

Santa Cruz OA Newsletter

VOLUME 1, NUMBER 4

DECEMBER 2011

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,
VISIT SANTACRUZOA.ORG OR CALL OUR HOTLINE, 831-429-7906.**

Step by Step

The steps of OA have worked wonders in my life.

I am still married, after more than 28 years. I am still alive. I have not eaten sugar and have maintained a healthy body weight for 22 years. I have learned to ask for help, to receive love, to love my imperfect self and others, to take care of my side of the street and leave the other side alone.

I have a relationship with my Higher Power I never thought possible. My HP is always there for me, always on my side, always loves me, always guides me. I just don't always listen.

If anyone had told me when I first came to OA that I would be saying the first three steps, praying seven prayers and meditating every morning, I would have said they were crazy and I am out of here. Nor would I have believed that I would be reading the same books every day, every morning, and every year, and that I would get more out of the service I give than I ever thought possible.

Thank goodness I stayed. And thank goodness that you are all here too. I can't do it without you.

Newsletter Submissions

Send your OA-related writings to oascnews@yahoo.com or call Marion at 831-334-7233 for more information.

NAME OUR NEWSLETTER

With this issue, Santa Cruz County Intergroup presents a new look for our newsletter. Starting in 2012, we will be publishing six issues a year.

To kick off the new year, we're looking for a new name for the newsletter – one that reflects the experience, strength and hope of the members of our Fellowship.

Send your suggestions via email by January 13, 2012, to oascnews@yahoo.com. The new name will be chosen by vote at the January Intergroup meeting.

**THANK YOU
FOR YOUR PARTICIPATION!**

Please stick around for that "love and understanding beyond our wildest dreams."

– Meg H.

My Meeting

My meeting is on Sundays at 9:00 a.m. I celebrated my first year birthday in OA at the November meeting. Service helped me to find a bond quickly – having responsibility to bring the OA literature each week ensured that I attended regularly for the first six months. Currently I am the newcomer greeter, a service that I think is fun. It gives me an excuse to be friendly to people I've never met before!

I have come to love the rhythm of Sunday meetings: On the second Sunday of the month we read the corresponding OA Tradition from the Twelve and Twelve book. The last Sunday of each month is Birthday Chip Sunday, and all the other Sundays there's a speaker.

This past year I've seen attendance rise higher than 30 and fall as low as 12. I've also experienced the group's desire to speak ebb and flow. Sometimes when no one wanted to share I got tagged and discovered that I always had some bit of experience, strength, and hope to share – even if I didn't know it!

Mostly what keeps me coming back on Sundays is caring about the OA friends who are frequently there. I don't like to miss hearing each week how their recovery is going.

– Karen M.

Upcoming Events

- **DECEMBER 21. New meeting!** Wednesdays at 6:30 p.m. See meeting list on the reverse side.
- **JANUARY 5.** Thursday meeting resumes at Loudon Nelson. See reverse for details.
- **JANUARY 20-22.** OA's 52nd Birthday Party in L.A. Visit www.oabirthday.org for more info.
- **FEBRUARY 25.** Annual Unity Day to celebrate OA Diversity.
- **JULY 27-29.** OA Region 2 Convention in Sacramento. Visit www.oar2.org for more info.

What It Means to Me...

OA slogans are a gift for me: accessible sound bites of wisdom that stick in my brain, ready to pop out during stressful moments to give direction and derail negative thinking.

One of my most useful slogans is the blunt phrase, "***That's not my food.***" Although not as witty or euphonious as some slogans, this phrase is there for me like a straight-talking friend.

Murmuring it affirms that a trigger food is not even to be thought about; it's simply not an option. Somehow, these words restrain my cravings for that food and push them aside so I can move past them.

It takes food that would harm me psychologically off the table – and that keeps it literally off the table.

– *Willa*

From Our Roving Reporter

At about the age of ten, to express my deepest, innermost feelings in private, I was writing poetry under the covers with a flashlight. Thus began a lifelong respect for the written word.

Writing is a very important tool for my recovery. Another essential tool is service. Contributing to this newsletter allows me to be of service to our readers. And I no longer have to hide my feelings under the covers.

Region 2 Assembly October 21-23, 2011

OA Region 2 encompasses California, Hawaii, Mexico, and Northern Nevada.

The Assembly began with a big welcome, a speaker, and songs of recovery with lyrics transposed for songs such as *The Girl from Ipanema*, *Addicted to Love*, and *YMCA*, plus two others.

■ World Service Trustee, Meg H., from Santa Cruz, read the 12 Concepts of OA Service.

■ Roll call revealed that there were two reps from Mexico and one from Hawaii.

■ World Service Trustee, Meg H.,

discussed The 52nd Overeaters Anonymous Birthday Party, January 20-22, 2012, in Los Angeles. For more information, visit www.oabirthday.org.

■ Meg also presented a new pamphlet, *A Common Solution: Diversity and Recovery*, available at the online bookstore.

■ I attended the Diversity Committee meeting. The committee will use e-mail, Skype and conference calls to work on ideas to be presented at the Spring Regional Assembly.

Currently, I'm working with the Monterey Region 2 representative to plan an event for our two regions, on February 25, 2012, the annual Unity Day, celebrating OA Diversity.

■ Sacramento Intergroup put on a musical comedy pitch for the Region 2 Convention next July in Sacramento, called *Recovery, More Precious Than Gold*.

A Day in OA November 5, 2011

Recovery, a Process Not an Event, was a four-hour program devoted to an exploration of Abstinence and the Twelfth Step Within. The event opened with the OA version of the song *YMCA*, led by local OA songstress, Mikayla.

Presentations then included:

■ **Speakers.** Ellen (Sausalito) and Mikayla (SC) on the subject of Abstinence. Margo (SC) and Marsha (Mountainview) spoke about relapse and the Twelfth Step Within.

■ **Ask-it Basket.** Moderator Gi put questions from the audience to the panel of four speakers.

■ **Workshop.** An interactive workshop with Marion, using stories of abstinence and relapse from the book called *Lifeline Sampler*.

■ **Stretching.** Glenda led us in a bunch of fun stretches.

■ **Twelfth Step Within Skit.** Actors Meg, Sean and Karen performed, followed by a sharing and discussion period about relapse.

During breaks, premium items were raffled off and an interesting clothing exchange took place.

– *Gi, Region 2 Rep*

Find a Meeting

Meetings are 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
Free childcare with advance reservation.
Call 831-429-7906 by Saturday.

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

St. Stephen's Lutheran Church
2500 Soquel Avenue, Santa Cruz
Fragrance Free

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

Soquel Congregational Church
4951 Soquel Drive, Soquel
Focus: Addicts and alcoholics

TUESDAYS

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

St. Stephen's Lutheran Church
2500 Soquel Avenue, Santa Cruz
Fragrance Free

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.

Watsonville First United Methodist
229 Stanford Street, Watsonville
St. Stephens Room

6:30-7:30 p.m. Writing *New Meeting!*

Teach by the Beach (next to JC Nails)
#50 Rancho Del Mar
At Rancho Del Mar Shopping Center, Aptos

THURSDAYS *First Meeting on January 5th!*

1:00-2:00 p.m. Big Book study

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

FRIDAYS

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

St. Stephen's Lutheran Church
2500 Soquel Avenue, Santa Cruz

12:00-1:00 p.m.

Watsonville First United Methodist
229 Stanford Street, Watsonville
St. Stephens Room

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
75 Nielson Street, Watsonville
Sequoia Room