

SHARINGS



P.O. BOX 181, BILLERICA, MA 01821

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

April/May, 2007

Working with Others: A Sponsor's View

Friendship Works for Me

When I first came into OA, I got a sponsor. I didn't like what she said, so I got another sponsor, then another and another. I found that I didn't like what anyone said! Eventually, I found a sponsor relationship that worked for me – for a while. I have had many sponsors in OA. I worked the Steps with a sponsor. The one I found most valuable was the one I called “friend.”

For some reason, when I ask someone to be my sponsor, I no longer want to call the person. Something about the label “sponsor” doesn't work for me. It's not the relationship, just the name. I know I can't be alone in this feeling, but for a long time I felt ashamed because I didn't have an official sponsor.

What has worked for me is to talk regularly to someone I love and trust. It is important for me to have someone to whom I can tell anything, so I'm not keeping secrets. I stay up-to-date about my life and my recovery with my “friend.” This has worked for me for a long time.

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Contact Information:

OA World Service

Website: www.oa.org

Email: info@oa.org

Region 6

Website: www.oaregion6.org

Email: webmaster@oaregion6.org

North Shore Intergroup

Website: www.NorthShoreIntergroup.org

Email: info@NorthShoreIntergroup.org

New Meeting Announcement!

Monday nights at 7PM at the C.J. McCarthy Building – 1st Floor Library, 910 Main Street, Melrose.

Contact Jennifer at (781) 622-1241 for more information.

What is a Sponsor?

My Job Description

Tradition Eight says, in part, “Overeaters Anonymous should remain forever nonprofessional...” I must remember this Tradition when I am sponsoring another compulsive overeater. My job as a sponsor is to share my experience, strength and hope. I share what I did to recover, and if my sponsoree wants what I have, he or she can choose to do what I did.

It is not my job to become a professional therapist or nutritionist for my sponsoree, nor is it my job to give the people I sponsor advice. It is my job to explain how I work the Steps and to point my sponsorees toward God, but not to tell them how or what to eat. This advice rightfully comes from their inner guidance and, perhaps, from a professional nutritionist.

When I can remember this, sponsoring becomes easier! I can let go of the idea that it is my job to “fix” the people I sponsor and remember that recovery comes as a result of working the Steps and developing a conscious contact with my Higher Power.

– *Edited and reprinted from The Northern Lights newsletter, Anchorage, Alaska Intergroup, July/August 2004*

Editorial Policy

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I do sponsor people, and that has been an integral part of my program. It's a joy to watch a sponsoree blossom. I have learned much from my sponsorees. I see myself through them. When God works through me, he also works on me. Often what comes out of my mouth is just what I need to hear! As I help a newcomer work through the Steps, I work them, too. When a sponsoree shares a problem and I share my experience, strength and hope, I see the blessings God has bestowed on me. I feel privileged to share the hope I received in times of struggle.

As a sponsor, I must realize that I am not God. I must take care of my recovery and myself. I try to be an example of living the program for my family, in my career, in my leisure activities and in OA. I am not available 24 hours a day, so I encourage those I sponsor to create a network of OA friends. I encourage them to make regular phone calls so they will feel comfortable calling someone else when I am not available. When my sponsorees need help with situations I haven't experienced, I lovingly suggest they talk to someone who has had a similar experience.

Sharing my experience, strength and hope with someone new to the program is a gift from that person and from God. I also remember that I can give that gift to another by allowing someone to share his or her experience, strength and hope with me. — S.B., San Rafael, California USA

Reprinted from LifeLine, January, 2006

North Shore Intergroup Meetings

First Tuesday of Each Month at the
Reading Senior Center
Pleasant Street, Reading, MA

Each meeting is encouraged to send a representative.
Orientation for new representatives starts at 6:45 PM.
Business Meeting: 7:00 PM - 8:30 PM
Next Meeting: June 5, 2007

NSI Meeting Information

Handicapped Accessible Meetings

Saturday, 10:00 am in Reading
Monday, 7:00 pm in Medford
Tuesday, 4:30 pm in North Andover
6:00 pm at Beverly Hospital
Wednesday, 7:30 pm in Beverly (Big Book)
Thursday, 10:00 am in Revere
4:30 pm in North Andover
Friday, 9:30 am in Malden
6:00 pm at Beverly Hospital
Saturday, 10:00 am in Lynn
*Any changes to your meetings, please
contact Charlene at: 978-687-0755*



UPCOMING EVENTS:

Spring Sharathon - a season of hope

Saturday, May 5, 2007

9AM to 2:30 PM Sponsored by the South
Coastal MA Intergroup at the
Hingham Lutheran House, 916 Main
Street, Hingham

Call 781-925-1903 for more information

Retreat: Tranquility through the Steps

Friday, June 22 thru Sunday June 24, 2007

Sponsored by the Southeastern CT
Intergroup at the Incarnation Center in
Ivoryton, CT

Call Carl (860) 859-0091 or

Ellen at (860) 464-7178 for more
information

How Can You Do Service?

“Sharings” is always looking for contributions. If you would like to share your experience, strength, and hope or have ideas or suggestions for upcoming issues, please email the Editor at sharings_editor@comcast.net. Thank you.

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