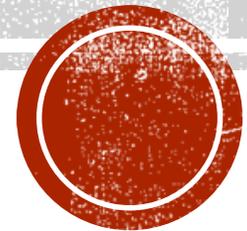


FIRST 12 DAYS IN OA

A 'how to' guide to use this approach to:

1. Welcome newcomers and strengthen their early recovery
2. Encourage existing members who are yet to sponsor to get started



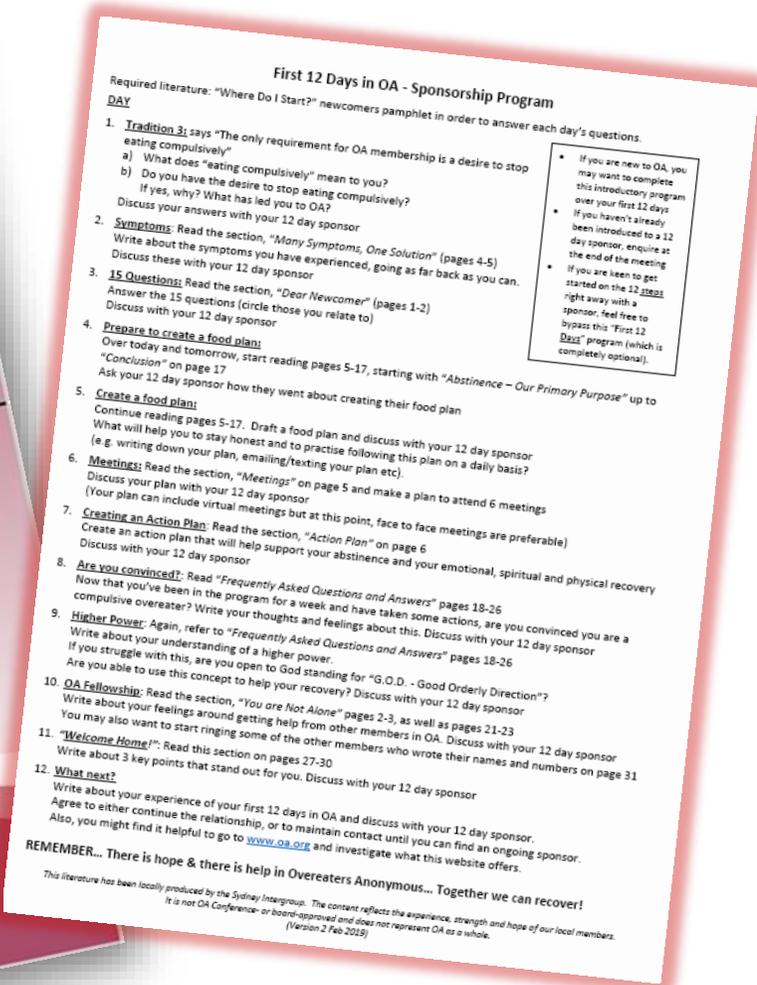
WHY WAS THE **FIRST 12 DAYS** PROGRAM DEVELOPED?

- **GOALS:**

- To encourage members who are yet to sponsor, to start sponsoring
- To more effectively support newcomers
- To improve recovery of all members through carrying the message
- It was developed in 2016 by a Sydney member, then approved and piloted across Sydney Intergroup's meetings and was well received.
- Other intergroups around the world are now also using it, after finding out about it informally at 2017 World Service Business Conference
- The concept has since been taken up by OA's Board of Trustees with the potential to be board-approved literature – however, this could take some time
- In the meantime, this guide has been specifically developed for Region Ten so that more members can understand it's purpose and how to implement it at their meetings



WHAT'S NEEDED TO DO THE FIRST 12 DAYS PROGRAM?



1. The newcomers' pamphlet "Where Do I Start?" which is given to newcomers at their first meeting, complete with phone numbers entered on the back inside page of members willing to receive calls
2. Locally developed literature (by Sydney Intergroup) – "First 12 Days in OA - Sponsorship Program"



HOW DOES IT WORK?

- Ensure plenty of copies of the **First 12 Days** are always on hand at each meeting
- During the meeting identify if there are any newcomers and if yes, pass around the “Where Do I Start?” pamphlet for members to enter their phone numbers in
- At the end of the meeting, at least one member to introduce themselves to the newcomer and whilst talking to them, mention the option of the **First 12 Days**, offering to be their 12 day sponsor or introducing them to someone else who can



HOW DOES IT ENCOURAGE NEW SPONSORS?

- **It makes it less daunting** to try out being a sponsor, by providing a simple structure to follow and an easy-to-make offer of “I can be your 12 day sponsor if you’d like”
- **It breaks down the barriers to entering the sponsor role** – by having an end date, the usual excuses we can use to never start sponsoring (e.g. “I’m too busy”) have less impact
- **Sponsorship is a learn-on-the-job role** – there is no secret sponsor school! The **First 12 Days** provides the opportunity to repeat the experience with various newcomers over a short timeframe so they continue to grow as a new sponsor
- **It gets members into sponsorship early** i.e. if the member is yet to complete all 12 steps, they can still sponsor the newcomer through the **First 12 Days**, preparing them for the near future when they can take on being a step sponsor. It may even motivate them to work their steps harder so they can sponsor someone through the steps

There are no perfect sponsors (and newcomers don’t need perfect sponsors to get well)!

The only way to be good at sponsoring is to sponsor.

The **First 12 Days make it easy to get started**



HOW DOES IT HELP THE NEWCOMER?

5 BENEFITS

1. Some people come to OA knowing immediately that they have found “home”. The **First 12 Days** provides an immediate way for them to get started on their recovery and easily connected to someone who can help
2. Others come to OA unsure whether OA is for them. The **First 12 Days** provides a structured opportunity for them to get a deeper understanding of both their problem and the approach that OA offers them
3. It provides immediate, temporary sponsorship whilst they are still working out “who has what they want” as an ongoing sponsor to work the steps
4. No cost – both the pamphlet and **First 12 Days** are free
5. No major decisions needed at their first meeting re which book to buy



DOES IT HAVE TO BE COMPLETED IN 12 DAYS?

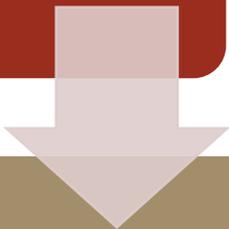
No – this is something for the temporary sponsor and sponsee to agree between themselves

There is definitely flexibility to take longer than 12 days, however, daily actions (e.g. daily phone call to the temporary sponsor) are likely to provide the strongest start to their recovery



CAN THE NEWCOMER BYPASS THE FIRST 12 DAYS TO START WORKING DIRECTLY ON THE 12 STEPS?

Of course! The **First 12 Days** is completely optional and of use mainly to the newcomer who is still working out whether OA is for them and / or who to work with etc



It is suggested that if a newcomer decides to start on the steps that they choose a sponsor who has themselves completed all 12 steps



WHAT ELSE?



What are the pre-requisites to be a 12 day sponsor? There are no specific pre-requisites although some period of abstinence is a given



Can the 12 day sponsor transition to be the ongoing 12 step sponsor? Yes if that is mutually agreeable



How many 12 day sponsees can be sponsored at a time? A decision for each individual sponsor to make



Can newcomers be sponsored in a group? This approach could definitely be used with a group of newcomers however, doing it in a weekly newcomers meeting could possibly make it too long to be useful



Can a member who has just completed their 12 days sponsor someone through the First 12 Days? Yes if they are keen. Although they will not be able to transition to a step sponsor



Can existing members find it helpful to go through the First 12 Days as a sponsee? Yes although it is likely that sponsoring someone through the First 12 Days is going to be similarly beneficial



How many meetings should the newcomer attend whilst completing the First 12 Days? As many as they can



Can a returning member complete the First 12 Days? Yes if they think that would be a good starting point





For any other questions
or feedback on this approach is
working in your area
please email R10secretary@gmail.com

ANY OTHER QUESTIONS?

