

Virtual Sponsors Wanted

The Virtual Sponsorship Committee is in urgent need of more sponsors.

Many people live in areas where OA is new and not well established.

Virtual sponsorship is a great way to start sponsoring and a great way to meet people from across the region!

Go to the OA Region 1 website at www.oaregion1.org and click on the "Find a Sponsor or Sponsee" menu to the right or go directly to www.oaregion1.org/sponsor-application.html

Young People's Phone List

If you came into program at age 30 or younger and can offer support to a young OA member, send contact information (name, phone, email and age you were when entered OA) to youngpeople@oregon-oa.org.

Newsletter Submissions

Practice the tool of writing and tell us your recovery story. Write about your favorite step, tool, slogan, and/or fellowship moment. Have a meeting update, need special support or an announcement? Send all writings/information to: newsletter@oregon-oa.com

Tradition of Anonymity

The views expressed in this newsletter are of the person who wrote them and do not represent OA as a whole. Take what you like and leave the rest. Oregon Intergroup serves meetings from Longview to Tillamook, Salem to Portland, Silverton to Hood River, and includes Vancouver and the surrounding area.

Find us online at oregon-oa.org or call 971 317-6343.

OPEN INTERGROUP POSITIONS

As you can tell from the list below, **Intergroup needs YOU!** It needs your recovery, your twelfth step-service, and your experience, strength, and hope. Perhaps you have newly come to Overeaters Anonymous and have no clue what Intergroup is all about. Maybe you even think you are not sure you want to be of service...let your curiosity guide you to see if this service might be a good fit for you. We need:

- **VISITORS**
Duties: Show up at Intergroup and join in discussion (or not); does not vote
Qualifications: Desire to be of service and curiosity
- **MEETING REPRESENTATIVES**
Duties: Represents your meeting at Intergroup; bring back materials posted
Qualifications: Selected by group they represent
- **12TH STEP WITHIN**
Duties: Report monthly to Intergroup and upon project completion; Arrange project for December 12th, Twelfth Step Within Day; specific projects (i.e., Affirmations Project)
Qualifications: 90 days abstinence; worked through step 7
- **PUBLIC INFORMATION PUBLIC OUTREACH**
Duties: Issue press releases; coordinates OA poster campaigns; explains OA to those unfamiliar with the program; publicize meetings
Qualifications: 9 months abstinence; worked through step 7
- **WAYS AND MEANS**
Duties: Report monthly to Intergroup, as projects occur; conduct money making projects at OA events; prepare items for said projects; enlist helpers for said projects
Qualifications: 9 months abstinence; worked through step 7
- **MEMBER AT LARGE**
Duties: Assume any board position during temporary absence or until replacement is elected; assist co-chair in contacting groups not represented at Intergroup
Qualifications: 9 months abstinence; worked through step 7; Familiar with 12 traditions; Regular attendance (2 years) at a home group; have/be a sponsor; familiar with Roberts Rules of Order; present for nomination and election



March 16-18, 2018

Twin Rocks

Conference Center

18705 Highway 101 North

Rockaway Beach, OR

(Online registration coming soon at www.Oregon-OA.org)



A retreat is a place to focus on recovery and spiritual growth: a weekend devoted to fellowship and spiritual renewal. It can enhance your program and reaffirm your commitment to your recovery.



A SERVING OF HOPE

What Do I Need?

"I write this as the food is calling to me." A New Beginning, page 13.



This quote strikes me as very intentional—a clear choice to pick up the pen instead of the fork. The author first shares gratitude; then an acknowledgment of the need to do his/her part by using the steps and tools. This is followed by a specific list of items they do to take care of themselves, physically, emotionally and spiritually.

It seems to me that this quote and format would make an excellent writing guide for whenever we're struggling—with food, feelings, or other situations. So...

I write this as I am feeling rather down. I'm grateful for the time I have in OA because I've learned that this is always a temporary state—part of my recovery is that I retain a sense of perspective on my life, even when I'm not feeling great. I don't find it easy to deal with negative emotions, but I do know that I need to hang in there, keep trudging along, and it will pass.

When I came into OA, I was completely overwhelmed with negative feelings, which influenced most of my interactions. I had no idea about the concept of "restraint of tongue and pen" (The Twelve Steps and Twelve Traditions of Alcoholics Anonymous, pg. 91) and, as a result, I caused a lot of hurt feelings. My emotions were running my life: anger, fear, and guilt kept me from taking care of my responsibilities; I kept turning to food for a solace it never provided. I am so grateful this does not describe my life today. Knowing I have footwork to do gives me a sense of relief and direction.

I can take care of myself **emotionally** by giving my feelings an outlet that won't hurt me or anyone else. Writing, talking with my sponsor or an OA friend are self-care for me.

I can take care of myself **physically** by slowing down, taking a walk, getting enough sleep, and cooking myself simple, healthy meals.

I can take care of myself **spiritually** by going to extra meetings, slowing down for some meditation, and getting out of myself—out of my own head—to see if I can help someone else.

Of course, there is always more I can do, but sometimes I need to do less. Something a sponsor taught me to do, especially when I am not feeling well, is to scan the day ahead with intention: there may be things I need to add (self-care, creativity, time on a project I've been putting off, or an OA meeting) and/or things I need to cancel because I am overcommitted or because I need the time for the items on the first list. The idea is to be intentional, thinking about what I need to do to take care of myself and my recovery today.

I love the simple question: What do I need today—physically, emotionally, and spiritually?

Anonymous, Portland, OR

Upcoming Events

- **TWIN ROCKS RETREAT!!**
March 16-18, 2018,
Registration open!
- **January 6:** Saturday Speaker Meeting, 7:00 pm to 8:30 pm, Girl Scouts Building, 9620 SW Barbur Blvd, Portland. *[We may be moving, so check our website first!]*
- **January 10:** Oregon Intergroup Meeting, 7:00 pm to 8:30 pm, Girl Scouts Building, 9620 SW Barbur Blvd, Portland. *[We may be moving, so please check our website first!]*
- **January 12–14:** The OA Birthday Party. Los Angeles, CA at LAX Hilton.
- **January 21:** *Start the New Year Right with The Promises.* In Canada! (Why not?! 😊) 1:00–4:00pm, Star of the North Retreat Center, 3a St. Vital Ave, Albert, AB Canada; contact: kimbachand59@gmail.com

Meetings Needing Support

- Wednesday, 7:15, Portland SW St Barnabas Episcopal Church, 2201 SW Vermont St. 97219, Lower level of church building. Church Offices. Red door, Rm 1; Blended OA H.O.W. + Regular
- Thursday 7:00 pm, Silverton St. Edward's Episcopal Church, 211 W Center St. @ Fairview (across from hospital), 97381

Meeting Notice Updates

- Monday, 12:00pm, Beaverton will be open Christmas Day and New Year's Day!
- Monday, 7:00pm, Milwaukie will be open Christmas Day and New Year's Day!

News from World Service

Lifeline is Now Online!
www.oalifeline.org

For \$23, you get one year of access to new Lifeline stories published ten times per year, plus the archive of hundreds of stories published since January 2016

Sponsorship Success Podcast

Sponsoring others is a vital service in OA. WSO's "Sponsorship Success" podcast series can help you prepare for your first sponsee or give you fresh ideas for your existing sponsorship service. Visit oa.org/podcasts.

Traditions Explained Videos

"Take a Walk Down the Traditions" is a series of videos designed to quickly explain each tradition. Find the first [six](http://oa.org/podcasts) videos at oa.org/podcasts, and stay tuned for more.

'Tis the Season!

Consider making an end-of-year contribution to your OA Intergroup. All personal contributions are tax deductible. Giving is easy and your contribution will carry the message. Visit oregon-oa.org/donate for a PayPal option or the address to mail your personal check.

Literature Spotlight



A subscription to Lifeline Magazine is a great stocking stuffer. You can also order a year's worth of back order issues at <http://bookstore.oa.org/>

Why Sponsor?

When I finished the first 3 steps, been abstinent 30+ days, and was in OA about 2 months, our meeting had a "step-up ceremony". During which, my sponsor declared that I was ready to sponsor and handed me her Sponsorship Manual.

She said, "Sponsoring is a way of living Step Twelve: Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." Why did I even consider this? Couldn't I just keep working my own program and not bother with the rest? In *Overeaters Anonymous*, 3rd ed., Dr. Peter Lindner writes, "When OA members become sponsors, their loneliness is greatly alleviated. They are needed and accepted. This has a very potent, positive influence on weight maintenance."

Reluctantly, I introduced myself as a sponsor, but hoped no one would ask. I really didn't feel ready. Fortunately, I attended a sponsorship workshop. I realized I really did want to help others find recovery. My opportunity came when I began attending a very new meeting that only had one sponsor attending. Soon after, I acquired several sponsees. I set up a phone schedule with them and together we'd review their food and go over any step work.

"When OA members become sponsors, their loneliness is greatly alleviated. They are needed and accepted. This has a very potent, positive influence on weight maintenance."

Sponsoring is one situation where I could only learn by experience. It took many experiences to learn how to work with newcomers and their different learning styles and preferences. What worked for one didn't necessarily work for another. I

also discovered I didn't have to do it alone; my sponsor was there to answer my questions and guide me the entire time. If she didn't know the answer, she knew someone who did. So what did I gain from this experience? Well....

First, the joy of seeing others find recovery as they worked the steps, learned about themselves, began to experience healing of their emotions, and find a spiritual walk.

Second, my own program and abstinence became strengthened. Since all I could share is my experience, strength and hope, I had to be sure my own current experience reflected what I was asking of my sponsees. They called on me to spiritually stand with them as they learned to enter stores and shop without picking up certain items.

Third, character defects and food experiences from my compulsive past came to light that hadn't when I first worked the steps. I had to work through them with my sponsor, which also strengthened my recovery.

Finally, sponsoring keeps me working the Steps alongside those I sponsor. This way, I am a fellow sufferer trudging the path along side of them and not some self-proclaimed expert.

Sure, I still feel inadequate and I am sure that in some instances, I am. However, I keep reminding myself that living life out in the world is much better than huddling miserably in my cave with the food. Along the way, some people may have let me down, but never as bad as the disease. In the end, sponsoring makes this statement more real for me:

Together and with our higher power, we are doing what we never could do alone.

Rosanne K, Beaverton



HP's Holiday Card

I'd like to share a love note Higher Power gave me with tips for staying abstinent and sane during the holidays.

Dear One, thanks for getting in touch! Please know this: Nothing you could think, say, or do could make me love or respect you less. If you're in the food, you're separating yourself from me and others only by your own guilt and self loathing. There's magic in using the OA Tools, working the Steps, and being honest no matter what; change the things you can so you can stay abstinent and we can stay connected this holiday season.

- *Do normal recovery habits times two around the holidays. Make two calls instead of one before holiday food hits the table.*
- *HALT. Don't get too Hungry, Angry, Lonely, or Tired because it affects your judgment.*
- *Don't miss out on precious time with your loved ones—none of us know how much time we have left.*
- *Carry a notebook wherever you go and be an OA detective: sleuth out resentments, fears, doubts, and sadness. Jump on those trigger monsters and write and talk about them before they can gang up.*
- *Get plenty of exercise, especially if you feel depressed, anxious, or too much in your head.*
- *Eat abundant, healthy meals you've committed to your sponsor and prepared yourself.*

- *Bring healthy, abstinent treats everywhere you go.*
- *Excuse yourself early to have your own party while others eat dessert. Mention this beforehand so folks don't think they've scared you off.*
- *Arrange a temporary holiday food sponsor to check in with before and after meals.*
- *Attend meetings, even if some are part of another Fellowship. The support you'll get is dense, nutrient-rich fare.*
- *Offer service, no matter how small, so you'll feel connected and useful.*
- *Plan non-food-related treats such as walks, table tennis matches, card games, and yoga classes.*
- *Remember to be loving and gentle with yourself, always. Easy does it; let "progress, not perfection" be your guide. As friends say, "If you have to beat up on yourself, do it with cotton balls."*

My phone line is always open. Call me no matter how soft your voice or weak your resolve. I'll get a message back to you in my own voice or through the voices of helpers. Listen and look, because my reply could come from anywhere and anyone. I love you. No matter how lost or broken you feel (or the world seems), I see perfection. Do what you can, then relax, sip some tea, and let me do the rest. Love always, HP.

Rachel K.

How High?

In going through the Steps, some members stumble over the concept of God, *as we understand Him*, or even the concept of a higher power. Those I sponsor ask questions like: "I don't relate to the god of my childhood, so I can't relate to the concept of God, no matter how I understand God." Or, "Who do I turn my will over to and how?" Or even, "I believe in a life force/universal force/force of love, so how can I relate that to my program?"

When I'm wrestling with my compulsion, I ask myself: "With whom am I wrestling?" Usually, I am fighting **my** own will, which looks like, "I want what I want when I want it!" or "I've got to have this now or I will unravel."

So then what is opposing my will? Hopefully, the principles of the program. When wrestling, I am fighting the concept that if I want to be abstinent I have to follow the suggestions of my sponsor, follow my food plan, work my action plan, the

Twelve Steps and the definition of abstinence that I've embraced for myself in saner moments.

The question then becomes: "Am I going to live in the compulsive will of the disease that is trying to destroy me or in the will of my higher self that embraces the program and all its tools as a path to recovery?" Hopefully, I answer the latter. So, how do I turn it around (or over)? I call or text my sponsor or an OA buddy, do some writing, and/or use another tool that will help me turn my back on my own compulsive will.

This is not easy for me and takes continual practice. I have to admit that when all else fails, I pray, "God, help me do the next right thing."

Turning my compulsion over is an act of my will. It is the act of turning my will over to something higher than my own unsteady will power and then "together we get better."

Anonymous