

The REACH OUT

April, 2016

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ADDRESS: 8825 Aero Drive

(619) 521-2538

Overeaters Anonymous

San Diego County Intergroup Inc.

Suite 310

San Diego, CA 92123

www.oasandiego.org

oaoffice@oasandiego.org

Mark Your Calendar!

2 April: Intergroup Board Meeting (1st Saturday): 1:00-1:45 pm; Oasis, Small Room

2 April: Intergroup Meeting (1st Saturday): 2:00-3:00 pm; Oasis, Main Room

10 April: Second Sunday Telephone Workshop: 3-4 p.m. EST (-5:00 GMT); 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

30 April: Mailing Party (Last Saturday): 10:15 am (After Maintainer's Meeting); Oasis, Small Room

30 April: 12 Step Within Workshop (Last Saturday) 2:00-4:00 pm, Oasis; Topic: Honesty and Willingness; Contact: Nancy (619) 990-1363

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: 2016 World Service Convention: Boston MA; Boston Marriott, Copley Place, 110 Huntington Ave. OA World Service Office 1-505-891-2664; email: info@oa.org; website: oa.org/?p=125

STEP 10 DAILY INVENTORY

A-E-I-O-U-Y:

A: Abstinence: Did I follow my food plan? Ask HP's help? Thank God daily for gift of abstinence?

E: Exercise: Did I do some form of exercise?

I: Self Care: Care for self? Positive self-talk? Set boundaries? Eat with dignity?

O: Others: How did I treat others around me?

U: Uncover feelings. Did I deal with feelings appropriately instead of eating to heal?

Y: Yahoo! Celebrate what I did right today. What can I be grateful for?

Another approach to this Step 10 Inventory is:

Abstinence: Same as above

What did I do right today?

What Needs Work?

Did I make my Gratitude List?

Submitted by a San Diego OAer who has been practicing this inventory method ever since it appeared in an issue of "LifeLine Magazine" many years ago.



Available Sponsors:

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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	
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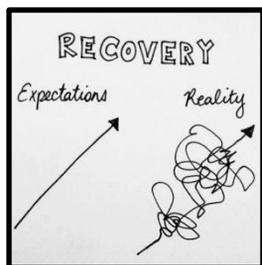
San Diego County Intergroup Inc.

Tradition Four: "Each Group should be autonomous except in matters affecting other groups or OA as a whole."

"Tradition four ... gives OA groups the right and responsibility to operate as they see fit, free from any outside influence."

"Tradition four gives OA groups the freedom to do what works best for them. Each group chooses its own meeting place and time, format and practices. Every OA group makes its own decisions – and mistakes – without interference from any governing body other than its own group conscience."

From "The Twelve Steps and Twelve Traditions of Overeaters Anonymous", page 137



Speakers:

Nancy D.	(619) 990-1363	
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	
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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	
Virgil	(619) 749-9810	

Step Four: "Made a Searching and Fearless Moral Inventory of Ourselves."

(I recommend calling upon your sponsor for guidance/inspiration while working through the 4th Step as well as all of the other 11 Steps.)

"The journey of a thousand miles begins with one step." (Lao Tzu).

The 4th Step can be compared to a long journey through time, or climbing a mountain. We simply need to be mindful and chisel away one bit at a time. Writing our 4th Step inventory provides us an opportunity to release tension, fear and anxiety. It also allows positive or negative feelings and behaviors around food to be released.

For me, the 4th Step has allowed me to become honest with myself, so that I can do as thoroughly as possible a searching, probing, fearless, courageous, valiant, moral and ethical inventory of myself, including my maladaptive behaviors around my food. To many, it seems like such a daunting task. To me, it is freeing!

Writing a Step 4 inventory can be done in categories as well as in many other ways. Some of the ways I have used are: Writing on the questions in the OA 12 and 12, or the AA 12 and 12 or the OA Workbook the Big Book of AA, Chapter 5, "How It Works." If we have been as honest and open minded as we know how to be when doing our 4th Step inventory, we have been successful in completing this Step. Included in this written inventory should also be listings of our positive traits. There is absolutely no wrong way to write a 4th Step inventory!

We need to always remember, 'progress not perfection.'

Francie R. (San Diego)

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Phyllis here; chunkie, drunkie, junkie.. clean, sober, abstinent since May 20, 1972.

Each week, I do the newcomer's orientation at the Saturday morning meeting. For those who are familiar with the Steps, it is already apparent that Step 1 is understood. However, sometimes people have difficulty admitting their powerlessness over food.

".....I continued to eat the same way I had been eating. I ate all foods but limited quantities of my favorites. I never had binge foods. Of course I still struggled, even though I was working the Steps. I started eating more at meals. I was still abstinent, right? Eventually, my HP got a message through my food fog. He made me realize I was playing with fire, still controlling my food. I had not taken Step 1. Amazingly, when I gave up my binge foods, abstinence became easy. The compulsion was lifted. Miracles happen when we work the steps honestly!" *Voices of Recovery page 1*

This is always a shock to some who thought just abstain from certain foods and I can do it. It's not up to me and your sponsor or anyone, for that matter. You have to come up with your Abstinence plan. BUT, it has to work! So after 30 days, my sponsee and I will go over her food plan. It is at this point, that we make a decision that in order to rid ourselves of the problem of food, we must know what to give up. And, at that time, we must add foods over which we have no control. Well, what sometimes happens is that you may eat something that should not be on your plan and get away with that food. Then, perhaps, a week later, it happens again. By the third week, loss of abstinence appears on the scope. I have heard this story many, many times, and this is a powerful indication of the strength of my powerlessness over food. Sometimes, we try over and over again and the food continues to call us.

In the process of "admitting complete powerlessness" over food and understanding what impact it may have on your life, it is an awakening of that quiet fear that has led to food. Going to step studies, helps convince us that that is where the truth is. And, step one is the beginning of all the work we will do. You cannot do 2-12 without doing Step 1. It is the start of a new life out of the forgotten foods that adds to our relief of "my life has become unmanageable". The miracles start with the first step. You can't start without it.

Some folks are not ready to take that step. Well, as said before, "it is the beginning". Abstinence is the first thing a compulsive overeater should work on. After that things DO get easier! What a wonderful way to start. So, if you are having some difficulties, focus on what, when, how you eat. The secret lies within that formula.

We are the Program. We are the fellowship. Just ask for help. Reach out to us. That's what we are here for.

In fellowship and love,
G-d bless, **Phyllis, San Diego**



The personal stories express the experience of the individual member and not of OA as a whole.

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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.	VACANT	
Outreach Chair		
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		
Young People's Chair	*Kelsey S.	(650) 400-5859
12th Step Within Chair	Nancy D.	(619) 990-1363

* = Serving as an Acting Board Member

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

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

I put my hand in yours, and
together we can do
 what we could never do alone

Coming Next Month!



"The Tool Box": A series of monthly articles from members describing how and why they use the tools of recovery.

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) 212-4922		
Shannon	(619) 772-8918	bulimic	