



Caterpillar

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EDITOR'S NOTES



Never Underestimate the Power of a Sponsor

When I first entered the Al-Anon program, I was reluctant to talk with other members outside of the meetings. I guess I felt like I didn't want to burden others with all my problems. As time went on, I began to realize that a part of working this program was built on relating to others both in the meetings and outside of them as well. Slowly, I got to know some of the people in my group. All of them shared with me and gave me the encouragement and support I needed but there was one person with whom I felt I had a more common bond. I saw a special type of calmness and tranquility in her that I knew came with the years of experience in the program. I very much wanted to have that sense of calm that I saw in her . . . that special . . . SERENITY.

One day I got up the nerve to ask her to be my sponsor. I didn't really know what that meant, but I kept hearing that it was important to have one. She gladly accepted me as her sponsoree and it wasn't long before I realized how special this friendship would become.

My sponsor was there for me in my darkest days when I was making some very difficult choices in my life. All I had to do was pick up the phone. Whenever I found myself in a bad place in life, I would call her and she would say "Let's see what we can do to get you on track again." The key word here is "we". She would listen to me silently, while I cried through my story. After she assessed my situation, she would ask me questions that would lead me to a greater understanding of the situation at hand. She never gave advice, but rather shared her own experiences and taught me how to think differently. Together we would work out the problem. By the end of our conversation, I was in a better place emotionally and had the mental tools I needed for dealing with the situation on my own.

Thanks to my sponsor, I am becoming a person with a healthier way of thinking. She is my mentor when I need to be taught, she is my sounding board when I need to be listened to, but most of all, she is my friend for all time. ●

—Robin J.

