

**Dayton Area Intergroup
Overeaters Anonymous
P.O. Box 1919
Dayton OH 45401-1919**

CONTACT INFORMATION

Intergroup Officers

Chair

George C. 937/383-2244

Vice-Chair

Pat T. 937/854-2190

Secretary

Nora D. 937/222-7945

Treasurer

Joy E. 937/676-2827

Public Information Chair

Claudia I. 937/298-8216

Region V Representative

Becky C. 937/299-1732

Newsletter Editor

Linda S.

937/832-3148

SanctuaryEditor@aol.com

International

www.aa.org

Region V

www.region5aa.org

Dayton Area Intergroup

www.region5aa.org/dayton

937/252-6766

The Sanctuary Distribution:

Online: go to Dayton Area Intergroup web site

Direct Email: Contact editor (sent as Word attachment)

Paper: Available at all area meetings

The opinions expressed herein are the opinions of the individuals who have contributed and not those of Overeaters Anonymous as a whole.

The Sanctuary

Sponsorship Workshop Scheduled

Date: Sat. Sept. 11

Time: 10:30-12:30

**Location: St. Mark's,
456 Woodman Drive,
1st floor, 1st room on left**

Sherry D. will facilitate a sponsorship workshop. The workshop is open to anyone interested in sponsoring – new sponsors, longtime sponsors, people interested in sponsoring, sponsees, and especially, those who know they need to make a commitment to start sponsoring but don't know how and/or think they are not worthy to guide someone else or believe they have nothing to share. The session is free and no reservations are necessary.

Sponsorship is one of the tools of OA as well as a commitment we grow to in Step 12. Let's talk about HOW to do this service. Sponsors help sponsees through their program of recovery; and, by working with others, sponsors renew and reaffirm their own recovery. Sponsorship helps keep our programs strong.

**“... a loving witness, someone who will keep our confidences and will listen without judging us or seeking to fix us.”
OA 12 & 12, p. 49**



Sponsorship: A Tool for Recovery

Sponsorship is one of the eight tools of the Overeaters Anonymous program. 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 at will.

