

Fall

Santa Cruz OA Newsletter

2008

Welcome

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 overeating and to carry the message of recovery to those who still suffer.

For more information about Overeaters Anonymous and its program of recovery, please explore our site or visit www.oa.org.

OA Game Night

Every 2nd Saturday of the month
6:30-8:30pm

Meets at: St Stephens Lutheran Church
2500 Soquel Ave (betw Capitola Rd and 7th Ave)

Contact: Kathy Belle 332-3369

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Dominican Hospital Meetings Are Moving

Due to construction at Dominican Hospital's Education Center, OA will not have access to the meeting rooms there. The Friday 12:15 and Sunday 9:00 meetings (which includes intergroup following once per month) will be moving in November, but the location is not known at the time of publication of this newsletter. Please check the OA website (www.SantaCruzOA.org) for updated information, or check with the meeting secretaries:

Friday: Jen: 247-0832; jenzumotmiller@yahoo.com

Sunday: (Co-Secretaries):

Glenda: 475-4245; gcdixon9440@earthlink.net,

Helene: 471-9072; helene@gardengirlsdesigns.net

Save The Date For A Day In OA January 24, 2009

Save the Date for A Santa Cruz "DAY in OA" on Saturday January 24, 2009 Workshop on "Service and Traditions" featuring inspiring speakers from Region 2 and a Clothing Exchange (back by popular demand!)

Compulsive overeating is a baffling, cunning, and powerful disease. We need each other on the road to recovery. We need a strong OA community. How do we keep OA strong? How can I have a "life of sane and happy usefulness"? Service is a tool of action. Service keeps the OA community strong. Service helps us find the emotional, physical, and spiritual recover that we seek.

Come together in a "Day in OA" in Santa Cruz - January 24th, 2009 (Location TBD)

If you want to help with this event, call Chris W. (831) 426-6619

You can use the tool of service right now!

Find a Meeting

Tradition 3:

"The only requirement for OA membership is a desire to stop eating compulsively."

Sunday	9:00 AM Speaker/Discussion Meeting Dominican Hospital Education Center Free Childcare Available
Monday	12:15 PM Literature Meeting St. Stephen's Lutheran Church Fragrance Free
	7:00 PM Book Study/Speaker Mtg Soquel Congregational Church. Focus: Addicts and Alcoholics
	7:00 PM Spanish Speaking Meeting Moreland Notre Dame Convent 656 Main Street, Watsonville
Tuesday	12:15 PM Step and Tradition Study Quaker Meeting House, 225 Rooney (Off Hwy 1 at Morrissey) Fragrance Free
Wednesday	10:30 AM Voices of Recovery Study Bayside Baptist Church 1335 Seabright Ave., Santa Cruz (across from Gault School)
Thursday	12:15 PM Brown Book of OA Study Quaker Meeting House, 225 Rooney (Off Hwy 1 at Morrissey)
Friday	12:15 PM "For Today" Book Study Dominican Hospital Education Center,
	7:00 PM Speaker/Discussion Meeting Soquel Congregational Church
Saturday	9:00 AM Speaker/Discussion Meeting Calvary Episcopal Church 532 Center St, Santa Cruz Fragrance Free

For information on the meetings, call our **Hotline Number (831) 429-7906**. All meetings are open to all OA members. This information is subject to change.

IDEA Day

IDEA Day is the Saturday before Thanksgiving, either November 15 or 22. Check with Nanette, 462-9644.

They are going to have a 4 question questionnaire for writing and sharing at the Saturday morning meeting 9 am, Red Church, and will have coffee and tea. IDEA is International Day Experiencing Abstinence.

An Abstinent Lunch

Recently a long time OA member from out of state visited one of our members and they came to the 10:30 morning meeting. Four of us went to lunch afterward—finding a vegetarian restaurant to meet our visitor's needs.

The only discussion about food concerned the large portions they served. We discovered that we had found OA in four different states and one of our group attended her first meeting here in Santa Cruz. We agreed that the one person that morning who attended her first meeting was more important than any of us—even though our combined years added to a total of 104 years. We agreed on the importance of our making a daily commitment.

We related experiences of Higher Power managing the details of our lives and how exciting it was now each time we realized the miracles and the freedom from our food addiction—just as exciting as it was when it first happened. We talked about feeling the craving for food when we didn't need it for physical nourishment and how important it is to find someone we can help when that happens. We had a lovely abstinent lunch.

With OA love,

-Liz M

Some Great Quotes

From Recent OA Meetings

(with apologies for the lack of attributions, but these are simply quotes from recent meetings that happened to make it into my notebook and I didn't note who said them—Yitz M)

F.E.A.R

F alse	F ace	F eel
E vidence	E verything	E motions
A ppearing	A nd	A nd
R eal	R ecover	R elax

I was born without patience. I can't find it in myself, but I can borrow it from the program. Experience shows that it will work out if I do the footwork.

We experience life at the level we treat each other.

How often do I have a run-in with my own self-righteous anger?

Tears build bridges and tear down walls

Can I be around people and not take it personally?

I feel addicted to being in the problem. I wonder if I could live with being in the solution...

Human Filters

THOUGHT is Universal Intelligence filtered through the human brain.

EMOTION is Universal Intelligence filtered through the human heart.

FEELING is Universal Intelligence filtered through the human body.

-Yitz M

Holidays 2008

Holidays stir up my disease.

We bought Halloween goodies to pass out to Trick or Treaters.

I ate too much dinner and snack tonight.

These events are connected.

My disease reared its ugly head and dove into the food with glee.

I need help, so I am writing,

I called a friend and left a message, I am praying to my Higher Power to help me recover and not continue down this path.

I am a compulsive overeater and powerless over food, I believe my HP can restore me to sanity,

I turn my life, my will, my weight, and my food over to HP's care.

I can't do it without help.

God help me, god help me, god help me.

I need to up my program:

More meetings, more reading, more phone calls, more writing, more turning it over, more asking for help.

Please remove my shortcomings.

I can't do it.

Please replace them with coping skills that work, that cause no harm.

Help me to forgive myself, to make living amends to myself, that I may better share my recovery, that I may continue to recover.

There's more to me than my food and weight.

Let me see the light, the lighter side.

There's humor here somewhere.

I am stressed with Assembly, Literature Committee, Newsletter deadline, Intergroup, WSBC, Trustee application, writing class, theatre class, golf, moving to Palm Springs, fixing our office, bridge, bills, etc.

Doing too much!

Let go, let God.

Does HP know how to play Bridge?

And this is only the beginning of the season!

-Meg H.

Highlights From Region 2 Fall 2008 Assembly

October 24-26, Doubletree Hotel, Ontario, CA

It was fun! We (44 reps, board and parliamentarian) did business and committee work, attended an opening Friday evening of a hilarious skit of Compulsive Overeaters trying to order at a restaurant, and laughed at ourselves Saturday night doing the same for real no matter how hard as we tried to make it easy for our waiter!

Motions that were passed included approving the revised (and simplified) Bylaws, approving purchasing a table top display board (that we can borrow for events), increase IFAP (reimbursements to Intergroups for reps expenses), Requiring Reps to pre-register with a \$25 fee, and approving a motion to the World Service Business Conference to declare Dec. 12 International 12th Step Within Day.

The Diversity Committee is starting an Online Spanish Speaking meeting with the rep from Mexico, starting May 11, Mondays, 5:30-6:30pm PST. Info will be distributed via flyers, websites starting in 2009.

Suggestions for injection enthusiasm in OA in Hawaii were online meetings, phone meetings, use of website, having a rep that is going to Maui speak at a meeting, go to open meetings of other fellowships, celebrate Unity Day in February. We can use these suggestions, too.

FYI: All meetings and Intergroup with bank accounts will eventually have to become legal non-profit organizations. You can postpone this by not changing anything on your account.

There were Ask-It-Basket questions answered by the Board, Intergroup concerns solutions brainstormed, Committee and officer reports. A more detailed report will be distributed at Intergroup.

Please note: I have been elected Region 2 Treasurer and will no longer be able to be our Region 2 Rep. Please consider doing this fun and necessary service. The next assembly is March 21, 2009 in Ontario, CA. All your expenses will be reimbursed. The workshop then will be on how to help struggling meetings. We could use that info!

Grateful to be of service, Meg

Recovery is a BIG Deal

Abstinence is a BIG deal. Or, rather, a BBGS deal! A what?

I define my abstinence as no "Bingeing, Barfing, Grazing or Starving," or BBGS!

Freedom from food obsession one day at a time is a gift. OA has helped me find a self-defined food plan of three meals a day and some sanity. That's not how it used to be with me around food. The food compulsion used to feel like a constant magnet in my mouth, nagging with a need to binge or graze daily. What a hard way to live! I would wake up in the morning already feeling full, and say to myself, "Okay I'm not going to binge today." Well, in a few short hours, that resolve would be gone, and I'd be back into the food, bewildered, frustrated and dismayed. I was powerless.

Coming to OA has changed my life - I am grateful for the Twelve Steps, and sponsorship, meetings, phone calls, and a finding a higher power. For someone who couldn't get through the day without turning to food, I am grateful for the chance to live another way. OA is such a blessing. Let's keep coming back!

J.W.

OA Podcast

We have a new Podcast uploaded. It is an edited recording of the OA meeting that took place at the BOT/Region Chairs weekend in August. It runs 54 minutes, so it will take some time to download, especially if you don't have a high-speed connection. http://www.oa.org/get_podcast.htm

Thank you to everyone who submitted material for the Fall Newsletter!

Winter Newsletter Information

Submissions: PLEASE!—MSWord or Excel format

Email to: OASCNews@Yahoo.com

Deadline (if you want to make your edits) Feb 21

Final Deadline: Feb 28

Newsletter editor: Yitz M (831) 594-9489