

### **Suggestions for finding a sponsor.**

Here are some ways to find a sponsor. We suggest you look first to the groups in your area for sponsors, attending as many meetings as you can. You are not limited to any minimum or maximum number of meetings. Visit other meetings and local OA events. Sponsors are often asked to identify themselves, and you can then approach them and ask if they are available.

Another resource for sponsors is telephone and/or online meetings. The [Telephone Meeting](#) or [Online Meeting](#) search will help you gather names of members in other areas who are willing to sponsor long distance, in a variety of electronic ways.

Sometimes local intergroups/service boards provide a list of members willing to sponsor. To locate the intergroup or service board closest to your area go to the [Find Service Body](#) section of the Find a Meeting page.

You can also contact your region who may have a list of names of members willing to sponsor. To contact someone in your region, go to the [region page](#). You will find the region map and websites where you can send a request for assistance. Each region and service body is autonomous; therefore, some regions may have this service while others do not.