

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.

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***Don't Try to Solve Problems
before they Come Up...***

--Submitted by Liz

**"Stepping" through the Redwoods
an OA Retreat, September 11, 12, & 13**

Come join us for three days of relaxation, meditation, and inspiration. Camp under the Redwoods, and renew your relationship with other OA's and your higher power. Pre-registration is \$30. for the entire weekend or \$20. for a day. Pre-registration deadline is September 5th. Registration includes: campsite, firewood, water, coffee and tea, and all workshops. There will be a communal fruit salad on Saturday, but otherwise campers bring their own food.

Here are some comments from previous retreat participants:

"The site is awesome with great trees and place to cook, wash and eat. How nice it was to be away from phones and electricity and to share recovery for the whole weekend. I would recommend the retreat to everyone to come for part or all of the weekend. To go home with an envelope of love notes is a treat"

"The place for the retreat is truly magical. A real get-away from my everyday life and stresses."

For further information call :
Suzanne @ 831- 461-1947, or Marci @ 831-335-9240.
The OA retreat registration form is available online at <http://www.santacruzoa.org/>

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 Sutter Maternity & Surgery Center 2900 Chanticleer Ave Santa Cruz 95065 Free Childcare Available
Monday	12:15 PM Literature Meeting St. Stephen's Lutheran Church 2500 Soquel Ave Santa Cruz 95062 Fragrance Free
	7:00 PM Book Study/Speaker Mtg Soquel Congregational Church. 4951 Soquel Dr Soquel, CA 95073 Focus: Addicts and Alcoholics
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)
	6:00 PM Stick meeting (draw a typical OA topic from a hat and speak) Shore Life Community Church 875 Monterey @ Kennedy, Capitola
Friday	12:15 PM "For Today" Book Study St. Stephen's Lutheran 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.**

Or login to SantaCruzOA.org

All meetings are open to all OA members.

This information is subject to change.

Reflections from Region 2 Trustee

2009 MEXICAN CONGRESS IN CENTRAL MEXICO

I went to Mexico for their Seventh National OA Congress, which was August 7-9 in a "small" town of 200,000, Fresnillo, Zacatecas, in the middle of Mexico. 120 OA members came from all over Mexico. I left SFO the night of August 5th for a connection in LA and arrived 6am on the 6th. Pamela, the Region 2 Chair, and I were on the same flight and were met at the airport, taken to the hotel, took a nap, woke to go to lunch and then to the local radio station for an interview! Carolina from Mexico City translated for us the whole weekend. She did a great job and had a lot of work to do!

We had dinner at the restaurant where the Congress was going to be, talked with the local members who were organizing the whole thing (actually only two were doing most of the work), and had a little meeting, sharing our stories and answering questions. They are having trouble getting people to do service. What a surprise! Guess we are the same everywhere!

Friday morning we did a panel PI event at the local university. Several members from Mexico City had arrived by hired bus that morning and shared their experience, strength and hope as well as Pam and I talking also about Region 2 and WSO. We went to lunch and had a couple of hours to nap or get on the net. Then there was a program of a singer, senior women dancers and a poet all non-OA members from the town. The poet's mother was in OA and father in AA so her poetry had program stuff in it. Then there was a PI panel with members, Pam and I (giving messages of

hope) and a doctor and a nutritionist. Questions were all directed to the doctor! Then we had a parade through the town with a band of tampero drum (cross between a snare and bass drum, traditional for the area) two saxophones and a trumpet. We gathered near the Congress restaurant and danced on the sidewalk, walked to a square with pillars and danced there, walked to the church square and danced there, members of all sizes, shapes and ages. They do this kind of parade for every conference that comes to town. Then there was going to be dinner at 10pm at the restaurant. I was too tired and went back to the hotel.

The grand opening was Saturday morning with a parade of groups with their individual banners. Very moving and fun. All the meetings in Mexico are in groups by where they meet. (For instance, our meetings on Mondays, Tuesdays and Fridays at St Stephens Church would be a group.) Then there was another panel but the mayor, doctor and priest did not show up so Pam and I gave talks again. Q&A was full with questions about service and abstinence as were questions during the breaks in the day. We met with Veracruz IG and a member from Mexico IG to talk about Veracruz getting a website up with help from the R2 Webmaster or doing a sub-domain with Mexico IG. It was a good talk and they decided a sub-domain would be easiest. Glad to get that started. The local group got what they needed when Carolina led the morning 7am OA meeting with readings from Voices of Recovery on Service. She and I cooked up that idea at lunch the day before. The Congress was the launch of the Mexican Spanish version of Voices of Recovery and

everyone got a copy in their registration bag. Very exciting!

They had workshops, 2 sessions of a choice of four each. Then lunch and siesta break but Carlos who had arranged the buses from Mexico City arranged to have them take us to the pilgrimage site of Santo Nino del Atocha who is one of the three main saints of Mexico. He also arranged for lunch for everyone which they ate sitting on steps by the buses when we were supposed to be back in town doing a presentation on service and traditions and formats and then a 7th Tradition skit. The people doing these were on the trip! Everything was on Mexico Time so not to worry! So, Pam and I were on another panel and answered questions and I told folks about the WSO Convention next year in LA. Some are planning on going! I was very moved by people there. A lot brought tears to my eyes.

We had a break and then the dinner and dance to start at 10pm. I went to that but did not stay for the dancing. I left at midnight!

Sunday morning Pam gave a presentation on Strong meetings, which went very well even though people came quite late since they had stayed up dancing until 2 or 3am! I left at noon to catch my flight. There was a little more to the closing of the conference that I missed, but Pam was there and stayed another day. They were quite happy we were there.

It was a good experience. Glad to be of service and glad to be home safe and well.

Meg H., Region 2 Trustee

Some Great Quotes From Recent OA Meetings

(with apologies for the lack of attributions, but these are simply quotes that happened to make it into my notebook —Yitz M)

If I manage what goes into my mouth, it's much easier to manage what comes out of my mouth...

We're only as sick as the secrets we keep.
We're only as sad as the stories we tell...

Honesty is the antidote to addiction...

If not for this program I'd be dead by now.
I'd either have killed myself with the food, or
I'd have killed myself because of the food...

Can I feed myself a loving meal?...

Now that I've been given my life, it's my responsibility to live it...

Resentment is when it didn't go how I wanted it to go...Fear is that it wont...

I'm not much and yet I'm all I think about...

One man's epiphany is another man's "duh"...

God speaks simply. If it's complicated, it's not God—it's my ego...

Do I ever get to stop "being in transition"?...

Giving over control does not mean making no effort. It means focusing on footsteps rather than on results. It means doing *my part* of the work and *letting other people do theirs*. It means accepting reality as it exists in this moment. It means trust and hope. It means simply doing the next right thing...

I have spent so much of my life feeling like I *deserved* to be comforted because I'm in so much pain....Now I strive to comfort, which somehow I always find comforting.

OA Santa Cruz Tape Library

Tapes and/or CD's with such titles as "A Respect for Unity," "Agnostics and Atheists on Board," "Do I Belong in O-Anon" and many more can be borrowed and enjoyed in your home or car. Check them out at the Sunday morning meeting at Sutter or at the Monday evening meeting in Soquel. Rental is \$1.00 each with a \$5.00 deposit returned to you when the tape or CD comes back within four weeks.

For further information contact:
Rachel (Rachel@ebold.com)

Divine Mother—

*Cradle my heart
as I unwrap the bandages
that cover the scabs
that form the scars
that bind me in the prison of the self...*

--Submitted by Yitz M

Winter Newsletter Information

Submissions: PLEASE!—MSWord or Excel format
Email to: OASCNews@Yahoo.com
Deadline (if you want to make your edits) Nov 23
Final Deadline: Nov 30
Newsletter editor: Yitz M (831) 594-9489

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