

# SPONSORSHIP

*A confidential relationship between two Al-Anon or Alateen members who benefit from sharing experience, strength and hope.*

Presented by Al-Anon District 8

## SAVE THE DATE

Wednesday June 22<sup>nd</sup>

7:00 - 8:30pm CDT on Zoom

Discover answers to these frequently asked questions:

- How do I find a sponsor?
- Why have a sponsor?
- Am I ready to be a sponsor?
- What do I do as a sponsor?
- What if it doesn't work out?
- How many people should you sponsor?

## HOW TO REGISTER

Send your RSVP to:

[mnsa.d8.events@mail.com](mailto:mnsa.d8.events@mail.com)

**Sponsorship, What It's All About**

**Sponsorship - Working Together to Recover**

Sponsorship is a confidential relationship between two Al-Anon members who benefit from sharing experience, strength, and hope. The intimate details exchanged strengthen the bonds of compassion, acceptance, and understanding. This private relationship is focused on the Al-Anon principles. Making a commitment to this special relationship, or letting go of the relationship, is a personal choice.

**Sponsorship Is:**

- A relationship built on equality, anonymity, and trust
- An opportunity for growth – for both the Sponsee and the Sponsor
- A benefit at any stage of recovery
- A commitment to practice healthy communication – not based on intimidation or demands
- An agreement to recover and grow together, not to struggle in isolation
- An opportunity for self-discovery, not a teacher-pupil relationship
- An experience based on unconditional love, not shame or judgment
- A spiritual relationship with no strings attached
- A one-to-one relationship, not an exclusive club

**Alateen Sponsorship**

**Is It For You?**

Alateen, a part of Al-Anon, is for young adult women who have been affected by someone's drinking. Every Alateen group is unique. Ask members of Al-Anon to be a sponsor. The following questions help you decide if you can say "yes" to both sponsorship.

Are you looking for service work that is meaningful, loving and exciting?  
Have you ever thought about helping Alateen?

Are you aware that sponsoring Alateen is a health-care opportunity for you?  
Is there an Alateen meeting in your town?

Have you thought of the teens who want help and love, get it because Alateen isn't available?  
Can you make a commitment to an Alateen meeting for the next six months or year?

Are you willing to meet with Alateen members to share with them, laugh with them, and sometimes cry?

Can you allow Alateen to conduct their own meeting without controlling or