

OVEREATERS ANONYMOUS®

SAN GABRIEL VALLEY INLAND EMPIRE INTERGROUP

SGVIE BRIEFS

1157 EAST ARROW HWY. STE. 4, GLENDORA, CA (626) 335-3355

"STANDING IN THE WINGS"

I came to Overeaters Anonymous to lose weight, period. I had no idea what the program was about. A friend told me she had lost weight in OA; maybe I could lose weight too. The methods I had tried over the years (little chocolate candies, pills, shots, nasty-tasting predigested protein, aerobic exercise while wrapped in cellophane, and actual physical exercise in a gym) did not give me the results I wanted. Some methods worked for a short time, but none were sustainable because I lost interest after a few weeks and returned to what I thought were normal eating habits: whatever I wanted, whenever I wanted.

At my very first OA meeting, I cried my eyes out! I couldn't believe the stories I was hearing and how similar they were to mine. When people shared, they sometimes whined or expressed anger, but they almost always talked about hope. My "hope pilot light" went on at that first meeting. I liked how it felt, and I wanted to feel more of it, so I kept going to meetings. As an osmosis of the program began to take place, I found myself getting a sponsor, following a food plan, and working the Steps. My sponsor was a mother figure to me so I did everything I was told. I lost weight!

I worked the Steps, but being the self-centered and self-absorbed person that I was, I really didn't get it! What was my part in the hurtful situation? Are you kidding me? Nothing was my fault—it was always someone else! I need to forgive, accept, or show compassion for someone who doesn't follow the rules? If I have to follow the rules, so should everyone else!

Well, I eventually lost my abstinence (of eighteen months) as well as my sponsor. I found myself drowning in self-doubt and pity and returned to my old ways. What I didn't realize was that I still had my pilot light, and I also had a Higher Power standing in the wings.

Fast-forward twenty-five years, I found myself whining to a friend about my weight, among other things. I truly believe that my Higher Power, whom I call God, stepped out of the wings and spoke to me through my compassionate friend. She said the words "Overeaters Anonymous." That's all I needed to hear. The horns blew, the fireworks went off, and I knew what I was supposed to do.

Within a week, I was at a meeting, and within two weeks, I was working with a compassionate, loving, "no baloney accepted here" sponsor. She worked my tail off, beginning with daily writing on Step One and chapter one of the Big Book. My fingers cramped from the constant writing until that compassionate friend gave me an old laptop computer. I wrote every morning and called each night to read my writing to my sponsor. A whole new world began to open up for me. I was actually getting the program: Everything I read made sense. Everything I heard at meetings made sense. I actually finally felt like I made sense when I opened my mouth. This was a first for me!

It has been five years since that "second first meeting," and I now live each day with a lighter heart, a lighter body, and a much lighter attitude towards my family, friends, and anyone who will listen to me. I welcome each morning as I meditate, write, and then ask God, "What adventure do you have planned for me today?"

- Liz B Illinois USA

WILLINGNESS OR GOOD ORDERLY DIRECTION

Willingness is opening the door to recovery... It is the light God shines through in my life. How do I become willing? Being in the depth of demoralization & helplessness helps to break my pride and brings me to a place of surrender. Then I can be open and willing to take direction...Let go of my self will and listen to another fellow and follow the will of a Power Greater Than me.

"HOW DO I BECOME WILLING?"

There has been no clear path for me, no hand written instructions so I could follow perfectly. Instead it has been as another fellow used to say 'a leap into the arms of my Higher Power,' a leap into the unknown with faith and trust that I would be caught. I had to let go of the control of my weight, have faith and trust that I could eat and not vomit and still co-exist with X number of pounds. Such a scary proposition. It is a miracle that I haven't vomited in 27 years. An 'impossibility' was my thought 33 years ago.

I can apply this formula in every area of my life. My Sponsor used to tell me in the depths of my confusion trying to manage decisions such as what color pants to choose, if I focused my energies on my relationship with my HP and focused this day on being abstinent that clarity would ripple into every area of my life. So true. Be still and know that I am God works every time.

My problem, my default is to forget my HP is there and strain and fret over which path to follow. Thank you, God for my disease & for the OA program being the daily reminder I need to let go of my ego and trust in God. - by L.Y.

"AM I EXERCISING ENOUGH?"

Exercising is a charged issue for me. The first half of 2022, I had a very active exercise schedule, working out at a gym five or six days a week, including one day a week with a personal trainer. In late May, I had a car accident and could no longer drive to the gym. Being careless broke the rhythm of my exercise routine, and I have subsequently been working out only infrequently at home. Because anorexia is a strong dimension of my eating disorder, this circumstance triggered a major fear of weight gain and curtailment of my caloric intake. When my anorexia is in control, I will weigh myself several times a day and rigidly count both the calories I eat and the calories I burn. I will walk on the treadmill 45 mins at a time and wash salad of its dressing before I eat it. I am ashamed of these behaviors as I am aware of their compulsivity; but, even more tellingly, I feel damaged by their self-destructive cruelty.

Only the recovering person in me understands that everyday life is not a competition to see who can maintain the most perfect food plan, exercise plan, and physical body. The recovering person in me realizes that becoming closer to God and other people is more important than being perfect. That person is sensitive and capable of empathy towards others and herself. She FEELS life and responds to it genuinely.

Sometimes I despair that I will never entirely overcome the obsession to stay thin. And, in fact, there are positive aspects of watching one's weight. The question is how to keep my food and exercise balanced and sane, rather than willfully powering through all things food-related at breakneck speed. My higher power and OA fellows help me relate to food as precious fuel rather than as a tool for expressing strong emotions and instincts. I pray and meditate a lot for the grace to keep growing in awareness and right action. And I pray for acceptance of my limitations in doing so.

- S. R.

**SGVIE Intergroup Board & Committee Members
Next Intergroup Meeting on
Saturday, August 13, 2022, at 9:45 am
All are welcome to join the meeting!**

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Eligibility for Service on SGVIE IG Board of Directors

See Bylaws of SGVIE IG of OA, rev. 2016, VI-VIII

1. Have regularly attended meetings of OA for one year and are currently and regularly attending meetings of a Member Group for one year.
2. At the time of his or her election to the Board have abstained from COE for 6 months immediately prior to & including the date of election, have taken Steps 4-5, be practicing the 12 Steps to the best of his or her ability, committed to the 12 Traditions & guided by the 12 Concepts. The abstinence requirement can be suspended by majority vote at time of the election.
3. Each Nominee candidate for election must be present at the time of election.
4. Shall not be a paid employee of OA World Service Office, Region 2 or SGVIE IG.

Terms of Service:

- °Chairperson is elected for 1 year and serves no more than 2 consecutive terms.
- °Other Officers are elected for one 2 year term & serve no more than 2 consecutive terms.

Meeting Directory for San Gabriel Valley Inland Empire (SGVIE) Intergroup Updated 07-20-2022

Time/Day	Format	City	Meeting Name & Location	ZOOM & Phone Numbers	Contact Person	WSO Mtg#	Format	Mtg Status
Sunday								
8:15-9:30 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Linda Z. 626-422-6684	23893	LS OP NC	Open
6:00-7:00 pm	Zoom		Ladies' Night	Zoom ID: 8259445125 Code:2020	Mary Sue 214-289-5949	89688	WO OP 5P	Open
7:30-8:30 pm	Face2Face	Glendora	Men's Off the Wall 1157 E Arrow Hwy Ste 4		Darryl: 626-253-4592	24353	OP MS	Open
Monday								
7:00-8:00 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Linda P. 562-773-7763	23869	OP NC	Open
10:00-11:00am	Zoom		Pass It On	Zoom ID: 8259445125 Code:2020	Jeri 905-256-3220	36914	LS OP	Open
12:00-1:00 pm	Phone Only		What is Abstinence?	Phone: 605-313-6196 Code:435255#	Susan T. 909-447-0977	53319	LS OP	Open
Tuesday								
7:00-8:00 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Jane M 503-680-8753	23873	OP NC	Open
10:00-11:15 am	Phone Only		Big Book Study	Phone: 605-313-6196 Code:435255#	Susan T: 909-447-0977	51025	MD BB	Open
7:30-8:30 pm	Hybrid	Glendora	Newcomers 1157 E. Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Carla C 909-229-5047	53267	NC	Open
Wednesday								
7:00-8:00 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Payam 310-382-0066	23855	OP NC	Open
12:00-1:00 pm	Zoom		9th Step Promises	Zoom ID: 8259445125 Code:2020	Janet 626-590-1675	49291	WW	Open
7:00 - 8:30 pm	Zoom		Step Study	Zoom ID: 8259445125 Code:2020	Darryl: 626-253-4592	21791	SS	Open
Thursday								
7:00-8:00 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Sherri 650-868-2005	23818	OP NC	Open
10:00-11:15 am	Face2Face	Claremont	St. Ambrose Episcopal Church 830 W. Bonita		Ruth F. 951-202-8113	37014	OP	Open
12:00-1:00 pm	Phone Only	Glendora	Voices of Recovery In Action	Phone: 605-313-6196 Code:435255#	Susan T: 909-447-0977	55661	MD WW NC	Open
6:30 - 7:30 pm	Zoom		A Vision 4 You	Zoom ID: 8259445125 Code:2020	Andie 909-706-9180	52598	BB	Open
7:00-8:00 pm	Face2Face	Rancho Cucamonga	LIT. STUDY - Please call for directions until Rancho Cucamonga Family Resource Center reopens.		Pati 951-316-3626	54678	SS	*
Friday								
7:00-8:00 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Susan H. 714-598-5414	23803	OP NC	Open
12:00-1:00 pm	Face2Face	Claremont	Women Only:Body Image, Relationships, Sexuality Joslyn Sr. Ctr. 660 N. Mountain Ave.		Janice B. 951-237-3687	23866	WO LS WW	Open
12:00-1:00 pm	Zoom		For Today	Zoom ID: 8259445125 Code:2020	Chiconda 510-715-7906	23866	LS OP	Open
Saturday								
8:15-9:30 am	Hybrid	Glendora	Attitude Adjustment 1157 E Arrow Hwy Ste 4	Zoom ID: 8259445125 Code:2020	Carla C. 909-229-0547	23784	SP/Topic	Open

Legend: CO = Children OK CNO = No children LS = Literature Study OP = Open Pitch SP = Speaker SS = Step Study
 BB = Big Book MD = Meditation MS = Men's Stag WO=Women Only WW = Writing ES = Espanol NC = Newcomer YP = Young Persons
 MEETING STATUS

Open Meeting: Open to OA members & non OA visitors, e.g., students
 Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food).
 *Closed Meeting: According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively.

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 1157 East Arrow Hwy Ste 4, Glendora, CA 91740 626-335-3355 <http://www.oasgvie.org>

PLEASE SUBMIT CHANGES TO: [Lorraine S. lorriebird46@hotmail.com](mailto:Lorraine.S.lorriebird46@hotmail.com) or 951-295-0709(call or text)

HYBRID = Zoom meeting and Face to Face combined
 ZOOM = Virtual, Online meeting

PHONE ONLY = Phone conference meeting
 Face2Face = In person at location