

Sponsorship Meeting Script

For the purpose of creating a space where those who are willing and able to sponsor and those who need a sponsor can [learn more about what a healthy sponsor/sponsee relationship is.](#)

Welcome

(Please read)

Welcome to the COSA ZOOM ROOM Sponsorship meeting. My name is _____ and I am doing service for this meeting. Before we begin, please unmute your audio to join in saying the Long Version of the Serenity Prayer:

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
And wisdom to know the difference.

Patience for the things that take time,
Appreciation for all that I have,
And tolerance for those with different struggles.

Freedom to live beyond the limitations of my past ways,
The ability to feel your love for me and our love for each other,
And the strength to get up and try again even when I feel it is hopeless.

We welcome you to this Sponsor focused meeting and the Zoom COSA fellowship, extending to you our support and friendship. Everything that is said in this meeting and between members must be held in confidence. This promotes open and honest sharing of our experience, strength, and hope, creating a trust level that many of us have never before experienced. By working the Twelve Steps in COSA, we gain a new perspective on ourselves and our lives.

When you are not speaking and for the safety of the group please:

- Stay attentive, avoid cellphone use/texting and minimize distracting movements.
- Mute your microphone so that any background noise will not disturb the speaker.
- Keep your video on. If you must step away or temporarily stop your video, please inform the group in the chat.

In a face to face meeting it is appropriate to thank each speaker after their share. In the zoomroom, we borrow the applause sign from American Sign Language ([show the hand wave](#)) as an alternate way of expressing our gratitude.

In this meeting our hope is to both share and gain experience, strength and hope. Our hope is that both those who are seeking a sponsor and those who are willing to sponsor will have a

space to learn more about what healthy sponsorship is like and form relationships with other COSAs. To that end, if you are comfortable, we recommend that you put your email address in the chat so those connections can be made. The most effective way to find a sponsor is to attend as many meetings as possible, watch for someone who has the kind of recovery that you would like to have, and ask them to be your sponsor. It is important to remember that if they say “no”, it’s not about you, but more likely about their time availability or other commitments at the moment. Keep asking, because your Higher Power has just the right person at the right time chosen for you.

There is another way to find a sponsor should you be unable to do so fairly quickly. There is one person who is the Sponsorship Coordinator who may be reached at SponsorshipHelp@cosa-recovery.org. She is a wealth of information.

Now it’s time for our Sponsorship reading of the day. Would someone be willing to read for us?

[Reading or Audio about sponsorship – share screen if possible.](#)

Thank you

Now it is time for us to share our gifts and our needs. We will start with those who are able to sponsor followed by those needing a sponsor. Please share a bit of your story. Sponsors might include your journey, recovery – including turning points and tools, and expectations for sponsees. Please limit your sharing to three minutes. The floor is open to sponsors to share.

[Sharing of the needs/gifts by group attendees](#)

The Closing

Would someone be willing to read “The Gifts of the COSA Program”?

With the Twelve suggested Steps of recovery, and the wisdom, experience, and support of the COSA group, we discover the faith and acceptance to let go of the situations we were once desperate to control, and the courage and strength to grow in matters we once avoided or denied. Gradually, the gifts multiply. As our awareness increases, so does our personal power and self-esteem. In our relationships, we learn detachment and become more fully present. In continued recovery, we live our lives in deeper joy, serenity, and fulfillment, one day at a time.

The Seventh Tradition

(Please read)

Now is the time for our Seventh Tradition. (Please screen share from the <https://cosazoomroom.org/#seventh> website.)

Please unmute your audio and join me in saying **“I Put My Hand in Yours”**:

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. -
Rozanne S. From I Put My Hand in Yours. Copyright 1968 by Overeaters Anonymous, Inc.
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The meeting is complete and now is the time for asking questions and fellowship.