

# SGVIE BRIEFS

January and February 2021

1157 E. Arrow Hwy. Suite #4 Glendora, CA 91740



*A big thank you to all those that served on the past board. We are grateful for your service : Shelby, Domingo, Mary Jo, Sandy, Susan T and Andie*



*-2021 Board Members*

## 2021 New Board Members



Our intergroup board meetings are held on the second Saturday of each month following the 8:15 meeting. Meeting ID: 8259445125 Code: 2020, Phone #406 638

**All are Welcome to attend!**

### BOARD CHAIRS

**Chair:** Carla C. [carlacofoa@gmail.com](mailto:carlacofoa@gmail.com) (909) 229-0547  
**Vice- Chair:** **OPEN**  
**Secretary:** **OPEN**  
**Treasurer:** Janice [Treasurer.sgvie@gmail.com](mailto:Treasurer.sgvie@gmail.com) (951) 237-3687

### COMMITTEE CHAIRS

**Special Events:** **OPEN**  
**Briefs:** **OPEN**  
**Region 2 Rep:** **OPEN**  
**Meeting Liaison:** **OPEN**  
**Literature:** **OPEN**  
**12 steps within:** **OPEN**

**Professional Outreach:** **OPEN**  
**Public Information:** **OPEN**

### SUB COMMITTEES NOT ON BOARD

**Webmaster:** Shelby V. [SGVIE.webmaster@gmail.com](mailto:SGVIE.webmaster@gmail.com) (626) 272-6899  
Sub Committee under public information  
**Phone Net:**  
**Sub Committee under public information** **OPEN**  
**Facility Manager Rob C.** [RV.campbell@verizon.net](mailto:RV.campbell@verizon.net) (909) 243-2911  
Sub Committee under Vice Chair

*I put my hand  
in yours . . .*

*. . . and together we can  
do what we could never  
do alone! No longer is  
there a sense of hopelessness,  
no longer must we  
each depend upon our  
own unsteady willpower.  
We are all together now,  
reaching out our hands  
for power and strength  
greater than ours, and as  
we join hands, we find  
love and understanding  
beyond our wildest  
dreams.*

### Virtual 7<sup>th</sup> Tradition

USE DONATION PROSESS to [Treasurer.sgvie@gmail.com](mailto:Treasurer.sgvie@gmail.com)  
or (951) 295-0709. You can also send a check by mail.  
1157 East Arrow Highway, Suite #4 Glendora, Ca 91740.  
Please make the check out to OA SGVIE.



**OVEREATERS  
ANONYMOUS®**  
SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP

## STEP # 1

***We admitted we were powerless over food that our lives had become unmanageable.***

The word love is mentioned on page one of the big book, and it or loves or loved is mentioned another eighty-four times. Must be pretty important to us.

My favorite is on page fifty-six: This man recounts he tumbled out of bed to his knees. In a few seconds he was overwhelmed by a conviction of the presence of God. It poured over and through him with certainty and the majesty of a great tide at flood.

The barriers he had built through the years were swept away. He stood in the infinite power of love. I love the big book. It is written with such dramatic flair. I mean who would say such a thing today the majesty of a gratitude at flood?

Yet it speaks to me because when it comes to the disease, I need big ideas to get through the density of my thinking on the matter.

This worked for me at the beginning of my recovery and it still works today. When my first sponsor told me to pray for God's will, this is what I would say: "God please God" show me your will and make it as clear as the Hollywood sigh. It worked then and still does.

-Jeanne H

**STEP PRAYER:** Dear HP, I admit I am powerless over my addiction. I admit my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me any denial of my addiction.  
-Amen

## STEP #2

***"Came to believe that a Power greater than ourselves could restore us to sanity."***

I love STEP TWO. STEP TWO for me is the beginning of the solution to STEP ONE. Nearly 20 years ago, I walked into Maintainers Meeting completely defeated, beaten, dying and unable to stop eating. I first came to believe in something divine from all of you, at the first meeting. Seeing is believing. You had abstinence with peace and were not struggling. I saw how free you were, so right then I believed I could have that too. ONE DAY AT A TIME.

I became willing to believe that God could stop me from the first bite if I acted in faith. I wrote my food down, called it in, worked the STEPS, day by day and have been abstinent for nearly 20 years, God willing. I still come to believe daily, noticing subtle changes and shifting from my old ways of thinking and acting, to new outlooks and perspectives.

STEP TWO challenged me to realize that no self-knowledge, mind power or intellect could stop me from acting on taking the first bite. Only GOD can and will if I ask and I ask the first thing each morning and thank HIM every night for another abstinent day, if I find myself thinking about food obsessions and any other insanity that nips at my heels.

I thank GOD that HE is a power greater than me and the food. HE really does care about my abstinence, food and is able and willing to act on my behalf, ONE DAY AT A TIME. -Jenny, Escondido

**STEP PRAYER:** Higher Power, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought and Addictive behavior from me this day. Heal my spirit and restore in me a clear mind. -Amen

# STEPS AND TRADITIONS 1 & 2

## TRADITION ONE

***"Our common welfare should come first; personal recovery depends upon OA unity."***

**Thoughts on which to mediate (pages from OA 12X12)**

Relationships pg.110, Respect pg.110, Responsibility pg.111, resolving differences pg.111, Unity does not mean uniformity pg.112

**Living the Tradition:** To put the welfare of the group first even if I disagree.

## TRADITION TWO

***"for our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience."***

**Thoughts on which to mediate (pages 126 and 127 from OA 12X12):**

Who is the head of OA (and of the family)? Pg.119, Power structure vs. service structure. Pg.119, How decisions are made (Group conscience is not the same as "majority rules...") Pg.120 Responsibility Pgs.121 and 122, Eight Miracle Words: I'm sorry. I was wrong. Would you forgive me?

**Living the Tradition:** To have faith in group conscience and to believe that it represents God's will for OA.

**From Briefs Coordinator:** This will be my final Brief to send out. I have a great opportunity that not allow me to be of service anymore. I thank you all for allowing me to be of service. I have had a great time doing them.

## MEMBER STORIES

**MEMBERS WHO STILL SUFFER:** While reading the October 1995 Lifeline, I felt compelled to write about the story, “In Memory of a Fried.” I was moved to tears I hurt inside when I think of those people out there, in pain and alone, feeling life is hopeless for them. I also feel for others who carry shame and guilt from their relapse and weight gain.

Then there are those who end up dying before they ever reach the promises and gifts of the program. They usually aren’t able to ask for help they need for themselves. I think about, and miss, those who haven’t been back, and I would be so happy to see and hug them once again. It doesn’t matter to me what they look like. That isn’t what attracted me to them in the first place. It’s the inside stuff that’s so special. I feel sad for those who never found what I and others have found in OA. It’s painful to think of those who feel there’s no solution or hope for them, and they simply give up on themselves. By doing so, I think they quit living...emotionally, spiritually and eventually physically.

The question comes to mind: “How would I want others to reach out to me when I’m depths of relapse? What am I really crying out but am unable to ask for at this time?” For me, I hope that others wouldn’t give up on me. I hope that they would see through my isolating, my holding back, my missing meetings, and not using the phone. I hope that they would try to reassure me that I do matter and that I do make a difference in others’ lives. I would hope for their touches, their hugs and their non-judgmental attitudes. I hope they would see past the outside appearances and the “fine” response I often give. Appearances, for me, can be a really big lie; because I bulimic, I can look pretty perfect on the outside while practicing my disease. I hope they would keep calling, writing or leaving messages... just saying I miss you” and “I love you.”

As an individual at meetings, I feel it is my obligation to work on giving others what I need and want for myself – rigorous honesty, love, and acceptance. I feel that as a group, we need to show hope for others, to show them that their lives can change for the better and that is a safe place to go.

**SHARE THE WHOLE STORY:** To the newcomer, one day of freedom from compulsive overeating often seems unattainable. Even struggling compulsive overeaters who have been in the program for a while may begin to give up because the handle on abstinence is including them. The pain, confusion, disappointment, frustration and failures become overwhelming and take their toll. Such people feel lost and slide even further down into the pit of despair. Maybe they make one last try. They make their way to s 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. She speaks about her substantial weight loss; she says that she is emotionally better off than ever before; she has turned everything over to God, she says, and He takes care of everything

In the audience 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 everything to “God.” 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 those 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 about half-measures availed us nothing? 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, too. There was hope. There was help. Even tears, they 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.

–M.B.Cleveland, Ohio

# upcoming SPECIAL EVENTS

**SAVE THE DATE**

## THE 2021 OA BIRTHDAY PARTY WILL BE VIRTUAL!

Saturday-Sunday,  
January 16<sup>th</sup> - 17<sup>th</sup> 2021  
(MLK Weekend)

Details to follow.

**2021 TOPICS**  
OVEREATERS ANONYMOUS VIRTUAL REGION

### Virtual Region WORKSHOP

## "2nd Sunday of the Month"

**3 - 4:30pm**

EST: Eastern Standard Time Nov to Feb Workshop (GMT) 504C  
EDT: Eastern Daylight Time March 14 to Oct Workshop (GMT) 504C

Jan 10	"And practice these principles in all our affairs" ~ <i>The spiritual principles of the steps</i>
Feb 14	"Sought thru prayer and meditation" ~ <i>Developing a relationship and an ongoing connection with my Higher Power</i>
Mar 14	"Courage to change the things I can"
Apr 11	A Spiritual Toolkit
May 09	"Relieve me of the bondage of self" ~ <i>Losing our ego and re-aligning our will</i>
Jun 13	The Sponsor - Sponsee Connection
July 11	What does it really mean to surrender?
Aug 08	A Threefold 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](http://oavirtualregion.org)  
(Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)  
**Suggested workshop contribution \$5**

KEYNOTE SPEAKERS,  
WORKSHOPS AND  
INTERACTIVE SESSIONS

## 2021 OA VIRTUAL REGION CONVENTION

# "There is a Solution"

### Save the Date February 20—21, 2021

TRANSLATED IN MANY LANGUAGES

For more information contact: [convention@oavirtualregion.org](mailto:convention@oavirtualregion.org)

## Save the Date!

Overeaters Anonymous  
Region III  
Convention and Assembly  
Hosted by SoAZ Intergroup

"ACT AZ IF"  
August 20-22, 2021

Act as if there is a power that makes growth possible, and growth occurs. Flowers bloom, even in the desert. ACT AZ IF and let your recovery bloom!

Sponsored by Southern Arizona Intergroup of OA  
[www.oasouthernaz.org](http://www.oasouthernaz.org)

# Meeting Directory for San Gabriel Valley Inland Empire (SGVIE) Intergroup of OA

Updated 12/08/2020 1157 East Arrow Hwy Ste 4, Glendora, CA 91740

**ALL ZOOM MEETINGS: ID = 825 944 5125 PW 2020 (ZOOM by Phone: (408)638-0968)**

**ALL TELEPHONE MEETINGS: (605)313-6196 ACCESS CODE: 435255#**

Time/Day	City	Meeting Name & Location	Contact Person	WSO Mtg#	Format	Mtg Status
<b>Sunday</b>						
8:15-9:30 am	Glendora	Attitude Adjustment <b>ZOOM</b> MEETING	Linda Z: 626-422-6684	23893	LS OP NC	Open
7:30-8:30 pm	Glendora	Men's PHONE MEETING:	Darryl: 626-858-2864	24353	OP MS	Open
<b>Monday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM</b> MEETING	Stan: 626-622-5369	23869	OP NC	Open
10:00-11:00 am	Claremont	Pass It On <b>ZOOM</b> MEETING	Ruth F.: 951-202-8113	36914	LS OP	Open
12:00-1:00 pm	Glendora	What is Abstinence? <b>PHONE</b> MEETING:	Alicia: 909-624-3102	53319	LS OP	Open
6:30-7:30 pm	Claremont	Literature Study <b>PHONE</b> MEETING	Alicia: 909-624-3102	51333	LS	Open
<b>Tuesday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM</b> MEETING	Stan: 626-622-5369	23873	OP NC	Open
10:00-11:15 am	Claremont	Big Book <b>PHONE</b> MEETING	Lorraine: 951-295-0709	51025	MD BB	Open
7:30-8:30 pm	Glendora	Beginners PHONE MEETING:	Darryl: B:626-858-2864	53267	NC	Open
<b>Wednesday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM</b> MEETING	Stan: 626-622-5369	23855	OP NC	Open
12:00-1:00 pm	Glendora	9th Step Promises <b>ZOOM</b> MEETING	Rob C: 909-243-2911	49291	LS BB OP	Open
7:00-8:15 pm	Glendora	Step Study <b>ZOOM</b> MEETING	Carla C: 909 229 0547	21791	SS	Open
<b>Thursday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM</b> MEETING	Stan: 626-622-5369	23818	OP NC	Open
10:00-11:15 am	Claremont	Pass It On <b>ZOOM</b> MEETING	Ruth F.: 951-202-8113	37014	OP	Open
12:00-1:00 pm	Claremont	Voices of Recovery <b>PHONE</b> MEETING	Susan T: 909-447-0977	56949	WW NC	Open
6:30 - 7:30 pm	Glendora	A Vision 4 You <b>ZOOM</b> MEETING	Andie: 909-706-9180	52598	BB Study	Open
7:00-8:00 pm	Rancho Cucamonga	Literature Study <b>Limited Space Face to Face</b> Meeting - Call for Directions	Sharon C: 909-214-9241	54678	LS NC	Open
<b>Friday</b>						
7:00-8:00 am	Glendora	Attitude Adjustment <b>ZOOM</b> MEETING	Stan: 626-622-5369	23803	OP NC	Open
12:00-1:15 pm	Claremont	For Today <b>ZOOM</b> MEETING	Pat: 909-272-0482	23866	LS OP	Open
7:30 - 8:30 pm	Glendora	9th Step Promises <b>ZOOM</b> MEETING	Rob C: 909-243-2911	89196	LS BB OP	Open
<b>Saturday</b>						
8:15-9:30 am	Glendora	Attitude Adjustment <b>ZOOM</b> MEETING	Georgia: 626-336-3461	23784	SP/Topic	Open
<p><b>OA telephone meeting (Mon-Fri) - A Vision 4 You - Big Book Study - 7:00 AM PT Live: 712-432-5210 pin 876148#; Recorded: 712-432-5203 pin 876148#</b></p> <p><b>OA telephone/ZOOM meeting Friday Night, - 6:30 pm - (408)638-0968 Meeting ID: 111 343 806# Password 303003 or meet on video online at <a href="https://zoom.us">zoom.us</a> using the same meeting number. (Contact: Yvonne at 818-400-0414)</b></p>						
<p><b>Legend:</b> 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</p>						
<p><b>Meeting Status:</b> *Open Meeting: Open to OA members &amp; non OA visitors. *Closed Meeting: Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food).  <i>According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.</i></p>						
<p><b>SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP (SGVIE) group # 09009 626-335-3355 Website: <a href="http://www.oasgvie.org">www.oasgvie.org</a></b></p>						
<p>Skype in to SGVIE: 626-460-3937 PIN:765458896#</p>						
San Fernando Valley 818-881-4776		oasvalley.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		oaooci.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](mailto:carlacofa@gmail.com) or call 626 335 3355**