

# The REACH OUT

November, 2016

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(619) 521-2538

ADDRESS: 8825 Aero Drive

Suite 310

San Diego, CA 92123

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

[oaoffice@oasandiego.org](mailto:oaoffice@oasandiego.org)

**Overeaters Anonymous**

San Diego County Intergroup Inc.

## Mark Your Calendar!

**Friday to Sunday, 4-6 November: New Freedom OA Retreat:** Holy Spirit Retreat Center, Encino, CA; \$210 per person. Contact: Jennifer P 310-214-4933 or email [jennifer.pogue8@gmail.com](mailto:jennifer.pogue8@gmail.com)

**Saturday, 5 November: Board Meeting; OAsis Conference Room; 1:00-1:45 pm;** Elected Board Members meet to discuss fellowship business. All members are welcome.

**Saturday, 5 November: Intergroup Meeting: 2-3 pm; OAsis Main Room;** Designated representatives for OA Meetings throughout the county meet to participate in and learn about the workings of the fellowship.

**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. Sign up sheet is on the door of the OAsis Conference Room, or leave a message at 619-521-2538.

**Saturday, 3 December: Holiday Karaoke At the OAsis, 8:00 pm to ??:??; Karaoke Jockey (KJ) is Richard V.** Bring a list of your favorite songs to sing or artists. Questions? Ask the "Fun in Recovery Committee" Mary V. (619) 962-2449 or Jeri A. (619) 665-3637

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

**Friday to Sunday, 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, **most of fourteen positions will need to be filled.** 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, or contact the Election Committee Chair; Lessie C; 619-739-1643 [Internal\\_info@oasandiego.org](mailto:Internal_info@oasandiego.org)  
**IF YOU WANT TO SEE THE SPECIFIC DUTIES OF BOARD MEMBERS:**

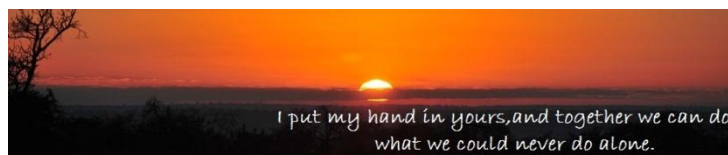
1. Open the Bylaws by typing this address into your browser:  
[http://oasandiego.org/dwnld/sdcii\\_bylaws\\_2014.pdf](http://oasandiego.org/dwnld/sdcii_bylaws_2014.pdf)  
(The character after "sdcii" and "bylaws" is the underscore character "\_".)
2. You can then read pages 7 through 10, or download the entire document.
3. Pages 7 and 8 have general duties for all Board Members and pages 9 and 10 have the specific duties for each board member.

## Step Ten

**Continued to take personal inventory and when we were wrong, promptly admitted it.**

## Tradition Ten

**Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.**



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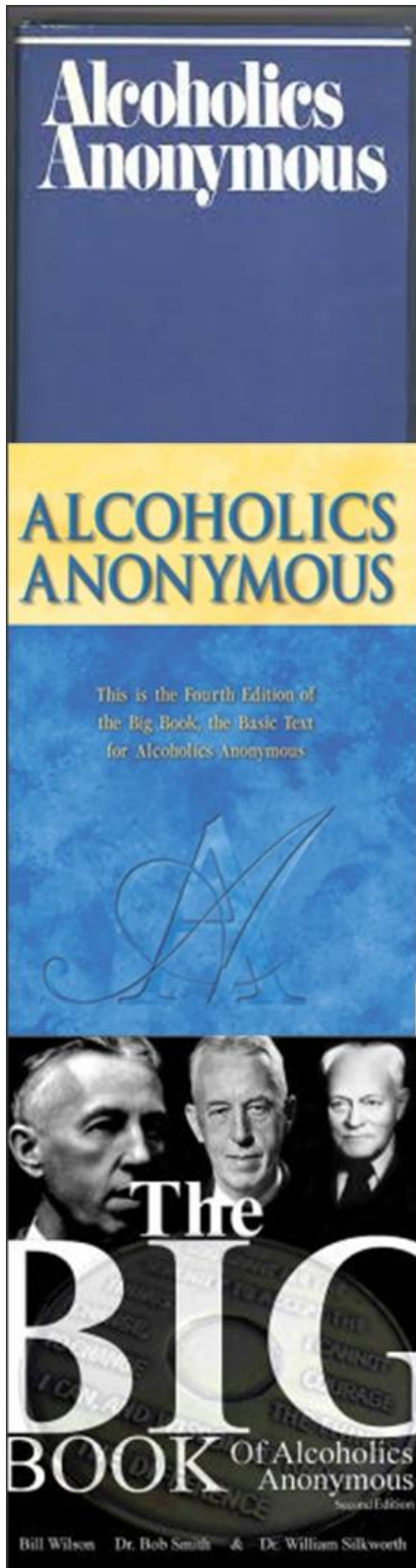
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**Harlan G. is coming  
to North County  
(Vista) !!!**

**The Event:**

**A Big Book Workshop**

**Date: Saturday**

**December 10<sup>th</sup>**

**10:30AM-5:30PM**

**Location?**

**Steps Serenity Shop**

**1745 East Vista Way**

**Vista, CA**

**“Here are the  
steps we took...”**



Brought to you by the  
San Diego Intergroup and  
the 12 Step Within Committee.

Questions? Call

A. J. (760) 468-9872

Nancy D. (619) 990-1363

Jeri A. (619) 665-3637

Mary V. (619) 962-2449

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## 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

## From the Editor:

In response to your requests, there are now five different ways that you can stay abreast of regularly scheduled and special events of interest to the OA Fellowship in San Diego County:

1. (New) Go to <http://oasandiego.org> and in the left hand menu, click on "Events". You will be directed to the Events Page, where there is information on all of the known OA related events.
2. Go to <http://oasandiego.org> and in the center column, click on "Subscribe to our eBlast". When you do, Lessie C will add you to an email list that receives periodic emails about the "happenings" throughout the county.
3. Go to <http://oasandiego.org> and in the center column, (The same place as #2 above.) click on "Newsletter The Reach Out". The latest issue of The Reach Out will appear and you can read it or download it.
4. Just to the left of the OAsis Office door, there is a plastic holder that should have a three ring binder that contains information on OA related events. Pass the binder around during your meeting at the OAsis, so all can see what is going on.
5. Pick up the latest copy of The Reach Out on the back table at the OAsis.

The intent is to have up to 100% overlap of information for all of the sources above, so that members have easy alternative sources for information on the activities of interest to our members.

If any of these sources needs corrections, or you would like to add an event, please let one of us know.

Lessie C 619-739-1643

Richard V 619-370-7840

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

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

\* = Serving as an Acting Board Member

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There have been a number of requests to have a list of sponsors published in The Reach Out. There is a list that shows up here on occasion, however the names have remained the same for several years. I would like to start a new list so that we can be sure any person listed is active and available in the fellowship. Sponsors on the old list are asked to renew their info.

**Below**, you can see the first version of the new sponsor list. Put whatever you want potential sponsees to see in the "REMARKS" column. To join this list, send your info to:

[reachout@oasandiego.org](mailto:reachout@oasandiego.org)

Richard V

## Available San Diego County Sponsors

NAME	PHONE	BEST TIME TO CALL	REMARKS
Dave B	619-787-2937	Any	Food & Steps, Men or Women
Steve C	858-373-8642		<a href="mailto:imthelaw@gmail.com">imthelaw@gmail.com</a>
Richard V	619-370-7840	Any	Men Food & Steps

## New & 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/>

## 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 – 12pm
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	