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## 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 [SantaCruzOA.org](http://SantaCruzOA.org).

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## Submissions

Please submit your OA related writings for the newsletter to [OASCNews@Yahoo.com](mailto:OASCNews@Yahoo.com) by December 10<sup>th</sup>, 2011 for the next publication date of December 18<sup>th</sup>, 2011

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## It's All about Support

A recent study sponsored by a weight loss company compared a weight loss program using one's doctor's guidelines to that of one which included meetings as a part of the program. As we all could have guessed, the one with meetings had much greater success. I suppose it's good to have proof of what we've known all along.

I have been doing some comparisons of my own lately. I have been involved in both an OA program and an OA-90 program. I'm happy to say that both approaches to healthy eating have proven to work for me. It is simply a matter of which program will work best for you.

I found myself initially showing up at meetings but not really committing to a sponsor or a food plan. I would like to say that this didn't work, but now I wonder. Even though I was not fully committed to it, I was showing up at meetings. That was setting the groundwork. It eventually gave me faith that this was the place for me and I eventually committed myself.

Back in 1995, I went to a Nicotine Anonymous meeting and connected with a sponsor that first night. She told me she required only one promise from me—to show up every week. "Don't worry about quitting smoking. That will come in time." I agreed and I'd have a smoke on the steps to the meeting room before I went in. Over the next three months of meetings, I watched people get their chips, and I saw the pride of accomplishment in their eyes. One Saturday night, I realized that if I quit right then, I could get a 24 hour chip at the Monday meeting. I got my chip and many since, and I haven't smoked in sixteen years.

The meetings worked for me in 1995 and they work for me today. Sitting across from someone who is travelling the same path is powerful. Along with the other tools, we can accomplish goals beyond our wildest dreams. That's why you'll always hear "Keep coming back—It works. Happy Fall.

Jim S

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

## Find a Meeting

<b>Sunday</b>	<p><b>9:00 AM – 10:15 AM</b> Speaker/Discussion Meeting Sutter Maternity &amp; Surgery Center 2900 Chanticleer Ave, Santa Cruz 95062 Free Childcare with advance reservation at (831)462-9644</p>
	<p><b>4:00 PM – 5:15 PM</b> 90-Day Meeting Church of the Nazarene 115 S Morrissey, Santa Cruz</p>
<b>Monday</b>	<p><b>12:15 PM – 1:15 PM</b> Literature Meeting St. Stephen's Lutheran Church 2500 Soquel Ave, Santa Cruz 95062 Fragrance Free</p>
	<p><b>7:00 PM – 8:00 PM</b> Book Study/Speaker Meeting Soquel Congregational Church 4951 Soquel Drive, Soquel 95073 Focus: Addicts and Alcoholics</p>
<b>Tuesday</b>	<p><b>12:15 PM – 1:15 PM</b> Step and Tradition Study St. Stephen's Lutheran Church 2500 Soquel Ave, Santa Cruz 95062 Fragrance Free</p>
<b>Wednesday</b>	<p><b>10:30 AM – 11:30 AM</b> Voices of Recovery Study Bayside Baptist Church 1335 Seabright Ave, Santa Cruz (across from Gault School)</p>
	<p><b>12:00 PM – 1 :00 PM</b> Watsonville First United Methodist 229 Stanford St, Watsonville, CA St Stephens Room</p>
<b>Friday</b>	<p><b>12:15 PM – 1:15 PM</b> "For Today" Book Study St. Stephen's Lutheran Church Santa Cruz, 95062</p>
	<p><b>12:00 PM – 1 :00 PM</b> Watsonville First United Methodist 229 Stanford St, Watsonville, CA St Stephens Room</p>
<b>Saturday</b>	<p><b>9:00 AM – 10:00 AM</b> Speaker/Discussion Meeting Calvary Episcopal Church 532 Center St, Santa Cruz</p>
	<p><b>11:00AM – 12:00 PM</b> Steps/ Traditions Watsonville Hospital-Sequoia Room 75 Nielson Street, Watsonville</p>

# Changes

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." --Ephesians 4:22, 23 NIV

The Twelve Steps prayer for today had to do with changing: my attitude, my desires, myself. And I love the Bible verse that was given for today. It's exactly what I needed to hear! How wonderful that God knows what we need before we even ask, or even know ourselves!

I feel myself changing:

Physically: Every morning when I awaken, after saying my prayers and calling my sponsor, I eat my abstinent breakfast. I put on my work-out clothes and work around the house or on the computer for a couple of hours while the food digests and then I exercise my body. My pants are getting looser and looser! When I first started OA on Aug. 15, 2010, I could barely tie the string around my waist. Now I can pull them on with the string tied! Yes, I can definitely feel and see my body changing physically.

Spiritually, I feel closer to God than ever before. I'm reading The Big Book every day and find so many ways to deepen my faith. I depend on Him for my daily necessities and "relax and take it easy" when life gets difficult. I hear God speaking through other OA members at meetings, too. I can see how God has guided me and helped me to work my program by listening to their stories. "This is a program of identification, not comparison." In the past, I would have said, "Oh, I'm not like that!" But now, I hear myself saying more and more, "Yes, that's exactly how it was (or is) for me!"

Emotionally, I am changing. I have a better attitude

because I'm not shoveling food in my mouth every night. I am more considerate of others. Before, I could only think about my own needs. I was so wrapped-up in myself because I knew I was sick and couldn't figure out how to get well. I have a huge library of self-help books! Thank God for the fellowship of the Overeaters Anonymous! Here is a way of life that is wholesome and spiritual. In one word: recovery; recovery from character defects that cause all kinds of problems in my life.

I am so very grateful to have found OA, and especially OA90-Day. This particular special-focus group of OA is for those of us who need a very structured program. God leads us on a journey to recovery. There are many paths, as many paths as there are sponsors and sponsees. May we all find recovery from our eating disorders? God's peace and serenity to all!

Lara W. (Aptos)

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## A Day in OA

OA Santa Cruz will present the fall "A Day In OA," on Saturday, November 5, 2011. The title is--RECOVERY, *A Process Not An Event*.

We need a few good persons to help. The Clothing Exchange needs a couple more people to collect and arrange clothing.

Also, the Speaker Panel needs a couple more people. If you would like to volunteer please contact us ASAP. Thanks for your service.

831-688-3272



Start the  
Holiday Season with  
Gratitude and OA

**Thanksgiving Meeting**

Thursday, November 24

10:00-11:30 a.m.

At the Red Church

Calvary Episcopal Church

532 Center Street

Santa Cruz

Two Speakers

Sharing

Social time

For more information:

Call the OA Hotline

(831) 429-7906

