



A PUBLICATION OF THE FOOTHILL INTERGROUP OF OVEREATERS ANONYMOUS

The Footnotes

OA Spiritual Principles

The topics for this issue are the principles of **Spiritual Awareness** from Step 11 and **Service**, the principle of Step 12, as November and December are the eleventh and twelfth months of the year.

The Principle of Spiritual Awareness : Step 11

By Anonymous (heard in the rooms)

What does it mean to have a DEEP and EFFECTIVE SPIRITUAL AWARENESS?

It means going to God with every difficult moment of my life, not just in my morning prayers. It means making my HP my BFF. It means showing up, regardless of how I feel. It means perseverance; sticking around long enough for the willingness to

become spiritually aware. It means trusting God with everything I say and do.

Spiritual Awareness means having life of peace, calm and intuitive thought. It means learning to be on my own and less dependent on others. It means accepting myself and the natural ebbs and flows of my mood. It means the

presence of mind to show up for other people. It means making multiple outreach calls a day and seeing God in everyone I speak with. And finally, Spiritual Awareness means gratitude for exactly where I am on my journey and at this moment.



2023 Intergroup (FIG) Service Board

CHAIR	Cassandra oafoothillintergroup@gmail.com
VICE-CHAIR	Diane oafoothillintergroup@gmail.com
SECRETARY	Nancy oafoothillintergroup@gmail.com
TREASURER	Dan oafoothilltreasurer@gmail.com
WORLD SERVICE	Sylmara oafoothillintergroup@gmail.com
REGION 2	Linda oafoothillintergroup@gmail.com

2023 Committee Chairs

SPECIAL EVENTS	Marilyn oafoothillspecialevents@gmail.com
WEBSITE	Carolyn oafoothillwebmaster@gmail.com
FOOTNOTES	Stacey oafoothillfootnotes@gmail.com
YOUNG PERSONS	Andriette ypoafoothill@gmail.com
ZOOM ADMIN	Korie-Beth oafoothillzoom@gmail.com
NEWCOMERS	OPEN oafoothillintergroup@gmail.com
12 STEP W/IN	OPEN
PROF.OUTREACH	OPEN oafoothillintergroup@gmail.com

The Principle of Service: Step 12

By Anonymous

I have a love/hate relationship with service. Okay, hate is a strong word. I have a love/*strong dislike* relationship with service. I love to volunteer for stuff. I have the time. It makes me feel good. I always have the best of intentions, but my energetic, optimistic state of mind inevitably fades after awhile. Sometimes it's hard to motivate myself to do the things I need to do for service. But I can also tell you that my commitment is always renewed after an Intergroup Board meeting. Something miraculous happens when I'm sitting in the Zoom room listening to the treasurer talk about the money that came in that month, or the progress of how a new meeting is doing. Everyone there has a special role to play and is working together to keep our precious OA meetings alive. It is a beautiful thing. That invigorating feeling of being a part of something bigger is gratifying beyond measure. As with most things in my life, I get down on myself when I don't do it perfectly. This is when I need to listen to my HP who tells me, *"You are doing the best you can, and that's enough."*



It's fitting we are on the topic of OA service because it's time to elect a new Intergroup Service board. If you haven't done service at the Intergroup level, I encourage you to take that next step. You don't need to do it perfectly. It only matters that you do it.

Call For Your Writing



Maybe you've just made some kind of program discovery, like you're back to three meals a day and it's really helping you. You're excited about it and want to shout it from the rooftops. You share about it at a meeting but that doesn't seem like enough. Has this ever happened to you? If so, write about it! Then submit your writing to the Foothill Footnotes. Use 200-400 words as a guideline.

Submit writing to: oafoothillfootnotes@gmail.com

Intergroup (FIG) News

Holiday Party and OA Jeopardy Get Ready for the annual FIG Holiday party. It will be held **Saturday, December 2nd**, at the Little White Chapel in Burbank at 1pm. Brand new this year, is a fun-filled game of OA Jeopardy with questions relating to the OA program. We're asking everyone to send a representative from their meeting to be a contestant in the game. Email oaspecialevents@gmail.com. The deadline for contestant registration is **November 29th**. (See flier for more details)

Fellowship Walk October 22nd was a gorgeous day for a stroll in Arroyo Park. The numbers for our Fellowship Walk may have been modest but didn't stop anyone from getting fresh air, sunshine and enjoying themselves.

Donate to FIG with Zelle You can give your 7th Tradition donations to the Foothill Intergroup via PayPal and Zelle, which is available through most major banks. Search for OAFoothillTreasurer@gmail.com

OA Intergroup Service Board Elections - Please consider joining the Foothill Intergroup Board. Those elected serve for one year. **Elections will be held Nov. 27th at the Foothill Intergroup Board meeting at 7pm.** For the meeting link go to oafoothill.org. Questions? email oafoothillintergroup@gmail.com.



Open Board positions:

Vice Chair

Special Events Committee Chair

Professional and Community Outreach Committee Chair

Newcomer Committee Chair

Upcoming Events & Announcements



Foothill Intergroup
presents
The 2023 Holiday Gathering with

OA JEOPARDY!

Little White Chapel
1171 N. AvonSt., Burbank

DECEMBER 2

Starting at 1:00 pm
\$10 donation suggested

OA JEOPARDY will be a fun competition based on the Jeopardy tv game show but with all the questions relating to our program. Each meeting is invited to send a representative to be a contestant in the game; we will watch the action and fun! To register your meeting's contestant, or with questions, email oafoothillspecialevents@gmail.com. **Deadline** for contestant registration is **November 29th**. All are welcome.
COME FOR THE SPEAKERS, COME FOR THE GAME, COME FOR THE FELLOWSHIP!

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

THE 64TH ANNUAL OA BIRTHDAY PARTY

Together We Get Better

JANUARY 12TH – 14TH, 2024

AT THE LAX HILTON
5711 W. CENTURY BLVD.
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.

WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA, MEDITATION, AND MORE.



EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Registration
opens Oct. 15th
oabirthday.com

The 12th Step Within Committee Presents

STEPPING OUT OF RELAPSE

A Region 2 Workshop

3 keynote speakers
with English & Spanish
translation. There will
also be time for Q&A
and sharing.

December 9th, 2023
1 - 4pm PST / 3 - 7pm CST

Zoom Meeting ID:
853 5109 8250

OR CLICK HERE TO JOIN

Seventh Tradition will be
observed. No one will be
turned away due to lack of funds.

Visit oar2.org/12th-step-within for more info

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

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
 - 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	\$198.00
Pasadena, In-person, Fri 6:30pm	60.00
Glendale Zoom. Thurs 7pm	100.00
Total 7th Tradition Income	\$358.00
Other Income:	
No events	\$0.00
Total Income for Sept 2023	\$358.00

Completed 9/30/23 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. 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.

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>

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	4:30 PM	All Saints Church, 132 N. Euclid		
SUN	Pasadena	6:00 PM	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
TUE	Temple City	7:00 PM	Bethlehem Lutheran Church	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	Glendale	7:00 PM	Online	Carolyn	(626) 590-8803
FRI	Pasadena	6:30 PM	Westminster Presbyterian Church	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- DISCONTINUED		
SAT	Pasadena NEW	8:30 AM	All Saints Church, 132 N. Euclid	Marilyn	marilynrubner@gmail.com
SAT	Online	4:00 PM	Online- Focus: Grieving	Patti O.	(213) 479-1966