

Families Anonymous® Educational Session

Sponsorship

Welcome!

Our panelists today:

- Donna D
- Jeff S
- Lori H
- Maureen G

This presentation will start at 1:00 pm ET and will be recorded.

All participants will be muted upon entry to the session.

Please make sure that your camera displays only your first name and last initial. You may also opt to turn your camera “off” for further anonymity.

Questions may be submitted using the “chat” function, or by raising your virtual hand.

What is Sponsorship?

- A well-respected plan of caring, friendship, and guidance
- Used not only in FA, but in other 12 Step Recovery Programs
- Has helped countless people lead a smoother, steadier, and stronger road to recovery
- Serves as a powerful supplement to our meetings, but never a substitute for them
- Entails just two members engaged in a more private and supportive relationship
- Provides a framework to guide participants as they delve more deeply and personally into the study of the 12 steps and other principles of the FA program

Resource List on Sponsorship

- WSOF-26 *Families Anonymous Sponsorship Guidelines* (free download)
- #1020 *Families Anonymous and Sponsorship*
- #1019 *The Twelve Step Workbook*
- #1004 *The Twelve Steps of FA* (also available in Spanish, and as an audiobook CD or USB Flash Drive)

Other highly recommended materials include:

- #5001 *The FA Tools of Recovery: A Handbook for Members*
- #5010 *The Twelve Traditions in Action*
- #2001 *FA's Do's and Don'ts*
- #1006 *Fourth Step Workbook*

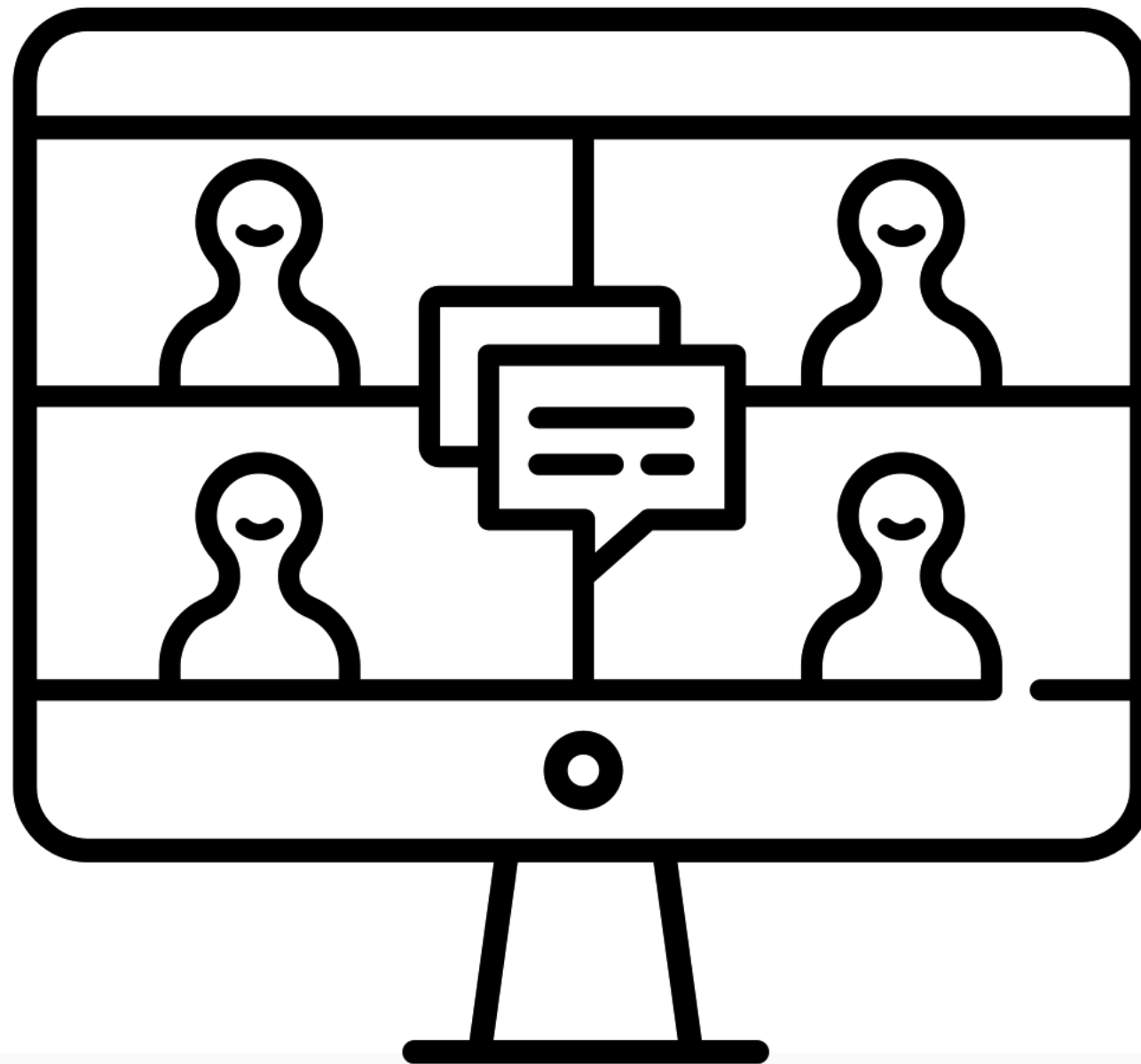
What is a sponsor?

A sponsor is an FA member who has an in-depth understanding of the 12 steps and 12 traditions and demonstrates an ability to apply these principles in his or her own life. They are usually members for more than a year and whose strength and wisdom are apparent in the words they share at meetings.

What is a sponsee?

A sponsee is an FA member who receives guidance from their sponsor in studying the 12 steps and 12 traditions.

Panel Discussion



Important Guidelines for Sponsors and Sponsees

- The Families Anonymous Twelve Steps are the basis of our program.
- The FA program focuses on the member and not on the loved one who has, or may have substance use disorder, or related behavioral problem.
- Sponsorship is not a substitute for attendance at regular meetings. Rather, it is a voluntary and valuable supplement to our program of recovery.
- Regular contact between sponsor and sponsee is important. Both parties should agree to specific meeting times and places and then show up as planned.
- Sponsorship is not a substitute for working one's own program. Sponsees need to take responsibility for themselves without expecting their sponsor to do things or make decisions for them.
- A basic principle of the FA program is that members do not give advice. However sponsees often *ask* for advice, so sponsors need to exert great caution and learn to let their Higher Power be their guide through the Steps.

Conclusions

- Sponsorship is a highly valued step in our personal recovery from codependency. It is an integral part of the FA program available to anyone choosing to participate.
- Embarking on a path of sponsor or sponsee may take some courage: courage to ask for help (the sponsee), and courage to guide someone else in studying the steps and the traditions (the sponsor).
- But, as we have seen here, the ultimate benefits of sponsorship are many, diverse, and well worth the effort.
- Indeed, sponsorship stands as a tried and true way to learn the beneficial principles of FA and to practice them in all our affairs.

Families Anonymous® Educational Session

“Sponsorship”

Q and A Session

- Thank you for attending!
- Please place your questions in the chat box.
- **How did it go?** We would appreciate receiving feedback regarding this session. (Survey link also provided in chat box)

<https://www.surveymonkey.com/r/YLJXD3G>

- To stay informed about future sessions, sign up to receive “FA News” on our website.
- To support additional EC sessions, please consider making a donation to the FA World Service Office.

<https://familiesanonymous.org/donate/>

Or, use the QR code to go to the donations page.





Social Media



[Facebook.com/familiesanonymousofficial](https://www.facebook.com/familiesanonymousofficial)



[Instagram.com/familiesanonymousofficial](https://www.instagram.com/familiesanonymousofficial)



[YouTube.com/@familiesanonymousofficial](https://www.youtube.com/@familiesanonymousofficial)

