

The REACH OUT

May, 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

oaooffice@oasandiego.org

Mark Your Calendar!

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

convention@oa.org

7 May: Intergroup Board Meeting (1st Saturday): **1:00-1:45 pm**; Oasis, Small Room

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

8 May: 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

21 May: 12 Step Within Workshop 2:00-4:00 pm, OAsis; Topic: Making Amends; A 9th Step Study; Questions: Nancy (619) 990-1363

28 May: Mailing Party (Last Saturday): NEW TIME! Join us at **5 PM** before the 100 Pounders Meeting. Stay for the monthly special guest speaker at 6:30 PM. All are welcome.

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: <https://oa.org/members/events/world-service-convention/>

OA TRADITION 5:

"Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers."

"Our groups come together so we can share recovery through the Twelve Steps and Twelve Traditions with fellow compulsive overeaters. OA will always offer recovery to those

suffering from our disease as long as we remember that this is our primary purpose."

"Tradition Five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message – in our Steps and Traditions – that we find solutions to our problems."

From "The Twelve Steps and Twelve Traditions of Overeaters Anonymous", pp. 145-147

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

Literature Contacts:

Shop online at www.oa.org/literature_catalog.htm or contact one of these people for a time to pick up literature at the OAsis.

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

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 A (619) 665-3637

Dave B (619) 787-2937 davebirge66@gmail.com

Gina S (619) 758-1531

Eric M (619) 322-2685

*Deena B is our Literature Chair

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The Toolbox Part 1 in a New Series About the Tools of Recovery



The Tool of Sponsorship

One of the nine tools of our program is Sponsorship, and like all things in OA there are no hard rules as to what a sponsor should be or what a sponsor should do. Generally speaking a sponsor should be an active member of the program who demonstrates the type of recovery you would like to have.

The bond between a sponsor and a sponsoree is very important, as the sponsor will hopefully guide you through the three parts of the program: physical, emotional and spiritual. It is therefore very important to get someone who has what you want. It might not work if the sponsor can't relate to your particular needs.

Sponsors shouldn't be expected to work miracles, although many do. Sponsors are not necessarily dieticians or mental health professionals and should not be expected to solve some of your perhaps complex problems. Sponsors are OA members trying to help themselves by doing service helping others. Sponsors help others by sharing their experience, strength and hope and like anything else in the program, you're invited to take what you want and leave the rest. Many people feel that The 12 Steps are the heart of the program. A sponsor will be of great help to assist you in working these 12 Steps.

The important thing is to get a sponsor who works well with you and not expect him/her to perform miracles. Miracles do happen in this program but not without a lot of work from you and a lot of help from God.

Bill C. San Diego, The Reach Out January 1996

Editor's note: This article was very, very slightly edited. Bill C. is progressing in his health recovery journey. Please continue to keep him and his wife in your thoughts and prayers.

"That floored me. It began to look as though religious people were right after all. Here was something at work in a human heart which had done the impossible. My ideas about miracles were drastically revised right then. Never mind the musty past; here sat a miracle directly across the kitchen table. He shouted great tidings."

**Alcoholics Anonymous (Big Book),
"Bill's Story" page 11**

The age of miracles is still with us, there are miracles happening every day. Sunday, we had an OA meeting and witnessed a double miracle of recovery and healing. The meeting was held for our OA friend who suffered a stroke at the OA Birthday Party in January, the night before he was to receive his thirty-one year token. Throughout the Birthday Party, we never knew if he would make it or not.

By the grace of God, two months later, here sat a miracle directly across the table from all of us at his stroke rehab facility. *We rejoiced with great tidings. Here was something at work in a human heart (and brain) which was doing the impossible--- healing this compulsive overeater one day at a time--- as usual.* As we sat around the table, we shared our experiences of miracles. It was a miraculous meeting full of cheerfulness, laughter, and tears. It was a beautiful Sunday, to be living in the Paradise of Overeaters Anonymous.

Yes, indeed the program is a design for living that works in rough going. I trust that soon we will see our friend coming up the elevator to his regular OA meetings, by the grace of God, with his wonderful wife at his side.

Jeri A. San Diego

Available Sponsors:

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	
Steve C	(858) 373-8642	imtheslaw@gmail.com

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OA STEP 5: "Admitted to God, to ourselves and to another human being the exact nature of our wrongs." (The Twelve Steps and Twelve Traditions of Overeaters Anonymous)

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.

"Hence it was most evident that a solitary self-appraisal, and the admission of our defects based upon that alone, wouldn't be nearly enough. We'd have to have outside help if we were surely to know and admit the truth about ourselves---the help of God and another human being. Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to STRAIGHT thinking, SOLID honesty, and GENUINE humility."

Twelve Steps and Twelve Traditions (AA) page 59

The Fifth Step has brought me a lifetime of freedom --- beginning with my food. Being honest with another human being about my food was a humbling experience. I never wanted anyone to know. The beginning of my recovery began by telling another OA human being, the exact truth of my eating. I needed God in order to do that. By the grace of God, I was able to take advice about my food. I was directed to a food plan that told me what to eat and how much to eat. I never knew the meaning of humility until I told the truth about my food and took directions about my food. This is how I began to experience GENUINE humility, SOLID honesty, and began to have STRAIGHT thinking about my food. That is how I came to know freedom from the food obsession.

The **Fifth Step** continues to bring me freedom in all areas of my life. For example, last week I experienced the **Fifth Step** at a deeper level. I called another OA person about a dilemma I continuously have. She told me that until I accept the things I cannot change, or have the courage to change the things I can, I will continue to live in this dilemma. After a few minutes of 'balking', my crooked thinking began to straighten--- she is right. After a few minutes of 'silent balking', I realized the benefits of straight thinking, solid honesty, and genuine humility - - - FREEDOM.

Experiencing the Fifth Step began with my food, but today it is all about my life.

Thank You God and all of You.

Jeri A. San Diego

Abstinent 40 years



Hot Line

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

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	

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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	VACANT	
Chair		
Internal	*Lessie C.	(619) 739-1643
Information		
Chair		
Literature	Deena B.	(858) 335-6286
Chair		
Public	Holly C.	(619) 861-4823
Information		
Chair		
"Reach Out"	Richard V.	(619) 370-7840
Editor		
Recorder	*Steve C.	(858) 373-8642
World	Jeri A.	(619) 665-3637
Service/R2		
Coord.		
Retreat	VACANT	
Committee		
Liaison		
Young People's	*Kelsey S.	(650) 400-5859
Chair		
12th Step	Nancy D.	(619) 990-1363
Within Chair		

* = Serving as an Acting Board Member

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	
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	
Virgil	(619) 749-9810	

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

A Grouch Finds OA

In just a few days, I'll turn seventy, and I have been reflecting on profound memories that occurred throughout my life. For example, in 1946, at age six months, I was on a skim milk diet because of my weight. I don't remember that, but I do remember my first encounter with food, the effect, and consequences of overeating. When I was three, my grandfather fell asleep while watching me. Something called to me way up high in a cupboard. I put one foot in front of the other and climbed to the top of the counter to reach for "grain and grease". I remember the ease and comfort I felt and the joy of having as much as I wanted since there was no one around.

At age three, compulsive overeating felt like heaven. I loved the feeling of being able to eat as much as I wanted. My mother was not around to stop me ---Until she was! She yelled and asked me what I was doing, as I was in danger. I cried and cried because I couldn't have anymore.

Thereafter, my encounters with food escalated as my weight climbed up. At age ten, the diet pills came in to save the day. And save me they did. I could lose weight! The only thing is that they began to call me 'the little grouch'. Of course, I was grouchy, I couldn't eat what I wanted. That began the cycle of diet pills etc. That was my life until I came to Overeaters Anonymous. Forty years ago...I found the solution to compulsive overeating. First thing is that I had to admit what I was and that I am powerless---I gladly admit that to this very day. Am I still a compulsive overeater? Absolutely, thank You, God for OA.

Today, although I still weigh and measure my food, I find myself buying too much of what I can eat etc. When I look in my refrigerator, I have to laugh out loud---The OA 12/12 is definitely correct when it says that I will always have these abnormal tendencies, I certainly do. The difference between the time I was three and now is that food is no longer like heaven. I found heaven on earth when I walked into the doors of Overeaters Anonymous.

Jeri A. San Diego; Abstinent 40 years