

SGVIE BRIEFS

1157 E. Arrow Highway #4, Glendora, CA 91740.
626/335-3355, www.oasgvie.org

Share the Whole Story

To the newcomer, one day of freedom from compulsive overeating often seems unattainably. Even struggling compulsive overeaters who have been in the program for a while may begin to give up because the handle on abstinence is eluding them. The pain, confusion, disappointment, frustration and failure becomes overwhelming and take their toll. Such people feel lost and slide even deeper into the pit of despair, maybe they make one last try. They make their way to a meeting, along with the newcomers, and what do they hear?

Maybe the leader tells a glowing story about abstaining from compulsive overeating for a number of years. They speak about their substantial weight loss; they share how they are emotionally better off than ever before; they have turned everything over to HP, they say He takes care of everything.

In the room is the newcomer, who doesn't even know what abstinence is. And the struggling overeater, who just binged on the way to the meeting, can't get a picture of turning over anything to a "Higher Power". Can they relate to what is being said? Probably not. The distance between them and the leader is so discouragingly far. From where they are, how could they ever reach the level the leader speaks about? Will they come back? Probably not. They leave saying, "Maybe for these people, but never for me"

When we lead or share, are we remembering to tell the whole story? Are we taking ourselves back to our newcomer days or the times of our near-disastrous struggles with our disease? Do we share all about the entire journey - the failings as well as the successes? Look at the whole process. We were wounded then; we are healing now. We were discouraged; yet we became encouraged. We had been in the valley, but we became convinced that the height of the mountain was attainable. The change came sometimes slowly for us, and sometimes quickly, but it did come. There was a lot of pain, but gain too. There was hope. There was help. Even tears, there were cheers from our fellows. They were always there, and they always will be. There will be new faces among the old, but the spirit will be the same.

Any one of us may give the first message, maybe the only message that newcomers or suffering overeaters hear. Help them to stay with us. Help them to keep coming back. We need them.

-Cleveland, Ohio

2020 SGVIE Intergroup Board Members

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Literature	Janice
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Professional	Available
Public Information	Available
Briefs	Available.
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Website	Shelby
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Brief News:

This will be the last brief to be printed. If you want the briefs to continue, we need someone to step forward. We have lots of stories and information to use. If interested, talk to a board member.

SGVIE Intergroup Board

Meetings are held the second
Saturday of each month,
@ The SGVIE Office @ 9:45 a.m.



1157 E. Arrow Hwy #4 Glendora,
CA 91740

ALL ARE WELCOME!
Is your meeting represented?



Reach Out

If you have learned to walk a little surer than I, be patient with my stumbling then. For only as I do my best and try can I attain the good for which we both are striving for. If through experience your soul has gained light which I have yet in dim visions seen. Hold out your hand and point the way lest from its straightness I stray. **Walk a mile with me!**

I LET GO AND LET GOD

There may be times when we try and try to resolve some situation. We do all we know to do to bring about some needed change, the situation still exists, the problem is still there. What are we to do? We are to let go and let God, to release the situation, the need, the problem to God. We may not know the answer, but God does. What we cannot do of ourselves, God can do through us.

The act of letting go and letting God take over and do His work through us, can be a turning point in us and in our affairs where the way seemed blocked, now doors open up. Where the path seemed dark, now light shines. Where we could see no solution, now right answers are revealed.

Today I let go and let God. I am not anxious about answers or outcomes. I am serene and trusting. I am open and receptive to divine guidance, to divine directions.



Meditate on Simplicity

Simplicity is the keynote of a good life.

Choose the simple things.

Life can become complicated if
you let it be so.

You can be swamped by difficulties
if you let them take up too
much of your time.



Encouraging Reading

It is always encourages me to read letters from members whose problems and questions parallel mine.

I have been in OA for over a year and have had little success with consistent abstinence. I look in wonder at OA who've been abstinent for years, and question what the difference is between us. The perfectionist part of me constantly accuses me of not really working my program. But if I went to seven meetings a week my head would cry, "You need eight!" At least I am aware of these pitfalls now and, though reading OA Literature and talking with other OA members, I realize I am recovering, that I have changed, though it's never rapid enough for me. It's in HP's time. My early obsession with weight loss is gone, and I am thunderstruck when I realize the last time I was weighed was at the doctor's office, and I really don't remember what the scale said. That's a new attitude!

I focus now on my compulsive behavior, what I must do to alleviate or arrest it. I seek serenity. I find it in abstinence.

Defining abstinence has been a difficult process for me. I am an insulin - dependent diabetic who must eat at certain times or risk going into shock - which is alleviated by consuming sugary products. A history of compulsive overeating has complicated this disease, but my fear drove me deeper into the food.

The only thing that has made a difference to me is OA. I've lost a little weight only to uncover other issues and now I'm dealing with them. Without the support of OA, I doubt I ever would have come this far. Constant vigilance is the key to my recovery, and I know how seductive it can be to just give up. I knew I wanted to loss the weight, but I had no idea what that entailed beyond consuming less food. I had no idea that I would have to learn to reach out to others, to ask for help, to become more social, to do a whole host of things I find, at best, acutely uncomfortable. Thank you for being there, all of you, thank you for changing my life.

-Gorham, New Hampshire



Wednesday
12:00 – 1:00 meeting.
We need your support!
It is a great meeting

**THE 9TH STEP PROMISES
WITH DISCUSSION**
At the end of meeting if time permits

Drop in anytime and leave as you need
Call: Rob C. 909-243-2911 Sandy M. 626-272-7708

**I PUT MY HAND
IN YOURS, AND
TOGETHER WE CAN
DO WHAT WE COULD
NEVER DO ALONE.**

Upcoming Convention 2020



OAR2 Convention
When: JULY 10 - 12, 2020
(Friday Eve, all day Saturday & half-day Sunday)

Where: Hilton Oakland Airport
Learn more on the OA Region 2 site: www.oar2.org
Registration: TBA Cost: TBA
Hotel Information
Hilton Oakland Airport
One Hegenberger Rd.
Oakland, CA 94621
510-635-5000

- Rooms: \$155/per night + taxes. Rate available 7/9-7/13 and must be secured with a credit card for 1st & last nights.
- Free airport shuttle from OAK. OAK is closest airport.
- Check-in 3pm and Check-out noon.



Reading and Writing Meeting,
Wednesdays in Claremont needs support and
there is **a time change. 10AM.-11:30AM**
Contact: Lorraine 951-295-0709



Change of TIME
Wednesday night Step Study.
New time is: 7PM – 8:15PM at SGVIE.

RETREAT DAY OF MINDFULNESS AND OA RECOVERY

Where: Descanso Gardens
1418 Descanso Drive
La Canada Flintridge, CA 91011

When: April 26, 2020
Time: 10:00 – 3:00 pm

Cost: Entrance fee is \$9.00 over 65 and student with id \$6.00

Cost of Retreat: \$15.00 (No one will be turned away for lack of funds except entrance fee.)

What to Bring: Comfortable layered / warm clothing, comfortable walking shoes, plenty of water & snacks. The retreat includes a combination of sitting and walking mindful meditations. All walking practices will be gentle and at your own pace.

Lunch Break: A one – hour lunch is scheduled at about 12:30. You may purchase food on – site, but it can be pricey. You may bring a sack lunch and eat just outside the gardens at picnic tables. You can re-enter by showing your ticket stub.

Contact information: Andie G. 909-706-9180

Sponsored by: OA SGVIE intergroup



Time/Day	City	Meeting Name & Location	Contact Person	WSO Mtg#	Format	Mtg Status
Sunday						
8:15-9:30 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Linda Z: 626-422-6684	23893	LS OP NC	Open
6:00-7:00 pm	Glendora	Big Book Study 1157 E Arrow Hwy Ste 4	Georgia: 626-336-3461	00492	BB Study	Open
7:30-8:30 pm	Glendora	Men's Stag 1157 E Arrow Hwy Ste 4	Darryl: 626-858-2864	24353	OP MS	Open
Monday						
7:00-8:00 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23869	OP NC	Open
9:15-10:15 am	Claremont	Pass It On	Ruth S.: 951-202-8113	36914	LS OP	Open
12:00-1:00 pm	Glendora	What is Abstinence? 1157 E Arrow Hwy Ste 4	Alicia: 909-624-3102	53319	LS OP	Open
6:30-7:30 pm	Claremont	Literature Study	Alicia: 909-624-3102	51333	LS	Open
Tuesday						
7:00-8:00 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23873	OP NC	Open
10:00-11:15 am	Claremont	BB @Joslyn Senior Ctr Annex 660 N Mountain Av	Lorraine: 951-295-0709	51025	MD BB	Open
5:30-6:30 pm	Claremont	11th Step	Alicia: 909-624-3102	29956	MD	Open
7:30-8:30 pm	Glendora	Beginners 1157 E. Arrow Hwy Ste 4	Darryl: B:626-858-2864	53267	NC	Open
Wednesday						
7:00-8:00 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23855	OP NC	Open
10:00-11:30 am	Claremont	Claremont Pres. Chrch, 1111 N. Mountain,	Lorraine: 951-295-0709	56949	WW NC CNO	Open
12:00-1:00 pm	Glendora	10th Step 1157 E Arrow Hwy Ste 4	Sandy M: 626-272-7708	49291	WW	Open
7:00-8:15 pm	Glendora	Step Study 1157 E Arrow Hwy Ste 4	Carla C: 909 229 0547	21791	SS	Open
Thursday						
7:00-8:00 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23818	OP NC	Open
10:00-11:15 am	Claremont	Open Pitch	Lorraine: 951-295-0709	37014	OP	Open
6:30 - 7:30 pm	Glendora	A Vision 4 You 1157 E Arrow Hwy Ste 4	Andie: 909-706-9180	52598	BB Study	Open
7:00-8:00 pm	Rancho	Lit. Study	Sharon C: 909-214-9241	54678	LS NC	Closed*
Friday						
7:00-8:00 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Stan: 626-622-5369	23803	OP NC	Open
12:00-1:00 pm	Claremont	For Today, Joslyn Senior Ctr 660 N Mountain Ave	Pat: 909-272-0482	23866	LS OP	Open
3:00-4:00 pm	Monrovia	Attitude Adjustment 2701 South Peck Rd.	Janet: 626-590-1675	53266	SS	Open
6:30 - 7:30 pm	Glendora	TGIF @ SGVIE 1157 E. Arrow Hwy Ste 4	Leann: 909-344-4949	52695	LS OP	Open
Saturday						
8:15-9:30 am	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Georgia: 626-336-3461	23784	SP/Topic	Open
OA telephone meeting (Mon-Fri) - A Vision 4 You - Big Book Study - 7:00 AMPT Live: 712-432-5210 pin 876148#; Recorded: 712-432-5203 pin 876148#						
Legend: NC = Newcomer LS = Literature Study OP = Open Pitch SP = Speaker SS = Step Study BB = Big Book MD = Meditation MS = Men's Stag WW = Writing ES = Espanol YP = Young Persons CO = Children OK CNO = No children						
Meeting Status: Open Meeting: Open to OA members & non OA visitors. *Closed Meeting: Restricted to those w ho desire to stop eating compulsively (OA members ar *Closed Meeting: Restricted to those w ho desire to stop eating compulsively (OA members and others w ho think they may have a problem w ith food). According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.						
SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP (SGVIE) group # 09009 626-335-3355 Website: www.oasgvie.org						
San Fernando Valley	818-881-4776	oasfvalley.org	San Diego	619-521-2538	oasandiego.org	
Channel Islands	805-899-3250	oaciig.wordpress.com	South Bay	562-493-3030	oasouthbay.org	
Foothill	626-568-7511	oafoothill.org	Los Angeles	323-653-7652	oalaig.org	
Orange County	714-953-0900	oaoci.org	Region 2	916-870-1442	oar2.org	
Inland Empire	951-715-2080	go2oa.org	WSO	505-891-2664	oa.org	

Please submit changes to: carlacofa@gmail.com or call 626 335 3355 Skype into SGVIE: 626-460-3937 Pin:765458896#