

Statement on Sponsorship

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. Sponsors should also have a sponsor. Sponsors help others by sharing their experience, strength and hope around living without eating compulsively, working the 12 steps of OA , and being 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.

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