

The REACH OUT

Overeaters Anonymous, San Diego County Intergroup, Inc.

November 2009 - Issue 11

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Humility and Spiritual Awareness work hand in hand as a means toward seeking and doing God's will instead of my own. But what is God's will? How do I know what is God's will and what is my will? I find the answer in the principles of the Twelve Steps. I can align my will along the following spiritual lines all I wish. It is the proper use of will. For example, I believe it is God's will for me to practice:

- ◆ Honesty rather than denial, resulting in surrender
- ◆ Hope rather than despair, resulting in open-mindedness
- ◆ Faith rather than fear, resulting in serenity
- ◆ Courage rather than cowardice, resulting in God-reliance
- ◆ Integrity rather than self-deception, resulting in self-awareness
- ◆ Willingness rather than reluctance, resulting in transformation
- ◆ Humility rather than pride, resulting in self-acceptance
- ◆ Self-discipline rather than self-indulgence, resulting in responsibility
- ◆ Love rather than indifference, resulting in compassion
- ◆ Perseverance rather than complacency, resulting in vigilance
- ◆ Spiritual Awareness rather than intellectual rationalization, resulting in wisdom
- ◆ Service rather than selfishness, resulting in gratitude.

Step Eleven calls for me to seek conscious contact with God. It is an active and not a passive process. Spiritual growth is limitless.

Initially, my idea of God was cerebral. It stemmed mainly from religion. I thought of God as omniscient, benevolent, and omnipotent – all intellectual words without much personal meaning. Over time, I came to believe God is all knowing, all loving, and all powerful. I was thrilled to be making progress, and as I worked the steps I was seeing positive results. As I continued exploring the spiritual clay through prayer and meditation, I began to develop faith that God truly has the big picture, is the source of my highest good, and is working behind the scenes. It was a huge breakthrough, which made a tremendous impact on

my life and on my recovery. I rested for a while enjoying my new found spiritual wealth until circumstances eventually led me to start digging again.

In an effort to make my faith real in my day-to-day life, I would ask myself probing questions like, "If God is all-knowing, what are the implications?" or "What does all-loving really mean? Might it be different than what I first thought?" or "What are the ramifications of God being all-powerful?" As I pondered these questions one afternoon at Tropical Park, a leaf gently floated down from a tree branch and caught my eye. I thought to myself, "If God is truly all-knowing, then He is aware that leaf fell too." That simple realization somehow made God tangible for me. I had made a connection. It was a hot summer day and I literally felt God's love in an unexpectedly cool breeze. I witnessed His power when, at the end of my workout, the sky darkened and a tremendous downpour of rain began the moment I was safely back in my car. I began seeing God as not only real, but personal as well. My faith had been transformed into trust.

The aftermath of the 2005 hurricane season required me to start digging once more. I had lost my roof during Hurricane Katrina and it took more than a year to get it replaced. After nine months of leaks and ceiling collapses, I began to feel the strain. My previous understanding of God was not enough – it wasn't working any longer. Waves of self-pity began to hit me. It wasn't a question of footwork or redoubling my efforts. It was a matter of renewing my faith. After much writing, prayer, and meditation, I finally broke through to the next level of my spiritual strata – confidence! I discovered that I not only need to trust God, I need to have confidence in Him. I began to see God's presence in the situation, instead of being separate from it. I learned to pray that God would have me think what He would have me think, feel what He would have me feel, and do what He would have me do. My peace of mind was restored and I found strength far beyond my own. I have seen my spiritual growth evolve from an intellectual understanding to belief, then to faith, then to trust, then to confidence, and the best is yet to come!

~ Michael from Miami

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NEW SECTION . . .

Garry (men only) 619-582-0469
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Available sponsors: Email your phone number to dtyler126@yahoo.com to be posted in this space in the next issue.

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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 Fall Everyone.

I recently had a nice visit with my Aunt in Oregon. While my Aunt is not in program she is involved in recovery circles where she lives and it is a blessing to be able to talk with her because she “gets” what recovery is about. While visiting her, I shared with her about my recovery and how “**BINGE**” has played a large part in my disease. While we understand what “Binge” is in our program, I wanted to share what it really means for me. “Binge” means for me “**B**ecause **I**’m **N**ot **G**ood **E**nough” and this is what lead in part to the food. **B**ecause **I**’m **N**ot **G**ood **E**nough, I felt like I didn’t fit in, that I was not smart enough, that I was not pretty, that I was less than. To fill the pain and void that produced in me, I coped by using food. While at one point the food worked as a coping mechanism, it quickly went beyond that and into an addiction.

What this simple program has taught me is that I am okay—that I am enough. While life still happens and my **B**ecause **I**’m **N**ot **G**ood **E**nough feelings still arise occasionally, I have a program that reminds me that I do not have to eat over people, places and things. I have a program that, if I choose to do the footwork, provides for me what I need with the love and help of my Higher Power. As long as I keep my focus on my Higher Power and recovery, I can make it through life, no matter what life brings.

Thank you, Higher Power, for showing me your continued love!

~ 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
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<i>Submit articles to dtyler126@yahoo.com and put Reach Out in the subject line</i>		
Recorder	Richard	
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	Vacant	
12th Step Within Committee (acting)	Donna W.	619-549-0548

A man who was trying to lose weight showed up at work eating out of a pink bakery box stuffed full of assorted desserts. His co-workers were stunned. They asked, "What are you doing? Aren't you supposed to be on a diet?" The man

quickly reassured them all, "Don't worry. It's okay. God said it's all right." Almost in unison they asked, "What do you mean, 'God said it's all right?'" The man said, "You see, this morning when I got up, I told God, 'God, if you want me to go to

the bakery and eat all I want, let there be a parking space right in front of the store.' And sure enough, the eighth time I drove around the block there was a parking space directly in front of the bakery!"

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

When I first came to the Program, I lost my weight rather rapidly and, of course, everyone would ask me what I was doing. I would then "lock and load" and fire away about my new Program. Well, as you can imagine, they didn't listen very long because I overwhelmed them. I was so excited about the new way of life, that I forgot that they were only interested in the "weigh" of life. They were not prepared for the emotional, spiritual recovery out there. The attraction worked, but the promotion I offered was not likely to help the fellowship grow.

I learned slowly how to publicize the Program and not myself. As a result of early membership, in

1976, I was on "60 Minutes" as victim of becoming a drug addict by the use of diet drugs. I did not mention my membership in the Program, and had my face covered, and only stated that I had found recovery in 12 Steps. I have spoken publicly very often. If on the radio, (remember that) I never gave my last name or any defining information other than what the Program had done for my life. We had some photos taken for a newspaper story and it was from the back...no one faced the camera.

If some do not make it in the Program, it is not the fault of the Program or any member thereof. It seems pretty forthright and simple to follow these rules.

~Phyllis

San Diego County Intergroup Nominations on November 4—Elections on December 2

Abstinence and Recovery Requirements:

To be elected to the Intergroup Board, a nominee must have a minimum of one year of current abstinence, six months of which shall be at maintenance, with the nominee being the sole judge of his/her abstinence .

Available Positions:

- Chairperson
- Secretary
- Internal Information Chair
- Public Information Chair
- Reach Out Editor
- Region 2 Coordinator
- Retreat Liaison
- 12th Step Within Committee Chair

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:

- Thursday, 12:30 Step Study and Literature Meeting has moved from Imperial Beach to First Baptist Church at 494 E Street, Chula Vista

CLOSED:

- Wednesday, Hillcrest, 4 pm
- Thursday, City Heights, 6:45 pm
- Friday, OASIS, Midnight
- Saturday, OASIS, 1 pm, Young People

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)

NOVEMBER EVENTS & ACTIVITIES

- Intergroup Meeting:** November 4, 7 pm, OASIS
- Board Meeting:** November 18, 7 pm, OASIS
- Thanksgiving Day Marathon Meetings:** November 26, 10 am to 4 pm, OASIS

Upcoming Events

- 12/12 Workshop:** December 12, 2-5:30, OASIS
- 156th Serenity Retreat:** February 19-21, 2010, Warner 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
November 28***

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

HELP NEEDED

For those who wish to do SERVICE and give back to the program for all you receive, here are some jobs that need to be done at the OASIS on a regular basis:

Vacuum; clean bathroom sinks, toilets, floors; answer phone; stuff envelopes and help with special mailings; arrange chairs for meetings; remove trash from building; help with filing; make sure lights are off and the door is locked after meetings; clean up after yourself so others won't have to.

Items needed on an ongoing basis:

*Gallon Trash Bags, Toilet
Tissue and Paper Towels.*

CAREFRONTATION CORNER

MARK YOUR CALENDAR

December 12 (12/12)

RECOVERY IS CONTAGIOUS—RELAPSE IS NOT

A workshop at the OASIS from 2 pm to 5:30 pm

We will have a panel of speakers with group participation. You will receive encouragement, strength and hope from abstaining members of Overeaters Anonymous.

Please plan to attend and bring a friend . . . Better yet call someone you have not seen in a meeting lately and invite them to meet you there.

REMEMBER: We cannot do this alone; we need the fellowship of OA to walk with us each day.

Sponsored by: 12th Step Within Committee
Contact: Donna W. 619-549-0548