

The REACH OUT

March, 2016

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(619) 521-2538

Overeaters Anonymous
San Diego County Intergroup Inc.

NEW ADDRESS: 8825 Aero Drive

Suite 310
San Diego, CA 92123

www.oasandiego.org
oaooffice@oasandiego.org

OA Events:

5 March: Intergroup Board Meeting (1st Saturday): 1:00-1:45 pm; Oasis

5 March: Intergroup Meeting (1st Saturday): 2:00-3:00 pm; Oasis

13 March: World Service Business Conference: Second Sunday Telephone Workshop: Noon PST; provided by the Board of Trustees Strategic Planning Committee and featuring members around the world, "Service and My Recovery" 2016 virtual workshop series; dial 1-641-715-3818 and enter access code 925619#; Stephanie D. 727-641-3437; email vst4oa@hotmail.com

26 March: Mailing Party (Last Saturday): 10:30 am (After Maintainer's Meeting); The OAsis Small Room

26 March: 12 Step Within Workshop (Last Saturday) 2:00 pm; "Resentment Swap Meet"

May 2-7: World Service Business Conference, Albuquerque, NM, Embassy Suites, 1000 Woodward Place, (505) 245-7100, email: convention@oa.org

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

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

Help inspire others! Send your 250-500 word recovery experience to the Reach Out Editor at ro_editor@oasandiego.org

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

"It is impossible to take Step three until we have taken the first two steps. Once we have fully acknowledged our fatal powerlessness and have come to believe that there is a solution, however, the third step is simple. If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves."

Pg 19 The Twelve Steps and Twelve Traditions of Overeaters Anonymous.

Tradition Three

"The only requirement for OA membership is a desire to stop eating compulsively."

"Most organizations have a list of qualifications for membership, but in Overeaters Anonymous we have only one requirement: a desire to stop eating compulsively."

Pg 129 The Twelve Steps and Twelve Traditions of Overeaters Anonymous.

Attention Men!!

Steve C. is starting a small workshop taking men through the 12 Steps using the Big Book. Hillcrest area. Time and date TBD. Contact at (858) 373-8642 or imtheslaw@gmail.com

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“From the Board”

An occasional article from one of our InterGroup Board Members.

Board Member Featured This Month: Gregor H. Abstinence Date: 10/22/2013 Board Position: Vice-Chair

What it was like? – In 1967 I started getting heavy when I started taking ADD medication. I went from a skinny 8-year-old to a large 9-year-old. By the time I graduated high school I was 350 pounds. In 1986, when I got married, I weighed 425. My top weight was 686 pounds that I know of. I had trouble walking. I could not walk from my house to the car without severe knee pain and breathing issues. Food became my best friend. It was my go-to comfort and solution. I probably consumed 7,000 calories a day. Everything was planned around my eating.

What happened? – In 2009 I lost my job due to clinical depression. I ended up leaving work voluntarily. I ended up on permanent disability because of my mobility and depression. In December of 2012, I weighed 686 pounds. In March of 2013, I was 536, preparing for a gastric sleeve. By the end of May, I was at 596 pounds again. My father-in-law had stopped drinking with the help of Alcoholics Anonymous. So I went searching for a 12 step program for food. I found OA on the web. On June 17th 2013, I came to my first meeting. I was taking 4 different anti-depressants. I was emotionally numb. I soon figured out that “not feeling” would not let me recover, so with my doctor’s supervision, I got off of all of my anti-depressants. I then accomplished a painful and thorough Step One. I spent September and October in tears. I broke my first abstinence on October 21st 2013. I started my current abstinence on October 22nd of that year.

What is it like now? – My first abstinence was simple: It was the “3 meals a day and 2 snacks” routine. I lost 19 pounds between July and October 2013. My second abstinence, my current one, focused on not participating in compulsive food behaviors. I’ve tossed my Red/Yellow food list. I’m a proponent of the philosophy that OA is about “why and how you eat, not so much about what you eat”. The “why” is about the triggers, the “how” is about the action of eating. My food plan covers what I eat. Having a list of don’ts forced me to focus on what I can’t do, which became the only thing I wanted to do. By December of 2013 I came up with my idea of what the “pause” in “Alcoholics Anonymous” (The Big Book) meant. I ended up crafting a question I ask before every meal or snack: “Am I eating for the healthy purpose of nutrition?” That became my “Abstinence.” – To eat for the healthy purpose of nutrition. I even had a coffee mug made with that on it. Now I can be anywhere and not over-eat. I have no restrictions, and I find I don’t desire the bad things any more. I’ve lost 151 pounds and counting.

What is my role on the Board? – In December 2014, I was elected to the Service Board as Vice-Chair. Holly wanted some help, and I was happy to oblige. The odd thing about the Vice-Chair position is that except for organizing the marathon meetings, there are no real duties. So I started to take up what slack I could. I started helping Carlin with the eMail Blast. I started working in the office to help out and I started to learn how to write web pages, something I had never done before. I started to help out in OA in January 2015. I don’t serve because it’s slimming, I serve to repay, in some small part what I have received from this program. I can think of no way to better thank my Higher Power than to serve others in any capacity I can.

Anything else to share? – I work with a great board. We have for the first time in a long time almost filled every position. I’ve learned so much, not just about recovery, but about life, that I can’t help but giggle. I’ve gone from depressed and un-employable, to peaceful, happy and looking to get a degree at the age of 53. The miracles keep happening. And I will lose that last 235 pounds. I can now say that with honesty and joy in my heart. Thank you to all who serve.

All the personal stories in “The Reach Out” express the experience of the individual member and not of OA as a whole.

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An All-In Proposition

"And we have ceased fighting anything or anyone . . . the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. . . . That is how we react so long as we keep in fit spiritual condition" (Alcoholics Anonymous, 4th ed., pp. 84–85). When I first came into OA, I read the above passage and said, "That's what I want!" I was tired of the schemes, micromanagement, and constant battles with food, weight, purging, and futile attempts to get it all under control. What would it take for me to get into "fit spiritual condition"? Just like physical conditioning, it would require exercise. Yet spiritual fitness differs from physical fitness in an important way. With physical exercise, if I did half of what was prescribed, I would receive some benefit. With spiritual fitness, however, the benefits I would receive if I did only half the work are explained in Alcoholics Anonymous (4th ed., pp. 58–59): "Those who do not recover are people who cannot or will not completely give themselves to this simple program." "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely." "Half measures availed us nothing." The message was clear. My commitment needed to be an all-in proposition, and I needed to follow the time-tested prescription of the Twelve Steps to achieve a fit spiritual condition. My first year in OA, I was a sponge. I received my gift of abstinence by absorption. I went to lots of meetings, hung around my OA fellows, and did no Step work whatsoever. Instead I did the OA two-step. I admitted I was powerless over food—that my life had become unmanageable. Having had a spiritual awakening as the result of taking Step One, I tried to carry my message of recovery to anyone who would listen, even those who didn't want to hear it. A year in, I had lost weight and stopped throwing up. Fortified in knowing I was a compulsive overeater, I left OA, certain I wouldn't do that stuff anymore. A year of additional research followed, then ended when I crawled back to OA 50 pounds heavier, throwing up daily, and blessed with the gift of desperation. I was willing to do what was required to become and remain abstinent. I listened to those who had what I wanted: long-term abstinence; ease around food, people, places, and things; orderliness and sanity; joy and happiness. They all shared a commitment to working and living all Twelve Steps. Through the Twelve Steps, each one had built a sustaining relationship with a Higher Power, and that Higher Power gave them the daily gift of abstinence. Their part of the deal was to maintain a fit spiritual condition. So I start each day asking God for the ability to live each of the Twelve Steps and Twelve Traditions. I must take, live, and work all the Steps to become and remain abstinent.

By Diane G. "A Step Ahead", 4th quarter 2015

Literature Announcement:

Requests have been made by some meeting reps for extra keys to the literature cabinet. The board discussed this and has decided, for now, to maintain the current policy. Literature reps or others who do not have keys can arrange to get access from members of the literature committee (who all have keys). These people are listed in the "Literature Contacts" section of this newsletter and also on the literature cabinet. Gregor also has a key and is in the office MWF, 10 am - 2 pm. Thank you - Deena, Literature Chair

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Your Trusted Servants

Position	Name	Phone
Chair	Mary V.	(619) 962-2449
Vice-Chair	*Gregor H	(619) 792-5101
Secretary	Stephanie P.	(619) 322-0042
Treasurer	Matt M.	(858) 776-6085
Prof. Outreach Chair	VACANT	
Internal Information Chair	*Lessie C.	(619) 739-1643
Literature Chair	Deena B.	(858) 335-6286
Public Information Chair	Holly C.	(619) 861-4823
"Reach Out" Editor	Richard V.	(619) 370-7840
Recorder	*Steve C.	(858) 373-8642
World Service/R2 Coord.	Jeri A.	(619) 665-3637
Retreat Committee Liaison	VACANT	
Young People's Chair	*Kelsey S.	(650) 400-5859
12th Step Within Chair	Nancy D.	(619) 990-1363

* = Serving as an Acting Board Member

Welcome to Overeaters Anonymous.
Welcome home.

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
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Dave B	(619) 787-2937	davebirge66@gmail.com
Gina S	(619) 758-1531	

*Deena B is our Literature Chair

Available Sponsors:

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