

The REACH OUT

San Diego County Intergroup of Overeaters Anonymous, Inc.

March 2009 - Issue 3

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Five frogs are sitting on a rock. Three decide to jump off. How many are left on the rock? The answer is five not two because deciding is not the same as doing. The principle behind Step Three is *Faith*. It states, "We made a decision to turn our will and our lives over to the care of God, as we understood Him." Turning it over takes action.

When I first faced making the decision called for in Step Three I mistakenly thought of it as being a one-time thing. I would just say the right prayer with great sincerity and like magic my life would be roses. What I misunderstood was that this program works one day at a time, sometimes one moment at a time. One of the greatest lessons I have learned in recovery is that my most important surrender is my next surrender. For example, when out driving your car, when is the right time to put on your seatbelt? Answer: whenever you realize it is not on. In the same way, when is the right time to turn my will and my life over to the care of God? Anytime I realize I have taken it back.

As long as I am convinced I can manage my life, with God helping out every now and again, just for that long is it impossible to have a truly effective working reliance upon God? Before breaking the step down into its individual components, let me recap, Step One (*I can't*). Step Two (*God can*). Step Three (*I think I'll let Him*). Now, who needs a caretaker? Anyone who cannot care for themselves, that is who? Being powerless over food and my life having become unmanageable, I think I qualify. Besides, there is no way God could make a bigger mess of my life than I did. What is meant by, "our will and our lives?" I define my will as my thoughts and feel-

ings and my life as my actions.

Ending a meal is an example of my Step Three decision in action. When eating slowly and monitoring my sense of fullness I ask myself, "Am I satisfied yet?" Practicing honesty, the moment the answer comes back as, "Yes." I stop. It doesn't matter how much is left on the plate or how tasty it was - my meal is over. Taking one more bite would be relying on myself to satisfy my needs (fear) rather than trusting my Higher Power to keep me satisfied (faith). I am glad to report I have yet to die in-between meals.

One of the key parts of the step for me is the phrase, "as we understood Him." It pre-supposes that I will come up with an understanding that works for me. I cannot turn everything over to something I do not trust. There are three stages to making lasting changes. They are Contemplation, Preparation, and Action. A common tendency of mine was to always skip the preparation stage and jump from contemplating making a change right into action. But being unprepared, it would all too often end in frustration and failure. The work I do in the second step is my preparation. I must come to truly believe a power greater than myself can restore me to sanity – it is time well spent. As my father would always say, "Son, go slow so you get there fast."

In the same way honesty without compassion is cruelty, faith without willingness is fantasy. The course of vigorous action, without which my faith can wither, and eventually die, is consistent work on the remaining steps - starting with a personal housecleaning in Step Four. Like the old, Russian proverb states, "When your boat springs a leak pray to God and row to shore."

~ Michael

Third Step Prayer

God, I offer myself to Thee to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life. May I do Thy will always!

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

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SERVICE REQUEST

We would like to expand our Hotline list.

**Please submit
your name and number.**

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

**To have your name added
or removed call**

Donna T. 858-673-5587

HOTLINE

Ann Marie S.	619-428-5231
Dave B.	619-224-4500
<i>(East Coast calls welcome)</i>	<i>cell: 619-787-2937</i>
Don B.	619-420-0357
Gillian	619-563-5167
Jill	619-459-1018
Jo	562-948-5040
Liz	858-336-7214
Mary Jane	858-616-6472
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
<i>cell</i>	<i>619-787-2937</i>
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
Samantha	858-565-1974
Steve P.	760-231-1492
Thomas F.	619-280-1956
Tracy	760-489-6601
Virgil	619-749-9810

*If you would like to add your name to this list
call Donna T. 858-673-5587*

A MESSAGE FROM THE CHAIR . . .

I love the Third Step Prayer. What this prayer tells me is that I must, without fail, turn my life and my will over to my Higher Power.

In the course of my recovery I have learned, experienced and witnessed that when I don't do this and I start to put myself into the equation, that there is a direct correlation to a loss of serenity, peace, and acceptance that occurs.

I don't quite understand why I think my way would be better, after all, my way left me miserable, depressed and at 300 pounds. My way lead me to wallow in self-hatred. My way lead me to be a victim. My way made other people miserable. My way lead me to being an angry, negative, bitter person. My way was killing me as my way lead me right to the food.

What this program has given me is the freedom to no longer do it my way. It has given me a loving Higher Power and a new freedom and happiness that I never thought was possible.

I am gladly willing and continue to be willing to turn it over and let my Higher Power handle it as He will always take care of me. I might not perfectly do this, and sometimes am provided with gentle reminders, but I continue do it and the rewards for doing so are far greater than my way ever got me.

~Tracy

TRUSTED SERVANTS

Chair	Tracy	760-489-6601
Vice Chair	Rex	619-302-3003
Secretary (acting)	Heather	858-386-9448
Treasurer	Dave B.	619-224-4500
Internal Information (acting)	David H.	858-382-0014
Literature (acting)	Mary	619-922-2468
Professional Outreach	Gina	619-758-1531
Public Information (acting)	Jayson	619-400-9591
Reach Out Editor	Donna T.	858-673-5587
Recorder (acting)	Carol	619-280-5465
Region 2 Coordinator	Ginger G.	619-425-3000
Retreat Liaison	Iola	619-370-4594
WSO Coordinator (acting)	Ken	619-212-5292
Young People's Coordinator (acting)	Shannon	860-604-3122
12th Step Within Committee (acting)	Donna W.	619-549-0548

TRADITION THREE

The only requirement for OA membership is a desire to stop eating compulsively.

What part of this sentence is difficult to understand? No one can be barred from a meeting. All differences entertained here. There is no single way that works better than another. I can only share with you what works for me. If you choose someone who has what you want, you have to do what they do. Search meetings for what you believe will work for you. Each group is autonomous and may follow certain structure. If it works for you, DO IT! Your food plan is not what makes me love you. I make more friends that way.

~ Phyllis

◆◆◆ HALF MEASURES AVAILED US NOTHING ◆◆◆

Voices of Recovery, Page 342:

“Half measures get half results, and I’m not satisfied with that anymore.”

There was time when “half measures” were fine for me. “I am so smart and so independent,” I would think. “I don’t really need to do all of the things suggested.” And I didn’t want to anyway.

My first half measure was a food plan. As a professional dieter, I knew all there was to know about dieting. I could lose weight “just like that” if I really tried. Those half measures helped me lose a little weight, but I was up and down over and over again. I came to OA in 1988, but my abstinence date is 1989.

My next half measure involved the steps. Oh, I knew I had to work the steps, but not all of them. Those “middle steps” were for other people. I didn’t need those. I just needed to do Steps 1, 2, 3 and 12. I loved to tell people how well OA worked.

Another half measure involved sponsoring. “I” didn’t need a sponsor. After all, I knew the answers and had no intention of revealing my secrets to another person. That was a sign of weakness. And as far as sponsoring was concerned, I could tell everyone what to do and how to do it just fine. Everyone should just do it my way.

I did half measures and got half results. The problem was, I wanted the results that others got who didn’t

settle for half measures. I wanted the results that people got from working a strong program. Out of desperation, I finally got the idea that if I wanted what they had, I had to do what they did. I prayed for the willingness, did what was suggested, and guess what! It worked!

Program for me is a little like buying something new. If I were to buy a new outfit, I would want it to look good, fit right, and be flattering. I wouldn’t settle for half measures there. I would not be satisfied if it fit OK, but I didn’t like the fabric or print. If I were buying a new car, I would want it to get great mileage, be practical for my needs, and fit into my budget. It wouldn’t do for me to buy one that my husband wouldn’t be able to get in and out of or that I couldn’t afford. I wouldn’t be satisfied.

And, I am not satisfied with a “half-measures” program. As the Big Book says on page 58, “... you have decided you want what we have and are willing to go to any lengths to get it ...” And today I am willing to go to those lengths, thanks to the willingness and empowerment given me by my Higher Power.

~ Janet C.

(Abstinent since February 26, 1989 and maintaining a weight loss of approximately 250 pounds by the grace of God and the OA fellowship.)



REGION 2 PRESENTS ITS ANNUAL CONVENTION

RECOVERY: SUNLIGHT OF THE SPIRIT

June 26-28, 2009

Doubletree Hotel, Ontario Airport, Ontario CA

Information: oar2@org or contact Cheryl (chair) at 716-246-7700 or carrhyne@msn.com

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Announcements

MEETING UPDATES

NEW MEETINGS:

- Monday and Friday, SDSU Calpulli Ctr Room 4, 2 pm (Call 619-335-0401 to verify)
- Saturday, OASIS, 1 pm, Young People's Topic Meeting

CLOSED:

- Wednesday, Hillcrest, 4 pm
- Thursday, City Heights, 6:45 pm
- Friday, OASIS, Midnight

NEED CONTACT PERSON:

- Tuesday, OASIS, 6 pm, Step Study
- Thursday, Serenity Shop, Noon, Participation

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/Seacoast Comm. Church, 8:30 am

Attention

Intergroup Reps!

Monthly meetings
first Wednesday of
every month
7 pm - at the OASIS

This is where you find out what's happening so you can bring the news back to your group.

MARCH EVENTS & ACTIVITIES

Intergroup Meeting: March 4, 7 pm, OASIS
12th Step Within Meeting: March 7, 10:15 am, OASIS
R2 Spring Assembly: March 21, Ontario CA

Upcoming Retreats/Conferences/ Conventions/Workshops

Men's OA Retreat - Boot Camp as Harlan sees it:
April 24-26, Rancho Elegre Summer Sizzler, Santa Barbara (contact gwally@earthlink.net for more information)
12th Step Within Retreat: June 12-14, Camp Cedar Glen, Julian
Region 2 Convention: June 26-28, Doubletree Hotel, Ontario CA
155th Serenity Retreat: October 9-11, Pathfinder Ranch, Idyllwild

Mailing Party

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

Next Party
March 28th

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

Dave H. 858-382-0014

Jayson 619-400-9591

Rex 619-302-3003

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.

ASK OA

WOULD YOU LIKE TO ANSWER AN "ASK OA"
QUESTION THAT WILL BE POSTED
ON THE OA WEBSITE?

**QUESTION: I WAS MOLESTED.
HOW CAN OA HELP ME RECOVER?**

EMAIL YOUR COMMENT TO OASD@SBCGLOBAL.NET
PUT "ASK OA ANSWER" IN THE SUBJECT LINE AND START
YOUR MESSAGE BY REPEATING THE QUESTION ABOVE