

July 2014

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www.oaphoenix.org

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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.

July 25, 2014

**Sixth and Seventh
Step Workshop**

OA Office

1219 E. Glendale Ave. #23
Phoenix, AZ 85020
7:00pm – 8:30pm

Contact Kathy Y. at 602-930-2689
or kathyyst9@msn.com



**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.

Taken from the Region III Convention Planning Manual:

INTRODUCTION

Congratulations on having been selected, by a group conscience vote of the Region III Representatives (reps), as the intergroup to host a future Region III Assembly/Convention (convention). You must be very excited and curious about what goes into planning this event. That is why this manual has been put together for you.

This convention is a weekend-long recovery event, and the assembly is the business meeting of Region III. They are concurrent activities at the same venue. We are hopeful the event will contribute to a greater understanding of the Overeaters Anonymous (OA) program and a renewal of program commitment for the people participating in the convention preparation.

Hosting a Region Convention is a good way to unite the membership in your area and to energize your intergroup. Each person who gives service will gain knowledge of themselves and the Fellowship. It also serves as a fund-raiser and provides concentrated recovery for those in attendance.

The size of the convention ranges from 80 to 150 people, depending upon location and time of year. People usually come from all seven states in the Region. Some may arrive early or stay late to explore the host city.

Conventions are sponsored by Region III and hosted by the selected OA intergroup. The Region will seed the intergroup \$500.00 approximately 1 year before the event, if requested. The representatives of the hosting intergroup are provided with _ the representative funding to attend their event.

This manual is a collection of policies, experiences and guidelines to help in planning your Region III Convention. Committee or task is presented in separate sections. It has been designed to facilitate the copying and/or separation by section. These selections can then be given to the different chairs. Ideally it would be advantageous to have a chair and co-chair for each committee. Realistically, some of these committees will be combined and one person will chair.

At the back of this manual there is a section, Committee Notebook. This section may have some useful information on good committee work. How to solve some problems, tools for decision-making, delegation and many other helpful topics.

We suggest, "You take what you want and leave the rest." If you find yourself experiencing new situations that baffle you, you might read through the Final Reports prepared by intergroups that have been recent hosts, or, talk to the Vice Chair of Region III. It is the job of the Vice Chair to work closely with the area in planning and implementing the event. As always, we find that our shared experience can benefit others. We encourage you to call on those intergroups who have experienced and grown through this rewarding experience.

Remember to have fun and good luck!!

From Fear to Freedom

This program operates on faith. The First Step is a step into faith that the process is going to work and that by letting go of our own will we will not be led to another dead end. Each of the following Steps has its degree of faith and the need to believe in the group and process.

When I falter in my program, I have to remember that the opposite of faith is fear. If I take an honest look at myself, I quickly see I'm operating out of fear instead of faith. I need to keep in mind that FEAR is the acronym for Forget Everything And Run. This is how I lived before program. If things got difficult, I physically or emotionally left the person, the situation, or the state. I used food, drugs or anger (righteous, of course).

The program offers another acronym for FEAR: Face Everything And Recover. Without the principle of faith, I cannot possibly surrender my will, let go of my fear and recover from the deadly disease of compulsive eating.

It takes faith to trust in a Higher Power and other OA members to support us as we walk a new path to freedom unlike any we dreamed of having.

~Lifeline, May 2008

NEW MEETING

Wednesday 12:00pm

North Scottsdale United Methodist Church

11735 N. Scottsdale Rd.
Scottsdale, AZ 85254
(the church is located on the East side of Scottsdale Rd. just south of Cactus)

The meeting will be using OA approved literature with a read, share, pass format.

Contact Rachel 602-561-7688

MEETING CHANGE

Tuesday 10:30am

(time changed from 10:00am)

Esperanza Lutheran Church
2601 E. Thunderhill Pl.
Phoenix, AZ 85048

Contact Ann M 480-313-1900

MEETING UPDATE

Tuesday 11:00am

St. Andrew the Apostle Church

This meeting held its final meeting on June 17, 2014.

Faith Versus Fear

It is with total awe that I move into this day. I wonder at God and the mysterious ways in which He moves. As I observe two of my friends and the turn their lives are taking, I see on with faith and one without. Acceptance dominates one friend's life, as she searches for ways to cope. She works towards letting go and letting God do for her what she cannot do for herself. To watch this spiritual growth in action is a gift from God to me. I see her fear being replaced with serenity as her world changes drastically, yet she is moving forward one day at a time.

My other friend becomes overwhelmed at her news and questions why God is doing this to her. She is devastated and afraid. She feels alone and doesn't know where to turn. She looks at me and cries, "What am I going to do?"

My Higher Power gives me the best answer. "You'll take this one day at a time and trust that God has a plan. There is a reason; ours is not to question why."

Faith is a gift from God, and as I work in recovery, I feel blessed. My life is good; I am able to accept that which God has given to me, and I am grateful. Now, instead of trying to fix things for my friends, I accept my limitations and offer support and understanding. But I turn the hard things over to God and pray for peace, health and prosperity for all who mean so much to me. I find comfort in knowing that God will carry them too.

~D.B., London, Ontario Canada. Lifeline, November 1997

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

SAVE THE DATE
August 8, 9, & 10 2014

REGION III
Convention & Assembly

Tempe Mission Palms
60 East Fifth Street
Tempe, AZ 85281

If you have any questions/requests regarding the convention & assembly, contact Kayla at 480-626-2123 or email kayla301@cox.net

(Brochures available in the OA Office or on the website: www.oaphoenix.org)

Speaker's Directory

Anabel A aportela1@gmail.com 602-803-6356	Jeanne W jeannewitter@aol.com 623-340-1020
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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	Jen H.	602-803-1503
Communications Secretary	Greg L.	480-688-2222

COMMITTEES

Bylaws	Sheila	480-451-0859
Outreach/Lifeline	Tori	602-679-5273
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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

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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	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

Recovery is a BIG Deal
Abstinence is a BIG Deal

Freedom from food obsession one day at a time is a gift. OA has helped me find a self-defined food plan of three meals a day and some sanity.

That's not how it used to be with me around food. The food compulsion used to feel like a constant magnet in my mouth, nagging with a need to binge or graze daily. What a hard way to live! I would wake up in the morning already feeling full, and say to myself, "Okay I'm not going to binge today." Well, in a few short hours, that resolve would be gone, and I'd be back into the food, bewildered, frustrated and dismayed. I was powerless.

Coming to OA has changed my life – I am grateful for the Twelve Steps, and sponsorship meetings, phone calls, and finding a Higher Power. For someone who couldn't get through the day without turning to food, I am grateful for the chance to live another way.

OA is such a blessing.
Let's keep coming back!

~J.W.

Reprinted from Santa Cruz OA newsletter, Fall 2008

STEP SEVEN

Humbly asked Him to remove our shortcomings.

TRADITION SEVEN

Every OA group ought 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, Kayla, Teri, Bobbi, 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
July 19	ASDI Intergroup Meeting OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 1:00pm – 3:00pm
July 25	Sixth and Seventh Step Workshop OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 • 7:00pm – 8:30pm Contact: Kathy Y. at 602-930-2689 or kathyyst9@msn.com
August 8, 9, & 10	Overeaters Anonymous Region III Convention & Assembly Tempe Mission Palms • 60 E. 5 th St. • Tempe, AZ 85281