

Monday Night How It Works AFG Open Meeting

Date: Dec 13, 2021 - 7-8pm CST - In person only

Topic: Sponsorship

Al-Anon Speaker: Jaye R.

One Day at a Time - PG 277

It is a spiritual experience to lead a desperate newcomer into a new point of view. We learn the subtle difference between pity and sympathetic understanding. We do not flaunt our own success in Al-Anon; we let it speak for itself.

A good sponsor keeps in touch, gently conveys the idea that it's always darkest just before dawn and gives a lift to the bruised ego.

1. How long did it take me to get a sponsor?
2. How did I decide who to ask to be my sponsor?
3. Was there something I was afraid to tell my sponsor? What made me change my mind?
4. What do I do when someone asks me something I have no experience, strength or hope on?
5. Do I sponsor others? Do I have a process I use to say yes?

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