

The Footnotes

CHECK OUT OUR FOOTHILL INTERGROUP WORKSHOPS!!!

Steps 6 & 7 "Transforming Our Defects and Embracing Our Assets"

Saturday, August 18, 2018, 12:30pm – 4:30pm at the Neighborhood Church

301 N Orange Grove Blvd, Pasadena, CA 91103

\$10 Donation (no one turned away for lack of funds) For more info: Korie Beth at 626.840.0117

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October 13 - "Survival Plan for the Holidays" and in December - "Holiday Party"

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FOOTHILL INTERGROUP OPEN POSITIONS

Footnotes Editor – May 2018 R2 Delegate – Open Position Young Person – Open Position

***** Please Consider Being of Service! *****

INTERGROUP INFORMATION

Meetings are held at 7:00 pm on the last Tuesday of each month

at the American Red Cross Building, 1501 S. Brand Blvd., Glendale, CA

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HOW TO SUCCEED IN LIFE

Rickicism No. 48

(or, What You Need Are A Wishbone, A Backbone, and A Funnybone)

I have found that the formula for succeeding in OA (and elsewhere), was to realize that if I did not like the road I was walking, that I should start paving another one. (Enter the 12 Steps!) When I did so, I found the joy, let it wash over me, and took a moment or so to appreciate it. I become much more grateful for the OA people in my life, for waking up feeling good and relatively pain free, and for the stretch of road ahead so full of promise and possibility that I could hardly wait to get going.

Even when bumps were encountered, I was able to seek an alternative route, (per traffic advisories), and never look back – primarily because every moment looking back impeded my progress forward. As I matured in OA, I also discovered that I had two hands – one for helping myself – the other for helping others, a two-way blessing, to be sure. □

BE IN THE MOMENT

Rickicism No. 62

(or, Live Is Not A Dress Rehearsal)

To effectively live in the moment, I must never forget that I am one of a kind – that if there weren't any need for me in all of my so-called uniqueness on this Earth; I would probably not be here in the first place. Part of that moment in which I live is being totally honest, and through the OA Program I have learned that the best measure of my honesty is not necessarily my Income Tax Return – it's the zero adjustment on my bathroom scale. Furthermore, there is only one small corner of the Universe where I can be certain of improving, and that is where I personally exist.

I know that the foregoing insights were all realized through and because of my OA Program: that prior thereto I was adrift in a sea of self-absorption and aimless floating in a state of mindless indulgence.

In OA I found new relationships that truly enriched my life indeed beyond my wildest dreams – something embodied in an old popular ballad referred to as "A Sunday Kind of Love".

Somewhere in my notes I came across these suggestions which could well have been written for our Program, and which I feel are worth sharing:

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are honest and sincere, people may deceive you. Be honest and sincere anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today may often be forgotten. Do good anyway.

In the final analysis, it is between you and your HP. It never was between you and them anyway.

Lastly, if there were no God, life would be like an unsharpened pencil – no point. □

MEETING DIRECTORY of the Foothill Intergroup of Overeaters Anonymous

August / September 2018

Please check www.oafoothill.org for regularly updated information on meeting times and places.

PLEASE NOTE: OA MEETINGS HAVE NO RELIGIOUS AFFILIATION REGARDLESS OF MEETING LOCATIONS

DAY	TIME	CITY	ADDRESS	FORMAT	CONTACT	PHONE	I.D.#
Bold Entries Signify Meeting Changes and/or Requests for Attendance Support							
Sunday	10:15 am	Glendale	335 Mission Rd. (Glen. Adv. Recovery 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	Ada	626.327.3650	45083
	6:00 pm*	Pasadena	195 S. Hill Ave. (Knox Presbyterian Church, North Side House)	LT	Deanna	626.799.6313	19199
Monday	6:00 PM	Pasadena	151 S. Hill Ave. (St. Phillip's, corner Hill & Green)	BB, FT, OP	Louise	626.824.0789	53638
	7:30 pm	Burbank	1711 N. Avon/Jeffries (White Chapel)	SP, OP, H	Marla	818.590.9487	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 Blvd. (Presbyterian Church/Parish House Rm. 202)	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*	Altadena	1757 N Lake Ave., Pasadena, CA 91104 (Westminster Presbyterian Church, Room located across the Hall from the Church Office)	LT, OP, H	Diane	626.233.6410	16599
Intergroup Mtg	7:00 pm	Glendale	1501 South Brand Blvd. (Amer. Red Cross Bldg Rm 204)	Intergroup Mtg	Colleen	626.315.8504	09003
	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 Blvd. (Presbyterian Church/Parish House Rm. 202)	LT,WR, OP, H	Diane	626.233.6410	35998
	7:00 pm*	Pasadena	301 N. Orange Grove, RM. 25 (Neighborhood Church)	BB, LT, OP, H	Susan R	626.710.2112	46114
Thursday	12 noon	Pasadena	585 E. Colorado Blvd. (Presbyterian Church/Parish House Rm. 202)	WR, OP, SS1,H	Elliott M	626.398.9928	25388
	7:15 pm*	Pasadena	151 S. Hill Ave. (St. Phillip's, corner Hill & Green SS1, OP	Tony	626.840.3655 and Angela	213.309.6588	28126
Friday	12 noon	Pasadena	585 E. Colorado Blvd. (Presbyterian Church/Parish House Rm. 202)	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 Blvd. (Presbyterian Church/Parish House Rm.103)	LT, SP, OP	Diane	626.233.6410	22430
	10:30 am*+	Burbank	10641 Burbank Blvd, No. Hollywood (AA office, Lot/Street Parking)	LT, SP, OP, H	Charlee	818.980.7939	SFVIG
	10:00 am*	Atwater	3852 Edenhurst Ave. (Christ's Church)	SP,LT,OP,H	Judy D	818.242.8193	05322

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

BB: Big Book Study **FT:** For Today **H:** Handicap Access **LT:** Literature **NC:** New Comer **OP:** Open Pitch **RR:** Relapse/Recovery **SP:** Speaker
SS: Step Study **SS1:** OA12+12 **WR:** Writing Meeting **YP:** Young Persons Emphasis *Meeting less than 1.5 hours **SGVIE:** San Gabriel Valley Intergroup
SFVIG: San Fernando Valley Intergroup *****:** Intergroup Meeting **+**: Outside the Foothill Intergroup

Though some meetings have special emphasis, meetings are open to all who wish to attend.

Please note: Meeting Directory is subject to change between printings. Call the contact person for further information.

The Twelve Concepts of OA Service, help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA. Concept 12 *The spiritual foundation for OA service ensures that: (a) No OA committee or service body shall ever become the seat of perilous wealth or power; The spiritual principle associated with Concept 12 is Guidelines (a) Selflessness.*