

SERENITY PRESS

Arizona Serenity in the Desert Intergroup Newsletter

September 2011

SUGGESTED DONATION 50¢

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

SERVICE OPPORTUNITIES

Finance Committee Chair & Members

By-Law Committee Members

PIPO

(Public Information & Professional Outreach)

Chair & Members

Winter Retreat Members (2012)

For more information on any of these service opportunities contact Charlene at 602-618-9476

Judy S. our New Serenity Press Editor.....

Judy has been a member of OA for 6 years and has a passion for "life-long learning". She wanted to be involved in service work at intergroup level, and is excited to try something new.

Articles for the October Serenity Press should be sent to:

Judy S at gandharv@cox.net

By September 1st

Step of the Month...

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition of the Month....

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept of the Month....

Concept 9: Ability. Able, Trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.



Calendar of Events

SEPTEMBER ASDI MEETING

Saturday, September 17 • 1:00pm-3:00pm
OA Office • 1219 E. Glendale Ave., Phoenix • #23

MONTHLY SPEAKERS SERIES

"Sex & Sensuality Workshop"

Friday, September 9 • 5:45pm-8:30pm

Our Savior Lutheran Church

1212 E. Glendale Ave (across from OA office)

Region 3 Assembly & Colorado Convention

OCTOBER 7th - 9th, 2011

Denver, Colorado

*To list events, contact Lynne C.M. 602-579-6078
lcockrum@cox.net*



**Arizona in the Desert Intergroup
12th Step Within Committee**

Presents.....

SEX & SENSUALITY

MONTHLY SPEAKERS SERIES

(Rated "R" for Recovery)

The meeting will be held at

Our Savior Lutheran Church

1212 E, Glendale Ave, Phoenix

(Across the street from the OA office)

Friday Night

SEPTEMBER 9, 2011

5:45pm to 6:30 pm • Abstinent Happy Hour

Bring your dinner and something to share if you wish.

6:30pm to 8:30pm • Program

Speaker, Panel & Discussion

Q&A and Sharing

If you would like to help or need additional information
Greg @ 480-688-2222 or Dina @ 480-296-4270
7th Tradition Donation is suggested

Featured Articles

Bylaws Definition of OA Groups Revised

At the recent WSBC, delegates adopted a motion to revise the definition of OA groups as stated in OA Bylaws, Subpart B, Article V, Section 1 (underlined portions are new).

“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.”

The revision in 5) means that an OA group is not considered as such until it has registered with the World Service Office. This does not mean it must affiliate with an intergroup if it chooses not to or if it does not have an intergroup in its area.

My Higher Power

My HP is my constant companion. Before I do anything, buy, change, add too, invest, change jobs, I ask for help to see what was in store, whether good or bad, and what I am to learn from it. My HP has never let me down as long as I didn't bull my way through. Giving thanks daily for all gifts, talents, and abilities given so freely by my HP. At times I felt abandoned; these times are short lived now since learning to let my HP have them. Writing my gratitude list every morning has my day set up for all blessings. My nightly routine is to ask my HP to take all problems; sleep comes so easily. I have learned to use the tools of patience, humility, writing, reading, sharing and giving. Thank you HP. --Anonymous

“ANMW”

As we drove out of the car rental lot of the airport, I noticed that the license plates on most of the vehicles consisted of four letters and three numbers. The one in front of us which I immediately noticed started with “ANMW.” Why did that sound familiar to me? Why did I think it had some special meaning? And, then it came to me. I had been the treasurer in an area where checks came to me with those initials on the check. I discovered that they stood for “Abstinent No Matter What.” What a great beginning to our vacation! Well, for the next two weeks, I read license plates avidly – constantly searching for another which read “ANMW.” I was destined to be disappointed. Well, after a while I started seeing program slogans in many of the license plates. For example, AHOW stands for Abstinent with Honesty, Open-mindedness and Willingness; AJFT is “Abstinent Just for Today”, and so on. Although I never did find that original combination of letters I sought, my Higher Power kept me on track for the entire vacation with all those reminders of the OA program. Thank you, God.

--Anonymous

Are you a compulsive overeater?

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to “use a little willpower” to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet “on your own” whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food related condition?
15. Does your eating behavior make you or others unhappy?

Overeaters Anonymous, Inc. (15 questions)

Meeting List September 2011

MEETING LIST CHANGES

1. Make changes directly on the WSO website at oa.org
2. Contact Ursula at uosbur@yahoo.com or call 602-577-3940 to notify ASDI of this change

Time	City	Meeting Place		Spec. Focus/Topic	Contact	Phone #
Sunday						
8:30 AM	Phoenix	OA Office	1219 East Glendale Ave #23	Varies	OA IG Office	602-234-1195
10:30 AM	Phoenix	OA Office	1219 East Glendale Ave #23	Big Book	Marguerite	602-791-1126
3:00 PM	Phoenix	OA Office	1219 E. Glendale Avenue #23	Big Book	Belinda	623-322-9047
4:00 PM	Surprise	Word of life Lutheran church	17525 W Bell road	OA Steps and / or Traditions	Sally S.	623-544-4488
6:00 PM	Scottsdale	North Scottsdale Fellowship Hall	10427 N. 72nd Place Room #2	Writing, Spirituality	Anabel	602-803-6356
6:30 PM	Peoria	Healthsouth Rehabilitation Center	13460 N 67th Avenue	Varies, 90 Day	Chris	623-582-4249
Monday						
10:00 AM	Peoria	Celebration Lutheran Church	8726 W Olive	Topic	Carol	623-979-9758
10:30 AM	Gilbert	Sun Valley Community Church	456 E Ray Road	Speaker, Big Book	Judy	480-474-4301
10:30 AM	Springerville	Community Presbyterian Church	41 N Supai St Education Bldg	Varies	Chris	928-333-4359
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23	Spirituality	Ursula	602-577-3940
4:00 PM	Payson	Rim Country Apts Rec Rm	809 W Longhorn Rd Rec Room	Varies	Denise	928-978-3706
5:30 PM	Chandler	Holy Trinity Lutheran Church	739 W. Erie St Rm #2	90 Day, OA Steps/Traditions	Mary	480-228-8062
5:30 PM	Show Low	Summit Hospital	Show Low Lake Rd/ Hwy 260 Mini Conf Rm		Joe	928-358-1183
5:30 PM	Scottsdale	North Scottsdale Fellowship Hall	10427 N. 72nd Place Room #2	Big Book	Anabel	602-803-6356
6:30 PM	Mesa	Church Of The Master	6659 E University	Big Book, Literature Study	Barbara	480-306-1425
7:00 PM	Phoenix	Lambda Phoenix Center	2622 N 16th St	Topic	Judith	602-316-2040
7:00 PM	Gilbert	Gilbert-Mercy Hospital	3555 S. Val Vista Drive Conf Rm #2		Kathy	480-620-5355
Tuesday						
10:00 AM	Gilbert	LDS Church	3580 Houston Ave	OA Steps and / or Traditions	Cathy	480-633-6829
10:00 AM	Mesa	Sunland Village East	Fransworth/Lakeview Card Rm		Linda	480-984-8553
10:45 AM	Anthem	Church of Christ Lutheran Church	39808 Gavilan Peak Pkwy/ Off Conf Rm		Donna	623-465-1305
11:00 AM	Chandler	St Andrew The Apostle Church	3450 West Ray Rd Rm L	OA Steps and / or Traditions	Larry	480-632-1966
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Susan S	602-625-8538
12:00 PM	Globe	Globe Library	339 S Broad St	Literature Study, Topic	Virginia	928-425-7474
12:00 PM	Prescott	Trinity Presbyterian Church	630 Park Ave Family Rm	OA Steps and / or Traditions	Linda	928-445-9454
5:30 PM	Phoenix	OA Office	1219 East Glendale #23	Speaker/Topic	Mollie	602-214-9069
5:30 PM	Scottsdale	North Scottsdale Fellowship Club	10427 N. 72nd Place Room #2	Literature Study	Anabel	602-803-6356
5:30 PM	Chandler	Holy Trinity Lutheran Church	739 W. Erie Street	Big Book	Kay	480-233-5051
6:30 PM	Sun City	Call for Location		Literature Study	Jeanne	623-933-2656
6:30 PM	Avondale	Professional Plaza	3400 N. Dysart Rd Suite 117	Big Book	Charlene	602-618-9476
7:00 PM	Wickenburg	Wickenburg Plaza	2050 W. Wickenburg Way/Downstrs	OA H.O.W	Lyn	928-684-3499

**MEETINGS APPEARING ON THIS LIST ARE REGISTERED
WITH THE WORLD SERVICE OFFICE
AND AFFILIATED WITH ARIZONA SERENITY IN THE DESERT INTERGROUP**

Time	City	Meeting Place		Spec. Focus/Topic	Contact	Phone #
Wednesday						
9:00 AM	Holbrook	Location	522 Mission Lane		Roslyn	928-524-2358
10:00 AM	Peoria	Celebration Lutheran Church	8726 W Olive		Fran B	623-846-6220
10:30 AM	Mesa	Mesa Spirit Rv Resort	3020 E Main St/ Zuni Rm	Varies	Linda	480-984-8553
11:00 AM	Gilbert	Perry Library - Study Rm. 1 or 4	1965 East Queen Creek Road		Dana	480-703-3197
12:00 PM	Prescott Valley	Step One Community Center	3343 N Windsong		Florence	928-759-3578
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		OA IG Office	602-234-1195
5:30 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Chelly	602-579-4708
5:30 PM	Ahwatukee	Esperanza Lutheran Church	2601 Thunderhill Place	Topic , Varies	Kendra	480-248-8862
5:30 PM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2	Big Book	Anabel	602-803-6356
5:30 PM	Show Low	East Campus Library/Navapache Md Cnt	2200 Show Low Lake Rd		Myrlo	928-368-6373
6:00 PM	Sun City	Unity Church Of Sun City	10101 W Coggins Dr		Sally	623-544-4488
6:30 PM	Cottonwood	Verde Valley Med. Ctr, Conf. Rm. A	269 S. Candy Lane Conf Rm A		Margery	928-399-0934
7:00 PM	Globe	St Johns Episcopal Church	185 E Oak St	Literature Study	Virginia	928-425-7474
8:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Kari	602-369-6725
Thursday						
6:30 AM	Phoenix	OA Office	1219 East Glendale Ave #23		Carol	623-931-2231
10:00 AM	Paradise Valley	United Methodist Church	4455 East Lincoln Drive	Varies, Meditation	Judith	602-316-2040
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Alice G	602-840-3552
5:00 PM	Queen Creek	Queen Creek Public Library	21802 E. Ellsworth Road Conf Rm 1,2,3,4		Mary	480-677-2834
5:00 PM	Glendale	Community Church Of Joy	21000 N. 75th Ave. Rm 1603	OA Steps and / or Traditions	Denise S.	623-703-7979
5:30 PM	Prescott Valley	Emmanuel Church	7763 East Long Look Drive	Newcomer	Joanne	928-445-8666
5:30 PM	Prescott	1st Congregational Church	216 East Gurley Street/Basement	Women's	Rachel	928-499-7628
5:30 PM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2	Speaker/Topic	Anabel	602-602-6356
5:30 PM	Prescott Valley	Emmanuel Church	7763 East Long Look Drive	Literature Study	Joanne	928-445-8666
5:30 PM	Mesa	Mesa Public Library	64 E. First St/ Board Rm	Varies	Mary V	480-600-2565
6:30 PM	Anthem	Cross of Christ Lutheran Church	39808 N Gavilan Peak Pkwy/Off Conf Rm	Literature Study	Donna	623-465-1305
7:00 PM	Fountain Hills	Four Peaks Community Church	15202 N. Fountain Hills Blvd	Big Book/Speaker	Patty	480-818-1612
7:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23	OA Steps and / or Traditions	Kelley	602-300-8063
7:30 PM	Tempe	Pyle Adult Recreation Center	655 East Southern Avenue		Virginia	480-967-4776
Friday						
10:00 AM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2		Donna	480-951-1434
10:00 AM	Peoria	Celebration Lutheran Church	8726 W Olive		Jayne	623-876-4054
12:00 PM	Prescott	Unity Education Center	141 S Arizona Ave	Big Book	Sandy	928-445-7240
12:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23		Kara	480-250-2299
5:30 PM	Phoenix	Desert Springs Bible Church	16215 N. Tatum Blvd. Rm C301	Big Book, Speaker	Kathy	602-373-7963
6:30 PM	Chandler	St Andrew The Apostle Church	3450 West Ray Rd Class Rm M		Dolores	480-329-9953
6:30 PM	Sedona	Unity Church Of Sedona	65 Deer Trail Dr		Judy	928-649-6017
8:00 PM	Phoenix	OA Office	1219 East Glendale Ave #23	Sharing/Pitch/Speaker	Bill J	602-574-3730
Saturday						
8:00 AM	Casa Grande	Presbyterian Church	702 East Cottonwood Ln Rm 9	OA Steps and / or Traditions	Jacki	520-709-5871
8:30 AM	Mesa	Banner Health Education Ctr	1400 S Dobson Blvd		Jackie	602-770-2320
9:00 AM	Phoenix	OA Office	1219 East Glendale Ave #23	OA Steps and / or Traditions	Jim H.	623-931-2231
9:00 AM	Scottsdale	N Scottsdale Fellowship Club	10427 N. 72nd Place Room #2		Carlyn	480-860-4231
9:15 AM	Tempe	Pyle Adult Recreation Center	655 East Southern Avenue	Writing, Literature Study	Pat M	480-983-7814
10:30 AM	Wickenburg	Wickenburg Plaza	2050 W. Wickenburg Way/Downstrs	OA H.O.W	Suzanne	602-499-1498
11:00 AM	Phoenix	OA Office	1219 East Glendale Ave #23	Big Book, Big Book	Beth E	602-628-2883
11:00 AM	Prescott	Acupuncture Center	1559 West Gurley St.	Topic	Bonnie	928-541-1956
1:15 PM	Phoenix	U-Can-2 Alono Club	6840 North 35th. Ave. Small Rm		Joseph	602-995-4905

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

OA Outreach Directory

For additions, deletions or corrections:
Contact Delane @ 480-396-5200 or jdschiller1@cox.net

Alice G	arizonaalice@cox.net		602-840-3552
Barbara A	(call before 9pm)	before 9pm	480-306-1425
Beverly G			623-972-4922
Bill J	billj240008@yahoo.com	any	602-574-3730
Bill O	bgnitto@q.com		N/A
Charlene	jmcharkiki@aol.com		602-618-9476
Carol Hols	carol5988@q.com		623-979-9758
Carol H	hushejkc@cox.net		623-931-2231
Carol H	gracy22@gmail.com		480-279-5676
Deanac	ddufala1@cox.net		623-776-6198
Delane S	jdschiller1@cox.net	AM	480-396-5200
Denise	daveinpine@hotmail.com		928-978-3706
Denise K	dknope714@yahoo.com		586-215-0258
Denise	lunarjoy@yahoo.com	c 480-998-7024	480-998-7024
Dianna	diannainaz@msn.com		480-600-1617
Donna K	donz02@cox.net		480-946-8037
Fran B			623-846-6220
Francene A	spiralingspirit@gmail.com	England	44 7500 971 977
Ginger	tsettle2@cox.net		602-316-2469
Ginny R	ginny.rood/@gmail.com		623-512-6647
Greg L	glane480@gmail.com		480-688-2222
Helen	helen@jaffatherapy.com		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	Ajnats@aol.com	c770-815-1575	623-399-8815
Jayne	payt11@cox.net		623-876-4054
Jim H	hushejkc@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		N/A
Kayla W	Kayla301@cox.net		480-626-2123
Kelley P	kelleyperry@gmail.com		602-300-8063
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
Larry R	lrice39@cox.net		480-632-1966
Laura N	novak130@gmail		651-307-1919

Lisa M	lmmiller29@cox.net	c623-229-4459	602-374-6740
Marguerite	margueite_06@yahoo.com	before 8pm	602-791-1126
Marion E	marion@fredandmarion.com	8am to 8pm	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			602-350-9998
Maxine B	maxinebejarano@qol.com	c602-268-0704	623-872-1061
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		N/A
Rod D	rdumont3@cox.net		480-699-3839
Rosie O	rosie.oldham@gmail.com		602-369-8444
Sharon D	sharon207@q.com		602-234-2311
Sheila	luv2laugh2@msn.com		480-451-0859
Tammy E	tammyellsworth@gmail.com		480-343-6486
Ursula O	uosbur@yahoo.com		602-577-3940
Yvonne	pea2ed@cox.net		623-486-4866

Speakers Directory

Bernie WBernie301@cox.net480-626-2123
Delanejdschiller1@cox.net480-396-5200
Dolores WDolores2u@gmail.com480-329-9953
Harlanharlan288@qwest.net •Cell: 480.495.8961•	480-922-1220
Jeanne Wjeannewitter@aol.com623-340-1020
Judy Westwoodjudes26@juno.com602-843-1007
Kayla Wkayla301@cox.net480-626-2123
Krista D, 1.9pmkristamdarrach@yahoo.com602-809-1466
Larry Rlrice39@cox.net480-632-1966
Marionmarion@fredandmarion.com602-284-8076
Pat Jsprjzz3137@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.)

The Back Page

Chair's Corner

September 2011

Concept Nine: Ability Able, Trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

With the June election past us and the current open service positions, this is a great concept to look at. Without our "trusted servants", at all levels of our fellowship, we could not continue to reach out to each other and those still suffering from this disease. The way we choose those that serve reflex the ability that is needed for that position. At our meeting levels, a group conscience helps in making decisions on who might serve as treasurer or secretary. At this level, ability might only be "willingness" to accept this position. However, at Intergroup, Region and World Service levels, elections are held for some service positions. Here we see ability might include a "skill, tolerance, responsibility, flexibility, and even vision" in addition to requirement that bylaws and policy manuals define.

Please submit Newsletter articles for Oct issue by September 1st to

Judy S...gandharv@cox.net...480-474-4301

Committees

Bylaws.....Larry R.....480-632-1966
Finance.....Kayla(for info).....480-626-2123
Lifeline.....Harlan.....480-495-8961
Outreach.....Marie D.....602-717-1099
PI/PO.....Dianna(for info).....480-600-1617
12th Step Within.....Greg.....480-688-2222
Harlan.....480-495-8961
Website Manager.....Dianna.....480-600-1617
Literature.....Dotty.....602-418-9989
Winter Retreat 2012.....Pat J.....602-923-0153
Sheila C.....480-451-0859
WelcomeDonna.....480-946-8037

Newsletter

Editor.....Judy S.....480-474-4301
Calendar of events.....Lynne.....602-579-6078
Meeting list updates.....Ursula O.....602-577-3940
Outreach/Speaker Directory....Delane....480-396-5200

Office

Chair.....Ursula O.....602-577-3940
Answering Machine.....Sheila C.....480-451-0859
Office Cleaning.....Kiki..602-996-8519/480-254-3074
Soda/Water.....Bill J.....602-574-3730
Announcements.....Bill J.....602-574-3730

ASDI Trusted Servants

ChairCharlene N602-618-9476
Vice Chair.....Lynne C.M. ...602-579-6078
Treasurer.....Kayla W.....480-626-2123
Recording Secretary .Kaye W480-321-6008
Communications Secretary....Dianna.480-600-1617

Region 3 Representatives & World Service Delegates

Charlene N. Dianna P. Debra, Marie, Open position.
Pat J. is alternate

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)

Arizona Serenity in the Desert Intergroup

PO Box 47565
Phoenix, AZ 85068-7565
Attn: Treasurer
602-234-1195
www.oaphoenix.org

Region III

PO Box 29903
Austin, TX 78755
Attn: Barbara Vervenne,
Treasurer
r3treasurer@oaregion3.org

World Service Office

PO Box 44020
Rio Rancho, NM 87174
Attn: Controller
505-891-2664
www.oa.org