

“12 Days of OA” Guidelines for Temporary Sponsors

Who can be a Temporary Sponsor for the “12 Days of OA” program?

Any member of Overeaters Anonymous (OA) who has a desire to help another member go through this orientation can be a Temporary Sponsor in the “12-Days of OA” program.

Who can be a Sponsee in this “12 Days of OA” program?

Anyone can be a Sponsee in this temporary sponsorship program, regardless of whether you are new, returning, or a long-time OA Member. In short, anyone who wants to go through this orientation process is invited to experience it.

What is the purpose of this Program?

- To help newcomers, returning members, and other members connect to the OA recovery program through using this personal, short-term introduction to OA.
- To give someone a chance to experience what it is like to sponsor before perhaps becoming a Regular Sponsor.

Is temporary sponsorship a requirement to be in OA?

The only requirement for OA membership is a desire to stop eating compulsively. The “12 Days of OA” temporary sponsorship program is optional. Furthermore, the decision to participate in the temporary sponsorship program is independent of whether or when one decides to connect with a regular Sponsor or be a regular Sponsor.

What is needed to start this orientation?

First, two copies of the pamphlet entitled *Introducing Overeaters Anonymous – Where do I start? – Everything a Newcomer Needs to Know*. (One copy for the Sponsor and one copy for the Sponsee)

Second, a means to communicate over a distance: a phone, e-mail availability, or the ability to text messages.

Guideline Notes:

1. Let the person know that you would be glad to be their Temporary Sponsor for this orientation. This will entail you setting up a time when you will call them daily to discuss together a part of the program, using readings from the involved pamphlet.
2. It is best not to hand these instructions to the Sponsee, for the Sponsee may try to do it alone. This is a “we” program, not an “I” program. It should never be done in isolation, for isolation is part of the problem.
3. During your first contact with the Sponsee, give the Sponsee the reading and task assignments for the next call, this next call taking place on Day 1 of the program. Then, near the end of the Day 1 call, give the Sponsee the assignments for Day 2 of the program. And so on.
4. This process happens over 12 sessions, which may not occur in 12 days. For instance, you may want to have calls during weekdays only.
5. During your calls, share your experience, strength, and hope with the solution offered by OA. Without dominating the conversation and without judgment, share just enough to draw them out, answer their questions, and encourage their unique process of recovery and discovery.
6. Do not discuss outside literature, diets, other solutions, etc. If they still have other ideas in mind, they may not be fully ready to work the OA recovery program.
7. Remember it is not your responsibility to get someone abstinent (nor is it possible). The journey of the Temporary Sponsee will be between that person and his or her own higher power. You are there for support and strength.

“Twelve Days of OA” – A Temporary Sponsorship Program for Newcomers and Returning Members

Last Updated: March 20, 2019

Page 1 of 3

“12 Days of OA” Guidelines

A Temporary Sponsorship Program for Newcomers or Returning Members

The readings for this program come out of the pamphlet entitled *Introducing Overeaters Anonymous – Where Do I Start? - Everything a Newcomer Needs to Know*. Both the Temporary Sponsor and the Sponsee should have a copy of this pamphlet.

Day	Subject & Reading for Sponsee:	Question(s) for Sponsee to answer and discuss with you the next day:
1	<p>15 Questions: Read pages 1 – 3, starting w/ <i>Dear Newcomer</i> through <i>You Are Not Alone</i>.</p>	<p>Answer the 15 Questions on pages 1 & 2. (Circle those to which you relate) Discuss.</p>
2	<p>Requirements: Read on page 22 from section <i>What are the requirements for OA Membership?</i> Read pages 23 – 24, starting with <i>Who runs OA?</i> through <i>What are the Twelve Traditions?</i></p>	<p>What has led you to OA? What does “eating compulsively” mean to you? Do you have a desire to stop? Discuss. Listen to Sponsees initial concerns about OA. Discuss.</p>
3	<p>Symptoms: Read on pages 4 & 5, section entitled, <i>Many Symptoms, One Solution</i>. Read on pages 27 – 29, <i>Welcome Home!</i></p>	<p>Write about symptoms you have experienced. How early did these symptoms start? Discuss</p>
4	<p>Abstinence: Read on page 5, section entitled, <i>Abstinence – Our Primary Purpose</i>. Read on page 5, sections entitled, <i>The Tools of Recovery</i> and <i>A Plan of Eating</i>.</p>	<p>Write about which compulsive eating or compulsive food behavior concerns you most. Discuss.</p>
5	<p>Meetings: Read on page 5, section entitled <i>Meetings</i>. Read on page 22, sections entitled, <i>How much does OA cost?</i> and <i>How does OA support itself?</i></p>	<p>Suggest the Sponsee make a plan to attend 6 meetings. Discuss. (This can include phone, on-line or Skype meetings, but live or face-to-face meetings are preferable).</p>
6	<p>OA Fellowship: Read on page 21, section entitled <i>Can I stop eating on my own just through reading OA literature?</i></p>	<p>Write about your feelings about receiving help from other members in OA. Discuss. Suggest that they start calling members listed on a <i>Where Do I start</i> pamphlet or a meeting sign-in sheet.</p>
7	<p>Action Plan and Further Tools: Read on page 6, sections entitled, <i>Telephone, Writing, Literature, and Action Plan</i>.</p>	<p>Draft an Action Plan for the next several days that will help support your recovery. Discuss.</p>
8	<p>Draft a Food Plan: Read on pages 29 & 30, the section entitled, <i>Disclaimer</i>. Read pages 7 – 13, starting with the section entitled, <i>Further Information: A Plan of Eating</i> through section entitled <i>Please Note:</i></p>	<p>Draft an initial food plan that will support you. Discuss.</p>

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Page 2 of 3

Day	Subject & Reading for Sponsee:	Question(s) for Sponsee to answer and discuss with you the next day:
9	<p>Anonymity: Read on page 6, section entitled, <i>Anonymity</i>. Read on page 25 section entitled <i>Why does OA place such emphasis upon anonymity?</i></p>	<p>Discuss the concept of anonymity.</p> <p>Discuss the meaning of humility.</p>
10	<p>Are you convinced? Read pages 18 – 20, starting with <i>What is compulsive eating?</i> through <i>Can't a compulsive overeater just use willpower to stop excessive eating.</i></p>	<p>Now that you've been in the program for a while and have taken some actions, are you convinced you are a compulsive eater? Write your thoughts and feelings on this subject. Discuss.</p>
11	<p>Higher Power: Read pages 20 & 21, section starting with <i>What is meant by "a power greater than ourselves"?</i> through <i>Is OA a religious society?</i> Read pages 16 & 17, section entitled, <i>Structure and Tolerance.</i></p>	<p>Write a few paragraphs about your understanding of a higher power. If you struggle with this, are you open to the idea of higher power meaning the power of the group? Has your food history been characterized by self-will? Could the concept of invoking a higher power help your recovery? Discuss.</p>
12	<p>What's Next? Read on page 6 & 7, section entitled, <i>Service</i>. Read on page 5 section entitled <i>Sponsorship</i>. Read on page 17, section entitled, <i>Conclusion</i>.</p>	<p>Write about your experience of the first 12 days process and discuss. Review your action plan for how you will move forward.</p>

Important Note: At the conclusion of the 12th Day, you may offer to help the Sponsee find a regular on-going Sponsor or continue to sponsor them yourself.

Remember: In Overeaters Anonymous, there is hope and help. Together we can recover!
I put my hand in yours, and together we can do what we could never do alone.

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