

# Desert Recovery

January 2001

P.O. Box 43221, Tucson, AZ 85733-3221

**The OA Preamble:** Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome anyone who wants to stop eating compulsively. There are no dues or fees for membership; 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 this message of recovery to those who still suffer.

## UPCOMING EVENTS:

### UNITY DAY CELEBRATION

Saturday, February 24 11am-12:30pm

UMC (Free parking on Saturdays)

1501 N. Campbell - Dining Rooms C & D

Speakers-Fellowship-Fun-Free(7<sup>th</sup> Taken)

Volunteer/Info, call Andrea M. [redacted]

see  
insert

### SPIRIT OF THE FELLOWSHIP WORKSHOP

Saturday, March 31 9am-3pm

St. Andrews Presbyterian Church

750 W. Chapala Dr

Bring your 12 x 12

For Info, call Sue [redacted] [redacted]

## SPONSORSHIP—

## TOGETHER WE RECOVER

### FROM A SPONSOR~~~~~

The tool of sponsorship in my life is such a gift. God has given me sponsees to help me in my own recovery. The actions they take - working the steps (I include a God Box for step 11), following a plan of eating, using the other tools - reinforce MY program. These actions are the suggestions my sponsor gave me. As we each surrender our food obsession and life on a daily basis, we get to witness each other's miracles of growing closer to God and trusting our higher power in more of our affairs.

The Big Book of Alcoholics Anonymous says that the purpose of the book is to find a Higher Power to solve the [compulsive eater's] problem. My sponsees and I continue to be amazed that we do not have to rely on excess food to get thru a day, that there truly is freedom from compulsive eating because God is in charge.

My sponsees and I celebrate being closely connected - we know we cannot work this program in isolation. God has blessed us with the fellowship and the principles of Overeaters Anonymous and as we hold hands we find out who we really are - children of God who can face anything when we ask God and each other for help.

- Anonymous

### FROM A SPONSEE~~~~~

I have not known my new sponsor very long, but she is already like a trusted friend, because we are both a part of a family—the fellowship of OA. We have a history. This 12 step program of recovery has changed my life, and it could not have happened without my sponsors. I felt very insecure when I began to work the steps, and my first sponsor encouraged me, listened to my concerns, and shared her own experience, strength and hope. She described her morning meditation, and encouraged me to get my day off to a good start by reading from the literature and writing. With the help of my sponsors, I have been able to write my 4th step inventory and give it away. What a miracle it is to have another person—a loving, accepting friend—know the real me and still love me! That is one of the unexpected joys of this beautiful OA program. G. M.



### *A Note from Your Newsletter Editor:*

It's a pleasure to put together this issue focused on "Sponsorship - Together We Recover." This idea came from WSO with a few more suggestions:

- Pass out to newcomers and members business-size cards imprinted with the slogan and your name and phone number.
- Create book marks using the slogan with spaces to write names and numbers.
- "Live" the slogan & host generational gatherings.
- Bring up the topic at your home meeting.
- Plan a "Sponsorship-Together We Recover" workshop.
- Make badges and buttons bearing the slogan.

*Now on to business:* The newsletter will now be published every other month - two extra issues per year! This is *YOUR* newsletter! PLEASE contribute! Call me at [redacted] (before 9pm, please), e-mail me at [kandssullivan@qwest.net](mailto:kandssullivan@qwest.net), or "snail mail" me at [redacted] St., Tucson, [redacted]. Please note that my e-mail address has changed.

In Love and Service,

Karen S

## **THE TOOL OF SPONSORSHIP**

Sponsorship is a very powerful tool in our OA tool kit. At our groups we share among our circle of OA friends. We are not we choose a sponsor we learn about acceptance on a deeper level. Our sponsor unselfishly gives us his or her time, encouragement, and experience. We need a sponsor to help us get through the rough spots when we are working the steps, to act as a sounding board when we are considering decisions. We can call our sponsor to share the joys of an abstinent day or to seek help when we are approaching an event that has potential dangers to our program. We do not have to be alone in this program. From my experience, I know my Higher Power had a hand in bringing us together. I am very grateful for my sponsor.

Anonymous, by email



## *My Sponsor - My ♥ Connection*

*For years in OA I balked; half measures availed me absolutely nothing! My first OA sponsor asked me to do an amends that I was afraid to do. I refused and she fired me. I was engaging in some very dangerous behavior and she wouldn't condone it. The consequences of my behavior were devastating to me, I went to prison and binged/purged (exercise) until I got out, then immediately began to compulsively eat 50 pounds back on. Today I know that she was doing what was best for her and for me...being honest with me and not enabling me.*

*My next sponsor wanted me to call in my food - no way, I thought that was "too controlling," which sounds funny today, because for me that willingness is a sign of surrender. I refused to call in my food, so she asked me to write about WHY I wouldn't call in my food! I knew where that was going; I was WAY too smart for that. I fired her! Another go-round of binging and adding another 30 pounds, trying an eating disorders out-patient program and finally, just a year and a half ago, becoming incomprehensibly demoralized. I knew in my heart that OA would work if I worked it, and I finally became willing.*

*A year or so ago I was on my way to my sponsor's house to share some step work from the OA workbook. I suddenly felt afraid - I realized that I hadn't used ANY of those little clues in the workbook that reference the pages from the 12x12 where the relevant section is discussed. In other "tries" at OA I had actually looked up all of the answers when I did my step work! I began to laugh, and my sponsor and I laughed ourselves silly when we realized that I had never used my HEART in my step work, only my HEAD. This time I did the step work from my heart. She helped me to understand that there are no right or wrong answers, there is only the truth.*

*For me, my sponsor is my HEART connection. She helps me get out of my head, or sometimes get my head out of my butt, and to get into my heart. In my heart is where I find the connection to my higher power.*





### Words of Wisdom from my Sponsors

- When I am physically ill, all of my problems become gargantuan and I can even create turmoil where it didn't exist. The food calls, claiming to make me well. In reality, what I need is rest. Healing takes time and will not be helped by giving into excess of any kind.
- Sometimes, it's one bite at a time, rather than one day at a time.
- When HP removes something or someone from my life, it's always replaced with something or someone incomparably better. For me, this has occurred often and I have to keep an eye open because these gifts come in various forms.
- As to my food plan when I'm on a weight plateau: If it works, don't change it.
- When I question why abstinence didn't come sooner, she told me that everything, including healing, comes in God's time, not mine. I had to experience all the positive and negative aspects of my life to become all that I am today.
- If I practice the steps daily and do everything OA suggests, my life keeps getting better.

These are just a few of the pearls that have kept me abstinent and teachable. My first, immediate thought will always be affected by this disease. As I continue to heal, the time becomes less between my distorted thought and reality. In using the help I receive from my sponsors, my struggles to work the Steps become easier and my healthy mind reacts more quickly.

My mind, at its best, cannot change reality nor can it allow me to see "Truth." With the wisdom of those who've "been there", my road to recovery is made that much easier. In retrospect, had I made use of my sponsors more often, I believe that my path to become the person I and HP want me to be would have been smoother and faster.

In relying on my sponsors' experience, I receive the assistance of one who has gone before. Sponsors are not perfect, however, and that's why I pray that HP will enlighten them to guide me through whatever LIFE dishes out.

When I'm considering taking on a sponsee, I pray for guidance and only demand honesty from them. I can share my experience and those of others' who have been blessed with abstinence. The hope I can impart as a sponsor is dependent on my own recovery and spiritual awakening. When a sponsee stops seeking help from me, I pray that they find another that can give them what they need. This I can accomplish by facing the fact that I am not the be-all or end-all of helping someone on the road to healing and recovery.

In conclusion, I strongly suggest getting and working with a sponsor for yourself. You have carte blanche in choosing a sponsor and, once that's done, you can opt to work with them or find someone else who'll be better for you. Only you know that. And, nothing is written in cement!

Elizabeth D.

### WE CARE LIST

Sponsor/ Drive to