



SERENITY PRESS

SUGGESTED DONATION 50¢

MAY 2011

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

Could this happen?



The last OA meeting closes in Tucson?"

This morning people in Tucson woke up and did not have an OA meeting to attend. How did this happen? World Service was concerned and sent me to Tucson to observe what was happening. Here are some of my observations over my several visits.

Meetings were cancelled one by one due to the lack of attendance and due to members being unwilling to do service that would have helped keep the meetings going. Those meetings that closed were not replaced.

OA Traditions were sometimes overlooked for various reasons. The Traditions were not studied and discussed and so members didn't see the traditions as a priority. Others lacked the courage to speak up when traditions were broken. Service was not a priority. The same people who did volunteer for service, volunteered time and time again often over extending themselves to the detriment of their own program and abstinence. Members that did volunteer held positions too long. They developed resentments for having to do all the work. The groups did not have enough sponsors. The members who were sponsoring took on too many sponsees because they felt they needed to fill the gaps.

Chair positions were empty for long periods of time and committee chairpersons had to beg for help or carried on as a one person committee. Intergroup and business meetings were not seen as a priority.

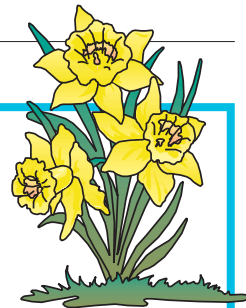
Newcomers were welcomed warmly but did not receive follow-up calls or offers of help to navigate the program. I was told that the newcomer was the most important person in the room, but members seemed to forget this. Active participation in attracting new members was even frowned upon by some.

On occasion meetings disintegrated into venting or therapy sessions instead of sharing experience, strength and hope. Many relapses occurred, meetings weakened because of not practicing the 12th step: to carry this message to compulsive overeaters and the 5th tradition: each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

I met many good people at OA meetings in Tucson but complacency about meetings, service and outreach all served to undermine the strength and functioning of the program. The good people of Tucson are left to attend meetings via phone or the web. This may be the wave of the future but I don't feel it can replace face-to-face meetings. It was truly a sad thing to watch.

.....
Could this scenario really happen? Is there anything you can do to prevent this from happening? (submitted by Kaye W)
~OA Southern Arizona Intergroup "Desert Recovery"

Calendar of Events



OA SERVICE & TRADITIONS WORKSHOP

Special Event

Saturday, May 14th • 10:00am-4:00pm

Our Saviour Lutheran Church, 1212 E. Glendale Phoenix

MAY ASDI MEETING

Saturday, May 21st • 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

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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

Bylaws	Larry R	480-632-1966
Finance	Kayla W	480-626-2123
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.....	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	
Website Manager - Linda B -	623-266-0206/602-549-3410	
Summer Retreat Committee		
Winter Retreat Committee	Lynne C.M.	602-569-6078
Welcome.....	Donna K	480-946-8037

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)



Office Safe

DONATIONS FOR REPLACEMENT OF THE OFFICE SAFE ARE NEEDED. PLEASE PLACE CHECKS IN ENVELOPES MARKED "SAFE" AND PLACE WITH MEETING DONATIONS. Thank you for your service.
~Pat J



The Steps

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

In step five we are learning a new way of life. From now on, we will readily acknowledge our wrongs instead of seeking to hide them from ourselves and others. A humble admission of our mistakes to God is our first step in this new direction. We willingly open our hearts so that a life-changing power can come in and heal us. We go back over our fourth-step inventory, acknowledging each truth about our past behavior, no matter how painful or embarrassing. In acknowledging these wrongs to God, we begin at last to acknowledge them to ourselves, too. We admit to ourselves who we are and what we've done. As we do this, we gain new hope. We start to feel that we can be forgiven and begin life anew with a clean slate.

(*Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 46-47)



The Traditions

TRADITION FIVE

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers

We compulsive overeaters have been offered a wide variety of solutions to our problems, from diet clubs, fat farms, and counseling programs to powders, shots, and pills. In the midst of all this clamor for the overeater's attention and money, Overeaters Anonymous is unique in offering a spiritual program which has brought recovery to thousands who had lost hope. We who have found a sane way of eating and living have a responsibility to make sure OA doesn't become sidetracked. Our groups come together so we can share recovery through the twelve steps and the twelve traditions with fellow compulsive overeaters. OA will always offer recovery to those suffering from our disease as long as we remember that this is our primary purpose.

One important reason we stick to our primary purpose in OA meetings is so our groups can help us practice the twelfth step. Experience has shown we cannot keep the precious gifts of our own recovery unless we give recovery away by sharing OA's message. When we focus our discussions on the principles embodied in the twelve steps and twelve traditions, when we share how we've found the solution to our eating problems through practicing these principles, we discover that we carry the message to those who still suffer, and to ourselves as well. No matter how much recovery we have, we still need to hear the OA message. Every time we offer our experience, strength, and hope to the still-suffering compulsive eater, we give back what we have been given and thus continue the flow of healing power which fosters own recovery.

(*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 145-146)



The Concepts of OA Service

CONCEPT FIVE

Consideration. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

(continued on page 8)



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
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Donna K.....	donz02@cox.net	480-946-8037
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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
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Janice M.....	Ajnats@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
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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
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Pat J.....	sprizz31@q.com	602-923-8310
Patricia E.....	480-777-2502
Phyllis F.....	Phyllisflint@yahoo.com .(winter-.....	480-654-4148
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Rod D.....	rdumont3@cox.net	480-699-3839
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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



The 12th Step Within Committee presents:

Special Event
OA SERVICE & TRADITIONS
WORKSHOP

Saturday, May 14th
10:00am to 4:00pm
with a pot luck lunch.

The meeting will be held at
Our Saviour Lutheran Church
1212 E. Glendale Avenue, Phoenix
(on the north side of Glendale Ave. across from the OA Office)

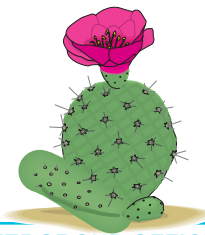
If you would like to help or need additional information
Margie @ 480-277-1080 or Greg @ 480-688-2222

The Next Speaker Series meeting's tentative date is June 11th, 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.

MEETINGS WITH NO CONTACT PERSON – PLEASE E-MAIL CAROL, EDITOR, WITH CONTACT INFORMATION!

MEETING LIST

MAY 2011



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 CHANGES SHOULD BE SENT DIRECTLY TO NEWSLETTER EDITOR AND MEETINGS ARE TO POST THEIR OWN CHANGES ON THE WSO WEBSITE

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 •	Ursula 602-577-3940
Noon	Scottsdale	90 Day	New Church of Phoenix 5631 E Shea	Caroline 602-696-2170
4:00pm	Payson	Varies	Rim Country Apts, Rec Rm 809 W Longhorn Rd	Denise 928-978-3706
5:30pm	Chandler	90 Day/Varies	Holy Trinity Lutheran Church 739 W. Erie St	Mary G 480-228-8062
5:30pm	Scottsdale	Big Book Stories	Scottsdale Fellowship Club 10427 N. 72nd Pl., Room 2	Anabel 602-803-6356
5:30pm	Show Low	Varies	Summit Health Care • Conf Rm #3 • 2200 E. Show Low Rd.	Wes 928-368-4323
6:30pm	Mesa	Varies	Church of the Master 6659 E. University	No Contact Number
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

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	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
6:00pm	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
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
1:00pm	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	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
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.oa.org, and look for "Register/Change Face to Face Meeting" under the "Meetings" heading. Each meeting is responsible for making their changes and notifying newsletter editor and soon we will hopefully be using the World Service list for our Newsletter. Thank you...

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



Chair's Corner May 2011

Word Puzzle

Find 12 words or phrases from the 9th Step Promises. Check page 8 for the solution to the puzzle. Check your heart for The solution.

C L Z I S S V C J V Q D U Z F W
A T T I T U D E C H A N G E P O
R Q Z I S F A R B H Y H G K D U
P O F N S U B E J C L T Y E C T
T M S T E V W K U R V M V N J L
Q G S U N X J Y R S K O Y W C O
J O E I I L O O W S M C A W N O
R D N T P O O E R E L K S Z C K
S S L I P N X N R G J I Q F N X
L D U O A W B R Y Q R T I N C U
O O F N H H A S E R E N I T Y M
S I E C N E D I F N O C F L E S
T N S G F I M G G V Y L I X Y F
Z G U S R E H T O T I F E N E B
H V G H N I Y P E A C E M U V F
M O D E E R F K Z S P P C Q C Y

One Person's Journey with Step Five

Recently, I was in an OA Step Study meeting where we read Step 5 in the 12 Steps and 12 Traditions of O.A.. The very first sentence read: "Throughout our lives many of us have felt isolated from other people." Hello! I was a square peg in a world of round holes. But at the first OA meeting I had found a group of square pegs living in a universe of square holes. I found out I was not alone, that other people were as nuts as I had been. And there was hope.

I could not imagine how Step 5 could actually help me. It seemed contrary to one day at a time living. Besides, that was then, this is now, and I don't want to dig around in the past. After many discussions and much reading, I began to see taking a 5th Step in a different light. One persuasive argument for doing a 5th Step was simple: In Steps 1, 2 and 3, I came to believe that these 12 steps would save me from the horrors of compulsive overeating, and doing a good Step 3 (turning my will and life over to the my HP) meant to continue doing Steps 4 - 9.

I demanded that my sponsor spell out exactly what benefits I would receive. Her response was simple: "You will know exactly what benefits you received after you have done it. It's different for everyone. But it's always good." I marched on despite my fear.

It was such a relief! Steps 1, 2 and 3 are not physical, not tangible. They're changes within our minds and hearts. With Step 5, I could see myself preparing my 4th Step inventory. I could see myself making an appointment. I could see myself walking to the door and ringing the bell. I could see myself opening up to another person. That other person did not faint, die, call me names or call the police. My first Step 5

(continued on page 8)

Concept Five: Consideration...Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. Referring to the pamphlet on the Concepts of service, I am reminded of the importance of listening, and being listened too. The principle here is "Consideration". At the group level each of us should have the opportunity to raise issues for reconsideration. At this level we may want to share our opinions personally, but at levels at intergroup, Region and World we may share our concerns with our Delegate/ Reps.

Whether we share our concerns personally or through our reps we have the right to be listened to with consideration. Consideration, that can be a tough word when it comes to listening. I think of the Set Aside Prayer to help in this:

God we invite you into this room
to guide and direct each of us as we seek your truth.
Lay aside our prejudices, fears, resentments or
expectations
that may block us off from the truth,
so we may hear your message
through the members of this meeting.
Give us the strength and courage to share your truth
with each other in the spirit of love
and compassion for our fellow man.
Set aside within each of us,
that which we think we know
just long enough to have an open mind
and a new experience.
Amen.

When I practice setting aside all that I think I know I am open to hearing what I don't already know. One very important thing that I have learned is that when I listen with consideration, I tend to trust more that others will be listening to me with consideration. When I am trustworthy, I can actually trust more.

This brings another point up that it is my responsibility to present my thoughts and concerns even if they are an opposing view to what has been voted on. It is in the discussion of all views that we may be aware of all opinions and hear something we may have missed. The pamphlet says, "Full discussion leads to best decisions." How true this is when all views are listened to with consideration. In this fellowship I have seen how the principle of consideration builds "strength, unity and cooperation."

Personally, I know that not every time I express a concern that it will be put up for reconsideration. Just because I am unhappy about the way an issue was voted on does not mean that a re-vote is going to happen. But I do believe that nothing happens by mistake. God allows things to happen on my journey, personally and within the fellowship, for different reasons. For today, when I am willing to share my concerns and listen with consideration to others, what is meant to be will be, and that is for each of us to live a happy and joyous life.

~Charlene N., Chair

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

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DEADLINE FOR THE JUNE 2011

SERENITY PRESS NEWSLETTER

IS MAY 1, 2011

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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 APRIL and the MAY newsletters have just been distributed at Intergroup for your reps to bring back to your meetings. **We need your information for the JUNE 2011 issue by MAY 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 is one Delegate/Rep position 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 Reps present and voting.

(continued on page 8)

The Concepts of OA Service

(continued from page 2)

While consideration of an appeal is the right of every OA member, group and service body, automatic reconsideration is not. Nor does reconsideration necessarily mean that a decision will be reversed. That depends on the merit of the appeal. For instance, perhaps relevant facts were not known or incorrect information was presented to the group when a vote was previously taken.

Simple displeasure at the outcome of a vote may not be a sufficient reason for an issue to be reconsidered. If the group agrees that a previous vote did not represent a well-informed group conscience, it may vote to reconsider the issue. Finally, the "test-of-time" sometimes proves decisions to be "right" or "wrong." Policies at all levels of the Fellowship have been reversed after many years of discussion and reconsideration.

(The Twelve Concepts of OA Service, p. 7)

~excerpted by Sheila C

Intergroup Board Election Notice

(continued from 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.

"Our Higher Power is the only source of help that is always available to us, always strong enough to lift us up and set our feet on the path of life. Prayer and meditation are our links to this unfailing source."

from the OA 12&12 (pg. 98)

(submitted by Prue O)

happiness usefulness godspdoing serenity
 freedom selfconfidence fearremoved peace
 benefithers outlook attitudexchange intuition

WORD SEARCH ANSWERS



One Person's Journey with Step Five

(continued from pg.6)

listener had been kind, accepting, and supportive.

I have now taken many 5th Steps. For me, the best benefits were:

1) I saw that I was actually an active force in my own life. I had been part of the problem. I could now be part of the solution. No more victim mentality!

2) I joined the human race. Previously, I was either God or the Devil, never stopping off on Planet Earth to be just a person

3) My outlook began to change. As an active participant in my own life, I could let go of cynicism and replace it with optimism.

4) As the 12 Promises (pp. 83-84 of the Big Book of Alcoholics Anonymous) pointed out: Because I was painstaking in this stage of my development, I was living with a new freedom and a new happiness. I did not run from the past; I lived in the present. I began to intuitively know how to approach problems. And I realized that my Higher Power was moving me in a path of recovery and was helping me every step of the way.

Why should the reader do a 5th Step? Because it's a part of the 12 Step program, it will take you to a better place, and you will feel a new confidence that this program is working for you personally. Just bite the bullet and do it!

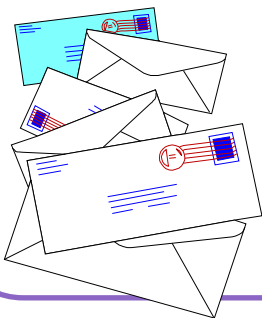
~Jeanne W, Sun City

Quips & Quotes

- "You begin to move mountains when you start carrying away small stones." ~d.d.
- "A boat is safe in the harbor. But this is not the purpose of a boat." ~haam
- Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!" ~Carol H
- When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.
- **WORRYING** does not take away tomorrow's TROUBLES; it takes away today's PEACE.

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!**