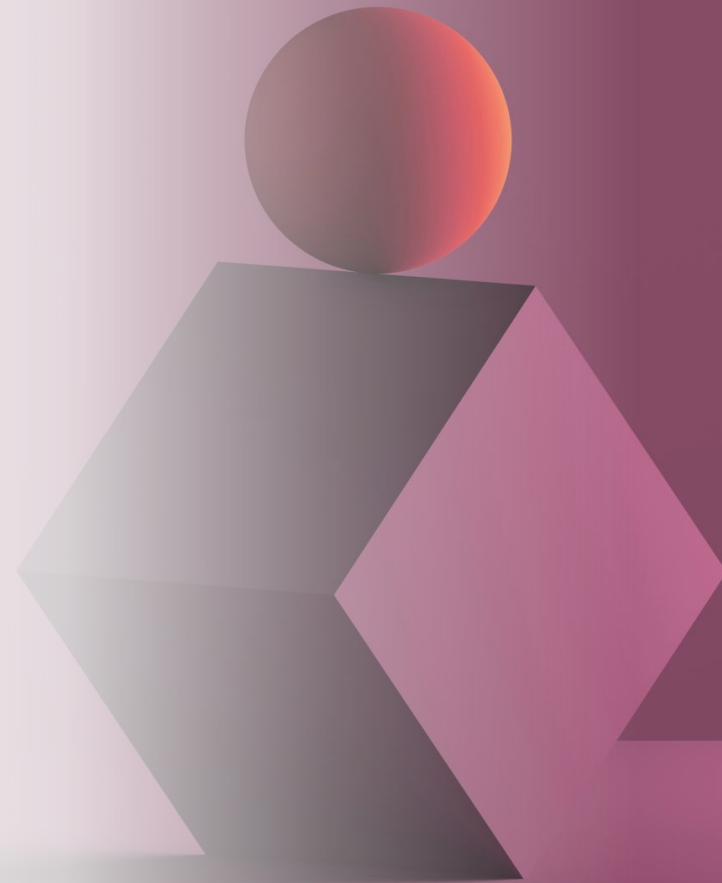




# **REGION 6 SPONSOR BANK IDEAS**

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REGION 6 – TWELFTH STEP  
WITHIN COMMITTEE

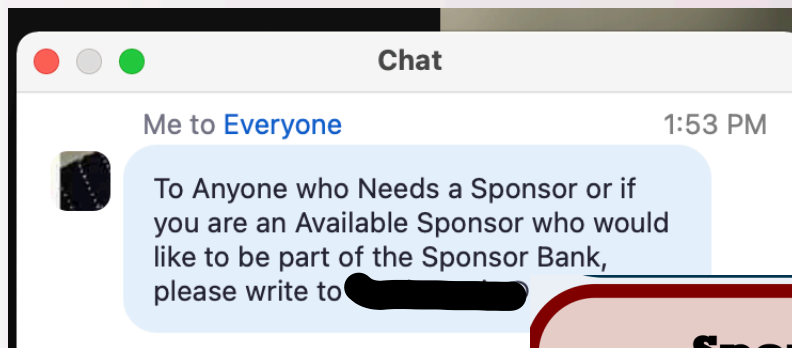


## Sponsor Bank Coordinators

- Attend meetings to announce Sponsor Bank availability
- Attend Intergroup as a service position to provide updates and encourage IG Reps to announce Sponsor Bank at meetings/events
- Build and/or maintain database with information from those who want to be on sponsor list, anyone who wants to be removed, contact information updates, etc.
- Consider tracking the following to help match people: time zone, language, newcomer sponsor, temporary sponsor, Big Book, Step or Food, OA 12&12, gender, experience with relapse, languages, special focus areas (LGTBQ+, HOW, etc)
- Be comfortable using email or texting, and in cutting/pasting information
- Consider having a list of OA resources for people from specific communities that may not have a lot of members in your local meetings: [oamen.org](http://oamen.org), [oayoungpeople.org](http://oayoungpeople.org) and other special focus OA groups or OA meetings.

## Get the word out!!!!

- Verbal announcements in Meetings
- Zoom chat
- Newsletters



## \*\*\*Attention\*\*\*

[redacted] now has a SPONSOR BANK! These are individuals that are willing to sponsor newcomers and members alike. If you NEED a sponsor please email [redacted]@aol.com, and she will put you in contact with someone willing to sponsor you. also, please indicate the type of sponsor you need, such as food, step, general, or temporary or long-term.

If you would like to BECOME a sponsor, please email [redacted]@aol.com and she will add you to the list, please include your phone number, and town, as well as who and what type of sponsoring you are willing to do.

## Sponsorship:

Need a sponsor? Are you an available sponsor? Email [redacted]

Sponsor Bank Coordinator:

[redacted]@gmail.com



## Sponsor Bank

To find a sponsor email [redacted]@gmail.com

## Online form to request a sponsor or be a sponsor (IG website)

- Home
- Events
- What is Overeaters Anonymous?
- ¿Eres un Comedor Compulsivo?
- Meetings
- Available to Sponsor
- Need a Sponsor
- Beginner Questions
- About Our Intergroup
- The Tools and More ...
- 7th Tradition

### I am available to sponsor

*\* Indicates required field*

**Name \***

<input type="text"/>	<input type="text"/>
<small>First</small>	<small>Last</small>

**Phone Number \***

**Email**

**Can you be contacted on WhatsApp \***

Yes  
 No

**Best Times to contact \***

**Times you are available to sponsor \***

**Years in OA**

**Abstinence Date**

**Tell us about yourself-how your sponsor, a brief history of your OA recovery**

### I need a sponsor

*\* Indicates required field*

**Name \***

<input type="text"/>	<input type="text"/>
<small>First</small>	<small>Last</small>

**Phone Number \***

**Email**

**Can you be contacted on WhatsApp \***

Yes  
 No

**Best Times to contact \***

**Times you are available to speak with a sponsor \***

**Are you new to OA?**

**If you are not new briefly tell us about your OA history?**

## On-line forms:

### Online "OA-Sponsor" Request Form

**PLEASE NOTE:** *This form is for requesting an online "OA Sponsor" to help with recovery from food addiction.*

The purpose of this tool is to connect members of Overeaters Anonymous (OA) online. Please understand that this website allows individuals seeking help in their recovery to connect with a member of OA (online) via email or text, but how the OA sponsor and sponsee communicate going forward needs to be worked out between the two of you, just as in any other recovery/sponsorship relationship. For example, people ask for an online OA Sponsor, but they are looking for people who will communicate ONLY via email or text (i.e., online). Some OA Sponsors will not do this; they actually want to talk with you.

**Please select an option:** \*

- Request an online OA sponsor
- Apply to be an online OA sponsor

**Intergroup Name:** \*

Please select one ... ▾

**Name:** \*

**Email:** \*

**Phone:**

**Comments:**

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### Confidentiality Agreement

By clicking the checkbox below and submitting my request, I agree to the following:

The information received from Region 8's TSW is confidential and will not be shared outside of Overeaters Anonymous.

- The sponsor's information will not be disclosed to the public.
- The sponsor's information will not be copied, printed, or distributed at meetings.
- The sponsor's information will not be posted to any website (local Intergroup or elsewhere) under any circumstances.

**Terms of Service:** \*

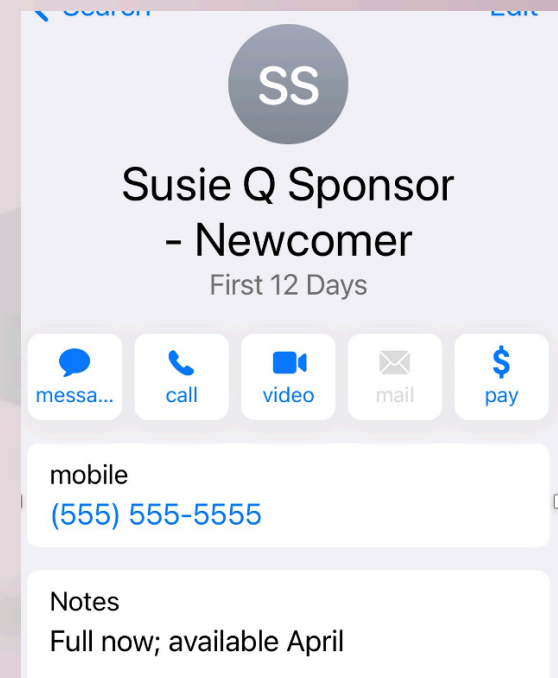
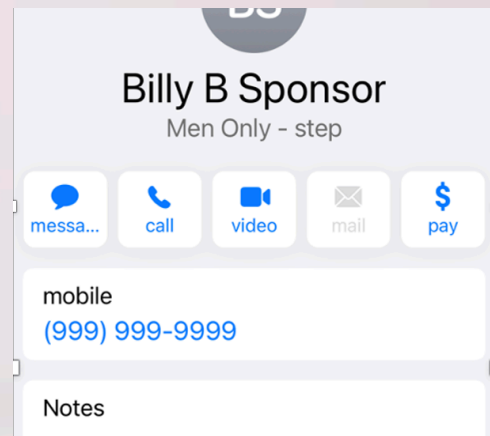
- I agree to the terms stated in the Confidentiality Agreement.

## Example #1 –worksheet used to maintain info

<b>A=Available GSS=Get Someone Started; I=Available to introduce to Program; NLA=No longer Available</b>	<b>Local = L All US = US World = W</b>	<b>Male/ Female</b>	<b>Name of Sponsor</b>	<b>Best Number to Call.</b>	<b>OK to Text YES/NO</b>	<b>Email Address</b>	<b>Home Meeting (if applicable)</b>	<b>Sponsor Type (if applicable) i.e. Steps, Food, BB, HOW, Vision</b>
NLA		F	FIRST NAME	XXX-XXX-XXXX				BB
A		F (F only)	FIRST NAME	XXX-XXX-XXXX			Saturday Pelham	Steps (OA 12/12)
A		F	FIRST NAME	914-XXX-XXX0	no			Food sponsor (on step 4)
A	World	M	FIRST NAME	XXX-XXX-XXXX			White Plains Sunday	All
A	World	F	FIRST NAME	XXX-XXX-XXXX				HOW, food and steps
GSS	World	F	FIRST NAME	XXX-XXX-XXXX				oa & aa literature
GSS		M (work with M & F)	FIRST NAME	XXX-XXX-XXXX				First 12 Days (temp sponsor)

## Example #2 – cell phone used to manage/maintain info

- The Coordinator uses her mobile phone to manage communications with those offering to sponsor or requesting a sponsor, so information is added to her contacts.
- She collects names and contact information and texts potential sponsors with sponsee information.
- She sends information on several potential sponsees in one text, and are on a “first come - first served” basis.



## Sample Communications

Hi [REDACTED]. I just got a call from a newcomer who could really use your help. She is in EST but available anytime. Would you be willing to sponsor her? Thanks for your reply. 🕊️🙏

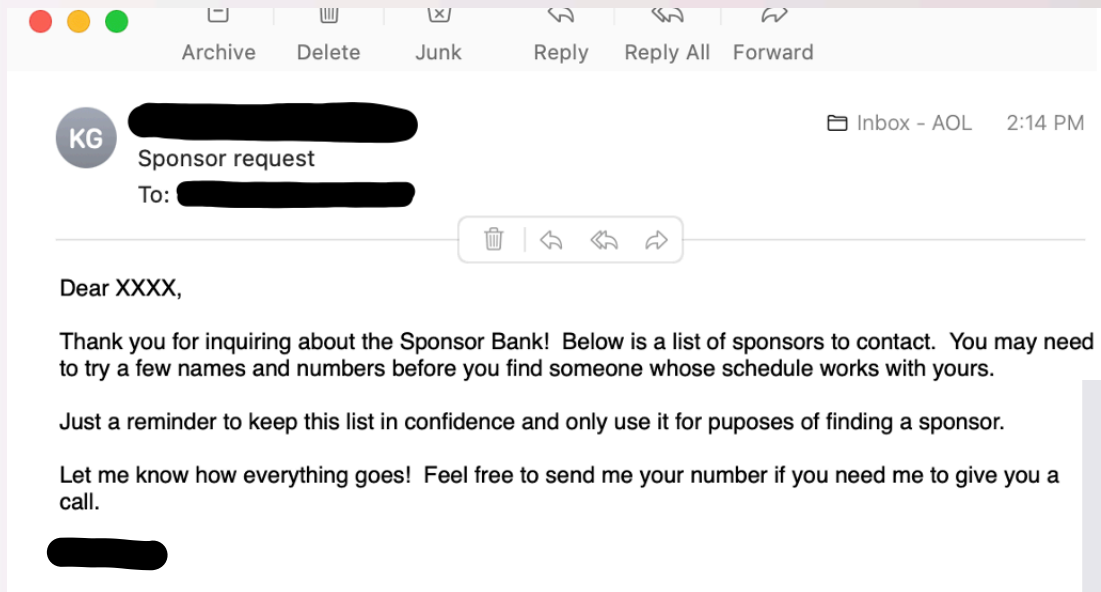
Thanks so very much. She ended up getting an east coast sponsor. I really appreciate it though. Thanks again. 🕊️

Hi. Sorry it took me so long to get back to you. If you are still available. I have a sponsee named [REDACTED]. She is in Eastern time zone and is available anytime. Can I give her your number and ask her to text you to set up a time to talk? Thanks for your reply. [REDACTED] 🕊️

Hi Jan. This is [REDACTED] OA sponsor sponsee coordinator. I found you a sponsor available late afternoons. Her name is [REDACTED] Please TEXT her first to set up a time to talk. Her number is below. Good luck on your journey



## Sample communications:



Hi. This is [Redacted] sponsor sponsee coordinator. I have quite a few female sponsees in need of sponsors.

The 1st is a newcomer available 9pm or later Eastern time.

The 2nd is available after 6pm Eastern time and is not new

The 3rd is available 9pm Eastern time and is a newcomer. &

The 4th is a newcomer available anytime and is in Eastern time zone.

The 5th is a newcomer available anytime &

The 6th is a newcomer available after 6pm M-F anytime weekends.

If you are available to sponsor or know of anyone available to sponsor PLEASE give them my name and number. I really appreciate it. Thank you in advance for your reply. 🙏🕊

## Tips

- Make it easy for people to contact Sponsor Bank Coordinators
  - Establish a dedicated email address for both sponsees and sponsors or a dedicated link on your website – or both.
  - Create an electronic form on the website for both sponsees and sponsors to complete (automatically emails SB Coordinators),
- Develop and use templates for responding to inquiries and making announcements in Zoom chat.
- Respond in a welcoming and timely way to people who request help from the Sponsor Bank. Be sure to have back-up or multiple S.B. Coordinators.
- Remind people that the only use of the list is for the purpose of finding it a sponsor and that they need to keep the list confidential.

## Conclusion

After consultation with various sponsor bank coordinators and websites, our conclusions are as follows:

- Local service bodies such as Intergroups have more direct contact with OA members who need a sponsor or wish to be a sponsor. Contact can be face-to-face as well as by email and phone.
- There are multiple formats of sponsorship and methods to receive and respond to sponsorship requests.
- Done at the Region level, this would need more service volunteers as there would be a greater volume of requests to coordinate.
- The Twelfth Step Within Committee members came to a consensus that providing information on setting up Sponsor Banks at the Intergroup level would be the most effective and quickest way to benefit from adding Sponsor Banks at this time.

➤ **Any questions?**