



## Second Workshop Planned

- Things to do this Month:
1. Second Educational Workshop Feb. 18
  2. Sign up for the Step Study Weekend
  3. Visit a Meeting in Need
  4. Use the tools
  5. Work the Steps

### 18th is the Day

By Mike B.

NEWSLETTER EDITOR

Do not forget that this month is your second chance to strengthen your recovery with the Sunday February 18 in Exton is the second educational workshop. If you want to go, be at the United Methodist Church of the Resurrection at 181 Sharp Lane in Exton, PA. See the flier for directions.

The agenda has three things on it. First a panel of speakers will talk about being a sponsor and becoming a sponsor. The second subject discussed will be working steps 4-7 a followup on Steps one thru three covered in January. Finally, a "Big Book Study" will be covered. Like last month's workshop, there will be Problem and Solution groups for teaching on each study later and then a question and answer period and Open Sharing.

If you have not gotten your fill of recovery and you have not signed up for the weekend step study there is still time. If you do it before February 9<sup>th</sup> you will save \$5 off the \$130 fee.

Also on February 25 it is Unity Day. This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. Pacific

Standard Time, OA members pause to reaffirm the strength inherent in OA's unity.

In closing again, don't Miss OA's Next World Service Convention, August 30-September 2, 2007 in Philadelphia. 🌐

### Meeting News

By Mike B.

NEWSLETTER EDITOR

There is a lot good going on in the intergroup, however this month I have some bad meeting news to report. The 8 PM Monday West Chester meeting is closed. If you want to do something about meetings that may close there is still opportunity for you to do service. Please make an effort to attend one of these meetings. If at all possible switch to one of these meetings and make it one of your regular meetings. These meetings are: Monday and Wednesday Collegeville; Wednesday Downingtown; Sunday Havertown Evening; Thursday Conshohocken; Saturday Step Darby and Monday East Norriton. 🌐

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# Why I am a Sponsor

By Crissy

NEWSLETTER CONTRIBUTOR

Why am I a sponsor? I am sponsor because a long time ago, my sponsor told me to stand up and volunteer. I had learned to listen to her about many things, and those things had changed my life. At first, I said "I am not good enough to do this." She said, "You are as good as you need to be. That is that faulty thinking that comes from lack of self esteem. You will sponsor up to the level of your own recovery. Having a sponsee growing will keep you moving ahead. You will see."

I said, "I am afraid. I just can't do it".

She said, "You can do it. That is fear speaking. As long as you keep in touch with your higher power, you will have the courage to do his will."

I said, "I don't think I can do this. I can't do it perfectly."

She said, "That is your perfectionism speaking. No one can or should try to sponsor perfectly. This will teach you humility. That is a good thing."

I said, "I'm too busy, I just don't have time to make commitments like this."

She said, "That is your 'bondage of self' speaking. Service is one of the keys to recovery. You must get out of yourself and care about others. You must give back what you have been given. To keep it, you must give it away."

I said, "I'll start tomorrow.. or next week,..or when I have more days."

She said, "That is your procrastination speaking. You will start today. No time like the present!"

I said, " OK, I will be willing. I will follow directions."

I became a sponsor. I learned, I prayed, I laughed, I cried, I worried, I erred, I amended, I forgave, I understood, I listened, I prodded, I questioned, I cheered, I hugged, I loved, I grew.

"Thank you," I say to that first, dear, brave sponsor. "I never could have made this progress without you by my side. Thank you for BEING my sponsor Thank you for helping me to sponsor. "

What would have happened to me if that wonderful woman hadn't been there for me, hadn't encouraged me to be honest, courageous, responsible, and giving? What would have happened to me if no one was available to sponsor? She put her hand out to me, and my recovery grew. I put my hand out to you and my recovery grows more, and yours begins. That's how it works. Thank God for that. 🙏

# Why I have a Sponsor

By Betty H.

NEWSLETTER CONTRIBUTOR

I did not want a sponsor. I really thought I could do it myself. I knew I was a compulsive overeater. I knew I needed a power greater than myself to relieve me of my compulsion, but once I had come through the door, committed myself to coming back weekly and reading the literature daily, I thought I could make my own food plan and stick to it. And I did. For a time I was faithful to my plan of eating, daily reading, phone calls and several OA meetings each week. I was losing weight, but I was beginning to be afraid about how long I could maintain my happy pink cloud on my own.

I attended the Marathon Day on November 19, 2006 and heard LOUD and CLEAR that I needed to use ALL of the tools. The very next day, while on the phone with an OA friend, I mentioned the fact that I knew I needed a sponsor, but was too willful, stubborn and egotistical to call my food to someone. I said, "I know it is just pride and stubbornness on my part." She, good and honest friend that she is, said: "Yes, it is!"

The next phone call I made that day was to a person who I had met at a meeting who had what I wanted. She agreed to be my sponsor and I have had encouragement and support on a daily basis ever since. In these months with a sponsor, I have given up things that were not helping me (certain foods, my isolation and the scale), and I have gained security about my abstinence, hope, serenity, friendship and an awareness of the presence of God in my life. What a bargain!

I have started to work the steps with my sponsor and I look for opportunities to share this program with others. Thank you God for OA, for the steps and the tools and for the way you are doing for me what I could never do for myself. Thank You OA! 🌟

<http://www.oa-brandywine.org/>

## Top Ten Characteristics of Effective Sponsors

Developed at a 1999 Workshop  
Later Published in Lifeline

1. Abstinent: The sponsor is abstinent, and abstinence is the most important thing in their life.
2. Available: A good sponsor has the time to spend talking with the sponsee. They are available when needed for an emergency. They are available for personal contact in addition to the telephone.
3. Committed: The most effective sponsors are committed to the program, to sponsoring, and trying to pass on the message of recovery to others.
4. In recovery: The sponsor lives in recovery on all three levels – physical, emotional, and spiritual. They walk the walk as well as talk the talk.
5. Program foundation: They have a strong foundation in program principles, the steps, traditions, tools, and particularly the Big Book.
6. 12-Step based: The sponsor has knowledge and experience in working the steps. They try to apply the steps to everyday living.
7. Focused: The sponsor keeps the daily phone call with the sponsee focused on the steps and the program rather than social things.
8. Good listener: Effective sponsors are good listeners.
9. Clear expectations: From the beginning, the best sponsors set out clear expectations, limits and goals for the sponsor/sponsee relationship.
10. Shares experience only: Truly effective sponsors know their limits. They do not play God, therapist, counselor or social worker. They share their program experience only.
11. Humility: Good sponsors know when to say, “I don’t know,” or “I have no experience,” or “Perhaps this is a situation where you might need some help outside the 12-step rooms.” They don’t allow themselves to be put on a pedestal.
12. Honesty: The best sponsors are rigorously honest – both about themselves and with the sponsee. They do not enable. Their approach tends to be compassionate tough-love.
13. Supports and encourages: Effective sponsors help sponsees to grow, to learn to do new things, to take risks, and to learn from their mistakes.
14. Attitude: Good sponsors demonstrate compassion, empathy, patience, a sense of humor, and a positive attitude about life.
15. Knows when to let go: Good sponsors know when and how to detach with love and “let go” of sponsees when it becomes appropriate. 🌟

## OA Promise

I PUT MY HAND IN YOURS AND TOGETHER WE CAN DO WHAT WE COULD NEVER DO ALONE! NO LONGER IS THERE A SENSE OF HOPELESSNESS, NO LONGER MUST WE EACH DEPEND UPON OUR OWN UNSTEADY WILLPOWER. WE ARE ALL TOGETHER NOW, REACHING OUT OUR HANDS FOR POWER AND STRENGTH GREATER THAN OURS, AND AS WE JOIN HANDS, WE FIND LOVE AND UNDERSTANDING BEYOND OUR WILDEST DREAMS.

## Slogan of the Month

FROM <http://www.oahouston.org/oa-slogans.html>

Failure is success on the installment plan  
-- if I learn from it.

## Newcomer Notes

By Mike B.

NEWSLETTER EDITOR

Finding and using a sponsor is cortical to most peoples OA recovery. As the OA's 12 & 12 says, "... we found life without excessive food unbearable. Even getting to our desired weight didn't cure our unhappiness." Life still happens when you get abstinent and you will find, like I did, that you will soon sink back into overeating and relapse or, worse, leave the program if you do not change your ways.

Working the steps is the way I and you can learn to change the ways. When I did steps one through three let me recognize the reality of my situation and give me the power I could never muster in myself. Then, in steps four though six, like me, you can inventory the problems in yourself and that cause you to be unhappy and find a way to deal with them effectively. Steps seven through nine clear away the skeletons in your closet. And the final three steps give you a way to maintain your program and your abstinence.

These steps are the key to your program and for a guide through the steps and working the program is your sponsor. There is no right or wrong way to do it. However, with regular contact with your sponsor and being willing to take suggestions

has worked for me and many others. ☺

## Call For Articles

For March's Recovery Newsletter please write on topics:

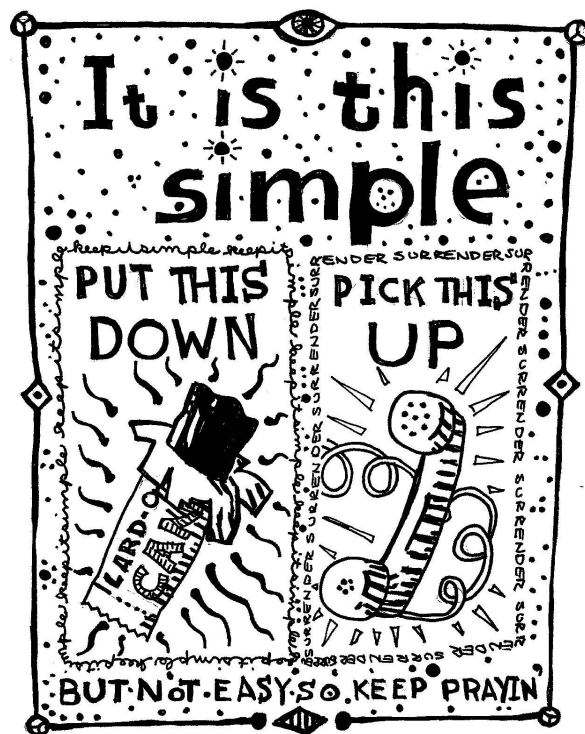
1. Willingness
2. My Favorite Slogans

ARTICLES DUE:

Noon Saturday 10 February 2007

E-MAIL ARTICLE TO:

[Newsletter@oa-brandywine.org](mailto:Newsletter@oa-brandywine.org)



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