

# Santa Cruz OA Newsletter

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MAY/JUNE 2012

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](http://SANTACRUZOA.ORG) OR CALL OUR HOTLINE, 831-429-7906.**

## The Twelve Traditions: Our Guide to Stability and Sustainability

Many of the meetings in Santa Cruz regularly read the Tradition of the month.

**Why is it important to study the Traditions?** The Steps guide us to personal recovery and the Traditions guide the meetings and OA as a whole to stability and sustainability. The Traditions ensure that OA survives and continues to be there for our recovery in the years to come.

**Where did the Traditions come from?** The Traditions came from Alcoholics Anonymous just as the Steps did. The Traditions were written as AA found certain things that were detrimental to the organization as a whole and to the sobriety of the individuals; things that diverted the members from the primary purpose of carrying the message of recovery through working the 12 Steps.

**How did I learn about the Traditions?** It started with service above the group level – intergroup, Region 2, World Service Business Conference. The people working at this level were talking about how the Traditions worked and how they kept OA

**If you would like to remain on or be added to the Santa Cruz OA Master Contact List, email Jane at [cheekyr@ymail.com](mailto:cheekyr@ymail.com) or call 588-2574 by June 10.**

## THE TWELVE TRADITIONS

**“Overeaters Anonymous has twelve traditions which are designed to keep our meetings and service committees on track, functioning in such a way as to nurture the recovery of all compulsive overeaters who seek help in this Fellowship.**

**“...the twelve traditions embody the same principles for living as do the twelve steps. Those who have studied them carefully have found that these traditions can be applied effectively to all human relationships, both inside and outside OA.”**

**From *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, pp. 107-108**

stable and successful. I also learned by trial and error and by being corrected when I didn't follow the Traditions. I continued reading and studying the Traditions in order to be more effective at my service above the group level. And now, I work the Traditions as well as the Steps with my sponsees and continue to learn more about how they keep OA safe for the future.

I am passionate about the Traditions because this program has saved my life and I want it to be available for the rest of my life.

*Anne O.*

## Our Traditions: Honoring All Those Great Big Mistakes

The Twelve Traditions are what happen when Pride and Fear sit down together and say their prayers. They are what rises when discord and ego land on the sacred pause button to remember that within every conversation, every action, every group event is a Power so loving and so infinitely creative that there is nothing to fear.

In a meeting that follows the Traditions, I sense a surrender among group members. There is time to listen to each other and to tend to things properly. There is no need to compromise or piece together a hasty idea; something really right is evolving within us. We are letting grace be grace. There is no hurry.

Sure, sometimes it's uncomfortable to sort things out, but with the Traditions in place, I feel safe. Our Twelve-Step predecessors made a lot of painful mistakes that shaped the Traditions. The Traditions remind us that the individual will always do well to consider a greater vision.

“Let us always remember that any society of men and women that cannot freely correct its own faults must surely fall into decay if not into collapse. Such is the universal penalty for the failure to go on growing.” (Bill Wilson letter from *AA Comes of Age*, p. 231)

In gratitude,  
*Jennifer P.*

## What It Means to Me

My favorite OA slogan is "Keep Coming Back." "It's one of the last things we say at meetings, and one of the most important. And it's very practical. If you're new to OA and everything is all a big blur, and if you can only remember one thing, remember to keep coming back.

My sponsor used to say, "Keep coming back - I need you!" I liked her reminder of how much we all need each other.

Ours is a disease of isolation. When I remember to keep coming back, to meetings and the program, I'm staying connected to our common spiritual solution. We "bring the body, and the mind will follow."

In addition, I need to keep coming back to:

- Abstinance one day at a time.
- The concept of a loving Higher Power.
- The Twelve Steps.
- Remembering it's about progress, not perfection.

Our brains can be like sieves; what goes in one day might have fallen out by the next! Simple repetition and footwork keep us in the solution. That's one of the simple beauties – and mysteries – of OA.

I love OA. I regularly need to hold hands with people whose last names I may not even know, as we remind each other to "keep coming back!"

*Jean W.*

## From Our Region 2 Rep Region 2 Assembly: Abstinence is Golden

The Assembly began with a big welcome, an ice breaker called "Someone Who," and a roll call. A 60% quorum was established (28 of 38 intergroups present).

### Reports

**Secretary:** Read the new definition of abstinence and recovery.

**Treasurer:** Submitted the financial report for 2011. He also thanked the young people who sent stories in to *Lifeline* and gave a pitch for us to try and get the publication to any young people who need help.

**WSO Trustee:** Presented the Abstinence Packet, to be shown at Intergroup meetings.

**Events Coordinator:** Revealed dates and locations of several upcoming events:

Fall Assembly, SF Doubletree Hilton, October 26, 2012; Spring 2013 Assembly, Palm Springs Hilton; Convention, Palm Springs, June 28, 2013; Convention, San Francisco, July 4, 2014.

### Intergroup Concerns

Taxation on literature is important. No tax ID is necessary, but if there is one please use it. Tax amounts will be available on oar2.org and sacvalley oa.org.

Having non-members presenting at A Day in OA is an outside issue. See Tradition 10.

### From the Ask-it Basket

■ Concepts of OA Service (R2 bylaws and IG bylaws) are available at oar2.org.

■ OA World Service does not provide insurance for meetings. Some groups have a rider on the personal insurance of a member or a rider on the church/building insurance. Silicon Valley IG has information and solutions.

■ 30-day membership for sharing at a meeting (OA HOW or 90-Day): This is *not* a rule, only a suggestion.

■ How to get free downloads: Go to sv.oa.org.

### Committee Matters

**Young People:** Sending out *Lifeline* articles about young OA members and creating a safe place for younger members in our organization.

**Bylaws:** Working on updating language.

**Diversity:** Survey with diversity packet, workshops and mental health postcard and letter.

**IG Outreach:** Helping struggling Intergroups survive.

**Public Information:** Creating a standardized letter to health services and fairs.

**12th Step Within:** Working on writing an article for newsletter.

### Special Comments

■ Prepare newsletters with a theme of service.

■ Have a Young People's focus meeting once a month; bring a young person in to lead it.

■ Go to Irvine/Orange county Web site to find out how to run a meeting with a diabetes focus.

# 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

### 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. Literature Learning Our Literature (LOL)

49 Blanca Lane, #303  
Watsonville

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

**The Wednesday Night Meeting**  
Teach by the Beach (next to JC Nails)  
Rancho Del Mar Shopping Center, Aptos

## THURSDAYS

### 1:00-2:00 p.m. Big Book, OA literature

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. Writing Wonders of Writing (WOW)

49 Blanca Lane, #303  
Watsonville

## 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