

# Why I Sponsor

I just came home from a discount market that sells two of my former binge foods at incredibly low prices. I didn't buy them and that's one of the miracles of OA. Yes, I felt that familiar tug and heard the familiar lies I tell myself. "Just this once." "I don't have to tell anyone." "This is the diet version of that food, so it doesn't count."

I had spoken with a sponsee earlier today, and we worked through the "12-stepping a problem" process on a challenging situation in her life. The language of recovery was fresh in my mind while at the market. I'm powerless over the situation. I believe I can be restored to sanity. I turn this over to a power greater than myself alone, which for me means the power of love and truth.

My sponsee and I talked about her part in the situation. She identified fear of economic insecurity and the wish to have a permanent resolution to the situation. We talked about one day at a time and taking one step toward the goal. That language was in my mind at the market. One day at a time, I don't need to eat binge foods. One step toward the goal of continued abstinence is to get out of markets ASAP!

When we finished the conversation, my sponsee said that she felt understood. I felt the small glow of connection and mutual kindness. We in OA have a community of recovering compulsive eaters who truly understand.

As I waited in line to check out at the market, I noticed that the man behind me had only a couple of items, so I invited him to go in front of me. He thanked me, and I felt a similar small glow of connection. I don't need extra food to feel good. OA, and particularly the act of sponsoring, fill me up with the joy of recovery and keep the wisdom of the program fresh in my mind.

- Mindy