

OA Sponsorship Workshop
Saturday 9 March 2002
1.00pm - 5.00pm

- 1.00pm Open with the Serenity Prayer
- Introduction and housekeeping
- Format of the workshop
 - Please turn off mobile phones
 - Phone / email list
- 1.10 - 1.30pm Literature study - OA brochure "A Guide to Sponsors"
- 1.30 - 2.15pm Panel Discussion focusing on Sponsoring
- Guest speakers sharing their experience, strength and hope on sponsoring
 - Ask it basket
- 2.15 - 2.30pm Break
- 2.30 - 2.45pm Literature study - on working with a sponsor
- 2.45 - 3.30pm Panel Discussion focusing on Sponsees
- Guest speakers sharing their experience, strength and hope on being a sponsee
 - Ask it basket
- 3.30 - 4.15pm Individual writing and reflection
- 4.15 - 4.55pm Sharing on writing and reflection
- 5.00pm Close with "I Put My Hand in Yours"

I put my hand in yours and together we can do
what we could never do alone.

No longer is there a sense of hopelessness,
no longer must we each depend on our own unsteady willpower.

We are all together now reaching out our hands
for power and strength greater than ours,
and as we join hands we find love and understanding
beyond our wildest dreams."

Sponsorship References

OA Brochures

- "A Guide for Sponsors"
- "A Guide to the Twelve Steps for You and Your Sponsor"

The Twelve Steps and Twelve Traditions of Overeaters Anonymous

- Step 2, page 14
- Step 3, page 22, 26
- Step 5, page 45, 48
- Step 8, page 70
- Step 9, page 76
- Step 11, page 97, 98, 111

Questions for individual writing and reflection - Sponsor Focus

Starting Out

1. Why should I sponsor?
2. Am I ready to be a sponsor? If not, why?
3. What is style of sponsorship?
4. Should I ask a new sponsoree what they expect from me as a sponsor?

Working the Program with a Sponsoree

5. I have a new sponsoree - where do I start working the program with her / him?
6. Do you sponsor the same way for all of your sponsorees?
7. What bottom lines do I have for my sponsorees? E.g. number of meetings, regular phone calls, written assignments
8. What boundaries / limits do I need to put in place with my sponsoree - eg routine phone calls during certain times only, emergency phone calls any time.
9. How much contact do I want to have with a sponsoree?
10. How do I take a sponsoree through the steps?
11. How do I know when it is time to move on to the next step?
12. Which step is my sponsoree on? How do I know?
13. How many people am I comfortable sponsoring at one time?
14. How important is God / Higher Power in the sponsor / sponsoree relationship?
15. How do you make sure that your sponsorees program isn't reliant on you as a sponsor?

Troubleshooting

16. When and how should I decline sponsorship?
17. My sponsoree is in relapse - what should I do?

18. I am in relapse - what should I do - should I not tell my sponsorees, tell them or stop sponsoring?
19. Am I carrying my sponsoree and trying to save them?
20. Am I sharing my experience, strength and hope in OA or am I sharing on outside issues?
21. How can a sponsor break through denial of a sponsoree in a loving manner?
22. What do you do if your sponsoree is lying to you?
23. What do you do if your sponsoree doesn't do any of the suggested writing assignments or step work that you suggest?
24. If a sponsoree is in crisis but stops calling, what do you do?
25. What do you do if your sponsoree is suicidal?
26. If a sponsoree tells me of a crime committed by a third person, does anonymity extend to the third person?
27. Is it a break of anonymity to identify who my sponsor / sponsoree is to others?
28. Should a sponsor give advice on food plans and nutrition?
29. Do you think you can have a sponsor of the opposite sex?
30. My sponsor and I are now dating - can he still be my sponsor if we are in a relationship?

Letting Go

31. When and how should I end a relationship with a sponsoree?

Questions for individual writing and reflection - Sponsee Focus

Starting Out

1. Why should I work with a sponsor?
2. What do I expect from a sponsor?
3. How do I work out who is the sponsor for me?
4. How do I ask someone to sponsor me?
5. What do I do if there are no sponsors in my area?
6. Should I have only one sponsor for everything or should I have a food sponsor, steps sponsor, spiritual sponsor etc?
7. How do I get over the fear of rejections when asking someone to sponsor me?

Working the Program with a Sponsor

8. What sort of contact do I want with a sponsor? E.g. daily, weekly, for step work, to commit food plan?
9. Am I willing to do what my sponsor suggests?
10. Do I work the steps when there is a crisis?
11. Do I only call my sponsor when there is a crisis?

Troubleshooting

12. Is my sponsor my Higher Power?
13. When you have a problem with the advice that your sponsor is giving you, how do you handle it?
14. What do I do if my sponsor is in relapse?

Letting Go

15. When and how should I end a relationship with a sponsor?

OA Sponsorship Workshop Notes

1.10 - 1.30pm

Literature study - Sponsorship

Opening from OA Brochure "A Guide to the Twelve Steps for You and Your Sponsor"

Sponsorship is one of the vital keys to success in Overeaters Anonymous. The sponsor maintains recover from compulsive overeating by sharing the Twelve Step program with others. The newcomer, in reaching out for help from a successful OA member, transcends the long-held idea that self-sufficiency must be maintained at all costs - and acquires a state of humility so necessary for the practice of the Twelve Steps. The sponsor and the newcomer benefit equally from the relationship. The best way to learn to be a sponsor is to have a sponsor.

Methods of sponsorship vary from person to person. Some say the best way to be a sponsor is to be a friend. Some sponsors take a highly structured approach; others are easy-going and flexible. As members mature on the program, their style of sponsorship usually changes.

Work through OA Brochure "A Guide for Sponsors", summarizing the text after each question

Anne - pages 1 -4

1. What is a sponsor?
2. Why should I sponsor?
3. When and how do I become a sponsor?
4. Should I be abstinent before I sponsor?
5. How do I learn to sponsor?

Crissy - pages 5 - 9

6. What are the different types of sponsorship?
7. What about two people sponsoring each other?
8. How much contact should I have with my sponsoree?
9. How do I take a sponsoree through the steps?
10. How many people should I sponsor?

Gloria - pages 10 - 14

11. When and how should I decline sponsorship?
12. What if my sponsoree wants to have more than one sponsor or change sponsors?
13. What should I do if my sponsoree has a slip or relapse?
14. What should I do if I slip or relapse?
15. What do I do if I feel that my sponsoree is making no progress?
16. What do I do if my sponsoree stops calling?

17. What if my sponsoree wants to leave OA?
 18. When and how should I end a relationship with a sponsoree?
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2.30 - 2.45pm

Literature study - Spsorees

Work through the following sections of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, summarizing the text and highlighting the methods / examples of working with a sponsor. Note these are the references I have found, can you check in the appropriate steps I have allocated and see if there are any other references please

Anne - Steps 1 - 5

- Step 2, page 14
- Step 3, page 22, 26
- Step 5, page 45, 48

Crissy - Steps 6 - 9

- Step 8, page 70
- Step 9, page 76

Gloria - Steps 10, 11 and 12

- Step 11, page 97, 98, 111