

HOW DO YOU LEARN TO “KEEP COMING BACK?”

Here is the only place I find solace from the jungle inside my head, and the loudness coming in from the outside. Here, is the only place where there are others that “get me.” My mind is settled within the rooms of program. The kind words or thoughts or hugs shared before, during or after meetings are very soothing.

Being in program is the only thing that makes sense. When I first started program, I was always on the defensive. And my compulsive eating would rear its ugly head after every meeting. Bingeing on the way home was the norm.

It only took a couple of months, though, to absorb the sense of calm I feel here and the bingeing stopped. Even though from time to time I felt it was a chore to come, I came. Knowing I will get here, what is not available anywhere else.

I learn something new every time I attend a meeting. It's never too late for an old dog to learn “new tricks,” so to speak. I can feel anything I want to feel when I am here and it is ok. “*Keep coming back*,” “*It works, if you work it*,” and “*You're worth it*” are my favorite words at the end of every meeting.

I know I'm worth it. I may not always be sure about that, but it is wonderful to have a soothing yet strong reminder to leave with. So, that's how I learned to “keep coming back”. Because I know in my heart it is good for me.

Susan B.

STRONGER TOGETHER

*A Speaker Marathon & Group Discussion
on How to Foster & Maintain
Healthy Meetings*

**Neighborhood Church
301 N. Orange Grove Blvd.
Pasadena
Saturday June 15, 2019
1pm-4pm**

Suggested Donation \$10
(No one turned away for lack of funds)

Questions?
Contact Korie Beth
at koriebethbrown@gmail.com

**"Recovery began for most of us
when we got out of isolation.
Here we discovered we were never
meant to live alone."**

The Twelve Steps and Twelve Traditions
of Overeaters Anonymous

**Tradition 1 of Overeaters Anonymous:
"Our common welfare should come first;
personal recovery depends upon OA unity."**

New Thursday Night Meeting

**Voices of Recovery, OA daily reader
pages on the subject of Meetings:**

**34
43
73
228
252
299
325
326
328
341
343
349**

**THE FOOTHILL INTERGROUP OF
OVEREATERS ANONYMOUS
ANNOUNCES**

OA BIG BOOK MEETING THURSDAY EVENINGS

7:00PM-8:00PM

LITERATURE STUDY & SPEAKER

**First Baptist Church of Glendale
209 N. Louise St.
Glendale**

**FREE STREET PARKING AVAILABLE ON
LOUISE ST. AND MARYLAND ST.
ENTER BUILDING THROUGH
DOUBLE GLASS DOORS
ON LOUISE ST.**

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. | Newomer Chair | oafoothill@yahoo.com |
| Patricia O. | Young Persons | oafoothill@yahoo.com |
| Korie Beth | Special Events Chair | oafoothillspecialevents@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!

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 |

"The 'compulsive overeater' who still suffers isn't always a newcomer to OA. He or she can also be an established member experiencing difficulties with compulsive eating or with other problems."

The Twelve Steps and Twelve Traditions of Overeaters Anonymous

If this describes you, there is a new source of support, the "Welcome Back, We Care!" Packet, which contains 8 pamphlets and a trial subscription card for Lifeline Magazine. All this for \$3.

Find this literature and more at www.oa.org

SERVICE IS MY ANCHOR

It's easy for me to see how the corner I was relegated to growing up became a very entrenched habit. Its safety offered me a refuge in which to avoid the roiling conflict of the adults, a place to get homework done, and, of course a hiding place to salve my loneliness with food. Isolation is one of the addictions I turn over as many times as necessary each day in my 3rd step prayers.

When I got uncomfortable enough with it, I walked into an OA meeting but it took a very long time to allow even "osmosis" to work. Nonetheless, I stayed and either hoped for or waited for the miracle, the first of many being a fifth step.

I admit to being a slow learner. The word "we" didn't really even become a part of my vocabulary until I went deeper into healing in another program. There, I began to understand the concept of "awareness, acceptance and action." I am aware of how my lifelong practice of hiding became default and contrary action might be required at any time. Self-care was a contrary action, as were appropriate boundaries. The exercise of releasing old habits has made so much room for a bigger, more inclusive life, perhaps the greatest being a sense of trust in my own HP and a growing vision of purposefulness.

Service has been the consistent anchor for teaching me to suit up and show up. Program keeps teaching me I can't do it alone. And the best way I know to nurture that growth is to keep coming back.

Sheila G.

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

Thank you always!

(submissions need to be emailed to Sheila at sheilabydesign@shielda.net, subject line "Footnotes.")

May-June 2019 OA Foothill Intergroup of Overeaters Anonymous

MEETING DIRECTORY

Please check 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.# |
|---|----------------|-----------------|---|-------------------|----------------|----------------------|--------------|
| Sunday | 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 |
| Monday <small>last Monday/month</small> | 6:00 pm | Pasadena | 151 S. Hill St. (St. Phillip's, corner Hill & Green) | BB,FT,OP | Louise | 626) 824-0789 | 53638 |
| | 7:00 pm | Pasadena | 301 N. Orange Grove Blvd., Rm. 25 Intergroup Meeting | Intergroup | Colleen | 626) 315-8504 | 09003 |
| | 7:30 pm | Burbank | *1711 N. Avon/Jeffries (White Chapel) | SP,OP,H | Jenny | 510) 333-3708 | 00451 |
| Tuesday | 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 |
| Wednesday | 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 |
| Thursday <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 |
| Friday | 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 |
| Saturday | 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 for further information.