

SERENITY PRESS

October 2011

SUGGESTED DONATION 50¢

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

SERVICE OPPORTUNITIES

Finance Committee Chair & Members

By-Law Committee Members

PIPO

(Public Information & Professional Outreach)

Chair & Members

Winter Retreat Members (2012)

For more information on any of these service opportunities contact Charlene at 602-618-9476



Calendar of Events

Region 3 Assembly & Colorado Convention

OCTOBER 7th - 9th, 2011

Denver, Colorado

October ASDI MEETING

Saturday, Oct 15 • 1:00pm-3:00pm

OA Office • 1219 E. Glendale Ave., Phoenix • #23

SEAZ Retreat, St David, AZ

Oct 21-23rd

“Trudging the Road of Happy Destiny”

For information: <http://oasouthernaz.org/>

To list events, contact Lynne C.M. 602-579-6078
lcockrum@cox.net

My Escape Plan from Living Life as a Victim (Step Ten)

As with most folks, I arrived at OA to lose weight. I felt sorry for myself and resentful at how others had treated me my whole life. I was overweight and unable to stop eating, despite knowledge that this was bad for my health. I thought life had dealt me a lousy hand of cards.

In OA, I found understanding. I learned that I had a disease – the true explanation of why so much of my life centered around food. But I also found personal responsibility. That’s wasn’t so good at first. In Step 4, I saw the ways in which I had either caused or contributed to my mountain of problems. That was tough. Tough until the moment when I realized that *if I am part of the problem, I am also part of the solution!* That was eye-opening. If I wanted a better life, I would have to change my thoughts, behaviors and attitudes. It occurred to me more than once, “I didn’t sign up for this! I just wanted to lose weight!” But my eyes were opened to this idea of personal responsibility, I could not go back. Working OA’s Twelve Steps affected my entire life, not just food and eating.

(cont. on page 2)



Step of the Month...

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition of the Month....

Tradition 10: Overeater’s Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.

Concept of the Month....

Concept 10: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Featured Articles

OA ON THE ROAD

As we travel each summer, I have found it to be productive to keep a very precise food diary. Entering every bite I eat, whether on my usual plan of eating keeps me honest. I do subscribe to *Lifeline* and keep them to use instead of meetings as we travel. Even with the website listing of meetings, it doesn't seem as if they are still there or not on a day or time when we are in the area. Keeping copies by the table as well as in the bathroom, gives me dual times to connect with fellow recovering food addicts on daily basis.

Sponsees' phone calls are a vital part of my eliminating a feeling of isolation. When their lives and/or schedules keep them from calling, I feel a real sense of loss. Having fellow OAers keep in touch with me on e-mail even though I cannot access it every day, is a very real blessing. As we aim toward home each year, and the prospect of seeing my OA family members again, I have a very real sense of belonging. My OA family accepts me as I am, without reservation and in love.

May the spirit be with you all, PV"



When You Need A Meeting and Don't Have Time!

OA is a life altering experience as you all know and what I find most amazing is there are tools for everyone, regardless of age, attitude, gender, time in program or point of view. What is also amazing is how well it works when you work it.

I am new to OA and I find attending the meetings reinforcing and energizing and I try to attend at least three meetings a week. But sometimes this is just not possible. But I have found two great resources when I can't attend meetings. OA World Service has podcasts of meetings; it is almost like being there. There is the wonderful sharing that OA members do at meetings which I find so inspirational. <http://www.oa.org/podcast/>

If you really want to experience inspiration there are amazing speakers to be heard at The Speakers Bureau which can be found at <http://www.oalaig.org/html/rss2.php>. Here you will hear wonderful speakers speak on a broad range of topics.

Now I know OA is just a computer link away. No matter what time of day or night, no matter where I am, if I have a little time and my computer or smartphone I can be in an OA meeting or find immediate inspiration.

Thank You OA for being there. Bill K.

My Escape Plan..... (cont. from pg. 1)

Steps Four through Nine transformed my life. It was a rocky road. I cried buckets. I went through tons of emotional pain. But I did not compulsively overeat. I knew this was the path to freedom. In the Big Book (pages 83 and 84), the Twelve Promises tell us these wonderful benefits can be ours *if we are painstaking about this stage of our development*. My sponsor assured me that those promises would also be mine. I had completed the first 9 steps, and now I had to learn how to live this daily program at a higher level of awareness. I had to become aware in everything I did: (1) what was going on with me emotionally, (2) how my behavior was affecting my life and others, and (3) whether I was living by my own values or whether I was just reacting to life rather than acting on it.

Perfection is not my goal. Sliding back into blaming is something I go through from time to time. But now I can laugh at myself. Not long ago, I was eating lunch with some OA friends. At one point someone challenged me saying, "Isn't that blaming?" I was totally busted, so I replied, "Well, it's ex-blaming." Step Ten does not mean I have to live a life of seriousness and remorse when I goof up. *I go by the motto: Name it. Claim it. Dump it. Works for me.*

Sometimes reality is a bitter pill, but it can also be cause for celebration. If I work Step Ten properly, I won't have to make more Step Nine amends. If I work Step Ten properly, I will see the progress I'm making and be grateful for it. And lastly, if I work Step Ten properly, I will not be living the life of a professional victim. And that mean a "new freedom and a new happiness."

Jeanne W., Sun City, AZ

Meeting List October 2011

MEETING LIST CHANGES

1. Make changes directly on the WSO website at oa.org
2. Contact Ursula at uosbur@yahoo.com or call 602-577-3940 to notify ASDI of this change

Time	City	Meeting Place		Spec. Focus/Topic	Contact	Phone #
Sunday						
6:30 PM	Peoria	Healthsouth Rehabilitation Center	13460 N 67th Avenue	Varies, 90 Day	Chris	623-582-4249
8:30 AM	Phoenix	OA Office	1219 East Glendale Ave #23	Varies	OA IG Office	602-234-1195
10:30 AM	Phoenix	OA Office	1219 East Glendale Ave #23	Big Book	Marguerite	602-791-1126
3:00 PM	Phoenix	OA Office	1219 E. Glendale Avenue #23	Big Book	Belinda	623-322-9047
3:30 PM	Peoria	Healthsouth Rehabilitation Center	13460 N 67th Avenue	AA/OA Steps & Traditions	Ginny	623-512-6641
4:00 PM	Surprise	Word of life Lutheran church	17525 W Bell road	OA Steps and / or Traditions	Sally S.	623-544-4488
6:00 PM	Scottsdale	North Scottsdale Fellowship Hall	10427 N. 72nd Place Room #2	Writing, Spirituality	Anabel	602-803-6356
Monday						
10:00 AM	Peoria	Celebration Lutheran Church	8726 W Olive	Topic	Carol	623-979-9758
10:30 AM	Gilbert	Sun Valley Community Church	456 E Ray Road	Speaker, Big Book	Judy	480-474-4301
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23	Spirituality	Ursula	602-577-3940
4:00 PM	Payson	Rim Country Apts Rec Rm	809 W Longhorn Rd Rec Room	Varies	Mary Jo	928-472-4330
5:30 PM	Phoenix	Grace Lutheran Church	1124 N. Third St/North Room		Ursula	602-577-3940
5:30 PM	Chandler	Holy Trinity Lutheran Church	739 W. Erie St Rm #2	90 Day, OA Steps/Traditions	Mary	480-228-8062
5:30 PM	Show Low	Summit Hospital	Show Low Lake Rd/ Hwy 260 Mini Conf Rm		Mary	928-537-1011
5:30 PM	Scottsdale	North Scottsdale Fellowship Hall	10427 N. 72nd Place Room #2	Big Book	Anabel	602-803-6356
6:30 PM	Mesa	Church Of The Master	6659 E University	Big Book, Literature Study	Barbara	480-306-1425
7:00 PM	Phoenix	Lambda Phoenix Center	2622 N 16th St	Topic		602-234-1195
7:00 PM	Gilbert	Gilbert-Mercy Hospital	3555 S. Val Vista Drive Conf Rm #2		Kathy	480-620-5355
Tuesday						
6:30 AM	Mesa	Unity Church of Mesa	2700 E. Southern Ave/ Truth Room	90 day	Mary G	480-228-8062
10:00 AM	Gilbert	LDS Church	3580 Houston Ave	OA Steps and / or Traditions	Cathy	480-633-6829
10:00 AM	Mesa	Sunland Village East	Fransworth/Lakeview Card Rm		Linda	480-984-8553
10:45 AM	Anthem	Cross of Christ Lutheran Church	39808 Gavilan Peak Pkwy/ Off Conf Rm		Donna	623-465-1305
11:00 AM	Chandler	St Andrew The Apostle Church	3450 West Ray Rd Rm L	OA Steps and / or Traditions	Larry	480-632-1966
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Susan S	602-625-8538
12:00 PM	Globe	Globe Library	339 S Broad St	Literature Study, Topic	Virginia	928-425-7474
12:00 PM	Prescott	Trinity Presbyterian Church	630 Park Ave Family Rm	OA Steps and / or Traditions	Linda	928-445-9454
5:30 PM	Phoenix	OA Office	1219 East Glendale #23	Speaker/Topic	OA IG Office	602-234-1195
5:30 PM	Scottsdale	North Scottsdale Fellowship Club	10427 N. 72nd Place Room #2	Literature Study	Anabel	602-803-6356
5:30 PM	Chandler	Holy Trinity Lutheran Church	739 W. Erie Street	Big Book	Kay	480-233-5051
6:30 PM	Sun City	Call for Location		Literature Study	Jeanne	623-933-2656
6:30 PM	Avondale	Professional Plaza	3400 N. Dysart Rd Suite 117	Big Book	Charlene	602-618-9476
7:00 PM	Wickenburg	Wickenburg Plaza	2050 W. Wickenburg Way/Downstrs	OA H.O.W	Lyn	928-684-3499

**MEETINGS APPEARING ON THIS LIST ARE REGISTERED
WITH THE WORLD SERVICE OFFICE
AND AFFILIATED WITH ARIZONA SERENITY IN THE DESERT INTERGROUP**

Time	City	Meeting Place		Spec. Focus/Topic	Contact	Phone #
Wednesday						
9:00 AM	Holbrook	Location	522 Mission Lane		Roslyn	928-524-2358
10:00 AM	Peoria	Celebration Lutheran Church	8726 W Olive		Fran B	623-846-6220
10:30 AM	Mesa	Mesa Spirit Rv Resort	3020 E Main St/ Zuni Rm	Varies	Linda	480-984-8553
11:00 AM	Gilbert	Perry Library - Study Rm. 1 or 4	1965 East Queen Creek Road		Dana	480-821-2326
12:00 PM	Prescott Valley	Step One Community Center	3343 N Windsong		Florence	928-759-3578
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Roxanne	623-587-7946
5:30 PM	Ahwatukee	Esperanza Lutheran Church	2601 Thunderhill Place	Topic , Varies	Kendra	480-248-8862
5:30 PM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2	Big Book	Anabel	602-803-6356
6:00 PM	Show Low	East Campus Library/Navapache Md Cnt	2200 Show Low Lake Rd		Myrlo	928-368-6373
6:00 PM	Sun City	Unity Church Of Sun City	10101 W Coggins Dr		Sally	623-544-4488
6:30 PM	Cottonwood	Verde Valley Med. Ctr, Conf. Rm. A	269 S. Candy Lane Conf Rm A		Margery	928-399-0934
7:00 PM	Globe	St Johns Episcopal Church	185 E Oak St	Literature Study	Virginia	928-425-7474
8:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Paul	602-266-4560
Thursday						
6:30 AM	Phoenix	OA Office	1219 East Glendale Ave #23		Carol	623-931-2231
10:00 AM	Paradise Valley	United Methodist Church	4455 East Lincoln Drive	Varies, Meditation	Judith	602-316-2040
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Alice G	602-840-3552
5:00 PM	Queen Creek	Queen Creek Public Library	21802 E. Ellsworth Road Conf Rm 1,2,3,4		Mary	480-677-2834
5:00 PM	Glendale	Community Church Of Joy	21000 N. 75th Ave. Rm 1603	OA Steps and / or Traditions	Denise S.	623-703-7979
5:30 PM	Prescott Valley	Emmanuel Church	7763 East Long Look Drive	Newcomer	Joanne	928-445-8666
5:30 PM	Prescott	1st Congregational Church	216 East Gurley Street/Basement	Women's	Rachel	928-499-7628
5:30 PM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2	Speaker/Topic	Anabel	602-602-6356
5:30 PM	Prescott Valley	Emmanuel Church	7763 East Long Look Drive	Literature Study	Joanne	928-445-8666
5:30 PM	Mesa	Mesa Public Library	64 E. First St/ Board Rm	Varies	Mary V	480-600-2565
6:30 PM	Anthem	Cross of Christ Lutheran Church	39808 N Gavilan Peak Pkwy/Off Conf Rm	Literature Study	Donna	623-465-1305
7:00 PM	Fountain Hills	Four Peaks Community Church	15202 N. Fountain Hills Blvd	Big Book/Speaker	Patty	480-818-1612
7:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23	OA Steps and / or Traditions	Kelley	602-300-8063
7:30 PM	Tempe	Pyle Adult Recreation Center	655 East Southern Avenue		Virginia	480-967-4776
Friday						
10:00 AM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2		Donna	480-951-1434
10:00 AM	Peoria	Celebration Lutheran Church	8726 W Olive		Jayne	623-876-4054
12:00 PM	Prescott	Unity Education Center	141 S Arizona Ave	Big Book	Sandy	928-445-7240
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Kara	480-250-2299
5:30 PM	Phoenix	Desert Springs Bible Church	16215 N. Tatum Blvd. Rm C301	Big Book, Speaker	Kathy	602-373-7963
6:30 PM	Chandler	St Andrew The Apostle Church	3450 West Ray Rd Class Rm M		Dolores	480-329-9953
6:30 PM	Sedona	Unity Church Of Sedona	65 Deer Trail Dr		Judy	928-649-6017
Saturday						
8:00 AM	Casa Grande	Presbyterian Church	702 East Cottonwood Ln Rm 9	OA Steps and / or Traditions	Jacki	520-709-5871
8:30 AM	Mesa	Banner Health Education Ctr	1400 S Dobson Blvd		Jackie	602-770-2320
9:00 AM	Phoenix	OA Office	1219 East Glendale Ave #23	OA Steps and / or Traditions	OA IG Office	602-234-1195
9:00 AM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2			
9:15 AM	Tempe	Pyle Adult Recreation Center	655 East Southern Avenue	Writing, Literature Study	Pat M	480-983-7814
10:30 AM	Wickenburg	Wickenburg Plaza	2050 W. Wickenburg Way/Downstrs	OA H.O.W	Suzanne	602-499-1498
11:00 AM	Phoenix	OA Office	1219 East Glendale Ave #23	Big Book, Big Book	Lillian	602-441-5026
11:00 AM	Prescott	Acupuncture Center	1559 West Gurley St.	Topic	Bonnie	928-541-1956
1:15 PM	Phoenix	U-Can-2 Alono Club	6840 North 35th. Ave. Small Rm		Joseph	602-995-4905

For information on meetings in Flagstaff, call Kathy @ 928-220-0959

Outreach Directory

October 2011

For additions, deletions or corrections:
Contact Delane @ 480-396-5200 or jdschiller1@cox.net

Alice G	arizonaalice@cox.net	602-840-3552
Barbara A	before 9pm	480-306-1425
Belinda	adnile67@yahoo.com	623-322-9047
Beverly	-----	623-972-4922
Bill J	billj240008@yahoo.com (anytime)	602-574-3730
Bill O	bgnitto@g.com	-----
Charlene	jmcharkiki@aol.com	602-618-9476
Carol Hols	carol5988@g.com	623-979-9758
Carol H	hushekjc@cox.net	623-931-2231
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Jayne	Payt11@cox.net	623-876-4054
Jim H	hushekjc@cox.net	623-931-2231
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Kelly H	Kelly@kellyhalverson.com	602-619-0870
Kiki	EKWhissen@cox.net	602-996-8519
Krista D	kristamdarrach@yahoo.com (1-9pm)	602-809-1466
Larry R	lrice39@cox.net	480-632-1966
Laura N	novak130@gmail.com	651-307-1919
Lisa M	lmiller29@cox.net (cell 623-229-4459)	----- or 602-374-6740
Lynne CM	lcockrum@cox.net	602-569-6078

Marguerite	margueite_06@yahoo.com (before 8pm)	----- 602-791-1126
Marion E	marion@fredandmarion.com (8to8)	602-840-7922
Mary	meburt@cox.net	480-981-8887
Mary B	(Show Low)	928-537-1011
Mary Jean	conners@cox.net (any)	480-981-8614
Mary Lou H	----- (cell)	602-350-9998
Maxine B	maxinebejarano@gol.com (hm 623-872-1061)	----- 602-268-0704
Michele H	azhunters@yahoo.com	480-455-9877
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Speaker's Directory

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Sheilaluv2laugh2@msn.com480-451-0859

(Please contact individual speakers for pertinent information, such as length of abstinence, weight loss, etc)

The Back Page

Chair's Corner October 2011

Concept 10: Clarity. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. This concept emphasizes the importance of defining job descriptions with in our fellowship. The past two months our Intergroup Board reviewed the job descriptions and duties of the Board and made recommendations to our Bylaws committee. This will help those on the Board to know what is expected to be done, and make sure that all that needs to be done will get done.

Also, having clearly defined job descriptions, duties and qualifications for service position helps those considering doing service to know what is expected from them. Service is a way that I can give back what has been given to me in recovery, and help to reach those that still suffer from this disease. By having clear descriptions of each service it provides more opportunities for those in fellowship to be involved with less chance of duplication of effort and conflict in over-stepping into other service position duties.

Committees

Bylaws.....	Larry R.....	480-632-1966
Finance.....	Kayla(for info).....	480-626-2123
Lifeline.....	Harlan.....	480-495-8961
Outreach.....	Marie D.....	602-717-1099
PI/PO.....	Dianna(for info).....	480-600-1617
12 th Step Within.....	Greg.....	480-688-2222
	Harlan.....	480-495-8961
Website Manager.....	Dianna.....	480-600-1617
Literature.....	Dotty.....	602-418-9989
Winter Retreat 2012.....	Pat J.....	602-923-0153
	Sheila C.....	480-451-0859
Welcome	Donna.....	480-946-8037

Newsletter

Editor.....	Judy S.....	480-474-4301
Calendar of events.....	Lynne.....	602-579-6078
Meeting list updates.....	Ursula O.....	602-577-3940
Outreach/Speaker Directory....	Delane....	480-396-5200

Office

Chair.....	Ursula O.....	602-577-3940
Answering Machine.....	Sheila C.....	480-451-0859
Office Cleaning.....	Kiki.....	602-996-8519/480-254-3074
Soda/Water.....	Bill J.....	602-574-3730
Announcements.....	Bill J.....	602-574-3730

ASDI Trusted Servants

Chair	Charlene N	602-618-9476
Vice Chair.....	Lynne C.M.	602-579-6078
Treasurer.....	Kayla W.....	480-626-2123
Recording Secretary .	Kaye W	480-321-6008
Communications Secretary....	Dianna.....	480-600-1617

Region 3 Representatives & World Service Delegates

Charlene N. Dianna P. Debra, Marie, Kayla.
Pat J. is alternate

Please submit Newsletter articles for November issue by October 1st to
Judy S..gandharv@cox.net...480-474-4301

Contact Information for Monthly Contributions

(Please be sure to include your World Service Office group number and/or your location with ALL of your donations)

Arizona Serenity in the Desert Intergroup
PO Box 47565
Phoenix, AZ 85068-7565
Attn: Treasurer
602-234-1195
www.oaphoenix.org

Region III
PO Box 29903
Austin, TX 78755
Attn: Barbara Vervenne,
Treasurer
r3treasurer@oaregion3.org

World Service Office
PO Box 44020
Rio Rancho, NM 87174
Attn: Controller
505-891-2664
www.oa.org