

The REACH OUT

August, 2016

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(619) 521-2538

ADDRESS: 8825 Aero Drive

Suite 310

San Diego, CA 92123

www.oasandiego.org

oaoffice@oasandiego.org

Overeaters Anonymous

San Diego County Intergroup Inc.

Mark Your Calendar!

6 August: Intergroup Board Meeting (1st Saturday): **1:00-1:45 pm**; Oasis, Small Room. Elected Representatives Monthly meeting. All members of fellowship welcome.

6 August: Intergroup Meeting (1st Saturday): **2:00-3:00 pm**; Oasis, Main Room. Monthly meeting of group/meeting representatives. All members of the fellowship welcome.

6 August: Fun in Recovery Karaoke Night!!: **8:00 pm to ??:??**; **Oasis Main Room**; Richard V. has almost 200,000 karaoke songs for you to choose from. Jot down your favorite titles and/or artists and bring your list of songs to sing.

13 August: North County 12 Step Within Workshop. Topic: Body Image; at Steps – 1745 E. Vista Way, Vista, CA 92084 Info: Nancy D. (619) 990-1363

14 August: Second Sunday Telephone Workshop: Noon - 1 p.m. PST; 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

August 19-21: OA Men's Retreat, La Casa de Marina in Santa Barbara, CA; Dave B. 619-787-2937 or davebirge66@gmail.com or Gene K. 760-859-7400

20 August: 12 Step Within Workshop 2:00-4:00 pm, @ The OAsis; Topic: Prayer and Meditation. Questions: **Nancy D. (619) 990-1363**

August 26-28: 173rd Serenity Retreat, Camp Cedar Glen, Julian, CA, 5pm Friday – 11am Sunday. \$174; 50% scholarships available. **Karla (619) 855-0942** or **Diane S (619) 501-6943** or **Sal 619-356-3740**

27 August: 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.

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

OA's 57th Birthday Party!; **Jan 13-15, 2017** LAX Hilton, Los Angeles. Info: <http://www.oalaig.org/oa-birthday-party>



WHAT'S NEW FROM O.A. WORLD SERVICE

"A few months ago, an OA member suggested creating space in *Lifeline* to attract the still-suffering compulsive eater to a local meeting. The *Lifeline* staff thought this was a great idea, and with the approval of OA's Board of Trustees, we have changed the back cover of *Lifeline*. Now, the new back cover will feature either the *Fifteen Questions* or abridged text from *Is Food a Problem for You?* In addition, a blank space allows members, groups, and service bodies to add local meeting and contact information to the magazine.

We hope the change gives you another service opportunity, and we encourage you to leave a *Lifeline*, with permission, at your doctor's office, health club, library, and elsewhere.

Now members, groups, and service bodies can add a subscription to make *Lifeline* part of our public information efforts. Let's use our stories of experience, strength, and hope to attract newcomers. Thank you for your service!"

Telephone Workshops

The OA Board of Trustees and Virtual Services Committee continue to offer free, monthly telephone workshops on the second Sunday of every month. OA members can take advantage of these workshops by calling in on workshop dates from 12:00 noon – 1:00 p.m. PST or by downloading or streaming workshop recordings on the podcasts page. The focus for 2016 is the Tool of service and the many ways it strengthens recovery and the Fellowship.

(See left column for call-in instructions.) This month's workshop is August 14th, noon – 1:00PM PST.

(More from World Service on Page 3.)

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Tradition Eight: Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Many people in OA donate countless hours of service to the Program. This often comes out of love... Love for ourselves, for our abstinence and for our higher power.

Professionals are hired when expertise or advice is needed for services demanding special skills. Volunteers can assist in running the office, but can't provide the full support needed to handle all of the responsibilities that exist.

We are never paid for performing services for the Fellowship since we are all equal. No matter what jobs we hold outside of OA, or how much money we earn, in OA, we are all equal, all suffering from the same disease. No single person is the authority over any other person. (Anonymous. From August 1997 Reach Out)

Editor's Note: Jenny R., a long-standing member of OA in San Diego, moved to Virginia last year. Here is a letter from her with an update for you.

"To my dear beloved O.A. friends in San Diego.,

I'd like to share with you what my journey and recovery has been like upon moving from San Diego, after 40 years and relocating across country to Virginia.

I've been here a little over a year! Immediately upon arrival I found O.A. meetings and got involved as quickly as possible. There are meetings seven days a week, one and a half hours from me. I attend three meetings a week. With three hours of driving and one hour for the meeting, it takes four hours of my day. I am very grateful for them. I also attend East coast phone meetings in between the other meetings.

I am currently sponsoring two people here and three people from San Diego, so in short my program and recovery are the same as in San Diego. I go to any length, each day, for recovery.

By God's grace, precious abstinence, for thirty years, has remained firm one day at a time. My relationship to God has deepened and continued to grow as I have become more reliant and dependent on Him for every moment daily.

I longed for all of you and my home, in San Diego, for months, realizing I am home wherever God and the program are, which is inside of me. I miss and love you all and if God wills, I plan to come visit in the near future. "Until then, may God bless us all and keep us, as we trudge the road of Happy Destiny", (Pg.164 of the Big Book).

With Much Love and Deep Gratitude,

Jenny R."

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

Encinitas Monday Meeting Changes

(New info in red.)

As of 07/18/2016

Meeting #: 000201

Day/Time: Monday 7:00pm **7:30pm - 8:30pm**

Title: **Literature**

Location: Seacoast Church room AZ

Contact: Cynthia R. 781-690-7007

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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More from World Service (Continued from page 1)

Tell your doctors about OA with the help of a downloadable wallet card and workshop

“Many health care providers have never heard of OA, yet they often have compulsive eaters among their patients. This gives us a unique service opportunity because anytime we visit our health care providers, we are the message. Health care providers can see our recovery. If we share about OA's role in our recovery, then our providers will be more likely to mention OA to other people they care for. Now we have two new resources available to help us carry the message. *What to Remember When You See Your Doctor or Other Health Care Professional* is available to download both as a wallet card and as a workshop.

Download these new resources from OA.ORG today to share with your group. Together we can help carry the message to health care providers and still-suffering compulsive eaters in our communities.”

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

“Nearly nine years ago I did this step for the first time. At that time, the list was nearly the length of my arm. However, it works much better for me if I work this step at more frequent intervals in order to avoid the lengthy list. It is important for me to stay out of the guilt and shame while preparing this list and to always remember that I need to ask God for guidance throughout this entire process. I also rely on guidance from my sponsor and other program people to whom I am close.

I also must not attempt to predict what these people's responses will be to me when I actually do my 9th step. “

Anonymous (From August 1997 Reach Out)

WANTED! 250-500 word articles about YOUR experience, strength and hope! Also, if you promised an article for the “Tools of Recovery” column, please submit it this month to reachout@oasandiego.org.

Literature Contacts

Shop online at 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	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	
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	Gina E.	(619) 677-2510
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	Iola B.	(619) 370-4594
Information		
Chair		
“Reach Out”	Richard V.	(619) 370-7840
Editor		
Recorder	VACANT	
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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Hello OA fellows. Attached is the 2nd quarter budget report for the Intergroup. I'd like to highlight a couple of things. First, our literature sales and donations are on track relative to the budget. Thank you all very much for that! Our expenses are coming in under budget, particularly for the Utilities cost, which we had anticipated paying in our new space, but have not needed to. Some expenses, for example our insurance cost (about \$2000 per year), have not been billed yet for this year. This will make our actual surplus less than shown in this 2nd quarter report. Overall, we are having a good year, and I thank each and every member and group for your donations. They are necessary to keep our fellowship running and to carry the message of recovery to those who still suffer. Matt, Intergroup Treasurer 2014-2016.

11:52 AM 07/06/16 Accrual Basis			
Overeaters Anonymous Profit & Loss Budget vs. Actual January through June 2016			
	Jan - Jun 16	Budget	\$ Over Budget
Income			
\$20/Month Club	5,302.00	5,500.44	-198.44
Donations			
Anonymous Donations	1,900.00	975.00	925.00
Marathons	0.00	486.72	-486.72
Oasis Meeting Rents	5,487.20	4,866.66	620.54
Seventh Tradition	8,124.14	7,422.36	701.78
Total Donations	15,511.34	13,750.74	1,760.60
Interest Income	3.66	4.56	-0.90
Literature Sales	2,639.85	3,000.00	-360.15
Other Income	0.00	183.90	-183.90
Total Income	23,456.85	22,439.64	1,017.21
Cost of Goods Sold			
Literature Expense	2,737.45	3,000.00	-262.55
Total COGS	2,737.45	3,000.00	-262.55
Gross Profit	20,719.40	19,439.64	1,279.76
Expense			
Committee Expenses			
Public Information	0.00	100.02	-100.02
Region 2 Rep Assemblies	0.00	199.98	-199.98
Web Page Expense	140.43	100.02	40.41
WS Delegate to WSC	1,046.48	600.00	446.48
Total Committee Expenses	1,186.91	1,000.02	186.89
Insurance	0.00	1,000.02	-1,000.02
Mailings/Postage	924.00	499.98	424.02
Minor Equipment	0.00	250.02	-250.02
Office Supplies	28.07	250.02	-221.95
Other Expense	75.00	499.98	-424.98
Printing	1,353.17	1,300.02	53.15
Professional Fees			
Accounting Fees	1,657.50	1,750.02	-92.52
Total Professional Fees	1,657.50	1,750.02	-92.52
Rent Expense	5,118.00	5,118.00	0.00
Repairs & Maintenance	125.00	199.98	-74.98
Telephone			
Office	1,034.12	700.02	334.10
Total Telephone	1,034.12	700.02	334.10
Utilities	0.00	1,500.00	-1,500.00
Total Expense	11,510.77	14,068.08	-2,557.31
Net Income	9,208.63	5,371.56	3,837.07