



EANAfreeway

Esperanza Area of Narcotics Anonymous Newsletter

3rd quarter 2024

This edition we are focusing on:

Sponsorship

Send submissions, questions, comments, artwork or concerns anytime to newsletter@eanaonline.org

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<https://eanaonline.org/su bcommittees/newsletter>

I looked up the word sponsorship in the dictionary and most definitions give examples of someone being of financial support to someone else; but that's not at all what it's about in NA. A sponsor is a confidant who understands where you have been, offers accountability, helps you navigate through this new-found life of recovery and assists you in working through the 12 steps. Having this kind of sponsor is much more valuable than any monetary contribution could ever be and I don't know where I'd be without sponsorship.

They told us in treatment to pick someone that has something you want and she had it all. The things I desired weren't external, except for the clean friends. She had love, laughter, wisdom, understanding, overflowing joy and several years of recovery. Now 6.5 years later, she is still my sponsor, has walked me through the 12 steps and a few of the traditions, has supported me and gave me guidance through many of life's mountains and valleys. She stood in my wedding as a brides maid last month and showed me what unconditional love feels like.

With God's direction, she has helped me to sanity, which in turn has improved every single aspect of my life and you can't put a price tag on that. I too sponsor women now and I only hope to be able to pay it forward as we can't jeep what we have without giving it away.

Holly N.

*"Sponsorship is also a two-way street, helping both the newcomer and oldtimer alike."
Sponsorship IP No. 11*

My gratitude speaks when I care and when I share

With others the NA way

Gratitude Prayer ~ back side of medallions



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Our basic text tells us “the heart of NA beats when two addicts share their recovery” and “sponsorship is simply one addict helping another.”

-IP No 11, sponsorship, revised

From my first NA meeting, I have heard several strong suggestions made to newcomers like me, one of which is get a sponsor. At the time, my understanding of what to look for in a sponsor was limited. I knew they should be female, have some clean time and have worked 12 steps. Following this advice, I asked someone to be my sponsor within my first month of meeting.

However, things didn't work out with my first sponsor nor my second or my third. Although they were all amazing women they just weren't the right fit for me.

In the process of finding the right sponsor, I learned a lot of valuable lessons. I realized I needed someone I connected with on spiritual level, not just as a friend. I also needed someone local to hold me accountable. It was crucial for my sponsor not only to have clean time and have worked the 12 steps and 12 traditions, but also to actively apply these principles to their daily lives.

It took some time but eventually I found the right sponsor for me. I am grateful for the journey I went through to learn what qualities I needed in a sponsor.

For some members, a sponsor is only there to guide them through the steps. In my recovery, a sponsor is someone who helps me navigate through life on life's terms and the struggles I encounter along the way. While my sponsor doesn't tell me what to do in a situation or how to act, she does support me in many ways, such as helping me gain perspective and help holding myself accountable for my actions. She serves as a living example of how we can stay clean through any challenges we face, no matter what.

ILS,
Amanda D. 5/11/23

The concept of sponsorship in addiction and recovery plays a crucial role in providing support for individuals who are overcoming challenges related to substance abuse. Sponsorship can offer guidance, encouragement, and empathetic understanding to those navigating the path of recovery. It is a pivotal component in helping individuals stay motivated and determined in their journey towards a healthier lifestyle. Sponsorship plays a crucial role in the recovery process. Sponsors offer empathy, encouragement and a sense of accountability, which can be invaluable in helping individuals maintain their recovery. The transition from a sponsee to a sponsor signifies a significant milestone in one's recovery journey. As a sponsee becomes a sponsor, they take on the role of guiding and supporting others who are navigating the challenges of recovery. This transition represents profound personal growth and a commitment to paying forward the support and guidance they have received. The sponsor dedicates their time to providing guidance, support and encouragement to their sponsee. They invest their time in listening, sharing experiences, and offering advice to ensure the sponsee has the necessary support to navigate the challenges of recovery. The sponsor's time commitment is crucial in fostering a strong supportive relationship that empowers the sponsee to maintain and work towards positive change. The relationship between and sponsor and sponsee is built on mutual trust, support and guidance. The sponsor serves as a mentor, offering their experience, strength and hope. Over time, this bond fosters personal growth, accountability and a sense of community within the recover process.

Ali B.

“With the help of our sponsor or spiritual advisor, gradually we learn to trust and depend on our Higher Power.”

Basic text page 86



What is sponsorship to me?

The first real relationship that I have had in a very long time. A sponsor is someone that I trust and shares their experience with me. Someone that has been in recovery, has worked the 12 steps and has an understanding of the 12 steps. Someone that can guide me as I work the 12 steps. A sponsor doesn't tell you what to do, who not to be with but allows you your own process. A sponsor offers support and guidance. A sponsor is sincere and doesn't judge you. Sponsorship is a two way street! What you put into it, you'll get out of it!

Barbara P.

When I first came into the program, I had no idea what a sponsor was or why I needed one. I heard people in meetings say, "the only wrong way to work the steps is to work them alone", so I started listening in meetings to women who shared. It took me a few months, but I finally got the courage to ask a woman who shared honestly in meetings to sponsor me. It was scary and exciting. My first assignment was to call her every day for 30 days. This is where I first practiced honesty, vulnerability and connecting with another recovering addict. This allowed me to get to know her and let her get to know me. When life showed up later, I was already in the practice of connecting with my sponsor.

Sponsorship has been a cornerstone of my recovery. My sponsor has helped guide me through steps, she has shown me love without judgement, she has helped me learn to feel my feelings and how to practice spiritual principles. For me, my sponsor is so much more than a mentor/guide. She is the one person who I can be truly honest with. Sponsorship has helped me practice vulnerability, honesty, communication, and intimacy with another human being. Sponsorship also has helped me find and develop my relationship with a higher power. Sponsorship is such a beautiful thing we get to experience in NA; I hope to one day be able to give another addict all that my sponsor has freely given to me.

Brooke J.



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"Our earliest involvements with others often begin with our sponsor."

Basic text p. 57

Our sponsors can be abundant sources of recovery information, wisdom and loving words. They've done so much for us. From the late night telephone calls to the hours spent listening to our recovery writing, they've believed in us and invested their time to prove it. They've lovingly and firmly shown us how to be honest. Their boundless compassion I times of turmoil has given us the strength to go on. Their way of helping has prompted us to seek answers within ourselves, and we've become mature, responsible, confident individuals as a result.

Though our sponsor has given so generously and has never demanded repayment, there are things we can do to show our appreciation. We treat our sponsor with respect. They are not trash cans designed for us to dump our garbage in. They have their times of trial, just as we do, and sometimes need our support. They are human, have feelings, and appreciate our concern. Maybe they would like to receive a card in the mail or a phone call expressing our love.

Whatever we do to return our sponsors kindness will enhance our personal recovery, not to mention the joy it will bring our sponsor.

Just for today: My sponsor has cared for me when I couldn't care for myself. Today, I will do something nice for my sponsor.

"Remember, WE NEED BEVER BE ALONE."

Sponsorship IP No. 11

SUBCOMMITTEE MEETINGS: 1st

Sundays

11:00 AM

ACTIVITIES:

Meeting ID:818 5018 3458

Passcode: events

2:00 PM

INTERNET TECHNOLOGY

Meeting ID:878 4933 2302

Password: Tech

1:00-2:30PM

H&I MEETING AND

ORIENTATION

2420 Freedom Dr Suite D

10:30AM

POLICY

Meeting ID:837 6323 8656

Passcode: policy

12:00PM

NEWSLETTER:

Meeting ID: 874 7199 8868

Passcode: news

3:00PM

PUBLIC INFORMATION

Meeting ID: 853 8484 1205

Passcode: public

1PM

PHONELINE

Meeting ID:876 9217 0200

Passcode:PhoneLine

5:00PM

OUTREACH

Meeting ID:810 2853 9946

Passcode: reach

4:00PM

FROLIC IN THE WOODS

Meeting ID:886 1823 0696

Password: frolic