

Election 2016

Many thanks for the countless hours of service from our previous and current San Diego Intergroup Board Members!!
Welcome to all the new board members.

There are still three board positions to fill:

1. Retreat Committee Liaison
2. Internal Information Chair
3. Professional Outreach Chair

Monthly OA Events:

- 1st Saturday (6 FEB): **Intergroup Board Meeting**; 1:00-1:45 pm, Oasis
- 1st Saturday (6 FEB): **Intergroup Meeting**; 2:00-3:00 pm, Oasis
- Last Saturday (FEB 27): **Mailing Party**; 10:15 am (After Maintainer's Meeting), Oasis, Small Room

Future OA Events:

Workshop for Meeting Treasurers:

February 6; After Intergroup Meeting, 3:30 pm, Oasis, by Matt M., Board Treasurer

172nd Retreat: February 12-14; Starts 5 pm Friday, Ends Sunday, 11:00 a.m., San Luis Rey Mission Retreat Center, Oceanside, CA
12 Step Within: February 27, 2:00-4:00 p.m., Oasis; Develop action plan for structure, balance and manageability in our lives.

Unity Day: February 27th ; 11:30 PST; OA members pause to reaffirm the strength inherent in OA's unity.

World Service Business Conference: May 2-7; Albuquerque, NM, Embassy Suites, 1000 Woodward Place, (505) 245-7100, email:

convention@oa.org

Region 2 Convention: June 24-26; Crowne Plaza Hotel, 777 Bellew Dr., Milpitas, CA

World Service Fellowship Convention: September 1-4; Boston MA; (Boston Marriott, Copley Place)

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

The Turtle and the Scorpion: aka The Compulsive Overeater and the Disease

The turtle and the scorpion had been together a long time when one day they came to a swiftly moving river. The scorpion said, "Let me get on your back and we can get across the river together." The turtle replied, "No, if I do that you will sting me on the neck and I will drown." To which the scorpion quickly replied, "My trusted companion, if I do that we will both drown." And the turtle thought about it for awhile and then agreed to carry the scorpion across. The scorpion climbed on the turtle's back and about halfway across the river the scorpion did indeed sting the turtle on the neck. ...as the poison set in and they began to sink, drowning in the river, the turtle said, "Why, oh why did you do that?" To which the scorpion resignedly replied, "It's what I do."

And I am that turtle...my disease, my compulsive binge eating disorder is that scorpion. No matter how long we have been together, no matter how much I know about the innate nature of my disease. ...it will lie to me and trick me and take me down. ...left to my own devices (self-knowledge, willpower etc.) I will inevitably succumb to my disease and I will "take one bite - - just this once" and my precious abstinence will be lost... This is the utter insanity and powerlessness and hopelessness and helplessness of step one.

The beauty, the miracle of our program is found in the other 11 steps. We come to believe in our HP (step 2) we make a decision to turn our lives over to His care (step 3) we take the action steps of 4 through 9 and we live in an active surrender in steps 10 through 12.

We are still turtles...traveling through life with our scorpion, but with our recovery, our HP and our program first we no longer fall victim to its sting.

Submitted by Stephanie P.



The REACH OUT

February, 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

Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

Step Two is a rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together in this step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

From AA Twelve Steps and Twelve Traditions, page 25



Workshop for

OA Meeting Treasurers

Saturday, February 6th

3:30 - 4:30 pm at the OAsis

Did you get elected or volunteer to be the new treasurer for your meeting? Do you have questions? Would you like to hear from others about their experience?

Are you an interested OA member, and have wondered how the finances of your meeting relate to the business of the San Diego Intergroup? Have you seen our notes about the "\$20-a-month club" and wonder what that is? If you've wondered about this or any other financial question about our fellowship, please join Matt M., and other Intergroup Board members as we talk about our 7th Tradition and share our experience, strength and hope together.

We hope that this workshop will be helpful for all meeting treasurers and others who are interested, whether your meeting takes place at the Oasis or elsewhere in the county.

If you have any questions, please send them to: treasurer@oasandiego.org

Hi, my name is Jeri and I am a compulsive overeater who is grateful for another day of abstinence and another day of service. Thank You, God.

"I believe that all my answers are within me. The difficulty lies in looking within, something I'm incapable of doing alone."

Voices of Recovery pg 363

Last week I read something about 'walking into God.' I thought to myself 'this is what happened to me when I came to Overeaters Anonymous--I walked into God.

Before OA I sought God in the food I ate and in the people I clung to. God was never there. But when I came to OA, I found God in the abstinent food I ate, and learned to find God in those I loved, and those I didn't love. Most of all, I found God deep down within my heart. The Big Book says that it is only there that God can be found. And so it is. Today I can pause to feel the Goodness of God within and contemplate the amazing beauty of God that surrounds me. Additionally, I feel God when I marvel in gratitude at the miracle of abstinence and how God ALWAYS does for us what we can never do for ourselves.

Thank You, God and all of You

Jeri

Abstinent 40 years



Your Trusted Servants:

Position	Name	Phone
Chair	Mary V.	(619) 962-2449
Vice Chair	*Gregor H	(619) 792-5101
Treasurer	Matt M.	(858) 776-6085
"Reach Out" Editor	Richard V.	(619) 370-7840
12th Step Within Chair	Nancy D.	(619) 990-1363
Retreat Committee Liaison	VACANT	
Recorder	*Steve C.	(858) 373-8642
Secretary	Stephanie P.	(619) 322-0042
Literature Chair	Deena B.	(858) 335-6286
World Service/R2 Coord.	Jeri A.	(619) 665-3637
Public Information Chair	Holly C.	(619) 861-4823
Young People's Chair	*Kelsey S.	(650) 400-5859
Internal Information Chair	VACANT	
Prof. Outreach Chair	VACANT	

* = Serving as an Acting Board Member

"From the Board"

Matt M., January 9th, 2016

We would like to introduce a regular feature called "From the Board" where board members will share a little bit about their recovery experience and also share some information from the board.

What was it like? I grew up in a family that was quite poor, and we were competitive eaters. Not like on television, but of the "He who eats the fastest gets the most-est" variety. I have a twin brother, and we would fight over food. Food meant safety and security to me, as sometimes we had very little. I ate that way for over 40 years, decades after the actual risk of not having enough was gone.

What happened? In November of 2010, I hit my maximum weight, just over 300 pounds. I was miserable, hiding food in my car and eating 6 or 7 big meals each day, often fast food. I went on a high-protein liquid diet – not for the first time – and lost 50 pounds in two months. I felt absolutely crazy. I went to a therapist to deal with the craziness, and she suggested OA. I came to my first meeting in March of 2011, and haven't left.

What's it like now? As I began to work the steps with a sponsor, my life changed dramatically. I cried like a baby after my first 5th step was done, I felt so relieved. I had no idea my sponsor had shared so many of my shameful experiences. I have had so many great experiences since then that I can't imagine not coming back. It took me another six months in the program to let go of that high-protein liquid diet, and I have gained weight since that time, despite setting aside many foods I had identified as binge-making. So, I am a work in progress, and I'm so grateful that I know what that work has to be, rather than just being miserable and not knowing why, like I used to be. I get to turn the results – including my weight – over to my HP and focus on the work!

What's your role on the Intergroup Board? I am the treasurer, and my term ends in December of 2016. As the Intergroup treasurer, I collect all of the rent, 7th Tradition and \$20-a-month club donations that are dropped in the safe or come in the mail. I make the bank deposits, pay all of our bills, which include rent, the telephone, printing, literature, and so on. I also take care of other business activities, like making sure we have filed all of the necessary forms with the State and Federal government each year, and I work with an outside bookkeeper to be sure our financial records are well kept.

Anything else to share? I'm amazed by the people I do service with on the Board. We are all volunteers, and the only requirement for service is willingness. Service, I believe, is the embodiment of recovery – the willingness to give freely what has been given to us. I've had the chance to learn a lot in this role, and it really helped me stay connected to people and my HP during 2015, as I was searching for a full-time job for the entire year. I hope there's someone out there inspired to take over for me come December (or who is directed by their sponsor – that works too!). Rotation of leadership is key to the health and survival of our fellowship – please consider it. Email me any time at treasurer@oasandiego.org

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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. 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

Tradition Two

"For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."
From the Twelve Steps and Twelve Traditions of AA.

This tradition has been misquoted many times as, "we have no leaders." But it clearly states that each group **does** have its leaders, they just have no authority over the rest of the group. Whether they be the group's representative to the area or district, or the secretary or treasurer, they have been entrusted with the responsibility to **serve** the group, not make decisions for it. Groups clearly have other "leaders" also. There are those, who by sharing their wisdom and strength in the meetings, who are quietly recognized by the group as "spiritual leaders." There are those members, who are so well founded in the principles and traditions of the program, the group turns to when questions arise involving possible violations of those principles and traditions.

These too are leaders, but they also do not govern.

From "A Study of Tradition 2" at alcoholism.about.com

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 or contact one of these fellows for a time to meet at the OAsis.

Deena B*	(858) 335-6286	deenabanks@hotmail.com
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