

## I tried to find a sponsor, but failed. Now what?

Frequently OA members ask me and other members of Intergroup how to find a sponsor. So, I thought I would share my experiences regarding finding a sponsor.

### Ask yourself these questions:

- Have I attended at least six different meetings in the Capital District area?
- Have I attended any of these meetings more than once?
- Have I stayed after the meeting to ask questions or chat?
- Have I taken the “We Care” list when given the opportunity and then used it to make phone calls or to send texts or e-mail?
- Have I returned the phone calls of members who have reached out to me?
- After speaking to a potential sponsor, did I call them as I said I would?
- *Are there any of these options that I am willing to try now?*

**We Care list:** At most of our meetings a “We Care” list is circulated. This is a great source of local sponsors. It is up-to-date, and the people who sign are readily available at the meeting. Sometimes a sponsor will say “full” when they sign the list, but they may make room for you if you have spoken to them regularly, or they may be willing to be a temporary sponsor until you find a permanent one. You can also ask someone who has what you want, but who has not identified themselves as a sponsor, to be your sponsor. You might become their first sponsee. Anyone with more experience than you is a candidate. It is just up to you to get the conversation started. You might even ask how that person found their sponsor.

**Getting Started list:** Each meeting in the Capital District has a “Getting Started” list. This list is a resource developed by Intergroup specifically for people who have yet to find a sponsor. The contacts on the list are willing to help you start working an OA program. You can call as many people on the list as you want or need to. You can ask for their experience, strength, and hope while you work your program and look for a sponsor. This list is only available at meetings in order to protect the anonymity of those on the list.

**Telephone/Online meetings:** OA has both telephone and online meetings. Some of these might connect you with a sponsor. The advantage of these meetings is that anyone in the world can attend so there are potentially more sponsors to choose from. I find the early morning weekday meetings particularly suited to my workday schedule. Find the meeting phone numbers and other important details at [oa.org](http://oa.org).

**Recovery events:** Recovery events are wonderful opportunities to meet more members and potential sponsors. In the Capital District, we offer workshops throughout the year as well as semi-annual discussions and day-long “share-a-thons.” Other regional events are posted on the [Region 6 website](#). The Region 6 April and September business meetings are usually held in Albany and include two recovery meetings. You can register to attend the business meeting, called the “Region 6 Assembly,” as a guest or just attend one of the recovery meetings.

**Out-of-town meetings:** While out of town on vacation, visiting family, or even taking a business trip, go to a local OA meeting. While they might not have a “We Care” list like we are accustomed to, they may have a sign-in notebook or a list of sponsors available. In the age of electronic communications, having a geographically distant sponsor is quite feasible.

**Co-sponsoring:** While little information is offered in OA literature regarding “co-sponsoring,” the OA pamphlet, “A Guide for Sponsors,” notes that two members sponsoring each other is preferable than “trying to go it alone.” If you find someone in your search for a sponsor who is also searching, co-sponsoring may provide a good short-term solution for both of you.

**Daily support:** If you haven’t found a sponsor yet, use other OA members to be accountable to. Commit your food to someone daily or practice texting someone when you have finished eating for the day. Build up a circle of OA friends you can count on. Keep coming to meetings! Keep making phone calls!

This may sound like a lot of work, but the rewards of working your program with a sponsor as well as all those connections you develop while looking for one make it all worthwhile. Go for it!

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