

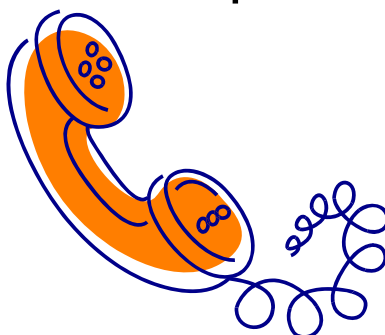


Sponsorship is the Epitome of Twelfth Step Within Work

A sponsor is someone who is committed to abstinence and is working the Twelve Steps and Twelve Traditions of Overeaters Anonymous. The primary purpose of a sponsor is to take other members through the Twelve Steps. **Sponsorship is the epitome of Twelfth Step Within work.** By sponsoring and encouraging others to sponsor, we deepen our understanding of the Steps, hence strengthening our own recovery. It is vital to the health of OA that members are willing to pass on in sponsorship what has been freely given to them.

- If one of your sponsees relapses, do not stop sponsoring him or her.
- Offer to work together through “Been Slipping and Sliding? A Reading Writing Tool” (see appendix D)
- Offer to be a sponsor or a temporary sponsor; do not wait to be asked.
- Urge those you sponsor to sponsor others.
- Encourage members to support each other and work together toward recovery, especially at meetings that lack sponsors.
- Suggest to fellow members that they become sponsors.
- Remind members that sponsorship is something you learn by doing.

Part Two – Sponsorship



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- Encourage sponsorship at group, intergroup or service boards level.
- Ask a meeting chair if you can qualify on the benefits of sponsorship to your recovery.
- Hold meetings and /or workshops on sponsorship. Education can be key to encouraging more members to become sponsors in your area (see “Planning a Sponsorship Workshop” in Appendix F (of TSW Handbook) or download from www.oa.org).
- Ask those who are willing to sponsor or temporarily sponsor to identify themselves at meetings. You may do this at a regular part of the meeting format or during personal sharing time.
- Have a “sponsorship ask-it-basket” where members can ask questions anonymously about this topic.
- Remind members about sponsorship literature and its importance to the program. Relevant literature includes: *The Tools of Recovery*, *A Guide for Sponsors*, *A Guide to the Twelve Steps for You and Your Sponsor*, and the Sponsorship Kit.
- Have Service by Mail/Email forms available on literature tables at meetings, workshops, and other events.