

May 2014

Donation 50¢

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.

THANK YOU!

To all OA members and their family members who worked so valiantly to create a pleasant and cheerful OA home. It could not have been done without the assistance of each and every one of you. You all know who you are. Some of you donated funds and goods. Some of you donated time and energy.

With new flooring and new paint, the Office Committee requests that when beverages are spilled, immediate care be taken to clean up. Directions will be posted in the office announcement folder.



**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.

SERVICE IS SLIMMING

Here is a list of service opportunities that will do wonders for:

- Your own recovery
- Arizona Serenity in the Desert Intergroup
- Region III

And, all at once! (A triple bonus)

We are looking for Volunteers who want to improve the quality of their own recovery and the ability of OA to help the compulsive overeater who still suffers. You can do this by assisting at the upcoming Convention and Region III Assembly. There are many service opportunities available. Here are some – including the contact person's name:

- Huggers and Greeters (Teri)
- Register attendees upon arrival (Tori)
- Literature Sales (Marian)
- Offer tickets for drawings (Mindy)
- Timer at recovery sessions (Jackie)
- Speaker at recovery sessions (Jackie)
- Hospitality room host/hostess (Jen)
- Assembly Assistant (Kayla)
- Preparing and posting signs (Donna M)
- Entertainment (Rosie)
- Public Information (Dianna)
- Volunteer Coordinator (Open)
- Ways & Means (Open)

Enhance your recovery – call one of the people listed above NOW!!

~Kayla

"Fearless and Thorough"

A workshop on Steps Four and Five

**Friday, May 16
7:00pm – 9:00pm**

OA Office
1219 E. Glendale Ave. #23
Phoenix, AZ 85020

Contact Kathy Y at 602-930-2689
or kathyost9@msn.com

**SAVE THE DATE
JUNE 20, 2014**

"Keeping your Abstinence Strong and Intact"

A new OA World Service Office program with a slide presentation, panel discussion, writing and sharing.

OA Office
1219 E. Glendale Ave. #23
Phoenix, AZ 85020
7:00pm – 9:00pm

Contact Kathy Y. 602-930-2689 or
Greg L. 480-688-2222

NEW MEETING

Friday 5:30pm

Paradise Valley Hospital
3929 E. Bell Rd.
Phoenix, AZ 85032
(Enter west side of 1-story
hospital annex/modular bldg. to
the meeting room)

Contact Marci 480-888-5603

NEW MEETING

Wednesday 12:00pm

**Tempe First Methodist
Church**

215 E. University Drive
Tempe, AZ 85281

Contact Joshua 415-307-6313

How I Stay in Recovery on the Road (One Day At A Time)

Traveling away from home can be a difficult time for a compulsive overeater like me. Surprisingly, I am still a compulsive overeater away from home. Because I travel often, I have developed some techniques that help me to stay abstinent and in recovery on the road. Here they are:

1. Before my trip:
 - a. Visit www.oa.org and look up meetings where I will be
 - b. Put **all** meetings held in the location on my schedule, **before** any other appointment or activity, so that I can "fit my trip into OA", not try to "fit OA into my trip"
 - c. Call the contact persons listed for the specific meetings to verify the info and to let them know I will be visiting. This way I don't feel like a stranger when I arrive, plus I tell them I would like outreach calls when in town.
 - d. Go to the local intergroup website for the area that I am visiting and find names to call before I leave for my trip...and call them!
 - e. If I don't have a car, ask for a ride to the meeting, or take public transportation
 - f. Pack my Big Book and daily meditation books (or have them on your smart phone, tablet, or e-reader)
2. Recovery while in the air:
 - a. Planning ahead is the key. I do not leave my food to chance
 - b. I have large blue insulated cooler bags (fits nicely in overhead bin and if heavy, I have a small fold up wheelie to schlep it through the airport)
 - i. I pack my lunch in large plastic containers
 - ii. TSA allows all frozen items through security
 - iii. I put a few frozen ice packs inside and remove them and put them in my checked luggage at check-in if they do not have a hard case, if I am checking a bag. TSA now allows hard case frozen ice packs through security.
 - iv. I keep several large zip lock bags in the cooler bag and fill with ice at home, then dump the ice at security and refill on other side of security at a fast food ice machine. This technique keeps the food nice and cold for the entire trip. If ice melts, refill at arriving airport
 - v. I use this technique every day to haul around abstinent food on the trip and I also have a smaller insulated pack for day trips
 - vi. I drink lots of water on the plane. I bring an empty water bottle or I get free water in a large cup from a food vendor (Starbucks has nice large plastic cups), carry it on board, and have the flight attendant refill often. I don't pay \$5 for airport water bottles!
3. At destination:
 - a. Request a room with a refrigerator. Hotels will not charge for one if I state that it is for medical purposes.
 - b. I pack some of my breakfast food and buy the rest at a store, or buy at hotel
 - c. Plan ahead for meals and go online to look up restaurant menus
 - d. Go to meetings, make outreach calls to local members
 - e. If meetings are not available, go to telephone meetings found at www.oa.org
 - f. Do all of the recovery activities on the road that I do at home; my disease does not go on vacation if I do!

I ask myself, what am I NOT willing to do to recover while on the road?

~Greg L.

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
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
Dianna diannainaz@msn.com 480-600-1617	Pat J sprjzz3137@q.com 602-923-8310
Greg L glane480@gmail.com 480-688-2222	Marion marion@fredandmarion.com 602-284-8076
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	Vacant	
Vice Chair	Marie	602-717-1099
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 Office	Vacant	
PI/PO	Pat J.	602-923-8310
PI/PO	Dianna	480-600-1617
12 th Step Within	Teri	480-466-5123
Newsletter Editor	Kathy Y.	602-930-2689
	Christina	602-471-1217

SERVICE POSITIONS

Telephone Coordinator	Vacant	
Literature	Marian F.	623-587-6016
Website Manager	Greg L.	480-688-2222
Meeting List Updates	Bobbi	623-606-2633
Office Announcements	Carol	623-931-2404
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

Top-10 List of Things...That Help My Recovery Most

10. Service (is slimming): When I don't want to share in a meeting or even go to a meeting or make phone calls, I remind myself that it's all service and that service is slimming. If I want to lose weight, I have to give service.

9. Writing (face your stuff or stuff your face): If I can pick up a pencil instead of a fork when I feel like compulsively overeating, I can find out what's really "eating me" and save myself from the misery of overeating.

8. Literature (just for today): I don't have to read any whole book ever. I can read one *Lifeline* article, one *For Today* page, one daily meditation, and one section in the Big Book. Every few paragraphs contain some nugget of nourishment for my soul.

7. Meetings (carry the message to those who still suffer): When I don't feel like attending my meeting or think I don't have to because I don't need it, I remind myself of the purpose of every meeting to bring the message to the still suffering and of how I'd feel as a newcomer to walk into an empty room.

6. Ninth Step (the promises): I worked through early steps with the faith that the promises would be fulfilled once I completed Step Nine. I found so many fulfilled before Step Nine, I figured nothing further would happen when I got to Nine. I'm only halfway through Nine, have blown past a weight that would have satisfied me and am quickly approaching my lowest weight in 25 years.

5. Fifth Step ("and to another human being"): God and I already knew what a wretched-creature I was. Telling someone else made it both so much more real and less serious. Now that I don't hold all those secrets alone, they seem far less powerful.

4. My Sponsors (someone who has what you want): I "designed" my sponsor before I ever went to a meeting. I wanted an active, fit woman of my faith with more than 10 years of abstinence and who had an active and fit sponsor with more than 15 years of abstinence. At the meeting there were only two sponsors to choose from, and only one was taking new people. She did not fit my bill exactly, and after working with her for three years, I've added a second sponsor who has the rest of the characteristics I was seeking.

3. Humility (I can't. God can. I think I'll let him.): Having been unsuccessful on my own, I decided to let a bunch of compulsive overeaters help me recover, and the first thing they told me is that God's going to take care of this for me.

2. Willingness (go to any lengths): Whatever the program says, I do it. Whatever the steps are, I work them. Whatever the tools are, I use them. Whatever my sponsor suggests, I do it. I have hated a lot of these ideas, but again, I wasn't successful using my techniques, and I decided the only way to give this program a fair try was to follow it as thoroughly as I can.

1. God (turn it over): All I have to do is work the Steps and use the tools; God is taking care of my weight. I stay off the scale in between monthly weigh-ins and trust that if my weight goes up or down drastically, I'll notice.
 ~Mard, Arizona (*Lifeline March/April 2014*)

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

Kayla, Rosie, 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 Ververne

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
April 28 – May 3	World Service Business Conference 2014 • Our Primary Purpose Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE • Albuquerque, NM 87102 • 505-245-7100
May 16	“Fearless and Thorough...” A workshop on Steps Four and Five OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 7:00pm – 9:00pm • Contact: Kathy Y. at 602-930-2689 or kathyvost9@msn.com
May 17	ASDI Intergroup Meeting OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020
June 20	“Keeping Your Abstinence Strong and Intact” A new OA World Service Office program with a slide presentation, panel discussion, writing, and sharing. • OA Office • 1219 E. Glendale Ave. • Suite #23 • Phoenix, AZ 85020 7:00pm – 9:00pm • Contact: Kathy Y. at 602-930-2689 or Greg L. at 480-688-2222
August 8, 9, & 10	Overeaters Anonymous Region III Convention & Assembly Tempe Mission Palms • 60 E. 5 th St. • Tempe, AZ 85281