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SGVIE BRIEFS

August 2021

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The Hope Step

I think of Step 2 as the “hope” step, because it gave me hope that I wouldn’t continue to feel so alone, sad and in pain. Once I drew a line in the sand on eating and addictive behaviors, I had hope that I could face life on life’s terms and all would be well. I didn’t have to eat to escape. I didn’t have to stay stuck in the same insane cycle, and my old patterns could be turned into new, positive ones .Step 2 helps me accept that I’m not left to “recover” on my own; that there is a power greater than myself. My own notion of that power was all I needed to get positive momentum going .When I find myself thinking of acting out on addiction, I remind myself that help is available. I remind myself of times when a power greater than myself helped me get through something—whether it was a friend who loved me unconditionally or the times I didn’t eat when I really wanted to. Step 2 can give us hope of living a life full of freedom, peace, and joy. We can be restored in so many ways and grow and experience life in ways we thought we never could—and that’s pretty exciting

OUR FRIENDLY PHONE LIST OF SGVIE

Stan 909-257-9615	Teri L. 926-825-0831	Janet 626-442-1889	Ruth F .951-981-5493
Darryl 626-253-4592	Cindy S .626-335-7547	Leanne 909-229-0547	Monica 951-741-7438
Rob C. 909-243-2911	Terri Mc 909-260-9237	Carla 909-229-0547	Mary Pat 909-481-8809
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Ali 951-295-5091	Susan T. 909-447-0977	Sandy M. 626-272-7708	Gina 626-353-4261
Fabricio 323-633-5640	Sue D. 626-862-1181	My 626-831- 1487	Paula M. 626-513-6107
Robin 909-643-7795	Linda Z. 626-422-6684	Kelly 909-730-7953	Andrea 909-706-7953

Some may talk, some may
listen & some may Sponsor

Step 2

This step is about **HOPE**.
Despite their alcoholism
recovery IS possible

If ego can be laid aside and
allow for someone or something
greater than you, it is possible to
be guided in the right direction.

“CAME
to believe
THAT **A POWER**
GREATER THAN
OURSELVES
could
restore
us to
sanity.”



2021 TOPICS

VIRTUAL REGION WORKSHOP e-WORKSHOP Series "4th Saturday of the Month"

5:30 to 7:00 PM BST (GMT+1 / UTC+1)

12:30 to 2:00 EDT (GMT-4 / UTC-4)

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

August 28	"The Promises"
September 25	"Step 10 - How to Turn it Around"
October 23	"Sponsor and Sponsee - A Unique Relationship"
November 27	"Trudging the Road to Happy Destiny"
December 25	"Step 2 - Came to Believe" (the date is subject to change)



<https://zoom.us/j/89165540024> Password: 120912
ID: 891 6554 0024 Password: 120912



For United States or International numbers
<https://zoom.us/join>

For more information: oavirtualregion.org
(Charlotte) workshop@oavirtualregion.org
(Lee) vicechair@oavirtualregion.org

Suggested workshop contribution €5

If you would like to receive e-blast messages about our SGVIE, please go to: SGVIE.org and sign up for briefs. You can also just go to [SGVIE](http://SGVIE.org) and download the Information.



UPCOMING SPEAKER TOPICS:

August 1 "What is Spiritual Awakening"?

August 15 "The Prize of the Program"

1 - 4 p.m. PST

Zoom ID 947 2125 9974 Password 810562

Overeaters Anonymous Registered Meeting #88993

Relapse Workshop: Where do I go from here?

Sun, Aug 22 @ 10:30 am - 12:30 pm PDT

Join us as we hear two fellows share their experience of rediscovering the program after relapse. Bring your Big Book, pen, and notebook. Let's do some work and have some fun!

Meeting ID: 950 0008 6701 Passcode: 746023

For any questions, email Susan at workshops@oalaig.org



Virtual Region WORKSHOP

"2nd Sunday of the Month"

3 - 4:30pm

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

Aug 08 A Threetold Disease: Physical, Emotional, and Spiritual

Sept 12 The Promises of the Program

Oct 10 Applying the Traditions in Daily Life

Nov 14 "To carry the message to other compulsive overeaters"

Dec 12 Connection is the Opposite of Addiction



891 6554 0024

Password: 120912

For more information: oavirtualregion.org
(Lisa) workshop@oavirtualregion.org (Lee) vicechair@oavirtualregion.org

Suggested workshop contribution \$5

Grateful Today

— wanted to write this weeks ago, and now with all that's changed and slowed down in the world, I can do service and write. May all of you be well and cared for.

In "Send Us Your Stories" in the Nov/Dec 2019 issue, one of the topics listed was "Breaking and Mending Relationships." I must say, when I first read that I thought it said "Baking and Mending." Sure was a good mistake to write in about! I am glad I'm not a baker—but that was my go-to: I think I would run from relationships and then check out with sugar and food. Sad but true.

I'm grateful that I have been out of the sugar since the spring of 2002. Before then, I didn't know how to deal with feelings and people, but today I do, and I'm still learning at 60 years old.

I also just wanted to say thank you for *Lifeline*. It has been a wonderful tool—a line to grab on to through life's ups and downs. When you do stop printing, I will miss you and all the wonderful and helpful sharing.

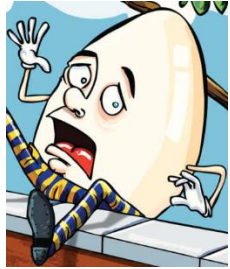
Always in loss, I feel guilty: I should've/would've/could've written *Lifeline* more often. But I'm sure glad I'm in recovery today, and today, I am writing to you. Thank you, *Lifeline*.
— Bill C., New Jersey USA

From Great Fall to Grateful

I would like to tell you how I think the character, Humpty Dumpty, can be like some compulsive overeaters.

Humpty Dumpty had been told not to get on that wall. It was slippery and dangerous.

"No one can tell me what to do. I will keep climbing that wall; I will not stop. I'm in control. I'm Superman," he told himself.



Like Humpty, Alice, a compulsive overeater, used to be in OA. She left because she didn't want to be told what to do. "I will keep eating the way I want. I don't want or need help. I am in control. I'll hide my food. I'm Superwoman."

While Humpty precariously balanced on the top of the wall, people called up to him and offered him help down.

"I don't need your help," he said. "I'm fine." Humpty Dumpty was in denial and incapable of being honest. During his time on the wall, Humpty Dumpty had a pocket full of sugar from which he constantly ate. From Humpty's first bite, he was hooked; he couldn't stop. The more sugar he ate, the more he wanted to eat.

Poor Humpty, he didn't know about the Twelve Steps. He didn't know about meetings. He didn't know about sponsors. He was caught in the sugar addiction like a fly in a spiderweb.

Alice was caught in the never-ending cycle of compulsive food addiction. "I'm fine" is what she told concerned family and friends. Any fears she had, she denied or kept to herself. Day after day, month after month, she repeated, "I don't need help; I'm fine. I can stop eating anytime I want. I. Just. Don't. Want. To."

Then Humpty slipped. He lost his balance and tumbled all the way down to the rocks—*rock bottom*. He was completely shattered and splattered everywhere. There was much confusion and concern, yet all the king's men, doctors, specialists, and magicians couldn't put Humpty together again.

Tragedy also happened when Alice hit rock bottom. She hated herself and her body. She could not stop eating and bingeing. All the doctors, money, diet pills, bulimia, exercising—nothing worked.

"I am at the end," she thought. "There is nothing left for me. I feel like a completely worthless failure. I am ready to give up. What's the use?"

The doorbell rang. It was Alice's sponsor stopping by to see how she was doing, for Alice had missed the meeting. In her desperation, Alice decided to be honest. Alice hugged her sponsor and started to cry as she told her sponsor everything. Her sponsor listened carefully, and then said, "I know how you feel. I felt miserable and worthless before and still do on occasion. We have an addiction, and it is not here today and gone tomorrow; it is always with us. But what I also know is that Overeaters Anonymous works, and it is a 'we' program. We cannot beat this one on our own. Always remember, 'There is One who has all power—that One is God,' (*Alcoholics Anonymous*, 4th ed., p. 59). The age of miracles is not over. There is hope. It is not too late."

Together, they went to an OA meeting. Alice was afraid of rejection, of being criticized, and of others being aloof; but instead, she was welcomed and hugged. Overwhelmed by the acceptance and love, she was so glad she returned. Alice went back to attending meetings, staying in touch with her sponsor, and working the Steps.

Unlike Humpty Dumpty, whose life ended when he fell and shattered, Alice's life was restored. She now has wholeness of body, mind, and spirit. All she had to do was be honest, ask for help, and work the program for a life that is now beyond her wildest dreams.
— Anonymous

Tradition 2: Seeing the Love



Five or six years ago, I was involved in OA service work within my region. To aid my interactions with the personalities I encountered, I read recovery literature on Tradition Two.

Over time, it slowly occurred to me that this Tradition was inviting me to have a relationship with a loving Higher Power. It came with the awareness that I was still carrying false core beliefs about a punishing, judgmental, demeaning God. My new awareness from Tradition Two infiltrated my Step Two experience. I came to believe in the good, and my Higher Power restored in me the ability to see the good in every person, place, thing, and situation. If I was unable to see the good, it was not because of the absence of good, but simply a reflection of the limitations of my human thinking. More recently, I once again dealt with a personality in service work. After many years of practicing spiritual Principles, my reaction was significantly less intense than before. Yet I was having a reaction. One morning during prayer and meditation, I asked my Higher Power to allow me to see the ways this personality was acting lovingly. My loving Higher Power gently reminded me to see it all as love. What my Higher Power knew, and what was slowly dawning on me, was that I had set up a judgment: I was right and this person was wrong. This judgment was underlying my reactions toward this personality and, thus, our interactions. By seeing it all as love (every aspect of this person's behavior and not just the parts that I thought were loving), I was able to re-frame the behavior in a new light, which allowed love to flow through. Love truly is the answer! Thank you for allowing me to share. Love, peace, and blessings to all! — *Atiya*

Message Carried Clearly



I was recently at an OA retreat in my area with the theme “Carrying the Message,” and one of the workshops asked the question, “How do you carry the message in meetings, as **sponsors**, with fellows, and in your everyday life?” After I wrote my response and later shared it with the group, the workshop leader commented on my share, saying she liked how clear my message was. She suggested I submit it to *Lifeline*, so here it is. I carry the message when I attend **meetings** regularly and on time, and when I participate. I show others that Overeaters Anonymous works, it matters to

me, and that recovery is serious. I carry the message when I say yes to sponsoring others and am willing to share my recovery. When OA members or newcomers see my consistency in working my program fully, being joyful in recovery, maintaining a healthy body weight, and growing along spiritual lines, then I am carrying the message at meetings. I carry the message when I work the **Steps** to the best of my ability each day. I carry the message at work when I make amends promptly when I fall short of the **Principles** of this program. I carry the message when I listen to others share without giving advice or fixing them and when I practice loving kindness at work, at home, or at meetings. I carry the message when I honor my commitments—in OA, with my family, at work, and elsewhere. — *Heather S., Washington State USA*

Board Eligibility Guidelines

Have regularly attended OA meetings for one year and are currently and regularly attending meetings in the SGVIE Intergroup for one year.

- Have abstained from compulsive overeating for 6 months prior to and including the date of election. (The abstinence requirement can be suspended by a majority vote at the time of elections.)
- Have taken steps 4 and 5, be practicing the Twelve Steps, and be committed to the Twelve Traditions, guided by the Twelve Concepts of Service.
- Each nominee or candidate must be present at the time of election.
- Each nominee or candidate shall not be a paid professional staff member or employee of the World Service Office, Region 2, or the SGVIE Intergroup of Overeaters Anonymous, Inc.
- During his or her term time on the Board, each Board Member shall make a commitment to adherence to the Twelve Steps and Twelve Traditions, guided by the Twelve Concepts of OA Service and continued maintenance of abstinence throughout the entire term of his/her office.

4th Step & Daily Prayer

