



A PUBLICATION OF THE FOOTHILL INTERGROUP OF OVEREATER'S ANONYMOUS

# The Footnotes

## OA Spiritual Principles:

### Integrity & Willingness

Since May and June are the fifth and sixth months of the year, our topics for this issue are the OA principles of INTEGRITY and WILLINGNESS.

### Integrity

By Anonymous

“What you do when no one is watching.” A shorthand definition I’ve heard for integrity. But in way, the OA step associated with integrity is kind like the opposite. In Step 5, we read aloud a complete list of our biggest fears and resentments while another human being is not just watching but listening as well! I’ve heard it said that many overeaters “go out” or leave the program when they get to this step, which makes sense. It’s terrifying to lay our lives out in front of another person. In order to effectively work Step 5, we must ask our Higher Power for a new level of trust.

But I have to admit, there’s something magic about the act of giving a 4th step away to another OA fellow. Saying all of the things out loud. Private, personal things, most of which I never dreamed of telling another soul. The last time I read my fourth step to a sponsor, both of us sitting in the privacy of her lovely Pasadena living room, she listened patiently for a the better part of an hour. When I was done, she looked at me and simply said “Okay, then.” And that was it. There was no judgement. No incredulous looks in response to anything I had written. Just a calm, quiet acknowledgement and acceptance, which was truly a gift.

#### 2023 Intergroup Service Board

CHAIR	Cassandra <a href="mailto:oafoothillintergroup@gmail.com">oafoothillintergroup@gmail.com</a>
VICE-CHAIR	Diane <a href="mailto:oafoothillintergroup@gmail.com">oafoothillintergroup@gmail.com</a>
SECRETARY	Nancy <a href="mailto:oafoothillintergroup@gmail.com">oafoothillintergroup@gmail.com</a>
TREASURER	Dan <a href="mailto:oafoothilltreasurer@gmail.com">oafoothilltreasurer@gmail.com</a>
WORLD SERVICE	Sylmara <a href="mailto:oafoothillintergroup@gmail.com">oafoothillintergroup@gmail.com</a>
REGION 2	Linda <a href="mailto:oafoothillintergroup@gmail.com">oafoothillintergroup@gmail.com</a>
SPECIAL EVENTS	Marilyn <a href="mailto:oafoothillspecialevents@gmail.com">oafoothillspecialevents@gmail.com</a>

#### 2023 Committee Chairs

WEBSITE	Carolyn <a href="mailto:oafoothillwebmaster@gmail.com">oafoothillwebmaster@gmail.com</a>
FOOTNOTES	Stacey <a href="mailto:oafoothillfootnotes@gmail.com">oafoothillfootnotes@gmail.com</a>
YOUNG PERSONS	Andriette <a href="mailto:ypoafoothill@gmail.com">ypoafoothill@gmail.com</a>
ZOOM ADMIN	Korie-Beth <a href="mailto:oafoothillzoom@gmail.com">oafoothillzoom@gmail.com</a>
NEWCOMERS	Joyleen <a href="mailto:oafoothillintergroup@gmail.com">oafoothillintergroup@gmail.com</a>
12 STEP W/IN	<b>OPEN</b>
PROF.OUTREACH	<b>OPEN</b>

## Willingness

Written by S.



Thank you, God for this topic of Willingness!

Willingness for me isn't a word I use very often. I was surprised to hear it mentioned so frequently in my early OA meetings. Why is there all this talk about willingness at meetings? I thought "yes, I'm willing to join the meeting, can't you see I'm sitting in my seat? Why all this talk about willingness? We are all sitting here aren't we?"

Because of my inexperience with 12 Step formats, I thought we were assembled and someone would lead, teach, speak, lecture and we would all take notes.

I quickly found out how interactive OA is! Lots of people spoke, read, jointly recited and individually shared. And, everyone was constantly greeting anyone who spoke by reciting their name out loud "Hi Elizabeth or Hi Philip."

I soon joined in the chorus of greetings. Then I became willing to say "I'm S... a compulsive overeater"! Wow, what a miracle, I finally knew who I was and was willing to share out loud my new last name "Compulsive Overeater!"

At that time I did not fully understand what Compulsive Overeating meant, but I knew intuitively I was a COE as people in the rooms shared their stories of things they did with food so similar to what I had done. They also shared they had found a solution for compulsive eating through OA! I was willing to listen to HOW (Honesty, Open mindedness, Willingness) they were achieving this great miracle in their lives.

I continued listening at meetings, began reading our literature and working with a Sponsor. I soon became willing to believe God, HP could help me turn my willingness to work the Steps, use our Tools of Recovery to remain Abstinent each day. This was a miracle after years of dieting with no lasting success of keeping weight off and living in sanity.

Today, when the TV commercials try to persuade me to eat, drink or try "This Product" I'm willing to say NO, turn the channel or say "Help HP, I don't want to



think about that sugary or salty food. I am willing to say NO but I need your help God to take the necessary Action to avoid these foods.” God has helped me every time I have prayed that prayer. TY God!

In OA, I also found out I’m not alone anymore surrounded by fellow OA’ers and my power-pac God which I also call HP or Higher Power. HP will give me the strength I need. Willingness + HP’s Power = lifesaving ACTION, 1 day, 1 meal at a time! Forever Grateful! ☺

## Topics for next July/August issue:

### Humility (Step 7) and Self-Discipline (Step 8)



We want your stories of experience, strength and hope for our next newsletter! Please write about how the spiritual principle of **HUMILITY** or **SELF-DISCIPLINE** applies to you and your recovery. Use 200-400 words as a guideline. Submit writing to [oafoothillfootnotes@gmail.com](mailto:oafoothillfootnotes@gmail.com). Deadline is July 4th.



## Intergroup News

**Walk Around the Rose Bowl to be Re-scheduled** Our sponsorship-themed *Walk Around the Rose Bowl* was sadly rained-out in March, but don’t worry— we’re re-scheduling! Keep an eye out for a new flier with details. An extra big “thank you” to Marilyn, our Special Events chair for weathering the literal storm with grace and soldiering on to make this event happen, twice.

**Fourth Step Workshop Coming in September** We’re looking for a tech savvy person to help out. To volunteer for this fantastic service opportunity, contact Marilyn at [oafoothillspecialevents@gmail.com](mailto:oafoothillspecialevents@gmail.com).

**Policy and Procedures Manual Complete** We have published our first Policy and Procedures manual, thanks in large part to Diane, our former Professional Outreach Chair. It’s a comprehensive document outlining the purpose of our intergroup, how it functions and details board and committee positions and responsibilities. For access email [oafoothillintergroup@gmail.com](mailto:oafoothillintergroup@gmail.com)

**Want to be part of the Foothill Intergroup?** The positions of [Professional Outreach](#) and [Twelve Step Within](#) are open! For a description of duties, contact [oafoothillintergroup@gmail.com](mailto:oafoothillintergroup@gmail.com)

# Upcoming Events

## 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

### Recovery: Putting the Pieces Together



Experience a weekend  
of fun, fellowship, and  
recovery!

Participate in-person or via  
zoom.

Questions? [convention@oar2.org](mailto:convention@oar2.org)

**Register Now!**

**2023 Overeaters Anonymous  
Region 2 Convention  
Orange County / Costa Mesa  
California, July 7-9, 2023**

#### Register Online

In Person \$75 • Zoom \$35 • Book Hotel  
[oar2.org/upcoming-convention](http://oar2.org/upcoming-convention)

Marathon meetings / OA speakers /  
panels / workshops

Spanish simultaneous Zoom translation

In-person: entertainment, dining, and  
surprise activities!



**OFICINA NACIONAL  
MÉXICO Registro 09329**

**21<sup>o</sup>**

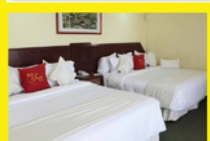
**CONGRESO  
NACIONAL CDMX**

**28, 29 Y 30 DE JULIO 2023**

## LAS PROMESAS DEL PROGRAMA

**"BIENVENIDO A COMEDORES  
COMPULSIVOS ANÓNIMOS,  
BIENVENIDO A CASA"**

El Evento se  
realizará en el  
hotel Real del Sur,  
ubicado en Av.  
División del Nte.  
3640, San Pablo  
Tepetlapa,  
Coyoacán, 04620  
CDMX



• Todos los costos son por persona.  
**El paquete 1** incluye: Dos noches de hospedaje, 5 alimentos tipo buffet, convivencia-baile del sábado, uso de las salas de las conferencias, Coffee break, kit, estacionamiento, e inscripción al congreso.  
**El paquete 2** incluye: Una noche de hospedaje, 4 alimentos tipo buffet, convivencia baile del sábado, uso de las salas de las conferencias, Coffee break, kit, estacionamiento, e inscripción al congreso.

<b>Paquete 1</b>		<b>Paquetes: 2</b>	
Habitación sencilla, cama King size	\$4,000	Habitación sencilla, cama King size	\$3,000
Habitación doble con dos camas King size	\$3,800	Habitación doble con dos camas King size	\$2,800
Habitación doble con una cama King size	\$3,200	Habitación doble con una cama King size	\$2,500
Habitación cuádruple con dos camas King size	\$3,000	Habitación cuádruple con dos camas King size	\$2,400

Más informes con el comité del  
Congreso

Coordinador Carlos O. 5529023794

Tesorera: Elizabeth L. 5564424306

Secretaria Eva G. 5514766776

Oficina Nacional México.  
Odesa 101 col. Portales Nte, Benito  
Juárez, 03300 CDMX

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

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

To add your name to this list, email [oafoothillfootnotes@gmail.com](mailto:oafoothillfootnotes@gmail.com)

## OA ONLINE RESOURCES:

[oafoothill.org](http://oafoothill.org) - Foothill Intergroup  
[oa.org](http://oa.org) - National OA website  
[oasfvalley.org](http://oasfvalley.org) - San Fernando Valley Intergroup  
[oasgvie.org](http://oasgvie.org) - San Gabriel Valley Intergroup  
[oala.org](http://oala.org) - Los Angeles Intergroup  
[go2oa.org](http://go2oa.org) - Inland Empire Intergroup  
[oaoci.org](http://oaoci.org) - Orange County Intergroup  
[oasouthbay.org](http://oasouthbay.org) - South Bay Intergroup  
[oasandiego.org](http://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](mailto:oafoothilltreasurer@gmail.com) for addresses and more information.

## OA INTERGROUP 7TH TRADITION CONTRIBUTIONS & OTHER INCOME

Individual Donations	\$697.00
Pasadena Tue 6:30pm	\$ 60.00
Pasadena Wed 7:00pm	\$124.00
<b>Total 7th Tradition Income</b>	<b>\$881.00</b>

Other Income:

No events	\$0.00
<b>Total Income for Jan 2023</b>	<b>\$881.00</b>

Completed 4/30/23

**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](mailto:oafoothillfootnotes@gmail.com).

## 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 **June 26th**. Meeting delegates and all OA members are welcome. Link is located in local meetings section at [oafoothill.org](http://oafoothill.org). <https://www.oafoothill.org/local-meetings.html>.