

The REACH OUT

Overeaters Anonymous, San Diego County Intergroup, Inc.

February 2010 - Issue 2

TRIBUTE TO MY SPONSOR OF MORE THAN 20 YEARS

"I have a sponsor who guided me through the Steps gently but firmly, with a sure-handedness I hope I am able to emulate..." (Big Book, 4th edition, pg. 327)

Dear Marian,

Your funeral was one week ago today. Part of me went with you that day but only a small part. The greatest part of me is alive today because of you. You were honest. Your honesty challenged me to be honest too. You had hope. You let me plug into your hope when I did not have any of my own. You had faith. We shared the same religion but you showed me that religious beliefs were good, as far as they went, but they did not go far enough. Recovery called for a different dimension - one of spirituality. I needed more than creed and dogma. I needed a living, breathing, loving relationship with a power greater than myself. You had such a relationship. You showed me how the God I had heard about all my life but had given a wide berth to out of guilt and fear could get me free and empower me to live free of this killing disease. You had courage. The man you had married and raised your family with died suddenly. You had expected to grow old with him but it was not to be. You trusted God and refused to be daunted or bitter. Your time did not come until 25 years after his but you lived those years well. You had integrity. I could count on you to say what you meant and to mean what you said. Interacting with you made it possible for me to grow up, however belatedly, to become accountable and responsible.

You prized willingness. How often did we you hear say that you would sponsor anyone so long as that per-

son was willing? Age, social status, intelligence, race, class, culture - none of these mattered so long as a person was willing. I came in willing, lost weight and thought I was cured. I went into relapse. You would have been perfectly within your rights to drop me as a sponsee but you were patient and kind, urging me to do whatever I could, whenever I could, to get back to what worked for me in the beginning. Your loving care helped me find my way back.

You were humble. You never bragged about the countless hours you spent on the phone speaking to inquirers into OA in the Orlando area. Some of the people you spoke with followed up and came to meetings right away. Some came after food had beaten them up some more. Some never came. You, however, were never discouraged. You were undeterred. You knew that it was God's business. You were only doing the part He had assigned to you.

You were loving and forgiving. In March of this year you did not want to leave your beloved home and begged me to help you stay. I could not. You forgave me and loved me still. For this I will be forever grateful.

You had self-discipline. You took meticulous care of your person, your house, your car, your yard, your nutrition, and your files. All your affairs were always in order. I wanted you for my sponsor because I hoped some of that discipline would rub off on me. It did not take me long to realize that just as with abstinence, if I wanted what you had in all other areas of life, I would have to do what you did. I will never attain the discipline you achieved,

but I am better for having known you.

You persevered. For most of your life you were on the giving end. This last year, you let yourself be on the receiving end. Your family needed you to be with them, to be able to give back to you some of the love and care that you had blessed them with over the years. You persevered in this act of love even though it was hard on you.

You embodied what a spiritually aware person does:

- ◆ Every day you prayed - morning, throughout the day and at night
- ◆ Every day you read program literature
- ◆ Every day you meditated
- ◆ Every day you sought to be kind and loving to all
- ◆ Every day you told God that you loved Him and looked for ways to prove it

You gave service. The greatest service of all was maintaining abstinence. With your food surrendered, you were able to devote your energy to serving the fellowship as a whole. You helped me and innumerable other sponsees, groups, intergroup, members, prospective members - the list goes on and on. You did everything you could to make this program attractive.

Marian, your influence on me has been too deep for words. Nothing I say can do you justice. I close with the most heartfelt words I can offer: I love you and I thank you.

Love, Jacqueline

Length in program 24 years
Current abstinence 20 years
100 lb. winner

AVAILABLE SPONSORS

Garry (men only) 619-582-0469
Nicki 619-582-3372

Available sponsors: Email your phone number to dtyler126@yahoo.com to be posted in this space in the next issue.

HOTLINE

Ann Marie S. 619-428-5231
Dave B. 619-224-4500
(East Coast calls welcome) cell: 619-787-2937
Don B. 619-420-0357
Christine (anorexic) 619-992-5344
Flor (Spanish speaking) 760-931-9802
Gillian 619-563-5167
Jill 619-459-1018
Jo 562-948-5040
Lisa (anorexic) 775-790-2206
Linda J. 619-415-3510
Liz 858-336-7214
Mary Jane 858-616-6472
Nicki 619-582-3372
Shannon (bulimic) 860-604-3122
Thomas F. 619-280-1956
Wilma 760-966-1812

SPEAKERS

Alice C. 858-292-7643
Barbara R. 619-448-3472
Barbara S. 858-458-9415
Bill C. 858-458-9415
Carolee 619-589-1842
Dave B. 619-224-4500
cell 619-787-2937
Don B. 619-420-0357
Garry 619-582-0469
Jill 619-459-1018
Joe C. 858-571-5300
Pam T. 619-207-1856
Phyllis S. 858-569-1616
Nicki 619-582-3372
Samantha 858-565-1974
Steve P. 760-231-1492
Thomas F. 619-280-1956
Tracy 760-489-6601
Virgil 619-749-9810

It is important that you are available and willing to return calls promptly.

To have your name added to (or removed from) a list above call Donna T. 858-673-5587

BOARD MEMBERS NEEDED

There are currently four open positions on the San Diego County Intergroup Board.

If you would like to do service and give back what you have been given, **WE NEED YOU.**

Please attend the next Intergroup meeting on the first Wednesday of the month and volunteer for any of the following positions so that we may stay strong and serve the fellowship.

CHAIR SECRETARY LITERATURE YOUNG PEOPLE'S COORDINATOR

Board positions require one year abstinence, 6 months at maintenance by your own definition, have worked Steps 1 through 5 and a commitment to attend monthly Intergroup and Board meetings.

If a member does not have the required abstinence and would like to fill the position, given there is not a volunteer who has the abstinence, they will be considered an "acting" member of the Board. This position can be filled at any time by a member who has the required abstinence.

TRUSTED SERVANTS

<i>Chair</i>	<i>Vacant</i>	
<i>Vice Chair</i>	<i>Rex</i>	619-302-3003
<i>Secretary</i>	<i>Vacant</i>	
<i>Treasurer</i>	<i>Dave B.</i>	619-224-4500
<i>Internal Information (acting)</i>	<i>David H.</i>	858-525-2533
<i>Literature</i>	<i>Vacant</i>	
<i>Professional Outreach</i>	<i>Gina</i>	619-758-1531
<i>Public Information</i>	<i>Carolyn</i>	858-228-6284
<i>Reach Out Editor</i>	<i>Donna T.</i>	858-673-5587
<i>Submit articles to dtyler126@yahoo.com and put Reach Out in the subject line</i>		
<i>Recorder</i>	<i>Richard</i>	619-750-8528
<i>Region 2 Coordinator (acting)</i>	<i>Donna W.</i>	619-549-0548
<i>Retreat Liaison</i>	<i>Iola</i>	619-370-4594
<i>WSO Coordinator (acting)</i>	<i>Ken</i>	619-212-5292
<i>Young People's Coordinator</i>	<i>Vacant</i>	
<i>12th Step Within Committee (acting)</i>	<i>Jill</i>	619-459-1018

Have you thought about an Online or Telephone Meeting?

This is a great way to have and get in a meeting between your face-to-face meetings. All telephone and online meetings take place in real time. They are registered with WSO and fulfill the definition of an OA group - which means they meet to practice the Twelve Steps and Traditions of OA, welcome all who have the desire to stop eating compulsively, and do not require members to practice any actions to remain a member or to share at a meeting. As a group they have no affiliation other than OA. For more information go to www.oa.org. Wave cursor over Meetings tab and scroll down to Find an Online/Telephone Meeting.

Thank you for letting me be of service.
~ Kathy M.

For Today: February 24

*We are apt to be very pert at censuring others,
Where we will not endure advice ourselves.
William Penn*

Recognition of my faults does not always save me from them. I find myself slipping into advice-giving, despite my distaste for someone else's advice and my conviction that we are not here to advise anyone.

When I make that mistake, I ask forgiveness of the person I tried to advise. That is the first step toward removal of this defect; and if I confess it to my group, I am even closer to attaining a measure of humility.

For today: People may seem to want my advice, but that is no reason for me to give it. In OA, I am just another member, not a counselor.

*I wish I had put half the time I spent into trying to fix others into fixing myself. Now, I try to keep my advice to myself and follow it. I sometimes burst at the seams just hoping, wishing and anticipating someone will ask me for advice (please, please, please!), but I've learned most people have the answer within themselves, and all they really want is for me to listen and care.
~ Diana D.*

CAME TO BELIEVE A POWER GREATER THAN MYSELF COULD RESTORE ME TO SANITY

What has the second step meant to me? First, I had to admit I was insane. For a long time, I couldn't accept that. After all, I survived my childhood and put myself through college. I had a good job, a husband and a house. How insane could I be? I was living the American dream.

At my bottom, I was forced to face the truth. My behaviors were insane. I was insecure, afraid, and powerless to put the food down. I wished to be locked away so someone else would control my food and I wouldn't be able to binge every day. This was not the American dream — it was living hell. I finally accepted my insanity. Next was coming to believe in a power greater than myself. I was not a God fan. To me, God and religion were synonymous, and I disliked both because they had too many rules and regulations. I didn't want to sit in church and listen to sermons. Whether it was sleeping late on Sunday morning or getting up early to ski, church did not fit in my plan.

The OA program told me that God is a loving God and doesn't have to be connected to organized religion. I still didn't believe God could help me, but couldn't dismiss this idea because of the recovery I saw in the rooms.

After being in program for a while, I faced a day when I knew I would binge. It was a Saturday, and I had to work, which always made me resentful. Also, my husband's birthday party was that evening. After work, I had to pick up his birthday cake (my favorite binge food). I remembered God and thought about asking Him for help — it couldn't hurt, and maybe, just maybe, it would help. I went ahead and asked God to help me stay abstinent that day. I'm sure you know what happened — my food stayed clean and I enjoyed the party. I could not have done this on my own; this was the beginning of my "coming to believe."

I've been in OA for many years now, and my faith in God has grown. Time and time again, God has done for me what I could never do for myself. Today my biggest challenge is to get out of the way and let God help me. As long as I don't pick up the food, I know I'll grow closer to God and it will become easier to surrender issues to Him one day at a time.

Dear God, thank you for this beautiful program that has brought me to believe.

~ Anonymous (Reprinted from Lifeline, February 2007)

Announcements

MEETING UPDATES

(see meeting directory for details)

NEW MEETINGS:

**Tuesday: 7:30 pm, Rancho Del Oro Hills
Community Church, Oceanside**

**Wednesday, 10 am, Alpine Community
Church, Alpine**

CLOSED:

Tuesday: 6:30 pm, La Jolla

NEED CONTACT PERSON:

Tuesday, OASIS, 6 pm, Step Study

Wednesday, OASIS 5:45 pm, Young People

NEWCOMER MEETINGS:

**First Sunday of every month, OASIS, 6:30
pm, focus on Anorexia/Bulimia**

Monday, OASIS, 6:30 pm

Saturday, OASIS, 8 am

**Saturday, Encinitas, 8:30 am (need
sponsors)**

FEBRUARY EVENTS & ACTIVITIES

Intergroup Meeting: February 3, 7 pm, OASIS

Board Meeting: February 17, 7 pm, OASIS

156th Serenity Retreat: February 19-21, 2010,
Warner Hot Springs

Upcoming Events

Region 2 Assembly: March 19-20, Marriott San
Mateo Airport Hotel

Region 2 Convention: June 4-6, Marriott San
Mateo Airport Hotel

157th Serenity Retreat: June 11-13, Camp Cedar
Glen, Julian

World Service Convention: August 26-29,
Hilton Los Angeles Airport Hotel

Mailing Party

The fun begins at 10:15 am
Even 15 minutes will help

***Next Party
February 27th***

Call David H., 858-382-0014, if questions

LITERATURE TEAM

The following members can arrange to sell you
OA literature at the OASIS.

TBA

Literature Chair

Rex 619-302-3003

Iola 619-370-4594

Dave B. 619-787-2937

Saturday: 9 am—1 pm

Gina S. 619-758-1531

Tuesday: 11:30 am—1:30 pm

Wednesday: 11:30 am—1:30 pm

Saturday: 8:30 am—Noon

There may also be a literature person at your meeting,
or you can order online at
http://www.oa.org/literature_catalog.htm,
or stop by the Serenity Shop.

Attention Intergroup Reps!

Monthly meetings on the first Wednesday of **every** month
at 7 pm at the OASIS — This is where you find out what's
happening so you can bring the news back to your group.

SECOND STEP PRAYER

*I pray for an open mind so I may come to believe in
a Power greater than myself.
I pray for humility and the continued opportunity to
increase my faith.
I don't want to be crazy anymore.*

Amen