



A PUBLICATION OF THE FOOTHILL INTERGROUP OF OVEREATERS ANONYMOUS

The Footnotes

OA Spiritual Principles:

Humility/Step 7 & Self-Discipline/Step 8

Since July and August are the seventh and eighth months of the year, our topics for this issue are the OA principles of HUMILITY and SELF-DISCIPLINE.



2023 Intergroup Service Board

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NEWCOMERS	Joyleen oafoothillintergroup@gmail.com
12 STEP W/IN	OPEN
PROF. OUTREACH	Joyleen

Leaving Shame Behind

Written by D.

I have walked hand in hand with humiliation my entire life. As a person with the character defect of perfectionism, I felt humiliated by any mistake that I made. However, my body was the source of most the humiliation I felt. Whether it was wearing a bathing suit (something I never did except with my husband and children) or wearing clothes that were not my style just to cover up – I felt shame all the time. And I was humiliated by my eating behaviors (bingeing), too. I honestly thought that no other overweight person on the planet ate like I did.

In OA, I learned that humiliation and humility are not the same thing at all. For me, humiliation stemmed from fear of being judged by others. There was also humiliation because I assumed that I alone was responsible for solving my food addiction. Humility is different. In OA, humility is what comes from the honest admission that I am unable to deal alone with my eating issues. And humility also means being willing to ask my Higher Power and OA fellows for help and surrendering the notion that I can control others and the universe .

Step 7 asks us to humbly ask our Higher Power to remove our shortcomings. It doesn't say "Stop bingeing!" or "Stop sitting around so much!" We have learned that if we could do those things on our own, we would have by now. Humility requires us to accept that fact about ourselves, and to ask for help.

But asking humbly isn't enough. This is a program of action, which really appeals to me because I like checking off boxes for finishing a job! Self discipline, which is the spiritual principle of Step 8, asks that we use the tools and do our share to help ourselves. I have found that being accountable to another fellow or group of fellows helps me with those action steps. Dishonesty can creep into the way I use the tools. I find



that I have to be humble enough to ask myself honestly, “Am I REALLY eating right now to fuel my body, or am I eating for other reasons? Am I REALLY using the tools well, or am I just making a token effort so I can pat myself on the back and feel like a good girl?”

From my perspective, the spiritual concepts that underly the Steps are a fundamental part of the OA program. I’m so grateful that we as fellows can talk honestly about these spiritual concepts and own the challenges we face as we try to live up to them. It’s a tall order! I’m so happy that we have each other to help us on this journey!

Being Humble

Written by C.

Real humility is accepting God’s help. It is giving credit to God for my life, my accomplishments, and my weaknesses. Humility is letting go of blame and hopefully character defects. I need to be humble – and sometimes *humbled* – to ask for God’s help when I’m struggling with food, or worse, feelings of



fear, distrust, loneliness and fake hunger. Humble also doesn’t mean “worthless as a worm”; I am a part of God’s creation and am allowed to honor that. It is soothing to let go of gripping life, of gripping my will when fighting the urge to eat, and of gripping my old ways of thinking of myself as worthless. Being humble puts the credit where it is due: to my Creator, who holds me steady as I let go of those old thoughts and feel loved, guided and safe as I explore new ways of thinking, humble and grateful for the peace that comes from turning problems over.

Topics for next Sept/Oct issue:

Love (Step 9) and Perseverance (Step 10)

We want your stories of experience, strength and hope for our next newsletter! Please write about how the spiritual principle of **LOVE (Step 9)** or **PERSEVERANCE (STEP 10)** applies to you and your recovery. Use 200-400 words as a guideline.

Submit writing to:

oafoothillfootnotes@gmail.com

Deadline is **AUGUST 25th**.



Intergroup News

Sponsor/Sponsee Soirée Are you looking for a sponsor? Are you a sponsor looking for an OA member to take through the Twelve Steps? Come to the **Sponsorship Soirée** on **Sunday, August 20th from 6:30pm to 8:00pm**. It will be held at a private home in Altadena. Email oafoothillintergroup@gmail.com for the address. This is a free event.

Farewell, 4:30pm! We regret to announce the closing of the Sunday Pasadena 4:30pm phone meeting. Due to lack of participation, the decision was made to close the meeting officially as of July 11th.

Young Persons are Now Virtual The Foothill Intergroup Young Persons meetings have joined the OA Virtual Intergroup and their new website is active! Go to <https://oayoungpeople.org/>

Upcoming Events

OA San Fernando Valley Intergroup:



OA SFV's WALK-A-THON 2023

Take A Step For Your Recovery!

**Support the OA San Fernando
Valley Central Office!**

Lake Balboa Boat House

MORE INFORMATION

**JULY
30TH**

7AM

***We Are Not a
Glum Lot:
How Humor is
Key to Recovery***

SUNDAY, AUGUST 13, 1-3 P.M.

Abstaining OA members will share how humor has helped in good times and bad. Come for some summer fun and wisdom.

MORE INFORMATION

Our first post-Covid in-person workshop!

OA Men's Retreat 2023

East Bay Unity OA and Bay Area HOW Intergroup

Present 21st Annual Men in Recovery Retreat

October 27 - October 29, 2023



OA Face-to-Face Meeting Fridays@ 6:30 pm Gratitude Meeting



Westminster Presbyterian Church

1757 North Lake Ave.
Pasadena, CA 91104

(Entrance in the
parking lot behind
the church.)



If you have any questions,
please call or text Sylmara
(818) 468-8460

SPONSOR SPONSEE SOIREE

a meet-and-greet to
learn more about
sponsorship, and to
connect with a sponsor
or sponsee!

Sunday, August 20, 2023, 6:30 pm
At Diane's House in Altadena.

Contact
oafoothillintergroup@gmail.com
for address.

BEFORE YOU TAKE THAT FIRST COMPULSIVE BITE, PHONE AN OA MEMBER!

Elliott M.	626-398-9928	anytime
Linda M.	626-398-0840	9am-10pm
Lynn P.	626-792-4686	before 9pm
Marilyn D.	818-679-7511	anytime
Tammy	818-353-9606	days
Stacey	818-319-3286	9am-9pm
Ava	323-573-4475	6am-6pm

To add your name to this list, email oafoothillfootnotes@gmail.com

OA ONLINE RESOURCES:

oafoothill.org - Foothill Intergroup
oa.org - National OA website
oasfvalley.org - San Fernando Valley Intergroup
oasgvie.org - San Gabriel Valley Intergroup
oalaig.org - Los Angeles Intergroup
go2oa.org - Inland Empire Intergroup
oaoci.org - Orange County Intergroup
oasouthbay.org - South Bay Intergroup
oasandiego.org - San Diego Intergroup

7TH TRADITION - TREASURER'S CORNER

Every OA Group ought to be fully self-supporting, declining outside contributions. OA relies exclusively on the contributions of members to maintain OA services and continue to help those who suffer. According to World Service, donations are down dramatically, worldwide. Please give as much as you can to keep OA alive!

Treasurer's Note: Excess meeting funds, over and above expenses and prudent reserve should be distributed monthly in accordance with the 60/30/10 formula. [Foothill Intergroup /World Service/Region 2] Please send checks only with your group ID#. Email oafoothilltreasurer@gmail.com for addresses and more information.

OA INTERGROUP 7TH TRADITION CONTRIBUTIONS & OTHER INCOME

Individual Donations	\$147.00
Pasadena Tue 12:00pm	\$ 60.00
Pasadena Wed 7:00pm	\$ 20.00
Online Grief Sat 4pm	\$ 5.00
Total 7th Tradition Income	\$881.00

Other Income:

No events	\$0.00
Total Income for Jun 2023	\$232.00

Completed 6/8/23 by Daniel P

FOOTHILL INTERGROUP MEETINGS

All Intergroup meetings are held at the last Monday of each month from 7:00-8:30pm via Zoom. The next Intergroup meeting will be **August 28th**. Meeting delegates and all OA members are welcome. Link is located in local meetings section at oafoothill.org. <https://www.oafoothill.org/local-meetings.html>.

We want to hear from you! Help *The Footnotes* expand its usefulness by contributing your OA birthdays, writing, graphics, humor, et al. Send submissions to oafoothillfootnotes@gmail.com.

OA Foothill Meeting Schedule					
Day	Place	Time	Online/ In-Person	Contact	Phone/Email
SUN	Glendale	10:15 AM	Online	Pattie	(818) 669-7091
SUN	Pasadena	6:00 PM	Online - BIPOC	Samelia	(310) 879-0844
SUN	Pasadena	6:00PM	ON HOLD -Knox Presbyterian	Deanna	(626) 799-6313
MON	Pasadena	6:00 PM	Online	Louise	(626) 824-0789
MON	Foothill Interg	7:00 PM	Online- last Mon of the mo.	Diane	oafoothillintergroup@gmail.com
MON	Virtual Interg.	7:00 PM	Online	Andriette	ypoafoothill@gmail.com
MON	Burbank	7:30 PM	Online	Kathy	(818) 744-1337
TUE	Highland P.	7:30 AM	Online	Debbie	(323) 274-2477
TUE	Pasadena	12:00 PM	In-Person/Hybrid Phone	Susan R.	susanritter8@gmail.com
			Pasadena Presbyterian Church		
TUE	Burbank	6:30 PM	Online	Margaret	(323) 610-8077
TUE	Pasadena	6:30 PM	Online	Sylmara	(818) 468-8460
			Westminster Presbter. Church		
TUE	Temple City	7:00 PM	In-Person	Lori	(626) 279-2882
WED	Pasadena	12:00 PM	In-Person/Hybrid Phone	Linda M.	(626) 398-0840
			Pasadena Presbyterian Church		
WED	Pasadena	7:00 PM	Online	Celia	czgarcia31@gmail.com
THUR	Pasadena	12:00 PM	ON HOLD Pas Presbyterian		
THUR	Glendale	7:00 PM	Online		
THUR	Pasadena	7:30 PM	ON HOLD - St. Philips Church		
FRI	Pasadena	12:00 PM	ON HOLD Pas Presbyterian		
FRI	Pasadena	6:30 PM	In-Person Westminster Presbyte	Diane	(626) 233-6410
FRI	La Crescenta	6:30 PM	Online	Shirley	(818) 951-1605
SAT	Burbank	7:30 AM	Online	Holly	(818) 970-4686
SAT	Pasadena	8:30 AM	Online	Marilyn	marilynrdubner@gmail.com
SAT	Online	4:00 PM	Online- Focus: Grieving	Patti O.	(213) 479-1966

Meetings

All links for OA meetings registered with the Foothill Intergroup (in-person, virtual, and hybrid) can be found at <https://www.oafoothill.org/local-meetings.html>