



SERENITY PRESS

SUGGESTED DONATION 50¢

MARCH 2011

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

Winter Retreat 2011

"A retreat creates a special period of time for prayer, silence, rest, simplicity and contemplation. It is a gift to yourself... a time that allows you to encounter your deepest needs, feelings, values, and impulses away from the voices and needs of others." This was what the 2011 Winter Retreat program promised – a lofty goal which for me, exceeded all my expectations.

Typically withdrawn into a protective shield around myself so I can't be hurt, I found the closing sacred ceremony the crowning jewel of a weekend that included focus on our spiritual health. Never before have I stood in a room with 40 people and felt totally loved and accepted by every one of them. Never before have I encountered a time when I experienced overwhelming love and compassion for everyone in the room. For me, all my self protective barriers dissolved and I was swept away with the loving kindness that all of us shared with each other. It was an experience I will always treasure...and one that still brings tears to my eyes when I remember it.

Thank you to everyone who worked so hard to bring us this retreat and for giving us a glimpse into the spiritual bliss that is promised in our recovery. K



HAVE YOU HEARD ABOUT THE OA RETREATS?

What? You say you have never been to an OA retreat! Oh, my, you are missing out.

Listen to what these OA members had to say about their experience at the **Reflect Your Recovery Winter Retreat** held February 4 through 6th in Carefree.

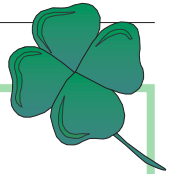
"I thank you! Thank you! Thank you! with all my heart for such a Spirit-filled weekend. I am just so blessed to have been with you for all those wonderful hours! Please know that every hour ... is so very much appreciated." –S.

"... it was a remarkable, refreshing, resonating week-end ... filled with love and acceptance ... which we all are in such need of ..." –C.

"...helping us re-connect with our Higher power – what a wonderful experience." –S.

" The guided meditation was awesome I had such a spiritual experience it brought me to tears. –S.

"Thank you for the beautiful meditation this morning. It was so nice to have that as a whole group experience. It allowed me an opportunity to just "BE" –an essential component of my recovery..." -D. (continued on pg. 3)



Calendar of Events

MARCH ASDI MEETING

Saturday, March 12th • 1:00pm-3:00pm
Our Saviour Lutheran Church, Phoenix

12th STEP WITHIN COMM. SPEAKER SERIES EVT.

Saturday, March 19th • 10:00am-2:00pm
University Presbyterian Church, Tempe, AZ (see ad)

REGION III ASSEMBLY • March 18-19, 2011
Houston, Texas

RECOVERY AT SEA CRUISE • March 20 - 27, 2011
Leaves from Galveston - tickets still available

APRIL ASDI MEETING

Saturday, April 16th • 1:00pm-3:00pm
Our Savior Lutheran Church, Phoenix (see ad)

WORLD SERVICE BUSINESS CONFERENCE

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

REGION III ASSEMBLY, Denver, CO
October 7-9, 2011

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

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Arizona Serenity in the Desert Intergroup (ASDI)

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	Harlan480-495-8961
Literature	Cathy H.....602-481-9856
Newsletter Editor • Carol Hols	623-979-9758
Calendar of Events.....	Stephanie623-687-5930
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.....	Sharon M	480-980-4462
Announcements.....	Sheila C.....	480-451-0859
Outreach	Marie D	
PI/PO	Dianna.....	480-600-1617
12th Step Within.....	Margie 480-277-1080/Greg	480-688-2222
Audio Recording Librarian.....	VACANT	
Website Manager - Linda B -	623-266-0206/602-549-3410	
2011 Winter Retreat.....	Lynne C.M.....	602-569-6078
Special Events Committee.....	VACANT	
Welcome	VACANT	

DELEGATES/REPRESENTATIVES

Charlene N.....	Dianna P	Kaye W
Margie H.....	Pat J	Stephanie H

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



The Steps

STEP THREE

Made a decision to turn our will and our lives over to the care of God, as we understood Him.

It has been said that the first three steps of the Overeaters Anonymous program are simply: "I can't; God can; I think I'll let God". In step one we became convinced that we could manage neither our eating nor our other living problems by our own will alone. In step two we added to this acceptance of our utter helplessness a newfound faith that there exists a Power greater than us which can relieve us of the obsession for food and restore us to sanity in all areas of life.

It is impossible to take step three until we have taken the first two steps. Once we have fully acknowledged our fatal powerlessness and have come to believe that there is a solution, however, the third step is simple. If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves. We now say yes to this Power, deciding from here on to follow spiritual guidance in making every decision.

(Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 19)



The Traditions

TRADITION THREE

The only requirement for OA membership is a desire to stop eating compulsively

Most organizations have a list of qualifications for membership, but in Overeaters Anonymous we have only one requirement: a desire to stop eating compulsively.

No person who has this desire can be barred from any OA group. OA members come from many different backgrounds, races, and religions...

In OA we even find a wide range of opinions about the program itself – about the twelve steps, the twelve traditions, and how best to apply them. Nobody is expelled from OA for not working the steps, not getting a sponsor, not respecting the traditions, or not adopting the tools and practices many of us employ.

Does this mean the steps, traditions, and tools are unimportant? No, they are the vital difference between OA and all the other ways we have tried to deal with our compulsive eating. Recovery is a journey, and the twelve-step program is the road we travel together in OA. The purpose of tradition three is to ensure that the road will always be accessible to all who wish to travel it. Thus we say that any two or more compulsive eaters who come together to practice the twelve steps and twelve traditions are considered an OA group, as long as they, as a group, have no other affiliations.

(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 129 & 130)



The Concepts of OA Service

CONCEPT THREE

Trust. The right of decision, based on trust, makes effective leadership possible.

The Third Concept gives OA groups the right to bestow upon a trusted individual or group the authority to make decisions on behalf of the group when needed.

(continued on page 7)



12th Step Within Committee presents:

Monthly Speakers Series

Saturday, March 19th

"Acceptance"

1:00pm to 5:00pm

After the meeting, there will be an optional off-site group dinner (pay your own way)

University Presbyterian Church

139 E. Alameda Drive meeting room, Tempe
(located on the SW corner of College & Alameda.
Check MapQuest for directions.)

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



OA OUTREACH DIRECTORY

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



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.

Mary B.....	Show Low	928-537-1011
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
Pat J.....	sprizz31@q.com	602-923-8310
Phyllis F.	Phyllisflint@yahoo.com ..(winter-	480-654-4148
Rita Z.....	razz119@juno.com	none
Rod D.....	rdumont3@cox.net	480-699-3839
Stephanie H.....	stef@schoolwebmasters.com	602-549-5351
Tammy E	tammyellsworth@gmail.com	480.343.6486
Ursula O	uosbur@yahoo.com	602-577-3940
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)

Alice G.....	arizonaalice@cox.net	602-840-3552
Barbara A.....	before 9pm	480-306-1425
Beverly G	623-972-4922
Bill O.....	bnitto@q.com	
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
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Denise •	lunarjoy@yahoo.com cell480-203-9455.....	H480-998-7024
Dianna	diannainaz@msn.com	480-600-1617
Ellen K	602-973-4208
Fran B.....	623-846-6220
Francene A.....	w84acceptance@cox.net	480-839-2968
Greg L	glane480@gmail.com	480-688-2222
Helen.....	helen@jaffatherapy.com	Cell:480 229.5936
Helen S.....	fredhelen60@sbcglobal.net	623-218-6713
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Janice M.....	Ajnats@aol.com .c 770-815-1575 • h 623-399-8815	
Jayne.....	pay411@cox.net	623-876-4054
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
Krista D.....	kristamdarrach@yahoo.com - 1-9pm ..	602-809-1466
Linda B	Lmburns2@cox.net	623-266-0206
Lisa M.....	lmmiller29@cox.netc (623) 229.4459 .. h # 602.374.6740	
Marguerite	margeuite_06@yahoo.com (>8pm)....	692-791-1126
Mary.....	meburt@cox.net	480-981-8887



HAVE YOU HEARD ABOUT THE OARETREATS

(continued from pg 1)

Just a brief sampling of the hope, faith, humility, love and spiritual awareness found at the 2011 Winter Retreat in Carefree.

I too am very grateful I was there to Receive the Promises of the program. Please join us at the OA Summer Retreat.

Watch for announcements coming next month.

Sincerely, Lynne CM

Winter Retreat 2011 Chair



A COMMUTER ATTENDEE

"Being an overnight attendee for the entire retreat had not been an option. I was blessed with an opportunity to attend on a commuter basis. My plan had been to be present for the Friday night opening, drive home and return on Saturday morning. We plan, God is amused. Gently, I became aware that attending on Friday night was my plan only and obviously not the plan of my Higher Power.

Driving to the retreat on Saturday morning, I considered that the retreat events were geared to group sessions. I wondered if I would feel uncomfortable joining an established group or if my joining the group would shift the dynamic of the group. I arrived feeling slightly apprehensive, asking God to allow me to be open to whatever lesson He had in mind.

A member who I had never met, and who I thoroughly enjoyed and admired, led a group activity. The leader and her assistant first shared their stories, then we made flowers with tissue paper and pipe cleaners. Being blessed

(continued on page 6)

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



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

MEETING LIST

MARCH 2011



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

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

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	Call Stephanie for New Location	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	Ahwatukee	Varies	Esperanza Lutheran Church	260 Thunderhill Place	Kendra	480-248-8862
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.	Myrio	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	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)						
1:00pm	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
6:30pm	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

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



*I am the place where God shines thru . . . For He and I are one, not two . . .
I need not fret nor fear nor plan . . . He wants me where and as I am . . .
And if I be relaxed and free . . . He'll carry out His plan thru me!*

*Heard, and
hastily copied
down at the west
side Friday 10am
Celebration Luth
Church Meeting*

OA SPEAKER DIRECTORY

Bernie WBernie301@cox.net480-626-2123
 Delanejdschiller1@cox.net480-396-5200
 Dolores WDolores2u@gmail.com480-329-9953
 Harlan.....harlan288@qwest.net • Cell: 480.495.8961 • 480-922-1220
 Jeanne Wjeannewitter@aol.com623-340-1020
 Judy Westwoodjudes26@juno.com602-843-1007
 Kayla W.....kayla301@cox.net480-626-2123
 Krista D, 1.9pmkristamdarrach@yahoo.com602-809-1466
 Larry R.....lrice39@cox.net.....480-632-1966
 Marion.....marion@fredandmarion.com.....602-284-8076
 Pat J.....sprjz3137@q.com602-923-8310
 Prueprue@asu.edu480-452-3169
 Sheilaluv2laugh2@msn.com480-451-0859

(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 TWELVE CONCEPTS OF OA SERVICE *(continued from pg 3)*
 OA members who are placed in these decision-making positions are generally members who have served in other roles; thus, the selecting body trusts that, based on past performance, these members will make the best choices for the group as a whole.
(The Twelve Concepts of OA Service, p. 3) ~excerpted by Sheila C.

Handout from Speakers Meeting in West Phoenix ABSTINENCE: TRYING VS. WILLING

I am trying to be abstinent	I am willing to be abstinent
A state of great frustration.	A state of great humility.
Implies that I should know how but can't come up with the right formula.	Implies that I don't know how.
Involves condemnation.	Involves acceptance.
I am closed to guidance.	I am open to receive guidance.
I will fear failure and judge myself as a failure.	Even "failure" may be used as a learning device.
Every setback reinforces that I will never find a lasting abstinence.	No setback becomes a problem for I know I will be shown
The responsibility is on me.	The responsibility is on my Higher Power
It is like an act of separation.	It is like an act of prayer.
Implies resistance & struggle.	Implies acceptance & surrender.

If I am willing!

~Dianna Phillips



The next time you feel like GOD can't use YOU, just remember...

Noah was a drunk
 Abraham was too old
 Isaac was a daydreamer
 Jacob was a liar
 Leah was ugly
 Joseph was abused
 Moses had a stuttering problem
 Gideon was afraid
 Sampson had long hair and was a womanizer
 Rahab was a prostitute
 Jeremiah and Timothy were too young
 David had an affair and was a murderer
 Elijah was suicidal
 Isaiah preached naked
 Jonah ran from God
 Naomi was a widow
 Job went bankrupt
 John the Baptist ate bugs
 Peter denied Christ
 The Disciples fell asleep while praying
 Martha worried about everything
 The Samaritan woman was divorced, more than once
 Zaccheus was too small

(continued on page 8)

**DEADLINE FOR THE
 APRIL 2011
 SERENITY PRESS NEWSLETTER
 IS MARCH 1, 2011**
 Carol Holsinger, Editor 623-979-9758 or carol5988@q.com

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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 FEBRUARY and the MARCH newsletters have just been distributed at Intergroup for your reps to bring back to your meetings. **We need your information for the APRIL 2011 issue by MARCH 1st.**
Carol H. Editor-623-979-9758/carol5988@q.com

The next time you feel like GOD can't use YOU (continued from pg 7)

Paul was too religious

Timothy had an ulcer...

AND Lazarus was dead!

No more excuses now!! God can use you to your full potential. Besides you aren't the message, you are just the messenger.

~submitted by Kathy S



Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes
They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are also thankful for the setbacks.

GRATITUDE can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.

~submitted by Prue

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

REGION III PRESENTS

Recovery at Sea

MARCH 20-27, 2011

7 Night Cruise on Carnival Conquest

Tickets are available until the day we sail. "Last few days to make your decision..."

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.

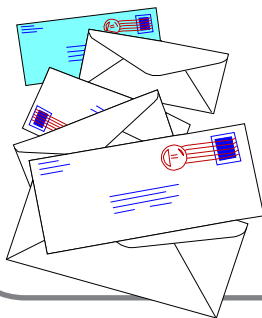
For info call Shirley A. @ 770-565-7112 or Region 3 website: www.oaregion3.org

Quips & Quotes

- Sorrow looks back. Worry looks around. But Faith looks up.
- ASAP – Always Say A Prayer ~*Heard at a meeting*
- The expert in anything was once a beginner. ~*Carol H*
- Prayer is not a "spare wheel" that you pull out when in trouble; it is a "steering wheel" that directs us in the right path throughout life.
- A miracle is simply an awareness of what is.....don't give up till you see it!

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!**