



SERENITY PRESS



SUGGESTED DONATION 50¢

FEBRUARY 2011

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



ASDI Winter Retreat



“REFLECT YOUR RECOVERY”
Friday, Feb. 4th thru Sunday Feb. 6th 2011
Spirit in the Desert • Carefree, AZ
For information, contact Lynne C.M. 602-569-6078
lcockrum@cox.net

News Flash!

Fundraisers this year for the Winter Retreat will be: 50/50 Raffle, Silent Auction & The Raffle Tree. The Raffle Tree is a tree full of gift cards & money. We still need donations. Please talk to your groups and see if they can donate a gift card or a check (made out to ASDI/gift tree) to add to the raffle tree. Any amount from bookstores, restaurants or department stores are suggested. We still need high quality items for the silent auction. Please send cards/checks to Barb L (chairman), 10251 W. Snead Cir., N. Sun City, AZ 85351. You may call her at 623-972-0817.



REGION III PRESENTS

Recovery at Sea

MARCH 20-27, 2011

7 Night Cruise on Carnival Conquest

Beginning and ending in Galveston, Texas, the cruise includes stops in Montego Bay, Jamaica, Cozumel, Mexico & Grand Caymans, Cayman Islands. Fun activities offered at all stops as well as on-board. There will be workshops & OA meetings & lots of time to visit with other members. Great time to relax & absorb our program. Tickets available now.

For info call Shirley A.

770-565-7112

or Region 3 website:

www.oaregion3.org



Calendar of Events

12TH STEP WITHIN COMM. SPEAKER SERIES EVT.

Saturday, February 12th • 10:00am-2:00pm
Trinity Lutheran Church, Litchfield Park

FEBRUARY ASDI MEETING

February 19th - Saturday • 1:00pm-3:00pm
OA Office • 1219 E. Glendale Ave., Phoenix • #23

WINTER RETREAT • February 4-6, 2011

For info. contact Lynne C.M. @ 602-569-6078
Spirit in the Desert Retreat Center • Carefree, Arizona

REGION III ASSEMBLY • March 18-19, 2011

Houston, Texas

RECOVERY AT SEA CRUISE • March 20 - 27, 2011

Leaves from Galveston

WORLD SERVICE BUSINESS CONFERENCE

April 25-30, 2011 • Albuquerque, NM • Celebrating our 50th Conference: A tribute to Service

To list events, contact Stephanie @ 623-687-5930 or email @ auntsteph1994@aol.com

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Arizona Serenity in the Desert Intergroup (ASDI)



The Steps

STEP TWO

Came to believe that a Power greater than ourselves could restore us to sanity

At this point most of us had trouble for one reason or another with step two. Some of us did not believe in God. We despaired of finding a solution to our problems if that meant we had to "find God." Some of us walked out of our first meeting when we heard that three-letter word mentioned and didn't return until years more of compulsive eating had made us desperate. Those of us who stuck around made a wonderful discovery. OA doesn't tell we have to believe in God – only that a Power greater than ourselves could restore us to sanity. We are invited to define that Power however we wish and relate to it in whatever way works for us. OA only suggests that we remain open to spiritual growth and show tolerance for others by neither criticizing nor promoting specific religious doctrines in OA meetings.

(Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 13)



The Traditions

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.

In order to reach an *informed* group conscience, we affirm each group member's right to take part in the discussions, and we listen to everyone attentively with open minds. The purpose of our discussions is to make sure that the decision reached by the group takes into account all pertinent information. If we are to reach an informed decision, the group will need to take into account everybody's needs and ideas. For this reason, OA groups give all viewpoints a full hearing – even minority viewpoints.

(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 120)



The Concepts of OA Service

CONCEPT TWO

Conscience. 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.

Delegates of the WSBC know the will of the service bodies that elect them to serve as their representatives. However, because delegates hear a broad range of ideas presented in the Conference floor, they are not obligated to vote according to that service body's will. They may change their position on an issue when presented with multiple perspectives or when motions are amended that alter the direction of the issue at hand.

(The Twelve Concepts of OA Service, p. 4)

~excerpted by Sheila C.

ELECTED POSITIONS

Chair	Charlene N	602-618-9476
Vice Chair	Stephanie H	623-687-5930
Treasurer	Bill O	480-966-4038
Recording Secretary	Kaye W	480-321-6008
Communications Secretary	Prue O	480-452-3169

COMMITTEES

Archives	VACANT	
Bylaws	Larry R	480-632-1966
Finance	VACANT	
Lifeline	Harlan	480-495-8961
Literature	Cathy H	602-481-9856
Newsletter Editor • Carol Hols		623-979-9758
Calendar of Events	Stephanie	623-687-5930
Meeting List Updates	Pat J	602-923-0153
Outreach Directory	Delane	480-396-5200
Speaker Directory	Delane	480-396-5200

Office

Chair	Ursula O	602-577-3940
Answering Machine	Sheila C	480-451-0859
Office Cleaner	Kiki	602-996-8519 or 480-254-3074
Soda/Water	Marguerite	602-957-7892
Announcements	Sheila C	480-451-0859
Outreach	VACANT	
PI/PO	Dianna	480-600-1617
12th Step Within	Margie	480-277-1080/Greg 480-688-2222
Audio Recording Librarian	VACANT	
Website Manager	Dana W	480-821-2326
2011 Winter Retreat	Lynne C.M.	602-569-6078
Special Events Committee	VACANT	
Welcome	Marion E	602-840-7922

(see Outreach Directory for e-mails for these people, if necessary)

MAKE OA SERVICE YOUR NEW YEAR'S RESOLUTION

Service above the group level is currently being done by very few volunteers...additional help is needed in order to continue to carry the message to the still suffering compulsive eater.

Make 2011 your year to step up and say yes to service.

HELP IS DESPERATELY NEEDED ON THE FOLLOWING COMMITTEES:

FINANCE COMMITTEE: help make financial decisions, set annual budget for our Intergroup.

SPECIAL EVENTS COMMITTEE: research locations for summer and winter retreats.

PIPO: Public Information & Public Outreach - help get the message out.

2011 SUMMER RETREAT COMMITTEE: Chair and volunteers to start planning.

OUTREACH COMMITTEE: Visit meetings, distribute information, answer questions.

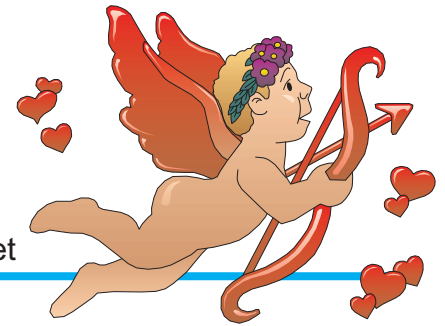
For more information on these service positions, call:

Charlene— 602-618-9476 • Kaye—480-321-6008
Dianna—480-600-1617 • Stephanie—623-687-5930



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
Ellen Kraft.....	602-973-4208
Charlene.....	jmcharkiki@aol.com	602.618.9476
Carol Hols.....	carol5988@q.com	623-979-9758
Carol H.....	gracy22@gmail.com	480.279.5676
Delane S.....	jdschiller1@cox.net (AM).....	480-396-5200
Denise.....	daveinpine@hotmail.com	928-978-3706
Fran B.....	623-846-6220
Greg L.....	glane480@gmail.com	480-688-2222
Helen.....	helen@jaffatherapy.com	Cell:480 229.5936
Helen S.....	fredhelen60@sbcglobal.net	623-218-6713
Jan M.....	JMahoney19@cox.net	480.966.5694
Janice M.....	Ajnats@aol.com .c 770-815-1575 • h 623-399-8815	
Joan L.....	623-680-0884
Judy S.....	gandharv@cox.net	480-474-4301
Karen O.....	602-334-3289
Kathy S.....	eyore54321@yahoo.com	623-399-7369
Kathy S.....	kathyspratt@yahoo.com	
Kelly H.....	kelly@kellyhalverson.com	602.619.0870
Krista D.....	kristamdarrach@yahoo.com - 1-9pm.....	602-809-1466
Linda B.....	Lmburns2@cox.net	623-266-0206
Lisa M.....	lmiller29@cox.net ..c (623) 229.4459 .. h # 602.374.6740	
Mary Jean.....	conners@cox.net (any).....	480-981-8614
Mary Lou H.....	cell 602-350-9998
Michele H.....	azhunters@yahoo.com	480.455.9877
Mike C.....	mike.clark.ii@gmail.com	480.229.3862
Phyllis F.....	Phyllisflint@yahoo.com ..(winter-.....	480-654-4148
Rita Z.....	razz119@juno.com	none
Rod D.....	rduMont3@cox.net	480-699-3839
Tammy E.....	tammyellsworth@gmail.com	480.343.6486
Yvonne.....	pipepea2ed@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)

THE OUTREACH DIRECTORY HAS BEEN PURGED

If you wish to continue to be on the Outreach Directory please contact Delane at jdschiller1@cox.net or 480-396-5200 (email preferred).

If you do not contact Delane your name will not appear.

This information is posted 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.

Dear Birth Mom & Dad

By the instruction of my HP, I have been writing and talking about my adoption. I no longer want to hide these feelings deep inside so I have shared my writing with fellow OA'er's. One of them suggested I submit it to the Serenity Press. I hope someone can relate to it and find peace within their own situations.

Here I am once again approaching on the 36th year that my questions are still unanswered. Is it selfish to want to know the woman who gave birth to me? Is it selfish to want to know who I look like when I glance in a mirror or whom I have the same characteristics as? Shouldn't I want to know my biological medical history? What genes did I pass on to my own children? Did one of my daughters receive their curly hair from my side of the family? I have fear of finding my blood, but I am more fearful of never knowing them.

My birthday is soon upon me. I have learned to live a peaceful experience with an empty feeling in my gut. One which I had to fill with God in order to live a normal life.

Dear Birth Mom & Birth Dad,

I do not know if I will ever meet you. That is not up to me. But if I do, I hope to tell you this in person. Being born is a gift from God and I will cherish every day I have left on this earth. I turned out OK. That baby girl that was born on New Year's Eve in 1974 in the state of NY is happy and finally found peace and balance in her existence.

I accept everything that has happened in my life. Without the past being exactly the way it was intended, I might not be in this precise place right now. I am finally comfortable with who I am as a person, friend, wife, mother, daughter and sister. Through joining OA and working the program, I have learned a valuable lesson: The Will of God will never take you where the Grace of God will not protect you.

Love always, BC

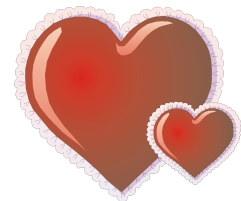
(continued on page 7)

MEETINGS WITH NO CONTACT PERSON – PLEASE E-MAIL PAT J. WITH CONTACT INFORMATION!



MEETING LIST

FEBRUARY 2011



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

MEETING LIST CONTACT PERSON:
 Pat J - 602-923-8310
 or e-mail: sprjzz3137@q.com

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

TIME/TOWN	FORMAT	LOCATION	CONTACT	PHONE
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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	Health South (67th & T-Bird) 13460 N. 67th Ave	Marion 602-284-8076
4:00pm	Sun City West	Step To Freedom • Del Webb Hospital, Auditorium A (use women's entrance) • 14502 W. Meeker Blvd	Stephanie	623-687-5930
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	Big Book	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 • Pat J (Sept-May)		602-923-8310
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	Scottsdale	90 day/varies	Life Care Center 9494 East Becker Lane	Karen B 602-717-5552
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	Cheryl 480-202-3641
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
7:15pm	Anthem	Literature	Curves Building 42323 N. Vision Way, Suite 105	Julie 623-374-9829

TUESDAY

6:45am Casa Grande.....Literature – please contact Pat J if this meeting still exists or it will be removed from this meeting list

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
10:45	Anthem –	Step Study/Speaker 1st Tuesday	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	Flagstaff	Literature/Sharing	Trinity Heights UMC 3600 N. 4th St. upstairs library	Bernice 928-221-6497
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	
1:00pm	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	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
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W E D N E S D A Y

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
12 Noon	Mesa	TBA	Downtown Main Library, upstairs board room	64 E 1st	Rowena	480-964-0909
11:00am	Gilbert	Varies	Perry Library, 1965 E. Queen Creek Rd, Study Room A		Dana W	480-703-3197
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	Phoenix	Varies/90 Day	OA Office	1219 E. Glendale Ave #23	Velma G	602-486-6972
5:30pm	Scottsdale	Big Book	Scottsdale Fellowship Club	10427 N. 72nd Pl., Room 2	Anabel	602-803-6356
6:00pm	Show Low	Literature	Summit Health Care Regional Medical Center	2200 E Show Low Lake Rd.	Myrlo	928-368-6373
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
6:30pm	Litchfield Park	Varies	Medical Plaza	3400 N. Dysart Rd. #117	Charlene N	602-618-9476
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

T H U R S D A Y

6:30am	Phoenix	Abstinence	OA Office	1219 E Glendale Ave #23	Carol H	623-931-2231
10:00am	Phoenix	OA Book	Paradise Valley United Methodist Church (parlor)	44th St & Lincoln Drive	Judith	602-316-2040
12 Noon	Phoenix	OA 12&12/Beginners	OA Office (brown bag lunch)	1219 E Glendale Ave #23	Maria R	602-828-7079
1:00pm	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
4:30pm	Goodyear	Literature	Church of Jesus Christ of Latter Day Saints, 425 S. Estrella Pkwy.		Cindy L	623-386-4773
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	Varies/90 Day	New Church of Phoenix	5631 E Shea Blvd	Cynthia	602-402-3246
5:30 pm	Prescott Valley	Newcomers	Emmanuel Church	7763 E Long Look Dr.	Joanne	928-445-8666
7:30pm	Tempe	Sharing	Pyle Adult Rec Center	655 E Southern	Dianna	480-600-1617

F R I D A Y

10:00am	Lake Havasu	Steps & Traditions	Center for Spiritual Living	2041 Swanson	Patricia	928-505-4977
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
6:00 pm	Phoenix	Topic Discussion	OA Office	1219 E Glendale Ave #23	Ellen	602-973-4208
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

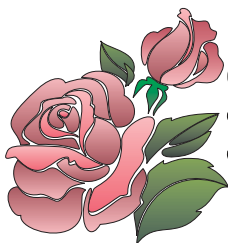
S A T U R D A Y

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

THE FRIDAY 6PM TO 7PM OA OFFICE MEETING NEEDS SUPPORT.

Please join us – It's a good meeting. Literature Study. Contact Ellen K @ 602-973-4208

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



Chair's Corner February 2011

Concept 2: **Conscience...** World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

As I continue my review of the 12 concepts, my Higher Power has brought to my attention a concept that is important as I get ready for the months ahead. In just a short time I will be attending my first World Service Business Conference. I am very excited and somewhat nervous. WSO is where over 7000 registered meetings place their trust in making decisions for our fellowship. As this concept states, it "is the voice, authority and...conscience of OA as a whole." It is an honor for me to be representing our fellowship at this event. I judge that this is a big responsibility and I am anxious as I prepare.

In March I will be attending my second Region III assembly, in Houston, Texas. I learned so much from my first assembly last August. So much was discussed and voted on, and I was mentored by many representatives who attended assemblies before. This was my first glimpse as to what goes on at World Service and the importance of being a representative.

During this year's annual World service conference, April 25-30, delegates will come together, as they do at Region assemblies, looking at issues that affect the entire fellowship of OA. Some of the issues discussed are literature, election of trustees, policies and bylaws. These bylaws contain the use of food plans, tools and meeting formats. Again I will be representing our Intergroup in helping to make decisions through a collective conscious of the fellowship. The will of my Higher Power comes through in the will of the Intergroup. I will pray for clarity in voting and willingness to "set aside" myself in the matters affecting OA as a whole.

Thank you again for the opportunity to represent ASDI as a delegate/representative.

~Gratefully, Charlene N., Chair

A Daily Reprieve

"Reprieve," according to the dictionary is (a) "a temporary relief, as from danger or pain" or (b) "postponement of a punishment" –from the Big Book, chapter on Into Action

For me, the concept of having "a daily reprieve" took a long time to become part of my internal language, spiritually and emotionally. For today I believe this spiritual daily reprieve is a gift of grace, matched up with the gift of willingness to do my part to be open to receive this daily miracle. Daily phone calls, meetings, and/or reading OA literature, doing step work, being sure I am connecting with the Power who is my new Employer, that I am asking to run my life today. Remembering to say "thank-you" throughout this 24 hour period is my best prayer—asking this Power to free me of this physical disease.

When I am granted this reprieve spiritually, emotionally, physically and/or mentally, this is when my Higher Power uses me to be of service. Smile at a check-out lady who is ready to scream, call someone I never called, write a post card to a relative or friend, pay for someone's newspaper—all a part of this grace called willingness, plus the miracle of another gift of one day or one minute. When the true me shows up, all kinds of inner and outer joys happen during a daily reprieve.

~Southern New Mexico OA Newsletter, "Trust & Service"

Powerless, not Helpless (or hopeless)!

We admit that we are powerless over food. It stinks to admit that. I, an intelligent, sensitive, valuable member of society can be stymied by a scone or floored by white flour. Sugar sucker-punches me every time. On the surface, powerlessness sounds like something you attribute to a victim or slave. But, don't quit before you get to the good part, an admission to this dilemma opens the door to long lasting power and new hope in life.

I love the Big Book analogy about electricity. It's used in terms of describing faith, but it works to help me understand my part in this thing. If I don't have electricity coming into my house, am I helpless? Heck no, in fact the creativity it takes to cope with that situation can be kind of fun. And, after all, God gave me brains to use. I can find a flashlight, light a candle, cuddle with my honey in the dark or leave the house for a while. If there is electricity, but I'm in the dark or unable to use electrical appliances, I'm still not helpless.

A computer tech support person I knew once told me the first question she asks callers: "Is it plugged in?" So, if I'm feeling powerless, hopeless or helpless today, I have to ask myself if I'm plugged in to my Creator who has all the power and many access points to it. The second question my computer geek friend would ask her customers, "Is the power button on?" How do I activate the power in my own life? When I've got a challenge, I pause, ask God for the right thought or action and what God's will is in this instance. It's analogous to checking to make sure the light is plugged in, the bulb isn't burned out or the cord frayed.

The other part of the picture I like is what it doesn't include. It doesn't involve running around like a crazy person frantically looking for a solution. If you've ever seen a technician work, they are methodical and logical...no drama from these problem solvers.

The more I practice doing my part in any scenario where I need power, the more evidence I have of hope. It's like banking kilowatt hours, only in this case it's "kill-o-fear" hours. None of this would I have learned if I had not started with an admission of powerless, and a desire to know the source of power. The power I have today is my choice to plug in. The hope I see evidenced over and over again is that of having an effective life.

m-compulsive eater

The 12th Step Within Committee presents:

Monthly Speakers Series Saturday, February 12th

*"Seeking Spiritual Progress
rather than Spiritual Perfection"*

10:00am-2:00pm

Brown Bag Lunch • Refrigerator will be
available to store your lunch.

Trinity Lutheran Church

830 E. Plaza Circle, Litchfield Park, Room 301
(located near Dysart & Indian School Rd. Check
MapQuest for directions.)

For additional information, contact

Margie @ 480-277-1080 or Greg @ 480-688-2222



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(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
MARCH, 2011
SERENITY PRESS NEWSLETTER
IS FEBRUARY 1ST**

Carol Holsinger, Editor 623-979-9758 or carol5988@q.com

**Arizona Serenity in the Desert Intergroup
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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 JANUARY and the FEBRUARY newsletters have just been distributed at Intergroup for your reps to bring back to your meetings. **We need your information for the MARCH 2011 issue by FEBRUARY 1ST.**

Carol H. Editor-623-979-9758/carol5988@q.com

Dear Birth Mom & Dad

(continued from page 3)

(With the love and support from my mom and dad who have raised me from birth, I am still searching for the answers but have come to terms with who I am. I wish a Happy New Year to you all.)

From a Birth Mother:

When I received this submission to the newsletter from BC, it touched my heart, and she and I have e-mailed back and forth several times with plans to meet and talk. This is the sort of thing – a God thing – that I love about OA. How God just reaches down and brings the right people together at the right time . . .

I'm a birth mother. My daughter was born in a home for unwed mothers in NJ and was surrendered 5 weeks after she was born. I never got over it. I looked for her face in shopping malls and other public places for years. It was a wound that never healed.

I joined OA in '74 and it changed my life. Not only was I surrounded by my own species (compulsive overeaters), but I was provided a way to deal with all of the feelings, these included, that I had suppressed with food all those years.

I know how to deal with pain, my favorite step being Step 7, "Humbly asked Him to remove my shortcomings." I released grief, sadness, bitterness, remorse, self-pity, shame, to God, and He changed me. I grew up in this program. I found the support that I should have gotten from my family. My sponsor was Evelyn W., an adoptive mother (another God thing).

I met and married my husband at age 38, and gave birth to my son at 39. I had given up on marriage and ever having another child. Surprise!

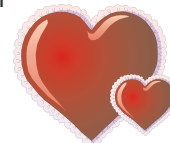
I began to search in earnest, and in 1981 I found her. Wonder of wonders, she had been searching for me. She told me that she had been looking for me in shopping malls and public places all her life. She was married and had two small boys, my grandsons, a little younger than my son, and she lived in Ohio. When we met for the first time, it was in a shopping mall – she went in one end and I the other – and we "found" each other. Her mother dropped her off and her family has completely supported our relationship. She calls me her best friend birth mother. She calls me Carol. We talk on the phone a lot. We finish each others' sentences. I don't know how I ever lived without her.

I was kind of a mess when I came into the program, but by the time I found her, I had really been cleaned up and was ready. This program is filled with miracles, thousands of them.

I recently made a gratitude list of all the things I have gained by being in OA. Marrying my husband, having my son, and finding my daughter are on top of the list! God's perfect timing.

So when people like BC come into my life, the miracle continues, and I'm able to pass it on. Thanks for the memories. Thank God for OA.

Love, Carol H., editor



Loving Ourselves By Using The Tools

February is the month we celebrate LOVE; Learning to Victor over compulsive Eating! Instead of focusing on sugary treats, let us turn our attention on practicing the tools of the program. When we come into OA, we are usually full of self-loathing and shame but then something shifts as we begin utilizing the tools. Little by little real love begins to take root for ourselves and others, blooming into deep appreciation for the serenity in which abstinence brings. Through developing a plan of eating, sponsorship, attending meetings, writing, literature, anonymity, reaching out on the telephone (or internet), and being of service, the disease of compulsive overeating loses its grip on us and our passion for life returns. Our whole attitude and outlook is made anew as the obsession with food and weight fades away. Make this month a reminder to love yourself more than the food, more than the number on the scale or the size of your pants, and then you can be more loving to everyone else too.

If you would like more information about the Tools of OA, read the pamphlet entitled; "The Tools of Recovery" or come to a Newcomer/Tool's meeting held every Tuesday and Thursday at the OA office from 1-2pm. We review and practice the tools of the program in the meeting and share our experience, strength, and hope with one another utilizing OA approved literature. Contact Lisa for more information at (602) 374-6740.

New Meeting

NEWCOMER/TOOLS MEETING

Held every Tuesday & Thursday from 1:00 to 2:00pm at the OA office. (immediately following the noon meeting) This informal meeting is especially for Newcomers or anyone wanting to focus on the Tools of OA. We discuss and practice the tools in this meeting, reading a variety of literature as well as answering any questions newcomers might have about OA in a relaxed & supportive environment. Even if you have been a long time member of OA or are just returning, you are welcome. Stop the struggle & start using the TOOLS, which lead to abstinence & freedom today. Contact Lisa M @ 623-229-4459; Lmmiller29@cox.net



Porcupines

It was the coldest winter ever. - Many animals died because of the cold. The porcupines, realizing the situation, decided to group together. This way they covered and protected themselves; but the quills of each one wounded their closest companions even though they gave off heat to each other. After awhile, they decided to distance themselves one from the other and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the Earth. Wisely, they decided to go back to being together. This way they learned to live with the little wounds that were caused by the close relationship with their companion, but the most important part of it, was the heat that came from the others. This way they were able to survive.

Moral of the story: The best relationship is not the one that brings together perfect people, but the best is when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

~Lifeline

CAMP ALOHA RETREAT, Maui, Hawaii

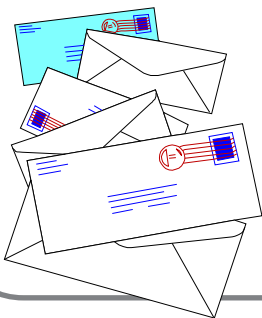
Friday - Sunday • March 4-6 at Camp Olowalu, Lahaina, Maui, Hawaii • www.campolowalu.com
 \$175 after Jan 31/on-site registration \$200
 OA Meetings & Workshops • Yoga • Meditation • Hike to Petroglyphs • Snorkeling • Kayaking • Whale Watching
 Maui Friends of Recovery. Contact Teresa at 808-878-4058 or e-mail oamauiretreat@yahoo.com
 (sent in by Jennifer in Prescott 928-771-0015)

Quips & Quotes

- Before program, my motto was "don't have a feeling, have a helping!" ~Marion (heard at a meeting)
- "It's not who you are that holds you back, it's who you think you're not." ~Kaye W
- "We are not stopped by the mountain in our path but by the small stone in our own shoe!" ~cs
- T.H.I.N.K. - True • Helpful • Inspiring • Necessary • Kind

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(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!**