



SERENITY PRESS

SUGGESTED DONATION 50¢

JUNE 2011

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



The 12th Step Within Committee presents:
MONTHLY SPEAKERS SERIES
“The Solution Is In The Steps”
Saturday, June 11th • 10:00am to 2:00pm
 and will brown bag for lunch
 A refrigerator will be available to store your lunch

The meeting will be held at
West Valley Unitarian Universal Church
 5904 West Cholla Street in Glendale
(west of 59th Ave. on Cholla St. on the north or use MapQuest)

If you would like to help or need additional information
 Margie @ 480-277-1080 or Greg @ 480-688-2222

The Next Speaker Series meeting’s tentative date is in July, 2011. The time & location will be announced . . . as usual, we offer a special invitation to everyone to attend and we encourage representatives from each meeting to attend so that they will be able to share with their meetings.

Calendar of Events



MONTHLY SPEAKERS SERIES “The Solution Is In The Steps”

Saturday, June 11th • 10:00am-2:00
West Valley Unitarian Universal Church
5904 West Cholla Street, Glendale

JUNE ASDI MEETING (Elections)

Saturday, June 18th • 1:00pm-3:00pm
OA Office • 1219 E. Glendale Ave., Phoenix • #23

OCTOBER 7TH - 9TH, 2011

Region 3 Assembly,
Denver, Colorado

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

Just Let Go

It is wonderful how all things work out when I let go and let God. The meetings have been great. Having several people there, especially those whom I have not seen in awhile, gives a broader perspective on how solutions are derived through the principles of the program. It was enlightening for those with physical recovery to acknowledge they have been on a “dry drunk,” where emotional and spiritual recovery is concerned. I do hear some looking outside instead of within. Using the term “I” instead of “we” works for me. I must remind myself continually that “I” am the sicko. I cannot be the judge of others’ recovery. It is not my business. Devotions lately have been stressing forgiveness. I’m sure that is where I need to be. Just let go of the anger and resentment which only serve to exacerbate my own disease.

Choosing to take care of me and let the rest be—that is the key to my serenity today. As I continue putting things back in the rooms and letting some of them go, I can see the light at the end of the tunnel. My husband’s continual comments on what I am keeping is an eye opener for me. I don’t believe that he is fully cognizant of how much energy it takes to fine tune one’s ‘stuff.’ I am a master at finding space for what I want. Is it what I need? Not necessarily. There is emotion attached to some of them which has created a hole in me or would if I gave it up. At least that is what I hear in my head at this time. The more I release the more my emotional stability seems to be in balance. What a concept! Being accountable is the thing I believe that God is showing me today. Thank you that putting things in their proper perspective allows me

(continued on page 6)

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Arizona Serenity in the Desert Intergroup (ASDI)



The Steps

STEP SIX

Were entirely ready to have God remove all these defects of character.

As with the five earlier steps, our rewards when we've taken step six are great. Although we may not realize it at first, our commitment to embrace the needed changes in ourselves has given us an extraordinary power to deal with life's challenges. No longer do we go through life clinging desperately to the past, resistant to change. From now on, we will strive to keep ourselves entirely ready for any transformations our Higher Power wants to bring about in us. Having such an attitude, we cannot fail. We will become wiser, saner, more effective people as we recover from the disease of compulsive eating. We'll find we can cope with both good times – and bad, learning and growing spiritually from each experience, as our Higher Power intended us to do all along.

(Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 58)

ELECTED POSITIONS

Chair	Charlene N602-618-9476
Vice Chair.....	Stephanie H623-687-5930
Treasurer.....	Bill O480-966-4038.
Recording Secretary	Kaye W480-321-6008
Communications Secretary.....	Prue O480-452-3169

COMMITTEES

Bylaws	Larry R480-632-1966
Finance	Kayla W480-626-2123
Lifeline	Harlan480-495-8961
Literature.....	Cathy H602-481-9856
Newsletter Editor • Carol Hols		623-979-9758
Calendar of Events.....	Stephanie623-687-5930
Meeting List Updates	Pat J602-923-0153
Outreach Directory.....	Delane480-396-5200
Speaker Directory	Delane480-396-5200

Office

Chair.....	Ursula O602-577-3940
Answering Machine.....	Sheila C480-451-0859
Office Cleaner	Kiki602-996-8519
		or 480-254-3074
Soda/Water	Sharon M480-980-4462
Announcements.....	Sheila C480-451-0859
Outreach	Marie D	
PI/PO	Dianna480-600-1617
12th Step Within....	Margie 480-277-1080/Greg 480-688-2222	
Website Manager - Linda B -	623-266-0206/602-549-3410	
Summer Retreat Committee		
Winter Retreat Committee	Lynne C.M.602-569-6078
Welcome	Donna K480-946-8037

DELEGATES/REPRESENTATIVES

Charlene N.....	Dianna PKaye W
Margie H.....	Pat JStephanie H

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

NEWS FLASH

Bill Johnson, phone 602-574-3730 at humblevikings@gmail.com

is our new committee person in charge of meeting announcements. He will take over from Sheila C the first week in June.

Bill has also offered to take over the Soda/Water responsibilities for the OA Office.



The Traditions

TRADITION SIX

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

There are many treatment programs for people with eating disorders available outside OA. Most recognize the value of the twelve steps and take measures to involve their clients or patients in OA meetings. Although outside enterprises may endorse OA, OA does not endorse any of those outside enterprises. We welcome all who come to our meetings with a desire to stop eating compulsively, no matter what other forms of treatment they might be involved in as individuals. OA has no affiliation with any form of treatment or therapy.

(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 155)



The Concepts of OA Service

CONCEPT SIX

Responsibility. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

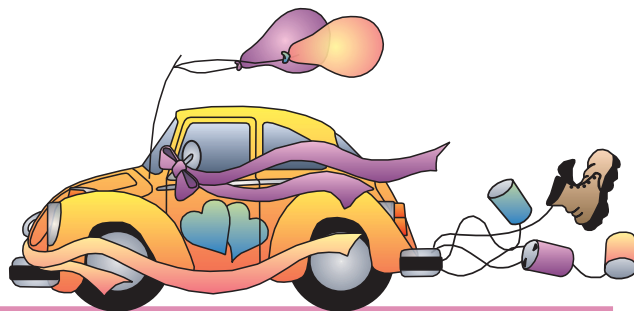
Overeaters Anonymous, Inc. is (in the legal sense) a nonprofit corporation with paid staff and other expenses. To safeguard the Fellowship as a whole, a group of members – the Board of Trustees – is given the responsibility to oversee the administration of our corporate entity, thus ensuring that business flows smoothly and that issues are addressed in a timely manner.

(The Twelve Concepts of OA Service, p. 8)

~excerpted by Sheila C

OA OUTREACH DIRECTORY

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



THE OUTREACH DIRECTORY HAS BEEN CLEARED

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

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.

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
Carol H.....	gracy22@gmail.com	480.279.5676
Deanac.....	ddufala1@cox.net	623-776-6132
Delane S.....	jdschiller1@cox.net (AM).....	480-396-5200
Denise.....	daveinpine@hotmail.com	928-978-3706
Denise •	lunarjoy@yahoo.com cell480-203-9455.....	H480-998-7024
Dianna.....	diannainaz@msn.com	480-600-1617
Donna K.....	donz02@cox.net	480-946-8037
Ellen K.....	602-973-4208
Fran B.....	623-846-6220
Francene A.....	w84acceptance@cox.net	480-839-2968
Ginger.....	tsettle2@cox.net	602-316-2469
Greg L.....	glane480@gmail.com	480-688-2222
Helen.....	helen@jaffatherapy.com	Cell:480 229.5936
Helen S.....	fredhelen60@sbcglobal.net	623-218-6713
Jackie W.....	jackie.wilcock@asu.edu	602-770-2320..602-438-0223
Jan M.....	JMahoney19@cox.net	480.966.5694
Janice M.....	Ajats@aol.com .c 770-815-1575 • h 623-399-8815
Jayne.....	payt11@cox.net	623-876-4054
Jim H.....	hushekjc@cox.net	623-931-2231
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
Kayla W.....	Kayla301@cox.net (except Sat AM).....	480-626-2123
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

Laura N.....	novak130@gmail.com	651-307-1919
Linda B.....	Lmburns2@cox.net	623-266-0206
Lisa M.....	lmiller29@cox.netc (623) 229.4459 .. h # 602.374.6740
Marguerite.....	margueite_06@yahoo.com (> 8pm).....	602-791-1126
Marion E.....	marion@fredandmarion.com (8to8).....	602-840-7922
Mary.....	meburt@cox.net	480-981-8887
Mary B.....	Show Low.....	928-537-1011
Mary Jean.....	conners@cox.net (any).....	480-981-8614
Mary Lou H.....	cell 602-350-9998
Maxine B.....	maxinebejarano@qol.com ..h 623-872-1061 • c 602-268-0704
Michele H.....	azhunters@yahoo.com	480.455.9877
Mike C.....	mike.clark.ii@gmail.com	480.229.3862
Patricia E.....	480-777-2502
Phyllis F.....	Phyllisflint@yahoo.com ..(winter-.....	480-654-4148
Prue.....	prue@asu.edu	480-452-3169
Rita Z.....	razz119@juno.com	none
Rod D.....	rduumont3@cox.net	480-699-3839
Rosie O.....	rosie.oldham@gmail.com	602-369-8444
Sheila.....	luv2laugh2@msn.com	480-451-0859
Tammy E.....	tammeyellsworth@gmail.com	480.343.6486
Ursula O.....	uosbur@yahoo.com	602-577-3940
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)

Could this happen?

"The last OA meeting closes in Tucson"?

I was surprised at the response to this article. It's like Orson Wells all over again.

This article about the last meeting in Tucson was supposed to be tongue in cheek, alluding to the theoretical demise of the Tucson Intergroup stemming from the loss of interest, apathy, unwillingness to do service, ignoring OA Traditions, overworking volunteers, not enough sponsors, lack of volunteers for Chair positions, newcomers not being a priority, meetings not sharing experience, strength & hope, or just no support for OA in Tucson at all.

Of course, with all those factors, the Intergroup would eventually die off. ***But this hasn't happened!! It was just a satire.*** Not to worry. Tucson Intergroup is alive and well!!

Glad to know that so many people read our newsletter. Thanks, Tucson, for this very clever article.

Carol Hols., Editor

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

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

MEETING LIST

JUNE 2011



**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 PhoenixVaries/Unity.....OA Office 1219 E Glendale Ave #23 • Marguerite • marguerite_06@yahoo.com 602-791-1126
 10:30am PhoenixBig Book.....OA Office 1219 E Glendale Ave #23.....Christine G 602-293-6842
 3:30pm Peoria.....OA 12 & 12.....*Will Not Meet Again Until October*
 4:00pm SurpriseStep To FreedomWork of Life Lutheran Church.....corner of 175th & Bell RoadSally S 623-544-4488
 6:00pm ScottsdaleCame To Believe.....Scottsdale Fellowship Club.....10427 N. 72nd Pl., Room 2Anabel 602-803-6356
 6:30pm Peoria.....Varies/90 DayHealthSouth,.....13460 N. 67th AveChris H 623-582-4249

MONDAY

10:00am PeoriaBig BookCelebration Lutheran Church.....NW corner 87th Ave & Olive.....Janice (c) 770-815-1575
 10:30am GilbertBig BookSun Valley Comm. Church 456 E Ray Rd., Rm B100.....Judy S. 480-474-4301
 10:30am SpringervilleVaried Format.....Community Presb. ChurchChris 928-333-4359
 Noon Phoenix.....Seeking Spirituality • OA Office • (brown bag lunch)..... 1219 E Glendale Ave #23 •Ursula 602-577-3940
 Noon Scottsdale90 Day.....New Church of Phoenix.....5631 E Shea.....Caroline 602-696-2170
 4:00pm Payson.....VariesRim Country Apts, Rec Rm 809 W Longhorn RdDenise 928-978-3706
 5:30pm Chandler.....90 Day/VariesHoly Trinity Lutheran Church739 W. Erie StMary G 480-228-8062
 5:30pm ScottsdaleBig Book StoriesScottsdale Fellowship Club.....10427 N. 72nd Pl., Room 2Anabel 602-803-6356
 5:30pm Show LowVariesSummit Health Care • Conf Rm #3 • 2200 E. Show Low Rd.Wes 928-368-4323
 6:30pm Mesa.....VariesChurch of the Master 6659 E. UniversityNo Contact Number
 7:00pm PhoenixDiscussion.....Lambda CenterContact innerpilgrimage@gmail.com
 7:00pm GilbertStep StudyMercy Gilbert Hospital, Conference Room 2, Loop202 & ValVista.....Dana W 480-821-2326
 7:15pm AnthemLiteratureCurves Building 42323 N. Vision Way, Suite 105.....Julie..... 623-374-9829

TUESDAY

10:00am Mesa.....VariesSunland Village East.....Farnsworth & Baseline (Card Room)Linda W..... 480-984-8553
 10:00am Gilbert, scent free pls - VariesLDS Church, 3580 E Houston Ave, east of Higley/south of BaselineCathy 480-633-6829
 10:45 AnthemStep StudyCross of Christ Lutheran Church 39808 N. Gavilan Peak PkwyDonna RR 623-465-1305
 11:00am Chandler.....VariesSt. Andrew the Apostle.....Rm C, 3450 W Ray RdLarry..... 480-632-1966
 11:30am ScottsdaleLifeline SamplerScottsdale Fellowship Club.....10427 N. 72nd Pl., Rm #2.....Linda P 602-953-8224
 12 Noon GlobeLiterature/Sharing.....Globe Public Library 339 S Broad St.Virginia 928-425-7474
 12 Noon Phoenix.....Lifeline SamplerOA 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 PhoenixNewcomers/ToolsOA Office 1219 E. Glendale Ave #23.....Lisa M 623-229-4459
 5:30pm Phoenix.....Varies/SpeakerOA Office 1219 E Glendale Ave #23.....Velma G 602-486-6972
 5:30pm ScottsdaleAs Bill Sees It.....N.Scottsdale Fellowship Club 10427 N 72nd Pl. Rm 2Anabel 602-803-6356
 5:30pm Chandler.....Big Book/90 DayHoly Trinity Lutheran Church739 W Erie StKay 480-233-5051
 6:30pm Litchfield Park.....VariesMedical Plaza 3400 N. Dysart Rd. #117Charlene N 602-618-9476
 6:30pm Sun CityBig BookPrivate HomeCall for LocationJeanne W..... 623-933-2656
 7:00pm WickenburgVariedWickenburg 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	<i>Suspended for the summer</i>				
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	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

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	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 RR	623-465-1305
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
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

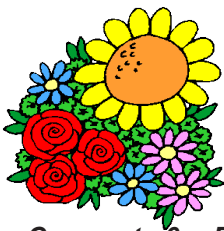
S A T U R D A Y

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

Meeting Changes

Note: When your meeting changes locations or times please go to World Service Web Site: www.aa.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 June 2011

Concept 6: Responsibility...The World Service Business Conference (WSBC) has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

I think that my HP set this concept up for me to review this month. I just arrived home from my first WSBC and I have so much to share. I was in awe over all the important decisions that needed to be made and learning the responsibilities of Delegates and Trustees.

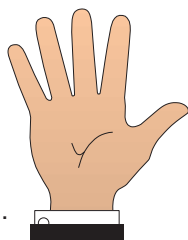
Concept 6 relates to Tradition 9: "create service boards or committees responsible to those they serve." The Board of Trustees (BOT's) is "given the responsibility to oversee the administration of our corporate entity ...so that business flows smoothly". During the WSBC I was introduced to many of the Trustees in their passion and enthusiasm for this Fellowship. There were several positions that needed to be filled and new Trustee applicants were given the opportunity to speak. I was given the opportunity to share in their recovery. Their speeches weren't filled with "business qualifications" but how this program, the 12 steps, saved their lives and now they want to help with this program's primary purpose, "to help those who still suffer".

The Board of Trustee's main responsibility is to make sure that the Steps, Traditions, and Concepts are being upheld in all the Fellowship's business affairs. They also are responsible to the service bodies for bringing forward concerns and changes that may be needed. There are two types of trustees: General Service trustees, who "oversee the business aspects of OA" and Region trustees, which "serve as liaisons to and from the Board of Trustees to the groups, intergroups, service boards and members within the region" they are assigned.

I hope to see everyone at intergroup this month, I have so much to share on the wonderful opportunity I was given to attend WSBC. Please take the time to read my report and again...Thank you...

~Charlene N., Chair

The Five-Finger Prayer



THUMB – Pray for those closest to you.

INDEX FINGER – Pray for those from whom you learn (teachers)

MIDDLE FINGER – Pray for those in authority – leaders of nations, of groups in which you are a member.

FOURTH FINGER – Pray for those who are weak and in need of recovery.

LITTLE FINGER – Pray for yourself and your recovery!
~Prefers to remain anonymous.

12 Steps In Reverse

IT IS HIGHLY SUGGESTED THAT YOU NOT TRY THIS!

1. I declare my complete control over food and everything else; and further declare that my life is in perfect order
2. I recognize no power as great as I am; nor any person as smart as I am, and if you don't like it come outside
3. I made a decision to run my life and everyone else's life to suit only me - and I pity those who get in my way.
4. I make a searching and thorough inventory of everyone other than myself - and find them woefully lacking in all respects; and I never hesitate to tell them so.
5. I admitted to no one, including, God and Myself, that there could possibly be anything wrong with me, or my actions.
6. I went to extreme efforts to protect and increase my defects of character-and did a little overeating besides.
7. I continued my obnoxious arrogant air of asking no one for anything
8. I kept a complete list of all persons who had harmed me, either real or imaginary, and swore to get even with them all.
9. I got even where possible, except when to do so might injure me.
10. I continued to bitch and whine about everything to everyone and, when I was right, promptly reminded them.
11. I sought through scheming and conniving to materially improve myself - at the expense of my fellow man. I never hesitate, when the opportunity presents itself, to bring disaster and misery to anyone who happens to cross my path.
12. Having had a complete moral, physical, financial and spiritual breakdown, all of my remaining effort was directed toward dragging those near me - and dear to me - down to these same depths of despair; And I did a little more compulsive eating too.

(Overheard and printed in various 12 Step forums.)

~submitted by Marguerite

Quips & Quotes

- Don't ask your Higher Power to guide your footsteps if you are unwilling to move your feet. ~R
- "You begin to move mountains when you begin carrying away small stones." ~carol
- 'To get something you never had, you have to do something you never did. ~p
- 'The will of God will never take you where the Grace of God will not protect you.' ~anon
- "I now know I am a human being and a child of God. That is a wonderful thing to know. It's so much better than being a 'freak of nature.' ~anon
- "Life without God is like an unsharpened pencil - it has no point." ~heard at a meeting

"Just Let Go" (continued from page 1)

to continue on my recovery path. God, you have the key and the answers when I am willing to approach the door of understanding. Let me allow others to be a part of this journey and ask for assistance instead of my old pattern of "I can do it myself!" Your way to my serenity is "Just let go!"

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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

OPEN SERVICE POSITION

Literature Chair needed. Cathy H. is stepping down in June as Literature Chair after 2 years of dedicated service. She has devised a system that will make it easy for someone to step into the position and inventory and order new literature. If you think you would enjoy this or want to know more about it, call Cathy at 602-481-9856.

Arizona Serenity in the Desert Intergroup

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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 MAY and the JUNE newsletters have just been distributed at Intergroup for your reps to bring back to your meetings. **We need your information for the JULY 2011 issue by JUNE 1st.**

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

Intergroup Board Election Notice

In June, there will be several positions open for election at the June 18, 2011 Intergroup meeting. In order to be elected to the Intergroup Board, a nominee must be present at the election meeting and receive a majority vote of the Intergroup Representatives present and voting.

Qualifications for these positions, which are Intergroup board members, include:

- 1) One year of current abstinence as determined by the member.
- 2) Regular attendee of an active group for a period of one year and as an Intergroup representative for at least 6 mos.

OPEN POSITIONS

VICE CHAIR

- Assume duties of the chair in the absence of the chair.
- Assure representative and delegate travel and hotel reservations are made in a timely manner.
- Maintain a calendar of OA events.

TREASURER

- Accurately record and report receipts and disbursements of all ASDI funds.
- Disburse funds only upon approved written request or presentation of a receipt for an authorized expense.
- Disburse funds for representative and delegate traveling expenses.
- Prepare monthly financial reports, with current expenses and fund balances that fairly and accurately reflect ASDI's financial condition.
- Maintain a prudent reserve fund.
- Disburse available funds in excess of the prudent reserve and expected current expense to Overeaters Anonymous, Inc. and Region III of Overeaters Anonymous, Inc.
- Prepare and present the annual budget prior to the ASDI Annual meeting.
- Seek and request travel funding from Region III and WSO.

COMMUNICATIONS SECRETARY

- Distribute copies of the approved minutes to all ASDI groups and individual members by mail and/or e-mail. Minutes also to be sent to the Region III Trustee.
- Coordinate with the Meeting List Update Chair to maintain a current group registration with the OA World Service Office.
- Disburse the newsletter and all pertinent information regarding upcoming events to all ASDI groups and interested members by mail or e-mail.
- Disseminate information on ASDI activities with other Region III intergroups and WSO for publication in Lifeline and other OA publications.

TWO REPRESENTATIVES TO REGION 3 ASSEMBLY AND DELEGATE TO WORLD SERVICE BUSINESS CONFERENCE

There are two Delegate/Rep positions open for election which will be voted on at the June Intergroup meeting. Nominees must be present at the election meeting and receive a majority vote of the Intergroup Representatives present and voting.

(continued on page 8)

This is pretty interesting!

OA News Bulletin

WSBC 2011 Delegates Make Key Decisions

More than 180 delegates from around the world gathered in Albuquerque, New Mexico USA on April 25-30 for the 2011 World Service Business Conference (WSBC). Below are a few of the major business and policy motions approved by the delegates.

Action Plan Defined: WSBC delegates have approved a definition of the Action Plan tool. The definition will be added to *The Tools of Recovery* pamphlet when current stock is depleted. In the meantime, OA members can find the definition on the OA Web site: www.oa.org/new-to-oa/tools-of-recovery.php

Statement on Abstinence Expanded: The Statement on Abstinence and Recovery (WSBC Policy 1988b, Amended 2002, 2009 and 2011) has been revised to include the underlined words at the end of the first sentence: "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and spiritual recovery is the result of living the Overeaters Anonymous Twelve-Step program."

PLEASE NOTE: Both of the above changes are included in *The Tools of Recovery* pamphlet, which is part of the newcomer packet. If your group or service body has a large stock of newcomer packets, [download an addendum page that you can insert in the packets.](#)

New and Revised Literature: Delegates gave the Conference seal of approval to a new pamphlet, *A Common Solution: Diversity and Recovery*. The pamphlet features OA members' stories that explore the topics of Program Diversity, Cultural Diversity, Sexuality and Gender Diversity, and Life Diversity. The pamphlet will be printed and available in 3-4 months. Delegates also approved revisions to *Recovery Checklist*, which will be reprinted when current stock is depleted.

Group Definition Revised: Delegates approved a motion to expand the definition of Overeaters Anonymous groups.

OA Bylaws, Subpart B, Article V, Section 1 will be changed as follows:

a) These points shall define an Overeaters Anonymous group:

1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.

2) All who have the desire to stop eating compulsively are welcome in the group.

3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).

4) As a group they have no affiliation other than Overeaters Anonymous.

5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Rozanne S. Recognized as Founder: WSBC delegates approved a motion for the Fellowship of Overeaters Anonymous to bestow the title of founder to Rozanne S.

OA-Approved Literature Still Includes AA Conference-Approved Literature: Delegates defeated a motion that would have made *Alcoholics Anonymous* (the Big Book) and *Twelve Steps and Twelve Traditions* the only AA Conference-approved literature to also be considered as OA-approved literature. That means OA members can continue to use all AA Conference-approved literature in their meetings.

OA members can find detailed information on WSBC decisions in the *Conference Wrap-Up*, which will be posted on www.oa.org by May 23, and the *Final Conference Report* to be posted on August 29.

JUNE 18TH INTERGROUP ELECTIONS

(continued on page 7)

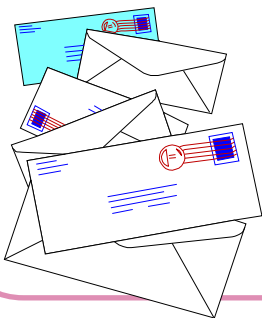
Qualifications for this position, which does not require being a member of the Intergroup board, are as follows:

World Service Business Conference Delegate/alternate nominees must have at least one year of current abstinence and meet the qualifications and requirements as outlined and defined in the Overeaters Anonymous Inc. Bylaws.

Regional Representative/alternate nominees shall meet qualifications and requirements as outlined and defined in the Region III Bylaws.

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!**