

## Life with a Fat Shamer

*by Stacey F.*

Growing up, my mom would make comments about other people's weight all the time. She said things like "that person could stand to lose a few pounds" and "they should try skipping a meal once and a while." She once told me that a bulimic TV actress "just needed to grow-up and lose some weight." If a person wasn't super skinny— to her, that meant they were fat. These are the beliefs that shaped my own body image. Every time my mom made a disparaging comment about someone else's weight, I internalized it. I grew up ashamed of my body and my extra weight.

As an adult I understand why my mother made those comments— and why she still does to this day— because of her own unhealthy body image. Today, when hurtful words fly from her lips, I can block them. I hear them, but I know not to let them in.

Somewhere in life, she and I both missed the beautiful, glorious truth that we are not our weight—that no matter what happens on the outside of our bodies, the insides stay the same. Being thin does not make you a better person and being fat does not make you a worse one. I wish I could tell you that today I believe that fundamental truth all the time but I don't— not yet, at least. What I can tell you is that my body image improves greatly when I am abstinent.

As a compulsive overeater in recovery I get to look back at the events that have shaped my beliefs and take an objective look at them. I get to challenge the notion that fat equals unworthiness. I get to decide what I want to believe and how I want to live my life. A healthier body image is something I am working towards in OA. With abstinence, my HP, rigorous honesty, the Steps and the help of my peers, I have faith that someday I will get there.



## 2019 WSBC UPDATE:

*Here is a brief update of what happened at this year's World Service Business Conference, held on May 6-11 in Albuquerque, New Mexico:*

*There were 188 delegates from 11 regions of OA, along with 17 countries represented. There were 6 workshops on various OA subjects, OA meetings, committee meetings and the Business Conference Meeting scheduled that week.*

*It was a great experience for me, in which I met a lot of members of OA, who expressed their knowledge and experience in OA.*

*I will have more detailed reports for later Foothill Intergroup Meetings and future Footnotes articles.*

*Thank you all for letting me be your World Service Delegate.*

*Take Care,*

*George*

*OAFIG World Service Chair*

*If you'd like to speak with a fellow OA person, these members will take your call:*

Deanna	626)799-6313	Anytime
Elliott	626)398-9928	Anytime
Lynn P.	626)792-4686	Before 8pm
Marilyn D.	618)249-9774	Evening
Tammy	818)353-9606	Days
Libby	818)352-6389	Anytime
Joe M.	818)720-8263	Anytime

## **2019 FOOTHILL INTERGROUP MEMBERS**

Colleen Y.	Intergroup Chair	oafoothill@gmail.com
Na'ama	Intergroup ViceChair	oafoothill@yahoo.com
Susan R.	Intergroup Secretary	susanritter8@gmail.com
Jenny K.	Intergroup Treasurer	oafoothilltreasurer@gmail.com
George M.	WSO Rep	oafoothill@yahoo.com
Agnes	R2 Delegate	oafoothill@yahoo.com
Karen S.	Newcomer Chair	oafoothill@yahoo.com
Patricia O.	Young Persons	oafoothill@yahoo.com
Korie Beth	Special Events Chair	oafoothillspeialevents@gmail.com
Sandy D.	12 Step Within Chair	oafoothill@yahoo.com
Natalie	Professional Outreach	oafoothilloutreach@gmail.com
Jennifer	Web Master	oafoothill@yahoo.com
Sheila	Footnotes Editor	sheilabydesign@shielda.net

**The Foothill Intergroup Board continues to meet every last Monday of the month at 7PM and at 301 North Orange Grove Blvd., room 25**

**All Overeaters Anonymous members are welcome to join!**

## **2019 Intergroup Donations**

Group #	Name	Jan	Feb	March	April	May
16599	Altadena Tue 6:30pm					60.00
05322	Atwater Sat 10am	80.00				
51599	Burbank Tue 6:30pm				82.72	
21666	Glendale Sun	196.61			327.10	
09003	Intergroup		33.00	67.00		
45083	Pasadena Sun4:30pm		60.00			
25538	Pasadena Tues noon	60.00				
35998	Pasadena Wed noon	60.00	60.00			
46114	Pasadena Wed7pm		120.00	120.00		
25388	Pasadena Thurs noon		60.00			
22430	Pasadena Sat 8:30am			272.00	193.00	

**Please, please help OA Footnotes expand its usefulness to us  
by contributing your announcements,  
OA birthdays, workshops, new meetings, writings, graphics, humor, et al.**

**The September-October Issue of Footnotes Theme will be "Service"**

*(submissions must be emailed to Sheila at [sheilabydesign@shielda.net](mailto:sheilabydesign@shielda.net),  
subject line "Footnotes.")*

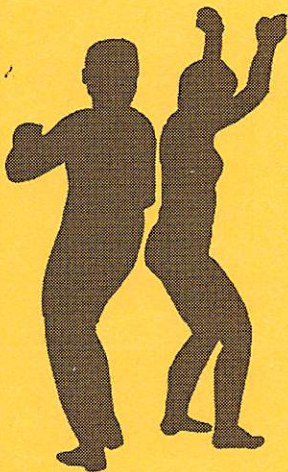


## I FORGIVE MYSELF,

*page 11 of Lifeline, September 2005*

- For not knowing how to mother myself better.
- For not loving myself before now.
- For having this trauma, fear and rage.
- For having this insomnia.
- For abandoning myself so readily.
- For not being better at living inside my own skin, inside each moment.
- For making mistakes while I am learning.
- For being at war with my own wounds, needs and humanity.
- For not protecting myself from harm, in part by taking things on myself that are not about me.
- For pretending to be other than I am for most of my life.
- For not forgiving myself.
- For punishing myself and accepting abuse.
- For not trusting God to be big enough for me to honor the limits of my humanity.

*J.S. Franklin, North Carolina USA*



**Get Up & Dance!**  
Sly & The Family Stone



## SELF-ESTEEM

*page 2 of Lifeline, August 1996*

So many things happened in my just completed first year of abstinence. My sense of gratitude has multiplied a thousand times. I've gone from, "Why me? Why must I suffer so much pain?" to "Thank you, God, for the beauty of my life today, exactly as it is at this moment." There is a richness and fullness in life everywhere I look. The miracle is that today I can see it.

Sometimes, I can even see and appreciate my own worthiness and value. I can see that I am deserving of all the joy and happiness that life has to offer. The unconditional love in this program has seeped into my bones. OA has led me to a place deep inside where I believe I am worthy of this love simply because I am. With this awareness, I can give that same love to others in my life, both in and out of the program.

I have a sense of coming full circle, of something finished and something just begun. This program is a circle; there is no finish line, no graduation. It is, like so much else a paradox: We finish to begin again.

*Anonymous*



# May-June 2019 OA Foothill Intergroup of Overeaters Anonymous

## MEETING DIRECTORY

Please check [www.oafoothill.org](http://www.oafoothill.org) for regularly updated information on meeting times and places

OA Meetings have no religious affiliation, regardless of meeting locations

**PLEASE NOTE THAT INTERGROUP NOW MEETS ON THE LAST MONDAY OF THE MONTH**

Day	Time	City	Address	Format	Contact	Phone	I.D.#
<b>Sunday</b>	10:15 am	Glendale	335 Mission Rd.(Glendale Adven.Recov.Ctr. Glendale 91205	SP,OP,SS, H	Pauline	818) 241-6654	21666
	4:30 pm	Pasadena	132 N. Euclid (All Saints Church, OCC Trailer)	LT,WR,OP,H	Susan R.	626) 710-2112	45083
	6:00 pm	Pasadena	*195 S. Hill Ave.(Knox Presbyterian Church, NorthSideHouse)	LT	Deanna	626) 799-6313	19199
<b>Monday</b> <small>last Monday of month</small>	6:00 pm	Pasadena	151 S. Hill St. (St. Phillip's, corner Hill & Green)	BB,FT,OP	Louise	626) 824-0789	53638
	<b>7:00 pm</b>	<b>Pasadena</b>	<b>301 N. Orange Grove Blvd., Rm. 25 Intergroup Meeting</b>	<b>Intergroup</b>	Colleen	626) 315-8504	09003
	7:30 pm	Burbank	*1711 N. Avon/Jeffries (White Chapel)	SP,OP,H	Jenny	510) 333-3708	00451
<b>Tuesday</b>	7:30 am	Highland Park	*5619 Monte Vista St. All Saints Episcopal, Highland Park 90042	BB,SP	Jennifer M.	818) 749-3216	53318
	12 noon	Pasadena	*585 E. Colorado Bl. (Presbyterian Church) Parish House Rm. 103	WR,OP,H	Judy	626) 799-3932	25538
	6:30 pm	Burbank	542 N. Buena Vista (Presbyterian Church)	BB	Lesley	323) 938-8247	51599
	6:30 pm	Pasadena	1757 N. Lake Av. Pasadena (Presbyterian Church)across church office	LT,OP,H	Diane	626) 233-6410	16599
	7:30 pm	Temple City	5319 Halifax (Bethlehem Lutheran Church) 91780	SP,OP, H	Lori H.	626) 279-2882	40591
<b>Wednesday</b>	12 noon	Pasadena	*585 E. Colorado Bl. (Presbyterian Church) Parish House Rm. 103	LT,WR,OP,H	Diane	626) 233-6410	35998
	7:00 pm	Pasadena	*301 N. Orange Grove Blvd. Rm 25 (Neighborhood Church)	BB,LT,OP,H	Cynthia	818) 841-0565	46114
<b>Thursday</b> <small>new meeting</small>	12 noon	Pasadena	585 E. Colorado Bl. (Presbyterian Church) Parish House Rm. 103	WR,OP,SS1	Elliott M.	626) 398-9928	25388
	7:00 pm	Glendale	209 N. Louise St. First Baptist Church of Glendale	BB SP	Lori	323) 647-3864	56810
	7:30 pm	Pasadena	*151 S. Hill St. (St. Phillip's, corner Hill/Green)	SS1,OP,SP	Angela	213) 309-6588	28126
<b>Friday</b>	12 noon	Pasadena	585 E. Colorado Bl. (Presbyterian Church) Parish House Rm. 103	FT,OP,H	Elliott M.	626) 398-9928	19621
	6:30 pm	La Crescenta	*4845 Dunsmore Ave. North of Foothill	SP,SS,H	Shirley	818) 951-1605	SFVIG
<b>Saturday</b>	7:30 am	Burbank	260 N. Pass Ave. (Center for Spiritual Living Bldg.)	SP,OP,H	Ken	818) 726-5250	SFVIG
	8:30 am	Pasadena	585 E. Colorado Bl. (Presbyterian Church) Parish House Rm. 103	LT,SP,OP	Diane	626) 233-6410	22430
	10:30 am	Burbank	10641 Burbank Blvd. (AA Office, Lot & Street Parking)	ST,SP,OP,H	Charlee	818) 980-7939	SFVIG

**Bold Entries Signify Meeting Changes and/or Requests for Attendance Support**

### LEGEND

BB: Big Book Study  
FT: For Today  
H: Handicap Access  
LT: Literature

NC: Newcomer  
OP: Open Pitch  
RR: Relapse/Recovery  
SP: Speaker

SS: Step Study  
SS1: OA 12 & 12  
WR: Writing Meeting  
YP: Young Persons Emphasis

\*: Meets for less than 1.5 hours  
SGVIE: San Gabriel Valley Intergroup  
SFVIG: San Fernando Valley Intergroup

Though some meetings have special emphasis, meetings are open to all who wish to attend.  
Meeting Directory is subject to change between prints. Call contact person or go to [www.oafoothill.org](http://www.oafoothill.org) for further information.