

# Sponsorship Workshop

Sunday October 10<sup>th</sup>, 2010  
7:00-9:00pm

*Learn how to be a better sponsor*

*Learn how to be a better sponsee*

*How do I learn to sponsor?*

*I'm losing weight in OA, why would I need a sponsor?*

*Do I have to eat the same food plan as my sponsor?*

*Longtimers without a sponsor, isolating within the rooms?*

*I commit my food via e-mail to a friend, is this OK?*

*Do I have to call every day?*

*How can I find a sponsor?*

*My sponsor doesn't have a sponsor. Is this OK?*

*Can I be abstinent without a sponsor?*

*How do others end a relationship with a sponsee?*

*Sharing our experience vs. advice giving*

*Step work vs. "talk therapy"*



**Temple Emanu-el 100 James St. Edison 08837**

across from JFK Hospital

Driving Directions: Look for the "H" signs while driving.

**GSP North or South:** drive to Exit 131 Iselin/Rahway/Metuchen, keep right at the fork in the ramp, turn right (south) on Rt. 27, continue 1.4 miles and turn right at the Dunkin Donuts onto James St. Pass through one light and the temple will be on your right.

**South on the NJ Turnpike:** go to Exit 11 to GSP North, then follow the above directions.

**North on the NJ Turnpike:** go to Exit 10, follow signs to 287 North until you see a sign to Exit Rt. 27/Metuchen; exit there and continue on Rt. 27 to Grove Ave. and turn left. Continue on Grove Ave. 0.6 miles and turn right onto James St. The temple will be on your left after 0.6 miles.

**Interstate 287:** go to Exit #3 New Durham Rd., turn left on New Durham Rd. and go to the end, turn left again onto Rt. 27/Middlesex Ave., continue to light at Grove Ave. and turn left. Continue on Grove Ave. 0.6 miles and turn right onto James St. The temple will be on your left after 0.6 miles.

Route 27 is closed for repairs between Grove Ave. and James St.

For more information: contact Margaret 732-326-1934 M39Avenel@comcast.net or Chris 908-705-3320