



Portland Al-Anon Information Service & Literature Depot

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## Sponsorship: for Recovery, Unity, and Service

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**Sponsorship: What It's All About** (P-31) Provides guidance on finding a Sponsor, what to expect, and suggestions for Sponsors.

**Sponsorship Bookmark: Working Together to Recover** (M-78) Bookmark about sponsorship, its purpose and its focus, Includes essential characteristics of members who sponsor.

**How Al-Anon Works for Families and Friends of Alcoholics** (B-32) This book addresses many Al-Anon basics, including Sponsorship and the Steps.

**Discovering Choices** (B-30) Members share how they have improved a wide variety of relationships affected by alcoholism by using the program's tools, including Sponsorship. Each chapter includes personal sharings plus questions for discussion.

**When I Got Busy, I Got Better** (P-78) The secret to recovery is service. Members share how Twelfth Step work and serving as a Sponsor build self-esteem, confidence and trust, while reducing fear and isolation.

**Service Sponsorship: Working Smarter, Not Harder** (P-88) Benefits of not doing it alone by having or being a Service Sponsor are explained. Includes tips for effective service experiences.

**Alateen Sponsorship: Is It For You?** (S-27) Questions to help Al-Anon members decide about sponsoring an Alateen group.

**A Guide for Sponsors of Alateen Groups** (P-29) Basic information for Alateen Group Sponsors on starting and supporting an Alateen group.

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*Contact anytime via e-mail [ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org)*

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