

# The Footnotes

## **OA Spiritual Principles:**

## Love/Step 9 & Perseverance/Step 10

Since September and October are the nine and tenth months of the year, our topics for this issue are the OA principles of LOVE and PERSEVERANCE.

#### Love

By Anonymous

Step nine is "Made direct amends to such people wherever possible, except when to do so would injure them or others." How does this step embody the spiritual principal of love? It says in the OA12&12 that "the purpose of step 9 is to clear away guilt

9 LOVE.

and ill will that stands in the way of establishing better relationships with people whom our lives have touched." Working on these relationships is an act of love. We show love to the ones we've hurt regardless of whether we intend to deepen those relationships or not. In the process of doing this, we also show love to ourselves.

## Perseverance

By MK

Perseverance, to keep on, keeping on! I've heard those words spoken in this program. Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it." In my

#### 2023 Intergroup (FIG) Service Board

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REGION 2 Linda
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SPECIAL EVENTS Marilyn

oafoothillspecialevents@gmail.com

#### **2023 Committee Chairs**

WEBSITE Carolyn oafoothillwebmaster@gmail.com

FOOTNOTES Stacey oafoothillfootnotes@gmail.com

YOUNG PERSONS Andriette ypoafoothill@gmail.com

ZOOM ADMIN Korie-Beth oafoothillzoom@gmail.com

NEWCOMERS Joyleen oafoothillintergroup@gmail.com

12 STEP W/IN **OPEN**PROF.OUTREACH Joyleen
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experience, taking personal inventory takes perseverance, because it's something we must do constantly. It takes perseverance because we are not robots. We might see how selfishness plays a role in a resentment, but that doesn't mean we won't find ourselves in that situation again and again.

We are human beings and sometimes it takes time for our Higher Powers to remove certain defects of character. Having made our amends in Step 9, we have to go on living, and going to work, and interacting with people who aren't going to do things exactly the way we want them to. We're gonna have feelings about that and sometimes these feelings don't go away just because we want them to. They can sit in our minds and bubble up and if left unchecked, they can grow and take over until all of the sudden, that food item that we walked past several times without a second thought, looks good to us. It takes perseverance to be able to keep looking at our part and asking our HP to relieve us of our character defects.



## Topics for next Nov/Dec issue:

## Spiritual Awareness (Step 11) and Service (Step 12)



We want your stories of experience, strength and hope for our next newsletter! Please write about how the spiritual principle of **SPIRITUAL AWARENESS** (Step 11) or **SERVICE** (STEP 12) applies to you and your recovery. Use 200-400 words as a guideline.

Submit writing to: <a href="mailto:oafoothillfootnotes@gmail.com">oafoothillfootnotes@gmail.com</a>

Deadline is October 25th, 2023.

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## **Intergroup (FIG) News**

Our Sponsorship Soirée Happened at Last! After being postponed twice due to stormy weather, the skies were clear on Sunday, August 20th, allowing FIG to hold their Sponsorship Soireé as planned. It was held at a beautiful private home in Altadena. Three sponsors told their stories and each attendee was able to share as well. Refreshments were served and there was time for mingling.

**From Zoom to In-person** The Saturday 8:30am Pasadena meeting, which had been meeting via Zoom since the beginning of the pandemic closed up shop. It is replaced by a brand new in-person meeting at the All Saints Church at 132 N. Euclid Ave at 8:30am. The meeting is off to a great start. The format is in flux.

**Donate to FIG with Zelle** You can now 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

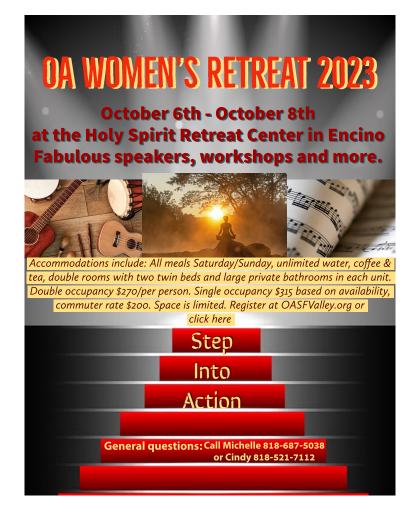
Holiday Party The annual FIG Holiday party will be **Saturday**, **December 2nd.** Location/time TBA.

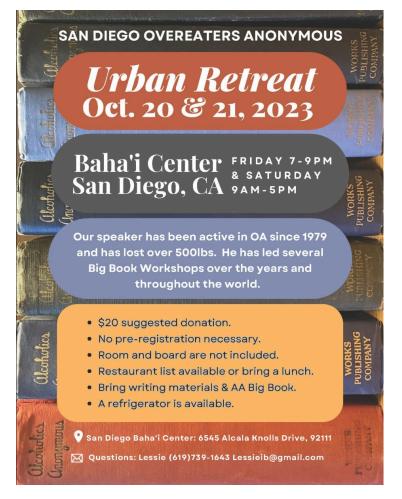
**Unity with Diversity** World Service is encouraging meetings to include OA's Unity with Diversity statement in their meeting formats. The statement reads:

The fellowship of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

## **Upcoming Events & Announcements**







## 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

## 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



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

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

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 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!

<u>Treasurer's Note:</u> 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 <u>oafoothilltreasurer@gmail.com</u> for addresses and more information.

### **OA INTERGROUP 7TH TRADITION CONTRIBUTIONS & OTHER INCOME**

Individual Donations\$275.00Highland Park Tue 7:30am\$229.96Total 7th Tradition Income\$504.96

Other Income:

No events \$0.00

**Total Income for Jun 2023** \$504.96 Completed 8/31/23 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 **October 30th**. Meeting delegates and all OA members are welcome. Link is located in local meetings section at oafoothill.org. <a href="https://www.oafoothill.org/local-meetings.html">https://www.oafoothill.org/local-meetings.html</a>.

**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 <u>oafoothillfootnotes@gmail.com</u>.

## **Meetings**

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

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
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	marilynrdubner@gmail.com
SAT	Online	4:00 PM	Online- Focus: Grieving	Patti O.	(213) 479-1966