

The REACH OUT

Overeaters Anonymous, San Diego County Intergroup, Inc.

September 2011 - Issue 9

Every Amends Sets You Free

There was a fellow OA member named Kent H. who lied about his driver's license weight.

After a year in OA, while working the steps he knew he must make amends for the lie. Then, he received a request to come to the DMV for a new photo to update his license.

Previously he told the DMV, he weighed 240 when he knew he weighed 260! Small white lie? To be vigorously honest, he would tell the DMV his true current weight 225. "I am sorry that I lied about my weight ten years ago." He said to the DMV lady who looked at him with a blank stare! Her only response was to change his hair color from brown to bald!

Don't stop reading this because - you think so what - who did that hurt or doesn't everyone do that?

Read for the inspiration - when I heard this I was like wow - no matter the size or time of the event - take time to make amends - it will make you feel good - regardless of the other person's feelings.

Should you have expectations and consider the amends "successful" only if it's met with great hoopla and admiration. No - & its good my friend didn't because the DMV clerk didn't care.

But I cared - I saw in my friend someone who accepts himself, someone who is not crippled by what others think of him, someone who doesn't need to control every last detail, someone who can admit mistakes, learn from them, and say I'm sorry - even if they weren't caught - wow I realized that working the steps does the same things for me ok my kids are like you got all that from him saying he's actually thinner than he was when he lied? Isn't the point he should be grateful he's healthier?

Well yes - he is grateful he's healthier – healthier: physically, spiritually, & emotionally – & I'm grateful he gave me permission to share - because miracles aren't always huge explosions they are the daily improvements in life. Thanks Kent

The Ninth Step Promises

The choice is ours...



Do we want more of what brought us to OA ...

We were having trouble with personal relationships, we couldn't control our emotional natures, we were prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people—was not a basic solution of these bedevilements more important ... ?

3rd ed. Big Book pg. 52

... or do we want what practicing the principles of OA promises?

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear.

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

3rd ed. Big Book pg. 83 & 84

The choice is ours...

OASIS ▶ 6150 Mission Gorge Road Suite 125 ▶ San Diego CA 92120-3310

Tel: 619-521-2538 ▶ Fax: 619-521-2548 ▶ Website: www.oasandiego.org ▶ E-mail: oasd@sbcglobal.net

HOTLINE

The following fellows can be reached **24/7** – if you don't reach the first person you call, just work your way down the list – it works if you work it so dial ☺

Carolyn 858-228-6284
Dave B. 619-224-4500
 or cell 619-787-2937
Gillian 619-563-5167
Jo 562-948-5040
Linda J. 619-415-3510
Lisa (*anorexic*) 775-781-4275
Mary Jane 858-616-6472
Reggie 858-442-0749
Shannon (*bulimic*) 619-772-8918
Steve C. 858-373-8642

The following fellows can be reached at designated times

Christine (*ANOREXIC*) 8:30am – 8:30pm
 619-992-5344
Flor (*Spanish*) 8am – 8pm 760-931-9802
Ginger 11am – 9pm 619-296-1860
Nicki 9p – midnight 619-582-3372

It is important that you are available and willing to return calls promptly. To have your name added/changed/deleted from any list in Reach Out ro_editor@oasandiego.org

AVAILABLE SPONSORS & SPEAKERS

Listing available at <http://www.oasandiego.org> as pages 5 & 6 of Web Reach Out

Retreat Committee Updates:

16th Serenity Retreat: **IT WORKS-IT REALLY DOES, BUT WHAT PROGRAM ARE YOU WORKING?** to be lead by an LA speaker, who focuses on the Big Book. He is associated with and well known by the leader of the last retreat. Scholarships are available – contact Richard 619-610-8525.

Message from a Board Member:



What are some ways to be good to yourself?

Use the tools

Plan of Eating Sponsorship Meeting Telephone Writing	Literature Action Plan Anonymity Service
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To Maximize the Effectiveness of the Tools

- Update the meeting directory to current contact. tjo@acm.org
- Identify your meeting's Intergroup Rep – Does the Intergroup Rep have to attend all Intergroup Meetings? It's preferable and required for voting. But all reps will be placed on e-mail distribution to receive Oasis, regional, and WW updates. ro_editor@oasandiego.org
- Nominate a Public Information Rep – who can participate and/or keep in contact with Public Information Committee. lorettasolsbery@blackhills.com

Hotline Numbers – Help Us Ensure Late Night Availability

- Late night eating – dangerous time – the Drive Thrus are open & so should OA – if you are willing to take late night calls send your # to ro_editor@oasandiego.org
- If you are currently on the HOTLINE list identify hours you are accepting calls.

Region 2 Reps – openings for Reps, Coordinator, and attendees to the October Region 2 Assembly – contact any Board Member for details.

Congratulations new Retreat Committee Officers: Treasurer: Leslie C & Retreat Liaison: Rex. Rex officially begins his duties as liaison in Feb. upon completing his tenure as COB.

Trusted Servants

Chair	Rex	619-302-3003
Vice Chair	Eric P.	619-446-8850
Secretary (acting)	Holly	619-861-4823
Treasurer	Dave B.	619-224-4500
Internal Information (acting)	David H.	858-525-2533
Literature (acting)	Joanna	619-972-9974
Professional Outreach	Gina	619-618-6447
Public Information (acting)	Loretta	619-456-7882
Reach Out Editor (acting) ro_editor@oasandiego.org	Carlin	760-274-3484
Recorder (acting)	Barbara S.	619-813-7677
Region 2 Coordinator	OPEN	
Retreat Liaison	Iola	619-370-4594
WSO Coordinator	OPEN	
Young People's Coordinator	OPEN	
12th Step Within Committee	Jenny J.	858-354-4547

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle
Love for others



9th Tradition

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle Structure

9th Step Prayer

Higher Power, I pray for the right attitude to make my amends. Being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress.

That's a Phrase that works for me

The journey is the destination.

Every day is a gift that's why we call it present.

FUD – fear uncertainty doubt – everyone's got it – I'm not terminally unique.

MAD – motivated aggressive determined – use my defects positively to stay in recovery

Dam the stream - Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.

Send your favorites to ro_editor@oasandiego.org

September Question???

Did everyone else know there is a Spiritual Principle for the Steps and a Spiritual Principle for the Traditions?
Answers will be posted in next issue.

Send me a sentence, paragraph, page – I look forward to hearing from you ro_editor@oasandiego.org

How One Member Calculates Abstinence Date

I count my sobriety date from the day I began going to AA in prison, not from the date of my last drink.

Being dry is not being sober. . .

I am still arrogant, egocentric, self-righteous, with no humility, even phony at times, but I'm trying to be a better person and help my fellowman.

Guess I'll never be a saint, but whatever I am, I want to be sober and in AA. The word "alcoholic" does not turn me off any more, in fact, it is music to my ears even when it applies to me.

God bless all you people in AA and especially you fellows in prison, Remember, now you have a choice.

c. 2003 AAWS, Experience, Strength and Hope, pp. 381-2



Growing in Sponsorship

According to the Big Book, *"nothing will so much insure immunity from drinking as intensive work with other [compulsive overeaters]. It works when all other activities fail."* Despite this promise, many of us are afraid to begin sponsoring. Some of us wonder if we are 'good enough'; others wonder if we enough have the time to be of service.

In July, more than 60 OAers gathered together to talk about these issues. A panel of three sponsor/sponsee pairs shared their experience, strength, and hope. They answered tough questions about sponsoring friends, maintaining healthy boundaries, talking about food, ending sponsor relationships, and helping a sponsee to move out of relapse.

Two of the most important messages that came out of the afternoon were 1) HP is in charge and 2) just do it. Sponsoring is a wild ride but, as our abstinent panelists all attested, it is well worth the effort.

Here are some questions to ask ourselves about sponsorship. Use them as writing prompts or as discussion questions with other OAers.

1. Where am I with sponsoring? Do I have a sponsor? Do I have sponsees?
2. If I don't sponsor, why? What would it take for me to start sponsoring?
3. What are some fears/challenges I'm encountering? How can I work my program around these fears/challenges?
4. What are some of the blessings I'm encountering? How can share these blessings with others that they may start to sponsor as well?
5. How can I become a better sponsor/sponsee? What resources are available to me?

ANNOUNCEMENTS

NEWCOMER MEETINGS

Monday at OASIS, 6:30 pm
now at 6150 Mission Gorge Road Suite 125

Saturday at OASIS, 8 am

Saturday in Encinitas, 8:30 am

INTERGROUP & COMMITTEE MEETINGS AT THE OASIS

now at 6150 Mission Gorge Road Suite 125

Intergroup Meeting: 1st Wednesday of month @ 7 pm

Board Meeting: 3rd Wednesday of month @ 7 pm

Public Information Committee: 4th Wednesday of month @ 7 pm

SEPTEMBER EVENTS & ACTIVITIES

NEW MEETING – Step-a Month STARTS Sept 7 – Wednesday at 1:00 pm
San Rafael Church, Rancho Bernardo
17252 Bernardo Center Drive (Room H-I) SD, CA 92128
Contact - Gayle 858-217-6680

Channel Islands OA Womens Retreat: Sept 23-25
Raven 805-964-6359 or Linda 805-722-0467

Orange County Big Bear, Big Life Retreat
Sept 30, Oct 1 & 2nd 2011
Jeanine G. 562-301-6127 or bigbear.retreat@oaoci.org

UPCOMING EVENTS

161st Serenity Retreat: October 14-16, 2011
IT WORKS-IT REALLY DOES, BUT WHAT PROGRAM ARE YOU WORKING? - Pathfinder Ranch Idyllwild

Region 2 Fall Assembly: October 21-23, 2011; Sacramento
<http://oar2.org/>

12th Step Within Workshop: Nov 13, OASIS
Staying Abstinent during the Holidays

ABC's of Abstinence Cruise
Long Beach to Ensenada: Nov 11-14
Coco Leigh 818-903-7685 cocoleigh@sbcglobal.net

12th Step Within: Monday Dec 12, OASIS
National 12th Step Within Day

Some I LOVE it Meetings

My Favorite Meetings - Monday Night @ 7pm

The first OA meeting I attended was the Monday night newcomers meeting at 6:30 and I stayed for the 7pm regular meeting. Several other newcomers attended that night and we all sat near the back of the room trying not to be noticed but we were! When I was given a newcomers token it said "Never Alone Again" and I started crying happy tears. One year and 7 months later I can say with much joy that I have not been alone. I have many friends in that meeting (and in other mtngs) but the reason it is my favorite is that almost every week we get to meet newcomers and encourage them to keep coming back. I met my Sponsor and 2 of my Sponsees in that meeting and I will be forever grateful to the members of that meeting who encouraged me to "Keep Coming Back". Holly

Share something about your favorite meeting. Ro_editor@oasandiego.org

for complete meeting updates http://www.oasandiego.org/month_meeting.pdf
on-line &/or phone meetings <http://www.oa.org/meetings/find-a-meeting-online.php>

August's Q – What's the Difference between HUNGER & CRAVING?

Hunger is need for food, while craving is desire for food. Most foods will alleviate hunger because it's a physical need to eat.

Cravings come from emotional hunger. Food does NOT address emotional hunger.

Literature Corner

Stay literate - visit your literature rep, shop online at
http://www.oa.org/literature_catalog.htm, or meet someone at the OASIS
OASIS is now at 6150 Mission Gorge Road Suite 125

Joanna, Chair	619-972-9974
Rex	619-302-3003
Reggie	858-442-0749
Iola	619-370-4594
Dave B.	619-787-2937

Saturday: 9 am—1 pm

Gina S.	619-758-1531	
Tue: 11:30 am—1:30 pm	Wed: 11:30 am—1:30 pm	Saturday: 8:30 am—Noon

September's Recommended Read:

For Today – for me a life saver – msg from 9/1: I cherish my OA friends: because of them, all my relationships are improving. 30 days has April, June, September, & November – so there's 29 other pearls waiting for you !

Do you have a Recommendation for Book of the Month? Please include title, which meeting you found it at & why you love it- your contact information is optional.

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AVAILABLE SPONSORS

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Carlin (North County)	760-274-3484
Crystal D.	619-240-1928
Dave B.	619-224-4500
Garry (men only)	619-582-0469
Ginger	619-296-1860
Mary Jane	858-616-6472
Nicki	619-582-3372
Reggie	858-442-0749
Rex	619-302-3003
Sal	858-535-5914
Steve	858-373-8642

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.	619-787-2937 cell 619-224-4500
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
Reggie	858-442-0749
Sal	858-535-5914
Samantha	858-565-1974
Steve C.	858-373-8642
Steve P.	760-231-1492
Thomas F.	619-280-1956
Tracy	760-489-6601
Virgil	619-749-9810