

Overeaters Anonymous  
San Diego County Intergroup Inc.

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

(619) 521-2538  
[www.oasandiego.org](http://www.oasandiego.org)  
oaoffice@oasandiego.org

**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  
Page 2 of 3

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## 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	

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Page 3 of 3

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## AVAILABLE SPONSORS:

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. By working with other members of OA and sharing their experience, strength and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience. Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it. A member may work with more than one sponsor and may change sponsors. However, many of us choose to work with just one sponsor. In either case, it's helpful to avoid changing sponsors frequently.

Sponsors & Speakers are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

Alice C	(619) 985-7643	lacupla47@gmail.com
Dave B.	(619) 224-4500	davebirge66@gmail.com
Eric	(619) 322-2685	
Gregor H	(619) 792-5101	gregorh@cox.net
Jane	(619) 840-1216	
Mary Jane	(858) 616-6472	
Nicki	(619) 582-3372	
Reggie	(858) 442-0749	
Regina	(619) 952-3903	
Rex M	(619) 302-3003	kingrexmera@yahoo.com
Sal	(858) 535-5914	
Susie H.	(804) 337-3752	haubie17@gmail.com
Steve C	(858) 373-8642	imtheslaw@gmail.com

## Monthly Mailing Party:

On the last Saturday of each month.  
In the OASIS small room  
10:15 AM (after Maintainers)  
We stuff our literature into envelopes that are mailed to professionals & others.  
Join us for a fun time and help us get the message out.

To have your name added / changed / deleted from any list, submit information to [oaoffice@oasandiego.org](mailto:oaoffice@oasandiego.org)

For a listing of Events, Sponsors, Speakers, Literature Committee, or to offer 7th Tradition please go to [www.oasandiego.org](http://www.oasandiego.org).

## Tradition One

"Our common welfare should come first; personal recovery depends upon A.A. unity."

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly.

*From the Twelve Steps and Twelve Traditions of A.A., page 129*

## SPEAKERS share their experience, strength and hope.

Alice C	(619) 985-7643	lacupla47@gmail.com
Barbara S	(619) 813-7677	bksatty@me.com
Beth L	(619) 977-5309	
Dave B	(619) 787-2937 or (619) 224-4500	
Gregor H	(619) 792-5101	gregorh@cox.net
Jane	(619) 840-1216	
Phyllis S	(858) 569-1616	
Nicki	(619) 582-3372	
Reggie	(858) 442-0749	
Regina	(619) 952-3903	
Samantha	(858) 565-1974	
Susie	(804) 37-3752	haubie17@gmail.com
Tracy	(760) 489-6601	
Virgil	(619) 749-9810	

## LITERATURE CONTACTS

Shop online at [www.oa.org/literature\\_catalog.htm](http://www.oa.org/literature_catalog.htm) or contact one of these fellows for a time to meet at the OAsis.

<b>Deena B*</b>	<b>(858) 335-6286</b>	<b>deenabanks@hotmail.com</b>
Eric P	(619) 446-8850	
Holly C	(619) 861-4823	holly.carroll.2007@hotmail.com
Rex M	(619) 302-3003	kingrexmera@yahoo.com
Reggie	(858) 442-0749	
Iola B	(619) 370-4594	
Jeri	(619) 665-3637	
Dave B	(619) 787-2937	davebirge66@gmail.com
Gina S	(619) 758-1531	

**\*Deena B is our Literature Chair**