

Region 9's Twelfth-Step-Within

"Ideas that Work"

Type of Project: Sponsors and Sponsees

Project Name: Tips for Sponsoring

Project Goal: To understand more about sponsoring

Organizing Service Body: General information coming from OA approved literature and OA members' experiences.

Resources Needed (budget, volunteers, materials, etc.):

1. The "Twelfth-Step-Within Handbook"...Reaching Those Within the Fellowship who Still Suffer (Sponsorship Suggestions; Planning a Sponsorship Workshop)
2. The "Big Book", chapter 7, "Working with Others" (Step 12)
3. "The Twelve Steps and Twelve Traditions of Overeaters Anonymous" book (Step 12)
4. "Sponsoring through the Twelve Steps" pamphlet
5. "A Guide for Sponsors" pamphlet
6. "Sponsorship Kit" packet
7. "I Put My Hand in Yours..." red book booklet (Sponsorship)
8. "The Tools of Recovery" pamphlet
9. "For Today" (Sponsorship)
10. "Voices of Recovery"... A Daily Reader (Sponsees; Sponsors; Sponsorship Methods)
11. "Lifeline" articles
12. "Service, Traditions & Concepts Workshop Manual (Sponsorship Workshop)

Implementation Process (including length of time for planning and implementation): All of this information can be used on a personal level, or used within a meeting, workshop, or convention.

Additional Comments (including things of which to be mindful): There is a lot of information in connection to personal inventory work (questions for the sponsor, sponsee, for members who don't have a sponsor, for

those who do have a sponsor, and for those who are not currently sponsoring, especially in the Twelfth-Step-Within Handbook).

Results: To better ourselves in the role of sponsor/sponsee.

Tips For Sponsoring

1. To show support; listen; the use of anonymity
2. Practice the twelfth step - give that which has been learned to another compulsive overeater
3. Offer to sponsor or to be a temporary sponsor (vacation sponsor...)
4. Identify yourself as a sponsor at meetings
5. Sponsor by phone, email, skype...
6. Disregard fear when sponsoring - just do it!
7. Be clear as a sponsor about your boundaries