Anonymous

## STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

## TRADITION FIVE

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

## CONCEPT FIVE

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

### 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.

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Desert Intergroup  
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World Service Office  
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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
May 16	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
June 26-28	“Sunlight of the Spirit...Let Your Light Shine” Embry Riddle Aeronautical University 3700 Willow Creek Road ▪ Prescott, AZ 86301 Contact: Rosie O. 602-369-8444 or Jackie W. 602-438-0223