

# SGVIE BRIEFS OCTOBER 2020

1157 East Arrow Hwy Ste. 4, Glendora, CA 91740



## 2020 SGVIE Intergroup Board Members

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Available  
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## ***2021 ELECTION PROCESS PART 1***

The SGVIE board meeting began the election process today.

The present board member's made their decision to continue on the board or to step down.

### Member's to remain on the board are:

Janice B.  
Carla C.  
Andie G.  
Rob C  
Susan T  
Shelby V. (Web)

### Member's Stepping Down:

Shelby she has to step down for one year as board member  
Domingo  
Mary Jo P.



Thanks for the  
**AWESOME** service  
you have given us

**\*Note:**The November board meeting is when the group will vote again to see what positions they are intered in.If you were unavailable to attend this months board meeting, you can still step up to to be voted onto the board which is 2021 Election Process Part 2 .

## Working the Steps

Means making a very human effort to apply a recovery principle in our lives, and a very profound behavioral, emotional, and spiritual results occur. The magic, mystery, the power in these Steps can only be understood when each of us personally applies these Steps to our lives. That's when they reveal themselves. That's when they become more than a list of Twelve Suggestions.

## What does working the program mean?

OA is a Twelve-Step Fellowship much like Alcoholics Anonymous. It's our one-day-at-a-time approach plus our members that make us different from other solutions you may have tried. You may not be familiar with a twelve-step program—and that's okay, we're here to help! For now, let's uncover some terms you may not know.

## A handy guide to terms and concepts

**Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight

**Recovery:** Removal of the need to engage in compulsive eating behaviors

### **Tools:**

We have nine Tools that help focus us while we work our program of recovery

**1.Plan of Eating:** This gives us a daily guide to avoid trigger foods and any destructive eating behaviors.

**2.Sponsorship:** Sponsors have been working the program to the best of their ability and walk you through the Twelve Steps. They help you understand each step and how to work the program in the

best way for you. Sponsors go beyond being a supportive friend; they are truly a gift to the program.

**3.Meetings:** We offer over 6,000 face-to-face and virtual meetings worldwide, and in languages other than English. Find a meeting that will work for you and your schedule. Meetings help us learn about the Tools and Steps, and also provide fellowship, which is critical to our recovery. We have discovered we need each other to get well.

**4.Telephone:** We reach out to one another between meetings, for support for ourselves and to offer help to others.

**5.Writing:** Some call it journaling. When we put our difficulties down on paper, it becomes easier to see situations more clearly and determine any necessary action.

**6.Literature:** OA has excellent books, and pamphlets—that help us understand how to “work the Twelve Steps” and give us examples of what life in recovery looks like.

**7.Action Plan:** This Tool helps incorporate the use of all the other OA Tools to bring structure, balance, and manageability into our lives and helps us work our program consistently.

**8.Anonymity:** Anonymity gives OA members freedom of expression and safeguards us from gossip. A deeper understanding of this Tool is that it assures that we each are one among many. OA has no stars.

**9.Service:** You will hear a lot about service in OA meetings and Literature. Please know that any form of service – no matter how small – helps reach a fellow sufferer while adding to the quality of our recovery.

Now that we've covered key parts of the program, let's see what it might look like to work the program on a daily basis.

Your day starts with reading some program literature, or taking time to pray and meditate on what you have read or on something about the day ahead. You might phone, text, or email a program friend or your sponsor to go over your Plan of Eating for the day. You might even get to a meeting. At the end of your day, you may reflect on what happened and what you learned. This simple routine keeps us on track.

***As the situation around us is more stable, with all SGVIE's meetings: ZOOM, and Conference calls set up and running smoothly this will our last weekly Brief.***

***We will still print special briefs as changes warrant.***

***The last brief for the year of 2020 will be Nov. – Dec. on the 2<sup>nd</sup> Saturday.***

***This position is still available and I will happily step down. It is a lot easier to do now that we have the E-Blast.***



***-Thank You from the Brief Coordinator***

## Recycling

Are you aware that we are still doing recycling while the Office is closed?



You can contact Susan T. @ 909-447-0977 for further information.

All proceeds go towards SGVIE income. We collected \$35.00 for the first week of October.



**Newcomers** “I feel strongly that newcomers need at least three ‘basics’ from each member and the group as a whole: identification, a feeling of belonging and hope, and, most important of all, to see and hear recovery of all kinds at many different levels.”

“One of the major dramatic things that happened to me as a newcomer was somebody at the meeting called me shortly after I came into the program, just to say hello. And to this day, I will never forget that person.”

**Meetings** “One expression I’ve heard that I disagree with is, ‘Well, he or she wasn’t ready for OA.’ My questions are: ‘Was OA ready for him or her? What happened when that person went to that first meeting or the other meetings after that? What makes a big difference in members coming back is what goes

on in those meetings.” “I want to hear your experiences. I want to know that you struggle sometimes and experience life’s ups and downs. It lets me know that we are both human, and that when I experience one of life’s downs, it doesn’t mean I am not working my program or that I am a bad person. But, I also need to hear what you are doing about it ... today!”

“In one case, I spent a year making phone calls and dropping e-mails ... without any expectations. That person is once again attending meetings.”

**Relapse** “Don’t underestimate the importance of providing support for members who are floundering. Relapse is fairly common in OA. My own experience tells me that I will recover from a relapse more quickly if I continue attending meetings than if I leave.”

**DON’T JUDGE THEM!** When we judge fellow members, we are inviting them to leave.

“When I gained weight in abstinence, certain people stopped speaking to me; they would not look me in the eye. They walked away when I approached. Where is it written that weight loss is the main ‘judge’ of what kind of program we are working? Before OA I lived my life in shame, always knowing that I was never good enough.”

**Service** “Any service, no matter how small, that will help reach a fellow sufferer adds to the quality of our own recovery. Getting to meetings, putting away chairs, putting out literature, talking to newcomers, doing whatever needs to be done in a group or for OA as a whole, are ways in which we give back what we have so generously been given. We are encouraged to do what we can when we can.”

“Within a week or so [after my first meeting], someone had thrown the literature bag at me and asked me to bring it along to every meeting it quite a walk from the car; but, every week for two years, I carried that bag religiously. Even when I was tired, or thought I did not need OA, you guessed it ... that wretched bag kept me coming back!”

“It was long-timers and newcomers; it was short people and tall people; and it was big people and small people who loved me into the miracle of abstinence and the miracle of this Fellowship. Our responsibility pledge states, ‘Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.’ We need to do whatever we can do to keep everybody coming back and to spread the word of OA.”



## Trust Walk

*I put my hand in yours, . . .*

At a retreat years ago in Melbourne, Australia, participants began with a trust walk. (A trust walk is where half the group closes its eyes and the other half leads them around.) Then, the roles were reversed so the other group could lead around the room. But one OA member attending did not want to lead others around, because she was blind.

*. . . and together we can do what we could never do alone.*

At the end of the day, it bothered me that she had not led. So with everyone present, I talked her into leading me around the room. I closed my eyes, and, like I did when I came into the rooms of OA, trusted it would be okay if I put my faith in God and the members of OA.

*No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.*

As she led me around the room with her cane, I began to hear the program at work: the sounds of feet shuffling around and chairs and tables being moved—it was the sound of love. The members were working hard to help a fellow member through her fear.

*We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, . . .*

Our trust in a Higher Power, our willingness to go to any lengths, and the love we shared for each other that day gave the room a sense of love and strength that transcended the fear of the unknown for one member of the Fellowship.

*. . . we find love and understanding beyond our wildest dreams.*

The trust walk symbolized for me what the Fellowship of OA is all about. It is about walking through our fears, being willing to go to any lengths, and most importantly, realizing the power of the first word in the First Step: WE. I still remember this wonderful experience years later.

—J.A.





## THE LOS ANGELES INTERGROUP PRESENTS *The Rainbow of Sponsorship*

OUR FIRST-EVER DAYLONG ZOOM RETREAT  
400 Years of Experience, Strength, and Hope from longtime  
abstinent sponsors + sponsors all over the world.

**SATURDAY, OCTOBER 24<sup>TH</sup> 2020**  
**9AM - 6PM PACIFIC TIME**

**ZOOM MEETING ID: 944 3835 5110**  
**ZOOM PASSWORD: 744754**

"Both you and the new (wo)man  
must walk day by day in the path of  
spiritual progress. If you persist,  
remarkable things will happen!"

- Page 100 Alcoholics Anonymous Big Book

## Emotional Sobriety - The Next Frontier\* *There is More to Abstinence Than Not Eating*

Sunday November 1, 2020 - 1:00 p.m. to 3 p.m. (PST)



Zoom: <https://us04web.zoom.us/j/8259445125?pwd=Uk1B9LHN8> or call 408-638-0968

Meeting ID: 825 944 5125 Password: 2020

Sponsored by OA SGVIE Intergroup  
1157 East Arrow Highway Suite #4  
Glendora, CA, 91740  
CONTACT: Andie 909-706-9180

Suggested donation is \$5.00. Pay on-line use Zelle or PayPal at  
[OA.SGVIE.LINK](#). No one will be turned away for lack of funds.

\*Workshop title and subject matter inspired by Grapevine Article "The Next Frontier: Emotional Sobriety"  
written by Bill Wilson, published January 1958

## THE 61ST OA BIRTHDAY PARTY

### WEEKEND CELEBRATION

The OA Birthday Party will be virtual

# JANUARY 16-17, 2021

## WATCH FOR FURTHER UPDATES

## Sponsoring Chronic Slippers: Love, Forgiveness, and the 5th Tradition

SAT, NOV 7 @ 9:00 AM - 6:00 PM PST

AN EXPLORATION OF ALL 12 STEPS

IN THE BIG BOOK AND HOW THEY CAN

APPLY TO CHRONIC SLIPPERS AND THE

PEOPLE TRYING TO BE OF SERVICE TO THEM.

Hosted by the Los Angeles Intergroup

Led by a veteran Overeaters Anonymous workshop leader who was a chronic slipper herself for a dozen years before getting abstinent 20 years ago, our November workshop is a daylong event for Chronic Slippers — both those who are slipping themselves AND those who want to be of service to those still struggling to get abstinent. Of necessity, we will be having a glorious conversation about love and forgiveness since people struggling to get abstinent are usually struggling to forgive someone or something. To forgive someone or something. Three-part Big Book inventory template will be provided as we explore the power of inventories.

Bring your Big Books!

Zoom Meeting ID: 977 9696 4282

Zoom Password: 420860

This is a workshop for:

- People who are sponsoring people in relapse
- People who are chronically relapsing themselves
- People who are struggling to forgive someone and paying the price for that self-centered resentment
- People who are struggling to forgive themselves and paying an even greater price for that self-centered resentment
- People who are concerned about the folks "sitting in the back of the room" that are dying (seriously—think about that) to get abstinent
- People who are interested in taking an in-depth look at the Step One chapters in the Big Book
- People who are abstinent but not at goal weight and want to be
- People who are still waiting on that psychic change or vital spiritual experience that Doctors Silkworth and Jung talked about
- Come and join us

*"Put down the food and let the real feast begin."*



# From Surviving To Thriving!

## recovery in the time of a pandemic

Our annual OA Women's Retreat is being held via Zoom for 2020, due to COVID-19! The workshops will take place November 14-15th, will be lead by members NATIONWIDE and will cover a variety of topics supporting our 2020 theme "From Surviving To Thriving". And we will still have the ever-so-loved entertainment on Saturday evening! The retreat, as with our own recovery, found a way to shift from surviving to thriving with our availability to serve members worldwide! We welcome all of the new faces to this year's event! Please join us for a fun filled weekend of laughter, love, unity and recovery!



## OA ANNUAL WOMEN'S RETREAT

November 14 – 15, 2020

### ZOOM EDITION 2020

**Total Cost: \$30 – Registration - ZOOM ID, Confirmation and Itinerary will be sent via email one week prior to the event.**

(CUT HERE) ..... PLEASE PRINT CLEARLY ..... (CUT HERE)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

#### **PAYMENT OPTIONS – MARK ONE**

**Check** made payable to: Karen D. Ritchie/OA Women's Retreat  
Mail Check & Registration to: Karen Ritchie, 4941 Whitsett Ave #1, Valley Village, CA 91607

**Venmo** : User Name: @wanderingkk Include your name & email address in memo along with notating it is for the OA Women's Retreat

Send registration to: Karen Ritchie, 941 Whitsett Ave #1, Valley Village, CA 91607  
(Registration is not valid until Venmo payment is received.)

**Both Registration & Venmo payment MUST be received to guarantee spot!**

General Questions: Michelle (818)687-5038 or Cindy (818)521-7112  
Registration Questions: Karen (818)317-5385