

The Reach Out

Overeaters Anonymous

www.oasandiego.org

San Diego County Intergroup Inc.

April, 2018

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8825 Aero Drive, Suite 310

San Diego, CA 92123 (619) 521-2538

oaoffice@oasandiego.org

Mark Your Calendar!

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.

Saturday, 7 April, 2018: NO MAILING PARTY TODAY! The decision was made to shift to a quarterly mailing schedule, so look for an announcement for the next mailing party on June 2nd. Our quarterly mailer reaches out to and informs folks in San Diego County about our O.A. meetings, workshops and various O.A. activities.

Saturday, 7 April, 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, 7 April, 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.

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

Saturday, April 28, 1:30 – 3:30 PM: Twelve Step Within Workshop; Step 9; "Made direct amends to such people wherever possible, except when to do so would injure them or others." San Diego Oasis, Address above. Info: Elyesse 858-531-0045, Jeri A. 619-665-3637

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 lola @ 619-370-4594 for details.

A TOOL OF RECOVERY

I believe that my recovery cannot exist without the tool of writing. It's the shoe to the footwork of my recovery, my sword and shield against compulsively overeating. Besides being vital to working each Step, I use writing for many different purposes: to let go of something, to spot patterns, to identify my emotions or to simply work out problems.

When I first saw writing as a Recovery Tool, I listed reasons why I couldn't write: lack of time, poor speller, others might see what I wrote etc. etc. Then later on I heard writing described as being a useful recovery tool for ourselves, that can be kept exclusively for ourselves or to be shared with our sponsors. The misspellings and lack of perfect grammar are so unimportant.

All of this was reassuring but how could I get started? First I prayed for the willingness and for the time to write. Then I simply "acted as if." At an O.A. meeting I took a commitment token and made a very specific and do-able commitment. I committed that I would write for 5 minutes on the following Thursday at 9:55pm on the topic featured in the current day's "For Today" by Overeaters Anonymous, Inc. I wrote this commitment in my appointment book. On Thursday I treated this like any other appointment and at 9:55 pm I started writing. The following week I committed to write for 10 minutes on two separate days of the week. Now I had two 10 minute weekly dates with my pen and paper. As a result of keeping my commitments I now love journaling. If on a very rare occasion, I can't think of anything to write I refer to O.A literature for ideas to get me started. Generally, the troubling negative "stuff" that gets trapped in my thoughts serve as the greatest subjects for my writings. I always feel more serene and grounded after writing. My abstinence, sanity, serenity and recovery are safer behind the protection of this tool. As stated on Page 31 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous (1st Edition) and Page 27 of the (2nd Edition) "the important thing is just to do it....." I am definitely glad I did!

Anonymous

Sunday Funday!

GAME TIME

Come join your fellow OAs for an afternoon of fun, frivolity & fellowship!
Team Games * Board Games * Icebreakers * Music * Dancing *



Surprise Activities and more.
Bring your favorite board game!

when: 2-5 p.m., Sunday, April 29, 2018

where: Oasis, 8825 Aero Drive
Suite #310 San Diego, CA 92123

Wear a hat!
You might win a prize in the hat contest.
Categories will be Craziest Hat
and Most Creative Hat.

Sunday Funday is sponsored by
the Fellowship Events Committee.
For more information, please contact:
Iola: (619) 370-4594



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

858-987-2504 – Bethany E.

619-454-8263 – Beth C.

619-980-3762 – Monica D.

619-582-3372 – Nicki V.

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

760-214-0501 – Lisa M.

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

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

619-582-3372 – Nicki V.

619-980-3762 – Monica D.

858-987-2504 – Bethany E.

760-945-5223 – Lee

To add or delete your name to either list contact:

619-370-7840 - Richard V.

reachout@oasandiego.org

New O.A. Meeting

LGBTQ + Friends

Thursdays @ 6:30pm
Live & Let Live Alano Club
1730 Monroe Ave / University Heights / San Diego

Starting April 5, 2018

contact: Monica 619-980-3762



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