

# FOOTNOTES

## FOOTHILL INTERGROUP

### THE PROMISES

Often in OA we hear members speak of "the promises." These suggestions come from the "Big Book," specifically from a section dealing with Steps Eight and Nine. This memorable passage, located on pages 83 and 84, states:

"If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are theses extravagant promises. We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them."

*Here is one anonymous OA fellow's response:*

How did I get to my first OA meeting? Who planted the seed and nurtured it through the pain of hitting bottom? What gave me the courage to walk into a room of strangers (some of whom were even thin!)? Where did the gift of abstinence come from? What led me through the Steps? Who provided a sponsor for me? When did I become willing to go to any length? Where did that 100 pounds go? What brought me serenity and inner peace? What keeps giving me the strength to keep working the program year after year?

Certainly no human power could do all this. I tried my whole life to control my food and could not. I tried to lose weight and never kept it off. I blamed everyone else and wanted others to fix me. Nothing worked until OA. And, little by little, the miracles happened: sometimes quickly, usually slowly. I suddenly realize that God is doing for me what I cannot do for myself.

*pages 16 & 18 Lifeline, October 1995*



## 2020 FOOTHILL INTERGROUP MEMBERS:

KorieBeth	Intergroup Chair	oafoothillchair@gmail.com
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Diane	Professional Outreach	oafoothilloutreach@gmail.com
OPEN	12 Step Within	
OPEN	Footnotes Editor	

**All Overeaters Anonymous members are welcome to join the meetings, which are held the last Monday of each month at  
The Neighborhood Church  
101 No. Orange Grove Blvd., Room 25**

*Please note there are 4 openings to be of service.*

**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)679-7511	Evening
Tammy	818)353-9606	Days
Libby	818)352-6389	Anytime
Joe M.	818)720-8263	Anytime

**In Old Town Pasadena, we, of the Foothill Intergroup, have 4 Higher-Powered opportunities a week to accelerate recovery, using the tools of writing, literature, the sharing of a meeting and the service of being there.**

**We can start the week Sundays at 4:30p.m. at the All Saint's Church 132 No. Euclid in the OCC Trailer. The additional three meetings take place during the week and starting at noon at the Presbyterian Church, 585 E. Colorado Blvd., in Parish Room 103, Tuesdays, Wednesdays and Thursdays.**

*Registration for the*

**2020 World Service Convention  
Will Open by January 31.**

**Check the Convention page on [oa.org](http://oa.org) later this month for the link to register for Convention or sign up to receive email updates by sending an email to: [conventioninfo@oa.org](mailto:conventioninfo@oa.org).**

**In your email, include:**

**your full name, email address, state/province/territory, and country.**

**Your information will be kept confidential to the World Service Office.**

Dear Reader,

Wishing a good thing could last longer didn't make it happen, in this case. I have to give up editorship of the Footnotes, due to medical constraints.

The service commitment fortified my recovery in unexpected ways, such as when I called people to verify information or chat about an article they'd written. The phone (and email) connected me to our wonderful fellow trudgers. I look forward to seeing who picks up the torch of this service position.

I will gladly share all I learned and know about putting Footnotes together.

Thank you for letting me be of service!

with love,  
Sheila



## One Chocolate Chip Cookie

The last spiritual experience I had was at a PTA meewwting, of all places. I was racing to the meeting and was hungry because I didn't have time to grab dinner before I left. "They will have food at the meeting," I thought. I walked in the door and sitting on the table were three large boxes filled with giant chocolate chip cookies from the best bakery in L.A. Giant cookies, and nothing else. Instantly, I thought "I have very good reasons to eat a cookie right now:"

- #1. I am hungry - if I don't eat something right now I will die
- #2. I haven't eaten dinner - so I'm owed those calories
- #3. It's the only food offered
- #4. In this room right now, people are eatwing cookies, so it's not like I would stand out.
- #5. This particular kind of cookie is my favorite.

I had all of the reasons. Without abstinence, I would use these reasons in a heart-beat to justify taking that first compulsive bite. But today, I am abstinent and that means I am swaddled in a High Power that tells me, "You don't have to eat them. You will be okay." I chose to trust my HP instead of eating the cookie and guess what? I was okay.

This is what a spiritual experience looks like for me. It's not my will. It's God's will (or HP's will, if you will). I love that line in the Big Book that

says... no longer will it be about "what we can get away with." In this situation, I would absolutely use my reasons to justify "getting away with" eating my favorite binge food. Today, I listen to my HP because after 19 years of repeated relapses—I know that eating the cookie leads me down a dark road.

I think, "It's just one cookie, I can handle it." But I am a compulsive overeater and have an aller-

gy of the body which means that one cookie sets up a craving in me. I have an obsession of the mind, which tells me I need more. I convince myself that I can eat more recreational sugar in moderation and maybe I am okay for a few days or even weeks. But inevitably there will come a time when:

- *I am in a situation that I find emotionally unbearable*
- *I have access to my binge food*
- *I am alone*

And then all bets are off.

I am powerless over my desire to eat sugar and I cannot do this in moderation. I am lost to oblivion and the endless cycle of binging, shame and regret. The mail goes unopened. The laundry doesn't get done. My life becomes unmanageable and it all begins with

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*T H E   I N F I N I T E   G O O D N E S S  
h a s   s u c h   w i d e   a r m s ,  
t h a t   i t   t a k e s  
w h a t e v e r  
t u r n s   t o   i t .*



# 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>	<b>Colleen</b>	<b>626) 315-8504</b>	<b>09003</b>
	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.