



# Nar-Anon Family Groups Newsletter

## The Serenity Connection

### WSC 2023—PROGRESS THROUGH WORLDWIDE UNITY

April 28—May 2, 2023

- ◆ The Conference Agenda Report (CAR) will be available the first week of December. The report contains the Standing Rules of the Conference and the motions that the Nar-Anon Fellowship will consider at the WSC.
- ◆ The CAR will be emailed to each delegate and alternate delegate and will be posted on the Nar-Anon World Service website.
- ◆ Regions must submit a copy of the minutes verifying election, continued endorsement or other written confirmation of the delegate and alternate delegate, and their intention to send a delegatesand/or alternate delegate by **December 31, 2022**.
- ◆ For WSC 2023, the amount will be \$500.00 (in U.S. dollars) for each person attending as a delegate, alternate delegate or representative. Payment (check or money order - U.S. dollars) can be made to Nar-Anon FGH, Inc., and sent to WSO - 23110 Crenshaw Blvd. Suite A, Torrance, CA 90505 or sent to our PayPal link or QR code.
- ◆ The Conference Approval Track (CAT) material will be sent on **January 27, 2023**.
- ◆ Any member of Nar-Anon or Narateen may observe the conference (audio only), at no charge. Please inform the WSC Committee by **April 3, 2023** if you wish to attend as an observer.
- ◆ Visit the World Service website for more 2023 World Service Conference information.

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THE SERENITY CONNECTION

# Save The Date

## 2022 STATE OF AFFAIRS

### BOT ROUNDTABLE

With The Nar-Anon Fellowship

December 10, 2022

12:00 pm EST; 9:00 am PST; 19:00 pm CET

More information coming soon



### Staring at the darkness – and a prayer

For me, darkness is there because I put conditions on light. I am addicted to my comfort.

Every time I choose comfort over my Higher Power's path, I remain in darkness.

My Higher Power's signs are not what my disease wants.

When I wake up in the morning and choose to stay in bed, choose to stay in my thoughts, I choose darkness.

Every time I refuse to cook for myself, to brush my teeth, to get ready to go out, to do shopping, to call someone and share, to breathe and be patient; I choose darkness.

- I have learned that when I say something once, I am sharing what I feel or think about a topic.
- If I share it twice, it's already an attempt to control.
- If I say it three times or more, I'm trying to manipulate.

For me, darkness is putting conditions on my Higher Power's will.

Darkness is to ponder a prayer instead of saying a prayer.

Darkness is snacking instead of cleaning the kitchen, shopping for food, cooking, cutting, mixing, cleaning again, and eating at the table.

Darkness is choosing the shortcut.

Darkness is avoiding action to stay in comfort.

Darkness is choosing not to run because I would sweat, shower, change clothes.

Darkness is thinking instead of living.

Darkness is not knowing how many trees there are in my house's garden.

Light is allowing my body to do the footwork.

Light is saying "yes" to action and responsibility.

Light is doing *\*something for twelve hours that would appall me if I felt I had to keep it up for a lifetime.*

God, grant me the willingness and the courage to choose light over darkness today.

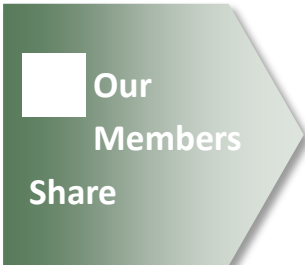
*\*Just For Today, The Nar-Anon Blue Booklet*



### WS WEBSTORE

### NEW CATEGORY

We now have discounted literature for sale. Check out the WEBSTORE!



## **Step Eleven, Conscious Contact with God**

Part of Step Eleven reads “...*improve our conscious contact with God as we understood Him.*” In Step Two, I was introduced to, and gained knowledge of a Higher Power. (For me my Higher Power is God) Step Eleven is calling on us to strive for improvement.

I am grateful for my knowledge of God in Step Two, I couldn’t have continued my Step work without God.

I start my prayers with the Serenity Prayer, and thank God for all my victories, for all the people in my life, and the Nar-Anon fellowship. I continue by sitting quietly and handing over all the things that are troubling me, including powerlessness over my ALO.

Turning my will over to God gives me a sense of relief. Listening to God and not talking reminds me of the times and situations where I haven’t been patient, gracious, compassionate, loving, or kind. God doesn’t remind me of these things to make me feel guilty, instead I’m reminded so that I can make amends, ask for forgiveness, change and grow.

I believe that God talks to me when I pray and meditate. He also talks to me through people and the Nar-Anon fellowship meetings. I know when God speaks through people because I sense my Spirit moving me.

When people share their experience, strength, and hope, it provokes me. I take those thoughts and pray and meditate. I ask God for guidance on how to apply it in my life.

As I go through the steps, my conscious contact with God grows stronger and I apply Step Eleven to my recovery.

## **COMMUNICATION—WHAT I SAY**

When I entered the rooms of Nar-Anon, I heard someone say that people should say what they mean, mean what they say, and not be mean when they say it.

In recovery I have realized that good communication skills greatly improve my chances of developing good, healthy relationships.

I can’t expect people to read my mind, therefore effective loving communication turns me into an “open book”, and all my relationships can be built up or torn down on my merit.

Developing good, loving communication skills is a two-way street. In recovery I have discovered that I generally get what I give. In all my good healthy relationships I mostly receive reciprocal treatment. My healthy relationships enhance my spiritual well-being and improve my self-worth.

In recovery I have learned that communicating what I want others to know about me, and my opinion on a whole range of subjects, is exclusively my responsibility.

One of my goals in recovery is to have good, loving, healthy communication skills, and to build on that by having mutually respectful relationships with each and every person in my life.



## A LOVING GOD

From the beginning of my recovery the 2<sup>nd</sup> tradition has been very special to me. I came into the rooms of recovery full of fear and despair. I had learned enough about the family disease surrounding addiction to know that I did not have the knowledge within myself to “detach with love”, “let go and let God”, and have healthy boundaries; I had none. In my family of origin loving was attaching, caring was caretaking, and your struggles were mine to help with - always. In my dance with addiction, fear, caretaking, and control were destroying us all – we were simply worsening as our diseases progressed. As I studied the path to recovery, the characteristic that was most evident was the love. The love of those in the fellowship for one another and the love of a power greater than ourselves; a god we have the freedom to discover and understand through the working of these steps and others in recovery. Through the traditions our higher power draws us and holds us together as a fellowship of hope and help.

When I was afraid for my loved one in recovery, I was often reminded by Step Three and Tradition Two that my higher power will guide and care for me and mine. This power I am seeking is loving. My challenge was to turn my will over and choose to trust. There was love in the midst of the mess and messiness of recovery changes. I, for my own peace, needed to lean into that loving care and guidance I was finding through working the steps and being a part of the fellowship.

In all of the steps and traditions there is only one description of the higher power of our own understanding and it is loving. Loving is an adjective which means both affectionate and painstaking.

Evident power is in countless rooms of recovery all over the world.

In my personal recovery I often need the reminder of this loving higher power when I feel my fear stirred up by the destructive disease of

addiction and it's effect on us all.

To me, a group conscience is to be a reflection of our higher power's loving direction for our group. It is a seeking process, a safe and open process, where thoughts and ideas are spoken so we might align ourselves as a group with our higher powers' will for us. Loving is to be a characteristic of this process.

Loving is the word that describes our higher power. I believe our higher power's authority over us is loving and for us all, always.

Loving is the hard truth of step one, grounded firmly in reality.

Loving is the "why" of step two, our being restored to sanity.

Loving is the care I receive as I will/choose to follow the guidance of a higher power in Step Three.

Loving is the guidance I experience in sorting through my life in Step Four.

Loving is the God I reveal my whole self to in Step Five.

Loving is the removal of my shortcomings, by my higher power in step six and seven.

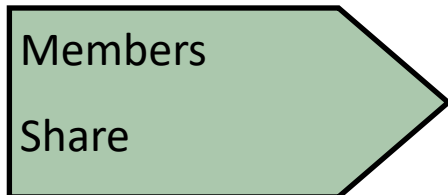
Loving is the forgiveness and mending that happens in my broken heart and relationships thru Step Eight.

Trusting is the relationship I continue to seek and experience as I continue to consciously choose to connect with my loving God, as my recovery continues.

My loving God grows in me an ability to apply a spiritual program of practicing trust, rather than my prior life of practicing fear, which was living in the darkness and fear, reactions created by the disease of addiction.

A loving God - a game changer in my soul.

A loving God. May I be a reflection of that loving and care in all my affairs.



### **ARE YOU ON MY LIST?**

Tradition Three says I am a member if I believe I am a member. I became a member the first time I made a phone call or attended a meeting. I tried several groups before I found the one I now call home. But what part of me lingers if I visit your group before trying another? Will you track me for the rest of my life? Phone lists and mailing lists can be a lifesaver to those in need, or they can be an albatross hung around the necks of those who were just passing by.

Is your group maintaining both the adds and deletes on your phone/mail lists? Are you giving newcomers lists with names of members you have not seen in over a year? Are the members on your lists currently available and willing to be called? Do you make it easy for members to get off your lists if this is no longer the right service opportunity for them?

### **FINDING THAT FIRST FLICKER OF SERENITY**

When I first came to Nar-Anon, I hadn't known peace of mind in years. Indeed, I was a nervous wreck. I couldn't sleep, I hated coming home from work, I would nearly jump out of my skin when I heard my addict at the door. I nursed resentments, took everything personally. I continually asked God "why me?" as if I had been singled out for some special kind of suffering.

I had known addiction all my life. It was present in my family growing up. I learned ways of escaping it, and ultimately thought I had left such horrors behind. Yet somehow it returned to my life when my partner was injured, and got addicted to pain killers and eventually stimulants. I wouldn't believe it, at first. But things got worse and worse until I had no choice but to surrender to the awful truth.

I thought that to admit what was happening was the worst thing to do. Yet it turned out to be the first step towards

serenity; although, admittedly, it didn't feel much like that at the time. But there was a brief respite from the constant worry and fear. And that was enough to get me to come back to more meetings. Maybe, just maybe, the answer was not to be found in obsessing over the addict's behavior, or avoiding reality.

It didn't happen overnight. In fact it took months of attending meetings, and eventually working the steps, for me to find ways to release my addicted loved one to his Higher Power. Setting boundaries was new to me. I had to learn it was not controlling others but honoring myself.

Gradually my life got more manageable. And, I found that I needed solitude, not isolation. I had been so lonely, and tired, it was hard to find motivation to change my life. Now I could turn this over to a God of my understanding, and trust that if I kept working the program, the program would work for me.

### **Newsletter eSubscriptions**

Click here for your **FREE** e-subscription to [The Serenity Connection](#). Subscriptions to date: **>7439**

## Virtual meeting use of pronouns

I wanted to share my opinion on the use of pronouns some members use after their name on virtual meetings. This has become a topic of discussion with members of the fellowship.

I see the use of pronouns as a violation of Tradition 10, *The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.* Our handbook "Our Traditions" states: "When we share on outside topics, we may alienate others who feel differently or create dissension in our group." As a member of Nar-Anon, the Steps, Traditions, and Concepts are the foundation of my recovery program and they bring unity to the groups I attend. I see the use of pronouns as an outside issue because gender identification has become a political issue not only in the USA but around the world. It is being used in political ads in the state I reside.

There is no difference between a face-to-face meeting and a virtual meeting; both abide by the Traditions and Concepts, and courtesy. If we only had face to face meetings, do you think a person would make an announcement how they want to be identified? In meetings we do not use he/she/him/ or her. In face-to-face meetings we call on people by the name they introduce themselves with, and in virtual meetings the name they post. In the past, and in some countries, some members used pseudonyms. I think we all need to remember we don't care where you live, how much money you may or may not have, your profession or who the addict in your life is, and we don't care what gender you are. A twelve step program may be the only place where it does not matter.

## New Chapter

I'm onto a new chapter,  
one without you.  
In this one I can be free.  
It's the one I have sought after.

My head spins around and around.  
I take a seat,  
a long deep breath,  
and allow my feet to touch the ground.

I know what I want,  
I know what I need.  
I know what I have,  
and I know where I'm going.

With my feet on the ground,  
I feel the spark in my soul.  
It's everything I wanted.  
It was me that needed to be found.

I have been found.  
I know who I am.  
I am no longer stuck,  
My roots are not bound.



## Using the Tools

Thanks to Nar-Anon, I can more quickly and clearly identify other people's efforts to manipulate me today. Before, I was easily manipulated by the addict and other people in my life. This led me to make decisions with which I did not always agree, hoping that they would love me for it. I supported the others expecting something in return. I manipulated, too.

Today I have tools when I feel someone trying to manipulate me. I can stop and think whether or not I agree with what is being proposed. If the influence of the manipulation is too great, I can try to seek serenity, I can even leave the physical space if I need to. When that's not possible, I can focus on taking only what works for me and discard the rest.

## World Service Committee Corner



## WS Outreach Committee



### Holiday Outreach

Holiday season is on the doorstep and soon we will welcome a new year in. Folks all over the world are involved in family gatherings and other holiday festivities. Nar-Anon members are no strangers to such things too because being a part of the Nar-Anon fellowship gives us strength and hope and the ability to enjoy holiday time. However, there are many for whom any holiday is still the time of hardship and despair.

The World Service Outreach committee is asking you to reach out to those who are still on that unhappy road searching for serenity and peace of mind. We were making our New Years outreach resolutions in December 2021 to make an effort to carry the message of hope. Now is the time to do it again.

How about visiting a treatment center or promoting Nar-Anon meetings in your region? You will find many ideas and resources to perform outreach at <https://www.nar-anon.org/outreach> together with The Public Outreach Power-Points, Information packets for outreach, and Step-by-step how-to guides designed to facilitate outreach service and carry Nar-Anon's message of hope.

Whether you are determined to keep your last year's resolutions or make new ones, no effort will be too small. We welcome your suggestions at [outreach@nar-anon.org](mailto:outreach@nar-anon.org) and continue to join our efforts to carry the message of hope to others.

### A Service Opportunity

From time to time, graphic help is needed for various projects. The Outreach Committee is looking for help in updating and refreshing some of our literature. If you have knowledge of graphic design, and are interested in helping the Outreach Committee, please send an email to [outreach@nar-anon.org](mailto:outreach@nar-anon.org). Thank you.

### WS Newsletter Committee

Thank you to all our members who support our newsletter with your shares and articles. This is how we support our fellowship through our 7th Tradition! We are always looking for your experience, strength, and hope.

Does your group read the Twelve Traditions and Twelve Concepts in the meeting? What do the following phrases mean to you or your group?

- *Freedom for the group springs from the Twelve Traditions.*
- ◆ *Freedom for the service structure flourishes from the Twelve Concepts.*

What is that freedom and what does it mean to you?

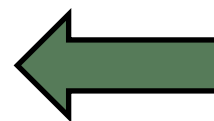
Send us your thoughts!

[newsletters@nar-anon.org](mailto:newsletters@nar-anon.org)

Next Deadline  
January 20, 2023

# Coming Events and Activities

Go to the [Events page](#) on the WS website for more information



**2022 STATE OF AFFAIRS  
BOT-ROUNDTABLE**  
**With the Nar-Anon Fellowship**  
**Dec 10, 2022**  
**12:00 p.m. EST; 9:00 a.m. PDT;**  
**1900 p.m. CET**

**Save the Date**  
**NEW YEAR, NEW YOU**  
December 31, 2022 @ 8 p.m. -EST  
Thru  
January 1, 2023 @ 8 p.m. -EST  
24 Hours of Recovery  
[NewYearNewYouNFG@gmail.com](mailto:NewYearNewYouNFG@gmail.com)

## Nar-Anon Speaker Jam

**Dates: January 14th, 2023**  
Begins at 10:00 am ET /9am CT/  
8am MT/ 7am PT  
Meeting ID: 871 872 7777  
Passcode: 21212

NY Region in Collaboration with GA & TN

## **Workshops on the Conference Agenda Report—**

**Dates: February 11, 2023**  
Western Regions Convention

*Come and hear how Nar-Anon first began!*

### **NAR-ANON HISTORY SPEAKER JAM**

**Saturday—January 21, 2023**

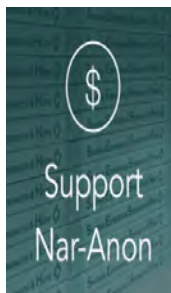
- Hear a recording of our co-founder Louise S. tell how Nar-Anon began.
- Learn how meetings began on the West Coast, Midwest & Northeast Regions!
- Watch a slideshow of our history.

Begins at 11:30 am ET/ 8:30 PT/  
9:30 CT /



Zoom ID: 823 5477 1749 /  
Passcode: 111160  
+1 646-558-8656 US

Event hosted by: Nar-Anon Scribes in pursuit of Nar-Anon History



Nar-Anon needs your help to weather the current storm. Please consider donating today to support our loyal staff at WSO who answer the phones, keep the literature flowing, and provide assistance to Nar-Anon groups worldwide. Head to [www.nar-anon.org](http://www.nar-anon.org) now!

\*The financial support of WSO comes primarily from the sale of CAL and donations from our members, groups, areas, regions, and NSOs. This is in accordance with our seventh tradition. (GWS pg. 31)

## **Share Your Events and Activities**

Did you know there is a page on the Nar-Anon website where you can share information about upcoming events and activities? Go to <http://www.nar-anon.org/events> to see a list of upcoming events and activities. Or send a PDF to [events@nar-anon.org](mailto:events@nar-anon.org) if you have a flyer you would like to share.— Subscriptions to date—7439

TM



**Nar-Anon Family Groups**

**Nar-Anon World Service  
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