



A PUBLICATION OF THE FOOTHILL INTERGROUP OF OVEREATERS ANONYMOUS

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*



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

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

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
oafoothillintergroup@gmail.com

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: oafoothillfootnotes@gmail.com

Deadline is **October 25th, 2023.**

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 Soirée** 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 WOMEN'S RETREAT 2023

**October 6th - October 8th
at the Holy Spirit Retreat Center in Encino
Fabulous speakers, workshops and more.**



Accommodations include: All meals Saturday/Sunday, unlimited water, coffee & tea, double rooms with two twin beds and large private bathrooms in each unit.

Double occupancy \$270/per person. Single occupancy \$315 based on availability, commuter rate \$200. Space is limited. Register at OASFValley.org or

[click here](#)

**Step
Into
Action**

**General questions: Call Michelle 818-687-5038
or Cindy 818-521-7112**

SAN DIEGO OVEREATERS ANONYMOUS

Urban Retreat Oct. 20 & 21, 2023

Baha'i Center FRIDAY 7-9PM
San Diego, CA & SATURDAY
9AM - 5PM

Our speaker has been active in OA since 1979 and has lost over 500lbs. He has led several Big Book Workshops over the years and throughout the world.

- \$20 suggested donation.
- No pre-registration necessary.
- Room and board are not included.
- Restaurant list available or bring a lunch.
- Bring writing materials & AA Big Book.
- A refrigerator is available.

📍 San Diego Baha'i Center: 6545 Alcala Knolls Drive, 92111

✉ Questions: Lessie (619)739-1643 Lessieib@gmail.com

**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!

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
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	\$275.00
Highland Park Tue 7:30am	\$229.96
Total 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. <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	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