

Step 3 - Sponsorship Step-up Ceremony



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must make truth his watchword. He/She must fearlessly face the truth to avoid the ever-present pitfall of self-deception.

Sponsor lights the second candle and says: This is the candle of **REALITY** and it is a new light. It opens the door to a new life. It holds a promise of new understanding. It offers a chance for personal renewal. It makes a statement that goes beyond fantasy and it holds the dream of a better tomorrow. Without the light of reality, we are destined to remain in that sick, shadowy world of past mistakes and unrealistic dreams of false tomorrows.

Sponsor now asks the newcomer the following questions so that he/she may re-take the First Step.

1. We have spent a great deal of time getting in touch with our feelings. Can you recall how you felt on your first day in the OA program?

••••• Optional reading: Page 46, paragraphs 4-5 of *Came to Believe* •••••

2. Can you honestly say you are interested In the OA Program as a way of life, or are you still “on a diet?”
3. What do the words “personal powerlessness” mean to you?
4. Step One asks that you learn to “let go”. Do you feel you have learned to let go? What does it mean to you?
5. It is said that we have an obsession. Explain what that means to you.
6. Do you recognize the symptoms when your life is unmanageable? What do you do when you feel things are getting unmanageable?
7. What does the word compulsion mean to you? Do you feel you are compelled to do anything?
8. Do you feel that obsession and compulsion are part of your life? How? What have you done to control these aspects of your life? Do you feel you are satisfied

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with your present remedy for their control?

9. How do you relate to the following questions?
- a. How long have you been seeking remedies for your obsession?
 - b. What did you often do when you felt you were getting fat?
 - c. What happened to all the ideas you have tried?
 - d. What did you do when you noticed you were different?
 - e. Did you ever realize you had a dreadful disease?
 - f. Did you ever try sheer willpower?
 - g. Does facing a scale every week make you lose weight?
 - h. Are there other reducing methods you would like to investigate?
 - i. Do you think there is a solution to your problem today?

Sponsor then says: You must be deeply convinced that you are a compulsive overeater and that there is no hope for you other than OA. You must also remember that OA worked because we spent time at an activity called Ego Reduction. In OA, we practice Ego Reduction on a daily basis. Are you ready to have a diminished Ego?

Is OA a life or death matter for you?

(Newcomer reads last paragraph on page 24 of the 12&12)

Sponsor: Are you willing to admit complete defeat? Do you accept that you are powerless over food and that it has made your life unmanageable?

(Newcomer reads page 21 of the 12&12)

Sponsor: You've accepted powerlessness, compulsion, and surrender as concepts to working the program. What must you do now?

(Newcomer should realize that recognition of these concepts isn't enough. Action/Effort/Willingness are next. This is the transition to Step Two.)

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Sponsor: You have just taken the First Step.

Sponsor says: At this point I ask that you light the third candle, which is the candle of **SURRENDER**. As you do so, I will read the Invocation:

In OA, surrender is the first and most important act necessary to launching you into the other steps. Without the surrender of your food, your ego, and your will, all else is hopeless. When you surrender, you suspend such negative emotions as disbelief and grandiosity, and you open yourself up to the process of learning who you are and where you fit into the scheme of things.

Step II

Sponsor: Ask your newcomer the following questions so that he/she may re-take Step Two:

- ❖ Do you believe that a power outside of yourself will restore you to sanity and help you?

(Newcomer: read pages 32-33 on Sanity in the 12& 12. "Few indeed ... Him.")

Sponsor continues, waiting for a response each time.

- ❖ OA contains a basic paradox. You don't have to believe in anything. Anything outside of ourselves, larger than ourselves, is enough to get us to the next step. The idea is not to take back your old ideas and rely on yourself. OA does ask that you have an open mind. How open are you?
- ❖ Have you always been willing to listen?
- ❖ Why did this change in your life?
- ❖ Does indifference play an important part in your life? How? What about disappointment? Did this reinforce your compulsiveness?
- ❖ Step Two mentions FEAR. Can you discuss your fears?

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understanding that we have spent our lives denouncing everything and now we must open up our hearts as well as our minds and accept. We must accept the will of God and accept that only He can restore us to sanity.”

STEP III

Sponsor: Before we go further I would like to read something from page 569-570 in the AA Big Book, 3rd edition [pp. 567-568, BB, 4th edition].

Sponsor: You know that you have had this spiritual experience. THE POWER IS WITH YOU NOW. A spiritual awakening can be compared to planting a seed. Growth does not begin when you can see the flower breaking its way through the earth. It begins now the seed is planted. Your spiritual awakening began now of surrender in Step 1 when the OA program was implanted within you. At that moment, you received the power.

(Newcomer: Read pages 62-63 in the AA Big Book “First of all ... reborn.”)

Sponsor: I’d like to ask you a few questions:

1. How was your vision of life like a locked door?

••••• Optional Reading: Pages 86-87 of *Came to Believe* •••••

2. How shall you keep God in your life? (Sponsor should tell newcomer what he/she’s done to keep God ever present.)

3. Do you feel you are aware of the danger in self-sufficiency?

4. Step Three calls for us to decide. We must decide to turn our will and our lives over to the care of God. Are you willing to make that decision?

Sponsor: You realize that faith does not automatically mean that you have let

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unburden ourselves of its blunders and mishaps.

In a written inventory, we must tell more than we can know consciously; we uncover things that are hidden in the subconscious mind. You don't have to believe in the inventory or understand it to have it work. Working the steps automatically - produces results whether we believe in them. When one has done the best, he can with intellectual reasoning, there comes a time of decision for ACTION. It may be a relatively simple decision, such as to enter fully into an experiment. The approach is more like a science than a philosophy. We don't try to reason it out in abstract logic. We choose a hypothesis. We act as if it were true and see whether or not it works. When you let, truth go into action, then things start to happen.

1. Look at our character defects so that we may correct them.
2. Prepare ourselves for Step Five.
3. Visualize the amends we owe those whom our compulsion has injured.

Step Four activates our decisions. It starts us listing the defective character traits which have separated us from God, making our lives unstable and ineffective. If we aspire toward more than temporary OA benefits, it will be wise to make a thorough written inventory. We should not procrastinate, for anything which the overeater's mind puts off indefinitely is likely to go undone. The quickest way back into the obese personality is via a mental binge or an OA "dry drunk." It seems hard to visualize while our abstinence is intact...but it is true. And if we don't clean house, dry drunks become a real problem.

Sponsor: I will now go over the inventory outline with you. May I suggest that you also use *Stools and Bottles* and the *Little Red Book* as additional helpers in getting into your inventory?

- a. Go over Guide.
- b. Share some insights you have gotten about yourself from your inventory.

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- c. Warn the newcomer to write without any one person in mind and to keep the inventory as a private thing - not for general perusal.