Mark Your Calendar!

Saturday, 4 February: Board Meeting; OAsis Conference Room; 1:00-1:45 pm; Elected Board Members meet to discuss fellowship business. Everyone in the OA Fellowship is welcome!

Saturday, 4 February: 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.

24-26 February: OA Florida State Convention: 700 N. Westshore Blvd., Tampa FL. Contact: Joan (727) 785-9208 or Ruby H. (813) 516-0782

Saturday, 27 February, 11:30 am, PST: Unity Day; “This Day recognizes the strength of the fellowship worldwide. ... OA members pause to reaffirm the strength inherent in OA’s unity.”


10-12 March: Houchen Retreat House, 83 Houchens Rd., Hamilton, New Zealand. Contact: Nell H. oahamigsecretary@gmail.com

17-19 March: Jacksonville Florida Soar 8 Recovery Convention & Biz Assembly; 1201 Riverplace Blvd., Jacksonville, FL. Contact Carly B. eastcoastgirl1020@yahoo.com

24-25 March: Region 2 Spring Assembly; Costa Mesa, CA; Info: www.oar2.org/assemblies/spring

21-23 April: Baton Rouge IG Spring Retreat; 313 E. Martin Luther King Jr. Drive, Grand Couteau, LA;

1-6 May: World Service Business Conference; Albuquerque, NM; Theme: Growing OA Unity Worldwide; Embassy Suites Hotel & Spa. $157/night includes breakfast. For info: https://oa.org/members/world-service-business-conference/

25-27 May: Poland National Convention; UL Prusa 28 24-150

9-11 June: Region 2 Convention; Costa Mesa, CA; Info: www.oar2.org/convention/upcoming/

Your OAsis Needs Volunteer Support!

The OAsis needs your help! The small office and two meeting rooms on Aero Drive, known as the OAsis needs your help. At the moment, two volunteers are covering the hours of 10 am to 2 pm on Tuesday and Friday. Your hours will be just about whenever you want them to be. Two types of volunteer workers are being sought:

1. **Office Worker:** People who can take two to four hour shifts in the OAsis. Duties include:
   - Getting mail from the downstairs mailbox and delivering to the appropriate board member’s basket
   - Listening to incoming voice mail messages, record the details, and either answer any questions, or pass the information on to the appropriate board member
   - Assist personnel needing access to the computer or Wi-Fi system
   - Answer the phone and either handle the call or record the details and pass them on to the appropriate person
   - Issue building and office keys to authorized personnel

2. **Office Manager:** In addition to the duties above, the Office Manager will:
   - Train and advise Office Workers in the proper performance of their duties
   - Replenish on-hand stock of forms, ink cartridges and general office supplies

If you are interested in helping in the smooth functioning of the fellowship OAsis, contact: Richard V. (619) 370-7840 or Dave B. (619)787-2937

Any Token Takers?

I would like to publicly acknowledge, in this newsletter, those in the fellowship with specific periods of abstinence. If you have taken a token in the last month, please send your first name, last initial and period of abstinence to reachout@oasandiego.org

Richard V., Editor

Articles and stories in The Reach Out are the work of the individual authors, and do not represent the San Diego Intergroup Incorporated (SDCII) or OA as a whole.
Public Information: Carrying the Message, Part 1

How did you find out about OA? Through a friend, a doctor, another 12-step program? Or was it in a less personal way – perhaps a newspaper article, bulletin board flyer or website? All are important methods to carry the message of recovery to people dying from the disease of compulsive overeating. Obesity and eating disorders have grown to epidemic proportions in the U.S. and abroad. More than 2 in 3 adults today are considered to be overweight or obese, with links to Type 2 diabetes, heart disease, hypertension, strokes, cancers and more.

Working our 12-step program gives us physical, emotional and spiritual recovery. How can that lifeline be made more available in a society that clearly needs it? If we are to carry the message to the public, we should look at Tradition 11. The first part is: “Our public relations policy is based on attraction rather than promotion....”

This means **publicizing OA, not promoting it.** Here are some examples of how to publicize OA legitimately:

- A website with meeting schedules and locations, events and topics of interest
- Newsletters or pamphlets about OA and local meetings at a health fair
- A public service announcement on the radio about OA meetings
- A supermarket bulletin-board poster with an overview of OA and upcoming meetings

In contrast, here are some examples of promotion that violate the 11th Tradition:

- Celebrity endorsements in public or social media (TV, film, newspapers, magazines, YouTube, Facebook, appearing at events)
- “Before” and “After” claims of weight loss in public or social media
- Professional ads in TV or other media

The first group represents distribution of factual information. The second group represents **professionally produced content with an emphasis on persuasion and advertising techniques.** This is a crucial distinction. Many of us carry battle scars from years of expensive weight-loss programs and surgeries that reduced nothing but our pocketbooks. We need a program that works for us and does not take advantage of us.

Another important reason for avoiding promotion in our public relations policy is that people have to be ready to hear our message. There is no one-size-fits-all technique; everyone is different. Some people are already at the end of their rope and willing to try anything when they come to their first meeting. Others take longer to decide; it may take weeks or months or more. Some come for one meeting where a seed is planted, only to return years later. “When the student is ready, the teacher will appear.”

Ultimately, what is the foundation of our public relations policy? Many say that the best way to attract others is to work a strong program ourselves, using the 12 steps, 12 traditions, and 9 tools of recovery, and sharing our experience, strength and hope. This program works if you work it!

Deena B., Public Information Chairperson

Next month: Anonymity vs. Secrecy
About Today

"But just underneath there is deadly earnestness. Faith has to work twenty-four hours a day in and through us, or we perish." AA "Big Book," page 16

In my home OA meetings this month, we are studying Step One. We have newcomers at almost every OA meeting, and "re-treads," fresh from their personal losing battles with this disease.

A lot of the time, we are laughing as we talk about our insanity, the lengths we went to so we could keep practicing the disease, the crazy diets we went on, the ways we cheated on diets, and the weight we lost and regained with a "bonus." Underneath this, however, there is a deadly earnestness.

As my OA friends and I read and talk about Step One, we are reminded that we really do have only two options: a life of faithful action on the Steps or a living death. The world I live in surrounds me with opportunities to take that first compulsive bite, and it is up to me to repeatedly choose to abstain. Easy, if I were a completely rational person with perfect self control. Instead, I'm a person whose intelligence and self-control were hijacked long ago by this cunning, baffling and powerful disease.

The only defense I have against the disease is the OA program. When I act on faith, get myself to OA meetings, and actively work OA's Twelve Steps and use OA's nine tools, I am granted a reprieve from the disease. My sanity is restored for another 24 hours. The food temptations all around me lose their appeal. I love my food plan and the healthy foods on it, and the freedom it gives me to think straight and live well.

Step One reminds me that messing around with food, even a little bit, even to the extent of a single bite, could easily plunge me back into my addiction and hopelessness. I can laugh today, only because I am earnest about staying out of the food and working the Twelve Steps.

Gratefully abstaining,
Sally

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Some really great recovery can be found in these podcasts!! Check it out:
https://oa.org/podcasts/

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Are You Under 36 Years Old?
Young People's (18-35) Phone Meeting
Wednesday, 5 PM PST
Call: 712-775-7035 Enter Code: 305422
A Chiropractor’s Testimonial: Back-to-Back Healing

“I am a chiropractor, and I take care of people of all ages; my primary focus is musculoskeletal complaints like pain in the lower back, neck and joints.

I use a holistic approach with my patients, combining chiropractic adjustments with nutritional counseling, because people have pain for many reasons – stress, chaos, being overweight and sometimes pain is caused by the foods they choose to eat. I educate my patients about how food choices can be contributing factors to inflammation and how inflammation causes pain. Most of my patients are addicted to sugar and starchy carbohydrates, and I hear about their struggles and failures when trying to cut back or quit or try a new diet. They gain the weight back and can’t seem to keep it off.

Chiropractors believe in congruence between our personal and professional lives. This means we have to walk the talk, so during my patient discussions, I tell them my story: how I found peace with my food choices through working the Twelve Steps of OA. I tell them how OA restored my body from swelling and pain to ease and health. OA has given me emotional and spiritual support to lose the compulsion to overeat, to lose weight without dieting or gimmicks, and to maintain my weight loss with confidence and peace. I speak to them about hope and the promise that if they decide to become open to healing physically, emotionally, and spiritually, OA can teach them how, just once step at a time. I keep OA’s New Comer Packet (#710 at bookstore.oa.org) in my office to give them if they ask for more information, and I offer them a list of all local meetings in their area. Feedback has been amazing, and my patients come back and thank me for sharing my story with them.

I have been in OA for a year now and it has changed my life completely. I am grateful that I was invited to my first meeting, so I talk about my experience to as many of my patients as possible. I want for them what OA has done for me. There is hope. OA is the answer.”

By: Dr. Julia M.
Source: 2017 OA Courier, Professional Community

What Service Means to Me

Service is an absolute necessity for me. Service saves my life! If I didn’t take on service positions and “get in the middle” as a result, my disease would quickly get the better of me.

This disease is cunning, baffling and powerful. Somehow it manages to convince me that I don’t “need” to go to that extra meeting – after all, I don’t have a service commitment there this month! Never mind that I always feel better, lighter, happier and more in touch with my higher power after a meeting.

But my disease is a trickster. It can convince me of any lie. And the biggest lie of all is, “you don’t have to stay connected to program - you’ve got this!” Wrong. God’s got this – but only if I use my tools and stay in the middle.

And service lets me do that. Service makes me accountable to my fellows, and I really don’t want to let my fellows down – they are struggling with this life-threatening disease too. So I won’t leave them hanging. I am so grateful for the opportunity to be of service!”

Shivangi B.

This Space Reserved for Whatever YOU Want!

If there is something you would like to see, or to see less of, or to see more of, in “The Reach Out”, this is the time and place to let us know!

Tell us what you want.

Remember, that this is the fellowship newsletter, so it should reflect and contain material of interest to you.

Send your ideas, thoughts or suggestions to reachout@oasandiego.org