

# About Sponsorship

*Basic Text pg 57 &59*

We have found it helpful to have a sponsor and to use this sponsor. Sponsorship is a two-way street. It helps both the newcomer and the sponsor. The sponsor's clean time and experience may well depend on the availability of sponsors in a locality. Sponsorship for newcomers is also the responsibility of the group. It is implied and informal in its approach, but it is the heart of the NA way of recovery from addiction – one addict helping another.

One of the most profound changes in our lives is in the realm of personal relationships. Our earliest involvement with others often begins with our sponsor. As newcomers, we find it easier if we have someone whose judgement we trust and in whom we can confide. We find that trusting others is a strength rather than a weakness. Our experience reveals that working the steps is our best guarantee against relapse. Our sponsors and friends can advise us on how to work the steps. We can talk over what the steps mean. They can help us to prepare for the spiritual experience of living the steps. Asking God as we understand Him for help improves our understanding of the steps. When we are prepared, we must try out our newly found way of life. We learn that the program won't work when we try to adapt it to our life. We must learn to adapt our life to the program.

We cannot afford to lose sight of the importance of sponsorship and of taking a special interest in a confused addict who wants to stop using. Experience shows clearly that those who get the most out of the Narcotics Anonymous program are those to whom sponsorship is important. Sponsorship responsibilities are welcomed by us and accepted as opportunities to enrich our personal NA experience.