

FOOTNOTES

FOOTHILL INTERGROUP

Forgiveness

Suppose my abstinence is simply not to compulsively overeat and that I usually can sustain my abstinence but sometimes have slips. After a slip, forgiving myself is a necessary step in returning to recovery; and how I take that step is crucial. I can forgive myself by wiping the slate clean of my mistake, much as a priest absolves a petitioner's sins. And I can repeat that forgiveness the next time I slip, and the next and the next.

But perhaps such forgiveness is not enough. To be really effective, forgiveness needs to be combined with an assumption of responsibility. I need to own and study my mistake and develop an understanding of how I can refrain the next time I face a similar temptation. Maybe I need to talk with my sponsor or another program friend to formulate an alternate approach to an uncomfortable, triggering situation that will come again. Maybe it means writing a 10th step about my slip and ways to avoid others like it. Maybe it means getting very, very quiet with myself and meditating on a right attitude towards the difficulty that has derailed me. Perhaps it entails feeling the guilt and shame that follow the slip and using those emotions as fuel for generating wiser behavior. Perhaps I need to simply admit on a deeper level that I am powerless over food and to turn towards my higher power for help with increased humility and sincerity. I can remind myself that I don't ever have to recreate that slip, and I can rejoice that I always have the choice to free myself from compulsive overeating.

*Forgive yourself; you are not perfect.
Show yourself grace;
you are still learning.*
—Shannon Yvette Tanner

—anonymous OA member

HOW DO YOU USE "ACTION PLANS"

Action plans are my jam. I love creating agendas, finding solutions, making order out of chaos. So why, oh why is it so hard for me to apply an action plan to my food? I think it's an act of rebellion on my part because I have to keep it together in so many other places in my world. I am The Entertainer in my family. The Reliable One at work. The Emotional Rock for my friends. The ever Helpful Stranger. I am always "on", always performing a self-imposed role and I AM TIRED!

I think that is why when it comes to my food, I want to give zero f*cks. I want a place where I can give in to my whims and not be restrained by rules, regulations and the almighty "should". That makes sense, doesn't it? Can't a girl get some quiet time with a pizza and be let alone? That is how I have operated most of my life. And though it sounds appealing, the repercussions are devastating. I want to be free, but not having a plan leaves me adrift. I will eat to excess foods that are not nourishing for me, and impact me negatively both physically and financially. (I really should have bought stock in Postmates.) After a binge, I feel physically ill, emotionally numb and spiritually empty.

So, I am willing to be open minded now to an alternate method. The Action Plan.

I made a list of things to do when I feel emotional instead of eating. I make a 3-day meal plan (a week is too much of a commitment). I only eat out as my budget allows and prepare ahead of time so I know what my options will be. And most importantly, I come to meetings.

Surprisingly, doing this is not at all difficult. What is difficult is thinking about implementing this plan. I'm worried about making a mistake, doing it wrong, or worse, not following it at all. I realize I must make these new actions, into habits, like brushing my teeth or saying "Bless You" after someone sneezes. I have to because it's good for me. I want to because it's kind to my soul. And I will because I am worth the effort.

Melinda

OA's 9 TOOLS:

- A Plan of Eating
- Sponsorship
- Meetings
- Telephone
- Writing
- Literature
- Anonymity
- Service
- Action Plan

*An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. **This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.***

ONLINE:

For website browsing of Overeaters Anonymous information, start with our website, oafoothill.org, and gps through most of So Cal via the Internet:

oa.org (worldwide info)

oasfvalley.org (San Fernando Valley)

oasgvie.org (East San Gabriel Valley)

go2oa.org (Inland Empire)

oaoci.org (Orange County)

oasouthbay.org (South Bay)

oasandiego.org (San Diego)

oasciig.org (Ventura County, Sta Barbara)

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

Deanna Elliott	626)799-6313	Text 1st
Lynn P. Marilyn D.	626)398-9928	Anytime
Tammy Libby	626)792-4686	B4 8pm
Joe M.	818)679-7511	Evening
	818)353-9606	Days
	818)352-6389	Anytime
	818)720-8263	Anytime

2019 FOOTHILL INTERGROUP MEMBERS

Colleen Y.	Intergroup Chair	oafoothillchair@gmail.com
Na'ama	Intergroup ViceChair	oafoothill@yahoo.com
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Karen S.	Newomer Chair	oafoothill@yahoo.com
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All Overeaters Anonymous members are welcome to join!

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

The January/February Issue of Footnotes Theme will be "Spiritual Growth in Recovery"

(submissions to be e-mailed to Sheila at sheilabydesign@shielda.net, subject line "Footnotes.")

Thank You!

Still Time to Plan for:

2019 HOLIDAY PARTY & SPONSORSHIP WORKSHOP
November 2, 2019, 12-4pm
Burbank Masonic Lodge
408 Irving Drive
Burbank, CA 91504

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

And

OCTOBER 31 HALLOWEEN NIGHT
Big Book Study is in Session

209 N. Louise St.
Glendale 1st Baptist Church
7PM

Thanksgiving Thursday in the Park

9AM-11AM
Cheviot Hills Park
2551 Motor Ave.
Los Angeles, CA 90064

ask questions/ volunteer help:
events@oalaig.org

November-December 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	6:00 pm	Pasadena	151 S. Hill St. (St. Phillip's, corner Hill & Green)	BB,FT,OP	Louise	626) 824-0789	53638
<small>last Monday of month</small>	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.