



Announcement Request for Feedback

To: All CoDA Sponsors

From: NorCal CoDA Regional Committee

Thank you for your interest in using the "30 Questions Sponsorship Tool" to sponsor other CoDA members. Sponsorship in CoDA is an honor and surely a challenge from our Higher Power to grow in our own recovery! There are many ways to sponsor others in our program and each sponsor/sponsee must decide what will work best for them. This is lovingly offered as another tool.

It is our hope that this sponsorship tool will be used at grassroots level and proven to be effective for "CoDA as a Whole." Therefore, as of October 2010, we began offering this sponsorship tool on our website to support our CoDA Region, plus any other CoDA members who are interested.

History: The "30 Questions Sponsorship Tool" for Steps One, Two & Three was originally developed in 2009 coming out of the NorCal CoDA Winter Mini-Conference Sponsorship Roundtable Workshop. Four CoDA members were asked to share their experience, strength, and hope for about 10 minutes pertaining to their strategies for sponsoring others through the 12 Steps. Each sponsor had encountered a number of successes and challenges while trying their own methods of sponsoring others. However, during the workshop, four distinct strategies came to light. The first used the CoDA Blue Book as the main literature study reference, the second used a "Daily Journal Checklist Tool" to encourage the sponsee to work a balanced program using all the program tools, the third met with her sponsee one-on-one for about an hour once a week, and the fourth used a list of 30 Questions with his sponsees which had been passed around and effectively used with another recovery program to help them begin working the steps.

During the next few months following the conference, the sponsors collaborated to rewrite the questions so they pointed to our own CoDA Blue Big Book and incorporated their other successful sponsoring strategies into one tool. This new "30 Question Sponsorship Tool" is the result of their work.

In June 2009, these questions were introduced on a trial basis at CoDA meeting level in Sacramento, California. It became apparent immediately that this strategy was extremely valuable in providing a gentle structure and healthy boundaries for developing a sponsor/sponsee relationship. It also encouraged new CoDA members to take "baby steps" so any feelings of hopelessness and overwhelm could be minimized as they moved along their path of recovery. Each sponsee worked the program of CoDA in their own way and at their own pace.

In July 2009 the material was reviewed by the CoDA World Fellowship Literature Committee Chairperson and from her suggestions the initial revisions were made. In September 2009, the Greater Sacramento Area CoDA Community offered the "30 Question Sponsorship Tool" on their website for their meetings at intergroup level.

Between 2009 and 2010 many other CoDA members found these materials on the internet and requested the use of this tool for their meetings also. There were requests from all over the United States including Spokane Washington, Provo Utah, Vermont, and Texas.

The initial feedback we received was that this tool was positively changing the atmosphere of their meetings. Instead of newcomers attending once a week and then somberly leaving the meeting to go fend for themselves in the week ahead, CoDA members were starting to call each other and listen to each other. They would share what had come up for them as they processed these questions. As a result, they grew closer and began to develop the healthy and loving relationships they had always wanted.

During the CSC in July 2010, it was suggested that this be developed into a possible literature piece by the CoDA Literature Committee to be presented for review to "CoDA as a whole". So, if all goes smoothly, we can foresee this sponsorship tool being introduced at the CoDA World Fellowship Service Conference in 2012 to be voted on by group conscience.

In order to present a track record of success to CoDA World Fellowship, **we need your help**. Therefore, we are requesting feedback from all CoDA members who are actually using this sponsorship tool.

Please complete our "REQUEST FOR FEEDBACK" online at:

<https://spreadsheets.google.com/viewform?formkey=dE14RVdMRlIHb1BfWnp4eXE0dIJQNVE6MQ>

- Has it been effective for you as a sponsor?
- For your sponsee?
- Please describe your experiences.
- Do you have any suggestions to improve it in any way?
- The NorCal CoDA Outreach Committee wants to develop an ongoing list of sponsors who would be willing to sponsor other CoDA members using this tool. Would you be willing to sign up?
- If so, please provide your contact information.

If you can assist us in any way, we will sincerely appreciate it.

Please email:

Keir J., Regional Outreach Chair - nccoutreach@gmail.com

or Debbie W., Sponsor Coordinator - redhatattitude@gmail.com

or write to:

**NorCal CoDA, Outreach Sponsorship Feedback
PMB #230, 1800 21st Street,
Sacramento, CA 95811-6812**

Thank you in advance for your service to our CoDA Fellowship.

All the best to you and your sponsee!