

## Highlights in my book

Fellows share some of the words that make so much sense for them that were highlighted! Let's take a peek in their notes.

### Step Two

“Compulsive overeaters are often people of extremes. We overreacted to slight provocations while ignoring the real issues in our lives. We were obsessively busy, then we were ‘wiped out’ and unable to act. We were wildly excited then deeply depressed ...”

M. L. - Bettendorf, IA

Source: “The Twelve Steps and Twelve Traditions of Overeaters Anonymous”, page 12. Used by permission. Copyright 2002 by Overeaters Anonymous.

## Upcoming Events

- Oct** 24-27 **OA in 3D: Mind, Body & Spirit**  
QC OA Intergroup Fall Retreat  
Milan, IL  
*More info ...*  
*pat4pat@yahoo.com :: 309-796-0757*
- Nov** 15 **IDEA day**  
The International Day Experiencing Abstinence celebrated the third Saturday in November, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.  
*More info. to follow, in the meantime contact your intergroup representative.*
- Dec** 13 **QC OA Intergroup Holiday Party**  
Ben Butterworth Center - Moline, IL  
6-9 p.m. *More info. to follow, in the meantime contact your intergroup representative.*  
**LOOKING FOR VOLUNTEER(S) TO CHAIR**

God Grant me the serenity to accept the things I cannot change,  
courage to change the things I can, and wisdom to know the difference.

# New Beginnings

Quad Cities OA Newsletter  
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## Thoughts in 99 words

A *Love and Forgiveness Poetry contest* flyer, made me think about how to write my entry. Our complex relationship with food will have plenty of inspirational material.

As a good compulsive person, if any prompt hasn't been given, I'd probably have started with pure drama of how I hate and should forgive.

But if I reflect on my progress in OA path, certainly love and forgiveness has to appear in my poem. They must be there, because it's the only way to make it work.

I invite you to think about what your own little poem might be like.

## From “Daily Reflections” ...

“The subject of humility is a difficult one. Humility is not thinking less of myself than I ought to; it is acknowledging that I do certain things well, it is accepting a compliment graciously.

God can only do *for* me what He can do *through* me.

Humility is the result of knowing that God is the doer, not me”.

Source: “A.A. Daily Reflections”, page 199.  
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Alcoholics Anonymous.





## Lessons from the Other Side

### { A SPONSOR'S VIEW }

Recently my Higher Power gave me a wonderful sponsoree with whom I share my program. Since I began working with her, the level of my program has expanded. Sometimes I forget that I am to share my experience, strength and hope up to the level of my own program and not beyond.

As I work to be mindful of where the limit is, I've found myself becoming more honest about how I eat; more willing to work on my Fourth Step; and more willing to do a Tenth step the moment I realize I've been dishonest, controlling, defensive & self seeking.

Sharing my experiences brings back all the knowledge I've absorbed over the years of attending OA meetings. I recall comments made by long-ago sponsors, such as "What's the purpose in looking at off-limits foods?" and "When in doubt, don't." Recalling these as my sponsoree keeps asking questions helps strengthen my abstinence, renewing my hope in the solution.

My sponsoree has taught me that we hunger love: love stop the internal self-abuse, love to fill that place inside that food can't touch, love to heal our pasts, love to accept we are loved and loved and love to give selflessly.

To my surprise, I hear my voice reassure her that no matter where she is in her recovery today, her Higher Power loves her completely, even if she feels confused about this power. I feel love as I share my attention and honesty with her.

Like many new OA members, I believed for years that the solution lies in the food plan. I practiced the "dieting" part of the disease, which for me is about control and self-reliance.

I've learned from listening to my sponsoree obsess about her food plan that I don't feel peaceful just focusing on trying to control my food. If I could have successfully controlled my food before OA, I wouldn't be here.

So I've learned again that what the AA Big Book and our OA "Twelve and Twelve" say is true: the solution and the miracle and found in working the Steps. I see myself changing as I become more willing to put down the food, the thoughts of it, the planning "exceptions" and the excitement or disappointment at what I can eat, and put as much energy into working the Steps. It doesn't take much to help the miracle be born -- just a daily focus on working the Steps.

Several times my sponsoree has burst into tears as she heals from her relationship with food and lets in the love of another. I've shared my experience of resisting my emotions and trying to control them. I feared losing control of myself if I let go.

Slowly I've come to believe that my Higher Power put emotions in my body and they are a gentle way to pray without words. I fear I will hurt myself when I have strong feelings. My emotions are simply emotions, and I feel a deep healing when I let them flow freely. I feel my creator hears me in ways my thinking cannot say.

My sponsoree has given me a tremendous gift -- the need to stay hopeful. When I listen to her pain and struggles, I feel grateful for the recovery I take for granted. I could so easily be where she is, confused and lost in the daze of food compulsion.

At this moment I feel clear, grateful and sober around food. I call my program friend nightly to check in and share food plan for the next day. These simple actions guarantee me hourly freedom from obsessing, loss of choice, increasing body size, self hate and depression. So little for so much.

-- D.R., Rochester, Minnesota, USA

Extracted from the article **Working with Others: A Sponsor's View - Lessons from the Other Side** published in the Lifeline of Jan 2006, Page 6-7. Used by permission. Copyright 2006 by Overeaters Anonymous.