



# SERENITY PRESS

SUGGESTED DONATION 50¢

## JANUARY 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

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](http://www.oaregion3.org)



## O.A. NEW YEAR'S DAY MARATHON

Come celebrate the **NEW YEAR 2011**

**SATURDAY • JANUARY 1, 2011**

9:30am, 11:00am, 1:30pm AND 3:00pm

At the OA Office at 1219 E. Glendale Avenue, Suite #23

Talk about your exciting plans for the New Year. Discuss topics such as: “New Year – A Renewed Commitment”

“KISS – Keep It Simple, Stupid”

“Commitment >> Action >> Recovery”

Discuss spiritual principles that influence your life and make changes for the better with H.P.’s help.

What better way to start the New Year than with your OA family discussing recovery.

*Happy New Year*

## Calendar of Events

### JANUARY ASDI MEETING

January 15th - Saturday • 1:00pm-3:00pm

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

### NEW YEARS DAY MARATHON

9:30am, 11:00am, 1:30pm & 3:00pm

Saturday, January 1, 2011 at the OA Office

### NEW SPEAKER SERIES

Saturday • January 8, 2011 • 10am-2pm

Mountain View Pesb Ch, 8050 Mtn View Rd, Scottsdale

Margie 480-277-1080 • Greg 480-688-2222

### 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

To list events, contact Stephanie @ 623-687-5930 or

email @ [auntsteph1994@aol.com](mailto:auntsteph1994@aol.com)

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# Arizona Serenity in the Desert Intergroup (ASDI)



## The Steps

### 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 .....	<b>VACANT</b>	
Bylaws .....	Larry R	480-632-1966
Finance .....	<b>VACANT</b>	
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 .....	<b>VACANT</b>	
PI/PO .....	Dianna	480-600-1617
12th Step Within .....	Margie	480-277-1080/Greg 480-688-2222
Audio Recording Librarian .....	<b>VACANT</b>	
Website Manager .....	Dana W	480-821-2326
2011 Winter Retreat .....	Lynne C.M.	602-569-6078
Special Events Committee .....	<b>VACANT</b>	
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

### Introduction to the Twelve Steps

We of Overeaters Anonymous have found in this Fellowship a way to recover from the disease of compulsive overeating. ...Our solution is a program of recovery – a program of twelve simple steps. ...Our common bonds are two: the disease of compulsive eating from which we have all suffered, and the solution that we all are finding as we live by the principles embodied in these steps.

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

### STEP ONE

***We admitted we were powerless over food – that our lives had become unmanageable.***

In Overeaters Anonymous we begin our program of recovery by admitting that we're powerless over food. Some of us have difficulty with this admission because we've had so much experience in trying to control our eating. At one time, or periodically, most of us were able to do so. Our eating may be out of control right now, we persisted in thinking, but someday soon we'll again muster the strength of character needed to check our eating excesses, and this time we'll keep them under control. For all of us, however, the days of controlled eating grew fewer and farther apart, until at last we came to OA, looking for a new solution.

*(Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 1)*

## The Traditions

### Introduction to the Twelve Traditions

When we first came to Overeaters Anonymous we were focused on our own recovery. Most of us took for granted the OA group we attended and the OA Fellowship as a whole, not thinking much about how they operated and whether they would be there for us in the future. Soon, however, as we left behind our dependency on food, we began to rely on OA. We felt it was our only safe haven, and we reacted with fear any time we thought this Fellowship might be threatened.

Yet we quickly found that we did not need to be afraid of the health of OA. Overeaters Anonymous has twelve traditions which are designed to keep our meetings and service committees on track, functioning in such a way as to nurture the recovery of all compulsive overeaters who seek help in this Fellowship. This study of the traditions shows how these twelve suggestions have worked to help individuals, groups, and OA as a whole solve problems, thrive, and be effective instruments for carrying the message of recovery to those who still suffer.

*(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 107)*

### TRADITION ONE

***Our common welfare should come first; personal recovery depends upon OA unity.***

If we are to continue to live and recover, we must have the continued support of OA groups and the inspiration of our fellow OA members. What's more, we need daily opportunities to be of service to other compulsive overeaters, opportunities which the OA group provides.

*(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 109-11)*  
*(continued on page 7)*



# OA OUTREACH DIRECTORY

For OA Outreach Directory Changes contact  
Delane @ 480-396-5200 or [jdschiller1@cox.net](mailto:jdschiller1@cox.net)



Alice G.....	<a href="mailto:arizonaalice@cox.net">arizonaalice@cox.net</a> .....	602-840-3552	Lisa S.....	<a href="mailto:lqsimkins@gmail.com">lqsimkins@gmail.com</a> .....	480-657-9145 • cell 480-543-7999
Amina K.....	<a href="mailto:Tomandamina@q.com">Tomandamina@q.com</a> .....	602-980-1155	Lynne C..M.....	<a href="mailto:lcockrum@cox.net">lcockrum@cox.net</a> .....	602-569-6078
Ann C.....	<a href="mailto:Ann.chocholous@yahoo.com">Ann.chocholous@yahoo.com</a> .....	480-907-6808	Margie H.....	<a href="mailto:Medicmarge@yahoo.com">Medicmarge@yahoo.com</a> .....	480-277-1080
Ann M.....	<a href="mailto:annmac21@cox.net">annmac21@cox.net</a> .....	602-367-4991	Marguerite.....	<a href="mailto:marguerite_06@yahoo.com(&gt;8pm)">marguerite_06@yahoo.com(&gt;8pm)</a> .....	602-791-1126
Barbara A.....	before 9P.....	480-306-1425	Marion E.....	<a href="mailto:marion@fredandmarion.com">marion@fredandmarion.com</a> (8to8).....	602-840-7922
Bernie W.....	<a href="mailto:bernie301@cox.net">bernie301@cox.net</a> (any).....	480-626-2123	Mary Canida.....	<a href="mailto:arabian15@cox.net">arabian15@cox.net</a> • 602-795-4071C • 602-996-9396	
Beth.....	<a href="mailto:tortugita718@gmail.com">tortugita718@gmail.com</a> .....	602-628-2883	Mary Jean.....	<a href="mailto:conners@cox.net">conners@cox.net</a> (any).....	480-981-8614
Beverly G.....	.....	623-972-4922	Mary Lou H.....	.....	cell 602-350-9998
Bud F.....	<a href="mailto:1bfroelich@cox.net">1bfroelich@cox.net</a> .....	602-862-9295	Mary P.....	<a href="mailto:a7509marta@q.com">a7509marta@q.com</a> .....	480-677-2834
Carol Holsinger.....	<a href="mailto:carol5988@q.com">carol5988@q.com</a> .....	623-979-9758	Mary S.....	<a href="mailto:lizzco@cox.net">lizzco@cox.net</a> .....	480-483-3857
Carol H.....	<a href="mailto:hushekjc@cox.net">hushekjc@cox.net</a> .....	623-931-2231	Meadow.....	<a href="mailto:mystimead@aol.com">mystimead@aol.com</a> .....	480-467-9827
Carol H.....	<a href="mailto:gracy22@gmail.com">gracy22@gmail.com</a> .....	480-279-5676	Michele Hunter.....	<a href="mailto:laf4us@gmail.com">laf4us@gmail.com</a> .....	602-795-6440
Cathy P.....	.....	623-640-9242	Molly W.....	<a href="mailto:molliekaye@gmail.com">molliekaye@gmail.com</a> .....	602-214-9069
Charity E.....	<a href="mailto:cmesparza@gmail.com">cmesparza@gmail.com</a> .....	480-273-2520	Nancy (speaks spanish).....	<a href="mailto:momwithedge@gmail.com">momwithedge@gmail.com</a> .....	480-242-0020
Charlene.....	<a href="mailto:jmcharkiki@aol.com">jmcharkiki@aol.com</a> .....	602-618-9476	Norma G.....	<a href="mailto:normajgoodman@yahoo.com">normajgoodman@yahoo.com</a> .....	None
Chrystal.....	<a href="mailto:strongartist@yahoo.com">strongartist@yahoo.com</a> .....	480-228-5049	Pat Hardy.....	<a href="mailto:strungoutjewelry@gmail.com">strungoutjewelry@gmail.com</a> .....	480-585-4024
Dana W.....	<a href="mailto:pndwright@cox.net">pndwright@cox.net</a> .....	480-821-2326	Pat J.....	<a href="mailto:sprjzz3137@q.com">sprjzz3137@q.com</a> .....	602-923-8310
Debbie G.....	<a href="mailto:dgdesigns@cox.net">dgdesigns@cox.net</a> .....	480-366-4511	Patricia Manarin.....	<a href="mailto:patmanarin@qwest.net">patmanarin@qwest.net</a> .....	480-893-7814
Debra M.....	<a href="mailto:latebloomer@cox.net">latebloomer@cox.net</a> .....	602-870-3909	Paula.....	<a href="mailto:pjnygirl@cox.net">pjnygirl@cox.net</a> .....	480-445-9127
Delane S.....	<a href="mailto:jdschiller1@cox.net">jdschiller1@cox.net</a> (AM).....	480-396-5200	Phyllis F.....	<a href="mailto:Phyllisflint@yahoo.com">Phyllisflint@yahoo.com</a> (winter-.....	480-654-4148
Denise.....	<a href="mailto:daveinpine@hotmail.com">daveinpine@hotmail.com</a> .....	928-978-3706	Prue.....	<a href="mailto:prue@asu.edu">prue@asu.edu</a> .....	480-452-3169
Dianna.....	<a href="mailto:diannainaz@msn.com">diannainaz@msn.com</a> .....	480-600-1617	Rita Z.....	<a href="mailto:razz119@juno.com">razz119@juno.com</a> .....	none
Donna K.....	<a href="mailto:donz02@cox.net">donz02@cox.net</a> .....	480-946-8037	Rod D.....	<a href="mailto:rdumont3@cox.net">rdumont3@cox.net</a> .....	480-699-3839
Dori w.....	<a href="mailto:doritatala@yahoo.com">doritatala@yahoo.com</a> .....	480-343-8452	Rosie O.....	<a href="mailto:rosielnc@aol.com">rosielnc@aol.com</a> .....	602-369-8444
Ellen Kraft.....	.....	602-973-4208	Sally Suofy.....	<a href="mailto:suofy@cox.net">suofy@cox.net</a> .....	623-544-4488
Fran B.....	.....	623-846-6220	Sandra M.....	<a href="mailto:sem31761@wbhsi.net">sem31761@wbhsi.net</a> .....	480-529-8746
Francene A.....	<a href="mailto:w84acceptance@cox.net">w84acceptance@cox.net</a> .....	480-839-2968	Sharon.....	<a href="mailto:sharon207@q.com">sharon207@q.com</a> .....	602-234-2311
Gabby.....	<a href="mailto:goochiegirl1@gmail.com">goochiegirl1@gmail.com</a> .....	602-908-5795	Sheila.....	<a href="mailto:luv2laugh2@msn.com">luv2laugh2@msn.com</a> .....	480-451-0859
Ginger B.....	<a href="mailto:gingerlbaron@cox.net">gingerlbaron@cox.net</a> .....	602-265-9932	Stephanie H • auntsteph1994@aol.com • h623-975-2222 • c623-687-5930		
Ginny R.....	<a href="mailto:ginny.rood@gmail.com">ginny.rood@gmail.com</a> .....	623-512-6647	Tara M.....	<a href="mailto:tlbmccay@cox.net">tlbmccay@cox.net</a> .....	602-788-6073
Greg L.....	<a href="mailto:greglane@cableone.net">greglane@cableone.net</a> .....	480-688-2222	Tonya C.....	<a href="mailto:Tlccgodskid@yahoo.com">Tlccgodskid@yahoo.com</a> .....	602-820-8662
Gunnar.....	<a href="mailto:gunnar3@cox.net">gunnar3@cox.net</a> .....	480-844-7653	Ursula O.....	<a href="mailto:uosbur@yahoo.com">uosbur@yahoo.com</a> .....	602-577-3940
Harlan.....	<a href="mailto:harlan288@gmail.com">harlan288@gmail.com</a> .....	.....	Virginia K.....	<a href="mailto:akitts2@cox.net">akitts2@cox.net</a> .....	480-967-4776
Jackie W.....	<a href="mailto:jackie.wilcock@asu.edu">jackie.wilcock@asu.edu</a> 602.770.2320.....	602-438-0223	Yvonne.....	<a href="mailto:pipepea2ed@cox.net">pipepea2ed@cox.net</a> .....	623-486-4866
Jan M.....	<a href="mailto:JMahoney19@cox.net">JMahoney19@cox.net</a> .....	480-966-5694	<b>(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 <a href="mailto:jdschiller1@cox.net">jdschiller1@cox.net</a> or 480-396-5200. E-mail preferred)</b>		
Janice M.....	<a href="mailto:Ajnats@aol.com">Ajnats@aol.com</a> .c770-815-1575 • h.....	623-399-8815			
Jim H.....	<a href="mailto:hushekjc@cox.net">hushekjc@cox.net</a> .....	623-931-2231			
Jim P.....	<a href="mailto:jimp@fatcharliesdiary.com">jimp@fatcharliesdiary.com</a> .....	623-853-6031			
Jim R.....	<a href="mailto:JimRood@cox.net">JimRood@cox.net</a> .....	602-370-0614			
Judith B.....	<a href="mailto:jbailey223@cox.net">jbailey223@cox.net</a> .....	602-316-2040			
Judy S.....	<a href="mailto:gandharv@cox.net">gandharv@cox.net</a> .....	480-474-4301			
Judy Ste.....	.....	623-879-7202			
Judy Westwood.....	<a href="mailto:judes26@juno.com">judes26@juno.com</a> .....	602-843-1007			
Julianne O.....	<a href="mailto:mrsjewelz@qwest.net">mrsjewelz@qwest.net</a> .....	480-390-2857			
Karen G.....	<a href="mailto:43karen@gmail.com">43karen@gmail.com</a> .....	623-734-7424			
Karen O.....	.....	602-334-3289			
Kathy O.....	.....	602-320-1602			
Kathy Y.....	.....	602-274-0373			
Kayla W.....	<a href="mailto:Kayla301@cox.net">Kayla301@cox.net</a> (except Sat AM).....	480-626-2123			
Kaye W • kwhite8766@msn.com.....	.....	480-321-6008			
Kelly H • kelly@kellyhalverson.com.....	.....	602-619-0870			
Kiki • EKWhissen@cox.net.....	.....	602-996-8519			
Larry R • Irice39@cox.net.....	.....	480-632-1966			
Linda.....	<a href="mailto:linda31@hotmail.com">linda31@hotmail.com</a> .....	602-978-9546			
Linda • lindathemusician@maricopa.edu.....	.....	480-585-4024			
Krista D • kristamdarrach@yahoo.com - 1-9pm.....	.....	602-809-1466			

## Winter Retreat Scholarship News

The 2011 Winter Retreat Committee may be able to offer half scholarships of \$75 and \$60 to members in need of financial assistance in order to attend the retreat in Carefree, AZ. Eligible members are those not receiving scholarships from their home meetings and those who have received no scholarships between December 2009 and December 15, 2010. To apply, request a form from Yvonne Evans at [pea2ed@cox.net](mailto:pea2ed@cox.net) or 623-486-4866. Please be aware that early registration deadline is December 15, 2010. Scholarship recipients are expected to do service at the retreat.

The Winter Retreat Committee is also seeking contributions for the scholarship fund. If you are able, this is a wonderful way to aid someone's recovery. Your donation may be included in your registration. For registration contact: ;  
Pat Jasmann @ 602-923-8310 • [sprjzz3137@q.com](mailto:sprjzz3137@q.com)

**IT'S THAT TIME OF YEAR....** The outreach directory needs to be updated. If you wish to continue to be on the Outreach Directory please contact...Delane at [jdschiller1@cox.net](mailto:jdschiller1@cox.net) or 480-396-5200 (email preferred) If you do not contact Delane your name will be removed. Deadline is January 25th. Note...This information is posted on our website and email addresses could be subject to unsolicited email. If you do not want your email address included in the directory please let Delane know.

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

# MEETING LIST

## JANUARY 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	Varied (opens Oct 1)	Health South (67th & T-Bird) 13460 N. 67th Ave.	Marion Emerson, marion@fredandmarion.com
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	
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

0:00am 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
<b>11:00am</b> 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
5:30pm Ahwatukee	Varies	Esperanza Lutheran church	2601 Thunderhill Place	Kendra	480-248-8862
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	1219 E Glendale Ave #23	Maria R	602-828-7079
		(brown bag lunch)			
3:30pm Pine, AZ	Sharing	Call for location	davieinpine@hotmail.com	Denise	928-978-3706
<b>4:30pm Goodyear</b>	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
11:00am Prescott	OA Literature Study	Acupuncture Center	1559 W Gurley St.	Bonnie	928-541-1956
4:45 Phoenix	12 Step	OA Office	1219 E Glendale Ave, #23	Meadow	480-467-9827

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



## Chair's Corner January 2011

Often times at the beginning of a new year I like to challenge myself to a year long reflection of a particular subject. OA service work has become a big part of my daily life and gratitude. I am really enjoying the opportunity to serve as Intergroup chair and also to be a part of Region and soon to be World Service committee work. So I thought that I would challenge myself monthly to look at the OA Concepts of service and share them in the Serenity Press.

I began to try and find all the literature that I could on the OA Concepts of Service. I really could only find one source as of this date and that was the pamphlet "The Twelve Concepts of OA Service". It is an excellent resource and I have found it very important in my service work.

I am reminded that in this program I am given the 12 steps to support my personal spiritual recovery from compulsive overeating. The Twelve Traditions help me both individually and in fellowship in maintaining "unity and purpose", and the Twelve Concepts help me to apply the Steps and Traditions to my service work. These Concepts "define and guide" and "direct all OA's trusted servants to well-considered actions for group participation, decision making, voting and the expression of minority opinions".

Concept One: Unity: the ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

When I first came into the rooms of OA my disease of compulsive overeating had consumed me. I believed that I was the "director" and it was Step One that opened my eyes to how "powerless over food" I was and that "my life had become unmanageable". It was unmanageable as long as I tried to manage it.

After working the steps and realizing the importance of service in my recovery, I became an Intergroup rep for my home group meeting. That was my first glimpse into the Traditions. In Tradition One OA unity is emphasized as a "matter of life and death" and a respect for each other and our opinions is imperative. We are not alone in this disease, and feeling connected and respected in our fellowship is what keeps me coming back.

Concept one takes unity up one more step. After becoming Intergroup chair, I had certain issues that seemed important to bring to Intergroup for review. I was passionate about them and "I" wanted these issues to create passion in others. Of course that was the director in me, not the trusted servant. But through my Higher Power's grace, and this fellowship, I have learned how to practice this principle of Unity in my service. The first thing I must do is to be quiet. This way I can hear what my HP is saying through the members of the board and each representative during our monthly Intergroup meeting. When I listen, I can be "directed" by God instead of by me. I also try to be teachable when it comes to patience. I often think that my Higher Power is moving to slow. Yet when I am "still" and allow things to happen in God's time, I realize how perfect His timing is.

Finally, within this Concept, when I practice being quiet and still, to respect those who may or may not share in my passions and opinions, I can allow my Higher Power to direct me as an individual, to serve those in fellowship. It is that "collective conscience" that I hope to represent at World Service and Region events.

~Charlene N., Chair

## Expect vs. Accept

There's a saying that "if you lead a horse to water he will drink." In subtle and not so subtle ways, that's been a strategy in my life. I've set things up in a way that another person will naturally just fall into the right way of doing things. The right way is, of course, my way. I've been burned recently by my own expectations, and blessed by acceptance.

The expectations were with a co-worker. He is the king of his island, and has no interest in collaborating with anyone else. I thought I had him fooled into collaborating on something. Why would I want to work with someone who doesn't want to cooperate with me? Well there's a darn good question. I think I wanted to be the first to break this person's code, and I would look good. I expected him to appreciate my gesture of cooperation. You can guess what happened. It's a reminder of page 420 in the Big Book of Alcoholics Anonymous: "Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations." My expectations are often based on some manipulation I've tried to accomplish. So, I had a few days of being angry at this co-worker, and then figured out who exactly had acted the fool. It was me.

I've recently had a positive experience that reminds me of how important acceptance can be. It's good for me, and I'm sure it's better for the people around me when I am in acceptance. From the same section, page 417 in the Big Book: "And acceptance is the answer to all my problems today. When I am disturbed it is because I find some person, place, thing, or situation-some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it's supposed to be at this moment." I had to stand up to another co-worker for being rude. I said what I needed to say, and then instead of stocking up on barbed zingers, plotting revenge and gossiping about the person, I was able to accept the incident and let it be. Darned if this person hasn't started to treat me with more respect, and we've actually begun to have productive conversation. The change didn't look like something I would script, where the other person apologizes and confesses how much she's actually admired me all these years. But, in God's time and with God's guidance, there's been a shift for the better. The guidance I received was to express my feelings privately, talk to another program person about how to stand up for myself and then Let Go and Let God. God took care of me and the situation.

Today I'm aware of the last three words-"at this moment." Acceptance doesn't mean things will never change, so I need to suck it up. I think my new definition for acceptance is "let it be." So the next time I have the option to either expect or accept something, I hope I remember the marvelous teaching in the Big Book story "Acceptance Was the Answer." It sure has provided answers for me.

*m-compulsive eater*

**2011 WINTER RETREAT  
COMMITTEE NEEDS  
VOLUNTEERS!**

**FEBRUARY 4-6, 2011**

To volunteer, call Lynne C.M. 602-569-6078 • [lcockrum@cox.net](mailto:lcockrum@cox.net)

# OA SPEAKER DIRECTORY

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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

# The Concepts of OA Service

(continued from page 2)

## The Twelve Concepts of OA Service – Spiritual principles for all who serve

The Twelve Concepts of OA Service...help us apply the Steps and Traditions in our service work...The Concepts define and guide the practices of the service structures that conduct the business of OA. ...Although they focus on OA world services, the Concepts direct all OA's trusted servants to well-considered actions for group participation, decision making, voting and the expression of minority opinions. The Twelve Concepts support our primary purpose of carrying OA's message of recovery to the still-suffering compulsive overeater.

A single word principle, such as unity, trust, responsibility and selflessness, accompanies each Concept...These principles remind us that a power greater than ourselves is always guiding the service we provide.

(The Twelve Concepts of OA Service, p. 1)

### CONCEPT ONE

**Unity.** The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

~excerpted by Sheila C.

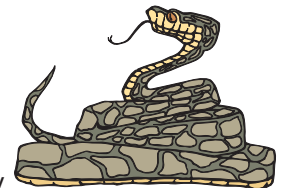


**DEADLINE FOR THE  
FEBRUARY, 2011  
SERENITY PRESS NEWSLETTER  
IS JANUARY 1ST**

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

## DON'T KISS RATTLESNAKES

At the beginning of my first holiday season in OA I had 6 months of abstinence. But when my children baked holiday cookies, I thought, "they'll feel bad if I don't try them." After one taste, I couldn't put down the sugar. For three months I ate compulsively; clean abstinence took six months.



My second holiday season in OA I stayed abstinent until Christmas dinner at a relative's house. I thought, "this dessert comes only once a year. I don't have it my house. Surely it can't hurt to try it." I came home and ate every sweet thing in the house and began a two month relapse. The terror of what I was doing opened me to getting a sponsor who had what I wanted (365-days-a-year abstinence). With her encouragement and the Steps, tools and fellowship, I reclaimed abstinence, one day at a time.

My third holiday season in OA I stayed abstinent. Abstinence was a greater blessing than the pleasure sugar gave me, and I had no hell to pay afterward.

Recently, a local newspaper printed an article about a man who brought home a baby rattlesnake from the desert. To show a friend how tame his pet was, he kissed its mouth. The rattlesnake bit him on the lip, and the man nearly died. How, I wondered, could anyone be so naïve? Did he reason that because he took good care of this cute little snake it would never act out its nature? Did he think it loved him?

My compulsive-eating self is like a rattlesnake. It isn't evil; in its cage it is benign. I can live in peace with it as long as I do not forget it is a dangerous animal, not a pet.

(continued on page 8)

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

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

## **DON'T KISS RATTLESNAKES** *(continued from page 7)*

However, during the holidays it is easy to forget, to be confused and to be influenced by friends, thinking I can get away with it. I want to pals with my compulsive-eating self – until I let it out for just one treat. Then I discover my absurd naivete! I have uncaged a dangverous animal that bites me, and my abstinence dies before my eyes.

During the holidays I often feel the urge to kiss my rattlesnake. Painful emotions like loneliness, grief, alienation, and shame hit. The sight and smells of food assault my senses. Pleasure calls, expectations mount, busyness and pressure demand relief, people around me are insane.

However, the program shows me alternatives to this insanity. The Steps, tools and Fellowship show me a new way to like myself and cope with life. I can tell someone what I'm feeling, go to more meetings, and change my holiday lifestyle. I can work the Steps on a difficult person, place, situation or emotion. I can discover for myself that "it is an incomparable pleasure to use the power this program gives me to eat moderately even on days when excess is the norm" (For Today p. 329).

Happy New Year! Don't kiss your rattlesnake!

*Lifeline 2005 p. 17*

### **WINNER OF THE CRUISE RAFFLE!!!**

Hi everyone. The winning ticket has been drawn at our IDEA event, and the winner is Carolyn Hunt from Colorado Springs, CO. Congratulations, Carolyn!!!

## **New Speaker Series**

**January 8, 2011**

ASDI and the 12th Step Within Committee will sponsor the first in the Speaker Series at:

Mountain View Presbyterian Church  
8050 E. Mountain View Road, Scottsdale  
(101 & Shea-Mapquest for details)

**10am-2pm**

*Brown Bag for Lunch (Refrigerator available)*

Each month the series will continue and be held in different locations around the valley.

Look for announcement of February's location soon.

For further information contact:

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

## **OA IN TIMES SQUARE DECEMBER 1 THRU JANUARY 1, 2011.**

**Metro Intergroup groups, and groups throughout the tri-state area, please note!**

As has been announced, the 15 second version of the Overeaters Anonymous Public Service Advertisement (PSA) will be playing every hour, 18 hours a day from December 1 to January 1 on the CBS Super Screen in Times Square, on 42nd Street between 7th and 8th Avenues!

The screen's dimensions are 26' x 20' for a total of 520 square feet of viewing space. The screen is full motion and full color with no audio. Nevertheless, the World Service Office has just arranged for closed-captioned text to appear during the PSA so people will see the text whether or not it can be heard. OA contact info will be on the screen at all times.

Viewership is about 1.5 million people daily.

Please anticipate an increase in calls, questions, and visitors to our local groups. If you can, make sure literature is stocked up, including Newcomer's Kits, Recovery from Relapse Packets, Dignity of Choice, the OA Pocket Reference, the Fifteen Questions card, and any other literature that you have found to be a "best seller" at your meetings.

## **A 12th-STEP-WITHIN COMMITTEE REMINDER**

On the 12th of each month, please call or e-mail other OA members that you haven't seen for awhile at meetings or that you know are in relapse.

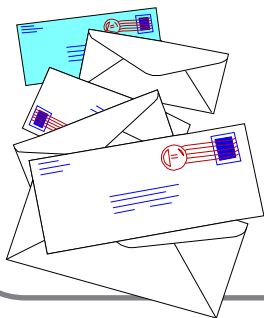


## **Quips & Quotes**

- Live simply • Love generously • Care deeply • Speak kindly • And leave the rest to God!
- Do not ask God to guide your footsteps if you are not willing to move your feet.

## **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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505-891-2664  
[www.oa.org](http://www.oa.org)

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