

LVO OASIS

[LVOA Website](#)
[Meeting List](#)

Always to extend the hand and heart of OA
to all who share my compulsion;
for this, I am responsible. OA©

STEPPING OUTSIDE OF THE COMFORT ZONE



Comfort Zone - The range of circumstances in which a person feels relaxed or able to cope; a situation in which you feel comfortable and in which your ability and determination are not being tested

Two months before the intergroup elections, I was doing laundry when this thought popped into my head....volunteer to be the Newsletter Chair. WHAT? How could that be? I like the familiarity and comfort of numbers, not words. Numbers are exact, words are ambiguous. Numbers do not belong to me, they are safe. The words I write and decisions I make are mine; they make me feel vulnerable.

I then had a comforting thought, maybe there was a way out. Perhaps no one else will volunteer for the Treasurer position so I can stay in that familiar, comfortable place. Within a few days, I received a phone call from another OA member asking me about the Treasurer position. I had to laugh – there goes my good idea! So here I am, way outside of my comfort zone.

The OA program of recovery has taught me that I always have a choice of what my next action will be. I can choose to stay exactly where I am or to take an uncomfortable action that helps me grow and learn more about myself. The choice is mine, but I find comfort in the knowledge that I am not really alone. I have God with me as I take each uncertain step.

If you have stepped outside of your comfort zone and would like to share your experience, strength and hope, please consider writing it down to be added to the next newsletter.

GOD SHOT SHOUT OUT



A God Shot -a "chance happening with profound meaning, an unexpected blessing, a message from God" or "a shot of God's love. Staying connected with conscious contact and listening for one's Higher Power"

I was never a 'Godly' person. Religion was not in my upbringing. So, you can imagine when I came to program at the age of 33 how it made me uncomfortable to hear anyone talk about God. I was ok with Higher Power, but the word 'God' made me cringe. I told everyone I was agnostic even though I was actually an atheist. I met a woman who had been in program for about 3 years before moving to town. She told me I could borrow her Higher Power while I was working the Steps. So, the next day, I woke up and said "Dear ____'s God" and proceeded to ask for a good day. It was the most wonderful day I had in years. And I thought "Well, I'll never do THAT again." It was an unfamiliar feeling...that feeling of peace, happiness and serenity and I wasn't used to it. And it made me uncomfortable for some reason. I learned that day that familiar and comfortable might not walk hand in hand for me.

It took a while for me to find my Higher Power, God as I understand God. I attended a retreat and the leader gave us a writing assignment: "Write a want ad for God" but remember that God has to be all powerful, all kind and all loving." The first thing on my list was that God had to have a sense of humor...the next thing was that God had to love me

no matter what. And through finding my Higher Power and working the Steps I found a life that I didn't know could exist for me. I am no longer an atheist, I am not agnostic, I believe that God could and would if sought. And so I seek. I say the Serenity Prayer when I'm not sure what to do. I say the Serenity Prayer over and over when I'm feeling lost, scared or angry. And I only stop when my face unclenches and I can smile again. I don't need an altar. I can pray anytime or anywhere because it's just a conversation with the God of my understanding.

–Anonymous



God shot! My story of discovering OA at 50 years old.

The year was 2018, I remember thinking I am going to turn 50, that's half a century. I was heavy physically, mentally, and spiritually. I believed in God, but I was angry with him. "How could you let me be in this body when I prayed, heck even begged you to help me lose weight." Little did I know, he was listening to my prayers.

One day, I had a thought– see if there is an Overeaters Anonymous program here in Las Vegas. Overeaters Anonymous, that was odd, I had not thought about OA, since I went to my first and last meeting in Cleveland, Ohio more than 25 years ago. I would not categorize it as a meeting either. I went inside the room, turned around and left. I thought to myself these people could not possibly understand what I am going through. But here I was more than two decades later thinking about OA. Strange.

Well, I looked up the website and found a quiz. I can't remember how many questions were on the test, but when all was said and done, I knew I was a compulsive overeater that had an unhealthy relationship with food. I took the quiz on a Tuesday, and I attended my first OA meeting that Friday evening.

I kept moving forward, even when I thought, this program is not going to work. My motivation was to save my life. I knew I would reach 600-pounds if I did not get help. So, I got a sponsor, worked the 12 steps, and most importantly, I kept coming back. This past June I celebrated 3 years of abstinence.

I now believe my Higher Power guided me to Overeaters Anonymous over 4 years ago. I love my Higher Power today and cannot imagine my life without him. I am in a healthier place and feel lighter mentally, physically, and spiritually. Thanks H.P.

–Felicia S

Send Your Story to Lifeline; New Blog coming soon!

If you're looking for an outlet to share your writing, imagery, audio recording, or video about your recovery story as a result of working the Twelve Steps of Overeaters Anonymous, send your story to Lifeline! Already, some members have sent short-form videos, comic strips, song lyrics, and graphic art. We can't wait to see what will come from the diverse recovery and creativity in our Fellowship! Check out the new Contributor Guidelines and use our submission form at oa.org/lifeline. In addition to providing a place for members to share their stories, the new Lifeline blog will serve another purpose: our primary purpose.

Through Lifeline, OA will become easier to find online. Imagine entering a question about the problem of compulsive eating into a search engine and finding OA with one click!—That is our goal. With a growing collection of real stories of recovery from our members both on our website and on social media, we will be ever more accessible to the still-suffering compulsive eater who is searching online for a solution. Stay tuned for upcoming announcements and learn more about the new Lifeline blog at oa.org/lifeline.

Update Your Meeting Info at OA.org

The WSO wants your group's most current meeting details. Go to Edit a Meeting at oa.org to update your information so that members in recovery and still-suffering compulsive eaters can locate meetings they can attend. While we are affected by social distancing, it is best to send meeting updates to your service body as well.

Thank you for your service!

–A Step Ahead Volume 26, Number 2, A publication of Overeaters Anonymous, Inc



RECOVERY TOOLBOX

The nine tools are a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service.

USING THE TELEPHONE AS A SPIRITUAL TOOL

“When, therefore, we were approached by those in whom the problem had been solved, there was nothing for us to do but pick up the simple kit of spiritual tools laid at our feet.” (BB pg 25) So picking up the phone is a spiritual action. When I made phone calls early in program years ago, while the phone was ringing, I’d be praying “please don’t be home, please don’t be home.” I had to switch that mindset to praying *for* the person I am calling, which certainly kicks phone work into the spiritual level. Plus I’m doing spiritual weight-lifting when I make a program call, because, depending on the resistance, we all know that phone weighs between 300 and 900 pounds. When I started program in 1983, at meetings we’d all agree that we all needed to make phone calls, then we’d all sit home between meetings ready and willing to TAKE those phone calls. At one meeting I noticed that there were six other folks there, so I made one phone call a day during the week in between the meetings and called each one of them – it helped me and it seemed to help strengthen the meeting too.

Hearing someone’s voice is almost as good as seeing their face; voices are each distinctive. Texting does not fill that sponge for me, I want to hear YOUR voice, your emotions, your happiness, your serenity, your recovery.

Having/making reasons to call makes calling so much easier. I use these reasons:

- I take notes at a meeting so I can call someone afterwards and tell them how I could relate to what they shared.
- I try to call everyone at the meeting before the next meeting (works really well if there are six other people at the meeting).
- I always call speakers and tell them “Thank you, nice job.”
- I call folks who give service and thank them.
- Immediately after eating a meal alone before I get up from the table, I call someone so I can hear myself say “Lunch/dinner is over.” I know who I’m going to call before I start eating and I follow through no matter whether or not I feel like I need to/want to.
- I try to remember to ask “is this a good moment?” before I launch into talking.
- I write down the names of everyone I call each day on a recovery calendar; if I get an answering machine, it only counts if I leave a message AND my phone number.

If, as the old saying goes, abstinence is the most important thing in my life without exception, then the tools that keep me abstinent and sane are just as important.

Get Familiar with OA's Screen-Sharing Guidelines for Literature - OA World Service Office

February 26, 2022

RE: Sharing OA-Copyright Material Electronically

To Overeaters Anonymous groups and members:

With 2022 and the ongoing global health emergency, OA's Board of Trustees see that many OA groups continue to meet virtually and seek ways to carry the message to newcomers and fellows electronically. Since last fall, we have received many requests to reconsider our guidelines on how OA-owned material may be shared electronically. Hearing you, we have reviewed and updated the guidelines.

OA-owned materials are held in trust for OA's Fellowship as a whole. In review, our purpose has been to honor the Concepts of OA Service Five and Six and Tradition Four, always remembering OA's primary purpose.

Here are the updated guidelines for sharing OA material electronically during meetings:

Videoconferencing (e.g., Zoom, Microsoft Teams, GoToMeetings, Skype)

On a videoconferencing platform, registered OA groups may screen share or audio share OA-copyright material without written permission. **To screen or audio share in a videoconference means one party can view the desktop or hear another party without being able to make any changes.**

The screen- or audio-share must:

- Be temporary. Temporary means the material is removed from the shared videoconference at the end of the meeting.
- Be limited. Limited means the shared material is only a small portion of the overall content of the videoconference. This includes but is not limited to OA's daily readers For Today and Voices of Recovery.
- Not be copied or distributed electronically, in print, as a recording, or otherwise.
- Be accompanied by the citation "[Source of material], Copyright Overeaters Anonymous, Inc. All rights reserved."
- Comply with the videoconferencing company's terms and conditions.

In no case should OA-approved material be amended or modified.

Mobile Messaging App (e.g., WhatsApp, Telegram Messenger, Snapchat, Twitter)

Written permission to screen- or audio-share OA-copyright material on a mobile app must be obtained from OA, Inc. by submitting a request to the World Service Office.

Food for Thought -Member Shares

"I can live in light or I can live in dark".

Dark happens every so often and when it does I ask for help. I can go to a professional if things are really hard, I can talk to my sponsor and trusted friends, I can write about it and I can say the Serenity Prayer while asking God to take it over for me. I have done all of these things. Recently I've been having a hard time. I am adjusting to retirement, my ex-husband died and I had to be there for my daughter, I have been angry at my husband, I haven't been waking up to the birds singing and bunnies dancing. I woke up in the middle of the night and my mind went to anger but I'm a trained professional (lol) and I immediately said the serenity prayer and went right back to sleep. I used to spend the rest of the night angry and going over something in my head until it was morning and I was still angry and then I was tired the rest of the day. It was exhausting. Working a 12 Step program is a 24 hour job. There are also times when I like being angry but it doesn't last long because the results are hard to live with....and making amends is a pain in the butt when I eventually realize my part in it. And I always have a part in it. –Anonymous

Creative Spirituality

I started taking pottery classes to do something enjoyable with a friend. My sponsor taught me that being creative was a spiritual action. I didn't fully understand what she meant.

When I started the pottery classes, I kept wanting the pieces to be perfectly shaped as if they were developed in a factory. When the pieces were not perfect, I felt like I was not doing a good enough job, which I have come to know that "not good enough" is the spiritual malady of my disease.

I continued creating pottery with the encouragement of my instructor and sponsor. My instructor told me, the pieces will take on a life of their own through my creative ideas and the process that pottery goes through to be completed. My sponsor encouraged me to continue being creative and work through the ideas and emotions that would come up during the process.

What I came to understand was the imperfections made the artwork one-of-a-kind and unique. The action part of my hands developing the clay and the spiritual part of how the piece transformed. I began to understand creativity as a spiritual action. I started accepting the artwork as a spiritual exercise by letting go of trying to make it be perfect and appreciating the outcome of each piece. Pottery began being more fun and I began feeling more adequate as well.

This reminds me about how I want perfection out of myself with my decades of dieting and trying to get the perfect body shape, which has never been enough (Spiritual Malady). I am like pottery. I do the action of the program and my Higher Power does the spiritual transformation. My imperfections make me a unique, one-of-a-kind child of my Higher Power, an expression in this world. Being creative has given me the opportunity to express myself with love and acceptance with all my imperfections! – Anonymous

Spiritual Principles of the Program

Your spiritual principles encompass your way of doing, being, thinking, believing, and engaging with the world around you. Each Step, Tradition and Concept of OA has a corresponding principle in which we can strive to live by.

July (7)
Humility
Responsibility
Balance

August (8)
Self-discipline
Fellowship
Delegation

September (9)
Love
Structure
Ability

Little Doses of Humility 😊

Humility. This word has brought me a great deal of pain and a great deal of pleasure and comfort. I have struggled for nine years with my disease of compulsive overeating. I did not come into the program at my bottom. I have hit many bottoms. What this has brought me is humility. I have always been a self-sufficient, do-it-myself kind of person.

Needless to say, I found it very difficult to ask for help in this program. My self-reliant, controlling nature was still intact. Each slip I have had has given me a little dose of humility. I gradually learned what foods I needed to stay away from, that a sponsor will not keep me abstinent, that working all the tools and doing service will not keep me abstinent.

Through humility I have come to know a wonderful, loving, gentle, humorous, caring Higher Power. But with my humility I have learned that I need to ask; abstinence is not given to me on a silver platter.

Today I know it feels wonderful when I can be humble and ask my Higher Power for help - even just to take care of me for the day. It is with great humility that I can share my story today. I am a miracle in recovery. But first, I needed humility. I needed to see what I really can't, or don't want to, do anything on my own. I have received a wonderful gift of power within me. I just need to be humble enough to use it. -GM

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Inc.

The D-Word 😱

My first reaction to the Lifeline topic of "discipline" was "Yuck!"

Even though I have such a violent reaction to the D-word, I can now realize and accept how important it is to my recovery.

When I was actively practicing my

disease, discipline was not in my vocabulary. My overeating and binging were the most undisciplined behaviors I can think of. I isolated. I avoided talking to people. I wouldn't go anywhere unless I absolutely had to, because I had to wear my "fat clothes" in order to breathe. I did not know how to stop eating, and I didn't want to. I ate solely for the taste; if it

wasn't sweet, it wouldn't get past my lips. And to heck with nutrition! Exercise was almost as scary as nutrition, because to do the E-word, you had to have the D-word - especially if you were a couch potato like me!

Discipline requires that I attend meetings even when I don't feel like it. It means I make time with my Higher Power and with OA literature. It means I have to pick up that 100-pound phone and reach out to my fellow compulsive overeaters. I must refrain from taking that first extra bite or just tasting "a little something." I have to use food for nutrition and to feed my body, instead of eating for entertainment.

Discipline makes me exercise at least five

times a week. It also demands honesty. When I fall short of such discipline, I suffer the consequences. When I accept discipline as a gift from my Higher Power and use it as a tool, I reap the benefits of recovery.

If I were asked to define discipline, my definition would be "doing all the things that are good and healthy for you that you hate to do." I have heard it said in OA that nothing tastes better than abstinence feels. I agree. The reason I can enjoy the gift of abstinence is because of discipline.
- S. T., Frederick, Maryland USA

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Amends To Myself

This is the Ninth-Step Amends I made to myself recently; I would like to share it with my OA family.

I am sorry for every diet I ever put you on. I am sorry for starving you. I am sorry for stuffing you. I am sorry for taking speed, for over-exercising, for sticking fingers down your throat and forcing you to vomit. I am sorry for taking laxatives. I am sorry for the amount of money spent on diets. I apologize for the endless hours spent talking about food, diets and fat. I am sorry for the useless hours spent daydreaming about the "perfect" lives of the thin. I'm sorry for the self hate, the name calling, the negative talk, the beating up.

I am sorry for squishing you into clothes that are too small and spending good money on clothes that don't fit. I am sorry for depriving you of new clothes because I refused to buy clothes larger than a certain size. I am sorry for making you freeze because a cold body burns more calories. I'm sorry for eating in secret - a practice which created much shame for you. I'm sorry for using food to hurt you: eating until

your tongue hurt, your jaw hurt, your stomach hurt.

I'm sorry for constantly living in deprivation mode, for not allowing you to eat in front of other people and then gorging when they're gone. I'm sorry for settling for certain men because I didn't think you deserved better. I am most sorry for rejecting you through striving to be something other than who you are.

I am sorry for pushing you away and claiming that this child God created wasn't good enough.

I can't give you back your teenage years or your 20s. I cannot erase the 18 years of obsession. All I can do is say I'm sorry and ask you to believe me when I say I did the best I could with the information I had at the time. Now I accept you and I embrace you, every single pound of you. Do not measure your worth by your weight. Life is a celebration. Now let's go celebrate! - DM Oregon

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Where Do I Start? Pamphlet is Now a Free Download

[Where do I start? Everything a newcomer needs to know](#)

As approved by majority group conscience at WSBC 2022, our popular newcomer pamphlet Where Do I Start? has been updated and made available as a free download from the oa.org Document Library under the category "New to OA."

Where Do I Start? pulls vital wisdom from varied OA literature sources, including A New

Plan of Eating, in order to give a concise and compassionate introduction to the OA program. As the Fellowship knows, beginning the journey out of compulsive eating and compulsive food behaviors toward recovery can be difficult, but Where Do I Start? aims to help, giving direction, advice, and answers to frequently asked questions in its brief pages. Direct newcomers in your meetings to this link, and see how our membership grows!

Professionally printed copies and e-book versions of Where Do I Start? can still be purchased for US \$1 each from bookstore.oa.org and popular online retailers.



Carry the Message!! Writers Needed for the Oct-Dec 2022 Newsletter!

Topics:

- God Shot
- Tools of the Program
- The Promises of the Program
- Spiritual Principles of the Program
- Food for Thought - Member shares
- Outside of the Comfort Zone

Please consider sharing your experience, strength and hope to the fellowship.

Please contact Karen S with any questions. karenlvoa@gmail.com

Together We Get Better!

OVEREATERS ANONYMOUS
EAST BAY UNITY INTERGROUP PRESENTS

Annual Twelve Step Marathon



SEPTEMBER 17, 2022
1PM - 4 PM

Come hear five speakers tell how the
Twelve Steps of Overeaters
Anonymous transformed their lives.
Virtual on Zoom
Register at eastbayoa.org

\$5-10 Suggested Donation

No one turned away due to lack of funds

Contact - Emma E, events@eastbayoa.org

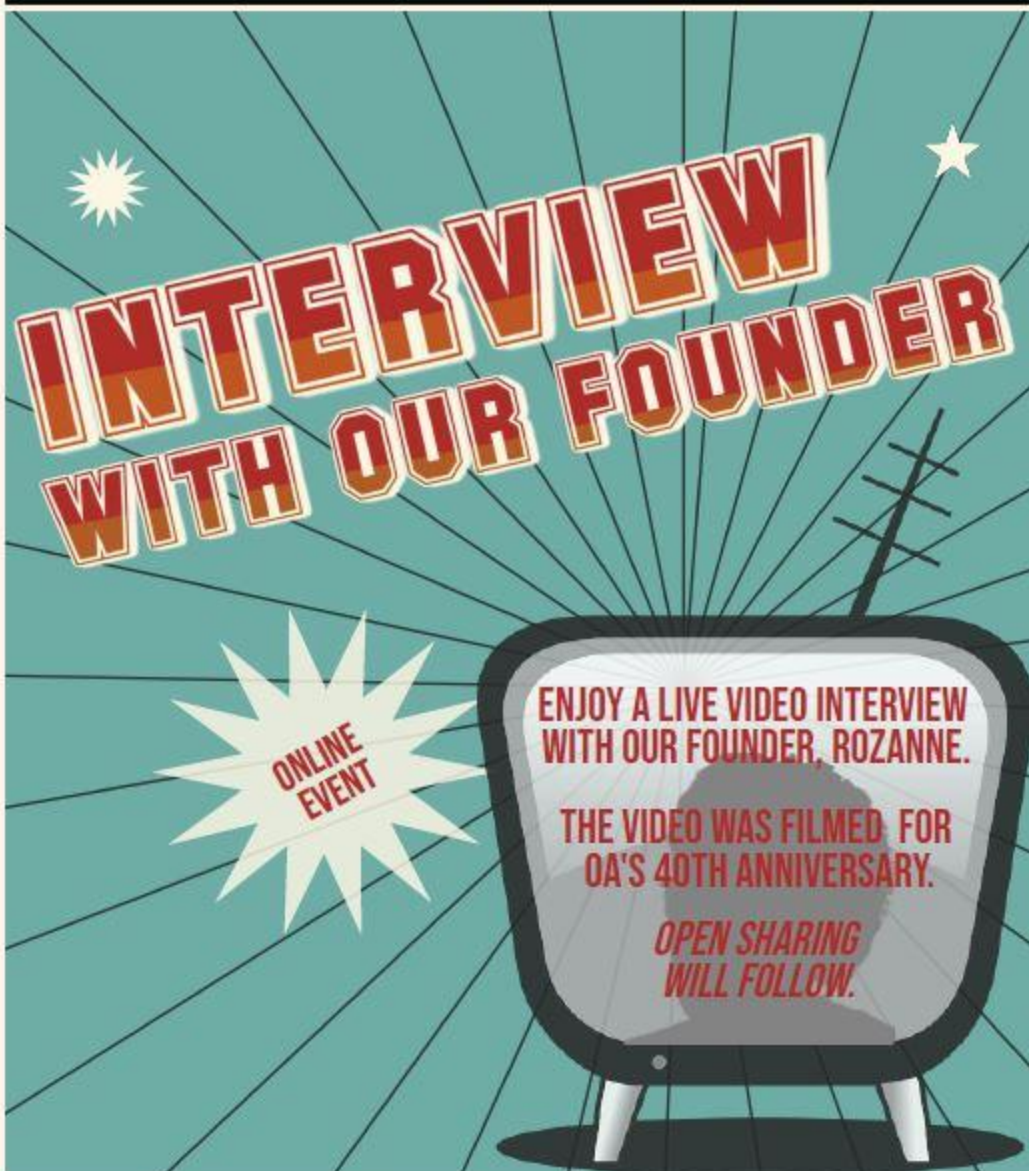




A DAY IN OA

SATURDAY, AUG. 27, 2022
1 PM - 2:30 PM PACIFIC TIME
ZOOM ID: 826 6981 6276 PASSCODE: 133839
PHONE: (408) 638 0968

<https://us06web.zoom.us/j/82669816276?pwd=L2lEMVdkYjYyYVZlRmE0JkZDQc3Ytdz09>



**A SUGGESTED CONTRIBUTION OF \$5 IS APPRECIATED
NO ONE WILL BE TURNED AWAY FOR LACK OF FUNDS**

<https://www.sacvalleyoa.org/donations-for-events.html>

**HOSTED BY THE ROCKLIN/ROSEVILLE SAT. 9 AM PT MEETING
CONTACT ANNA G. FOR MORE INFO (916) 622-4250**



Santa Cruz County Overeaters Anonymous Intergroup

Daylong Retreat

"Back to Basics"

Focusing On the First 3 Steps

This will be an in-person event in an indoor/outdoor venue
masks optional

Speakers, Sharing, Meditation, Fellowship

Saturday, September 10

10am to 5pm

with the option of dinner afterward

bring your own lunch - drinks will be available

United Methodist Church

250 California St., Santa Cruz

(near Neary Lagoon, in West Santa Cruz)

Suggested donation of \$10 - \$20 but feel free to donate what you can.

For information contact: OA Hotline 831-429-7906 or info@santacruzcoa.org

