



OA Lifeboat



I N L A N D E M P I R E I N T E R G R O U P N E W S L E T T E R

H O N E S T Y !

SPECIAL POINTS OF INTEREST:

- Honesty
- February Retreat!
- Treasure Report
- February Intergroup conference call



Do you have unwanted clothes, shoes? Items that don't fit? If so, please contact o a l i f e - boat@yahoo.com

INSIDE THIS ISSUE:

Things to Do	2
A Plan of eating	2
Tradition Six	2
For Today	3
Announcements	4
Meeting list	5
Treasure report	6

Merriam Webster's Collegiate Dictionary, Eleventh Edition defines honestly "1. in an honest manner as without cheating, really genuinely, without frills." I will stop with that. I love the "without frills" because that is what my food plan is like and it seems like my life. The same ole mundane routine, with a little spice of compulsive recovery.

However, on Dec. 23, 2009, I weighed myself. I went to the gym, and before my workout, I decided to weigh myself, to get real, to get honest. I weighed....., wait for it, wait for it, uh, keep holding your breath, 219 lbs. That's it! I swore it was more! The relief of not living in denial has helped my program tremendously. When I stood on the scale looking at the numbers of how much I weighed, I thought back to my twenties. I remember specifically weighing 225 lbs. and boy I hated myself! I didn't like an ounce of my body, from the top of my head to the bottom of my feet negative thoughts would rule my mind of how despicable I looked and who would want me? I would diet my ass off, or eat then

God/Higher Power couldn't get me back to my twenties if

a million dollars fell in my lap. I decided to become honest with myself because I felt my wandering mind going back to the negative thoughts as I watched TV, movies, or grazing through gossip magazines, that somehow I am not good enough and I better fix it quick. In my mind if my body doesn't look a certain way, I am not good enough. I have to be perfect to have the perfect life.

OH Man! Is this the mind of a recovering compulsive overeater? BUT....thanks to a program the requires rigorous honesty (I really don't like). In order to work a program and have continued success, I had to get on that scale. It was either me on the scale looking at how much I weigh, realizing I am not



a failure OR not looking at the truth, my truth, and headed down a dark road....the food.

A few months back I realized I wanted to lose more weight, not for any particular reason just wanted to look better. I have a friend who is willing to support me in my journey of weight lol thought to myself when the offer was on the table, it was up to me to be honest with this person. Am I willing to let go of my perfect fantasy? Will I let them in to know my weight? Will I let go of the perception of a perfect body=a perfect life. Am I willing to look at myself in mirrors, take pictures, regardless if I'm NOT perfect? Yes, I am willing and only with the help of a power greater than myself can this happen.

Your Editor,
Karen B.

Intergroup Serves You!

The Inland Empire Intergroup meets on the second Monday of every month at 6 p.m. in Riverside, but now there are new ways for your meeting members and intergroup representatives to link up. If you aren't able to attend in person, consider calling in on conference call, from your cell phone.

(Cont on page 3)

T H I N G S T O D O , P L A C E S T O G O

Spread the word!

The ABCs of Abstinence workshop is back in the South Bay!

January 23rd, 2010, 9am-4pm

Bellmont Height Church

317 Termino @ 3rd Street, Long Beach, 90803

Registration: \$10

Mail check and attached form to South Bay Intergroup c/o:

15214 S. Raymond Ave. #106

Gardena, CA 90247

Call with questions: Rose 310-621-2781

Listen to a full retreat on the ABCs of Abstinence:

<http://www.omahaoa.org/oafallretreat2009.html>

STILL TIME LEFT TO REGISTER

THIS WEEKEND!

OA 50th Birthday Party

Will you be there?

“A Half Century: One Day At a Time”

One of the longest running annual OA recovery events in the US!

January 15-17, 2010

LAX Marriott Century Boulevard

Los Angeles, CA

Inland Empire Intergroup meeting: February 15, 2009

Location: Riverside Community Church for Spiritual Living

Time: 7-8PM or Join the conference call

Upcoming details regarding conference call will be sent via email.

Please make sure we have your email address!



“A Plan of Eating— A tool for living one day at a time.” Overeaters Anonymous pamphlet

“ We learned that OA does not have a specific diet. Rather, we were offered general guidance in developing a personal plan of eating (also see Dignity of Choice, which includes sample plans with which some members have had success.) We came to understand that the basis for stopping our compulsive eating behaviors -and stayed stopped-is personal inner change. We achieve this inner change by working the Twelve Steps and learning to live according to the principles underlying the Steps.

One of the results of working the Steps is that our obsession with food is lifted. We learn to live without eating compulsively, which we call abstinence, However, this usually takes time and action. The eight tools of the program— a plan of eating, writing, literature, the telephone, sponsorship, anonymity, meetings and service—are everyday, minute-to-minute actions that keep us focused and abstinent as we work the Twelve Steps.

Developing a healthy plan of eating is one of the first tools of the program we use. While no plan of eating will be successful without diligent Step work, using a plan of eating as a toll allows us to deal with food in a calm, rational, and balanced way.

(cont on page 3)

T R A D I T I O N S S I X

“An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 153.

I recently had an opportunity to provide service to OA when I volunteered my time at a booth at convention for dieticians and nutrition experts from all over the state of California. The booth provided OA literature, meeting lists, other program information, and me, to answer questions and help “carry the message”. I was approached by a variety of people, some who had never heard of OA. I really enjoyed the opportunity to share my experience, strength and hope while informing folks about our wonderful program.

**WE'RE ON THE WEB
GO2OA.ORG**

A N N O U C E M E N T S

**Got a Question About R2?
Check Out Our New Website!
Oar2.org**

- Featuring:**
- ⇒ R2 Convention Speaker audio & podcast
 - ⇒ New Master Calendar (add your event)
 - ⇒ Convention Registration & Information
 - ⇒ En Espanol
- And much more!

WE WANT YOU!
If you are between the ages of 18-25
And are struggle with food
! Need a young people's meeting in your area? If so, please email
oalifeboat@yahoo.com

**OA Hotline en Espanol
Call Gaby @ 562 547-6146**

- Thank you:**
- ⇒ Maria G- "Tradition Six"
 - ⇒ Pamela- "Intergroup Serves you"
 - ⇒ Inland Empire Intergroup for all your service
 - ⇒ Sheryl , Corresponding Secretary
 - ⇒ A special thanks to all of you for allowing me to be your Lifeboat Editor

Our Trusted Servants

Chair: Pamela (909) 307-6195 Vice Chair :Janet (973) 216-8469

Treasurer :Janice (951)237-3687 Hotline Coordinator: VACANT

Corresponding Secretary: Sheryl (951) 785-6605 Recording Secretary: Maria (909) 338-1713

Webmaster: Elizabeth Ways & Means: VACANT

Fifth Tradition: Annie (951) 277-2135 Bulimic & Anorexic Chair: Vacant

Lifeboat: Karen oalifeboat@yahoo.com

Hotline Numbers

Inland Empire Voice Mail (951) 715-2080
Hemet Christine (951) 927-6624
Riverside Vicki S. (951) 789-1903
Redlands Jill (951) 318-9991
Loma Linda Elizabeth (909) 796-0084 (home/office#)
If you would like to do service and be listed as a hotline number, please contact Mary (951) 788-1968

New Abstinence Definition:

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows:

" Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors."

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

**Region 2 Convention
Bridge to Recovery San Mateo June 4-6, 2010
Marriott San Mateo- San Francisco Airport Hotel
For more Information please visit OAr2.org**