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Meetings & Sponsorship News

Welcome to our newsletter in this issue we've got meetings and sponsorship news. There's personal stories, steps, traditions, tools and service opportunities too. Our next Intergroup meeting is Saturday 6th May and everyone is welcome! Click the button below to find out more.

[Visit Our Website](#)

Borehamwood Meeting Birthday

Hip, hip, hooray! OA Borehamwood is 8-years-old on the 26th of April and it's celebrating in style with a special event. There'll be two OA chairs, a packed literature table and free refreshments. Doors open at 7.30pm for 8pm start. The meeting details can be found on the Outside London Meeting List click on the links below for meeting contact information.

[Outside London Meeting List \(Printable PDF\)](#)
[London Only Meeting List \(Printable PDF\)](#)



Shopping for a Sponsor

Finding a sponsor who has what you're looking for has been made easier! Region 9 has a list of OA members willing to sponsor in Africa, Europe, The Middle East and Asia. Contact can be face-to-face, online or by phone. Region 9 sponsors speak many languages to find more email sponsors@oaregion9.org



I Can Give You This

Dear Sponsee,
I can't give you solutions to all your life's problems, doubts and fears. But I can listen to you, and together we will search for answers in the Twelve Steps.
I can't change your past with all its heartache and pain or the future with its untold stories. But I can be there as you work each Step and you need me to care. Click link to continue reading.



[OA Lifeline Weekly Vol 1. No. 22 May-June 2010](#)

A Call To Service :)

Giving service in OA is one of those wonderful things that always seems to somehow give you more than you put in. In my own experience it gives me a peaceful head that helps me to go about the rest of my day in an easier manner. [Read on](#)



Vicky
Vice Chair OASEEIG

You Cannot Keep It If You Don't Give It Away

I'd been seriously sick from 1989 to mid 2001, suffering from severe anorexia and bulimia. Eleven years of total emptiness, despair, madness, loneliness and selfishness. In short: complete spiritual isolation. The only period of my life where I had no people around me. And, as a matter of fact, I experienced spiritual, emotional and almost physical death. But (and this is a happy "but"!) one day, on the 31st July 2001, I suddenly and slowly started to get better... Through the overwhelming loving help and support from other people, I started a marvellous journey of physical, emotional and spiritual recovery. I believe that you have to risk, to lose something that you might have always taken for granted, before really starting to appreciate how much that "something" was truly precious and unique for you. And that "something" for me was... my Life. I therefore began to get more and more involved in working with other people. I simply had to give back what had been given to me. Pass on the message that I had received the blessing that had touched me. Because you cannot keep it, if you don't give it away.



Luca

Step Four Facing It Feeling It

There it was. I had done the first three Steps with my sponsor and we both knew what was coming next. He knew it was going to be a big step in my recovery, but to me it looked more like a pending emotional breakdown. Extract from oalifeline.org [read on](#)

[The Twelve Steps of OA](#)



Step Five Honest To Goodness

When I read Step Five for the first time, this sentence really stood out for me: "Honesty is a key factor in our recovery from compulsive eating, and so we will want to develop this trait" (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 51). Extract from How OA Saved My Life oalifeline.org [read on](#)

[The Twelve Steps of OA](#)



Tradition Four

After being in OA for a while, I see it's really the Traditions that keep our program running and solid. Tradition Four indicates autonomy, and that's such an important part of our program. Extract from oalifeline.org [read on](#)

[The Twelve Traditions of OA](#)



Tradition Five

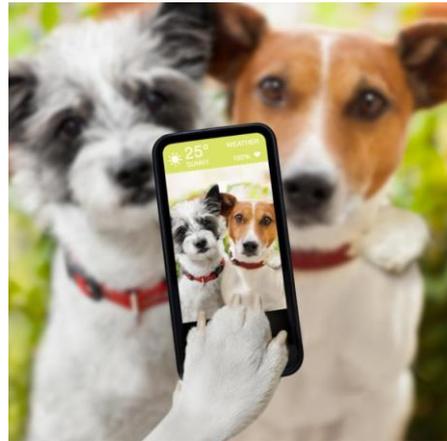
The Outreach Committee of OASEE Intergroup have put together a Public Information (PI) pack to share some ideas for how your group can reach out to the still-suffering compulsive overeater and help build our fellowship [read on](#)

[The Twelve Traditions of OA](#)



You never have to cry alone again

The healing power of OA begins with the Fellowship. When I heard at one of my early meetings that I never had to cry alone again unless I wanted to, my world shifted and healing began. What an amazing promise that is! Recovery is more than just fellowship, but even with the varied personalities, points of view, and failings, God is there! I am so grateful to the Fellowship for supporting me in my recovery journey. Click link for more [Voices of Recovery October 21](#)



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STAY CONNECTED:

