

**Our MOVE is Completed!!
All Oasis meetings
are now at
8825 Aero Drive, Suite 310
San Diego, CA 92123**



**Here are the December 2015
Election Results:**

Secretary: **Stephanie P.**
World Service & R2 Coord.: **Jeri A.**
Public Information Chair: **Holly C.**
Recorder: **Steve C.**
Reach Out Editor: **Richard V.**
Chairperson: Vacant
Retreat Committee Liaison: Vacant
Professional Outreach: Vacant
Internal Info. Chair: Vacant
Young Persons Chair: Vacant

**Articles are always welcome; please send to:
ro_editor@oasandiego.org**

Be kind & generous with articles for the new Editor.

**May your Higher Power
help you find Joy of the
Season, one day at a time,
for a Happy, Healthy and
Peaceful New Year.**

Your Intergroup Board

Step One

"We admitted we were powerless over alcohol - that our lives had become unmanageable."

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete. *From the Twelve Steps and Twelve Traditions of AA., page 21*

Thus begins the journey of thousands of alcoholics, compulsive overeaters and many other 12 Step programs that adopt the Twelve Steps and Twelve Traditions as a foundation for recovery.

How did you first view Step One? Did you immediately accept all of this Step? Did you have trouble and perhaps a struggle with the words "powerless" or "our lives had become unmanageable"?

Before we began this program, the New Year was a time for New Year's resolutions, new diets and new exercise programs that rarely lasted through the first month of the year.

Take a few moments to review your understanding, outlook and attitude about Step One. A New Year's resolution to "take your steps to your sponsor for a tune up" might offer long term benefits to your recovery and to your life.

Richard V.

Blast from the Past

From the Nov & Dec 1983 Intergroup Minutes:

- California accepted OA's tax exempt status.
- Decision made to present an OA Panel to 150 California Medical Assistants.
- Trish reported 47 attendees at the October retreat.
- Office Manager Linda reported 77 registered meetings.
- Elected to the Intergroup Board: Linda; Chair, Dave B.; Vice Chair, Carolee; Internal Information.

The REACH OUT

January, 2016
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Overeaters Anonymous
San Diego County Intergroup Inc.

NEW ADDRESS: 8825 Aero Drive
Suite 310
San Diego, CA 92123

(619) 521-2538
www.oasandiego.org
oaoffice@oasandiego.org

12-Step Within Workshop!

Topic: "Creating a food Plan"
When: Saturday, January 30, 2-4 PM
Where: New Oasis (8825 Aero Drive, Suite 310)

From the New Editor:

I am proud to be here doing service for the fellowship!
I hope to continue the excellent work done in the past, and I also hope I can provide a contribution to others in this program.

Here are several things I would like to put on my work list:

During the move, several members pointed out to me that we have a drawer full of old Reach Outs, most of them from 1988 to 1999. I would like to make a future proposal to the Board that we digitize (convert the paper Reach Outs to digital format as Word or PDF documents) all of the Reach Outs to provide a permanent record. If anyone knows a free or an inexpensive way to do this, please let me know.

The old Reach Outs also contain a wealth of pearls of wisdom and gems for the fellowship. I would like to "recycle" some of these in future editions of the Reach Out for our members similar to the "Blast from the Past" on page 1.



Pick a number.

Pick up the phone.

Trusted Servants

Position	Name	Phone
Chair	Vacant	
Vice Chair	Gregor H	(619) 792-5101
Treasurer	Matt M.	(858) 776-6085
Reach Out	Richard V.	(619) 370-7840
12th Step Within	Nancy D.	(619) 990-1363
Recorder	Steve C.	(858) 373-8642
Secretary	Stephanie P.	(619) 322-0042
Literature	Deena B.	(858) 335-6286
R2/WSO	Jeri A.	(619) 665-3637
Public Information	Holly C.	(619) 861-4823
Young People Chair	VACANT	
Retreat Liaison	VACANT	
Internal Info	VACANT	
Prof. Outreach	VACANT	

Hot Line

Do you need to talk to someone?
These members are available to talk:

Name	Number	Notes	When
Flor	(760) 931-1860	Spanish	8am - 8pm
Dave B	(619) 224-4500 or (619) 787-2937		
Barb N	(858) 793-1296		6am - 9pm
Nicki	(619) 582-3372		9pm - midnight
Ginger	(619) 296-1860		11am - 9pm
Bruce	(619) 980-1088	English & Spanish	
Mary Jane	(858) 616-6472		
Steve C	(858) 373-8642		
Lisa	(775) 781-4275	anorexic	
Linda J	(619) 415-3510		
Kathryn M	(858) 880-8545		
Wilma W	(760) 966-1812		
Shannon	(619) 772-8918	bulimic	