

# The Reach Out

Overeaters Anonymous

[www.oasandiego.org](http://www.oasandiego.org)

San Diego County Intergroup Inc.

May, 2017

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## Mark Your Calendar!

**1-6 May: World Service Business Conference; Albuquerque, NM; Theme: Growing OA Unity Worldwide;** Embassy Suites Hotel & Spa. 1000 Woodward Place NE, Albuquerque, NM 87102, Phone: 505-245-7100; \$157/night includes breakfast. For info: <https://oa.org/members/world-service-business-conference/>

**Saturday, 6 May (First Saturday each month): San Diego Intergroup Service Board Meeting; Oasis Conference Room; 12:30 am - 1:45 pm;** Elected Board Members meet to discuss fellowship business. Everyone in the OA Fellowship is welcome to attend, however voting is reserved for elected Board members.

**Saturday, 6 May (First Saturday each month): San Diego Intergroup Meeting: 2-3 pm; Oasis Main Room;** Intergroup representatives for OA Meetings throughout the county meet to participate in and learn about the workings of the fellowship. Everyone in the OA Fellowship is welcome to attend, however voting is reserved for elected Intergroup Representatives and Board members.

**9-11 June: OA Region 2 Convention – Rocketed Into The 4<sup>th</sup> Dimension; Hilton Orange County-Costa Mesa, Costa Mesa, CA, 92626; Info: [www.oar2.org/convention/upcoming/](http://www.oar2.org/convention/upcoming/)**

**Sunday 11 June (Second Sunday of Even Months): OA R2 Chat with the Chair;** Ask any question about OA Region 2 Assemblies, Intergroups, Meetings, Service, 12 Traditions, 12 Concepts of Service, etc.; Call 605-475-4000 and enter conference call ID: 326612# (Press \*6 to mute and \*7 to talk.)

**Saturday, 24 June, San Diego: 12 Step Within Workshop; Food Sobriety; 1:30 pm** at the Oasis (Address above)

**28-30 July, Overeaters Anonymous Serenity Retreat, Mission San Luis Rey, Oceanside, CA; Information: [retreats@oasandiego.org](mailto:retreats@oasandiego.org)**

## LOVE AFTER LOVE

by Derek Walcott

The time will come when, with elation,  
you will greet yourself arriving  
at your own door, in your own mirror,  
and each will smile at the other's welcome.  
And say, sit here. Eat.  
You will love again the stranger who was yourself.  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you  
all your life, whom you ignored  
for another, who know you by heart.  
Take down the love letters from the bookshelf,  
the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.  
**Submitted by: Carol S.**



To purchase literature call:

Corrine W, Chair	619-977-1546
Deena B.	858-335-6286
Rex M.	619-302-3003
Mary V.	619-962-2449
Dave B.	619-787-8937
Iola B.	619-370-4594
Reggie R.	858-442-0749
Jeri A.	619-665-3637
Joanna B.	619-972-9974
Beth C.	619-454-8263
Roberta S.	619-920-0645

## Twelfth Step Service Opportunity: We Need Your Help!

If it is time for YOU to pick up a few hours of service as part of your recovery, here is a unique and fulfilling way to do some 12th Step work.

**The Problem:** People calling the San Diego Oasis to get information are not being answered by a human being. Many callers hang up without leaving a message.

**One Solution:** During our April First Saturday Board and Intergroup Meetings, the Board, and then the Intergroup showed enthusiasm at the following proposal:

**Pay for a phone company service that would allow callers to have the Oasis phone, when dialed, be directly answered by YOU on YOUR cell phone. For how long? Just for 24 hours. Then you use a code and the phone number of the next OAer on the list, and then that person answers calls for the day. Volunteers would have a script, and a few guidelines to help them field first-timer and other calls.** The most common situations/questions are:

Q. How can I get a meeting list?

A. With a computer: Go to [www.oasandiego.org](http://www.oasandiego.org) and click on the link at the top right of the page to view or print a PDF document with the meetings list.

With a cell phone: Go to [www.oasandiego.org](http://www.oasandiego.org) and scroll up or down the list of meetings on the home page.

With neither: You can mail a meeting list to the caller's mailing address.

Q. Is there a meeting on/at (day or time). A. Read the info from your meeting list and/or refer them to [www.oasandiego.org](http://www.oasandiego.org).

Q. How does OA work? (...and similar questions.) A. Give from your experience, strength and hope.

Q. Any question you cannot answer! A. Get the contact information and pass it to the designated Board member who will take the appropriate action.

With 20 or 30 or more volunteers, this would reduce the individual commitment to one day each month or so.

**How do you sign up? Easy!!**

1. Send your name, phone number and email address to [reachout@oasandiego.org](mailto:reachout@oasandiego.org)
2. If there are any limitations as to days, such as "Only week days," "Not Tuesday or Wednesday," "Only on Fridays," then include that in your email.
3. I will create a new volunteer page on the OA San Diego Web Site, and as soon as I receive your info, I will post it on <http://www.oasandiego.org/volunteers>. That way everyone can see how many are signing up.
4. As soon as the list of names hits 20-25 names, I will forward everyone the information they need, and name a day to start the rotation of duties.
5. The list and the day that you have phone duty will be on the volunteers page, and I will maintain the list.

So, if you wish to do service and join this grand experiment in doing Twelfth Step work, send in your information today.

**“...My incredible behavior in the face of a desperate desire to stop was explained. Understanding myself now, I fared forth in high hopes. ... Surely this was the answer—self-knowledge.”**

***AA Big Book, “Bill’s Story,” p. 7.***

I have learned a whole lot about myself and my compulsive eating disease over the 6 decades I've spent dealing with it in one way or another. There were the 20 dieting years pre-OA; then I found OA, read the Big Book and learned I had a disease. My incredible behavior and desperation were explained! I learned that I had a physical, emotional and spiritual disease, and I found the 12 Steps to be an effective solution. I figured the “physical” part was referring to my 50 or so pounds of excess weight. The emotional and spiritual parts began to be straightened out as I worked the Steps, making it much easier for me to refrain from bingeing. Self knowledge was the answer at last, after I'd spent 20 years in diet-and-binge hell! It was a great relief. I fared forth in high hopes.

Several relapses ensued and I found I couldn't just eat however, whatever and get “cured” by working the Steps. I had missed the point of the “physical” nature of my disease. It wasn't about my weight—that was just a side effect. I had an allergy of the body, and that was only half of the problem. I had a *mental illness*, as well. The allergy was what caused me to always eat too much, once I started snacking. It took me years to come to that self-knowledge. And, no matter how diligently I worked (or thought I worked) the steps, that allergy wasn't going away. Ever. It is part of me for life.

More self-knowledge. More faring forth, etc. Because the day came when, knowing full well that I was allergic, I just HAD to pick up that first snack, and the battle began again. Knowing the devastating consequences didn't matter at all, because of the mental obsession. I hadn't quit working the Steps *entirely*. I'd just gotten busy and taken a bit of a “vacation.”

Stepping away from the Steps didn't work for me. I have a friend in OA who says, “It isn't the caboose of the train that will kill you, it's the engine.” I used to think the engine was the first compulsive bite. I know now that the first bite is more like the third or fourth boxcar back; the engine is when I decide I'm too busy or too tired or too whatever to work my Steps today.

Working the Steps with you, one day at a time,

Sally

## OAsis Volunteer Office Workers

DAY	OFFICE HOURS	NAME
MON	10:30 am – Noon	Patricia
TUE	10:00 am – 2:00 pm	Roberta
WED	10:00 am – 2:00 pm	Chuck
THU	10:00 am – 2:00 pm	Richard
FRI	10:30 am – 2:00 pm	Larue

**The OA members on the left have volunteered to work in the OAsis Office as a way of doing service for us! They probably wouldn't mind at all if you stopped by on their shift to say **THANK YOU!****

## The Secret of Giant Redwoods

From an early age I learned never to trust anybody, that it was "heroic" to do everything on my own. But that didn't work out so well. Fortunately I found Overeaters Anonymous, or maybe it found me. Recently at a celebration of life for a departed friend, I heard an astonishing story – then heard it again less than a week later from a visiting OA with many years of powerful recovery.

The story is about the California sequoia redwood, the biggest tree in the world. One would think this type of tree has a root system that goes deep underground, far surpassing all others. To the contrary, it has a very shallow root system -- extending down only 6 to 12 feet -- and no taproot to anchor it.

How can something this large and tall remain standing for thousands of years through earthquakes, storms, fires and floods? The secret is that each redwood's root system is intertwined with others, forming a vast, stable network. All the trees in the grove hold each other up. Not only that, but these giants grow very close to each other and even share nutrients. What wonderful lessons Nature can give us as we learn to trust our fellows and work the program!

-- (Anonymous)

Articles and stories in The Reach Out are the work of the individual authors, and do not represent the San Diego Intergroup Incorporated or OA as a whole.

## Big Book Workshop CDs Available

For those who missed Harlan G's 1-day Big Book workshop in Vista on December 10, you are in luck! Our friends at the event venue recorded the session. CDs are available in a small brown sack on the bottom shelf of the literature cabinet; ask any literature committee member to open it. The suggested goodwill offering to defray costs is \$10; please send cash or check to: Steps Serenity Shop, 1745 E. Vista Way, Vista, CA 92084.

### ♥ INTERGROUP BOARD CONTACT INFO: ♥

Alphabetical by first name

NAME	POSITION	PHONE	EMAIL
Beth C.	Recorder	(619) 454-8263	recorder@oasandiego.org
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*Channing G.	Professional Outreach Chairperson	(360) 929-3759	pro-outreach@oasandiego.org
Corrine W.	Literature Chairperson	(619) 977-1546	literature@oasandiego.org
Dave B.	Treasurer	(619) 787-2937	treasurer@oasandiego.org
Deena B.	Public Information Chairperson	(858) 335-6286	public-info@oasandiego.org
Elyesse U.	Twelfth Step Within Chairperson	(858) 531-0045	twelfth-step@oasandiego.org
*Gina E.	Secretary	(619) 677-2510	secretary@oasandiego.org
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*Lessie C.	Internal Information Chairperson	(619) 739-1643	internal-info@oasandiego.org
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Richard V.	Webmaster	(619) 370-7840	webmaster@oasandiego.org
VACANT	Young People's Chairperson	N/A	N/A
* = Acting			