

Sponsoring: A Privilege And a Responsibility

A sponsor is someone who is committed to abstinence and is working the Twelve Steps and Twelve Traditions of Overeaters Anonymous. The primary purpose of a sponsor is to take other members through the Twelve Steps. Sponsorship is the epitome of Twelfth Step Within work. By sponsoring and encouraging others to sponsor, we deepen our understanding of the Steps, hence strengthening our own recovery. It is vital to the health of OA that members are willing to pass on in sponsorship what has been freely given to them. (The Twelfth Step Within Handbook pg. 5)

The following are a few quotes on sponsorship taken from Lifeline – January 2013 – July 2013.

- Abstinent sponsors are great models for abstinent sponsees.
- Service through sponsorship is one of the ways I thank my Higher Power for that gift.
- I need to carry this life-giving life-saving message to the next compulsive overeater.
- I learned that I had to give it back. Sponsorship, Twelfth Step Work, and my relationship with my God of my understanding keep me abstinent.
- By reaching out to an abstinent sponsor, I am putting into action my commitment to abstinence AND developing my spirituality. As a result, I live an abstinent life.
- Abstinence allows me to receive a glorious life. It grants me a way to give back. One of the greatest joys of recovery comes to me when I share our OA program with other compulsive overeaters.

The OA Board of Trustees has designated 2013 as “The Year of Abstinence Awareness.”