

// Newsletter

OASEE NEWSLETTER: Steps of Recovery

Issue 3: 4 October 2012

EDITORIAL

Dear OA Member,

Welcome to another issue of 'Steps of Recovery', the official newsletter of the South and East England Intergroup.

In this edition, we shall be informing you of the latest news and focussing on the theme of sponsorship. There is also a letter from the Chair of Intergroup and a section on Public Information.

A special thank you to all those who have contributed to this newsletter.

If you wish to contribute to future editions of the newsletter, then please see the section on 'Guidance' below.

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THEME**SPONSORSHIP**

'Sponsors are OA members who are living the twelve steps to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.'

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. By working with other members of OA and sharing their experience., strength and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience ... A member may work with more than one sponsor and may change sponsors at will.'

- Tools of Recovery, Overeaters Anonymous.

In this issue we are exploring the tool of sponsorship. Please share with us your experiences of Sponsorship. Please see below information on the sponsorship workshop held in London in September.

Did you know that there will be a sponsorship workshop at the OA National Assembly and Convention weekend? If you have not signed up to attend, then please click [here](#) for details on how to register.



SPONSORSHIP WORKSHOP HELD IN LONDON ON 22ND SEPTEMBER

The intergroup Strong Meetings Committee hosted their first event in September, which was an afternoon workshop on the theme of sponsorship. Over **60** OA members came along to Hinde Street on a Saturday afternoon and joined in with a varied programme, including listening to speakers, sharing in small groups and having their questions on sponsorship answered in an Ask-It Basket session. Here's what some of the attendees thought of the event.

'I thought it was a fantastic event for the fellowship, I met and engaged with many fellows and heard some new perspectives and ideas'

'A marvellous day and I got out of it exactly what I wanted as well as being around others in the fellowship'

'A helpful session enhancing knowledge and fellowship'

Our committee hope to put on more such events in the future, so look out for details in future editions of this newsletter.



OA NATIONAL ASSEMBLY & CONVENTION: 19th - 21st OCTOBER



NATIONAL ASSEMBLY AND CONVENTION

We are now less than three weeks from the OA National Assembly and OA Convention and there is a real buzz in the air.

Saturday 20th October is the National Assembly, the group conscience of OA Great Britain.

Sunday 21st October is the Convention. There will be eight meetings/workshops on topics including 'Sponsorship', '12th Step Within' and 'Body Image'. Please click [here](#) for more details.

On both days there will be opportunities to hear the OA message of recovery, strengthen your program and be inspired.

HOTEL BOOKINGS AND REGISTRATIONS

We are pleased to announce that there are still spaces available at the National Assembly and Convention and registration is still open for bookings. Please note that it is also possible for people to walk in and register on the weekend. However this is only as a last resort and it is preferable that people book in advance to avoid any delays and disappointments.

Whilst people can still register, hotel room bookings are now subject to availability at standard hotel rates. Therefore we encourage you to book as soon as possible to avoid disappointment.

Please click [here](#) for the Registration Form. If you have any questions on the OA National Assembly and Convention, please email OAassemblyconvention@gmail.com.

We look forward to seeing you in October!



NEWS FROM INTERGROUP

A MESSAGE FROM THE INTERGROUP CHAIR

Dear Members,

The InterGroup AGM is fast approaching on 3rd November. At our AGM we elect all our officers for the forthcoming year. In order for our IG to be active and helpful to our members it is vital that we have a team of people committed to doing service at IG level. We have a wide range of service opportunities, from communications with groups and members, working to make OA better known, and running events for members we already have. Of course, all of this happens with members like you being willing to do service.

Looking forward to seeing you there.

Kate

RAISING AWARENESS OF PUBLIC INFORMATION

Opportunities for Service: '*Attraction rather than promotion*'.

Are you interested in carrying the OA message of recovery to still suffering compulsive eaters outside of the program? Well, here is how you can do so.

We can attract newcomers by:

- Informing the general public about the existence of OA and our programme.
- Telling healthcare professionals and others who work with compulsive eaters about OA (see the pamphlet '[Introducing OA to healthcare professionals](#)' available from the Literature Service).

The OA South and East England Intergroup website contains links to:

- [A list of Public Information \(PI\) ideas](#). Why not take a look and get together a couple of volunteers from your local meeting?
- [An application form for the PI volunteer database](#). Please apply if you wish to be available for interviews in print, media, radio or Television. (All service will be in line with the OA principles and Traditions).
- [The PI newsletter from the National Service Board PI officer](#).

If you would like more details about how to get involved with PI initiatives generally at the OA South and East England intergroup level, please email the PI Officer at pigroups@oasouthandeastengland.org.uk.

ASK IT BASKET



EMAIL AT WORK

QUESTION: Is using work email for OA matters a break in Traditions?

ANSWER: Email is a means of communication similar to a phone call. What is your employer's policy regarding phone calls? Is it the same for email? Use of company time and equipment for personal communication is often a violation of company policy, and the answer is evident. Have you spoken with your employer about the issue, or are you doing it secretly?

This question probably falls under the guidelines for personal use of the company copy machine. If an employee supplies the paper, some companies permit personal use if it's not on company time (during a break, for example). Even so, it would be an "outside contribution," which we don't accept according to program principles and Tradition Seven.

Besides looking at the issue as a Tradition violation, we could look at it as a violation of the honesty principle. If using email for personal reasons takes away from your commitment to work a specified number of hours a day, or if your company has a policy against personal email use, then the decision is clear. To work an honest program, you could not use company email for OA matters. If your employer allows limited personal phone calls or related actions as benefits of the job, you can discuss the question with your sponsor as an integrity issue.

Another concern is that employers have the right to read employees' email, so you might be compromising your anonymity.

- *Archive November 2000.*

INFORMATION / ANNOUNCEMENTS



RELATED LINKS

- [Intergroup Minutes – July 2012.](#)
- [Intergroup Documents:](#) Including Minutes, Bylaws, Reports, Policies and Public Information flyers.
- [Intergroup meeting dates.](#)
- [Intergroup Announcements.](#)
- [Overeaters Anonymous South and East England Meetings.](#)
- [Overeaters Anonymous South and East England Intergroup website.](#)
- [Overeaters Anonymous Great Britain website.](#)
- [Overeaters Anonymous \(Worldwide\) website.](#)
- [Step by Step publication.](#)
- [OA National Assembly Flyer 2012.](#)
- [OA National Convention Flyer 2012.](#)

RECENT ANNOUNCEMENTS

- [East Finchley Workshop flyer: Living by Spiritual Principles.](#) Sunday 7th October, 10.30am - 3.30pm. Anne Owens Centre, East Finchley, N2 8LT.
- [New meeting in Tooting Bec, SW17 Springfield Hospital.](#) Thursday 7:00-8:30pm. South West London Recovery College, Building 28, Springfield Hospital, 61 Glenburnie Road, SW17 7DJ. Nearest tube: Tooting.

THOUGHT FOR NEWSLETTER

'My sponsor said, 'Act as if you believe, and some day the desire will become reality.' Because I trusted my sponsor and wanted the kind of recovery I saw in her, I acted as if I had a loving God in my life. Eventually, in conjunction with my own spiritual awakening, the desire became reality'.

- *Black OA Members Share Their Experience, Strength and Hope (p. 7).*

GUIDANCE

FEEDBACK

- Email newsletter@oasouthandeastengland.org.uk with your comments.
- Please note that due to the size of this newsletter, comments are limited to **75** words.
- Traditions Six and Ten guide us to select only material from within the OA Fellowship.
- If you have received this email from a friend, click [here](#) to subscribe.
- If your email address has changed, then please click [here](#) to subscribe to the Newsletter with your new details.
- **Personal stories express the experience of the individual member and not of OA as a whole.**

MEETING UPDATES

- Has your meeting changed? If so, please update the meetings list so that other OA members can find your new meeting details quickly and easily.
- Watch a [video](#) on how to update your meeting list.

Online Version - Steps of Recovery Newsletter

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