



SERENITY PRESS



SUGGESTED DONATION 50¢

AUGUST 2011

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



The Arizona in the Desert Intergroup
12th Step Within Committee
presents its

MONTHLY SPEAKERS SERIES

SEX & SENSUALITY WORKSHOP

(Rated "R" for Recovery)

Friday Night

SEPTEMBER 9, 2011

5:45pm to 6:30 pm • Abstinent Happy Hour

6:30pm to 8:30pm • Program

Speaker, Panel & Discussion with Q&A
and Sharing

The meeting will be held at
Our Saviour Lutheran Church
1212 E. Glendale Ave, Phoenix
(Across the street from the OA office)

Bring your dinner and something to share
if you wish.

If you would like to help or need additional information
Margie @ 480-277-1080 or Greg @ 480-688-2222
7th Tradition Donation is suggested



Tucson 2nd Annual OA Big Book Study Principles • Prayers • Promises Friday & Saturday July 29-30

Reg. 6:00pm-9:00pm on the 29th
Fee \$25 8:00am-6:00pm on the 30th

Sheraton FourPoints
Conference Center Ballroom
1900 E Speedway Blvd., Tucson

Bring with you:
Big Book, Pen/Highlighters,
Journal, Sweater

Lunch Break: 11:45am-1:00

Food not provided • No eating in the ballroom

For information on registration and further information,
contact Wendy at 520-955-0710

Calendar of Events



JULY 29th-30th

Principles, Prayers, Promises
A Big Book Weekend • **Tucson, AZ**

AUGUST ASDI MEETING

Saturday, August 20th • 1:00pm-3:00pm
OA Office • 1219 E. Glendale Ave., Phoenix • #23

MONTHLY SPEAKERS SERIES

"Sex & Sensuality Workshop"

Friday, September 9 • 5:45pm-8:30pm

Our Savior Lutheran Church

1212 E. Glendale Ave (across from OA office)

OCTOBER 7th - 9th, 2011

Region 3 Assembly & Colorado Convention
Denver, Colorado

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

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OA OUTREACH DIRECTORY

For OA Outreach Directory Changes contact
Delane @ 480-396-5200 or jdschiller1@cox.net



Alice G.....arizonaalice@cox.net.....602-840-3552
 Barbara A.....before 9pm.....480-306-1425
 Beverly G.....623-972-4922
 Bill J.....billj240008@yahoo.com.....any 602-574-3730
 Bill O.....bgnitto@q.com
 Charlene.....jmcharkiki@aol.com.....602.618.9476
 Carol Hols.....carol5988@q.com.....623-979-9758
 Carol H.....hushekjc@cox.net.....623-931-2231
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 Kayla W.....Kayla301@cox.net.....480-626-2123
 Kelley P.....kelleyperry@gmail.com.....602-300-8063
 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
 Linda B.....Lmburns2@cox.net.....623-266-0206
 Lisa M..... lmmiller29@cox.net ...c (623) 229.4459 .. h # 602.374.6740
 Lynn C.M.....lcockrum@cox.net.....602-569-6078

Marguerite.....marguite_06@yahoo.com (>8pm)....602-791-1126
 Marion E.....marion@fredandmarion.com (8to8).....602-840-7922
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 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@qol.com ..h 623-872-1061 • c 602-268-0704
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 Phyllis F.....Phyllisflint@yahoo.com..(winter-.....480-654-4148
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 Sheila.....luv2laugh2@msn.com.....480-451-0859
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 Virginia K.....akit2@cox.net.....480-967-4776
 Yvonne.....pea2ed@cox.net.....623-486-4866

(If you would like to be added to the Outreach Directory, e-mail your name, phone number and e-mail address (optional) to Delane at jdschiller1@cox.net or 480-396-5200. E-mail preferred)

This information is posed on our website and e-mail addresses could be subject to unsolicited e-mail. If you don't want your e-mail address included in the directory, please let Delane know.

Tool-Time

Picking up the phone
can make all the
difference!

The telephone: a hand held device that aids in accomplishing a task. Like any other tool, for it to work, I must be willing to work it! Take an action!

Sometimes, when I've needed to pick up the phone and work it the most, my own self will (I want to call it my disease) keeps me from making the phone call that can undoubtedly procure my recovery.

Mine is a disease of isolation. The telephone is a tool that gets me out of myself and into recovery!
Thank You OA. Thank You GOD!

~Desert Recovery, Mar-Apr, 2011



INTERGROUP OFFICE

1219 E. Glendale Avenue • #23
Phoenix, Arizona
602-234-1195
Office is East of 12th Street on
Glendale Avenue

MEETING LIST

AUGUST 2011



MEETINGS APPEARING
ON THIS LIST ARE
REGISTERED WITH THE
WORLD SERVICE OFFICE
(WSO)

**MEETING LIST CHANGES SHOULD BE SENT
TO CHARLENE N. • jmcharkiki@aol.com
AND MEETINGS ARE TO POST THEIR OWN
CHANGES ON THE WSO WEBSITE**

SUNDAY

| | | | | | |
|-------------------|-----------------|--|-----------------------------|--|--------------|
| 8:30am Phoenix | Varies/Unity | OA Office 1219 E Glendale Ave #23 | • Marguerite | marguerite_06@yahoo.com | 602-791-1126 |
| 10:30am Phoenix | Big Book | OA Office | 1219 E Glendale Ave #23 | Christine G | 602-293-6842 |
| 3:30pm Peoria | OA 12 & 12 | <i>Will Not Meet Again Until October</i> | | | |
| 4:00pm Surprise | Step To Freedom | Work of Life Lutheran Church | corner of 175th & Bell Road | Sally S | 623-544-4488 |
| 6:00pm Scottsdale | Came To Believe | Scottsdale Fellowship Club | 10427 N. 72nd Pl., Room 2 | Anabel | 602-803-6356 |
| 6:30pm Peoria | Varies/90 Day | HealthSouth | 13460 N. 67th Ave | Chris H | 623-582-4249 |

MONDAY

| | | | | | |
|-----------------------|--|---|----------------------------|--|------------------|
| 10:00am Peoria | Big Book | Celebration Lutheran Church | NW corner 87th Ave & Olive | Janice | (c) 770-815-1575 |
| 10:30am Gilbert | Varies | Sun Valley Comm. Church | 456 E Ray Rd., Rm B100 | Judy S. | 480-474-4301 |
| 10:30am Springerville | Varied Format | Community Presb. Church | | Chris | 928-333-4359 |
| Noon Phoenix | Seeking Spirituality • OA Office • (brown bag lunch) | 1219 E Glendale Ave #23 | • | Ursula | 602-577-3940 |
| Noon Scottsdale | 90 Day | New Church of Phoenix | 5631 E Shea | Caroline | 602-696-2170 |
| 4:00pm Payson | Varies | Rim Country Apts, Rec Rm | 809 W Longhorn Rd | Denise | 928-978-3706 |
| 5:30pm Chandler | 90 Day/Varies | Holy Trinity Lutheran Church | 739 W. Erie St | Mary G | 480-228-8062 |
| 5:30pm Scottsdale | Big Book Stories | Scottsdale Fellowship Club | 10427 N. 72nd Pl., Room 2 | Anabel | 602-803-6356 |
| 5:30pm Show Low | Varies | Summit Health Care • Conf Rm #3 | • 2200 E. Show Low Rd. | Wes | 928-368-4323 |
| 6:30pm Mesa | Varies | Church of the Master | 6659 E. University | Barbara A. | 480-306-1425 |
| 7:00pm Phoenix | Discussion | Lambda Center | | Contact innerpilgrimage@gmail.com | |
| 7:00pm Gilbert | Step Study | Mercy Gilbert Hospital, Conference Room 2, Loop202 & ValVista | | Dana W | 480-821-2326 |

TUESDAY

| | | | | | |
|--|--------------------|--|--|------------|--------------|
| 10:00am Mesa | Varies | Sunland Village East | Farnsworth & Baseline (Card Room) | Linda W | 480-984-8553 |
| 10:00am Gilbert, scent free pls - | Varies | LDS Church, 3580 E Houston Ave, east of Higley/south of Baseline | | Cathy | 480-633-6829 |
| 10:45am Anthem | Step Study | Cross of Christ Lutheran Church | 39808 N. Gavilan Peak Pkwy | Donna RR | 623-465-1305 |
| 11:00am Chandler | Varies | St. Andrew the Apostle | Rm C, 3450 W Ray Rd | Larry | 480-632-1966 |
| 11:30am Scottsdale | Lifeline Sampler | Scottsdale Fellowship Club | 10427 N. 72nd Pl., Rm #2 | Linda P | 602-953-8224 |
| 12 Noon Globe | Literature/Sharing | Globe Public Library | 339 S Broad St. | Virginia | 928-425-7474 |
| 12 Noon Phoenix | Lifeline Sampler | OA Office-(brown bag lunch) | 1219 E Glendale Ave #23 | Roxanne | 623-587-7946 |
| 12 Noon Prescott • Varied • Trinity Presbyterian Church, 630 Park Avenue (corner of Copper Basin & Park) | | | | | |
| | | May thru October | Linda B 928-445-9454 • November thru April | Phil | 630-776-2862 |
| 1:15pm Phoenix | Newcomers/Tools | OA Office | 1219 E. Glendale Ave #23 | Lisa M | 623-229-4459 |
| 5:30pm Phoenix | Varies/Speaker | OA Office | 1219 E Glendale Ave #23 | Velma G | 602-486-6972 |
| 5:30pm Scottsdale | As Bill Sees It | N.Scottsdale Fellowship Club | 10427 N 72nd Pl. Rm 2 | Anabel | 602-803-6356 |
| 5:30pm Chandler | Big Book/90 Day | Holy Trinity Lutheran Church | 739 W Erie St | Kay | 480-233-5051 |
| 6:30pm Litchfield Park | Varies | Medical Plaza | 3400 N. Dysart Rd. #117 | Charlene N | 602-618-9476 |
| 6:30pm Sun City | Big Book | Private Home | Call for Location | Jeanne W | 623-933-2656 |
| 7:00pm Wickenburg | Varied | Wickenburg Plaza | 2050 W. Wickenburg Way | Lyn | 928-684-3499 |

(moved from Wednesdays)



| TIME/TOWN | FORMAT | LOCATION | CONTACT | PHONE |
|-----------|--------|----------|---------|-------|
|-----------|--------|----------|---------|-------|

WEDNESDAY

| | | | | | | |
|---------|--------------|---------------------------------|--|---------------------------------------|------------|---------------------------|
| 10:00am | Peoria | 12 Step | Celebration Lutheran Church | NW corner 87th Ave & Olive | Fran B | 623-846-6220 |
| 10:30am | Mesa | Varies | Mesa Spirit RV Resort | 3020 E Main St, Zune Rm (winter only) | Linda W | 480-984-8553 |
| 11:00am | Gilbert | Varies | Perry Library, 1965 E. Queen Creek Rd, | Study Room A | Dana W | 480-703-3197 |
| 12 Noon | Mesa | <i>Suspended for the summer</i> | | | | |
| 12 Noon | Phoenix | OA Brown Book | OA Office | 1219 E Glendale Ave #23-brown bag | Roxanne | 623-587-7946 |
| 12 Noon | Prescott Vly | OA & AA Literature | Step One Community Center | 3343 N. Windsong | Florence | 928-759-3578 |
| 5:30pm | Ahwatukee | Varies | Esperanza Lutheran Church | 260 Thunderhill Place | Kendra | 480-248-8862 |
| 5:30pm | Phoenix | Unity Meeting | OA Office, 1219 E. Glendale Ave #23 | | Chelly B c | 602-579-4708/602-944-6155 |
| 5:30pm | Scottsdale | Big Book | Scottsdale Fellowship Club | 10427 N. 72nd Pl., Room 2 | Anabel | 602-803-6356 |
| 5:30pm | Show Low | Literature | Summit Health Care | 2200 E Show Low Lake Rd. | Myrlo | 928-368-6373 |
| | | | Regional Medical Center | | | |
| 6:00pm | Sun City | Varied | Unity Church of Sun City, 10101 W. Coggins Dr. - Brown Bag | | Sally | 623-544-4488 |
| 6:30pm | Cottonwood | OA Literature | Verde Valley Med Cntr | 269 S Candy Ln, Conf Rm A | Margery | 928-399-0934 |
| 7:00pm | Globe | Sharing & Literature | St. Johns Episcopal Church | 185 E. Oak Street | Virginia | 928-425-7474 |
| 8:00pm | Phoenix | Varies | OA Office | 1219 E Glendale Ave #23 | Paul B | 602-266-4560 |

THURSDAY

| | | | | | | |
|---------|-----------------|----------------------------|--|-----------------------------|----------|--------------|
| 6:30am | Phoenix | Abstinence | OA Office | 1219 E Glendale Ave #23 | Carol H | 623-931-2231 |
| 10:00am | Phoenix | Varied | Paradise Valley United Methodist Church (parlor) | 44th St & Lincoln Drive | Sharon D | 602-234-2311 |
| 12 Noon | Phoenix | OA 12&12/Beginners | OA Office | 1219 E Glendale Ave #23 | Maria R | 602-828-7079 |
| | | | (brown bag lunch) | | | |
| 1:15pm | Phoenix | Newcomer/Tools | OA Office | 1219 E. Glendale Ave #23 | Lisa M | 623-229-4459 |
| 3:30pm | Pine, AZ | Sharing | Call for location | davieinpine@hotmail.com | Denise | 928-978-3706 |
| 5:15pm | Glendale | OA 12&12 | Community Church of Joy • 21000 N. 75th Ave., Cry Room | | Denise | 623-709-7979 |
| 5:30pm | Mesa | Varies | Mesa Public Library | 64 E 1st Street, 2nd floor | Mary V | 480-600-2565 |
| 5:30pm | Phoenix | Big Book Study | OA Office | 1219 E. Glendale Ave. #23 | Ann M | 602-367-4991 |
| 5:30pm | Scottsdale | Speaker | Scottsdale Fellowship Club | 10427 N. 72nd Place, Room 2 | Anabel | 602-803-6356 |
| 5:30pm | Scottsdale | 90 Day/OA&AA 12 Traditions | Life Care Center | 9494 East Becker Lane | Nancy D | 480-231-3213 |
| 5:30 pm | Prescott Valley | Newcomers | Emmanuel Church | 7763 E Long Look Dr. | Joanne | 928-445-8666 |
| 6:30 | Anthem | Literature | Cross of Christ Lutheran Church | 39808 N. Gavilan Peak Pkwy | Donna R | 623-465-130 |
| 7:00pm | Phoenix | OA Steps & Traditions | OA Office | 1219 E Glendale Ave #23 | Kelley P | 602-300-8063 |
| 7:30pm | Tempe | Sharing | Pyle Adult Rec Center | 655 E Southern | Dianna | 480-600-1617 |

FRIDAY

| | | | | | | |
|---------|-------------|---|--|--------------------------------|----------|----------------|
| 10:00am | Lake Havasu | Steps & Traditions • Center for Spiritual Living, 2041 Swanson (Try the church @ 928-505-3242 as there's no contact person) | | | | |
| 10:00am | Peoria | Various OA Books, Celebration Lutheran Church, NW corner 87th Ave & Olive | Carol Hols | 623-979-9758/cell 623-332-5988 | | |
| 10:00am | Scottsdale | Speaker | Scottsdale Fellowship Club | 72nd Pl & Shea Blvd | Donna | 480-951-1434 |
| 12 Noon | Phoenix | AA Step Study | OA Office | 1219 E Glendale Ave #23 | Rafe B | 602-505-5468 |
| | | | (brown bag lunch) | | | |
| 12 Noon | Prescott | Big Book | Unity Education Center | 141 S. Arizona Ave | Sandy | 928-445-7240 |
| 5:30pm | N Phoenix | Big Book/Speaker | Desert Springs Bible Church | 16215 N Tatum Blvd. Rm C301 | Kathy H | c 602-373-7963 |
| | | | (modulars behind/east of Worship Center) (Paradise Ln&Tatum) | | | |
| 6:30pm | Sedona | Literature | Unity Church of Sedona, | 65 Deer Trail Drive | Judy | 928-649-6017 |
| 6:30pm | Chandler | Literature/Sharing | St Andrew the Apostle Church, Room M, 3450 W Ray Rd | | Lynnda J | 480-755-2252 |
| 8:00pm | Phoenix | Sharing/Pitch/Speaker | OA Office | 1219 E Glendale Ave #23 | Bill J | 602-574-3730 |

SATURDAY

| | | | | | | |
|---------|-------------|---------------------|--|--------------------------|---------|-----------------------------|
| 8:00AM | Casa Grande | Various | First Presbyterian Church | 702 E Cottonwood, Room 9 | Annette | No # |
| 8:30am | Mesa | Varies | Banner Desert Hospital, 1400 S Dobson-Education Ctr. | | Jackie | 602-438-0223 / 602-770-2320 |
| 9:00am | Phoenix | Step Study | OA Office | 1219 E Glendale Ave, #23 | Jim H | 623-931-2231 |
| 9:00am | Scottsdale | 12 & 12 | Scottsdale Fellowship Club | 72nd Pl & Shea Blvd | VACANT | |
| 9:15am | Tempe | Journaling | Pyle Adult Rec Center | 655 E Southern | Amina | 602-980-1155 |
| 10:30am | Wickenburg | For Today | Wickenburg Plaza | 2050 W. Wickenburg Way | Lyn | 928-684-3499 |
| 11:00am | Phoenix | Big Book Study | OA Office | 1219 E Glendale Ave, #23 | Beth E | 602-628-2883 |
| 11:00am | Phoenix | Teen Meeting | OA Office, 1219 E. Glendale Ave, #23 | | Lynn CM | 602-569-6078 |
| 11:00am | Prescott | OA Literature Study | Acupuncture Center | 1559 W Gurley St. | Bonnie | 928-541-1956 |

Meeting Changes

Note: When your meeting changes locations or times please go to World Service Web Site: www.oa.org, and look for "Register/Change Face to Face Meeting" under the "Meetings" heading. Each meeting is responsible for making their changes and notifying newsletter editor and soon we will hopefully be using the World Service list for our Newsletter. Thank you...

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



Chair's Corner August 2011


Concept Eight: Delegation: The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office. This concept is definitely about the business structure of OA at the World Service level. Issues like finances, pricing and selling literature and other merchandise, and managing the personnel of the home office are "delegated" to the Executive Committee. This committee is comprised of all general service trustees and region trustees serving as chairman or treasurer. This committee then reports back to the Board of Trustees.

The day to day supervision of the World Service Office is "delegated" to the Managing Director. The director does not vote on issues but attends Executive Committee & Board of Trustee meetings to provide information. It is not required for the managing director or an employee of the World Service Office to be members of OA, however they should know the principles of the program. The managing director is a significant key in organizing the administration of accomplishing projects that the trustees may be working on.

The OA World Service Office is so important to our fellowship. These "trusted servants" register our meetings and intergroups, answer questions from newcomers, provide us with literature, maintain the OA website, and handle public and professional informational materials. This "delegation" is a great reminder to me of the significance of my contribution in the 7th tradition. Without these "trusted servants" we may not reach the still suffering compulsive overeater. Even though we "delegate" these responsibilities to the personnel at the home office, the real "delegation" of responsibility is on me to support these efforts.

~Charlene N., Chair

I've been the editor of the Serenity Press since May of 2008, and have enjoyed the creation of every issue, but especially the contact with all the other OA people it afforded me. Service seemed secondary to my gain - I absolutely love doing newsletters, and it kept me connected with the program. Please send information for the Serenity Press to Dianna P @ 480-600-1617 diannainaz@msn.com



New Officers

In June several board positions were replaced. Below is the roster of the new ASDI board.

Chair: Charlene 602-618-9476
jmcharkiki@aol.com

Vice-Chair: Lynne C.M. 602-569-6078
lcockrum@cox.net

Treasurer: Kayla 480-626-2123
kayla301@cox.net

Recording Secretary: Kaye W. . 480-321-6008
kwhite8766@msn.com

Communications Secretary: Dianna
480-600-1617
diannainaz@msn.com

Bios

CharleneN.
Chair

I have been a member of this fellowship almost 4 years. I am just beginning the journey that my Higher Power has for me. I have enjoyed working on several committees, workshops, retreats, the Newcomer committee and the Finance committee. When I was elected chair last year I was both nervous and excited to see what was ahead of me. In this past year so much has been accomplished through the hard work of all in our Intergroup. I am looking forward with gratitude to another year of service as ASDI Chair.

Lynne Cockrum-Murphy
Vice Chair

Program has been a live saver for me, teaching me how to live life without excess food. In my first years I served as the literature person for the Granite Reef meeting in Scottsdale, later as 12th Step Within chair, and Public Information/Professional Outreach chair, on the board as a delegate and organizing summer and winter retreats. Service has kept me connected and coming back. The continual reminder to live a life renewing conscious contact with a power greater than myself has made the past 20 years rich and rewarding. I currently have 1 year and 3 months of abstinence. I am releasing the weight (albeit slowly) and am glad I can work with the board and intergroup as vice-chair.

Kayla W
Treasurer

My journey in OA began when we were living in London, Ontario. That was over 21 years ago and I have not stopped coming back. We moved to South Florida where we lived for 12 years before moving to the Valley. My sponsor had always encouraged me to do service. My initial service started with washing coffee cups at my home meeting. The advice she gave me eventually led me to do service at all levels of OA. My qualifications for treasurer of ASDI include

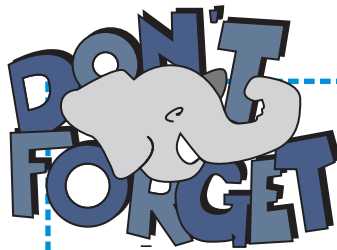
OA SPEAKER DIRECTORY

| | | |
|-----------------------|---|--------------|
| Bernie W | Bernie301@cox.net | 480-626-2123 |
| Delane | jdschiller1@cox.net | 480-396-5200 |
| Dolores W | Dolores2u@gmail.com | 480-329-9953 |
| Harlan..... | harlan288@qwest.net • Cell: 480.495.8961 • 480-922-1220 | |
| Jeanne W | jeannewriter@aol.com | 623-340-1020 |
| Judy Westwood | judes26@juno.com | 602-843-1007 |
| Kayla W..... | kayla301@cox.net | 480-626-2123 |
| Krista D, 1.9pm | kristamdarrach@yahoo.com | 602-809-1466 |
| Larry R..... | lrice39@cox.net..... | 480-632-1966 |
| Marion..... | marion@fredandmarion.com..... | 602-284-8076 |
| Pat J..... | sprjz3137@q.com | 602-923-8310 |
| Prue | prue@asu.edu | 480-452-3169 |
| Sheila | luv2laugh2@msn.com..... | 480-451-0859 |

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

For additions, deletions or corrections:

Contact Delane @ 480-396-5200 or jdschiller1@cox.net



**DEADLINE FOR THE
SEPTEMBER 2011
SERENITY PRESS
NEWSLETTER IS AUGUST 1, 2011**

**Arizona Serenity in the Desert Intergroup
P.O. Box 47565 • Phoenix, Arizona 85068-7565**

Serenity Press is published monthly, both digitally via e-mail and printed, by Arizona Serenity in the Desert Intergroup (ASDI). E-mail your submissions, corrections and suggestions to the Editor. The editor reserves 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 publications 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 submit all articles, content, contact changes, OA-related events, etc. to the Editor or specifically to the proper party as listed on page 2 **by the 1st of the month, one month ahead of the next month's issue.** (ie: **Right now it's JULY and the AUGUST newsletters have just been distributed** at Intergroup for your reps to bring back to your meetings. **We need your information for the SEPTEMBER 2011 issue by JULY 1st.**

Dianna P @ 480-600-1617 • diannainaz@msn.com

Bios *(continued from page 6)*

enthusiasm and willingness to serve – assisted by the fact that I am a retired Canadian equivalent of a C.P.A. I look forward to being of service to ASDI in whatever capacity may be asked of me.

Kaye W

Recording Secretary

My life began at age 60 when I first came to OA in Oregon. When I moved to Arizona, I left behind my high blood pressure, diabetes, and 100 pounds. I gained my mobility back in Arizona when I had both knees replaced and when therapy was over, I had fallen in love with exercise. I got into service because I wanted to give back what had been given to me. I started as an Intergroup Rep, worked on multiple committees and retreats, was elected as a Delegate Rep currently serve as Intergroup Board Secretary. Service has broadened my recovery immensely, taught me the value of relationships, and kept me coming back.

Dianna

Communications Secretary

My name is Dianna and the new communications secretary for ASDI. Originally I was in OA in 1978 through 1984. Lost and maintained a 65 pound weight loss as long as I worked a program. I went back out and over the 25 plus years I was out I gained 200 pounds. March 1, 2010 I returned to OA because it has been the only thing that ever worked for me. I have been abstinent since returning and currently have a 137 pound weight loss. By the grace of God, the program and the people in it I am living the promises. I am grateful to have a wonderful, happy and productive life again. If I can do it at the age of 58, anyone else can too. As they say at the end of a meeting, "It works, if you work it, and you are worth it!"

Debra

2 year term World Service delegate

I have been in OA recovery for a year, and I am honored to represent ASDI. I look forward to extending my hand and taking my recovery and service to the next level

Marie D

1 year term World Service delegate

Marie D. began program on January 16, 1978. She had heard that service would be slimming so she worked her program with a sponsor or two and began doing service. She set up meeting rooms, read announcements, did all of the jobs no one else wanted. Marie went on to be a meeting representative, committee chair, and then Intergroup Chairperson. She was a Regional and World Service Representative and was the Recording Secretary of Region III. Marie has been in and out of program for the past 33 years. She felt the need to see if she really did have a disease so she went back out and practiced her compulsive eating for a while. Now she attends meetings and is maintaining a 175 pound weight loss. She still understands that service keeps you coming back and that working a program is essential to recovery. Thanks go to her Higher Power and her faithful OA family.

As a compulsive eater, sometimes I am so far “off” that I can’t remember the normal signals. So, I did some reading.



What is Physical Hunger?

What is Emotional Hunger?

| |
|--|
| 2 to 4 hours after you last ate |
| Empty rumbling feelings in the stomach |
| If you don't feed yourself, it could turn into dizziness, nausea, or lightheadedness |
| Note the physical symptoms |

| |
|---|
| Any time |
| As a result of thinking about food or boredom |
| Triggered by seeing certain foods |
| Triggered by emotional situations or stress |
| Grazing is head-hunger trying to fill a never ending hole |

My prayer today: God, grant me the wisdom to find middle ground, moderation and therefore contentment. Help me to know what I'm really hungry for. I rely on your promise that I will comprehend the word Serenity and I will know peace in this area of food and addiction.

~submitted by a compulsive overeater

12th Step Within message:

What can your Group or Intergroup do to encourage members to share about their physical recovery for the benefit of newcomers? Here are some ideas discussed during the 2011 WSBC Forum:

- Speaking, sharing at meetings, sharing experience strength and hope
 - Photos – before and after
 - Sponsoring others (just DO IT)
 - Physical recovery acts as a 'lighthouse to others', that OA works
 - Encourages newcomers to keep coming back
 - We're a program of attraction
 - Our own abstinence is an example of hope to others
 - Help newcomers to understand that it's not all about the weight
 - Share how your quality of life has improved
 - Share how your health has improved
 - Be sure that your 'body language' expressions, serenity, smiling etc. also convey recovery
 - If you have more energy, less pain etc. – share about these benefits
 - Clarify that the benefits begin early on – you don't have to lose massive amounts of weight to begin to reap the rewards
 - Greet newcomers
 - Dress becomingly (enhance your recovery without 'flaunting')
 - Convey the message that recovery is a gift – cherish it
 - It's not about willpower
 - Share your own journey with food plans, weight loss (or gain if that is your goal)
 - Encourage and welcome those coming back from relapse
- ~Region III Twelve Step Within Chair*

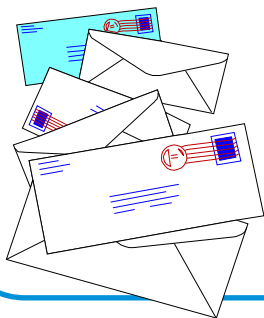
NEW MEETING
Sharing/Pitch/Speaker
FRIDAY NITES AT 8:00 PM
OA OFFICE
 1219 East Glendale Ave #23, Phoenix
 Contact Bill J. 602-574-3730

Quips & Quotes

- **PUSH** - “Pray Until Something Happens”
- Looking in the past is like digging through the garbage. It Stinks!!! *~heard at Celebration Lutheran Church meeting, Peoria*
- “God can and will avert the calamities that I spend my days and nights dreading; and when calamity does strike, God will enable me to see it through.” *~ Carol Hols.*

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)



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Wherever you choose to attend meetings, KEEP COMING BACK!
It Works if you Work It!