

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

# SGVIE BRIEFS

November, December  
2020



## New BOARD BEGINS January 2021

Chair	<b>available</b>
Vice- Chair	Rob C.
Sub Committee under VP	
Facilities Coordinator:	<b>available</b>
Secretary	Carla C.
Meeting Liaison	<b>available</b>
Treasure	Janice
Special Events	<b>available</b>
Briefs	Sandy M.
Region 2 Rep.	<b>available</b>
Literature	<b>available</b>
Professional Outreach	<b>available</b>
Public Information	<b>available</b>
Website	Shelby V
Sub Committee under public Outreach	
Phone Net	<b>available</b>

We are still in need of 9 positions to be filled.  
See positions still available to the left. If you are interested in being part of the board please attend the next meeting in Dec. **You MUST be present to be voted in.**

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You may be interested in becoming an Intergroup Rep. for your meeting. This gives your meeting a voice and a vote.

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Our active Board is still in place until January 2021

## 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.

The first Brief of 2021 will be sent out on the 2<sup>nd</sup> Saturday of January it will be bi-monthly. We will still print special announcements as special changes warrant then. This position is still available and I am happy to step down.



## Our Intergroup Board Meetings

**Monthly Meeting**

are held on the 2<sup>nd</sup> Saturday following the 8:15 Meeting.

Meeting ID # 825 944 5125, Code # 2020, Phone # 408 638 0968

**All Are Welcome!!**

## Abstinent... for the holidays

When I think of the special actions and precautions I need to take for my abstinence and recovery during the holidays, one simple principle guides me: abstinence first. Anything I put before my abstinence I will lose – including the “good times” I often long for around this time.

It isn't always easy, but I take my food compulsion seriously. Alcoholics and drug addicts in their first year of recovery avoid people, places, and situations that will be too tempting. My compulsive eating is no less serious. It would never occur to me to suggest that an alcoholic take a vacation from recovery during the holidays or to suggest that a drug addict allow himself just a little” to celebrate with old friends or to not feel deprived.

In my early recovery, this meant giving up many things I'd previously around the holidays. I didn't get involved in trick-or-treat rituals at Halloween. I let go of the idea that Thanksgiving dinner had to be a food orgy instead of just another abstinent meal. When holiday parties became too much about food and alcohol I brought my own meal (which my sponsor helped me to figure out), ate separately and socialized with soda water and lime. For holiday parties I made a commitment that if my thinking started stinking, I would excuse myself and go to an OA meeting during my first year in recovery, I didn't indulge in New Year's or Super bowl parties.

The most important thing I learned when I came into recovery is that for me specific foods – sometimes food in general – had become a drug. Being chemically dependent, I had to accept that even the smallest “treat” could be the beginning of a horrible relapse. As a compulsive eater, I adopted the mantra if in doubt, do without”.

This is what I learned that first abstinent holiday season:

- With the help of my Higher Power and others in recovery, I could remain abstinent.
- I was never sorry I had stayed cleanly abstinent.
- I discovered a new point of spirit of the holidays, one I had missed when preoccupied with what I would eat now or what I had just eaten. Food had become my god, and I had lost the spirit of the holiday.

Gratitude has replaced the food and social frenzy. First, for my abstinence, and second, for the new life of the spirit I have found in me, in my fellow recovering compulsive overeaters, in my family, in my friends and even in those outside Twelve – Step programs.

I attend a gratitude meeting on Thanksgiving, and I bring myself full of this Twelve –Step spirit as a gift to my family and friends. Another “recovery ritual” is to end dinner with the suggestion that we each share our expressions of gratitude.

Even New Year's Eve has a feeling of recovery. I attend a candlelight meeting and reflect on the past year and how I envision my higher Power's will and mine becoming one in the New Year.

Now that's celebrating an abstinent holiday.

-Anonymous, reprinted by Lifeline, December 2003



Literature

Literature is now available for purchase at SGVIE. Susan T. has volunteered to be **available by appointments**, please contact her @ 909 447-0977.

She is also taking orders for the new Book available.  
**BODY IMAGES, RELATIONSHIPS, AND SEXUALITY.**  
**Personal Journeys to Recovery in OA.**



HAPPY  
joyous  
FREE

Happy, joyous, and free is what we can be in this Twelve Step program.

**Attitude change-** the only person we focus on changing is ourselves.

**Prayer** is suggested as a form of meditation – a strong component of the Eleventh Step.

**Problems** begin to lose the magnitude they once had (When we do the necessary Step work).

**You** need never be alone again – we have a Higher Power to guide us, and we have other people around who understand us.

**Hunger** will become physical hunger, not emotional hunger.

**Occasions** such as holidays are about friendship and family instead of food.

**Love** for self is about self – caring—taking care of ourselves, setting healthy boundaries, and saying “no” when necessary.

In the beginning (and as long as necessary), it is important that our recovery come first in all we do.

**Do** you have a sponsor and a support group? Both are necessary for recovery. If not, find them. You won't be disappointed.

**Accepting** what cannot be changed is a stepping stone to changing what can.

**Yes**, our recovery is dependent on actively working the Twelve Steps. Start and continue working Steps One through Twelve to be amazed before “we are half way through”.

**Size** and weight are not our real issues. The Big Book says clearly, “When the spiritual malady is overcome, we straighten out mentally and physically”

# HALT

## Putting a HALT to HALT

When I made a decision to turn my will and my life over to the care of my Higher Power, I received an insight to how I could remain willing to surrender.

In recovery, I've often been reminded to recognize when I'm hungry, angry, and lonely or tired—the HALT of the program. Even one of these four can set me up for food thoughts and mental obsession. But I've found a second HALT that counteracts the first one – honesty, accepting, loving, and thankful. When I embrace these four qualities, I remain teachable, open to recovery, and willing to live my life in accordance with my Higher Power's will.

**Hungry/Honest.** When I get hungry, it reminds me to be faithful in planning my food, take accountability for what and how I eat, and pay attention to my bodily needs. If I'm honest with myself, I plan my food each day with the help of my Higher Power and others. It's vital that I give an accounting of my physical program and accept guidance from others in recovery. With a sponsor's guidance, I learn how to practice gut – level honesty about my feelings, account for any mental obsession, and seek my Higher Power's solution to my gnawing spiritual hunger. Honesty becomes humility as I ask my Higher Power to guide and direct my life, my will, and my recovery.

**Anger/Accepting.** Being angry is a luxury I can't afford because it leads to mental obsession, resentment, and fear. When I feel angry, it usually means I'm not accepting some situation as okay. Acceptance grows as I work the Steps and become open to correction and guidance. I grow in acceptance by humbly seeking my sponsor's guidance, by asking my Higher Power to remove my defects, and by understanding my place in the human race. To accept my powerlessness over food is to surrender my food addiction. To accept my powerlessness over people, places, and things is to walk in harmony with others and know inner peace. To accept my total dependence on my higher Power is to walk with faith and trust wherever I'm led. Acceptance opens doors that anger and resentment have closed.

**Lonely/Loving.** When I feel lonely, I've found that reaching out in loving service to others dissipates my loneliness. I have a disease of isolation characterized by self-centeredness, selfishness, self-absorption, and self-seeking. To love others is to walk with my Higher Power and surrender. To love is to serve at meetings and at broader levels of OA. To love is to willingly give others my listening presence and to graciously accept others' service. To love is to call an OA friend and share how've been blessed by his or her message of recovery. To love is to die to self with its craving for instant gratification and all its egotism and greed and to live in oneness with life and say yes to my Higher Power's road of unknown destiny. Love overcomes isolation and loneliness.

**Tired/Thankful.** When I feel tired, my body is telling me to relax. In a relaxed state, I can see all that I have to be grateful for. Just knowing I'm tired and need rest is a blessing. I'm grateful to know how to take care of my body as a living amends for my years of self-destructive eating. I'm grateful knowing the awesome truth of just being – rather than finding self – worth only in doing. I'm grateful for slogans like “Easy does it” and “One day at a time”. What a blessing is rest, for it replenishes my strength so that I may be of use to my Higher Power. I value sponsors who validate my need to love myself enough to rest when I'm tired. Gratitude lifts me into the loving presence of my Higher Power, where I find freedom, gentleness, and love. Gratitude reminds me of the beauty of the present moment and the power of positive thinking. When I feel grateful, I learn to relax in the silence of prayer and contemplation.

Hungry, Angry, Lonely or Tired: these remain red flags I need in my ongoing recovery. My remedy, being honest, accepting, loving, and thankful, keep me close to my Higher Power, accountable to my sponsor, and gentle with myself.

-K.W., Wisconsin USA

# The Best Is Yet To Come

YPoala.com

**OVEREATERS ANONYMOUS**

a place for young people seeking recovery from eating disorders

My name is Marisa and I am a compulsive over eater. I came into this program when I was 25 years old. I remember one Friday afternoon after high school, I had my first binge with another friend who liked sweets. Of course, we tried to restrict the next week, and so began the cycle. I realized food numbed my emotions while I was eating and diets could occupy my mind while I wasn't eating it. This way, I wouldn't have to think about other things like conflict, friends, college, etc.

Since I was never "skinny", I felt I needed to be the "nice" and an "overachiever" because no one would like me just the way I am. I commuted to college the first two years so I continued using food. When I moved out for my second two years, I had no self-confidence. I isolated from my roommates (I am on Step 8 and look forward to making amends to them). I studied and worked compulsively and only attended select social or recreational events. I thought I needed food to "get through", stay awake, and focus. The truth is the food was temporary but the effects are long lasting. I spent hours overexercising and hating myself.

## "I realized food numbed my emotions"

Once I graduated college, I was completely unprepared for the "real world" so I continued to use food. Compulsively overeating takes me out of the world, diminishes my self-esteem, and consumes my mind with selfish thoughts. Food was hurting me more than helping but I could not stop alone. My rock bottom was when I was laid off from my first career-related job. I was 25 years old and felt like a 15 year-old because that is when I stopped developing coping mechanisms to deal with life.

Thank God I found OA. Although I wish I found this program sooner, I am grateful I did not find it any later. It takes time to recover but at least there is hope now. The best is yet to be!

**SGVIE HAS A NEW PROMISES MEETING**  
FRIDAYS @ 7:30-8:30pm



ZOOM ID# 825 944 5125  
Access Code # 2020  
Calling in (408)638- 0968

[www.oarise.org](http://www.oarise.org)

NOV 15 "Steps 1 & 2...A Refresher for the Holidays"

DEC 6 Steps 10, 11 and 12

DEC 20 "From Fear and Fat to Happy Joyous and Free for the Holidays"

1-4 p.m. PDT

Overeaters Anonymous  
Registered Meeting #88993

Meetings held regularly on the first & third Sundays of each month  
Zoom ID: 947 2125 9974 Password: 810562

South Bay Intergroup of OA presents...

## The Annual Thanksgiving Marathon

A Virtual Event

Back-to-Back OA Meetings for Fellowship and Recovery  
A new meeting every hour – on the hour

Thursday, November 26, 2020  
8:00 AM to 1:00 PM PST



Zoom ID:  
373 820 2031

Passcode:  
5162020

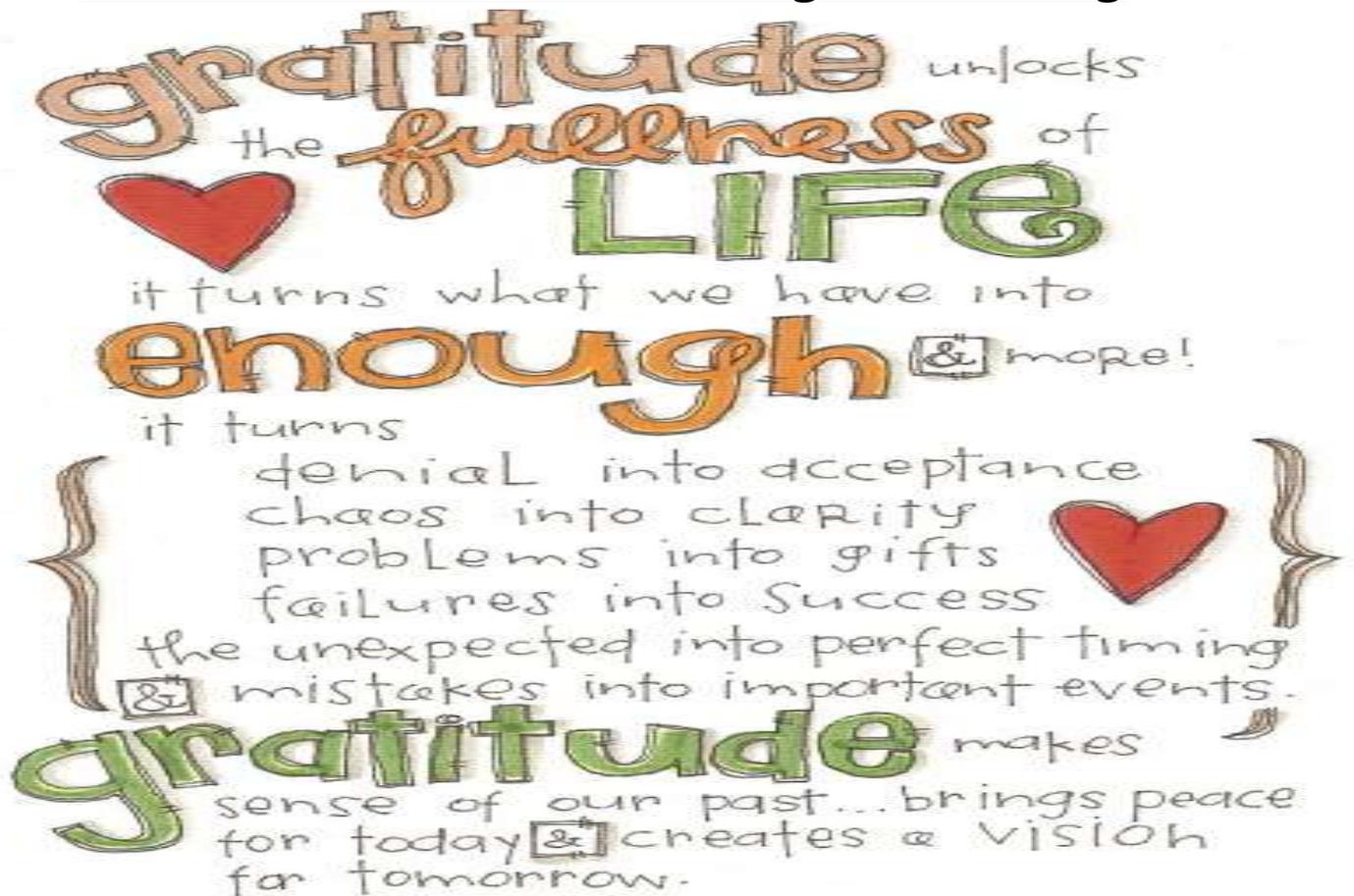
Gratitude donations may be made by PayPal  
button found on [www.oasouthbay.org](http://www.oasouthbay.org)  
No one turned away for lack of funds.

Questions? Contact Janice W., [events.oasbig@gmail.com](mailto:events.oasbig@gmail.com)

**OVEREATERS ANONYMOUS**  
SOUTH BAY

South Bay Intergroup of  
Overeaters Anonymous  
P. O. Box 918  
Harbor City, CA 90710

## Join our Virtual Candle Light Meeting



Would you like to share your gratitude? We may not be together this year in person, but we will still have our Candle Lighting Ceremony. Great way to begin the celebrations giving Thanks!

**Wednesday, November 25, 2020**

**7:00 pm to 8:15 pm**

**ZOOM ID# 825 944 5125**

**Access Code # 2020**

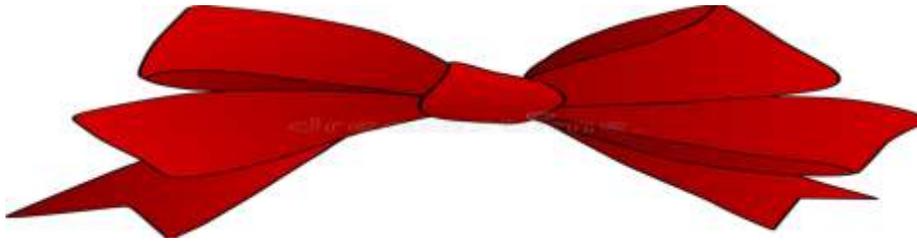
**Calling in (408)638- 0968**

Gratitude donations may be made by PayPal or Zelle go to OASGVIELINK or Please make the check out to: OA SGVIE.  
Thanksgiving Meeting with #21791 Nobody will be turned away

**ALL ARE WELCOME!**

1157 East Arrow Highway, Suite 4 Glendora, Ca 91740





**Peace & Love**  
**Friday, December 25, 2020**



**Start the New Year with a New Attitude**  
**Friday, January 1, 2021**

**Both Meeting use the same information**

**8:15 am to 9:30 am Holiday Time**

**Come join other fellows of OA, You're not alone!**

**ZOOM ID# 825 944 5125**

**Access Code # 2020**

**Calling in @408-638-0968**

