

FOOTNOTES

FOOTHILL INTERGROUP

“In All Our Affairs”

*Service gladly rendered, obligations
squarely met, troubles well-accepted
or solved with God's help, the knowledge
that at home or in the world outside
we are partners in a common effort, the fact
that in God's sight all human beings are important,
the proof that love freely given brings a full return,
the certainty that we are no longer isolated and alone
in self-constructed prisons, the surety that we can fit
and belong in God's scheme of things--
these are the satisfactions of right living for which
no pomp and circumstance, no heap of
material possessions could possibly be substitutes.*

Bill W., Came to Believe, pg. 105

From now on, we cease telling ourselves we are always going to be dishonest, selfish, abusive, stupid or bad people. Instead, we repeatedly affirm to ourselves the truth about ourselves--that we are becoming honest, caring, nurturing, wise and effective human beings as we practice our new behaviors day by day.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Pg. 64

Service Works

Because I'm writing on my return flight from the World Service Business Conference, I am very much aware of gratitude. Whenever I work a week at the Conference, my abstinence comes much more easily. I can find no logical connection between doing OA service and having an easier abstinence, but it still works for me. The more service I perform, the richer is my recovery. The less service I perform, the more difficult is my life. It's very simple for me, so I just keep on doing it.

When I first joined OA and before I got a sponsor (which means I'm still working it my way), I shied away from service opportunities. I told myself several things. "I'm too new;" I don't know enough about program to perform that particular service;" my work takes too much time;" and best of all, "in the past, I have given too much of myself and my time to other organizations. Since I don't know how to give in a healthy way, I'm going to be very cautious now."

I crashed and burned, lost my abstinence and dropped out of the program. At the time, I was baffled, because I had been working the Steps and using most of the tools. I simply neglected the tools that involve fellowship--sponsorship and service.

When I visit my parents several times a year in California, I attend the same meeting in their town. This group passes out a service list at the beginning of each meeting, listing such positions as secretary, treasurer, newcomers' committee, literature person, coffee person and intergroup rep. This is not a large group, typically, ten people attend each meeting. I am always astonished to see that each service position has a list of six to eight names. There are so many people clamoring to do service that they rotate the positions every three months, so that as many people as possible have the chance to serve.

At the same meeting, members start their sharing by "qualifying"--another California phenomenon in which people state how much abstinence they have. It is common to hear, "Hi,

I'm _____, and I have six years of abstinence," or eight years of abstinence, on up through 14, 17 and 21 years of abstinence. It is not a coincidence, in my mind, that the members with long-term abstinence are the ones who consistently hold service positions. The people in this meeting know this, so they are always volunteering for something--anything.

Even though I thought I was making it easier on myself by not doing service, I was making it harder on myself by denying myself the tool that so effectively enhances my recovery. When we say that "service works" and "service is slimming," this isn't just program-hype designed to lure unwitting fools.

So, after a week of intense and intensive service at World Service level, please allow me to say again, "Thanks for the opportunity to have an easier abstinence and a fuller recovery."

--G.S.N., Albuquerque, New Mexico USA
Lifeline, December 1996

We are told that attending meetings is a form of service, especially when we share our experience, strength and hope. At our once-a-month Intergroup gatherings, we share that and a mix of information about local meeting health. It is a wonderful place to generate ideas, debate them and release them to the group conscience of committee chairs, plus representatives of our local meetings. We heartily encourage that OA Fellowship members attend because participation gives clarity about how we take care of business. And it's fun!

**The Foothill Intergroup meets
The Last Monday of the month**

Next Meeting:

September 30, 2019

301 No. Orange Grove Blvd.

7PM Room 25

Pasadena

ONLINE:

For website browsing of Overeaters Anonymous information, start with our site, 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)

2019 FOOTHILL INTERGROUP MEMBERS

Colleen Y.	Intergroup Chair	oafoothillchair@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

All Overeaters Anonymous members are welcome to join!

2019 Intergroup Donations

Group #	Name	June	July	March	April	May
16599	Altadena Tue 6:30pm	60.00				60.00
05322	Atwater Sat 10am					
51599	Burbank Tue 6:30pm		206.07		82.72	
21666	Glendale Sun 10:15		332.40		327.10	
09003	Intergroup	29.00	60.00	67.00		
45083	Pasadena Sun 4:30pm		60.00			
25538	Pasadena Tues noon					
35998	Pasadena Wed noon	60.00				
46114	Pasadena Wed 7pm	120.00		120.00		
25388	Pasadena Thurs noon		60.00	60.00		
22430	Pasadena Sat 8:30am	204.00			193.00	

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

Deanna	626)799-6313	Text 1st
Elliott	626)398-9928	Anytime
Lynn P.	626)792-4686	B4 8pm
Marilyn D.	818)249-9774	Evening
Tammy	818)353-9606	Days
Libby	818)352-6389	Anytime
Joe M.	818)720-8263	Anytime

2020 World Service Convention
August 20-22, 2020 Orlando, Florida
Registration starts January, 2020
email:conventioninfo@oa.org
for convention updates

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

**The November-December Issue of Footnotes Theme will be
"Abstinence & Tools"**

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

Thank You!

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