

# The REACH OUT

June, 2016

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(619) 521-2538

ADDRESS: 8825 Aero Drive

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San Diego, CA 92123

[www.oasandiego.org](http://www.oasandiego.org)

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**Overeaters Anonymous**

San Diego County Intergroup Inc.

## Mark Your Calendar!

**4 June: Intergroup Board Meeting** (1st Saturday):

**1:00-1:45 pm**; Oasis, Small Room

**4 June: Intergroup Meeting** (1st Saturday): **2:00-3:00**

**pm**; Oasis, Main Room

**12 June: 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, 2016 virtual workshop series; Dial: **1-641-715-3818** and enter access code: **925619#**; **Stephanie D. 727-641-3437**; email:

[vst4oa@hotmail.com](mailto:vst4oa@hotmail.com)

**18 June: 12 Step Within SPECIAL NORTH COUNTY**

**EVENT – Workshop 2:00-4:00 pm**, Topic: Willingness and Honesty; 1745 E. Vista Way, Vista, CA. Questions: **Nancy D. (619) 990-1363**

**26 June: 12 Step Within Workshop 2:00-4:00 pm**, @

The Oasis; Topic: Body Image. Questions: **Nancy D. (619) 990-1363**

**24-26 June; Region 2 Convention: “Joyful Journey”**

Crowne Plaza Hotel, 777 Bellevue Dr., Milpitas, CA Info: [www.oar2.org](http://www.oar2.org)

**25 June: Mailing Party** (Last Saturday): **NEW TIME!**

Join us at **4:30 PM** before the 100 Pounders Meeting. Stay for the monthly special guest speaker at 6:30 PM. All are welcome.

**August 19-21: OA Men’s Retreat**, La Casa de Marina

in Santa Barbara, CA; Dave B. 619-787-2937 or [davebirge66@gmail.com](mailto:davebirge66@gmail.com)

**August 26-28: 173<sup>rd</sup> Serenity Retreat**, Camp Cedar

Glen, Julian, CA, 5pm Friday – 11am Sunday. **Karla (619) 855-0942** or **Diane S (619) 501-6943**

**September 1-4: 2016 World Service Convention:**

Boston MA; Boston Marriott, Copley Place, 110 Huntington Ave. OA World Service Office **1-505-891-2664**; website:

<https://oa.org/members/events/world-service-convention/> email: [info@oa.org](mailto:info@oa.org)

## The Toolbox

**A Series About the Tools of Recovery**



## The Tool of Writing

**“I decided to write on the second step in the hopes that I could write myself into more integration of myself with the second step.**

**It’s difficult for me to believe that I am insane. I justify my stability by reminding myself that I worked for 30 years, I have maintained a long-term marriage, I have decent relationships with my family and if that is not sanity, then what is?**

**Even at my lowest ebb, when sugar was consuming me, and I was a 5’6” woman weighing 235 pounds, I refused to believe that there was anything more than a small problem with sugar and remained convinced that willpower was always the solution.**

**Step 2 does not say that I will be restored to sanity. It only suggests that I COULD be restored to sanity if I believe in a power greater than myself. Sanity might be placing my higher power and my heart above my intellect and my ego. It might mean doing service with a glad heart. It might mean slowing down and taking a good look at each day with gratitude. It could mean bypassing anxiety and fear and going directly to HP for help via prayer and meditation. Whatever Step 2 solutions I must do that will work for me, I remain grateful to HP and to members of OA.”**

*Joanna W. B.*



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## What a Difference 72 Days Can Make!

Seventy-two days ago I came to my first OA meeting. It was a Monday night meeting, and I felt completely encouraged and specifically cared about. As a newcomer, I was acknowledged in the meeting and afterwards. I knew that in my years of binging, of dieting, and of feeling unworthy, that I needed a dramatic change. That change came when I opened myself up to God, and that meeting, along with many since, became a foundation for my recovery. I was moved to connect with a sponsor at that first meeting. She had a sense of joy and enthusiasm (dare I say, a sparkle) was a willing speaker, and was not reluctant to share her struggles. Her guidance has been a lifeline to me.

My sponsor set a tone for my recovery – commitment to my program, and intentionality in my Step work. Truth told, by Day 3, I was ready to quit. I had no idea that my recovery would involve so much work ....reading, writing, food logs, tracking emotions, phone calls, attending meetings, reflection! But, almost immediately, God provided me peace in the program and with my sponsor's support, I dove in.

In the past, I had some witness and coaching with my various unsuccessful attempts at fixing my food addiction. The big difference was that here, I could talk to someone who had shared many of my feelings and experiences about food. She was walking on that "Broad Highway" and had been willing to let me join her. Her act of service in sponsorship has been such a blessing to me. That someone, a virtual stranger at outset, would be willing to lift me up in the program causes me, previously a person who felt like she could handle life on her own, to be immensely grateful.

I have been abstinent since my first phone call with her, and I have lost over 20 pounds. But more importantly, I feel encouraged in all parts of my life, and am learning to forgive myself, while practicing tolerance and love for others. In my addiction, I lived in the shadows. Now, I feel surrounded by light. I am becoming whole, and the person I think I was intended to be.

*Melanie S.*

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

Step Six: "Were entirely ready to have God remove all these defects of character."

From "The Twelve Steps and Twelve Traditions of Overeaters Anonymous"

## 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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**TRADITION SIX: "An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."** From "The Twelve Steps and Twelve Traditions of Overeaters Anonymous"

Mentioning or bringing in outside issues to our OA meetings, such as, but not limited to our **NON-OA/AA** approved literature preferences, business opportunities, promoting our own businesses/enterprises, religious preferences, political preferences or those of family, friends and business acquaintances, could appear to be very confusing, misleading and annoying to the newcomer and/or the compulsive eater who is still suffering, as well as to the OAer who has been abstinent for many years.

Any situation of this nature would most likely be a violation of **TRADITION SIX** and could possibly discourage a new or returning OA member from continuing in our program. This could possibly divert us from our primary purpose which is clearly stated in **TRADITION FIVE**: "Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers." It is the responsibility of all of us to be the guardians of **TRADITION SIX** as well as all of the **TWELVE TRADITIONS**. In our meetings we need to be mindful of keeping the outside issues outside the rooms and not attach the OA name to any outside issue or enterprise. Inside the rooms of OA we need to focus our sharing on our OA recovery journey, (our experience, strength and hope), so as not to distract ourselves or other OA members as to our purposes for coming to our OA meetings in the first place. One might interpret this tradition in many, many ways. When in doubt, it is best that we discuss any issues pertaining to this with our sponsors.

Mary V.

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

## Literature Contacts

Shop online at [ww.oa.org/literature\\_catalog.htm](http://ww.oa.org/literature_catalog.htm) or contact one of these people for a time to pick up literature at the Oasis.

Deena B*	(858) 335-6286	<a href="mailto:deenabanks@hotmail.com">deenabanks@hotmail.com</a>
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

## 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	Iola B.	(619) 370-4594
"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

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Dear Fellowship,

Below is our 1st quarter financial statement, and the budget is on track thanks to your help. Our donations were a bit stronger than expected - thank you - and our expenses were a bit behind what was expected. On the balance, we are in the black relative to the projected budget. As always, if you have any questions at all about the Intergroup finances, which pay for the Oasis, the office, our web site, printed materials, mailings, telephone, internet service, sending representatives to Assemblies and the General Service meeting, please send them to [treasurer@oasandiego.org](mailto:treasurer@oasandiego.org). Thanks! Matt

10:55 AM

05/04/16

Accrual Basis

## Overeaters Anonymous Profit & Loss Budget vs. Actual January through April 2016

	Jan - Apr 16	Budget	\$ Over Budget	% of Budget
<b>Income</b>				
\$20/Month Club Donations	3,947.00	3,666.96	280.04	107.6%
Anonymous Donations	800.00	650.00	150.00	123.1%
Marathons	0.00	324.48	-324.48	0.0%
Oasis Meeting Rents	4,006.35	3,244.44	761.91	123.5%
Seventh Tradition	6,385.09	4,948.24	1,436.85	129.0%
<b>Total Donations</b>	<b>11,191.44</b>	<b>9,167.16</b>	<b>2,024.28</b>	<b>122.1%</b>
Interest Income	1.96	3.04	-1.08	64.5%
Literature Sales	1,425.61	2,000.00	-574.39	71.3%
Other Income	0.00	122.60	-122.60	0.0%
<b>Total Income</b>	<b>16,566.01</b>	<b>14,959.76</b>	<b>1,606.25</b>	<b>110.7%</b>
<b>Cost of Goods Sold</b>				
Literature Expense	2,603.05	2,000.00	603.05	130.2%
<b>Total COGS</b>	<b>2,603.05</b>	<b>2,000.00</b>	<b>603.05</b>	<b>130.2%</b>
<b>Gross Profit</b>	<b>13,962.96</b>	<b>12,959.76</b>	<b>1,003.20</b>	<b>107.7%</b>
<b>Expense</b>				
Bank Charges	9.00			
Committee Expenses				
Public Information	0.00	66.68	-66.68	0.0%
Region 2 Rep Assemblies	0.00	133.32	-133.32	0.0%
Web Page Expense	140.43	66.68	73.75	210.6%
WS Delegate to WSC	0.00	400.00	-400.00	0.0%
<b>Total Committee Expenses</b>	<b>140.43</b>	<b>666.68</b>	<b>-526.25</b>	<b>21.1%</b>
Insurance	0.00	666.68	-666.68	0.0%
Mailing/Postage	686.40	333.32	353.08	205.9%
Minor Equipment	0.00	166.68	-166.68	0.0%
Office Supplies	0.00	166.68	-166.68	0.0%
Other Expense	75.00	333.32	-258.32	22.5%
Printing	894.17	866.68	27.49	103.2%
Professional Fees				
Accounting Fees	1,157.50	1,166.68	-9.18	99.2%
<b>Total Professional Fees</b>	<b>1,157.50</b>	<b>1,166.68</b>	<b>-9.18</b>	<b>99.2%</b>
Rent Expense	3,412.00	1,706.00	1,706.00	200.0%
Repairs & Maintenance	125.00	133.32	-8.32	93.8%
Telephone				
Office	731.58	466.68	264.90	156.8%
<b>Total Telephone</b>	<b>731.58</b>	<b>466.68</b>	<b>264.90</b>	<b>156.8%</b>
Utilities	0.00	1,000.00	-1,000.00	0.0%
<b>Total Expense</b>	<b>7,231.08</b>	<b>7,672.72</b>	<b>-441.64</b>	<b>94.2%</b>
<b>Net Income</b>	<b>6,731.88</b>	<b>5,287.04</b>	<b>1,444.84</b>	<b>127.3%</b>