

# The REACH OUT

October, 2016

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(619) 521-2538

ADDRESS: 8825 Aero Drive

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**Overeaters Anonymous**

San Diego County Intergroup Inc.

## Mark Your Calendar!

**Saturday, 1 October: Board Meeting; 1:00-1:45 pm; All members welcome**

**Saturday, 1 October: Intergroup Meeting: 2-3 pm; Oasis Main Room**

**7-9 October: St Rita's OA Retreat; Gold Hill, Oregon (Between Medford and Grant's Pass) ; \$140, Info Vickie N. (541)482-2606 or [Vickien14@msn.com](mailto:Vickien14@msn.com) or Donna F. at (541)324-4542**

**Saturday, 29 October: 12 Step Within Workshop ; Topic - "A 12-Step Centered Holiday" 2-4 pm, Oasis.**

**4-6 November: New Freedom O.A. Retreat, Holy Spirit Retreat Center, Encino, CA; \$210 per person. Jennifer P (310) 214-4933 or [jennnifer.pogue8@gmail.com](mailto:jennnifer.pogue8@gmail.com)**

**Saturday, 5 November: Intergroup Board Meeting; 1:00-1:45 pm; All members welcome**

**Saturday, 5 November: Intergroup Meeting: 2:00-3:00 pm; Oasis, Main Room.** Monthly meeting of group/meeting representatives. All members of the fellowship welcome.

**11-13 November: Holiday Energizer OA Men's Retreat, Mission San Luis Rey, Oceanside, CA; \$250**  
Contact Dave B (619) 787-2937, [DaveBirge66@gmail.com](mailto:DaveBirge66@gmail.com) or Gene K (760) 859-7400, [GeneKogan11@gmail.com](mailto:GeneKogan11@gmail.com). Info and flyer on Home Page: <http://oasandiego.org>

**Thursday, 24 November: Thanksgiving Day Marathon;** Normal Thursday meetings will occur. At other times, there will be hourly meetings. Look for a flyer with details soon.

**Saturday, 3 December: Holiday Karaoke At the Oasis, 8:00 pm to ??:??; KJ is Richard V.** Questions, ask the "Fun in Recovery Committee" Mary V. (619) 962-2449 or Jeri A. (619) 665-3637

**Saturday, 10 December: Harlan will lead a Big Book Workshop;** Steps Serenity Shop, 1745 East Vista Way, Vista; 10:30am – 5:30pm

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

## Service Opportunity!

The new term for San Diego Board Members is just around the corner! Between the members leaving and the vacant positions currently on the board, this would be an excellent time to consider service at the Board level. See any Board member (List on page 3) for information on the available positions.

**"I believe that I am living proof of the A.A. saying, 'Don't give up until the miracle happens.'"**

***AA Big Book—p. 445***

I've heard the quote "Don't give up until the miracle happens" and thought it was an OA saying until I stumbled on this quote in one of the stories in the Big Book.

There are several reasons why this saying appeals to me today, but top of the list is that I have always had a tendency to look for the OA "cure" for my disease of compulsive eating. I was told at my first meeting that there is no cure, but that never stopped me from hoping that someday something would "click" and I'd be free of this disease and all its consequences permanently!

Over the years since my first meeting (and it's been — AHEM! — quite a few years) I've experienced many "clicks." I had miraculous freedom from food obsession right at first as I worked through the first 9 Steps. It didn't last. I kept working the Steps, all 12, over and over. I tinkered with the food and the food plans. I used the tools religiously. I went through good times and bad times. I asked for help and I gave help and I extended the hand and heart of OA.

I'm still at it, working the Steps, using the tools, recovering. It is only in looking back that I fully appreciate what an astounding miracle has happened for me because of my OA involvement. In fact, it's been a series of miracles, beginning from day one, that have me, at age 69, robustly healthy, in a normal sized body, surrounded by a loving family and a whole host of friends, still "leaning in" to life. Perhaps the biggest miracle of all is that I've learned to look for and recognize the blessings in my life as the miracles they are! (I've been a negative, sarcastic, nay-saying pessimist in my past life. Today I know that negativity is a crock of poop!)

I'm grateful I didn't give up in the bad times or figure I was cured and leave OA in the good times. I don't intend to do either in the times ahead, good or bad. I don't want to miss the miracles yet to come!

Gratefully recovered, as I work those miraculous Steps with you, one day at a time,

*Sally D*

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## From the Editor:

For the last few months, and especially at the September Intergroup Meeting, I have been listening to members voice their concern and/or frustration at how we get the word out to our members concerning upcoming OA and OA-related events. The new clipboard in the Oasis doesn't seem to be working. It doesn't get updated regularly, and announcements and flyers seem to vanish quickly. Some really like Lessie's E-Blast, and others rely heavily on The Reach Out for their information. All three methods have a lot of overlap, and are really designed to convey the same information. And there are members that don't want their favorite source to go away.

I think I have a solution that will work for just about everyone:

1. Have Lessie continue to publish the E-Blast.
2. Replace the Oasis clip-board with a 3-ring binder, posted in a conspicuous place, with all of the announcements and flyers in document protectors with clear instructions that nothing is to be removed from the binder. I will update this binder on Wednesdays and Fridays and verify that all pertinent information is included.
3. (New idea) Before the October Intergroup Meeting, the Assistant Webmaster (that's Me) will create a new page on the San Diego OA Web Site, <http://oasandiego.org/events/> which contains all of the known information about OA events. This means that all events are available online, 24/7, to all OA members.

Although there is just about 100% overlap of all three paragraphs above, the extra work (several hours a month) updating the binder and the web site can ensure that every member has access to upcoming events via their email E-Blast, the binder in the Oasis and the San Diego web site at all times.

Richard V., Editor

## New and Improved!

The format of the Monday, 7 am Oasis meeting has been completely revised. Start your week off right with a **Meditation and Writing meeting!**

Questions: Mary V (619) 962-2449

## New meeting in Chula Vista!

South Bay OA members are asked to support this new meeting: **Thursday afternoon, 3:30 pm – 4:30 pm** at The Refinery Church, 494 E Street, Chula Vista, CA 91910; Questions: Marilyn (619) 861-8189

If you would like to start a new meeting, this link provides details and instructions:

<https://oa.org/groupsservice-bodies/meeting-changes/add-a-meeting/>



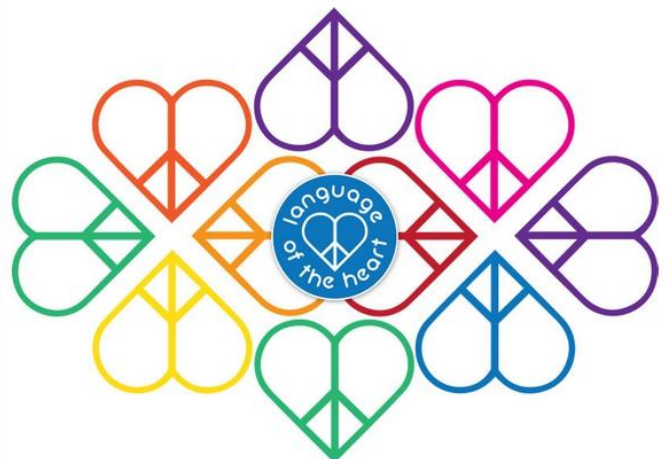
## 2017 OA BIRTHDAY PARTY

Language of the Heart

January 13-15, 2016

2017

Hilton LAX • 5711 W Century Blvd. • Los Angeles, CA 90045



Come celebrate OA's 57th year and enjoy exciting **NEW** PANELS, SPEAKERS, WORKSHOPS, MARATHON MEETINGS, YOGA & MEDITATION, and AMAZING ENTERTAINMENT!

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## My Experience at the 173rd Serenity Retreat

In August I was one of 23 OAs who attended the 173rd Serenity Retreat. This one was held at Camp Cedar Glen in Julian, about 60 miles northeast of the Oasis.

A retreat can be a powerful way to give and receive service, and this one was no exception. It was a combined meeting and workshop that stretched from Friday evening through Sunday morning. We had a dynamic leader from the Los Angeles area who has been in program many years and has much recovery to share. She has special affinity for people in relapse. We covered all 12 Steps of the program, with an emphasis on working the 4-column resentment inventory laid out in Step 4 of the Big Book (pages 64-71). We had multiple opportunities to share from the heart. We dug deep. People had the courage to be vulnerable. In reflecting on the retreat after the weekend, a word that came up consistently was "intense."

OA retreats are designed to provide support for body, mind, and spirit. We were served 3 delicious abstinent meals per day: salad, protein, vegetables, vegetarian options, fruits, no sugar or refined flour. On Saturday there was a 3-hour break for participants to hike the beautiful mountain surroundings, use the swimming pool, read or write, meditate, nap, and enjoy the companionship of fellow OAs.

The next OA Serenity Retreat will take place in a few months, so stay tuned. Partial scholarships will be available. For more information, contact Karla, 619-855-0642, karlagcarr@gmail.com. Deena B.

## 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	
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	<b>VACANT</b>	
Internal Information Chair	*Lessie C.	(619) 739-1643
Literature Chair	Deena B.	(858) 335-6286
Public Information Chair	<b>VACANT</b>	
"Reach Out" Editor	Richard V.	(619) 370-7840
Recorder	<b>VACANT</b>	
World Service/R2 Coord.	Jeri A.	(619) 665-3637
Retreat Committee Liaison	<b>VACANT</b>	
Young People's Chair	<b>VACANT</b>	
12th Step Within Chair	Nancy D.	(619) 990-1363

\* = Serving as an Acting Board Member

**Your name could be here!!!**

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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.

"They have a new attitude, and they have been saved from a living death."

" For most normal folks, drinking means conviviality, companionship, and colorful imagination. It means release from care, boredom and worry. It was joyous intimacy with friends and a feeling that life is good. ...The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past...There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it." *pages 150-151, Alcoholics Anonymous (Big Book)*

For compulsive eaters, ABSTINENCE means conviviality, companionship, and colorful imagination. This is because we have a new attitude and have been saved from a living death.

I experienced evidence of this on Saturday night when we had an OA Karaoke "Fun in Recovery" night. We were full of life as we sang and danced to our favorite songs. We were definitely doing God's will because we were being happy, joyous, and free. Singing and dancing colored our imaginations as we were entertainers for those few moments in time.

As the night went on, we all sang 'We Are Family', for this is what the fellowship has come to mean for many of us. We are brothers and sisters in recovery. Although (what we thought) were pleasures are gone, the experience of abstinence brings new pleasures that are definitely beyond our wildest dreams. Never need we go back to recapture (what we thought) great moments of the past, for we continue to create greater moments in the present. We are able to enjoy life as never before living with our joyful hearts in the miracle of recovery.

One of our members repeated several times 'oh my, this is ridiculous fun'...I agree...Never do we need to drink or eat to have ridiculous fun again. We are given the ability to live well, eat abstinely, and be happy. I also thank the people who put on our karaoke night so that all of us could experience joy and "ridiculous fun".

Thank You, God and all of You

Jeri, Abstinent 40 years



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.

# We are not a glum lot!



Stock photo, not OA members

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	