

# **Sponsorship**

Start Where You Are

# Becoming A Sponsor

## From *Questions About Sponsorship*© - Page 3 – Becoming A Sponsor

“One of the most rewarding aspects of Nar-Anon Twelfth Step work is the experience of being a sponsor. Many of us hesitated when we were first asked to be a sponsor because of our fear that we might not do it right. Fortunately, we learned we could ask our Higher Power for the courage to take action in spite of our fear. We came to realize that it is not the job of a sponsor to be perfect. We can only do our best and accept that all outcomes are in the hands of our Higher Power.”

# Questions to Ponder

- What does your group do to support sponsorship?
- What keeps you from finding a sponsor?
- Are you currently a sponsor?
- If not, what keeps you from becoming a sponsor?

# Skills We Have Ready for Sponsorship

- Commitment to the program
- Keeping the focus on ourselves
- Knowledge of the Traditions
- Patience
- Growing confidence in sponsorship
- Stepping up to service

# What Does it Mean to be a Sponsor?

- Each sponsor-sponsee relationship is unique
- Many approaches to sponsorship
- Not just one way to sponsor
- With any sponsorship style the important elements of sponsoring are:
  - Listening
  - Sharing your experiences
  - Studying the steps together
- Making time for the sponsee on a regular basis

# Ways to Build Sponsorship Tools

- Alternatives to the Traditional Sponsor/Sponsee model
  - Co-Sponsors
  - Study Buddies
  - Writing and Discussion Groups
- Start a step study group
  - Is there interest in a virtual step study group hosted by the Carolinas Region?

# Wrap-up

- Sponsorship resources available for purchase from the Nar-Anon webstore at <https://nar-anon-webstore.myshopify.com>
    - Questions About Sponsorship (Booklet) B-212 | 12-09-04\*
    - Becoming a Sponsor (Pamphlet) P-110 | 11-02-15
    - Finding a Sponsor (Pamphlet) P-101 | 08-08-26
    - SESH (Sharing Experience Strength and Hope) B-202 | 09-06-09\*
    - Sharing the Slogans B-217 | 17-11-25
    - Sharing Recovery (The Serenity Connection Collection) B-214 | 15-11-24\*
    - 31 Days in Nar-Anon B-204 | 10-03-16\*
    - Nar-Anon 36 Steps 1 – 12 (B-206)
- \*Also available as an eBook on [iBooks](#), [Kindle](#), and [Nook](#)*

# Wrap-up

## *The Serenity Connection*

- Series of articles on Sponsorship (March, June, September and December 2020 and March 2021)
- Other articles on sponsorship (June 2019, March 2017 and June 2012)
- Available for download from the Nar-Anon website  
<https://www.nar-anon.org/serenity-connection>