

SPONSORSHIP

Sharing the program without advice

Private and personal

Options and choices discussed

Newcomers need nurture : how to live a spiritual way of life

Special relationship and support

Open minded with no judgement

Recovery with respect

Steps and slogans

Heat to heart with hope

Intimacy

Patience and practice

Suggestions to encourage sponsorship:

Invite a group panel from other meetings to discuss sponsorship at your meeting.

Use sponsorship as a group meeting topic.

Encourage reading the literature: CAL, pamphlet (P31), bookmark (M-78)

Try one of the instant meeting ideas on the back of this page

Please share your thoughts and feelings for an instant meeting on sponsorship.

Share one

Why newcomers need a sponsor

A newcomer to Al-Anon shared she had gone to cosmetology school to become a hair stylist. As she progressed through the program, she was provided with all the tools of the trade. But the missing component was she didn't know how to use them! Someone had to show her how to use the tools, and she needed a lot of practice. Al-Anon provides the tools. Members need someone to help them use them!

Discussion:

How did your sponsor help you learn how to practice the principles of the program?

If you don't have a sponsor, how did you learn how to use the tools of the program?

Share two

The benefits of sponsorship

My first sponsee was struggling mightily with her loved one's alcoholism. Her life was unmanageable and she was behaving in an insane manner. She was not ready to face the fact that she didn't have the dream of a happy marriage and family she wanted desperately. It took her years in the program to accept the reality that her loved one was not able to find sobriety. Throughout our long relationship, I learned so much from her as her sponsor. A mutual trust was established and flourished throughout the years.

I learned how to listen without judgment. I learned not to give advice. I learned compassion and patience. I learned how to detach with love. I learned that by guiding her through the steps, I was educating myself as well. I learned that even though we finally accept something, doesn't mean we have to like it. By helping her, I learned how to practice the principles in all aspects of life. Most importantly for me, I learned how to mind my own business and allow her to be on her journey of recovery, without trying to control or fix her circumstances. She eventually decided to divorce her loved one, but I never encouraged or discouraged her.

Discussion:

What have you learned about yourself and our program from sponsorship?

How do you sponsor an individual who is oftentimes in crisis?

What is the best approach in sponsoring for you?