

The Footnotes



February 24 11:30 a.m. PST – Unity Day (last Saturday of February)

This day recognizes the strength of the OA Fellowship worldwide. On February 24, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity



FOOTHILL INTERGROUP wishes to

Welcome Incoming Board Members & Thank Outgoing Board Members

Chair – Colleen
Secretary – Susan R
Treasurer – Jenny
WSO Delegate – George
Footnotes – Sandy
Newcomers – Karen
Website – Jennifer M
12 Step Within – Isabel
Professional Outreach – Natalie

Chair - George
Vice Chair - Cassandra
Treasurer - Coleen
WSO Delegate - Marilyn
R2 Delegate – Mary K
Special Events – Jessica A
12 Step Within – Jenny
*Open Positions: Vice Chair, Special Events
R2 Delegate, Young Persons*



GRATITUDE FOR UNITY IN OUR COMMUNITY

Or, it's Easier in Fellowship than Going it Alone
Rickicism No. 67, Reprinted from Dec / Jan 2016

A very long time ago I heard that in UNITY LIES STRENGTH. This theorem became manifestly clear during military service, but not until the Program engulfed my life was I moved to put it into practice in my daily existence.

Many events we encounter can and perhaps should be ignored, but an ever-expanding waistline is not one of them. Whilst enjoying the so-called 'good things in life' of a gastronomical nature, the physical results of those indulgences were impossible to ignore.

My first major surprise upon finding the Program, (or did it find me, HP?) was that there were so many others like me – not all, to be sure. The sunlight the Program brought me was the realization that irrespective of the individual reasons that anyone came to the Program, the ultimate objective for everyone was essentially the same, in one form or another, success, physically, emotionally and spiritually.

No one ever said it would be easy, but a Saint of blessed memory once said, "Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible." Vaya Con Dios.

Our OA Community is constant, unwavering and steadfast – unifying us at every turn. Our people never fail to bend down to lift someone else up – a worthwhile form of exercise. □



How Writing Meetings Help Me

Writing meetings are my passion. They allow me to practice and improve my use of that tool. I never know what I'll write until I am doing it or have done it. All the words that people read aloud are new and fresh, sometimes even my own. There is something wonderful about experiencing the silence in the room as everyone digs into a deeper layer of their thoughts and feelings. For me, it is easier to be honest on paper than in conversation and when I read my writing to others, I am committing myself to share from that deeper level of myself.

Foothill Resource Center

WRITING

Con't from Page 1

It is touching to listen to others revealing what they have written. I find each person's expressed viewpoint precious and awe-inspiring. What we write and read also serves as grist for the mill of open pitches and after-meeting exchanges.

More generally, writing is a superb deterrent to compulsive overeating. It gives me the opportunity to refocus an intense emotion or energy into guilt-free positive action. It gives me freedom to explore and rearrange my thinking and to discover perspectives that my usual shame-filled personality cannot allow me to taste.

Great writing is not based on vocabulary or technique. It is based on honesty and sincerity. Having a chance to reveal one's authentic writing to compatible fellows is a great gift – a priceless chance to inspire and be inspired by each other's most profound recovery. □

7th Tradition – Treasurer's Corner

Every OA group ought to be fully self-supporting, declining outside contributions. OA relies exclusively on the contributions of members to maintain OA services and continue to help those who suffer from compulsive overeating. Your contributions at meetings and to events and fundraisers keep OA alive. Thank you!

TREASURER'S NOTE: Excess meeting funds, over and above expenses and a prudent reserve, **should be distributed monthly** in accordance with the 60/30/10 formula. Please send checks only. Write your group ID# on the check. Here is the suggested contribution:

60%	30%	10%
Foothill Intergroup	World Service	Region 2 of OA, Inc.
Attn: Treasurer	Office of OA	4733 Torrance Blvd.
PO Box 1108	PO Box 44020	PMB 335
Pasadena, CA 91102	Rio Rancho, NM 87174-4020	Torrance, CA 90503

OA Intergroup 7th Tradition Contributions & Other Income

November & December 2017

Intergroup: 10/31/17 & 11/28/17	\$ 50.00
Pasadena Tuesday Noon #25538	\$ 60.00
Tuesday Burbank 6:30pm #51599	\$ 25.85
Wednesday Pasadena Noon #35998	\$ 60.00
Saturday Atwater 10:00am #05322	\$ 45.00
Sunday Glendale 10:15am #21666	\$250.00
December 2 nd Holiday Event Registration	\$420.00
December 2 nd Holiday Event Literature	\$ 44.00
December 2 nd Holiday Event Tables	\$283.00
December 2 nd Holiday Event Jewelry	\$ 78.00
December 2 nd Holiday Event Bingo Card	\$ 34.00
December 2 nd Holiday Event Water	\$ 13.00
Total 7th Tradition & Income	\$ 1362.85

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

IS YOUR meeting represented with a voice at Intergroup?

Help OA and Foothill Intergroup stay strong and get the message out by making sure your meeting sends a delegate each month.

ALL OA Members are welcome to attend monthly Intergroup meetings, where OA business for our area is discussed and information from World Service and Region 2 is distributed.

Tradition One Our

common welfare should come first; personal recovery depends upon OA unity.

YOU ARE NOT ALONE ANYMORE!

Reach out to fellow members with phone calls, e-mails, text & service at meetings or Intergroup level.

NEED HELP? CALL . . .

Deanna	626.799.6313	Anytime
Elliott M.	626.398.9928	Anytime
Lynn P.	626.792.4686	Before 9 pm
Marilyn D.	818.249.9774	Evenings
Tammy	818.353.9606	Days
Libby	818.352.6389	Anytime
Catherine	626 319-0260	

E-MAIL (for OA purposes only)

Korie Beth	koriebethbrown@gmail.com
Lisa K.	lisamarly@aol.com
Louise	younta@earthlink.net
Libby	libbywhiz@aol.com

If you would like to list your name, phone # or e-mail, contact oafootnotes08@gmail.com

Will Sponsor - Ava 323.667.1265

For recorded Intergroup Information:
626-568-7511

2017 INTERGROUP SERVICE BOARD

Chair	Colleen Y.	626.315.8504
Vice Chair		Open Position
Secretary	Susan R	626.710-2112
Treasurer	Jenny	570-333-3708
WSO Delegate	George	626.579.7449
R2 Delegate		Open Position
SpecialEvents Chair		Open Position

2017 COMMITTEE CHAIRPERSONS

The Footnotes	Sandy D.	818.807.6838
Newcomers	Karen S.	626.289.8542
Website	Jennifer M.	818.749.3216
12th Step Within	Isabel	818-834-9848
Profession Outreach/Public Info	Natalie	626.421.8169
Young Persons		Open Position
I put my hand in yours and together we can do what we could never do alone		

LOCAL AREA INTERGROUPS CONTACT INFORMATION

Foothill www.oafoothill.org	626.568.7511	Channel Islands www.oaciig.wordpress.com	805.899.3250
Inland Empire www.go2oa.org	951.715.2080	Los Angeles www.oalaig.org	323.653.7652
Orange County www.oaoci.org	714.953.0900	San Diego County www.oasandiego.org	619.521.2538
San Fernando Valley www.oasvalley.org	818.342.2222	South Bay www.oasouthbay.org	562.493.9030
San Gabriel Valley www.oa-sgvie.org	626.335.3355	National OA website www.oa.org	505.891.2664

Book Nook Pamphlet Pocket



Seeking the Spiritual Path: A Collection from Lifeline © 2007 OA, Inc. More than 70 stories of spiritual discovery compiled from Lifeline magazine.

Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, perspective of agnostics and atheists. 144 pgs

Taste of Lifeline © 2015 OA, Inc. A collection of stories from the pages of Lifeline magazine, Taste of Lifeline features more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program. Included are stories for newcomers; stories about recovery from relapse; stories about long-term recovery; stories from international members; "Welcome Home!," OA's beloved story of outreach to compulsive eaters around the world; and many more. Also: Taste of Lifeline has journal questions to complement each chapter so you, your sponsee, and your group can use the Tool of writing to find and strengthen your recovery. Also available as e-book on Kindle and Nook.

Public Information Poster (Set of 20) © 2017 OA, Inc. This professionally printed poster set has easy-tear, perforated tabs, guiding newcomers to OA's fifteen questions. There is also space to add your meeting's location and contact details. *Materials for purchase or order from OA.org & local meetings.*

MEETING DIRECTORY of the Foothill Intergroup of Overeaters Anonymous

February / March 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.#
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	Elliott M.	626.398.9928	16599
Intergroup Mtg	7:00 pm last Tue	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	Judy	626.799.3932	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. (Spirit World Bldg.)	SP, OP, H	Kathy R.	917.604.2568	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 9* Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. The spiritual principle associated with *Concept 9* is Ability