

The REACH OUT

December, 2016

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ADDRESS: 8825 Aero Drive

(619) 521-2538

Overeaters Anonymous

Suite 310

www.oasandiego.org

San Diego County Intergroup Inc.

San Diego, CA 92123

oaoffice@oasandiego.org

Mark Your Calendar!

Saturday, 3 December: Board Meeting; OAsis Conference Room; 1:00-1:45 pm; Elected Board Members meet to discuss fellowship business. All members are welcome.

Saturday, 3 December: 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. **This month's meeting will include nominations and election of new board members.**

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

Saturday, 10 December: A Big Book Workshop; Steps Serenity Shop, 1745 East Vista Way, Vista; 10:30am – 5:30pm

Monday, 12 December: Twelfth Step Within Day in OA; A day to focus on carrying the message to anyone in relapse or still suffering from compulsive overeating.

Friday to Sunday, 13-15 January, 2017: OA's 57th Birthday Party!; LAX Hilton, Los Angeles. Info: <http://www.oalaig.org/oa-birthday-party>
See page 3 for the train schedule and instructions for taking the train to the OA Birthday Party!

24-25 March, 2017: World Service Business Conference; Albuquerque, NM; For info: <https://oa.org/members/world-service-business-conference/>

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 the 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

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

(The character after "sdcii" and "bylaws" is the underscore character "_". Don't use a space here.)

2. You can then read pages 7 through 10, or download the entire document.
3. Pages 7 and 8 state general duties for all Board Members and pages 9 and 10 state the specific duties for each board member.
3. **If you wish to apply for any board service position, be at the Intergroup meeting at 2:00 pm on Saturday, 3 December to participate in the nomination & election process.**

Available San Diego Sponsors

NAME	PHONE	BEST TIME TO CALL	REMARKS
Dave B	619-787-2937	Any	Food & Steps, Men or Women
Steve C	858-373-8642		imtheslaw@gmail.com
Richard V	619-370-7840	Any	Men: Food & Steps

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What Anonymity Means to Me

Anonymity is carefully explained in Traditions 11 & 12. Webster's dictionary explains anonymity is being "no name known or acknowledged." Our literature says anonymity is our greatest gift of recovery. It is being unknown at the public level and respecting other's privacy by not gossiping about other OA members and not repeating what members say at meetings. This gives us all safety and trust, and frees us to share what is in our hearts and minds. For newcomers, this is often their first experience of this.

Anonymity is important for all of us. It is the spiritual principle of all of our Traditions. It states that we are all equals. The member in relapse is just as important as the long time abstaining member. Long time members sometimes may not ask for help when they need it. Humility is anonymity at work.

Practicing anonymity is getting out of my self-centeredness which is at the core of my disease and didn't work any way. Otherwise I would not be here. It is thinking about the welfare of the group and not just myself. It is getting out of ego, a very slippery slope. It is giving God the credit. It is not trying to represent OA as a whole at the public level, which means not identifying ourselves or showing our faces as representing OA. If I relapse or say something stupid, OA members know that that is me and not OA as a whole. The public does not get that. I hope this has been helpful. Thank you for allowing me to do service. **Beth C.**

How The Tool of Writing has Enhanced My Experience in OA

I was previously a teacher of writing and know its power to uncover, discover and recover. I used it with incarcerated youths from 1980-2005 at a state institution in Washington state. These days I don't use it unless I'm doing workbook type Step-work or going to a meeting where writing is a component or when I'm sharing a 10th Step with my sponsors. I would like to share the questions that have been generated since August of this year. (I bought my first journal in 2012 and I am currently using my third one.) The readings from the writing meetings I've attended have been from "Daily Reflections", "Food for Thought" and our OA magazine, "The Lifeline." Questions to write on were generated after a period of meditation following the reading.

Here is a sampling of writing prompts the groups at the meetings generated. *How do I grow along spiritual lines? How do I expand my acts of kindness? Is there a difference between acceptance and surrender? Explain. 8/20/16 What does my selfishness look like?*

How can I establish a better routine and what would that look like? What are some of my best moments? (8/28/16)

How can I carry the message to those who still suffer?

What can I give myself today to stay in recovery?

How can I deal with jealousy? (9/25/16)

How do I know I'm doing God's will?

Do I have anything inside that I need to address in some way? What does it mean to practice the 12 Steps/

principles in all my affairs? (9/26/16) What does

abstinence mean? Name five positive things about

myself within this last week. What gets me to a meeting?

(10/22/16) How did my compulsive eating behavior start?

What have I done to change my addictive behavior?

In what ways do I show love without food? (11/1/16)

When we write and share our thoughts at meetings we gain insight, trust and a sense of belonging, as well as the hope that there are ways to keep our disease in remission.

Stephanie M

Hot Line - Need to talk? These members are available.

Name	Number	Notes
Dave B	(619) 224-4500	
	or	
	(619) 787- 2937	
Barb N	(858) 793-1296	6a-9p
Nicki	(619) 582-3372	9p-12p
Ginger	(619) 296-1860	11a-9p
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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Progress is Like a Pickle

Gaining recovery has been compared to making pickles. If you put the cucumbers in the brine solution, eventually, they become pickles. Put them in. Check on them a couple of days later, and they are still just cucumbers. Keep them soaking, however, consistently, continuously, and gradually, inevitably, they become pickles. And so it is with recovery.

Even if you are too afraid to get a sponsor and work the 12 Steps of OA, you can accomplish quite a bit by just going to meetings. When you attend, you don't need courage. We have enough for you. We will share it with you. If you don't have faith in the program, that's OK. We have plenty for all. If you soak in the love and acceptance that we have for you, then you will gradually find yourself changing.

If you keep coming back, the language of OA, the slogans, the Steps, the Traditions, will all soak in. If you do nothing else but come to the meetings and soak in the affection we have for you, then you will gain courage, and will become ready to get a sponsor and work the 12 Steps. If you just come to meetings and listen to us talk about our struggles and solutions while working the 12 Steps, then you will bond with us and look forward to attending each week. Just like that cucumber, you will be changed. You will no longer be full of fear, but full of hope, and you will feel supported and accepted unconditionally. You will join the ranks of those who have recovered. Just keep soaking it in. Gradually, eventually, it will happen. You will be recovery-ready and will forge ahead.

Robert R.

NEW!

Young People's (18-35)

Phone Meeting

Wednesday, 5 PM PST

Call: 712-775-7035

Enter Code: 305422

TIRED OF DRIVING???

LET'S TAKE THE TRAIN TO

O.A.'s 57th BIRTHDAY PARTY

Date: January 13-15, 2007 (Friday through Sunday)

Place: LAX Hilton, Los Angeles

Info/Registration:

<http://www.oalaig.org/oa-birthday-party>

Joyce B. Submitted the following Amtrak schedule for those preferring to take the train from Old Town, San Diego to Union Station in Los Angeles, rather than drive:

Here are the Amtrak schedules from Old Town San Diego to Union Station in Los Angeles, for Thursday, Friday and Saturday, with return trains on Saturday and Sunday. It is important that you check schedules as time goes on, as schedules may change between now and January. There are some other trains, either super early or very late that I omitted. One way fare, coach class is \$37.

Thursday & Friday

Departs. Arrives

7:04. AM 9:46

8:30. 11:25

9:25. 12:05

10:48. 1:40

1:40. PM 4:21

2:54. 5:45

4:05. 6:55

6:57. 9:35

Saturday

8:12 AM. 11:04

9:25. 12:05 PM

10:48. 1:40

Returns

Saturday

5:10PM. 8:01

7:40. 10:47

8:25. 11:12

Sunday

2:58PM. 5:42

4:08. 6:54

5:10. 8:01

7:40. 10:27

8:25. 11:12

When you get off the train at Union Station in LA., go down a ramp or stairs and walk through a short tunnel to track 12, and go up to Berth 9 which is specific for the Flyaway Shuttle to LAX. Go to the airport, and call the Hilton Hotel shuttle, as the Flyaway shuttle only stops at LAX. Another option is to take an Uber the 22 miles, for roughly \$35 to \$40 directly to the hotel.

In service,

Joyce B



The Tool Box: A Plan of Eating

A Plan of Eating is a Tool to help the OA member maintain Abstinence, i.e. **“to refrain from compulsive overeating and compulsive food behaviors and to work toward or maintain a healthy body weight.”** (from WSO web site) The details of a food plan are definitely an individual decision or a decision to be made with a sponsor. We all have had different compulsive food behaviors while practicing our disease, so no one food plan fits every person. While researching “A Plan of

Eating” on the WSO website, I found some definitions which attendees from a workshop came up with. “Plan of Eating” is a tool; an individual way of eating; a calm rational balanced way of dealing with food; developed by an honest look at eating behaviors; eliminates personal binge/trigger foods; addresses the physical part of the disease; a way of setting the food aside to clear the brain; defines what, when, how, where and why we eat; can change over time. A “Plan of Eating” is NOT: our primary purpose; specific diet everyone follows; a fast weight loss gimmick; doing what I can get away with; the only thing needed to recover; a substitute for working the Twelve Steps; defines who we are.

For myself personally, my Plan of Eating has changed. When I was first in OA, my abstinence and my food plan were the same....three meals a day with nothing in between. It worked well initially for one reason. It broke the binge/starvation pattern I had been in....eat like crazy every night and wake up feeling remorse and hatred for myself and then starving myself during the day. It was the first time in a very long time I didn't have insanity around food. The problem was I ate like a Sumo wrestler at each meal and I wasn't losing weight. From that food plan and abstinence, I kept my “three meals a day” with fruits and vegetables in between as my Abstinence and added a commercial plan which counts “points,” as my Food Plan. It does involve measuring because I can easily fool myself as to what a portion size is. Currently, my food plan is keeping track of my calories (within three meals a day with fruit and vegetables in between) using an app on my phone. My abstinence is my bottom line....”no compulsive eating or compulsive behaviors around food.” I don't avoid any certain foods, although I do have binge and trigger foods which I need to look at more closely and most likely put them on the “Do Not Eat” list. Another “food” I need to look closely at is alcohol. While I don't consider myself an alcoholic, my food plan can get sloppy after one or two drinks. Another food issue I have is the time of day I eat. I can eat or be around certain foods during the day that are dangerous for me to be around during the night. When considering a Plan of Eating, each of us develops a personal plan based on an honest appraisal of his or her own past experience. For specific dietary or nutritional guidance, OA suggests consulting a qualified health care professional or dietician....however remember, even professionals may not understand compulsive overeating, so also enlist the help of your sponsor as well.

Ideally, I would like to not be so focused on the food by weighing and measuring everything and writing it down....but that may or may not happen. I have a disease and it will find every opportunity to work its way back into my life.

Ideally, I will reach my ideal body weight and stay there. If I'm gaining weight on my food plan or not getting down to a healthy body weight, it's not working for me and I need to look honestly at what I'm doing and, with the help of my sponsor, change it.

To summarize A Plan of Eating from The Tools of Recovery pamphlet: **As a tool, a plan of eating helps us to abstain from eating compulsively. There are no specific requirements for a plan of eating; OA does not endorse or recommend a specific plan of eating, nor does it exclude the personal use of one.** Most OA members agree that some plan—no matter how flexible or structured—is necessary. This tool helps us deal with the physical aspects of our disease, and helps us achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve-Step program of recovery and move beyond the food to a happier, healthier and more spiritual living experience.

Barbara Ru.