

SEA TO SKY INTERGROUP NEWSLETTER

Volume 115: July 2011

STOP THE SUFFERING

July 2011

This month I would like to talk about sponsorship. A sponsor is someone who is committed to abstinence and is working the Twelve Steps and Twelve Traditions of Overeaters Anonymous. The primary purpose of a sponsor is to take other members through the Twelve Steps. Sponsorship is the epitome of Twelfth-Step-Within work. By sponsoring and encouraging others to sponsor, we deepen our understanding of the Steps, hence strengthening our own recovery. It is vital to the health of OA that members are willing to pass on in sponsorship what has been freely given to them.

Been Slipping and Sliding? - A Reading and Writing Tool; this extract from the Twelfth-Step-Within Handbook is an excellent Tool for sponsors to work with their sponsees who want to stop slipping and sliding. If you wish a copy of this suggested Tool please contact sandra.almond@shaw.ca. It contains 30 questions.

If you don't have a sponsor please be aware that Region 1 has an email sponsor program. You can get information on this program by emailing Diane at dbelais@yahoo.com. The Committee also is in need of email sponsors.

Your Twelfth-Step Within Committee



Literature Corner

This is the last article on the Literature available from this Literature Committee. It has been a great pleasure to serve in this position and to read much of the available literature. I have made a new lifelong friend in Nyso, my trusty Ass't Literature Coordinator, and I thank her for her help and computer expertise. It has been awesome!

This month I want to discuss the Sponsorship Kit. It has a wealth of information about being an effective sponsor. If you are ready to be a sponsor but unsure about how to go about it, I recommend this kit. In particular, my advice is to carefully read; (a) A Guide for Sponsors and (b) Sponsoring Through the Twelve Steps. They will give you the encouragement and inspiration to be a good and informed sponsor.

Thank you for allowing us to be of Service
Sandra and Nyso, Your Literature Committee

Definition of Abstinence Expanded

The Statement on Abstinence and Recovery has been revised to include the italicized words at the end of the first sentence: "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating 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."

New Tool; Action Plan !!

An action plan is the process of identifying and implementing attainable actions, both daily and long term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

NEW!

North Van Thursday Night Meeting

7:30 – 9 p.m.
The Alano Club
176 East 2nd Street
North Vancouver, V7L 1C3

Contacts: Geordie (778-861-2965)
Skylar (604-783-5735)
Wheelchair Accessible

NEW MEETING!!

HOW ya doin' ?!

Thursdays at 6:00pm
Vancouver Recovery Club



*Always to extend the hand and heart of OA
to all who share my compulsion; for this I
am responsible.*

– OA Responsibility Pledge

Region One Convention

Sea to Sky Intergroup has started our contribution in organizing the Region One convention and we are in charge of registration. The Convention is Sept 30 to Oct 2 in Vancouver, Washington. Early Bird registration is \$130 Cdn and includes the banquet; after September 5, the cost is \$150 Cdn. Hotel rooms are \$99.00 per night (up to 4 may share a room at an additional \$10.00 each per night). Car-pooling is encouraged. Contact Greta @ greta_hurst@yahoo.ca for travel and hotel information. Hope to see you there!

Celebrating Recovery... one day at a time

Are you celebrating a milestone in your recovery? Any level of recovery is welcome – let's acknowledge how far we've come...one day at a time! Please contact the newsletter editor at seatoskynews@gmail.com to share any special milestones.



Public Information Committee

1st Monday of each month
Vancouver Recovery Club
The Spanish Room
July 4 and Aug 1, 2011
6:00 to 7:00 PM

For more information contact carlietrueman@shaw.ca

Next Intergroup Meeting

July 30, 2011 from 10am to 12pm
Unity Church (1630 Edinburgh St. New Westminster)

Mission Retreat a Success!!!

I just want to share what a tremendous joy it was today to welcome members from Vancouver, New Westminster, Richmond, Surrey, Gastown, Burnaby, Abbotsford, Cloverdale, Langley, Chilliwack & Maple Ridge. WHAT A GREAT DAY!!! 43 persons signed in and 12 identified themselves as sponsors.

Your loving presence, generous sharing, honest talk, & attitude of gratitude will continue to resonate in my heart for a long time. I heard so many things that will help me to make a serious commitment to my abstinence and it was so special to welcome back members who had drifted away. Special thanks to our designated speakers, Kelly S., Diane F., Skylar & Faye. And great appreciation also to all who got up, and shared on tools and/or on their experiences, strength & hope. It was a special blessing for me to be able to chair the meeting & get to know so many of you in a new deeper way.

Thanks to Claire, member of the 12th step within committee, for initiating the process, organizing the posters & financial report; Helene for taking care of refreshments, Charlotte for doing literature, Langley group for organizing our love notes (hope you all checked to see if there were some addressed to you) Faye for taking care of those beautiful thank you notes, & all our dear speakers.

WHAT A DAY THIS HAS BEEN.....WHY IT'S ALMOST LIKE FALLING IN LOVE!! I'm as high as a kite!!

Thanks again everyone for everything and especially our Higher Power for bringing us together and then safely home.

Luv in the fellowship,
Rachel C - Mission group

EAST VAN BIG BOOK STUDY MEETING

Wednesdays at 7:30pm
998 East 19th Avenue, Vancouver
(Church of the Nazarene)

Gain an understanding of the Big Book ... abstinence by focusing on a spiritual awakening.

The Camp Huston HOW Retreat in Gold Bar Washington

Last weekend, I attended the HOW retreat in Gold Bar Washington along with 5 other Canadians. We were among the over 100 participants at this amazing event. Less than half the attendees were actual HOW members, so there was a great diversity of members there but all of them were OA members first and foremost.

The setting could not have been more beautiful, the speaker was incredible, the fellowship warm and wonderful. And the food (all sugar and flour free of course!) was simply awesome. Some people weighed and measured their food, but I noticed that most did not. It didn't matter. Surprisingly, I found out that there is no longer an official HOW food plan, HOW members now use the Dignity of Choice or get a plan from their dietician to use but still refrain from sugar and white flour. What really struck me the most however was the commitment to service and OA Unity.

I have never been to a retreat where they took time away from the set program to discuss service in OA. And yet everyone seemed to be so interested and appreciative. The World Service Delegate for the Greater Seattle Intergroup gave a 10 minute talk on Saturday night on her experience at the World Service Business Conference. Then on Sunday morning, the Greater Seattle Intergroup Chair gave a 10 minute talk on the importance of doing service at the Intergroup level and how it changed her life. Her talk had me in tears and I felt very proud to be an Intergroup board member in that moment.

The Retreat Chairperson gave a talk on OA Unity and we found out that HOW and traditional OA groups in Seattle were working hard together to make OA a safe haven for everyone who wants to stop eating compulsively. And the retreat certainly was a good example of that hard work and that goal coming to fruition. There were so many volunteers and if there were any hitches at all, I did not notice them.

The retreat speaker was taped and her workshops will be available for all to listen to once it has been edited, which could take some time. However, past retreat speakers are available to listen to at no charge by going to the Greater Seattle Intergroup website or using this link: <http://www.seattleoa.org/soundfiles.htm>. I will be attending this HOW Retreat again next year and I hope for many years to come. ~Anita

Editor's Note: The opinions expressed in this Newsletter are those of the contributors and do not necessarily represent Sea to Sky Intergroup or OA as a whole. Contributions to the newsletter are always appreciated and can be e-mailed to seatoskynews@gmail.com. Deadline is July 27, 2011. If you would like an electronic copy of this newsletter, please contact seatoskynews@gmail.com. Thank you for the opportunity to be of service! ~ Wendy