

# SEA TO SKY INTERGROUP NEWSLETTER

Volume 118: Oct 2011

*The program is not meant to be worked alone, and many OA members attribute their progress to the fact that someone took a special interest in them.*

## Sponsoring is easy ...

I don't think I would still be in OA if I wasn't using the tool of sponsorship. To me, that has always meant both parts of the coin – being a sponsor and a sponsee. I'm the kind of person who loves to jump into a new thing with both feet, get totally immersed – and then move on to something else. Where I stay more steady is relationships. So I have to have these relationships that gently tie me to OA, otherwise I'll fly off.

I've been in OA for 9 years now. Most of the time, I've had a sponsor. And on my first OA birthday, I gave myself the gift of sponsoring. "You can't keep it if you don't give it away"; I didn't want to lose it. Also, I wanted to help others experience the goodness I have experienced – in their own way, on their own schedule, but with as much joy or more even than I.

I had heard that I could sponsor up to the level that I was. I was on step 8, my first sponsee was on step 1, so that worked. It wasn't difficult – we just talked about the steps and about program, she shared her experience, I shared mine. After a year, she decided to go to a 12-step-oriented eating disorders clinic, which really helped. I could have gone in all sorts of funny directions in my head about this – "she did it because I led her there", or, conversely "she did it because I wasn't enough as a sponsor" but fortunately I had enough recovery not to be self-centered about this.

Because being a sponsor is not about me. It's about program. Always, always, after all the chatting and the teeth gnashing, the exasperated emails and the distractions, the laughter and missed phone calls – it's about program. The steps, the tools, the traditions. Steps, tools, traditions. As long as I keep that in mind, sponsoring is easy.

Isabella M.



## Literature Corner

### A Common Solution: Diversity and Recovery - NEW

Strengthen your program by reading the recovery stories of OA members from all walks of life. Learn how they used a diversity of approaches to achieve a common solution: recovery! Members in remote areas and those who are housebound found recovery through telephone meetings. Determined members overcame the challenges of starting OA meetings in non-English speaking countries. Members found homes in OA meetings despite their differences of age, health, sexuality and gender identity, and cultural or religious backgrounds.

2012 packets with the revised **Tools of Recovery** are expected to be available in November, 2011.

**Sponsorship Kit** - This packet of inspiring and helpful information for sponsors includes the Tools of Recovery, A Guide for Sponsors, Sponsoring Through the Twelve Steps, Excerpts from *Lifeline* magazine featuring stories about sponsorship and "Working with Others" article from *A Step Ahead*. A great resource for only \$2.25 !!

## Rosemary Heights Retreat: Service, Serenity and Self-Love

Save the date!! The Rosemary Heights Retreat will take place from November 18 to 20, 2011. If you are interested in finding out about registration, please contact Courtney at [chambers.courtney@gmail.com](mailto:chambers.courtney@gmail.com) with the subject line of "Rosemary Retreat".

Volunteers are still needed to help plan this wonderful event. Can you help? The Retreat Committee is having a meeting on Thursday, October 13 at 8:45pm (after the St. Paul's OA meeting) at St. Paul's hospital in the cafeteria. If you are looking for the opportunity to do service, you are welcome to attend.

## Region One Convention: Connecting Recovery Through Our Borders

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 \$100.00 per night (up to 4 may share a room at an additional \$10.00 each per night). Car-pooling is encouraged. Contact Greta at [greta\\_hurst@yahoo.ca](mailto:greta_hurst@yahoo.ca) for travel and hotel information. For more details or to register, see the flyer at [http://oaregion1.org/2011\\_flyer2final.pdf](http://oaregion1.org/2011_flyer2final.pdf).

Hope to see you there!



OA Phone Number 604 878 4575

### EXTRA! EXTRA! MEETING NEWS !!

The **East Vancouver Wednesday** OA Meeting now has a new meeting format - a Big Book Study (bring your own copy and follow along). Meetings are Wednesday at 7:30pm at the Church of the Nazarene (998 East 19<sup>th</sup> Avenue, Vancouver) in the nursery. Ample parking, wheelchair accessible, close to transit. Contact: Raj at (604) 839-6908.

The **Wednesday OA Pride** meeting is having an inventory meeting on September 27<sup>th</sup> at 7:00pm. For more details, contact Courtney at (778) 991-7722.

### 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](mailto:seatoskynews@gmail.com) to share any special milestones.



**Public Information Committee**  
1st Monday of each month  
Vancouver Recovery Club  
The Spanish Room  
Oct 3 and Nov 7, 2011  
6:00 to 7:00 PM

For more information contact [carlietrueman@shaw.ca](mailto:carlietrueman@shaw.ca)

### Next Intergroup Meeting

October 29, 2011 from 10am to 12pm  
Unity Church (1630 Edinburgh St. New Westminster)

### NEW!! OA St. Paul's Meeting

**Open to all, Young Persons, LGBT, Anorexics, Bulimics**

When: Thursdays, 7:30 pm - 8:30 pm  
Location: St. Paul's Hospital (1081 Burrard St., Vancouver)  
Providence Building, 4th Floor  
Cafeteria Room 1 (enter from Thurlow Street)

# NEW!

## North Van Thursday Night Meeting

7:30 – 9 p.m.  
The Alano Club, 76 East 2<sup>nd</sup> Street  
North Vancouver, V7L 1C3

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

### NEW MEETING!!

# HOW ya doin' ?!

Thursdays at 6:00pm  
Vancouver Recovery Club



### Sponsorship

At the Intergroup meeting on July 30, 2011, we had a long discussion on sponsorship and the need for more sponsors. Some of members' thoughts follow. There is a concern expressed by a few people that we don't have as many sponsors as are needed. There was a feeling that many people are unwilling to be sponsors because they feel they haven't been in the OA program long enough or haven't done a full set of steps and/or aren't abstinent. It's felt that the focus needs to be put on what can we do to encourage people that they are ABLE to sponsor. Not enough people realize that if they've worked two steps, they've worked two steps more than a newcomer. Members can sponsor to their level of their experience, sharing as much recovery as they have. It's often said we cannot keep what we have unless we give it away. As sponsors, we should be telling our sponsees they need to sponsor. It's often suggested at meetings to find someone who has what you want and to ask that person to be your sponsor.

It was suggested that all meeting formats ask people to identify themselves as willing to sponsor by raising their hands. However, if no one raises their hand, which sometimes happens, it is worse than not asking the question at all. One member shared that at her home group meeting they keep a list of available temporary sponsors with the Secretary's book. During announcements the Secretary states "We have temporary sponsors to help you get started working the 12 steps of OA. If you would like a temporary sponsor please see me after the meeting. Is there anyone here tonight who is willing to be a temporary sponsor but who is not already on the list? If so, please raise your hand and I will speak to you after the meeting." This way the group avoids any uncomfortable silences that sometimes follow the request to have "all those willing to sponsor please raise your hand" while still getting the message across that sponsorship is important and sponsors are available to those who are seeking one.

For those who are wondering "Am I ready to sponsor?", OA literature will answer your questions and help you decide. There are two pamphlets "Guide for Sponsors" and "A Guide to the Twelve Steps for You and Your Sponsor" as well as the Sponsorship Kit which includes stories of members' experiences sponsoring as well as everything else anyone would want to know about sponsoring. As one member mentioned at the meeting, they find sponsorship incredibly rewarding and personally feel it an almost selfish endeavour as most relationships are not only warm but help one's own program.

Are you a sponsor? If not, would you now be willing to sponsor?

~Greta H.

**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](mailto:seatoskynews@gmail.com). Deadline is October 26, 2011. If you would like an electronic copy of this newsletter, please contact [seatoskynews@gmail.com](mailto:seatoskynews@gmail.com). Thank you for the opportunity to be of service! ~ Wendy