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## **What is a Sponsor?**

In Obsessive Eaters Anonymous a sponsor is a member who is willing to help you through the 12 Steps. Sponsors share their experience on an individual basis.

## **How to choose a Sponsor?**

It may take courage to ask another OEA member to be our sponsor but it is very worthwhile. We choose a member with whom we can identify and with whom we can talk freely and confidentially. Perhaps someone who seems to have what we want. Sometimes a sponsor is chosen because of similar backgrounds and experiences while others choose the person who seems the total opposite. Either way the focus is on recovery through the 12 Steps.

## **When to choose a Sponsor?**

It is never too early or too late to choose a sponsor. When we become willing to be helped and want to commit ourselves to openness and honesty, we ask a fellow member to help us.

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## **Can we have more than one Sponsor? / Can we change Sponsor?**

Yes. As we grow in the programme we may feel the need to change our sponsor or have more than one, but we try not to use this as an excuse for not being totally honest with one person. A good sponsor will encourage other relationships in the fellowship.

## **What are the benefits of having a Sponsor?**

The 12 Steps of Obsessive Eaters Anonymous are not intended to be worked alone, so a sponsor guides us through the Steps. S/he gives us an opportunity to practice trust, to develop honesty in relationships, to move from isolation. S/he helps us to use the programme to the full so that our attitudes are changed and that change is vital to our recovery. S/he is available to listen to our 5th or 10th Step inventory. In sharing with a sponsor the answers to our problems usually come from ourselves.

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## **What if our Sponsor is unavailable?**

There are other resources if we are unable to make contact with our sponsors - ring another OEA member - read programme literature - write down our feelings or problems - go to a meeting if possible. Remember, our Higher Power is always available and recovery is not dependant on the individual's sponsor or any other member, we get our strength from God as we understand God.

## **Suggested guidelines for the person willing to Sponsor**

There are clearly laid out guidelines in Chapter 7 of the Big Book of A.A. This is the chapter called "Working with Others". Here many of our questions on "how to sponsor" are answered. And, we don't have to wait until our recovery is perfect to make a start!

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## **The role of the Sponsor**

A sponsor's role is basically one of listening and sharing her/his personal experiences of working the 12 Steps. Assure the member of your willingness to help. Be prepared to admit that you don't have all the answers and remember desire for this programme must come from within. Encourage the member you are sponsoring to listen to other experiences and to become a sponsor themselves.

## **How many people may I Sponsor?**

Each member can best judge how available they can be. Sponsorship is an on-going commitment. It is a privilege that hopefully will be shared by as many members as possible. Remember that this person is helping you more than you are helping them - as they are giving you the opportunity to carry the message of recovery.

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## How can groups help Sponsorship?

By having frequent meetings where sponsorship is the topic, or study meetings on Chapter 7 of the Big Book of A.A., and by encouraging 'between meeting contact'. In the case of new meetings it is suggested that members encourage and support each other and work together towards recovery.

### The Twelve Steps of Obsessive Eaters Anonymous

1. We admitted we were powerless over our obsession with weight, size and eating - that our lives had become unmanageable
2. Came to believe that a Power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives over to the care of God as we understood God
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to God, to ourselves, and to another human-being, the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character
7. Humbly asked God to remove our shortcomings
8. Made a list of all persons we had harmed, and became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others
10. Continued to take personal inventory and when we were wrong, promptly admitted it
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to fellow sufferers, and to practice these principles in all our affairs

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### The Twelve Traditions of Obsessive Eaters Anonymous

1. Our common welfare should come first; personal recovery depends on O.E.A. unity.
2. For our group purpose there is but one ultimate authority -- a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for O.E.A. membership is a desire to stop the obsession with weight, size and eating.
4. Each group should be autonomous except in matters affecting other groups or O.E.A. as a whole.
5. Each group has but one primary purpose -- to carry its message to the obsessive eater who still suffers.
6. An O.E.A. group ought never endorse, finance, or lend the O.E.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every O.E.A. group ought to be fully self-supporting, declining outside contributions.
8. Obsessive Eaters Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. O.E.A., as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. Obsessive Eaters Anonymous has no opinion on outside issues; hence the O.E.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, film, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

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### THE STEPS OF A.A

1. We admitted we were powerless over alcohol - that our lives had become unmanageable
2. Came to believe that a Power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives over to the care of God as we understood Him
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character
7. Humbly asked Him to remove our shortcomings
8. Made a list of all persons we had harmed, and became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others
10. Continued to take personal inventory and when we were wrong, promptly admitted it
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of God's will for us and the power to carry that out
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to fellow alcoholics, and to practice these principles in all our affairs.

### THE TRADITIONS OF A.A

1. Our common welfare should come first; personal recovery depends on A.A. unity.
2. For our group purpose there is but one ultimate authority -- a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose -- to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

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**E**aters  
**A**nonymous

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# Sponsorship