

# The REACH OUT

Overeaters Anonymous, San Diego County Intergroup, Inc.

January 2010 - Issue 1

## SURRENDER

**A**fter a hiatus from sponsoring, someone I admire asked me to sponsor her and I agreed. It feels like a good fit. I feel that, like me, what she most needs to hear is that she is beautiful and to relax. Being a compulsive overeater who has always been at a fairly normal weight range, I have realized how crazy-making the compulsion to "lose a few more pounds" can be. I also know that what comforts me is to surrender to my Higher Power (HP) that I'm willing to do what it takes to weigh what He wants me to weigh. If this means no second helpings, so be it. If this means cutting back a little, so be it. But, and this is just for me, it is not the drastic solutions my disease comes up with to deprive my body of nutrition. It felt good to describe this to my new sponsee and hear her relax. About 95% of my disease is between my ears and, if I don't address that, it shows up on the plate. It was great to remind myself of these things during the holidays. My calendar was full of social events involving food. I knew how to do this, one day at a time, and I planned how to eat moderately at each event. I did not shortchange myself the rest of the day to "hoard" calories to spend at the parties . . . you see, there are some things I know about myself that do come in handy and will work the rest of the year.

~Marian

## My Favorite Meeting Tuesday 7:30pm OASIS Women's Meeting

*"Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!"*

I am struggling in my recovery right now. I know this because breakfast is often my first happy thought in the morning. I know this because I am feeling guilty about my food choices. I know this because I think I can exercise to work off the food I ate. I know this because the obsession has returned.

I also know that Tuesday women's meeting is my salvation. I know that no matter how crazy my food is, every Tuesday I drive to the OASIS and walk into a room of women who totally "get me". There is something incredibly



sacred about a women-only space. There is a communal language that women share, deeply rooted in our experience with the battleground over weight and body image that is an obsession of our culture. This meeting is an oasis from that battleground. There are no scales and no diets. Instead, we focus on our shared sisterhood, working the 12 Steps, service, and our relationship with our Higher Power.

At the Tuesday women's meeting, I often share about the ways that addiction to food poisons my body and my soul. I share about the ways that being heavy has made me miss out on life. But I also share about how recovery has given me a new lease on life and a new reason to live. I am forever grateful to the women at this meeting. No matter what you ate today or didn't eat, if it's Tuesday, I hope to see you at 7:30 at the OASIS! Welcome to OA, Welcome Home!

~ Ilana

OASIS ▶ 6304 Riverdale Street ▶ San Diego CA 92120-3310

Tel: 619-521-2538 ▶ Fax: 619-521-2548 ▶ Website: [www.oasandiego.org](http://www.oasandiego.org) ▶ E-mail: [oasd@sbcglobal.net](mailto:oasd@sbcglobal.net)

## AVAILABLE SPONSORS

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

Available sponsors: Email your phone number to [dtyler126@yahoo.com](mailto: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*

## A MESSAGE FROM THE CHAIR . . .

Happy New Year!

I wanted to share a moment or two with you in reflecting on motives and motives of others. When I hear gossip (both inside and outside of the program) or when I hear of others whom have resentments toward me or toward someone else, I say a prayer for that person. The reason why I do is because whatever their motive is, I have a responsibility to my Higher Power, my recovery and myself to live my program to the best of my ability. In my actions, I will be true to my Higher Power. His will not mine be done. My job is to trust, to accept, to do the best that I can in His name. As long as I continue to take the next indicated step, work my program and take action that is free of motives, malice and control, in my heart and soul I will know that I have done my best. What others may think or say of me is not my responsibility to shoulder. Nor is it my place to take their inventory.

I do know that my best thinking got me to 300 lbs. I also know that I no longer have the right to be the one running or directing the show. That right belongs, and rightfully so, to my Higher Power. I do have a responsibility to trust, believe and continue to do the footwork, work this program and follow the principles to the best of my ability, and the dividends for doing so do and will continue to far exceed anything I have ever known.

As long as I keep my side of the street clean, I am honoring and living up to the steps and the principles of this program.

May your blessings be many.

~ Tracy

## TRUSTED SERVANTS

<b>Chair</b>	<b>Tracy</b>	<b>760-489-6601</b>
<b>Vice Chair</b>	<b>Rex</b>	<b>619-302-3003</b>
<b>Secretary</b>	<b>Vacant</b>	
<b>Treasurer</b>	<b>Dave B.</b>	<b>619-224-4500</b>
<b>Internal Information (acting)</b>	<b>David H.</b>	<b>858-525-2533</b>
<b>Literature (acting)</b>	<b>Mary</b>	<b>619-922-2468</b>
<b>Professional Outreach</b>	<b>Gina</b>	<b>619-758-1531</b>
<b>Public Information</b>	<b>Carolyn</b>	<b>858-228-6284</b>
<b>Reach Out Editor</b>	<b>Donna T.</b>	<b>858-673-5587</b>
<i>Submit articles to <a href="mailto:dtyler126@yahoo.com">dtyler126@yahoo.com</a> and put Reach Out in the subject line</i>		
<b>Recorder</b>	<b>Richard</b>	<b>619-750-8528</b>
<b>Region 2 Coordinator (acting)</b>	<b>Donna W.</b>	<b>619-549-0548</b>
<b>Retreat Liaison</b>	<b>Iola</b>	<b>619-370-4594</b>
<b>WSO Coordinator (acting)</b>	<b>Ken</b>	<b>619-212-5292</b>
<b>Young People's Coordinator</b>	<b>Vacant</b>	
<b>12th Step Within Committee (acting)</b>	<b>Jill</b>	<b>619-459-1018</b>

# GRATITUDE

Oh My God!!! I woke up this morning overwhelmingly hungry, with the urge to try to make the feelings go away with food. Then I got a couple of texts from friends in the Program. I got a phone call from a sponsee. I read a story in the Big Book and I can recognize now that I am not hungry. It is just emotions. Anxiety about what the future is going to hold. Excitement that my prayers are being answered. My dreams are coming true. This Program really does work.

I now realize that I just need to pause and take some deep breaths and center myself. I'm not hungry. I'm scared. Things are changing again. For the better. Make sure I pause and pray before I eat anything. Accept that I am going to have to live with these new feelings and emotions. They are all part of being alive. Feelings and emotions are part of not being sedated by and buried under all of that food.

It seems like such a simple concept. But I am a middle-aged woman who has spent my entire life buried under the fat. Afraid of life. Afraid of feelings. Now all extreme emotions I mistake as hunger. Happy or sad. Good or bad. My first reaction is to want to make them go away.

Thanks to the Program, I don't want to spend another moment of my life sedated by food on the couch watching other people live on TV. I am living my life to the fullest. I weigh less than I ever thought I would. I have friends that I hang out with. We go to meetings. We play games. We have fellowship. We go dancing. We go to the movies. I spend a lot of my spare time doing service at the OASIS. My life is busy in a positive way without another moment being wasted. This is the best life ever. It is a fantasy life. I frequently think it can't be true. It can't be real. It is beyond my wildest dreams! ~ Iola

## IF YOU DO WHAT YOU ALWAYS DID, YOU WILL GET WHAT YOU ALWAYS GOT

Coming into OA I was certain of so many things and I slowly had to become willing to forget them and begin a new way of life. This process has been gradual and at time frustrating as I transition from trusting only in myself and my diseased head to trusting a higher power, my sponsor, and OA.

Right now I am working really hard to let go of my old thinking and what I thought I knew about exercise. I used to do it to extremes (of course) so if

I was exercising then I was doing it 110% and it took up huge chunks of my time — but if I wasn't exercising then I was parked on the couch with plenty of food nearby. The past week I haven't been able to fit regular exercise into my schedule due to travel, school, and doctors appointments (in other words: life). I have been able to maintain my abstinence though, but I still feel those old thoughts tugging to the surface that tell me that I'm gaining weight, losing

my healthy heart, and basically very lazy. I know that these are simply old ways of thinking when I thought that I knew everything and everything was black and white.

I thank God for giving me so much to do right now because it forces me to look these false beliefs straight in the face and change how I feel and really depend on the program. I need to learn to live in the gray area with this and to forget what I thought that I knew. ~ Lisa

# Announcements

## MEETING UPDATES

### NEW MEETINGS:

- Sunday, OASIS, 5:30 pm, Lesbian/Gay/Bisexual/Transgender/Questioning
- Tuesday, Ocean Beach, 7:30 am, AA 12&12 Book Study (call Kevyn at 619-550-2757 for details)
- Tuesday, OASIS, 6 pm, Relapse and Recovery
- Wednesday, OASIS, 5:45 pm, Young People

### CHANGE IN MEETING LOCATION:

- Tuesday, 7:30 pm meeting has moved from Vista to Rancho Del Oro Hills Community Church, 4055 Oceanside Blvd., Suite P, Rm 6, Oceanside
- Thursday, 12:30 Step Study and Literature Meeting has moved from Imperial Beach to First Baptist Church at 494 E Street, Chula Vista

### NEEDS SUPPORT:

- Monday, Chula Vista, 7:30 pm
- Tuesday, Serenity Shop, Noon

### NEED CONTACT PERSON:

- Tuesday, OASIS, 6 pm, Step Study
- Saturday, OASIS, 6:30 pm, 100 Pounder

### 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)

## JANUARY EVENTS & ACTIVITIES

- Intergroup Meeting:** January 6, 7 pm, OASIS
- OA 50th Birthday Party:** January 15-17, 2010, LAX Marriott, Los Angeles
- Board Meeting:** January 20, 7 pm, OASIS

### Upcoming Events

- 156th Serenity Retreat:** February 19-21, 2010, Warner Hot Springs
- 157th Serenity Retreat:** June 11-13, 2010, Camp Cedar Glen, Julian
- World Service Convention:** August 26-29, 2010, Hilton Los Angeles Airport Hotel

## Mailing Party

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

***Next Party  
January 30th***

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

## LITERATURE TEAM

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

**Mary 619-922-2468**  
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](http://www.oa.org/literature_catalog.htm),  
or stop by the Serenity Shop.

## REACH OUT ARTICLES NEEDED

This is a great way to do service! Write 200 to 300  
words about your recovery. Submit articles to  
[dtyler126@yahoo.com](mailto:dtyler126@yahoo.com) and enter Reach Out  
in the subject line of your email.

## FIRST STEP PRAYER

Today, I ask for help with my addiction.  
Denial has kept me from seeing how powerless  
I am and how my life is unmanageable.  
I need to learn and remember that I have an  
incurable illness and that abstinence is the  
only way to deal with it.

Amen