

Arizona Serenity in the Desert Intergroup Newsletter

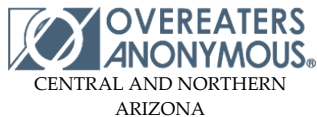
FEBRUARY 2016

SERENITY PRESS



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.

A Mustard Seed

Two important principles are found in Step Five: trust and acceptance.

Many of us have had a tough time practicing these, and they seem to be impossible to almost apply in our lives. This disease ruined my ability to trust and accept myself. Any attempt at trusting myself to eat normally the next time the compulsion came was a lost cause for me. If I couldn't trust myself, surely I couldn't trust another human being or even a divine being.

I was in a bind when I came into OA. As I started working the program, I found some abstinence and clarity. The healing began when I revealed the "real" me to another person in the program, my sponsor. Trust began then—as a tiny mustard seed. As I told my sponsor my secrets, that small seed of trust grew. As my trust in my sponsor grew, so did trust in myself grow.

That's the strange thing. This trust thing works one way in the disease and the reverse in recovery. In the disease, I couldn't trust or accept myself, so this spilled over onto others and God. In recovery, though, I have to trust God through another person, which then spills over to trusting myself. As I did my first Step Five and additional sharing along the way, my ability to trust and accept God, others and myself, blossomed.

As I continue to show the "real" me to others, those two valuable principles, trust and acceptance, have become a way to live one day at a time.

Anonymous

Unity Day is February 27, 12:30 p.m. AZ time (last Saturday of February)

This day recognizes the strength of the OA Fellowship worldwide. On the last Saturday in February, OA members pause to reaffirm the strength inherent in OA's unity. We suggest that all meetings recognize this day with a group conscience meeting close to this day for discussion of the Unity with Diversity Checklist which can be found at this link:
www.oa.org/pdfs/UnityWithDiversityChecklist.pdf

Fresh start for Fresh Start Meeting

The Tuesday meeting at the Fresh Start Women's Foundation, 1130 E. McDowell Rd. will be meeting at 2:30 pm.

Group will continue to be a literature meeting with an emphasis on newcomers. All women are welcome to attend. Group will start at 2:30 pm, stop at the front desk to find out where the meeting will be.

For more information contact Christina at 602-471-1217.

Service Opportunity-

women needed to help on 2nd and 4th Tuesday's of the month providing information about OA to women at Fresh Start Women's Foundation (12th St. & McDowell) Table will be set up and staffed on those dates for an hour prior to the meeting there (1-2 pm). For more information call Victoria at 602-679-5273

or victoria@azwoods.com.

A Bright Path to Follow

What do you do when you have struggled for months but are still not "getting it"? Fellow OAs tell me to keep coming back but it means little to me, steeped as I am in judgment and in the fear of continuing to fail. I don't think I am alone in this experience, but only because I have learned that I am not terminally unique! It all comes down to me and the God of my understanding. Today is a day when it feels like God is all I have---God, my disease, and my determination to keep trying to get better, no matter what.

It is very humbling to admit that "first a slip, then a fall" has become my pattern in this program. In my world, I mess up again and again. I cause problems and react badly to life. But every time I have taken the risk of sharing one of these truths during a meeting, I've been met with understanding, both spoken and unspoken. To my surprise, no one has yet asked me to leave a meeting room.

Our literature tells us the only way to fail is not to try so I just "keep on keeping on." Where else can this miserable food addict go for acceptance and encouragement regardless of my record of abstinence, emotional sobriety and weight loss? Just for today, I am imagining our program as a brightly lit path to recovery, a path solidly laid before me and along which I can stumble or fall as many times as I need until I am finally "getting it." Anonymous

Finding the Miracle

Today I know my Higher Power wants me to be Happy, Joyous and Free. In OA, I have found that no matter what is happening in my life or with those around me, I can be at peace. Before OA nothing could fill me up, give me peace or bring me freedom from the obsession to kill myself in food. What changed? I found the miracle that lies in the steps of this program. As long as there is a compulsion in my life, then there is a step I need to work. The OA program is simple, but not easy. My experience, strength and hope remind me of some of the footwork I must do on a regular basis.

Get a sponsor and stay in frequent touch.

Work the steps NOW! Be honest and rigorous as I work each one.

Go to as many meetings as possible, three a week is a realistic goal.

Make at least one outreach call every day.

Get into service. Ask my Higher Power for direction if I am unsure what to do.

And remember, OA WORKS! But only if I work it. Reprinted from Lifeline

NUGGETS OF WISDOM

You're either surrendering to God or surrendering to the food.

You can't conquer what you won't confront.

If you're not working the steps, then OA is just a cheap diet club.

I can endure some short-term pain to get some long-term pleasure.

We are either a host to God or a hostage to ego.

Abstinence means:

I am in recovery and not cured. I have a food plan I no longer crave sweets. I have the blessings of the 12 Steps to guide me in all areas of my life. I have the support and fellowship of others who understand. I have improved health and increased energy. I am a gentler, kinder, less judgmental person to myself as well as others.

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

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Communications Secretary	Christina	602-471-1217

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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
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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

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

OVERHEARD AT MEETINGS

Happiness is appreciating what you have,
not getting what you want.

I don't know how to make it better but I sure know
how to make it worse.

Things aren't necessarily going wrong just
because they're not going your way!

Why Don't I Have a Sponsor?

Commitment: Getting a sponsor is a real sign of commitment to program, so I hold back due to fear.

Control: The illusion I'm in control is easier to maintain without a sponsor.

Denial: I want to do everything myself and I persist in thinking I can.

Rejection: I expect people to turn me down, so "who would want to sponsor me"

Trust: I am afraid to confide in people. "If someone really knew me, they wouldn't like me."

Perfectionism: I fear I can't measure up to some unwritten standard of what a good sponsoree should be.

Laziness: Working with a sponsor is hard work.

Rationalization: I make excuses for not having a sponsor and use the lack of one for not working the program.

Procrastination: I will find a sponsor at a later date.

Intimacy: Having a sponsor involves taking risks and getting close to another person. I fear sharing emotions.

Do you have a sponsor? Are you a sponsor? If you can answer NO to either question—what is your reason?

WORDS TO LIVE BY

N.U.T.S. -- Not using the steps.

F.E.A.R. -- False evidence appearing real.

P.L.A.N. -- Practice living abstinently now.

E.G.O. -- Easing God out

F.R.O.G. -- Fully relying on God.

CAN'T CAUSE IT.

CAN'T CONTROL IT.

CAN'T CURE IT.

REGRET is looking backward.

WORRY is looking around.

FAITH is looking up.

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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CALENDAR

3 rd Saturday of every month	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020
February 20 th	ASDI Intergroup Meeting ▪ 1:00pm – 3:00pm OA Office ▪ 1219 E. Glendale Ave. ▪ Suite #23 ▪ Phoenix, AZ 85020