

Santa Cruz OA Newsletter – Online Edition

Summer 2011

Welcome

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer.

For more information about Overeaters Anonymous and its program of recovery, please explore our site or visit www.oa.org.

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Submissions

Please submit your OA related writings for the newsletter to OASCNews@Yahoo.com by September 10th, 2011 for the next publication date of September 18th, 2011

For information on the meetings, see page two or call our Hotline Number (831) 429-7906.

**Or login to SantaCruzOA.org
All meetings are open to all.
This information is subject to change.**

Find a Meeting

Sunday	<p>9:00 AM – 10:15 AM Speaker/Discussion Meeting Sutter Maternity & Surgery Center 2900 Chanticleer Ave, Santa Cruz 95065 Free Childcare Available</p>
	<p>4:00 PM – 5:15 PM 90-Day Meeting Church of the Nazarene 115 S Morrissey, Santa Cruz</p>
Monday	<p>12:15 PM – 1:15 PM Literature Meeting St. Stephen's Lutheran Church 2500 Soquel Ave, Santa Cruz 95062 Fragrance Free</p>
	<p>7:00 PM – 8:00 PM Book Study/Speaker Meeting Soquel Congregational Church 4951 Soquel Drive, Soquel 95073 Focus: Addicts and Alcoholics</p>
Tuesday	<p>12:15 PM – 1:15 PM Step and Tradition Study St. Stephen's Lutheran Church 2500 Soquel Ave, Santa Cruz 95062 Fragrance Free</p>
Wednesday	<p>10:30 AM – 11:30 AM Voices of Recovery Study Bayside Baptist Church 1335 Seabright Ave, Santa Cruz (across from Gault School)</p>
Thursday	<p>10:30 AM – 11:30 AM Big Book Study Quaker Meeting House 225 Rooney, Santa Cruz</p>
Friday	<p>12:15 PM – 1:15 PM "For Today" Book Study St. Stephen's Lutheran Church Santa Cruz, 95062</p>
Saturday	<p>9:00 AM – 10:00 AM Speaker/Discussion Meeting Calvary Episcopal Church 532 Center St, Santa Cruz</p>
	<p>11:00 – 12:00 PM Sequoia Room at Watsonville Hospital 75 Nielson Street, Watsonville, CA 95076</p>

Jim's Quarterly Report

Jim S, food addict, here again, ready to share my adventure of the last three months. At my very first OA-90 meeting I was given the name of a sponsor in the Santa Clara Valley. We communicated by phone and email and by the end of the day I was given a food plan to follow. The amounts of food are specified, the times to eat only slightly flexible, and nothing in between meals. In short, OA-90 is the boot camp of OA for people like me who learned the program over nine months of meetings, but needed a kick start to find abstinence. I've chosen for myself an abstinent life: not just for today, not just for 90 days, but for the rest of your life.

Day One: Create a daily menu following the guidelines passed on to you from my sponsor. He may say 'x' ounces of protein, 'y' ounces of fruit, and 'z' ounces of vegetables, and I get to pick the protein, fruit, and veggies I want. Plus: Minimal salt. No refined sugar. No processed starches. No flour. No pasta. No bread.

This may raise flags for some. It did for me. But when I built my first business years ago, I was great at making money, just not managing it. So I brought in a money manager to solve those problems. And it worked. Here, I've brought in a sponsor who knows more than I do, so I listen to what he has to say. Why? Because it works.

The following stats were gathered by my nutritionist who monitored every step of the process. The results, gathered on the first Mondays of each month, include: Weight, Body Mass Index, Muscle to Fat Ratio, and Blood Pressure.

Month	March	April	May	June	Results
Weight	350.2	318.2	298.2	278.6	Weight loss: 71.6
BMI	47.47	43.16	40.44	37.78	BMI loss: 9.69
Mus/Fat	30%/32%	32%/30%	33%/29%	33%/27%	Muscle up 3%, Fat down 5%
BP	144/81	125/66	120/58	114/56	BP down 30 points

These are the amazing changes that have taken place just since our last newsletter. Yet they only show the stats. They don't show the changes inside. They don't show the joy I feel when I have my morning prayer, or the sense of community I feel making an outreach call. And they don't

show the peace in my heart that keeps me company the whole day long. Thank you OA for educating me. Thank you OA-90 for kick starting my program.

Jim S (Soquel)

Next newsletter: Losing my abstinence 84 days into my program and keeping focused.

Letter written from one OA friend to another OA friend to help create an action plan for them to sponsor each other with food:

As co-sponsors for food we would share our experience, strength and hope. So here goes.

EXPERIENCE--

- I have eaten erratically for as long as I can remember, back to about age two. I have an image of skinning my knee and having my mum hand me some sort of confection. She wanted me to smother my feelings with food. Why not, it's what she always did.
- As an adult I tried to learn to eat healthy foods. The sixties were very helpful; it was the rage to eat from the health food store. I was eating healthy food, but not eating it healthily.
- As a compulsive eater, it did not matter what I ate, but how I ate it. I tended to eat way too much or not nearly enough. Even though things were "organic" they sometimes had huge amounts of sugar, white flour and/or salt. I had become a food addict.
- My food practices came to a screeching to a halt, at an OA meeting which no longer exists, on a lonely Wednesday evening in 1989. I had put on more than my usual off again-on again twenty lbs. I believed myself actually fat and weighed in at about 180, fifty lbs over what was then thought of as the healthy weight for my 5'6" frame. I had no idea what was in store for me.
- I learned to fluctuate with more and more weight, and sadly, over time, left the one hundreds. For years I was either experiencing what I thought of as abstinence, or experiencing stuffing my feelings with food.

- In 2004, after not being able to walk for a few months from an accident, I joined a diet and

calories club and began to really take some weight off. I was down to two hundred and thirty-nine lbs (not very low, but 30 lbs lower).

- My mother passed and the weight slowly returned. It crept up thirty lbs, down ten, up ten down twenty...for years. I still kept trying to do it alone.
- In July of 2010, I felt as if my skin would pop. I came back to OA and am beginning to experience some recovery from what is called relapse, but how can one experience recovery when one never really has clean abstinence? I need help!

STRENGTH--

- I am on step One, I have a step sponsor and I have so much knowledge of the program that even though I don't remember ever learning it, it just comes flooding back whenever I need it.
- Willingness is present in my daily life even when I think I don't want it to be.
- Meetings keep me from going over the edge.
- HP a power greater than myself is now running my life and that is what I need, because I never did do it for myself alone.

HOPE--

1. You and I will look after one another while we search out the path to abstinence.
2. We will identify the foods we eat and willingly omit trigger foods.
3. We will identify the behaviors we have with food and willingly omit those behaviors which do not serve our health.
4. We will identify the food plans that provide a clear way of eating for each of us.
5. After attending as many meetings as possible and completing 1-4 above, you and I will make a commitment to a specific food plan and call or email our proposed meals daily.