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Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

For more information about Overeaters Anonymous and its program of recovery, visit santacruzaoa.org or call our Hotline, 831-429-7906

Remembering Rozanne

ROZANNE S. FOUNDER, OVEREATERS ANONYMOUS 1929-2014

In this issue of The Stepping Stone, we pay our respects to Rozanne, OA's founder, who passed away recently at the age of 84. January 19, 1960 was an amazing day in OA history. Rozanne got together two other compulsive overeaters and they had the very first Overeaters Anonymous meeting. On that day, the fellowship of Overeaters Anonymous was born! From there, OA has grown to about 6,500 meetings in over 75 countries – more than 60,000 members.

“Beyond Her Wildest Dreams”

With one step into a 1958 Gambler's Anonymous meeting, Rozanne S., founder of Overeaters Anonymous, set foot on her worldwide journey to bring help and hope to thousands struggling with compulsive overeating. Rozanne's journey has come to an end. The Board of Trustees and the World Service Office of Overeaters Anonymous pay tribute to the woman whose energy, vision, determination and compassion gave birth to OA in 1960. With the help of many others, hand in hand, she nurtured OA for 54 years.

Rozanne became OA's visionary, always searching for new ways to reach out and carry the recovery message. She abandoned her initial attempts to rewrite the Twelve Steps and Twelve Traditions for compulsive overeaters, relying instead on the universality of the original Steps and Traditions of Alcoholics Anonymous (AA). Early on she recognized the media's value in carrying the message. She coaxed the producers of a syndicated television show to feature OA. On November 1, 1960, seven OA members appeared on the show; it produced a significant jump in OA membership

Rozanne brought significant change to OA's diversity, its outreach and its recovery program. She suggested OA hold its first Conference in August 1962. In 1961, OA had voted to ban men. Rozanne disagreed. With the Conference Committee's approval, she invited A.G., a male Texan and cofounder of Gluttons Anonymous, to attend. Gluttons Anonymous merged with OA at the Conference, and thus began the welcome of men into OA.

In 1979, after Rozanne expressed concern for helping international OA members, the first Conference International Committee became a reality with Rozanne as chair. She also served on the Board of Trustees and as National Secretary.

Rozanne wrote many literature pieces for OA, including the OA promise (I put my Hand in Yours) and the original Newcomers Packet. More information about Rozanne and the early days of OA can be found in “Overeaters Anonymous, second edition” and “Beyond My Wildest Dreams,” as well as the DVD interview titled *Reflections: A Visit with OA's Founder* and a CD compilation of speeches *And Now a Word From Our Founder*.

Adapted from a tribute to Rozanne, OA World Service Website

Looking Back... In Our Own Words

OA's beloved founder, Rozanne S. began Overeaters Anonymous in California on January 19, 1960, and fulfilled her dream that it become an international organization. We are forever grateful to her for her vision, perseverance, and love, through which so many have found recovery from compulsive eating. In light of this, we have asked various members to look back at their time in OA.

She'aShaunna, 9 months

My sponsor said I could receive the magic of OA if I worked all nine tools. That's when I also received my miracle OA program. I am learning to take care of myself and love myself along the way. My sponsor and Higher Power gently revealed to me my insanity around food and life.

When decades ago I started my eating behaviors, I stopped feeling. This stunted my emotional growth. Emotionally, I never grew up. Now as I use the tools (including my Sponsor and HP), my abstinence unravels and dissolves my blocks to sanity.

Today I thank God, my Sponsor, the OA Program and all those I meet along the way--I am changing. My journey to freedom from compulsion and obsession hasn't been easy--and it can be challenging. Yet I love it and "wouldn't change it for the world." I feel grateful.

She'aShaunna

Claudia, 30 days

In my first 30 days of abstinence, I've experienced moments of clarity, courage and strength within myself, that I would of never imagined in my whole life. The biggest burden that I have been able to remove is the heavy weight of my secrets regarding my compulsive overeating. These secrets I've kept hidden from everyone my whole life. I never had the courage before now to reveal my true self and not feel ashamed, but feel loved.

Claudia P.

Tanya, 20 years

Looking back over my twenty years in OA, I can see how doing service beyond the group level really helped me find and keep my abstinence. In the early years of my program, I was an Intergroup representative. IR's don't need to be abstinent. They only need to have attended OA meetings for three months, and be committed to the Twelve Steps and Traditions.

It was inspiring to watch the Intergroup Board in action. These people had a lot of recovery. It gave me hope to see that the disease of compulsive overeating didn't consume them. Their focus was on doing good work for the benefit of all OA members in Santa Cruz County.

More recently, I volunteered to serve as a member of Intergroup's Executive Board. As the Vice Chair, I had to have at least six months of "current self-defined recovery." Being accountable that way helped me to maintain my abstinence. I've heard it said that "service is slimming." I would add that "service boosts self-confidence." When I was Vice Chair for Intergroup, I certainly did not do the job perfectly. Nevertheless, I got a lot of positive feedback from fellow OAers. Being appreciated was a definite boost to my self-esteem.

Tanya

Marion, 3 years

Looking back on the last three years, I see the 12 Steps of OA as the glue holding my program together. I listen to the reading of the Steps at the beginning of every meeting and they are in my heart and in my consciousness as a result. I go to meetings where we read and study the Steps each month. I have worked Steps 1 through 8 with my sponsor and I am getting ready to complete Step 9. I have read "How It Works" in the Big Book many times, and each time I learn new things.

Where would I be without the Steps? I would be back struggling with my self-esteem, my perfectionism, and my disease. I would be harshly judging myself and others. I would be trying to control my food, my life and the lives of others. I would not know my loving Higher Power and I certainly would not be at peace.

We say that this program is simple but not easy. This is so true. I have worked hard during these three years and continue to do so. With the Steps, my work bears fruit and my life is joyous and free.

Marion

Glenda, 23 years

The first tool I started using was attending a few meetings a week. Gradually, I felt a little bit more confident and found a food sponsor and a step sponsor. Then it became easier to call people. Gradually I started walking and later joined a gym.

After about 5 years I went to workshops and began doing service by calling people that marked a "C" by their name at meetings. I was still binging occasionally. In 2006 I had foot surgery and was in a wheelchair for about a month. I was too embarrassed to ask people to buy me junk food. When I could drive again I ate for 12 hours and got sick. Then I gave up sugar with the help of my sponsor and my therapist.

I began doing more and more service. I was the Secretary of the Sunday 9:00 a.m. meeting twice; taught improvisational comedy around working the steps and tools at retreats; planned and worked at day retreats and the camping retreat; and was the World Service representative for three years. I've also been a step sponsor and a food sponsor for the past 15 years.

Now my action plan every day is: in the morning I meditate and pray. At the end of the day I write in my journal: my food, my feelings, my exercise, and how my day went. I read "For Today" as well as answer the questions each day in the "For Today" workbook.

Glenda D.

Suzanne, 14 years

Thinking about Rozanne founding OA back in 1960, leads me to wish I had found it much sooner! Still, I have no wish to complain, I'm so glad I found it at all! I have learned to love the person I am. And so the last 14 years have opened the most amazing doors in my life. As I grew in the program and in my true self, I have divorced and remarried, had a couple of fabulous jobs and some not so fabulous, retired and started my own business.

I have done service and gained so much in doing so. I have learned to sing and perform, studied various art forms and joined a church. I have traveled and made wonderful friends, mostly in the fellowship. My mother has died and my husband has lived, and I gained a huge family of stepsons and daughters, grandchildren and great grand-children.

While I have had the usual ups and downs of life, and still struggle with a sane, abstinent existence, I know that I will always have the blessings of this amazing program: support, companionship, HP, the 12 steps and the knowledge that I can live well and be well, one day at a time.

Suzanne M.

A DAY IN OA

Being Enough

FREEDOM FROM THE BONDAGE OF SELF

SATURDAY, MAY 31, 2014, 12:30-4:45 PM

**LIVE OAK GRANGE, 1900 17TH AVENUE
SANTA CRUZ, CA 95062**

**Speakers • Meditation • Art
Workshop • Raffle
Clothing Exchange**

Anorexia & Bulimia

Our third tradition states that “the only requirement for OA membership is the desire to stop eating compulsively.” We’ve found that obesity isn’t the only symptom of eating compulsively. Our membership is varied: not only in its diversity but also in the eating behaviors which bring us to OA.

From the pamphlet “OA Members Come In All Sizes”

Open Intergroup Positions

- **World Service Business Conference Delegate.** Attends the annual World Service Business Conference or acquires a copy of the final report. Summarizes pertinent information to be shared at the Intergroup meeting.
- **Web Master.** Updates the Intergroup website as needed. Checks the Region 2 and WSO websites and downloads pertinent information to share at Intergroup meetings.
- **Temporary Sponsors Bureau Coordinator.** Recruits temporary sponsors and keeps the list of available temporary sponsors. Responds to calls requesting a temporary sponsor and matches the request with an available temporary sponsor.

Qualifications: Six months of current self-defined recovery with the exception of the WSBC Delegate who should have at least one year of current abstinence and at least two years of service beyond the meeting level.

Outgoing holders of each position will train and mentor the new person coming into the position.

The Literature Table

The first OA book I read is titled “Overeaters Anonymous, Second Edition.” It’s a collection of inspiring, personal, heartfelt stories by members who are recovering from compulsive over- and or under- eating. It’s these individual personal stories that I related to (some more than others) that gave me hope and brought home the awareness that I was not alone in this struggle. I felt a sense of hope and a belief that like them I could live a healthy, long, full and joyful life free from compulsive eating. Their testimonies to the success of this program for living as found through the Twelve Steps and Twelve Traditions of OA have been a source of great comfort and inspiration. I am so grateful that this literature was there when I needed it!

A grateful recovering compulsive overeater!

In Memory of Dre

Our next newsletter will feature a tribute to our fellow OA, who passed away recently.

Find a Meeting

**Meetings are drop-in and open to all.
Meeting information is subject to change.**

SUNDAYS

9:00-10:15 a.m. Speaker/Discussion

Sutter Maternity & Surgery Center
2900 Chanticleer Avenue, Santa Cruz
Fragrance Free

4:00-5:15 p.m. 90-Day

Church of the Nazarene
115 South Morrissey, Santa Cruz

MONDAYS

12:15-1:15 p.m. Literature

Trinity Presbyterian Church, Library
420 Melrose Avenue, Santa Cruz
Fragrance Free

7:00-8:00 p.m. Book Study/Speaker

Soquel Congregational Church
4951 Soquel Drive, Soquel
Fragrance Free

TUESDAYS

12:15-1:15 p.m. Steps/Traditions

Trinity Presbyterian Church, Library
420 Melrose Avenue, Santa Cruz

WEDNESDAYS

10:30-11:30 a.m. Voices of Recovery

Bayside Baptist Church
1335 Seabright Avenue, Santa Cruz
(across from the Gault School)

12:00-1:00 p.m. Literature

Learning Our Literature (LOL)
49 Blanca Lane, #303, Watsonville
831-707-0039

6:30-7:30 p.m. Writing

The Wednesday Night Meeting
335 Spreckles Drive, Suite A, Aptos

THURSDAYS

1:00-2:00 p.m. Big Book and Brown Book

Louden Nelson Community Center, Room 5
301 Center Street, Santa Cruz

FRIDAYS

12:15-1:15 p.m. For Today

Quaker Meeting House
225 Rooney Street, Santa Cruz

12:00-1:00 p.m. Writing

Wonders of Writing (WOW)
49 Blanca Lane, #303, Watsonville
831-707-0039

SATURDAYS

9:00-10:00 a.m. Speaker/Discussion

Calvary Episcopal Church
532 Center Street, Santa Cruz

11:00 a.m.-12:00 p.m. Steps/Traditions

Watsonville Hospital
Sequoia Room
75 Nielson Street, Watsonville
Fragrance Free