

August 2008

Java Journal



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The Art of Good Sponsorship

From the Akron Intergroup Newsletter, May 2008.
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By Rebecca H... Kent Friday Night

I have scoured the *Big Book* on many occasions in an effort to find out more on sponsorship and how to properly/effectively take another alcoholic through the Steps, and came up short. In reviewing the *Big Book*, I only found limited reference to a "sponsor". Ironically, though, I noted that there is an entire chapter devoted to "Working With Others" that likely holds the key to many of the mysteries surrounding sponsorship.

There also exists a pamphlet titled "*Questions and Answers on Sponsorship*" that is Conference approved literature. I have read this pamphlet many times, at length. It contains many elements that have been extremely beneficial to my understanding of the nature of the relationship between sponsor and sponsee.

As to the benefits of sponsorship in my own life, I have been extremely blessed with a loving and understanding sponsor for more than 4 ½ years of my sobriety. She may not always tell me what I want to hear, and sometimes tells me things that I don't believe I need to hear, but she ALWAYS listens. I feel that listening is often more important than sharing experience, strength, and hope.

Sharing experience, strength, and hope, though, also plays an integral part in sponsorship. In my own relationships with my sponsees, I try to be ever mindful of alerting them that the suggestions I give are usually passed down to me from my own sponsor or support group members, or even other AA's that I am not personally acquainted with, but with who's deep, effectual spiritual presence I have been party to or made aware of. I also try to emphasize

that when I "suggest" things, this is NOT the same thing as giving advice. I am NOT a spiritual, financial or marital 'advisor'. I am just another alcoholic, trying to get through life one day at a time, following God's will and plan for me.

I have been afforded the opportunity to sponsor many women in a relatively short amount of time, but this is mostly because I constantly refer mentally in the back of my mind to our primary purpose and the "responsibility statement". I know that my job today is to fit myself to be of maximum service to God and my fellow man & to carry the message of AA to fellow suffering Alcoholics. I try to pray daily for God's will on how to do those things to the best of my ability.

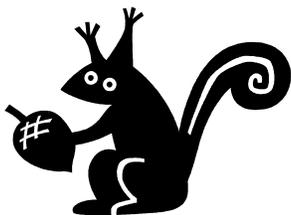
I do also know, however, that sometimes sponsorship is NOT the best form of support that I can provide to another suffering woman. Often, I learn in talking with them that they have other issues or beliefs that are more akin to perhaps another recovered AA that I am aware of and my duty is to try to point the newcomer in the direction of that person. I need to give it away to keep it, but remain conscious of the fact that I have to HAVE "it" to give away. If I sponsor 100 women, and go to 7 meetings a week, and pray constantly, but don't meditate and take good physical and spiritual care of myself, I run the risk of "tanking out" and exhausting my spiritual well.

Sponsorship has been and remains to be a very important piece of my recovery path. I pray that I am always afforded enough willingness to keep some time open to help at least one woman full time, so that I can continue to walk the steps with another Alco-

(Continued on page 2)

August Birthdays

Neil T. 8/21/71,
37y



**N. not
U. using
T. the
S. Steps**

The Art of Good Sponsorship (cont.)

(Continued from page 1)

holic, and thus ensure my own sobriety. Time is what you make it!

I also know that the difference between "Good" sponsorship and any other kind is all relative to my own perceptions. If I choose to focus on what I disagree with or don't like about the way that I sponsor someone,

or am being sponsored, or even how someone ELSE is being sponsored, I am usually focusing on Personalities before Principles. As long as I bear in mind that there are no such things as "BAD" experiences/examples, and that I can stand to learn from ANYONE in the rooms (either about how I hope to be, or how I hope NOT to be), I know that I will continue to grow.

Help Wanted

Volunteers needed for the Central Office bookstore. Most office staff shifts are available. You can volunteer as much or as little as your schedule allows. The Central Office is located upstairs at the Alano Club (102 E. Kennewick Ave)

The bookstore hours are: M-Th 11:30am – 1:30 pm and 6:00–8:00 pm; Sat 10:00 am–2:00 pm; closed Fri and Sun. Please call Jan P. for information on available shifts (554-7507).

about AA to members of the community whose profession may bring them into contact w/people who may suffer from alcoholism. They are in desperate need of assistance. You can contact Amanda at 528-3246 for meeting times and information.



The Treatment Committee facilitates the means of "bridging the gap" between the treatment facility and an AA group or individual. This group is also in desperate need of assistance. Call Roy S. at 308-7565 for information.



The Special Needs Committee ensures that alcoholics who have visual/hearing disabilities, are physically impaired, and those who speak other languages have access to meetings. You can call Heidi at 539-5730 for information.



The Special Events Committee fosters unity through social activities among the members of AA (i.e., Gratitude Banquet, Fourth of July Picnic, New Years Party, etc.). Call Joseph A. at 539-5256 for information.

The Corrections Committee carries the AA message of recovery to alcoholics in corrections facilities. They need your help. They meet downstairs at 8:00 pm at the Alano Club on the 2nd Wednesday of the month. Contact person: Tina at 582-4013.



The Answering Service Committee is also in need of help. They provide a manned local phone number for the public to contact AA. They meet at 6:30 pm on the last Wednesday of each month at the Alano Club. Contact person: Robert S. 205-1657.



The CPC/PI Committee provides information

Insider's Report on the 4th of July Picnic

The 4th of July picnic was a success! We started barbequing at 10:30 and finished a little after 2:00. We could have gone till 3:30, there were still people showing up. But there was enough food to keep everyone happy and a large variety of potluck items.

Angel Don H. from Finley was the speaker. We had games for the kids and the 50/50 raffle pot was \$163.50 for Kevin B.

We had a lot of good feed back in the following week. We (the Special Events Committee) now have our sights on November's Gratitude Banquet! We hope the fellowship and home group members will pull together as they did last year. This year we will be in Dillon Hall at St. Josephs Catholic church in Kennewick with a seating capacity of 500, up from 350 last year.

Thank You, Joseph A.

Today...

Sent to the Java Journal by a local recovering alcoholic. Copyright unknown.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am alive.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn my lack of friends or can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to do.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping. What today will be like, is up to me.

I get to choose what kind of day I will have!

Written by Melissa M. Reprinted with her permission.

Why do the people in our lives seem to be forever changing?

It seems to be when comfort has set in everything takes a different direction.

People come and go and you see who really cares enough to climb over the walls that we put up around us.

I wonder, "am I doing the next right thing?"

GOD will be the only one to judge me for what takes place in my life.

I've learned there are only 3 answers to my prayers:

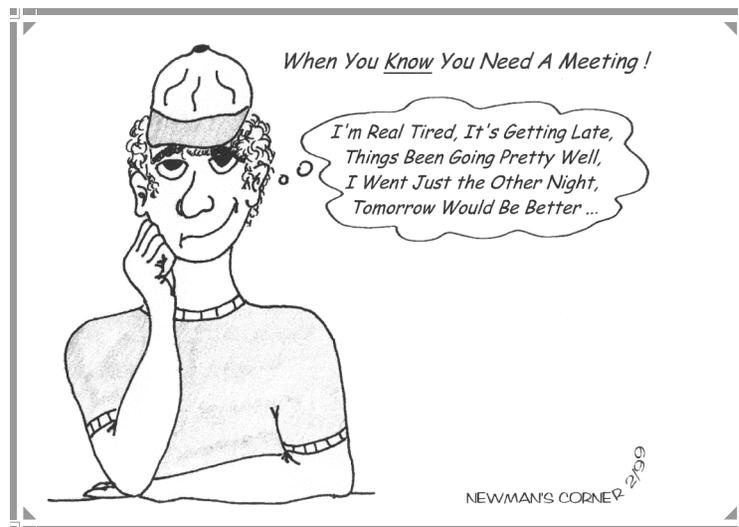
- 1. Yes*
- 2. Not Yet*
- 3. I have something else in mind*

Knowing whatever happens in my life, GOD will not let me go through anything I can't handle.

In the end I'll stand back up, be a little stronger & have more wisdom to take in life's next challenge.

Take me here I am

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AA's Newsletter for the Greater Tri-City Area

Central Office

102 E. Kennewick Ave. (upstairs at the Alano Club)
POBox 6675
Kennewick, WA 99336

Central Office Hours of Operation
Mon - Thu, 11:30 am—1:30 pm and 6:00—8:00 pm;
Sat — Sun, 10:00 am—2:00 pm; closed on Fridays

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or 554-7507 (c)

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Please Contact The Java Journal Editor With the Following Info:

- Birthday announcements: send your name, sobriety date and years sober;
- Events, announcements, fellowship information, Journal corrections;
- Your email if you would like to receive the Journal in your inbox once a month.

At Wit's End *Reprinted with Permission from the April 2007 Grapevine*

An unhappy-looking drunk sat at the bar and told his troubles to another drunk. "Last night was a bad scene, man," he said, "It took four of my buddies to get me into my house."

"Wow," replied his acquaintance, "You must have been passed out cold."

"No," replied the first drunk, "I was still on my feet. But my wife put up a hell of a good fight."



Calendar of Events

Chapter 5 Fifth Annual Potluck Picnic Potluck beginning at 11:30 am, Speaker at 1:00 pm. Bring a dish to share, Hot Dogs and Hamburgers provided. Fun for all...all are welcome. Volleyball, 50/50 raffle. Chiawana Park, Road 88 and Columbia River, Pasco. West end of park near the Volley ball Courts.	Aug 23
Answering Services Committee Help needed to carry the cell phone. Meets the last Wednesday of the month at the Alano Club at 6:30 pm. Call Robert S. w/questions 205-1657	Aug 27
Special Events Committee Meeting Help needed for planning fellowship events such as the Gratitude Banquet, Fourth of July Picnic, New Years Party, etc. Meets the 1st Monday of the month at the Alano Club at 6:45. Call Joseph A. w/questions at 539-5256	Sep 1
Archives Committee Help needed to assist with gathering historical information and memorabilia of our local AA. Meets the 1st Saturday of the month at the Alano Club at 1pm. Call Bob V. with questions: 948-5067.	Sep 6
Central Office Meeting This monthly meeting includes all committee chairs for the District 4 area. Any/all AA members are welcome! If you're interested in getting involved (just a little or a lot) or need a service position, please come and check it out. 6:45pm, Alano Club (downstairs), Kennewick	Sep 8
2008 Pacific Regional Forum , Hosted by Area 92. Double Tree Spokane Center, Spokane. More info to come... www.area.92aa.org	Aug 29—Aug 31
3rd Annual Pig-nic BBQ, Potluck, Speakers Meeting. Chiawana Park in Pasco. More information to come. Don't hesitate to call Tim H. if you have any questions 542-9494	Sep 13
10 Annual Li-Lo-La (Live-Love-Laugh) Women's Campout and Spiritual Retreat On the Spokane River in Post Falls, ID. 12 Step Meetings, Potluck, Speakers. Kids and leashed dogs welcome. Swimming area, showers, full kitchen, hiking, bunk houses, trailer hook-ups or tent space. It's all FREE. Contact person: Jill (509) 879-0067. Also see fellowship calendar at www.area.92aa.org	Sep 19—Sep 21
October 2008 Assembly Mirabeau Park Hotel, Spokane Valley, WA. Contact persons: Craig H (509) 979-5338 or Kit W. (509) 559-5100. Also see fellowship calendar at www.area.92aa.org	Oct 17—Oct 19
20th Annual Mount Baker Roundup Bellingham, WA. Guest Speakers, Dance, Banquet, etc.. See http://www.mountbakerroundup.org to register or to get more information.	Oct 31—Nov 2