



OCTOBER | 2020

The Abbie

Central Ontario Intergroup

Sponsorship!

Why Sponsor?

For me sponsorship has been instrumental in my recovery. Sponsorship has helped me become more compassionate and patient; the people I sponsor are my teachers. Sponsoring is a privilege and a joy. Helping others is the foundation of our recovery.

As a sponsor:

- Ask the sponsee to honestly identify the following ... food I can safely eat; food I cannot eat, food that I have problems with and am not willing to give up yet. I expect sponsee to come up with a food plan and be committed to that plan. A good place to start is "Dignity with Choice," pamphlet, it has sample food plans and excellent information about the program. There are a number of excellent resources available on the OA website.
- Suggest they consult with a nutritionist as I am not an expert
- Assure sponsee that everything they tell me is confidential
- Have a trial period of 30 days. It may/not be a good match
- It is very important to set up expectations right from the start. I tell them that I expect them to call me a minimum of 1x a week

"When I give service, I receive more than I could give." Voices of Recovery, page 252

- Take the sponsee through the steps and traditions. I assign questions from the literature, AA, OA and Big Book. They are responsible for reading the literature and answering the questions. They go at their own pace. Once we finish the steps, we go through the traditions.
- Recovery is not dependent upon people. It is dependent upon their relationship with a HP. I expect them to go to at least 2 meetings a week, but I recommend more, and tell them that when I was newly abstinent, I went to 3 meetings a week.
- I share why I came to OA and how I work the program. And explain that the reason I ask them to do these things is that I do the same things myself. I tell them they need to contact other people, not just me. I am not always around. They need a support network. A support network has been invaluable in my recovery.
- I don't have to have all the answers. I suggest they seek legal, medical, counselling advice when needed. I suggest that they do not weigh themselves more than 1x a month. I find weighing myself and being fixated on my weight is 'crazy making.' If I am abstinent and relying on HP, the weight will take care of itself.
- I strongly recommend prayer and meditation as well as exercise. Exercise is especially important now during COVID, for me exercise is crucial for my mental health.
- I do not give unsolicited advice
- Stress the importance of service. Service has been crucial in my recovery and it is never too early to start.

When it is not working

- Sometimes sponsees break up with you. They find someone else. I have taken it personally. That person needed something else. It wasn't all about me. Bless them and change me.

My sponsorship style has changed over the years. I used to be much more rigid. My job is to suggest, to identify red flags in the way they are working the program; but that is it. Do I make mistakes, yes; however, together we learn and become better people. The most important thing for me to remember is that it's a spiritual program. I may have come for the vanity; however, I have stayed more than 40 years for the sanity.

Yours in service,
Bobbi G Toronto

GETTING IN TOUCH

OA Central Ontario Intergroup Contact Information

OA members are cordially invited to attend the monthly Central Ontario Intergroup meeting, held on the second Saturday of each month from 10:00 AM TO 12:00 PM. The meeting will be held remotely on the Zoom platform.

Central Ontario Intergroup is pleased to announce that we can now accept electronic funds transfers (eTransfer) for literature payments!

To send an eTransfer to COI, set up a new payee using the email address: coitreasurertoronto@gmail.com.

IMPORTANT: In the message section of your eTransfer, please describe what the funds are for:

- o Literature – date of literature order, who the order is for personal or meeting.

CLICK 

[SEVENTH TRADITION](#)



**Mailing Address
Change**

**Central Ontario Intergroup
c/o A. Goodale
108 Waterloo Street
Waterloo, ON N2J 1X9**

NEEDED



OA members
for service
opportunities
at Intergroup

Have you attended Intergroup and would like to do service at the Intergroup level?

Do you have 6 months of current abstinence?

Would you like to learn a new skill or improve the ones you have, to help you expand your personal experience? ***We are looking for you!***

Recording Secretary

What skills does the Secretary need? Word processing skills / Access to email and internet / Among others

Special Events Committee

What skills do you need? Computer experience / Access to email and internet / Among others

Convention Committee

What skills do you need? Organizational skills / Work well with others / Among others

If you think you are interested, and one of these roles might be the service for you please contact me at either of these emails: chaircentralontariointergroup@gmail.com or lynda.brown@rogers.com

2020 elections are being held on Saturday November 14th. [Click here](#) for the announcement on available positions and how to apply.

Boost your service by **joining a committee**: Any OA member can join a committee, *no abstinence required* (see the position descriptions on the COI website; some restrictions on one role of the Telephone-Email committee). Write to the chair of the committee you are interested in. A full list of committees and contact information can be found on our [Contact page](#).



Watch this short video to learn more about how Overeaters Anonymous can help you recover from compulsive eating and compulsive food behaviours by following the Twelve Steps and Twelve Traditions of OA.

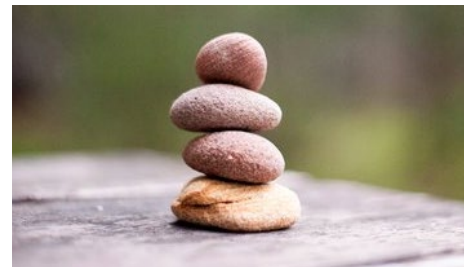
[Welcome to Overeaters Anonymous](#)

SPECIAL EVENTS

WANTED: Your Input – September Speaker Session

We were excited to see a great turnout at our September Speaker Session on *Sponsorship; Sponsoring & Being Sponsored*. We do value your feedback; therefore, please complete a short survey by clicking [here](#). Your feedback is vital to help us continue to improve your experience in our Speaker Sessions!

IGOR Committee



e-WORKSHOP series

Every “2nd Sunday of the Month” 3-4:30pm (EDT until Nov 1 (UTC/GMT -4))

- 🌸 10/11 Demystifying the OA service structure – What is the inverted Pyramid?
- 🌸 11/8 Abstinence and Keeping It – the difference between abstinence and a plan of eating (EST (UTC/GMT -5))
- 🌸 12/13 Young persons in OA (EST (UTC/GMT -5))

VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207> Password: 120912

Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition

Recorded workshops <https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

Region 6 Convention October 23-25, 2020

2020 🕶 Focus on Recovery *Virtually*

For more info go to: www.oaregion6.org/2020

For the most up-to-date listings of special events, meeting lists, please go to <https://www.oaontario.org/>

NUGGETS

Sharing a reading from the 'For Today' daily reader from November 25th, page 330.

All who joy would win

Must share it. Happiness was born a twin
Lord Byron

From my first day of abstinence, I discovered the truth of the saying "I can't keep what I have unless I give it away." What joy there is in telling an OA newcomer or friend or sponsor of the miracles that have come about in my life thanks to OA. I never get tired of sharing "what I was like, what happened and what I'm like now." Even when I have something troubling me that I intend to discuss, I am aware of the gratitude in my heart and I want to express it.

Remembering the joy this program has brought me is enough to lift my spirits; sharing that with someone brings the joy back to me.

For today: Here's a good OA pick-me-up: Call some OAs including at least one newcomer and one person I have never called before; give them a nutshell version of why I am so thankful to be in OA, and then tell all of them how glad I am to have them as fellow members.

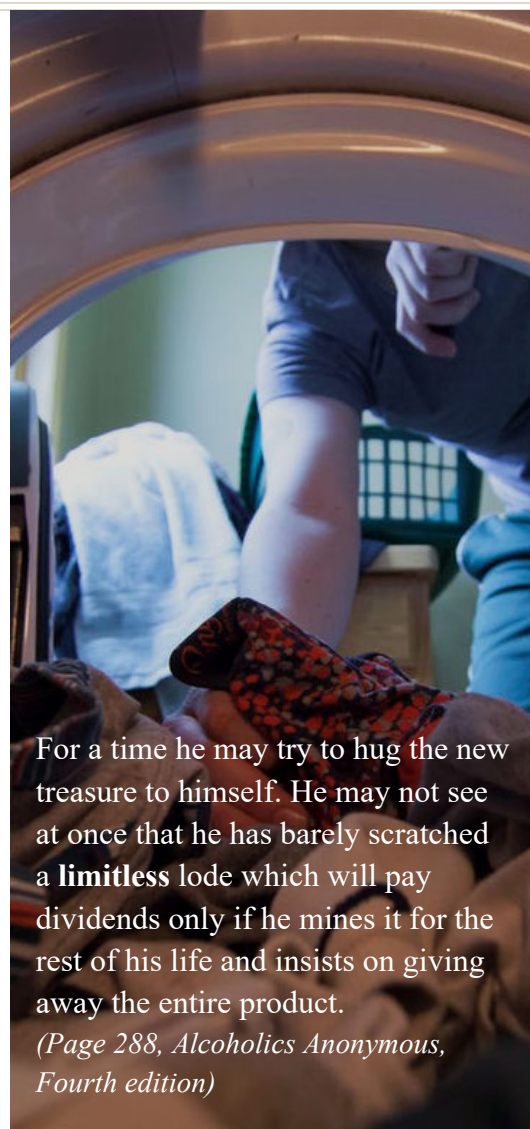
This suggestion is so simple, and so powerful, especially when I'm in fear, or in my own head. Connecting with others, sharing program, and hope is an incredible way to stay out of isolation, and generate hope.

Even with virtual meetings, it is possible to connect via the chat, and gain new contacts to connect with. It takes a bit of faith and courage, I can only share my experience that I have benefited by making the connections, and by receiving the calls.

I'm grateful for every fellow OA member in every virtual meeting, and within our fellowship, we are connected by our experiences, strength and hope.

12 Step Recovery asks that we pay it forward, sharing what has been so generously shared with us, and our common experiences ensure that we continue to provide a helping hand to those who want to recover

In service,
Rose Marie



For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a **limitless** lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.

(Page 288, Alcoholics Anonymous, Fourth edition)