

Mark Your Calendar!

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

10 September: Intergroup Board Meeting (Pushed back one week due to holiday week end.): 1:00-1:45 pm; OAsis, Small Room. All members of the fellowship are welcome.

10 September: Intergroup Meeting (Pushed back one week due to holiday week end.): 2:00-3:00 pm; OAsis, Main Room. Monthly meeting of group/meeting representatives. All members of the fellowship welcome.

11 September (2nd Sunday) "Chat with the Chair" 8-9 pm Phone: **605-475-4000** Conference Call ID: **326612#** (*6 to mute, *7 to talk) Ask the Region 2 Chair any questions about OA.

11 September: Virtual Workshop Series (2nd Sunday); 12:00pm to 1:00pm By: OA Board of Trustees Dial: **641-715-3818** Access Code: **925619#** Info: **Stephanie D 727-641-3437** or vst4oa@hotmail.com

24 September: 12 Step Within Workshop 2:00-4:00 pm, @ The OAsis; Topic: Sponsorship Questions: **Nancy D. (619) 990-1363**

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



The Easier, Softer Way?

The beginning of a new phase of my recovery from the disease of Compulsive Overeating is described in this quote:

"If we don't ever overeat, we won't trigger the reaction that makes us crave more."

(OA Twelve & Twelve, Step 1, Page 3, Edition 1, 1990)

I even drew a little trumpet next to it with "ta-da's."

For about six years, I had been maintaining Abstinence and weight loss by eating "moderately." This worked – sort of. I still had the obsession and compulsion most of the time. After reading the above quote (yet another time), the window opened. It got me to thinking and looking at what I was doing with food. Yes, I was salivating with just the thought of eating a particular item. Yes, I was doing the "happy food dance" as I ate, yet I was maintaining a medically sound body weight, however it was not steady and once went up 10 lbs. outside that range. And then the strangest thing happened. I realized that eating more than was necessary to rid me of the hunger was actually filling me up too much. And that was making me want to eat more.

As I stated, the window had been opened, and as I starting working with a new sponsor who simply shared her experience, strength, and hope and a simple, wonderful plan of eating which broke foods into food groups. Now I knew clearly how to eat for nutrition. And then my life, Recovery and Abstinence took off and upward into another level. I discovered that I had been "using" food for those past six years! No wonder the obsession and compulsion had not been lifted. The knowledge, awareness, acceptance and even more willingness came to me through daily prayer and meditation and by what I deem to call "God's words to me." What an experience! And it worked. Freedom was given to me. I have been free of the obsession and compulsion of this disease for many years, again by God's grace and the program of Overeaters Anonymous.

The "easier, softer way" for me now is maintaining a clean, honest, sober Abstinence and Food Plan. My thanks to Phyllis.

Submitted by Alice C., San Diego, September 2016



The Toolbox: A Series About the Tools of Recovery

The ABCs of Sponsorship

When we are new to OA, many of us feel we have "come home," perhaps for the first time in our lives. But it can be overwhelming to hear about the 12 Steps, 12 Traditions and the Tools of Recovery. How to make sense of all of this?

The first thing to do is get a sponsor. Sponsors are people in recovery who have gone before us. They volunteer themselves as the newcomer's primary support in working the program. Sponsorship is a powerful way to help those who suffer. Together they practice the ABCs of sponsorship:

A is for Accountability. Both sponsor and sponsee are accountable to each other. The *sponsor* is accountable for helping the sponsee get started by helping them define a plan of eating, taking them through the Big Book and other OA/AA literature, suggesting assignments and answering questions. On the other side, the *sponsee* is accountable for reporting their planned food for the day ("sending their food" by phone, texting or email), making reach-out calls and doing other things the sponsor was guided to suggest in helping the sponsee with their recovery. Does this have to be done perfectly? No. From the Big Book: "We claim spiritual progress, not spiritual perfection."

B is for Bond. Compulsive overeating is a disease bred in isolation and shame, with "lone-wolfing" as the default lifestyle. But to form a sponsor-sponsee relationship is to create a strong bond with another human being. Day by day, one is building a pact of trust. For some, this may be the first time they have ever been in such close regular contact with another person. The *sponsor* is available to listen and to share their experience, strength and hope in the program. The *sponsee* becomes willing to accept help and to share thoughts and feelings.

C is for Communication. Regular communication is the lifeline that keeps the relationship going. As a role model for recovery, the *sponsor* receives the food reports ("takes the food") and checks how the sponsee is doing. The *sponsee* calls, emails, or texts their food and talks about what is going on with them -- not always easy to do. A sponsee can be new to program with less than one day of abstinence or have been in program a long time with many years of continuous or non-continuous abstinence. If the relationship is not working for whatever reason, there is nothing to be ashamed of: Move on with dignity and find a new sponsor, because an effective sponsor-sponsee relationship is a fundamental tool in working a strong program of recovery.

Anonymous - A gratefully recovering San Diego OA Member, September 2016



The REACH OUT

September, 2016

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ADDRESS: 8825 Aero Drive

(619) 521-2538

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San Diego County Intergroup Inc.

Suite 310
San Diego, CA 92123

www.oasandiego.org
oaooffice@oasandiego.org

**Phyllis here; chunkie, drunkie, junkie...
Clean, sober and abstinent since May 20,
1972.**

Please hear me, dear G-d, and the words
that I speak,
For it hasn't been easy admitting I'm
weak.

That I need an outside Higher Power
to live each day, to live each hour.

To help with my food and drink,
the things that I do, the thoughts that I
think.

To learn to be tolerant, understanding
and kind
To change my unusually negative mind,

To learn to listen, to love, and to share.
To constantly remember the motto, WE
CARE!

My abstinence is as important as my next
breath.

And knowingly now I choose Life and not
death.

So, thank you dear G-d for listening
today.

I can't do it alone, I need YOU and OA.

In fellowship and love, G-d bless,

Phyllis

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 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	VACANT	
World Service/R2 Coord.	Jeri A.	(619) 665-3637
Retreat Committee Liaison	VACANT	
Young People's Chair	VACANT	
12th Step Within Chair	Nancy D.	(619) 990-1363

*** = Serving as an Acting Board Member**

The San Diego 12 Step Within Workshops: What are they about?

If you get a chance to attend a 12 Step Within workshop, I highly recommend that you take the opportunity. I attended 2 recently and benefited a great deal. The 12 Step Within Committee members share from their own experiences with depth and candor. They engage the attendees to participate with handouts and questions to ponder. Sharing with other members during the workshop even furthered my growth.

The theme of the first workshop was Honesty and Willingness. Positive results of being honest in relationships were shared and it was pointed out how lack of honesty can often backfire and cause resentments which we know can be fatal for us. When it comes to willingness, sometimes just being willing to do one small thing, may be enough to keep us on track.

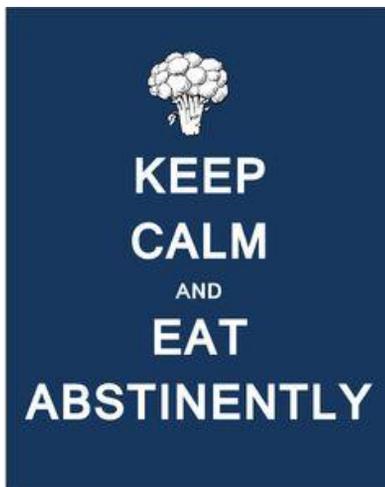
The Body Image workshop was very valuable. I learned the benefits of affirmations such as "My body is peaceful, healthy, and happy, and so am I." We took the issue of body image and looked at it through all of the 12 steps. I even wrote a letter of amends to myself for negative thinking and behavior. We shared with another member and I ended up with a new friend, a gratitude buddy, as we text to each other something we are grateful for every evening.

If you are looking to improve how your program works in your life, check out the 12 Step Within workshops. I guarantee that you will not be disappointed.

Thank you, 12 Step Within Committee members for your service.

Anonymous (OA Member, San Diego, September, 2016)

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



Hot Line

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

Name	Number	Notes	When
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	