

Santa Cruz OA Newsletter

Fall 2010

Welcome

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; 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 the message of recovery to those who still suffer.

For more information about Overeaters Anonymous and its program of recovery, please explore our site or visit www.oa.org.

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An Introduction

My name is Jim. I'm a compulsive overeater. I attended my first OA meeting in April 2010. I did not intend to go to another. There were all these things wrong with OA. Too many steps. Too many traditions. I thought the Big Book was archaic. And I really didn't believe in God, at least the one I was taught about as a child. Still, a couple weeks later, I found myself at another meeting and soon after that another meeting.

I realized that the Big Book wasn't about being a fine piece of literature. It was and is about teaching the steps needed to deal with addiction. And that is, after all, why I showed up in the first place.

Soon, I began to understand that all of this could actually work. My first day of abstinence snuck up on me and was behind me before I even realized it. About a week later I had another day of abstinence. They are slowly increasing in regularity, with some difficult days in between. It is, with study and focus, becoming a viable way of life. With a long way to go, I'm very committed to OA. So committed that I decided to compile this newsletter. More later.

Submissions

Please submit your OA related writings for the newsletter to OASCNews@Yahoo.com by November 15, 2010 for the next publication. Make sure your submission is in Microsoft Word

Thank you to everyone who submitted material for the Fall Newsletter

Find a Meeting

Tradition 3:

"The only requirement for OA membership is a desire to stop eating compulsively."

Sunday	9:00 AM Speaker/Discussion Meeting Sutter Maternity & Surgery Center 2900 Chanticleer Ave Santa Cruz 95065 Free Childcare Available
	4:00 PM 90-Day Meeting Church of the Nazarene 115 S Morrissey, Santa Cruz
Monday	12:15 PM Literature Meeting St. Stephen's Lutheran Church 2500 Soquel Ave Santa Cruz 95062 Fragrance Free
	7:00 PM Book Study/Speaker Mtg Soquel Congregational Church 4951 Soquel Drive, Soquel 95073 Focus: Addicts and Alcoholics
Tuesday	12:15 PM Step and Tradition Study St. Stephen's Lutheran Church 2500 Soquel Ave, Santa Cruz 95062 Fragrance Free
Wednesday	10:30 AM Voices of Recovery Study Bayside Baptist Church 1335 Seabright Ave., Santa Cruz (across from Gault School)
Friday	12:15 PM "For Today" Book Study St. Stephen's Lutheran Church Santa Cruz, 95062
Saturday	9:00 AM Speaker/Discussion Meeting Calvary Episcopal Church 532 Center St, Santa Cruz Fragrance Free

For information on the meetings,
call our **Hotline Number (831) 429-7906.**

Or login to SantaCruzOA.org

All meetings are open to all OA members.

This information is subject to change.

Winter Newsletter Information

Submissions: PLEASE!—MSWord or Excel format

Email to: OASCNews@Yahoo.com

Deadline (if you want to make your edits) Nov 23

Final Deadline: Nov 30

Newsletter editor: Jim S (831)464-1790

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material for the Fall Newsletter!*

Letting the Twelve Steps Work

Living by the twelve step principles, acting in a way that makes me proud of myself, that makes me feel I am the person I aspire to be, makes my behavior sane and happier. When I disappoint myself, even in small ways -- by acting petty or saying something cynical, by dismissing a possibility that is after all a possibility, by not helping where I know I could, by letting small slights upset me -- I yell at myself in my head. I overeat. I become judgmental, and the frustration I feel with myself comes out as subtly destructive, both to myself and my relationships. But when I stop calculating how I should behave and simply follow the principles as I see it, despite the obvious material or inconvenience cost, I feel re-affirmed and proud in a good way. I don't criticize or second-guess myself; the voice in my head is on my side. I am ready for whatever comes and I relish the future. This is what I need to keep reminding myself.

Anya

My Sponsee Responsibilities

(What I have learned through the years)

My sponsor and I have been working together for almost eight years. I am fortunate to have her in my life for a number of reasons, but most of all because she helps guide me on the path of recovery. She is abstinent, works the Steps and uses the tools. She takes time to listen and gives me feedback about the topics I bring up. She is trustworthy, so I can be honest with her even when I don't want to be. She is a safe sounding board and an instructional guide for working the program.

But as easy as it is for me to identify the marvelous traits of my sponsor, I must also reflect on my responsibilities as her sponsee. What is my job as the one being sponsored?

It is my responsibility to let her know what's going on in my head and life. A time-zone difference sometimes complicates our long-distance sponsorship. I shy away from calling when I know she is busy because I do not want to bother her. I have to trust that leaving messages for her is a service because it helps her stay connected with another OA member and it lets her know I am thinking of her.

I am responsible for staying abstinent and being honest with her about my food. I love checking in with my sponsor about the evolution of my food plan. She has guided me through numerous modifications and has helped me make many food decisions. After almost 12 years of abstinence, I still call her to ask for guidance when I encounter unusual scenarios around mealtimes. This keeps my food in order and allows me to focus on the day outside my meals.

It is my responsibility to use OA's tools of recovery. This is how I build my program beyond phone calls to my sponsor. I strive to become more disciplined in developing a routine for these tools. I heard a wonderful comment at a meeting: "There is divinity in discipline." When I am consistent with my OA work, I feel much closer to my Higher Power. When the holidays approach, this is especially important. I need to be ready in case the disease of compulsive overeating rears its ugly head.

Sponsorship is one of the amazing gifts of the program. The pamphlets *A Guide for Sponsors* and *A Guide to the Twelve Steps for You and Your Sponsor*; the *Big Book*, Chapter 7, "Working with Others"; and the *Twelfth-Step-Within Handbook* offer more information about sponsorship.