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Shares & Cares

Greater Omaha Intergroup * Overeaters Anonymous

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“Among them you will make lifelong friends. You will be bound to them with new and wonderful ties for you will have escaped disaster together and you will commence shoulder to shoulder your common journey.”



-The Big Book on Fellowship

The Big One

Yesterday I celebrated what I think is the pinnacle of all birthdays; I became 50 years old. I don't at all feel like I thought I would feel at 50. I thought I'd be reaching for the walker, having trouble getting around, and have little or no energy. Instead I started my day doing resistance training (including weight lifting) and feeling like I was having a good day. I was peaceful and joyful in the knowledge that my Higher Power has a plan for me, will take care of me, and will give me everything I

need. I realize that while my age is a fact that describes me, it does not define who I am. That definition is something that I, with my Higher Power, am determining. I asked one of my sisters if it was ok for a 50-year-old woman to wear shorts. Then I realized that it is ok for this 50-year-old woman.

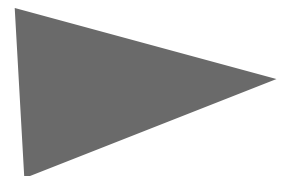
I am now able to have one piece of cake and no more, something that I could have not done on my 44th birthday. On my 44th birthday I would have

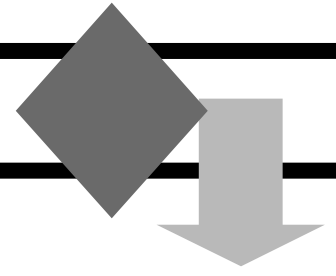
eaten most of the cake and as a result was 15 pounds heavier. Getting around on my 44th birthday was more difficult than it is for my 50th.

I am grateful for this program and what it has done for me emotionally, spiritually, and physically. There is no doubt that OA helped me to get to the point where I could celebrate this momentous occasion with such joy and satisfaction and look forward to the years to come.

-SJTD

Receive this newsletter via e-mail! Send your request to oanewsletter@cox.net to be added to the mailing list.

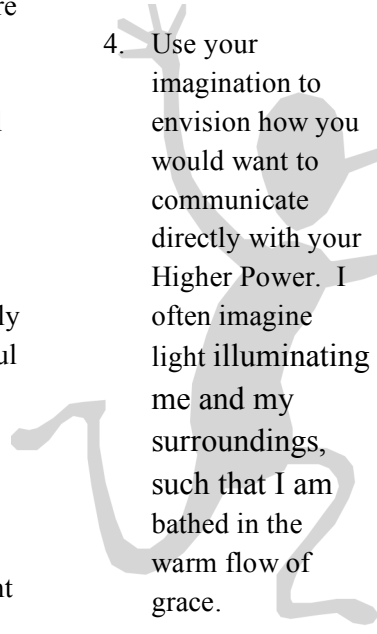




Bruce's Guide to Meditation

1. Silence is not an enemy. It is an aid to clearing the mind and soul to be open to the grace of our Higher Power.
way to connect with the world. Imagine all the world's energy coming through that sound or feeling to touch you both physically and spiritually.
I gained experience in these techniques. Many of us are tired of the hustle and bustle of the world and any time to relax causes us to retreat into sleep.
2. Allow yourself time to relax but remember you are a part of the physical world and that physical nature is what makes contact with the rest of the world. One cannot completely separate their soul from their body, except in death.
3. Use the distractions in your environment (bees buzzing, airplanes flying overhead, children laughing, air-conditioner noises, warm sunlight, etc.) as a
4. Use your imagination to envision how you would want to communicate directly with your Higher Power. I often imagine light illuminating me and my surroundings, such that I am bathed in the warm flow of grace.
6. Give yourself time to learn how to do this. It takes some people years to learn to meditate.
7. Once practiced in meditation, one can meditate learn to do a good meditation in 10 minutes or even as little as two minutes.
5. Don't be afraid to fall asleep as you learn to relax. I had this experience for some time before

A couple of folks are hoping to start a new meeting Wednesday mornings, time and location not yet known. If you might also be interested please call Alice D. 492-9393.



My Creed

My sponsor asked me to write out what my Higher Power was, because it differs from hers. Here is what I wrote:

I believe in the power of the universe.

I believe that all of the thoughts I think and words I speak help create, mold, and change my reality. That given enough time I can manifest anything I want, because the power of human spirit is limitless.

I believe that my body

is a monitor for my spiritual and emotional health. If I'm not doing well, my body will help me to know it by showing its dis-ease to me.

I believe that when you are ready to implement change, the right teacher will appear in your life.

I believe that the person I am today is a reflection of all my mistakes and achievements, wins and losses, slights and friendships. I have little room for regret.

I believe in the power of positive thinking... in the healing value of gratitude.

I believe that Mother Nature is a direct result of a Higher Power and that to be close to the power of the universe, I simply have to walk outside and hear a bird, or notice the gentle rustle of leaves in a tree.

I believe in angels, spirit guides, and fate. Life is unfolding as it should.

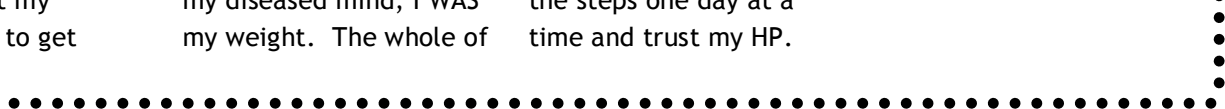
- Mandy A.

The Race is . . . Off

Before coming into the rooms of OA, I spent all of my life racing an invisible opponent - TIME. In high school I wanted to lose weight in time for homecoming, prom graduation, college. In college I wanted to lose weight for an interview, an audition, a party that was coming up. After that, I wanted to be a certain size at my wedding then to get

pregnant . . . and pregnant again! The magic number never came; the glorious day when I had achieved my goal never arrived. I was NEVER SATISFIED. And while this may be a common experience for many women in our culture, for me it was more than just a size or a number on the scale. In my diseased mind, I WAS my weight. The whole of

my personal worth depended on how I looked at any given time. Thanks to OA and the gift of sponsorship today I am no longer waiting for that magic moment when my body is perfect. I love who I am TODAY, RIGHT NOW and whatever may come is not up to me. My job is not to pick a weight and a date, but to work the steps one day at a time and trust my HP.





Make Plans
to Attend

*Serenity
Sunday*

Sunday, Nov. 15th
12:30 - 3:30 pm
Chalco Hills
Visitor Center
154th and Giles
Road

Look for detailed
flyers at your
meeting or on
www.omahaoa.org.

LITERATURE LAPSE?

Do you find yourself reading the same OA literature over and over again? When was the last time you bought a new book or pamphlet, looked at something different to get a fresh, new perspective on this disease of compulsive overeating? The online bookstore of Overeaters Anonymous has more than 100 different items, books, and pamphlets available, any number of which you might not even be aware were available. In addition to this, our own literature cabinet is also stocked with a number of AA materials, including the AA Twelve and Twelve. I would like to introduce you to some of the various materials here, that I hope will tweak your curiosity just a bit!

[A New Beginning](#) (book) - Stories about struggles and triumphs from relapse
[Anonymity](#) - OA's cofounder discusses the origins of the 11th and 12th Traditions and reviews anonymity as a spiritual principle.

[Beyond Our Wildest Dreams](#) (book) OA's first history book

[Guide to the Twelve Steps for You and Your Sponsor](#) - In-depth guide to each of the Twelve Steps and instructions about how to use them in sponsorship. A valuable resource for sponsors and sponsees.

[Fourth-Step Inventory Guide](#) - In-depth questions drawn from the OA 12 & 12, which will guide you through a Fourth-Step inventory based on specific character traits.

[I Put My Hand in Yours](#) (book) - Written by OA's cofounder, considered the foundation of OA meetings.

[Lifeline Sampler](#) (book) - Stories from Lifeline magazine cover such topics as abstinent living, spiritual insights, and slips and relapses. Indexed

[Maintaining a Healthy Weight](#) - Members discuss long-term maintenance and offer suggestions to OA members who have achieved a healthy weight.

[Person to Person](#) - Describes service you can perform to "carry the message to the compulsive overeater who still suffers."

[Seeking the Spiritual Path](#) - More than 70 stories of spiritual discovery compiled from Lifeline magazine.

[The Twelve Concepts of OA Service](#) - Helps OA members apply the Steps and Traditions in their service work. The Concepts, as explained in this pamphlet, define and guide the practices of the service structures that conduct the business of OA.

[Think First](#) - When the compulsive urge strikes, instead of food, turn to this pocket-sized reminder for a quick and potent list of OA's alternatives.

[Twelfth-Step-Within Handbook](#) - Includes inventories to strengthen groups and retain members, daily reading and writing tool, as well as many other items to help members in recovery.

If you are interested in seeing the entire collection of OA materials online, you can go to <http://bookstore.aa.org> If you see something that you would like for yourself, or would like to have ordered for your group, you can reach me at home ([712-328-8482](tel:712-328-8482)) or by email (janiesue.213@hotmail.com).

Keep on reading!

Janie S.

Intergroup Literature Chair

Super Saturday Sponsorship Workshop

There was a Super Saturday event recently, and the theme was "Sponsorship Workshop" - It's a WE program. There were about 30 OA members who attended and shared their understanding and feelings on the subject. There were four questions asked, and below is a compilation of the answers.

Question 1 - How do I find and get a sponsor?

- ❖ Attend meetings - look and listen to people as they share
- ❖ Ask others - get recommendations from others, use a temporary sponsor to help you find a permanent one
- ❖ Look for someone that has what you want and need - If you aren't sure what you want, make a list - have someone help you with ideas of what you want to look for in a sponsor/sponsee relationship
- ❖ If you can't find a sponsor with the whole package (spiritual, emotional, physical and practical) consider the possibility of having two sponsors; a Step sponsor and a Food sponsor.
- ❖ Understand that as you grow in the program and your needs change, you may end up changing sponsors too
- ❖ Realize that those who choose to sponsor have gone through a lot of the same type of things you have, and that they are not standing in judgement of you or the actions that brought you here
- ❖ Don't choose a sponsor based just on the physical recovery
- ❖ Ask questions; Is the potential sponsor working the steps, attending meetings and events? Do they have a sponsor, have a constant relationship with their Higher Power, have some type of abstinence?
- ❖ If you find someone that you think you can work with in an honest and committed relationship, just ask them if they would be your sponsor. Visit with them before making a final commitment. Find out what they will do for you, and what they expect for you to do.
- ❖ Would not recommend that close friends sponsor each other.
- ❖ Asking someone to be your sponsor may mean that you have to step out of your comfort zone and risk being vulnerable. They may have to decline if they don't feel they have the time or ability to do a good job for you. If they do decline, ask them if they could suggest someone.
- ❖ Find someone that you feel you can trust, who you think that you can share your honest concerns and feelings with.
- ❖ Pray about it. Talk to your own Higher Power and open yourself to his direction. He may nudge you toward someone that you maybe would not have chosen on your own.

Question 2 - What are the commitments of a Sponsor / Sponsee?

R - Sponsor E - Sponsee B - both

- | | |
|--|--|
| willing to share honestly (B) | walk and talk the program (R) |
| willing to work the steps (B) | know your limits and options (R) |
| available and willing to talk with the other (B) | use and teach the use of the tools |
| available (R) | |
| respectful of others time and other commitments (B) | be prepared for your role (B) |
| not being afraid of disappointing the other (B) | pray for guidance (B) |
| willing to be a guide, and share what has worked for you (R) | honest open and direct (B) |
| follow food plan (B) | practice and do what you ask to be done |
| (R) | |
| report on food (E) | open and willing to try new things (E) |
| open and willing to try new things (E) | call and meet as planned (B) |
| trusting (B) | don't make the sponsor your Higher Power |
| (E) | |
| abstinence (R) | don't expect perfection (B) |
| give your 5th step to the other if you choose (E) | don't take things personally (B) |
| listen to the others 5th step if asked (R) | compassionate (R) |
| share your experiences (B) | insightful (R) |
| recognize individuality and diversity (B) | commit to regular contact (B) |
| ask for what you want and need from the other (B) | forgiving of self (E) |
| | |
| willing to listen, even to constructive criticism (E) | educating - all aspects of program |
| set guidelines for the relationship (B) | maintain confidentiality / anonymity(B) |

Question 3 - What if I need to change or end the sponsor/sponsee relationship?

- ❖ Okay to ask sponsor, "Where do we go from here?"
- ❖ Try to end it in person. If unable to do that, do it by phone. Speak the truth and don't take it personally.
- ❖ Ask yourself - Why is the relationship not working? Am I doing my part? Am I ready to accept the responsibility of working the program?
- ❖ Check the status of the relationship regularly; not just after it falls apart.
- ❖ Let your needs be known
- ❖ Try to work it out
- ❖ Can become an uncomfortable role reversal
- ❖ Make the change guilt free for both.
- ❖ Start the relationship with clear, realistic guidelines. "If anything comes up that you feel the need to change...."
- ❖ Look at why you are changing, not at what is wrong with your sponsor.
- ❖ Be non-defensive, try to hear what the other person is saying
- ❖ It's about sanity, not vanity. The steps give that to you. That's the relief
- ❖ Meet people where they are at
- ❖ Before you get a new sponsor, or begin a new relationship, let the former sponsor go.
- ❖ As a sponsor, if you notice the sponsee fading away, ask if there is a problem
- ❖ If you need to do it, just do it. Don't delay.
- ❖ Give an explanation, but don't do harm.
- ❖ Communicate - don't just fail to call
- ❖ Ask yourself if you need to end the relationship or maybe you just need another sponsor for one part (food / steps)

Question 4 - How do I know if I am ready to be a sponsor?

- ❖ You are:
- ❖ working the steps
- ❖ have abstinence
- ❖ honest
- ❖ compassionate
- ❖ trustworthy
- ❖ able to make the time commitment
- ❖ a good listener
- ❖ under a sponsor yourself
- ❖ humble and modest; not a know it all
- ❖ done steps.... (1-2, first 5, all 12)
- ❖ been in program longer than the person you will sponsor
- ❖ willing to share your experience, strength and hope - you can't do that wrong
- ❖ in constant contact with your Higher Power
- ❖ have abstinence; including physical recovery - You can't give what you don't have
- ❖ have a sponsor who says you are ready
- ❖ have someone ask you
- ❖ ready to grow more
- ❖ comfortable with your recovery and ready to share and pass it on
- ❖ attending meetings and events
- ❖ living your life consistent with recovery
- ❖ have been prompted by your Higher Power

So as you can see there was quite a discussion, and the answers were varied. How far do you have to be in the steps to be a sponsor? Does a sponsor need to be abstinent? Can I be a sponsor if I am still overweight? It was a wonderful day shared with members of our OA family.

- Wednesday Night Winners group

Happy, Joyous and Free? Pass it On!

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. This is the 12th step of Overeaters Anonymous but have you ever heard of “Twelfth-Step Within”? **Twelfth-Step-Within is about** reaching out to those in the OA Fellowship who still suffer and to address relapse and recovery of OA members. Committees are formed to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship.

As WSO delegate, I had the opportunity to serve on a special committee while at World Service. The committee I served on was...you guessed it... 12th Step Within!

In that committee I learned that 12th Step-Within means reaching out to returning OA members, members in relapse and of course calling on folks we have not seen in awhile but Twelve-Step within work involves ALL members of OA. Those who have found freedom reach out to others in the fellowship that need love, support and encouragement. If you do not know of someone who is suffering, then just look to the person to your left, or to your right, as we all need one another. 12th Step Within outreach grows and strengthens our OA fellowship as a whole. How does this work? Well, ask yourself---are you happy, joyous and free today? If you are- then pass it on. There are many ways to do this---thru attending Super Saturdays and retreats, thru sponsorship, phone calls, 12 step calls to those who are suffering outside of OA etc. If you sponsor, it may mean reminding your sponsees of the OA Responsibility Pledge- *“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”*

At World Service 2009, December 12th was officially designated as “Twelfth-Step Within Day”. It will be celebrated on December 12 (12/12) each year to encourage all levels of OA fellowship to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. A special note: this motion was hotly debated because many felt that it would send the wrong message to have a special day for 12th Step Within, as EVERY day is a day for 12th Step Within. Regardless, may this day serve as a reminder to reach out to one another.

Last but not least – please know that there are many Super Saturdays coming up and also our Fall Retreat. As the Chair of Omaha’s 12th Step Within I encourage our fellowship to not only attend these events, but also invite someone to come who is new, someone you don’t know well, someone who is suffering.

- Kari H.

