Q of the Month April 2019

**Tradition 8: “Nar-Anon 12th Step work should remain forever non-professional, but our service centers may employ special workers.”**

**Step 12: “Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.”**

How many times have we begged for an answer to the question, “Why?” “Why me?” “Why my loved one?” How many times have we sought help for our addicts and nothing that was suggested worked? How many times have we sobbed into another’s shoulder, “Where did I go wrong?” “What do I do now?” “Where do I turn?”

As members of Nar-Anon we have something to offer that the counselors, doctors, clergy and scientists don’t have. What we provide doesn’t require any specialized training, nor does it cost money. What is this gift we so freely give? We give our humanity and compassion. We give our presence and our attention, which frees others from the despair of loneliness and isolation. We share our experiences, our struggles, our guilt and our grief. We share the reclaiming of our lives, our hard won victories, our changing views, our expanded hearts, and our wisdom learned.

When we are members of Nar-Anon we leave our professional identities and titles at the door. I find it interesting that so many of the people in Nar-Anon are in the “helping” professions- Doctors, nurses, Social Workers, Teachers, Communicators, Managers, Problem solvers, and “people” persons. Inside our rooms, as non-professionals, we are equals. Our meetings are not classes or therapy groups. By remaining a volunteer enterprise, we stay focused on our purpose of helping others rather than focusing on personal ambition. **There are service opportunities and service needs galore**- but alas, no promotion and no raise in pay.

One area that needs “people” persons and “helping” individuals is Sponsorship. As a sponsor you are practicing the Nar-Anon program for real, like an internship, and as a “helper” you are practicing boundaries, honesty, and principles over personalities.

In my experience, most people in Nar-Anon seek a sponsor when they have either started step study or are in a place of truly investing in changing their personal situation or changing their mindset about addiction or are searching for the sometimes elusive Higher Power.

**Q. Let’s talk about sponsorship!**

Theresa C, Midwest Delegate

Resources: Booklet: Questions on Sponsorship, 2011

Book: Guiding Principles, 2016