

Newsletter of the Nar-Anon Family Groups'



BOT Seeking Assistant Executive Director

The World Service Board of Trustees is seeking an Assistant Executive Director. This person would work alongside our Executive Director in the World Service Office (WSO) in Torrance, California, USA. Like the Executive Director, this person would report to and be accountable to the Board of Trustees. He/she/they would be responsible for the overall day-to-day operation of Nar-Anon's WSO and management of employees. The WSO is a world hub for the fellowship and this person plays an integral part in providing consistent achievement of its mission and financial objectives. This is a full-time position, 12 months per year. Interested persons should contact the Board of Trustees at BOT@nar-anon.org

A Prayer for Service

Dios, guíame a servir, concédeme ayudar desde tu amor, humildad y sabiduría. No permitas que mis defectos de carácter interfieran en mi servicio, que seas Tu quien hable a través de mí para ser sólo un mensajero de esperanza al familiar del adicto que aún sufre.



God, guide me to serve, grant me to help with your love, humility, and wisdom. Do not let my character defects interfere with my service, that you may speak through me to be just a messenger of hope to the relative of the addict who still suffers.

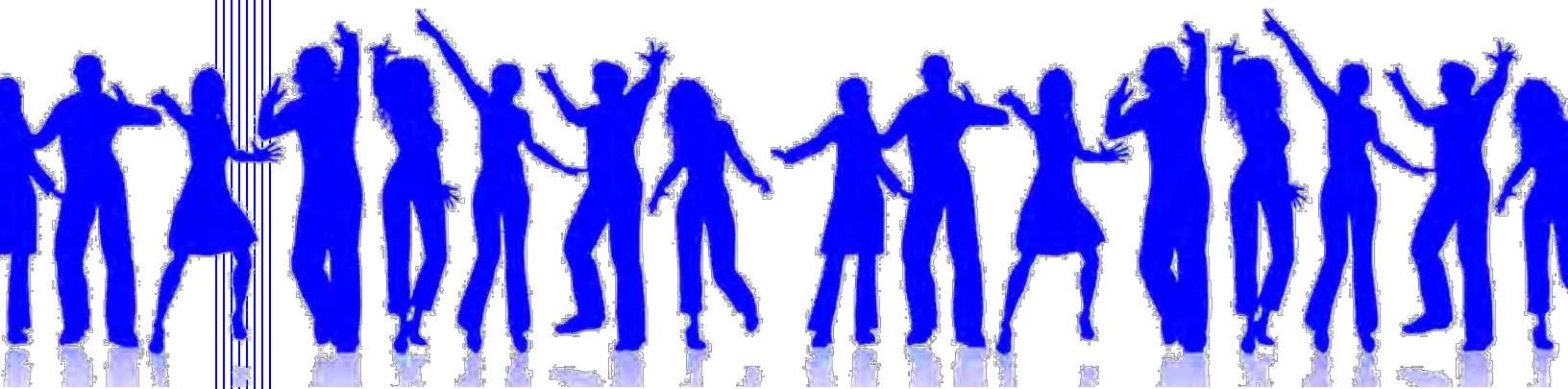
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Financial Statements

According to the bylaws of the Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.), an annual financial report must be furnished to all trustees, posted on the Nar-Anon website, and published in the newsletter. Financial statements for the year ending December 31, 2020 can be found on **pages 5/6**.

THE SERENITY CONNECTION





Our
Members
Share

Secrets and Shame

When a kid “goes bad,” society blames the parents. “Values need to be taught at home.” “Where were her parents?” “If only his parents had (fill in the blank) this wouldn’t have happened.” When my child started to hurt himself and others, I wavered between denial and despair. I felt ashamed, guilty, and humiliated.

The first time I realized my son had a drug problem was when I got a call from the local grocery store. He had been caught stealing cough syrup. I did all the “right” things. Put him on restriction, took him to a drug counselor, made him pay the \$50 fine himself, tried to talk to him about why he would do such a thing. And I didn’t tell anyone outside the family about it. The feelings of humiliation, guilt, and fear were overwhelming.

Over the next year, his grades started to drop. I intervened more than once with a teacher to ask for the opportunity to do extra credit or permission to redo a test. Then came the day he stole a classmate’s iPod and was suspended. I didn’t know then that this would be the pattern over the next ten years. To support his growing habit, he would steal from me, his friends, his friend’s parents, and from more stores.

As he entered the legal system, I encountered many public defenders and district attorneys. They were all polite, professional, and never once

insinuated that any of my son’s problems were my fault. But sitting in a courtroom, watching my son shuffle in wearing prison clothes, and hearing the DA recite the list of charges, it was hard not to feel responsible. I particularly remember one courtroom with a female judge. She had a flatscreen TV showing slides with inspirational sayings on them playing on a loop. “Your past doesn’t determine who you are, it prepares you for who you will become.” “Life always offers you a second chance; it’s called tomorrow.” That was the day my 25-year-old son was sentenced to 5 months in jail and 5 years’ probation.

I stopped seeing his
disease as something
to be ashamed about.

But still, I mostly kept all of this a secret. Only my family and a few close friends knew what we were going through. Then came the day my son missed a court date. A few months earlier, while he was out of jail, he stole a check from me and cashed it. I had started attending Nar-Anon meetings and was slowly detaching from my misplaced feelings of responsibility. I called the police. When he missed his court date, they responded by sending two

police cars, a motorcycle cop, and a K9 unit to my house to look for him. They swarmed the area and set up roadblocks. At one point a police helicopter even took a turn around my neighborhood.

My son hadn’t lived with me for many years, though he still used my home as his official address. I let the officers look around my house and explained to them that he was living an hour away. By this time, my neighbors were in the street wondering what was happening. I tried to be nonchalant as I explained that they were looking for my son because of a \$400 forged check. “Your tax dollars at work,” I said with a laugh.

After this, I began to realize that trying to keep it all secret was unhealthy. With the help of my Nar-Anon program, I finally began to feel I was not responsible for my son’s actions and I stopped seeing his disease as something to be ashamed of. Now when people ask me about my son, I tell the truth in a way that is respectful to my son and to me.

Once I started being honest about my son’s struggles, I began to realize just how many other families were also suffering. When I am open and unashamed about my life, I create a safe place for others to share their stories and take the opportunity to introduce them to Nar-Anon.

Newsletter Submissions

Please share your experience, strength, and hope with the fellowship. Submit articles to newsletters@nar-anon.org. Each submission must be accompanied by a signed [Copyright Release Form](#)

Next Deadline July 20, 2021

Our
Members
Share



Arrogance to Humility

Arrogance is my greatest and most consequential character defect. Before I came to Nar-Anon, my ego had me believing that I knew all the answers, that I knew what was best for everyone. I repeatedly told others how to live their lives and solve their problems. I expected others, including the addict, to live as I saw fit and to meet my expectations. I self-righteously verbally abused my loved ones and attempted to control them with criticism and rage, without apology. I caused great harm by making the erroneous judgement that others existed to meet my needs, and that I had used them to make me feel better. I was misguided in my attempts to “help” others when I was really enabling or controlling or inserting myself into places in their lives where I had no business being.

Then, after all my attempts to control the addict failed, I came to Nar-Anon and developed a sense that I had to do something different. With the working of each successive step and the

opinion, the more humble the work, the more complete the work!

By the time I got to the seventh step (which notably contains the word “humbly”), I found that my Higher Power had replaced my greatest character defect, Arrogance, with the opposite virtue, Humility! This change has transformed my life! I am now experiencing peace, happiness, and serenity in the joyful service of my Higher Power. What a relief that I no longer have to direct anyone’s life, including my own!

I guard against arrogantly patting myself on the back for being so humble by recognizing, with an attitude of gratitude, that the transformation is not mine to claim. It is the work of my Higher Power which has the best at heart for me and for everyone. By continuing to apply the Twelve Steps every day, I can stay humble.

My Higher Power
replaced my greatest
character defect,
Arrogance, with the
opposite virtue,
Humility!

loving support of my sponsor, my arrogance diminished and was replaced by a growing sense of humility. Indeed, each of the Twelve Steps required a measure of humility to work it, and, in my humble (ha!)

Just for Today...

- Just for today, I will learn how to embrace happiness in all my experiences.
- Just for today, I will push myself to do the things I wanted to do yesterday but put off for today.
- Just for today, I will be gentle with myself as I travel this journey of recovery.
- Just for today, I will mind my own business, stay positive in the present, and keep my comments pleasant.
- Just for today, I will take a stand that reflects my beliefs without being manipulated by anyone else.
- Just for today, I will not worry about yesterday or tomorrow. I will find peace in just being.
- Just for today, I will remember to be grateful for all that has brought me to today.
- Just for today, I will practice gratitude. I will think of all the good things in my life.
- Just for today, I will forgive myself for my wrongs and let them go. I will focus on today.

Did you attend the WS Conference 2021?

We’d like to hear from you!
How was it different from
WSC 2018? What worked?

Please share your WSC experience with the fellowship by emailing it to the [Newsletter Committee](#). Don’t forget to include a signed [Copyright Release Form](#).



Chinese Finger Trap

Every time I impose self-will it is like a struggle against an invisible force that is holding me hostage. In the past, I would struggle so hard and go through the emotions of panic, fear, anger, and defiance toward whatever person, place, or thing I was forcefully trying to control.

I struggled this way every day before I came to Nar-Anon. By the time I made it to our fellowship, I was exhausted from the struggle and fight.

Addiction had defeated me and I was ready to surrender. Defeat was then transformed into acceptance.

**When I apply the
steps and trust the
path... I am released
to walk freely**

I learned from working our program that my self-will is like having my fingers stuck in a Chinese finger trap.

The harder and harder I struggle, the more and more I am trapped. When I apply the steps and trust the path that my Higher Power is creating for me, I stop struggling and am released to walk freely.

Today, whenever I am struggling with something, I know that I need to put Step Three into action. Then I can be where my hands are, and all of my fingers are free to do the next right thing!

Practice these principles in all our affairs

If three years ago a psychic had said “your daughter is an addict who isn’t willing to get help, but you will go to Nar-Anon where you will learn to fix you, and oh, by the way, what you learn at Nar-Anon will also help you get through a global pandemic,” I would never have gone to that psychic again! Yet here we are!

Like so many, I showed up that first night at a Nar-Anon face-to-face meeting with my pen and paper in hand expecting to receive all the tips and tricks needed to fix my daughter. Imagine my surprise when I found out that it wasn’t her that was going to be fixed, but me. Though it wasn’t what I expected, I continued to go, if for no other reason than I was around people who understood what I was going through, and I felt better about life when I left. Within the first year, I began to regu-

larly share that attending Nar-Anon was my weekly shot of B12 for the soul!

I decided in February 2020 that it was time to get a sponsor and work my steps. Thankfully, I found a sponsor but a month later, the world as we knew it changed! Face-to-face



meetings were cancelled, we couldn’t see or be with our loved ones, and where there was once serenity, chaos ensued.

It would have been very easy to slip back into my old controlling ways. Instead, I doubled up on my weekly

step questions and soon started a virtual meeting for my home group to attend. That worked for a little while, but I needed more meetings because I felt like the world was spinning out of control. I started attending an additional virtual meeting, then another, AND another. It didn’t even matter which city, province, state, or country the meeting was in, I could attend and receive the additional shot of B12 that my soul so desperately needed.

Step Twelve means so much more to me today than it did when I first started. “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.” The Nar-Anon steps, traditions, concepts, tools, and virtual meetings have given me a way to find serenity, even during a pandemic.

Financial Statements



Nar-Anon Family Group Headquarters Profit and Loss

January - December 2020

INCOME

3100 Literature Sales	145,541.20
Total 3100 Literature Sales	\$ 145,541.20
3200 Shipping & Handling	40,600.86
3270 EBooks	5,994.99
3300 Subscriptions-Newsletter	809.35
3460 Royalty Income	270.00
3500 Contributions-U.S.A.	89,874.97
3510 Contributions-International	6,965.62
TOTAL INCOME	\$ 290,056.99

COST OF GOODS SOLD

4000 Cost of Sales - Production Dept	
4010 Purchases - Paper/ Supplie	19,267.99
4012 Resale Purchases	2,429.04
4020 Equipment/Copiers	32,463.36
4030 Wages	14,335.93
4032 Payroll Taxes	1,157.73
4034 Insurance	388.00
4038 Postage/Shipping	42,472.21
4040 Rent	10,095.00
4048 Repairs	494.02
4052 Utilities	992.48
Total 4000 Cost of Sales - Production	\$ 124,095.76
Total Cost of Goods Sold	\$ 124,095.76
PROFIT AFTER INCOME/DONATIONS	\$ 165,961.23



EXPENSES

4100 Payroll Expenses	
4150 Salaries and Wages	119,776.16
4197 P/R Tax ER	9,577.81
4198 Payroll Processing Fee	180.25
Total 4100 Payroll Expenses	\$ 129,534.22
4200 Operating Expenses	
4210 Accounting and Legal	9,606.00
4212 Bank Charges	210.66
4216 Depreciation Expense	231.00
4225 Office Equipment Lease	867.75
4230 Insurance Expense	6,872.56
4240 Office Expenses	6,355.98
4242 Office Supplies	2,367.59
4250 Postage Machine	1,721.02
4260 Rent	51,600.00
4266 Stripe Fees	8,449.75
4270 Taxes & Licenses	235.26
4276 Telephone	3,063.14
4278 Utilities	2,961.52
4280 Web Expense	3,388.09
Total 4200 Operating Expenses	\$ 97,930.32
TOTAL EXPENSES	\$ 227,464.54
NET OPERATING INCOME	-\$ 61,503.31

OTHER INCOME

3560 Insurance Certificates	200.00
4510 Interest Income	9.45
TOTAL OTHER INCOME	\$ 209.45
NET OTHER INCOME	\$ 209.45
NET INCOME (LOSS)	-\$ 61,293.86

Thought for Today: When I was desperate, the Nar-Anon program was there for me because members gave their support of time and money. I will now do the same. By giving back, I support the program so that it is there to help others in need.

SESH, July 17



Nar-Anon Family Group Headquarters Balance Sheet

As of December 31, 2020

ASSETS

Current Assets

Bank Accounts

1001 Checking - Gen Account	64,066.78
1050 Prudent Reserve Account	20,000.00
3265 WSC Account	38,632.46

Total Bank Accounts **\$ 122,699.24**

Other Current Assets

1004 Prepaid Expenses	8,494.13
1009 Deposit-Rent	10,442.27
1010 Inventory	21,227.00

Total Other Current Assets **\$ 40,163.40**

Total Current Assets **\$ 162,862.64**

Fixed Assets

1014 Office Furniture & Equipment	
1016 Furniture and Equipment	11,237.25
1018 Less-Accumulated Depreciation	-10,824.25

Total 1014 Office Furniture & Equipment **\$ 413.00**

Total Fixed Assets **\$ 413.00**

TOTAL ASSETS **\$ 163,275.64**

LIABILITIES AND EQUITY

Liabilities

Current Liabilities

Credit Cards

2020 Bus Credit Card	1,079.42
2020 Bus Credit Card	3,191.11

Total Credit Cards **\$ 4,270.53**

Other Current Liabilities

2402 CDTFA Statewide	500.23
2510 Conference Deposits	45,150.00

Total Other Current Liabilities **\$ 45,650.23**

Total Current Liabilities **\$ 49,920.76**

Total Liabilities **\$ 49,920.76**

Equity

3900 Retained Earnings	174,648.74
Net Income	-61,293.86

Total Equity **\$ 113,354.88**

TOTAL LIABILITIES AND EQUITY **\$ 163,275.64**

Budget & Finance Committee



The chart on the **following page** shows the 2019 versus 2020 financial position of World Service Office (WSO) and the difference between this year's and last year's income. The loss for the year is \$61,293.86. As you can see, we are still in a precarious position in 2021 due to the pandemic, face to face meeting closures, and the drop in literature sales.

Please consider a Seventh Tradition personal or group donation to keep WSO operating. We are self-supporting and with your continued support we hope to be able to ride out this pandemic. Thank you to all those who have already supported the fellowship.

For those still wishing to contribute, here are some of the ways you may do so:

1. Personal and group donations can be sent to WSO by check.
2. Personal and group donations can be made on the WS website using the "Contribute" button.
3. International personal and group donations can be made by anyone using a valid credit card.
4. A group treasurer can collect donations by check or a money transfer site.
5. Some international countries use a banking platform for EFT transfers from groups to areas/regions.

Maybe your group/area/region has a suggestion for other ideas to contribute that you might be open to sharing with us. If so, please email us at newsletters@nar-anon.org.

[Financial Chart on Page 7...](#)

Newsletter eSubscriptions

Click here for your **FREE** e-subscription to [The Serenity Connection](#). Subscriptions to date: **>5000!**

World Service Committee Corner



Outreach Committee



How to Step Up to Outreach for Recovery Month

Each September, recovery communities hold special activities and events to raise awareness of the resources available to those looking for recovery. These are outreach opportunities. What can your group, area, or region do? Outreach is vital, and during this time, national media are willing to highlight stories of hope and recovery. This presents an opportunity for Nar-Anon groups, areas, and regions to focus their efforts on outreach in their communities.

Now is the time to start planning. Under current conditions, many of the ways outreach can be supportive need to take community status into consideration. The Nar-Anon Outreach Handbook (www.nar-anon.org/fellowship-review) provides a step-by-step guide on how to reach out to the community through special local events. Information and tools can be downloaded from the Outreach page on the Nar-Anon website (www.nar-anon.org/outreach). Nar-Anon flyers and posters can be displayed at treatment centers, community centers, hospitals, websites, etc. during in-person or virtual events.

Please consider taking this article to your group, area or region. If you have questions or need help with an outreach effort, please email: outreach@nar-anon.org.

[...continued from Page 6](#)

Budget & Finance Committee

	2020	2019	\$ Change	% Change	% of Total Income for 2020
Literature	\$ 145,541.20	\$ 272,732.50	\$ (127,191.30)	-46.6%	50.2%
Donations	\$ 96,840.59	\$ 66,097.25	\$ 30,743.34	46.5%	33.4%
Newsletter	\$ 809.35	\$ 750.00	\$ 59.35	7.9%	0.3%
Royalty	\$ 270.00	\$ 3,166.11	\$ (2,896.11)	-91.5%	0.1%
eBooks	\$ 5,994.99	\$ 5,026.56	\$ 968.43	19.3%	2.1%

Literature Committee



Recovery Literature Priority List

We are pleased to present the 2021 Recovery Literature Priority List. This list was presented at the 2021 World Service Conference where it was voted on by the participants with input from their respective regions. The items with an asterisk * indicate we do not have writings for the requested piece. Requests for or submissions of recovery literature come from the fellowship. Share this list with your groups, areas, and regions. We encourage members to share their experience, strength, and hope with others by contributing writings. Remember, all writings submitted must be accompanied by a signed [Copyright Release Form](#).

- Traditions 1-12 for the Nar-Anon 36
- Fourth Step Workbook
- Relationships in Recovery
- Narateen 31 Days
- Concepts 1-12 for the Nar-Anon 36
- Addiction in Marriage
- Concepts Booklet
- Parents of Addicted Minors*
- What Now? (When Active Addiction Ends)*
- A New Daily Reader (using miscellaneous writings we receive)
- Adult Children of Addicts*
- Just for Today bookmark
- Narateen Do's & Don'ts bookmark*
- A replacement for *A Guide for the Family of the Addict and Drug Abuser*
- A replacement for *Living With Sobriety**
- A replacement for *As We Understood**

Service Literature for Fellowship Review

Reminder!

Suggestions for Starting a Virtual Group is now available for fellowship review and input. Now's the time to review the pamphlet and send your input to the BOT by clicking on this link <https://forms.gle/cf7KMkyQUM7mRycA> Literature for review is not Conference approved so should not be posted on websites.

Coming Events and Activities

Click on event titles for details or go to the [Events page](#) on the WSO website.

In the Spirit of Cooperation

June 1, 2021 Virtual

Sharing Our Individual Stories

5 pm PDT, 8 pm EDT

nynaranon.org; nynfgsec@gmail.com
inthespiritofcooperation@gmail.com

We Are Not Alone

Nar-Anon Speaker Series

June 6, 2021 Virtual

June 13, 2021 Virtual

June 27, 2021 Virtual

More to Follow!

9 am PDT, 10 am MDT, 12 noon EDT

www.nynaranon.org
nynfgsec@gmail.com

UK Region Mini Convention

June 12, 2021 Virtual

Hope in Recovery

14:00 BST

Registration [www.nar-anon.co.uk/
upcoming-events](http://www.nar-anon.co.uk/upcoming-events)

Serenity Seekers Campout

June 18-20, 2021

Perrot State Park
 26247 Sullivan Road
 Trempealeau, WI
 Registration ffnaranon@gmail.com

Website Roundtable

July 3, 2021 Virtual

Website Platform Migration

6 am PDT, 9 am EDT, 3 pm CEST,
 4 pm Moscow, 5:30 pm Iran,
WebCommittee@Nar-Anon.org

Did you know...

International Landing Pages are now available on the WSO website for:

- Argentina
- Belgium
- Columbia
- France
- Iran
- Mexico
- Russia
- Turkey
- United States
- Uruguay

Virtual Meetings are now available in the following languages:

- English
- Russian
- French
- Spanish
- Hebrew
- Polish
- Farsi
- Kazak
- German

Step By Step Workshop

Every 2nd and 4th Wednesday

5 pm PDT, 8 pm EDT, 12 am GMT

Virtual Zoom Link

Contact Mtcake15@gmail.com

Nar-Anon East Coast Convention 7

Rescheduled to March 18-20, 2022

On the Road to Recovery

Wyndham Garden Philadelphia Airport
 45 Industrial Hwy.
 Essington, PA 19029
 Contact ECC7chairs@gmail.com
www.naranonepa.org

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WORLD SERVICE BOARD OF TRUSTEES Bulletin 003

*Virtual Meetings and
the Use of Conference
Approved Literature
(CAL)*

Guidance on sharing
literature in pandemic
times. [Now available.](#)



Nar-Anon Family Groups

**Nar-Anon World Service
Headquarters**

**23110 Crenshaw Blvd. #A
Torrance, CA 90505**

Website: www.nar-anon.org

Email: wso@nar-anon.org

Phone: (310) 534-8188

or (800) 477-6291

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 if you have a flyer you would like to share.

