

SGVIE BRIEFS

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SGVIE BOARD & COMMITTEE CHAIRS

Chairperson Open
SGVIE.igchair@gmail.com
Vice-Chairperson Open
Secretary Open
Treasure Andi G.
treasurer.sgvie@gmail.com
Region 2 Rep Open
Public Information Shelby
SGVIE.Webmaster@gmail.com
(626)272-6899
SGVIE Briefs Victoria O.
SGVIE.briefscoord@gmail.com
Special Events Open
Professional Outreach Open
Meeting Liaison Open
12 Steps Within Open
Literature (Susan T., Acting;
(909) 447-0977)

Ad Hoc Committee Chairs

Website/Social Media Shelby
SGVIE.webmaster@gmail.com
Phone Forwarding Susan T.
(909)447-0977
Facilities Coordinator Open
Zoom Administrator Diana
dianalbp@gmail.com

SGVIE Board meetings
9:45am every 2nd Saturday
of the month

THE STATE OF SGVIE

Are you noticing a standstill in your program? Are you feeling unmotivated and disconnected spiritually? It might be time you consider stepping up your program and be of service to your fellows.

Greetings everyone! Allow me to introduce myself. I am the new SGVIE Intergroup Board's Briefs person. My name is Victoria O. and I am a bulimic and compulsive overeater. Hello! There is some important information that should be addressed about the state of our SGVIE intergroup home. For months, members of our intergroup board have attended meetings and made it known that we need volunteers to help in



assisting our slowly depleting intergroup board.

Visit www.oasgvie.org/the-sgvie-board to read a description of board and other available positions. We look forward to welcoming you to a SGVIE IG service position:

- Chairperson
- Vice-Chairperson
- Secretary
- Region 2 Representative
- Special Events
- Professional Outreach
- Meeting Liaison
- 12 Step Within
- Literature
- Facilities Coordinator
- Website/Social Media

The Funniest Thing I’ve Ever Done

In 1995, I'd been in OA for seven years, and I got a new car. An OA friend and I decided to drive to the World Service Convention in Minneapolis. Although the trip planner we used said it was twenty hours away, it took us thirty-three hours to drive there. We stayed for thirty-three hours, and we drove another thirty-three hours back home. As I dropped her off at her house, my friend said, "That was the funniest thing I've ever done that I will never do again in my life!" (She was talking about the drive to and from.) We both agreed we'd go back to [World Service Convention](#) whenever we could.

What was so fun about World Service Convention? Seeing hundreds of compulsive overeaters in varying stages of recovery, from newcomers to someone who has been a member of OA from the beginning. I went to my first meeting in Spanish! I could understand only some of it, but I could tell that the members had the same problems and the same solution that I did: recovery from compulsive eating through the [Twelve Steps](#) of Overeaters Anonymous!

OA's founder Rozanne S. had been scheduled to speak, but she'd broken her leg, so we heard from A.G., who had been at the first OA Business Conference. He said something I've never forgotten. He was asked, "What do you think about the saying, 'In AA you have to slay the dragon, but in OA you have to walk up and pet the dragon three times a day'?" In my recollection he said something like, "It's not true that in AA you stop drinking. Every human has to drink, every day. In AA, you find out what your poison is, and you stop drinking that. The same is true in OA. You find out what your poison is, and you stop eating that." That not only made a lot of sense to me, it also allowed me to let go of a few pounds of self-pity.

Of course, there was the dance on Saturday night. Nothing is more fun than a dance floor full of people who are free and comfortable in their own bodies, some for the first time in decades, others for the first time ever. All of that interspersed with OA meetings full of recovery. What's not to like?

I had so much fun in Minneapolis that I went soon after to World Service Convention in New York City. Some memorable highlights from that Convention included making a new friend from France, taking a riverboat excursion to watch the Fourth of July fireworks, and of course, OA meetings and dancing!

It was my great loss to miss intervening Conventions, but I was thrilled to be able to attend the World Service Convention in Boston a few years ago. Since it was "in my backyard," I focused my time on the meetings; the people, including old friends, and the dance.

Thinking back has me very excited again about going to the next World Service Convention.. I can't wait to see you there!

—Beth

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2025
EVENTS

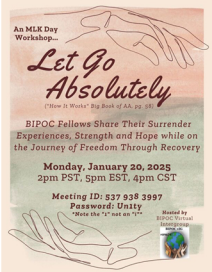
-JAN 17-19: OA 65TH BIRTHDAY (WSO)

-FEB 23: UNITY DAY (WSO)

-MARCH 27-30: SPRING ASSEMBLY (R2)

-MAY 4-10: WORLD SERVICE BUSINESS CONFERENCE (WSO)

-JULY 11-13: CONVENTION AND ASSEMBLY (R2)



•For information about these and other OA events, visit www.oa.org or oar2.org.