

The Reach Out

Overeaters Anonymous

www.oasandiego.org

San Diego County Intergroup Inc.

March, 2018

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8825 Aero Drive, Suite 310

San Diego, CA 92123 (619) 521-2538

oaoffice@oasandiego.org

Mark Your Calendar!

Saturday, 3 March, 2018: Mailing Party: 9 AM (First Saturday of the Month), Stop by any time between 9 & 10 AM. Spend as much time helping as you want, and give Channing a hand mailing out our monthly mailer that reaches out to and informs folks in San Diego County about our O.A. meetings, workshops and various O.A. activities.

Saturday, 3 March, 2018: San Diego Intergroup Service Board Meeting; Oasis Conference Room; 12:45 - 1:45 PM (First Saturday of the Month); Elected Board Members meet to discuss fellowship business. Everyone in the OA Fellowship is welcome to attend, however voting is reserved for elected Board members.

Saturday, 3 March, 2018: San Diego Intergroup Meeting: 2-3 PM; Oasis Main Room (First Saturday of the Month); Intergroup representatives for OA Meetings throughout the county meet to participate in and learn about the workings of the fellowship. Everyone in the OA Fellowship is welcome to attend, however voting is reserved for elected Intergroup Representatives and Board members. We welcome your feedback.

Saturday, 31 March, 1:30 – 3:30 PM: Twelve Step Within Workshop; Step Eight: “Made a list of all persons we had harmed, and became willing to make amends to them all.”; San Diego Oasis, Address above.
Info: Elyesse 858-531-0045, Jeri A. 619-665-3637

Sunday, 1 April, 2018, 9 AM to 5 PM: Spring Marathon: Marathon meetings every hour on the hour from 9 AM to 5 PM; San Diego Oasis, address above. Sign-up sheet is on the same post as the meeting room thermostat.

Friday, 13 April, 7 PM to 9 PM - Saturday, 14 April, 9 AM to 5 PM, 2018: URBAN RETREAT; San Diego Overeaters Anonymous; “Practicing the Principles in All Our Affairs”; San Diego Baha’i Center, 6545 Alcala Knolls Drive, San Diego, California 92111. Info: Regina 619-952-3903 regina.eldred@gmail.com

Sunday, 29 April, 2018, 2 PM to 5 PM: Sunday Funday; Join us at the Oasis for an afternoon of fun, frivolity and fellowship. There will be board games, team games, icebreakers, music by a professional DJ and dancing. Wear a hat to win O.A. literature! Contact Iola @ 619-370-4594 for details.

“As part of his rehabilitation he commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others.” AA Big Book, “The Doctor’s Opinion,” p. xxv.

I am a compulsive eater and will be one until the day I die. I can either be a compulsive eater in OA, working the steps, in recovery; or I can be a compulsive eater in bondage to food, uncontrollable eating urges, bingeing and in bad health. I’ve been in OA, working the steps for almost 38 years, and being abstinent continuously since 1983. I count my abstinence a miracle because every attempt I made at abstaining (dieting) before OA ended in a disaster of bingeing and weight gain.

Years ago, as part of my rehabilitation in OA, I commenced to present this 12-Step program to others. As my sponsor did with me, I encourage those I sponsor to help others. Helping others is a big part of working the steps. Sponsoring is one of my favorite services in OA. Writing for this email loop is another.

Sometimes people ask me about the picture of the vintage dining room with the old manual typewriter on the table. That is a picture of Dr. Bob Smith and his wife, Ann, dining room in Akron, OH. That is the typewriter where Ann (I think it was) typed up her husband’s story and other parts of the original AA “Big Book” in the late 1930s. A short while earlier, Dr. Bob had passed out drunk under that table; but by 1938 sharing his story by doing that writing and in other ways, was keeping him sober, even in the face of strong urges to drink.

As I sit at my laptop computer writing this late on a Wednesday afternoon, I enjoy a similar freedom from eating urges that might overwhelm me. I know HP is with me and will be with me as I cook, serve, and clean up from my abstinent supper. I’m so very grateful for the AA founders who chose to help other alcoholics. Out of their service came a long chain of service and recovery that made its way through to me.

Working the Steps with you, one day at a time, **Sally**

Considering Others: A Big Part of My Recovery

A part of my obsession with food was so disruptive, it required me to ignore my basic needs and the needs of others. I spent an inordinate amount of time thinking about myself: what I was going to eat next, where I was going to go to buy the food and how I was going to use food to numb feelings I didn't like. I hadn't been to a doctor in years because I was afraid of what she might say. I would forego a manicure or pedicure to spend money on food. I could never hike or fit into a roller coaster seat. (I wore a size 24 and had difficulty walking up a flight of stairs.) I couldn't be a part of group activities because of my disease. There was no balance of self-care and certainly no unity.

During my first year in OA my personal struggles with food seemed to be all that mattered. I couldn't even remember OA members names from one meeting to the next and was surprised when they remembered mine! Eventually I realized that to truly heal I needed to find better balance in my life, which included concerning myself with the needs of others.

Living in Tradition 1 reminds me to treat myself and others as spiritual equals. That parking spot belongs to others as much as it belongs to me. Things that seem insignificant to me might be very important to my boss and coworker. I no longer judge or discount others opinions just because they are not the same as mine.

We all have the same spiritual potential. I have just as much to learn from newcomers as I do from longtimers, if I make room for God in these relationships.

Simple tasks that people do without a second thought are for me carefully executed acts of healing and self-love. I turn to my Higher Power about food and my own self-reliance. I ask my H.P. to do for me what I cannot do for myself.

Getting right sized on the inside using Tradition 1, has somehow caused me to become right sized on the outside. As a spiritual equal I get to take my true place in life along with others who are walking a spiritual path.

Now I can ride my bike dozens of miles with my loved ones and go kayaking with friends. No longer am I winded by climbing a single flight of stairs.

I learned in Steps 5 & 6 that I need a certain amount of rest, work, nutrition and physical activity in order to be balanced and present for relationships with myself, God and other human beings.

Acknowledging my needs allows me to graciously acknowledge the needs of others. When I am a part of the unity of the OA groups, I thrive. By considering others I become a humble member of the human race. In my recovery I ask myself, "How will I strive for unity, knowing my own fate depends on it." *Melissa K. San Diego*

Hi, my name is Jeri and I'm a compulsive overeater who is grateful for another day of abstinence and another day of service. Thank You, God. **From the AA Big Book, page 16: "Most of us feel we need look no further for Utopia. We have it with us right here and now."**

Today I send extra gratitude to God, the Steps, and Overeaters Anonymous! It is because of the miracle of OA that I sit here in the city of Hilo, Hawaii. I am here with two of my friends in recovery who have kept coming back as long as I. Each day we are here, we grow closer together and are strengthened by the presence of God in our recoveries. At Each meal over our kitchen table with simple talk, I am reminded of how this program began—and continues. We have been here to carry the message of recovery to those who have reached out. On Saturday that is just what we did. It is, not only a widening circle of friends for us, but also a vast amount of fun as we danced away on Friday night—whoo hoo! Recovery is Utopia and being in Hilo, Hawaii is God's Paradise for us.

Thank You, God, and all of You Jeri Abstinent 42 Years

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The O.A. Members below are available to lead or be a speaker at meetings or events in the San Diego area:

Bethany E 858-987-2504

Monica D. 619-980-3762

Beth C. 619-454-8263

Need someone to talk to? The O.A. Members below are available to receive your call:

Lisa M. 760-214-0501

Monica D. 619-980-3762

Barbara R. (North County) 760-717-9245

Bethany E. 858-987-2504

Stephanie M. 619-228-9913 (Leave msg.)

Lee 760-945-5223

To add or delete your name to either list contact

Richard V. 619-370-7840 reachout@oasandiego.org

To purchase literature call:

Corrine W, Chair	619-977-1546
Deena B.	858-335-6286
Rex M.	619-302-3003
Mary V.	619-962-2449
Dave B.	619-787-2937
Iola B.	619-370-4594
Reggie R.	858-442-0749
Jeri A.	619-665-3637
Joanna B.	619-972-9974
Beth C.	619-454-8263
Roberta S.	619-920-0645
Eric M.	619-322-2685

Your Trusted Servants Alphabetically by First Name

NAME	POSITION	PHONE	EMAIL
Barbara S.	Lease Committee Chairperson		lease.chair@oasandiego.org
Beth C.	Recorder	619-454-8263	recorder@oasandiego.org
*Chad H.	Retreat Committee Liaison	619-427-1460	retreats@oasandiego.org
*Channing G.	Professional Outreach Chairperson	360-929-3759	pro-outreach@oasandiego.org
Corrine W.	Literature Chairperson	619-977-1546	literature@oasandiego.org
Dave B.	Treasurer	619-787-2937	treasurer@oasandiego.org
Elyesse U.	Twelfth Step Within Chairperson	858-531-0045	twelfth-step@oasandiego.org
*Gina E.	Secretary	619-677-2510	secretary@oasandiego.org
Jeri A.	World Service/Region 2 Coordinator	619-665-3637	wso-r2@oasandiego.org
Joanna W-B.	Vice Chairperson	619-972-9974	vice-chair@oasandiego.org
Kate D.	Young People's Chairperson	760-212-6368	young-people@oasandiego.org
*Lessie C.	Internal Information Chairperson	619-739-1643	internal-info@oasandiego.org
Mary V.	Chairperson	619-962-2449	chair@oasandiego.org
Richard V.	Reach Out Editor	619-370-7840	reachout@oasandiego.org
TJ O	Webmaster	619-777-8304	webmaster@oasandiego.org
VACANT	Public Information Chairperson		public-info@oasandiego.org
* = Acting			

SAN DIEGO
OVEREATERS ANONYMOUS



Practicing the Principles In All Our Affairs

FRIDAY EVENING APRIL 13, 2018 7:00 PM - 9:00 PM

AND

SATURDAY APRIL 14, 2018 9:00 AM - 5:00 PM

**San Diego Baha'i Center
6545 Alcalá Knolls Drive
San Diego, California 92111**

Our retreat will be led by Ali M., an OA member from La Verne, California with 33 years of abstinence. He has let go of 130 pounds and is dedicated to OA service. He has served as Intergroup Chairman, Representative to OA World Service and served on Region 2 conference committees. He has led numerous workshops and retreats for OA members.

We are requesting a \$15 donation, but no one will be turned away. There will be a lunch break and a restaurant list will be available, or feel free to bring your own lunch. Refrigeration will be available. We hope you will be able to join us for a retreat filled with fun, growth, recovery and fellowship.

To RSVP or for questions please call, text or email Regina E.
619-952-3903 regina.eldred@gmail.com