

How to “Get A Sponsor”

“Abstinent sponsors came into my life, sharing with me the need to work the Twelve Steps.”

Abstinence, 2nd Edition p. 89

***What is a Sponsor?**

“Sponsors are OA members who are living the Twelve Steps and Twelve Traditions 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.

“Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it. A member may work with more than one sponsor and may change sponsors. However, many of us choose to work with just one sponsor. In either case, it’s helpful to avoid changing sponsors frequently.”

***Where do I get a Sponsor?**

Local Area Meetings: (face-to-face):

“Attend as many meetings as you can. There may be members available to sponsor who missed one or two of the meetings you attend. You may need to attend several meetings before you find a sponsor. “*

Virtual Meetings (Telephone and/or online meetings): **

“Many virtual meetings ask available sponsors to identify themselves, and maintain sponsor coordinators with lists of available sponsors. You may ask someone if he or she would be willing to be your sponsor. You may ask anyone whether or not he or she identifies himself or herself as a sponsor.”**

Intergroup Service Body:***

The purpose of an Intergroup Service Body is to support all groups within the Intergroup geographical area. “Your region may provide a list of sponsors.” Additionally, an Intergroup provide OA events where sponsors may attend. These are another great resource.

Region Service Body:***

The purpose of Region Service Body is to support all groups and Intergroups within the Regions geographical area. “Your region may provide a list of sponsors.” Additionally, Regions provide OA events where sponsors may attend. These are another great resource.

Two People Sponsoring Each Other:****

“If no sponsors are available, working with each other is preferable, to trying to do it alone. This mutual support often works quite well in isolated areas where members are few and meetings are small. To further support one another, it is helpful to rely on OA-approved literature for guidance. Occasionally, a sponsor/sponsee relationship may become so open that it develops into mutual sponsorship.”

SOURCES from the World Service Office of Overeaters Anonymous

*Get a Sponsor - <https://oa.org/members/working-the-program/get-a-sponsor/>

**Virtual Services: - <https://oa.org/newcomers/how-do-i-start/virtual-services/>

***Find A Meeting (Face to Face, Telephone, Online, Service Bodies) - <https://oa.org/find-a-meeting/>

****OA Pamphlet, “A Guide For Sponsors,” Printed 1994, Overeaters Anonymous Inc.