

Area 68, AA-SWTA District 2 Newsletter

March 2023

Understanding Sponsors in AA & NA

Center to many people's continued sobriety through a 12-Step approach is the guidance of a sponsor—someone who has familiarity with the recovery process and is willing to be a resource to those learning about recovery.

What Is an AA/NA Sponsor?

“A sponsor is ‘An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.’”

A person who familiarizes themselves with the 12-Step approach and works their way through the steps may be able and willing to help guide newcomers and those looking for extra support. The role of an AA sponsor, then, is to do what they can with their knowledge and experience to help the newcomer, or “sponsee” get sober and stay sober through the [12-Step recovery group](#) program. Sponsors are also common in [non 12-Step recovery programs](#).

A study from 2009 found that sponsors had attended meetings, on average, for 9.5 years. They felt they had three very distinct jobs to perform as sponsors:

- They needed to encourage sponsees to work the 12-Steps of sobriety.
- They felt obligated to provide ongoing support to sponsees.
- They felt that they should share their own personal experiences of AA, to help boost the chances of a sponsee's recovery.

This may seem like a short to-do list, but there is quite a bit involved. An AA sponsor might be required to provide around-the-clock crisis support for sponsees, so those people have someone to call when they are in the midst of a sobriety challenge.

A sponsor might also feel compelled to understand and work the program steps even harder on a personal level so it will be easier to provide instruction for someone in need. Sponsors can help sponsees with relapse prevention and talk to them with first-hand knowledge about [repairing relationships after rehab](#).

What Is a Sponsee in AA/NA?

Anyone who is moving along a journey of recovery from an addiction could be a sponsee. Sometimes, a sponsee is new to sobriety and the 12-Step movement and needs a little guidance from a mentor in order to understand the challenges and expectations of the recovery process.

Most participants of 12-Step programs are strongly encouraged to become a sponsee and find a sponsor.

Sometimes, a sponsee is an experienced member of the 12-Step movement who would like to brush up on lessons with someone else. Anyone who spends time in the movement can be a sponsee.

What To Expect From A Sponsor In Addiction Recovery

While the entire 12-Step group claims responsibility for helping keep its members on a path toward recovery and continued sobriety, sponsor/sponsee relationships can provide extra resources, help, and comfort for those who believe they need it.

An important tenant of the [12-Step program](#) is the understanding that there is no hierarchy to addiction and recovery, so there is no hierarchy among members who attend these meetings. The approach to the AA sponsor and sponsee relationship is informal, with no written rules

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about how often they should communicate or how the AA sponsor should help.

That being said, there are some general approaches to the sponsor and sponsee relationship that 12-step organizations like AA encourage, such as:

- Encouraging social interactions in the group, including attending and participating in group activities and a variety of meetings.
- Sharing and discussing the 12-Step organization's literature and teachings.
- Being available to answer questions, share anecdotes from their past experiences with addiction, and connect and guide a sponsee with tough situations and decisions.

How Often Do Sponsors Meet with Their Sponsees?

Because there are no hard and fast rules to sponsoring someone in a 12-step program, there is no requirement for the amount of time a sponsor must spend with a sponsee.

Some sponsors speak with their sponsees every single day. Some speak with them just once or twice per week. Some make themselves available around the clock for questions and support. Others have "working hours" in which they will accept calls. Some hold reading sessions for sponsees during off hours; some do not.

In general, the time involved should not be burdensome. After all, sponsors are also in recovery, and they need to attend to their own health and healing. They may not be able to support their own recovery if they are devoting excessive amounts of time to the healing process of others. That being said, it's reasonable to assume that the time involved is measured in hours, not minutes.

How to Be an AA Sponsor

There are no tests to complete and pass, no licenses to apply for, nor any fees to pay to become a sponsor in a 12-Step program. Anyone with a personal connection to the recovery process who is willing to share with someone else can be a sponsor. However, despite there being no rulebook for it, it can be a big responsibility for someone who is also still struggling with their own recovery and sobriety. It comes down to whether the person wanting to be a sponsor is ready to take on the role of an AA sponsor.

Finding a 12-Step Program for You

Support group meetings are not hard to find, and anyone who wants to attend a meeting can. You can find more information about meetings from a couple of the common 12-Step groups below:

- [Alcoholics Anonymous \(AA\)](#)
- [Narcotics Anonymous \(NA\)](#)

Those who want to take on a sponsee or become a sponsee need to do little more than ask. These communities are open, welcoming, and made for everyone. Most people who attend really want to help others, and they are willing to work with anyone who asks for help. People who want to get involved can simply state that preference, and the group is likely to help make the right match.

Complete article at:

<https://sunrisehouse.com/addiction-treatment-new-jersey/aftercare/roles-sponsor-sponsee/>

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EVENTS:

Spring Assembly Marble Falls Spring Assembly, March 31st – April 2nd

“For on unity depend our lives and the lives of those to come.”

Lakeside Pavilion, 305 Buena Vista Dr Marble Falls TX 78654

Quality Inn – 1206 HWY 281 N. Marble Falls
\$139.99 Group Code: SWTA68
(830) 693-7531

Other Surrounding Hotels located In Marble Falls: Hill Country Inn, La Quinta & Suites and Motel 6

Join us for the 76th Annual Texas State AA Convention San Antonio, Texas June 9 – 11, 2023

We have amazing speakers. Enjoy a weekend of incredible speakers panel, meetings and fellowship as we celebrate recovery Texas-style. Don't miss this opportunity to mix and mingle with friends in recovery.

The Westin San Antonio North
9821 Colonnade Boulevard
San Antonio 78230
210-691-8888

<https://txaaconvention.org/>

SAVE THE DATE: July 21 - July 23 2023 Summer Workshop

Flyer Coming Soon!

Adams Street Community Center 511 E Adams Street, **Brownwood**, TX 76801

SAVE THE DATE: 2025 International Convention in Vancouver July 3, 2025 - July 6, 2025

The 90th anniversary of Alcoholics Anonymous will be celebrated at the 2025 International Convention in Vancouver, BC, Canada, July 3 – 6, 2025. The theme of the 2025 International Convention is “90 Years – Language of the Heart.”

General registration and housing information will be available on the International Convention webpage in early 2024. Actual registration site links, forms, and hotel booking links will be communicated to the Fellowship in August/September 2024.

<https://www.aa.org/international-convention>

Please see our page for news releases:

<https://www.aa-swta.org/2025intconvention>

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LOCAL INFORMATION:

Birthday Night

Is the first Saturday of every month for the previous month. Please put your name on the whiteboard if you have a birthday this month so you can be recognized.

The River Group San Marcos

New Address: 501 Broadway. The door for the meeting is around the corner, on the side facing the chicken restaurant; the doors facing the parking lots are for the other business in the building.

The new phone number is 737-357-2020

The Saturday Women's Meeting

Has moved to Thursday at 8:30 pm (replacing the 8pm candlelight meeting)

New Braunfels' Group Conscience Meets At 12:15pm Every 3rd Sunday of the month.

All members of New Braunfels Group AA are encouraged to attend...after all, we can't have a conscience without a group! ;-)

(Attendance is mandatory for service members.)

New Women's Meeting at the 24 Club

Started Saturday February 18th, 8am.
Children are welcome

Online 12 Step Meetings

Go to <https://12steppers.org/online-virtual-12-step-meetings-for-each-12-step-program/> for a list of meetings.

Zoom Meetings

New Braunfels Group Zoom meeting is at noon every day except Saturday.

ID: 86494683219

Passcode: 24Eikel (case sensitive)

Grapevine and La Vina

2023 Carry the Message Project: Give a gift subscription to an alcoholic who needs it. Great for sponsees, newcomers, prisons or detoxes.

Grapevine La Vina are great twelve-step tools, cost is 28,97 per year. Get your group district, area or AA friends to join in: Carry the Message – its Easy.

Go to aagrapevine.org/carry-the-message or www.youtube.com/c/aagrapevine

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History Of La Viña

BREADCRUMB - HISTORY OF LA VIÑA

The Spanish-speaking A.A. Fellowship in the U.S. and Canada and in other Spanish-speaking countries has grown phenomenally in the last decades. While several local bulletins and magazines — some of them modeled after the Grapevine — have appeared in Spanish-speaking countries over the years, these are usually geared at their national community and have limited distribution elsewhere. Also, many Spanish-speaking members of A.A. had wanted for some time to be able to read and submit articles to the Grapevine in their own language. This expressed need was taken to the General Service Conference in 1991 and a recommendation was issued that the Grapevine begin publishing at least one article in Spanish every month. These articles appeared regularly between September 1991 until June 1996.

In 1995, the General Service Conference addressed the expressed need within the United States and Canada for a Spanish-language edition of the Grapevine and gave its approval to the idea. In July 1995, a special edition of the Grapevine in Spanish was produced, containing articles which had already appeared in English magazine. After presentation of a business plan for the new magazine to the trustees' Finance Committee (which was approved), the Grapevine began preparations for La Viña, planned as a bimonthly publication for Spanish-speaking members of A.A. The first issue came off the press in June of 1996 and copies were distributed to subscribers in the United States, Canada, Mexico, Central and South America, the Caribbean and Europe.

Originally the Conference voted for the production of La Viña as a five-year experiment, but in 2001, the General Service Conference recommended that La Viña continue to be published by the A.A. Grapevine and supported by the General Service Board as a service to the Fellowship. The print run is currently at 15,000

magazines. The number of subscribers has grown slowly but steadily every year and is currently over 9,000.

If you have any information about local groups, or if there is something you would like to see in the newsletter, please let me know by texting to Judy H at 830-388-1652!

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