



Selected Readings: Why “Sailing”?

When we were first talking about doing a workshop for the 12th Step Within Day (every Dec 12th) we started talking about Fellowship and one reading that jumped off the page was Bill’s Story where he says we are like passengers on a ship that have survived a terrible shipwreck. Because that reading so perfectly matched our view of a strong fellowship...we started thinking about a “SHIP” theme. That became the 3 SHIPS, FellowSHIP, StewardSHIP and SponsorSHIP.

As we researched more, we realized that these topics could EACH be a week-long, year-long study, not just a part of a 3 hour workshop! So you will find additional readings in the addendum in the back of this manual. These extra readings are intended to point you to additional readings on the topic that you (and your sponsor/sponsee) can read and write about.

The purpose of this workshop on December 10, 2011 is to enjoy the fellowship of other OA’s in the Colorado Springs area and it is also intended to remind us of our sacred responsibility of Stewardship to the OA Program in Colorado Springs as well as to compulsive overeaters who still suffer in the rooms as well as those who have stopped coming back.

My Commitment on 12/12:

On 12/12/11 I will relieve my isolation by reaching out to another person.

Who & How:

Signed: _____



Selected Readings: Fellowship

“...We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain’s table. Unlike the feelings of the ship’s passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. The tremendous fact for every one of us is that we have discovered a common solution.” AA BB, pg 17.

“Recovery began for most of us when we got out of isolation and into an OA group. Here we discovered we were never meant to live alone. OA 12&12, pg 109.

“There’s something about this Fellowship of individuals that has completely changed my life. I think the spirituality of OA comes from the comforting word ‘we.’ I’m not alone. I used to find my comfort in food, but it was a lonely, sad kind of comfort. Now my comfort is in this Fellowship. There’s much love in this program. Even if I feel tired and cranky when I walk into a meeting, smiles and hugs greet me. The honest sharing, holding of hands, and praying transform and energize me. When I can’t make a meeting, I can make a phone call. When I can’t make a phone call, I can send an e-mail or write a letter to another OAer. “I’m part of a ‘we.’ In this wonderful program I’ve found love and understanding beyond my wildest dreams. Thank God for OA.” Voices Of Recovery, pg 43.

“Being willing to trust another person with our feelings and thoughts was an important step in our recovery. As newcomers, we sought help in working the program from the Fellowship--from members and sponsors who had the recovery we wanted. We realized that we could not recover by ourselves, so we learned to share in OA meetings. Instead of reaching for food to soothe our nerves, we went to a meeting, wrote about our feelings, read some OA literature or called our sponsor. As we repeated this healthy behavior we began to feel safe. We found a home in the fellowship and support that OA offered us.”

To the Newcomer, pp 5-6.

“...We have shown how we got out from under. You say, ‘Yes, I’m willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can it? Have you a sufficient substitute?’ Yes, there is a substitute and it is vastly more than that. It is a fellowship of Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.”

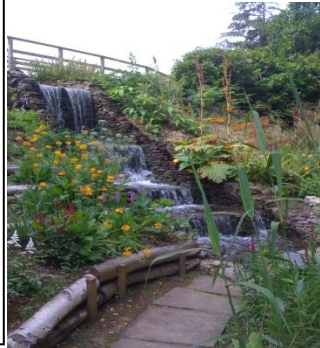
AA Big Book, pg 152.

ACTIVITY: Recovery Game Show

Journal Ideas: Fellowship

1. Describe how you view the Fellowship within the context of your program of recovery.
2. Regardless of how long you have been in OA, journal on how your program of recovery has been strengthened, expanded, etc. as a result of the depth and breadth of the Fellowship within this program.
3. If you have not fully allowed yourself to participate in the Fellowship, journal on what you think is holding you back and what one action you might take to begin to fully participate.

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”
- OA Responsibility Pledge



Selected Readings: Stewardship

With finances...

“Then our Trustees wrote a bright page of AA history. They declared for the principle that AA must always stay poor. Reasonable running expenses plus a prudent reserve would henceforth be the Foundation’s financial policy. ... At that moment, the principle of corporate poverty was firmly and finally imbedded in AA tradition.” AA Comes of Age, pg 114. (Writing on the 7th Tradition).

“Would any amount of money or service repay this loving Fellowship that has saved my life? I think not. Before I recognized the importance of this program, I resented being asked for monetary contributions. It was when I saw that this Fellowship is not ‘me’ and ‘them,’ but ‘us,’ that I found I could do more in both service and money than I had pretended I could.” Voices Of Recovery, pg 39.

With meetings...

“1. Set up the chairs auditorium-style with the meeting leader at a table in front of the group. ... 2. At the beginning of each meeting we read completely each part of the OA program ... 12 steps, etc. 3. Each member then speaks about herself and her problem. We do not discuss diets or calories, but rather our feelings about food and our attitude...that relates to our common compulsion, 4. These speeches are limited to five minutes, ... 5. During the speeches we ask that there be absolutely no interruptions, comments or undercurrents of talk, 6. ... After everyone has spoken, we all rise to

repeat the Serenity Prayer in unison. ..." Beyond Our Wildest Dreams, pg 58-59, (Excerpts from the first meeting format provided in February 1961 – stewarding for all us to come how meetings are to be conducted.)

“Soon, however, as we left behind our dependence on food, we began to rely on OA. We felt it was our only safe haven, and we reacted with fear any time we thought this Fellowship might be threatened. Yet we quickly found that we did not need to be afraid for the health of OA. Overeaters Anonymous has twelve traditions which are designed to keep our meetings and service committees on track, functioning in such a way as to nurture the recovery of all compulsive overeaters who seek help in this Fellowship. OA 12&12, pg 107, (Introduction to all Twelve Traditions.)

In service...

“The establishment of this new service board to act as a steering committee for our original group marked a turning point for all of us. In taking this action, Barbara and I formally turned over leadership of the Tuesday night meeting, and by extension all of OA, to the group conscience.” Beyond Our Wildest Dreams, pg 65. (Demonstrating the “elder statesman” vs. the “bleeding deacon” wisdom that Bill W writes about in AA Comes of Age, pg 122, in his writings on Tradition Nine.)

“The opening ceremony for our beautiful new building was held in Rio Rancho on November 11, 1994. It was another thread in the magnificent fabric we were weaving for OA, for ourselves, and for all the compulsive overeaters who would come to us in the years ahead.” Beyond Our Wildest Dreams, pg 189. (Writing on the physical growth of OA and how our trusted servants worked to assure that the mission to carry message goes on.)

In our personal recovery: Can we guarantee you this recovery? The answer is simple. If you will honestly face the truth about yourself and the illness: if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read out literature and that of

Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover. OA p.2 (Our Invitation To You)

Journal Ideas- Stewardship

Journal on how you view your responsibility to help OA stay self-supporting—with respect to service, financial, carrying the message, etc.

Journal on one action you could take or have taken with regard to the concept of bringing Stewardship into your daily life. How has, or could, this change in behavior strengthen(ed) your program of recovery?

Has my thinking about Stewardship changed from such thinking as ‘someone should do something about ...’ to “what can I do to help?”? If so, how could I begin to make such a change in thinking and action?

Notes: _____



Selected Readings: Sponsorship

“For years we’ve looked for gratification in unbridled eating; in material possession; in careers; in our many attempts to have perfect bodies; and in money, sex, and social status. Although most of us have received and enjoyed some of these things, the satisfaction we felt in them was small compared with the joy we have found in sharing this program with other compulsive overeaters.” 12&12, pg 101

“First, serving as a sponsor helps reinforce our physical, emotional, and spiritual recovery. ... Sponsoring keeps us in touch with what brought us to the program and can also remind us of where we might return. Second, as we give back what we’ve been given, we strengthen our group and the Fellowship as a whole. Finally, we make a vital personal connection with a sponsoree. This program is not meant to be worked alone, and many OAs attribute their progress to the fact that someone took a special interest in them.” *A Guide for Sponsors*, pg 2.

“As sponsors, we listen, support, and are understanding. A sponsor/sponsoree relationship, as it deepens in honesty, may evolve into a lasting friendship. It is important to know that a sponsor’s role is not one of therapist, doctor, lawyer, or other professional.” *A Guide for Sponsors*, pg 1.

“Simply sponsor up through the level of your experience, sharing as much recovery as you have. ... The ‘perfect’ sponsor does not exist.” *A Guide for Sponsors*, pg.2.

“Since this is a program of action, individuals seeking sponsors should be encouraged to make the first contact. ... A potential sponsoree will seek out a particular individual for any number of reasons:

she or he may identify with the individual's experience, feel comfortable talking with the person, or want what the member has found in the program. " *A Guide for Sponsors*, pg. 3.

Journal Ideas - Sponsorship

Journal on just one great ah-ha experience (moment, etc.) with regard to sponsoring -- from the point of view of a sponsor or a sponsee -- that changed the quality of your program of recovery.

If you are not a sponsor, what do you think is holding you back? What one action could you take to help make progress in this area?

If you are a sponsor, how did you overcome your initial fear of putting yourself 'out there' to be a sponsor?

If you have had to change sponsors, describe your decision process and how you handled it. In retrospect, would you have done the process any differently? How?

If you are a sponsor and have had to let go of a sponsee, describe your decision process and how you handled it. In retrospect, would you have done the process any differently? How?

Activity: Write an Classified Ad for a Sponsor (if you are looking for one) or for a Sponsee (if you are thinking about becoming a sponsor)

Begin with a brief description of yourself followed by what you want in a Sponsor or Sponsee.

Newcomer Looking for a Sponsor

I started coming to OA about four months ago. I've tried to work the steps and stay abstinent on my own but I haven't been able to get very far. I'm ready to find a sponsor who has what I want and ask her how she is achieving it.

I'm looking for a woman who has been in the program for at least a year and has worked through all the steps. She should have a significant amount of physical, emotional, and spiritual recovery. I would like a woman with the

same faith as I am since this is such a spiritual program. I'm looking for a woman who has the attitude about life that I desire. I have some challenging life issues as well. I would like someone has some experience in handling sensitive topics.

I work during the week so I need to be able to meet on evenings or weekends. My easiest form of communication is texting but I am willing to email or talk on the phone as



Sharing me together!

Sponsor SHIP

Food Sponsor Needed

*"I put my hand
in yours, and
together we can
do what we could
never do alone."
~OA Promise*

I have a great sponsor that I am working through the steps with. I have completed step 3 but am still struggling with binge eating and obsessive food behaviors. I am looking for a sponsor to help me develop a food plan and be accountable to it. I have been trying to find the easier, softer way but I need to take ownership for my physical recovery.

and trust that God will do for me what I cannot do for myself.

I would like to meet weekly and check-in one or two times per day, committing my food to my sponsor and reporting in on how the day went. I am willing to listen to her experience, strength, and hope on achieving and maintaining weight loss and



My Sponsor Moved...Now What?

I have been in the OA program for 7 years and have worked through the steps a couple of times. I've had the same sponsor for the entire time but he is now moving. I would like to find someone who has been in the program and lived life longer than I have.

I would need a phone call each week and a face to face meeting a couple times a month unless an urgent life issue arises. I believe that sponsorship is one of the keys to maintaining the recovery I have up to this point and would love to find a man to help support my current place in recovery.



Working the steps through life's issues.

Someone to Work the Steps With

I have been in OA for about 5 years with solid abstinence for the past 2 years. I have worked through the steps twice with my own sponsor. I have received much physical, emotional, and spiritual recovery and wisdom through meetings and working the steps.

I would love to work with a newcomer or someone who has been absent or in relapse. I enjoy sharing my experience, strength, and hope by walking alongside another OA.

I have a full-time job raising a family so communication can sometimes be a challenge. Text and phone calls in the evenings are best. I could meet once a week at most.



Steps to Recovery

“Always to extend the hand and heart to all who share my compulsion; for this I am responsible.”

OA Responsibility Pledge



Food Specific Sponsor

I would consider myself a food sponsor. I believe in a strict food plan and will walk you through each step. We will discuss your trigger foods and compulsive food behaviors and work towards abstinence. I require my sponsees to check-in morning and evening, either by phone or text. We will meet once a week to discuss your plan of eating as

well as what other tools you can use to support your recovery and your abstinence.

I have had 5 years of abstinence and a 70-pound weight loss. I would love to share my experience, strength, and hope about following this food plan and working the OA program of recovery this way.



n Program

I have been in the OA program for nearly 20 years. I specifically sponsor men who have worked through the steps once and are maintaining abstinence. I believe we continue to grow and change throughout life phases. Sponsorship is the key to maintaining

serenity throughout difficult life issues.

The 12 step program of recovery is a way of life and can be practiced in all areas. I have experience working the twelve steps several times through and continue to apply the principles in all

my affairs.

I work a full-time job and have a family so my in person meeting time is limited to 2-3 times per month. I am willing to email or take phone calls 2-3 times per week if necessary.



Working the steps through life's issues.



<p>Please Join us for this 3-hour workshop on Back on Track...New Year!!! January 28th 1PM – 4PM</p>	<p>Let’s focus on the spiritual principles of OA. Each step has one!</p> <p>Step 1 is Honesty, Step 2 is Hope, Step 3 is Faith, Step 4 is Courage, Step 5 is Integrity, Step 6 is Willingness, Step 7 is Humility, Step 8 is Discipline, Step 9 is Love for Others, Step 10 is Perseverance, Step 11 is Spiritual Awareness and Step 12 is Service.</p> <p>Come listen to a longtime OAer share her spiritual “ah-ah” moments on each step. Be prepared to listen, journal and share.</p>
<p>What:</p>	<p>Back on Track...New Year!!!</p>
<p>Who:</p>	<p>Everyone!!</p>
<p>When:</p>	<p>January 28th – 1:00 to 4:00 pm</p>
<p>Where:</p>	<p>7150 Campus Drive, Colorado Springs, in the lower level. Greeters will direct you to the room. (I-25 & Woodmen Area)</p>
<p>Why:</p>	<p>To Listen & Discuss getting back on track with recovery</p>
<p>How:</p>	<ul style="list-style-type: none"> • Enjoy an informal atmosphere while we still adhere to meeting format elements such as No Cross Talk, etc. • Will include: individual work, small group work, & large group sharing. <p>*****We can eat our lunch during this workshop, so bring your lunch. Fruit, Water and some veggies will be provided. We will have two breaks (about 15 minutes each).</p> <p>*****Location too far? Don’t be discouraged. We will help facilitate carpooling. Contact Rachel via email soccer28_28@hotmail.com or phone 719.244.6892 to offer if you need a ride (or to pick someone up).</p> <p>\$5 Suggested Donation – Remember- we want you to share in this recovery experience so “Never Stay Away Because You Cannot Pay!”</p>

EXTRA READINGS ON FELLOWSHIP, STEWARDSHIP AND SPONSORSHIP

“Being wrecked in the same vessel, being restored and united under one God, with hearts and minds attuned to the welfare of others, the things that matter so much to some people no longer signify much to them. How could they?” AA Big Book, pg 161.

FELLOWSHIP:

“We of Overeaters Anonymous have found in this Fellowship a way to recover from the disease of compulsive overeating.” OA 12&12, pg ix.

“In OA we have no program of diets and exercise, no scales, no magic pills. What we do have to offer is far greater than any of these things—a Fellowship in which we find and share the healing power of love. OA 12&12, pg ix.

“I experienced the healing bonds of fellowship because I attended meetings regularly and became involved in service.” Voices of Recovery, pg 34.

“Can we guarantee you this recovery? The answer is simple. If you will...keep coming back to meeting to talk and listen to other recovering compulsive overeaters...we believe you can indeed join the ranks of those who recover.” Overeaters Anonymous, 2nd Ed, pg 2.

“...Why is it necessary to attend OA? Surely part of that answer is in the word ‘Fellowship.’ OA is where other people love us until we learn to love ourselves. ...” Voices of Recovery, pg 325.

“We meet frequently so that newcomers may find the fellowship they seek.” AA Big Book, pp. 15-16.

“I believe that AA will go on serving men and women as long as it may be needed, if it keeps open to God for inspiration, open to one another for fellowship, and open to people outside for service.” AA Comes of Age, pg 267.

“Though Tradition Nine at first sight seems to deal with purely practical matters, it embodies a deep spirituality in its actual operation. AA is a society without organization, animated only by the spirit of service—a true fellowship.” AA Comes of Age, pg 120.

“...We have shown how we got out from under. You say, ‘Yes, I’m willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can it? Have you a sufficient substitute?’ Yes, there is a substitute and it is vastly more than that. It is a fellowship of Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.” AA Big Book, pg 152.

“Aside from fellowship and sociability, the prime object was to provide a time and place where new people might bring their problems.” AA Big Book, pg 160.

STEWARDSHIP:

In service...“... Certainly it is in keeping with the expanding unwritten body of tested tradition that is being accepted throughout AA: that while AA is important to the existence of the individual, no individual must be vital to the existence of AA.” AA Comes of Age, pg 282. (Written by a resigning non-alcoholic Chairman of the General Services Board – resigning because of his devotion to “the tradition of rotation in all AA service positions.”)

In our personal recovery:

“...It is better for him to feel fully responsible....it should be pointed out that physical treatment is but a small part of the picture...he must undergo a change of heart. To get over drinking will require a transformation of thought and attitude. We all had to place recovery above everything, for without recovery we would have lost both home and business. AA Big Book, pg143.

SPONSORSHIP: For Sponsors:

“... Since ours is a disease of isolation, sponsors encourage their sponsees to develop the habit of reaching out for help.” AND “Sharing with others is one way sponsors maintain their recovery; thus, both sponsor and sponsee benefit from the relationship.” *Sponsoring Thru the Twelve Steps*, p.1

“At certain points in the sponsoring relationship, it is appropriate to encourage your sponsees to indicate at meetings that they are qualified sponsors. By sharing up to their level of experience, they can start giving back what they have received in order maintain spiritual recovery and abstinence.”

Sponsoring Through the Twelve Steps, pg 3.

“Discuss any expectations you each may have and how to part if either chooses to do so. We have found it important to lay groundwork at the start.” *A Guide for Sponsors*, pg 3. “It is important to explain one’s approach to a sponsee up front, reaching understanding and agreement.” *A Guide for Sponsors*, pg 5.

“We suggest that you remind the sponsee that she or he is free to choose a new sponsor. If you feel the need to stop sponsoring in order to focus on your own program and recovery, explain this to your sponsee.” *A Guide for Sponsors*, pg 11.

“Perhaps I need to look at my attitude. Do I come on too strong? Do I use words and concepts that only experienced OA members would understand? Do I give the impression that I want the newcomer to do it my way or else find another sponsor? OA For Today, pg 123.

“When I am tempted to give advice to newcomers, expecting them to work the program my way, let me remember that each person is different, with different experiences and background. ... I gladly share what works for me, but if a newcomer resists my suggestions, I let go my notions of what is right and what is wrong. I encourage and support a person’s decision to try another way.” OA For Today, pg 317.

SPONSORSHIP For Sponsees:

“Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the Steps and Traditions to the best of their ability. Sponsors share their program up to the level of their experience and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it. Will all sponsors please identify themselves?” AND “We encourage you to get a sponsor to help guide your recovery ... and read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.” Quoted from the “OA Suggested Meeting Format”

“By reaching out for help from a sponsor, a sponsee is putting into action the words of the OA Promise: ‘I put my hand in yours, and together we can do what we could never do alone.’ Reaching out for help involves a degree of surrender. ...” *Sponsoring Through the Twelve Steps*, pg 1.

We started by being honest with another person about our eating. We revealed our food secrets. By accepting that we were ill, we became willing to follow directions given by someone who has experienced recovery. *To the Newcomer*, pg 3.

“Ours is a program of attraction; find a sponsor who has what you want, and ask that person how he or she is achieving it. A member may work with more than sponsor and may change sponsors at will.” *Tools of Recovery*, pg 4.

“... I listen graciously to all who offer help, but I follow the simple instructions of the twelve-step program and I keep my eyes and ears open got s sponsor whose primary concern will be to help me find what works for me. ...” OA For Today, pg107.

“When I take a sponsor, both of us understand that we may or may not discuss food and food plans. The whole idea of having a sponsor is predicated on my need for guidance in working a spiritual program – by someone who has attained a measure of experience in doing so.” OA For Today, pg 353.

“I experienced the miracle of abstinence because I asked someone to sponsor me.” Voices of Recovery, 34.