

Sponsorship Corner Script

Thank you for attending our event today!

Our Monterey Bay Intergroup has received many inquiries about Sponsorship, the Sponsor/Sponsee relationship, who qualifies as a Sponsor, etc. Sponsorship is one of the program tools that helps us grow and learn more about ourselves and the Twelve Steps. In response to these inquiries, our Intergroup will hold a "Sponsorship Corner" at the end of each of our events - including today's event.

The "Sponsorship Corner" is a safe place to:

- meet other Fellow Travelers curious about Sponsorship
- explore what the Sponsor/Sponsee relationship might look like for you
- find an emotionally sober Sponsor who has completed the 12 Steps
- offer yourself as a Sponsor
- support others as they take their ACA recovery deeper.

Here's what the BRB says about Choosing a Sponsor (BRB)

Many of us exposed our facade of self-sufficiency for what it was: a camouflaged isolation in which we were terrified of asking for help. We were hiding in plain sight from ourselves and others. We chose a Sponsor - a Fellow Traveler - and took the first step to move beyond isolation. Most of us choose a Sponsor who has similar experiences or someone we can relate to from ACA meetings. We attend meetings and listen to those sharing their stories and experiences. Choosing a sponsor can be as simple as walking up to the person after a meeting and asking for help with the Twelve Steps.

Here's what the BRB says about Being a Sponsor:

Sponsorship in ACA is one of the key actions that helps an ACA member maintain emotional sobriety while continuing to grow spiritually. ACA Sponsors who actively help others with their program tend to face the challenges of life more easily. They have developed a support system in their ACA groups. They know how to ask for help and accept it. Sponsorship represents the third element of a key promise made in The Solution: "We progress from hurting, to healing, to helping".

This can be read in the Sponsorship Corner

An ACA Sponsor is someone who truly understands the effects of being raised in a dysfunctional family. A Sponsor understands the importance of focus and reparenting one's self through the 12 steps. The Sponsor knows the difference between discovery and recovery. Through Sponsorship, we pass on the gift of recovery which was given to each of us. Sponsorship is the vehicle by which we take the road less traveled to a true connection with others and a Higher Power of our own understanding. Sponsors receive more than they give by helping another ACA member work the program.

Thank you once again for joining us today! I hope that you'll join us in the Sponsorship Corner!