

September • October 2014

CT Intergroup



[www.connecticutoa.org](http://www.connecticutoa.org)

# KEEPING CONNECTED

## WHAT'S HAPPENING?

- September 13th, Saturday  
Region 6 Spring Assembly,  
Albany, NY
- October 10-12, Friday-Sunday  
So. Maine Intergroup Retreat  
Marie Joseph Center  
Biddeford Pool, ME
- October 24 - 26, 2014  
Region 6 Convention  
Wicked Awesome Recovery  
Burlington, MA - \$55 at the door
- October 23-25, 2015  
Friday-Sunday  
Region 6 Convention  
Hilton Hotel Hartford, CT

\*\*\*\*\*



Production: Judi G,  
Laurie T. & Janet N.

Submissions to: [artistjudi@sbcglobal.net](mailto:artistjudi@sbcglobal.net)

## GENTLE SPONSORING

Early in my recovery, someone encouraged me to become a sponsor as I worked through the Steps because even my limited experience would help someone. After a while I was ready to sponsor and waited. No one came to me. I felt both relieved and frustrated because I was afraid of not sponsoring "perfectly," whatever that means; yet I knew I had experience, strength and hope to offer. It occurred to me to apply the Third Step to this situation. I prayed to release my sponsorship desire to God's will, and when God was ready for me to sponsor, the willing sponsee would be ready. In a divine coincidence, within 90 minutes after I offered that prayer (really!), someone asked me to sponsor her. I felt honored and excited to accept. I encouraged my sponsee to use her tools of writing, prayer and telephone. When she slipped, either by overeating or by an emotional or spiritual misdeed,

I encouraged her to talk about it. We talked about how to change the behavior and how to "act as if." As she worked through the Steps, she inspired me and became a refreshing reminder to continue my Step work and remain abstinent.  
— *Anonymous, Maryland USA*  
*September/October 2013*  
*Lifeline Magazine*

## TOOLS OF RECOVERY

*A Plan of Eating*

*Sponsorship*

*Meetings*

*Telephone*

*Writing*

*Literature*

*Action Plan*

*Anonymity*

*Service*

# ABSTINENCE DEFINED

Abstinence in Overeaters Anonymous is the action of refraining from compulsive overeating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.



## REMEMBER:

Easy Does It

One Day At A Time

Just For Today

Keep It Simple

Submissions to: [artistjudi@sbcglobal.net](mailto:artistjudi@sbcglobal.net)

## WHAT WORKS FOR ME

When I started working with a sponsor, we talked about the Steps and spirituality. I became better with my food by reducing my binges and moving toward moderation and balance. Daily prayer on my knees was and is powerful. My sponsor told me that asking God each morning for an abstinent day and thanking him each evening for an abstinent day worked for her. I shared everything with my sponsor, and we agreed on my food plan for the day. At first I met with my sponsor twice a month to discuss the Steps and OA tools. I wrote in my Twelve-Step Workbook of Overeaters Anonymous and reviewed it with her. In the beginning I went to at least three OA meetings a week (four years later, I still attend two per week). She shared her experience, strength and hope, listened and helped me sort out what parts of the program would work for me. I called her during the day if I craved something not in my food plan. Having my sponsor is important because when it comes to food, my head is screwed up. My

sponsor never told me I had to do anything. She always emphasized I had a choice and encouraged me to seek guidance from God.

— Edited and reprinted from *Transformation newsletter, Central Ohio Service Intergroup, February 2001*

## Six Emotions That Lead to Compulsive Overeating

- Anger
- Fear
- Dishonesty
- Resentment - Expectations
- Self-pity - Selfishness - Self-centeredness
- Intolerance - Critical, Judgmental

— © Oasis Central Midland Intergroup of Overeaters Anonymous, April 2011

“I keep coming back because OA is where I can talk about the fears that lead me back to the food.”

By Linda S., WHAT'S NEW?  
Spring/Summer 2014  
Overeaters Anonymous Region II  
California, Mexico, Hawaii & Northern Nevada

