

# The REACH OUT

ADDRESS: 8825 Aero Drive

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July, 2016

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**Overeaters Anonymous**

San Diego County Intergroup Inc.

## World Service Business Conference Report

Last month I had the opportunity to represent San Diego Intergroup at the 55th World Service Business Conference, in Albuquerque, New Mexico. Thank You, San Diego for allowing me to be of service at this level. It was the most amazing week of my life. I had the same excitement I had when I came to my first meetings over forty years ago. I experienced the miracle of God in compulsive eaters from all over the world.

I began each morning with a large 7 am meeting, and was able to listen to the experience, strength, and hope in different accents. It was a week of awe, gratitude, and the beginning of a new adventure in my seventy year old life. What a gift from my Higher Power to spend my seventieth birthday with those who share, not only my compulsion, but also our passion for OA. I heard the serenity prayer in Portuguese, Greek, Swede, Spanish, German, Hebrew and English. I had a thrilling moment when the fellowship sang 'Happy Birthday' to me on Friday, May 6. This will always be a big WOW memory for me for the rest of my life!

The theme of the conference was: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." There were workshops on the Responsibility Pledge - To extend the Hand and Heart of OA; Responsibility of Abstinence (I was one of the speakers); The Responsibility of working all Twelve Steps; The Responsibility of *Sharing Experience, Strength, and Hope* (Young People).

The Forum presented: A Carry-On Message (a series of skits performed by delegates about carrying the message); Virtual Services: Responsibility of Carrying the OA Message. It was interesting to see how many compulsive eaters are recovering on the phone or online. Finally, there was a bonus workshop on Sponsorship. I did not attend that one because I was taken out to dinner by wonderful friends who celebrated my birthday with me. (There was a former person from San Diego, who now lives in Texas with her husband, who was gracious enough to put together a birthday gathering for me. We even went dancing! Thank You. )

There are two new pieces of literature that were approved. One is a pocket guide that was approved by the conference: "Twelve Traditions Pocket Guide". The other is: "Twelve Step Workshop and Study Guide". They will be available in a few months. The Study Guide is excellent for everyone who is serious about recovery---or not.

### Additional Information:

- >> Results of Election of Trustees: Hannah S., Region Two, Linda J., Region Five, Linda H., Region Eight, Letitia M., Region Ten, Steve M., General Service Trustee, Gloria L., General Service Trustee
- >> At WSBC 2016, there were 18 countries, 40 states, and 7 provinces represented. 17 Trustees, 182 Voting Delegates, for a total of 199 eligible voters.
- >> While OA is solvent, 7th Tradition contributions have decreased. If every person donated \$7.50 per quarter, we'd recuperate the deficit.

### Most amazing facts for me:

- >> One Virtual Service Body (provides services to online and telephone meetings)
  - > Since January 2013, the number of virtual groups has grown from 336 to 469.
  - > Currently about one in four OA members attends a virtual meeting at least occasionally.
  - > Virtual meetings are a lifeline to the Chinese because in China it is illegal to meet behind closed doors and pray



Heard at a meeting : "The God of my Understanding was born with me and will die with me" and "In these rooms, we're in the land of the living" and "Don't just do something - Sit There".

I will report Business Motions and Bylaw Amendments that were adopted or failed at Intergroup meeting on June 4, 2016 Oasis, 2pm. You may also see the results at: [www.oa.org/members/events/world-service-business-conference](http://www.oa.org/members/events/world-service-business-conference)

Thank You, God, for another day of abstinence and another day of service with all of YOU

Jeri A.

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## Mark Your Calendar!

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

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

**10 July: 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)

**23 July: 12 Step Within Workshop 2:00-4:00 pm,** @ The Oasis; Topic: Enjoying Recovery. Questions: **Nancy D. (619) 990-1363**

**30 July: Mailing Party (Last Saturday):** 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.

**30 July, 7:30 pm, LA Intergroup Comedy Event, Culver City, Tickets \$10 at [oacomedy.org](http://oacomedy.org)  
See Oasis Bulletin Board, or email [roboticsprofessor@gmail.com](mailto:roboticsprofessor@gmail.com) for details on signing up for a seat on a chartered bus to and from the event.**

**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)

## Tradition Seven:

### Every OA Group Ought to be Fully Self-Supporting, Declining Outside Contributions

What a concept! How many organizations are truly fully self-supporting, declining outside contributions?

Most organizations need outside monies to exist; for some, the price is very high. What starts out as a noble enterprise suddenly becomes the voice of special interest groups and powerful contributors. In OA, we neither endorse nor recommend any group. We don't invite "guest speakers" to assist with our recovery but we do gratefully encourage members to share their time and stories with us to enhance ALL of our recoveries.

How fortunate we are to be truly self-supporting. We hear the familiar words, "And now is the time for our 7<sup>th</sup> tradition. Please pass the basket." Most of us rummage through our pockets and purses to give our contributions, knowing that the money will be used to pay for the rent, telephone lines, Program literature, conferences, and newsletters to further our efforts of carrying the OA message around the world.

OA asks very little of its members in exchange for our recovery. When members are asked to do service, whatever one has to offer, we gladly accepted, never saying "If you can't give service, you can't be a member."

Many of us have spent excessive amounts of money on our binges. Maybe the next time the basket comes around, we can remember that by contributing generously, we're fostering our recovery.

Gail V., San Diego

**This month's Quiz:  
Which two articles this month are reprints from "The Reach Out", July 1997?  
Answer on page 4.**

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## The Toolbox

A Series About the  
Tools of Recovery



## Questions:

Which Tool do you use the most?

Which Tool do you struggle with the most?

### Answers:

The tool I use the most is the one I struggle with the most. It is the telephone. I use the phone 6 days a week to talk to sponsees in program. Without this morning schedule of wake-up calls, I would not use the tool at all. By using it, I have developed close connections to the people in program that I sponsor. Without it, I would remain largely silent apart from my sharing at one meeting a week in OA and 3 in AA. My favorite way to communicate is the easiest for me and has given me the support I need to remain on track with my food plan. I email my food to my sponsors (OA, AA) daily and add smidgens of life experiences with the food report. Without this degree of accountability I would revert to dishonesty and be in constant relapse, both physically and emotionally. A side benefit is feedback from the sponsees. I also meet them face to face monthly. Without physical abstinence the spiritual aspect of recovery fades into oblivion. Regarding how to deal with eating at a restaurant, I rely on the Internet to inform me about the menu. I decide before I go what I will order. This gives me peace of mind.

Stephanie M.

## Literature Contacts

Shop online at:

[http://www.oa.org/literature\\_catalog.htm](http://www.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	
Joanna		jwelybrown@yahoo.com

\*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	VACANT	
Treasurer	Matt M.	(858) 776-6085
Prof. Outreach	VACANT	
Chair		
Internal Information	*Lessie C.	(619) 739-1643
Chair		
Literature	Deena B.	(858) 335-6286
Chair		
Public Information	Iola B.	(619) 370-4594
Chair		
"Reach Out" Editor	Richard V.	(619) 370-7840
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

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## Step Seven:

### Humbly Asked God to Remove Our Shortcomings.

The Seventh Step Prayer (Alcoholics Anonymous, p. 76) states: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do Your bidding."

I guess that I never thought of God having every part of me. I've talked of God being my Master, but only in what was good. I didn't want God to have the bad parts of me, even though, in reality, they were already His.

I've discovered that God is a "gentleman" and will never take what I will not freely give to Him. The ultimate in any relationship is the willingness of a person to remove that which is offensive to the other person in the relationship. Since God is perfect, He removes that which is not necessary to His cause and to the cause of others.

Often I've found that it takes "guts" to do what God really desires for me to do - "guts" which I don't have on my own. But where I lack strength, God possesses all strength. Now I can tap into God's strength to do His will in my life.

Debbie W. (Excerpt from 1987-88 writing)

Today, I find that this is still true. God gives me strength to do the things that He desires me to do. I'll always have character defects, but as I surrender them to God, slowly but surely, I'm changed. The character defects that I had ten years ago have lessened because of God's working in my life.

I believe that is the essence of Step 7.

By Debbie W.

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

**Step 7 and Tradition 7 Articles reprinted from "The Reach Out", July 1997**

## 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

## 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	

## 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	