

# Newsletter of the Nar-Anon Family Groups'



## Images for Recovery in Nar-Anon

**Powerlessness:** Addiction is like a hurricane. I know I am powerless to stop a hurricane. When I feel the breeze of addiction blowing by, I know I need to step back or I will be pulled into the storm.

**Release with Love:** The tools for recovery are available to me if I choose to use them. I won't risk my life to follow the addict into the storm. I will wait.



**Letting Go:** If I am walking my dog on a leash, and it decides to tear off after a squirrel, I'd better let go. I'm the only one who will be hurt by being dragged across the ground.

**Detachment:** Before I came to Nar-Anon, I felt like I was attached by strings to everyone in my life. Their moods and actions pulled at me; they determined my moods and actions. Nar-Anon has taught me how to cut these strings. I am now able to be with people and be independent at the same time.

**Vision:** The disease of addiction can affect our vision, at times leaving us nearsighted, able only to see the needs of the addict and the chaos of addiction. At other times, we can be too farsighted, worrying only about the future and what could happen, or focusing on the past and what has already occurred. As family members, we often forget to focus on ourselves and what we need to do to keep well. Our recovery program gives us the glasses we need to help sharpen our focus.

**Turning my will over to my Higher Power:** The joy of sitting in the passenger seat enjoying the ride and the view while someone else drives.

**Others:** Bumps in the road are more manageable if I just take my foot off the gas and the brake and let myself cruise.

Nar-Anon is teaching me how to surf the waves so I don't drown trying to fight them.

Joni A.



## 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, and published on the Nar-Anon website and in the newsletter. Financial statements for the year ending December 31, 2016 can be found on pages 4 and 5.

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THE SERENITY CONNECTION



## Our Primary Purpose and Medications for Drug Addiction

Medications for drug addiction have recently become a familiar topic of discussion in our society. While this may be an important topic for many members, it becomes an outside issue once the meeting starts. Some may feel this is cold or uncaring, but discussing or distributing these medications during our meetings is against our principles. Tradition Five states: *“Each Nar-Anon Family Group has but one purpose; to help families of addicts...”*



Discussion and distribution of these medications may be interpreted as help, but Tradition Five goes on to tell us exactly how to help. It asks us to work the steps, give comfort, and try to understand our addicted relatives.

One could argue that giving information does give comfort to families. Or does it? Might it send a family out on another desperate attempt to keep up with and try to control the addict? What are the chances of the addict overdosing right in front of us or in our home? What if we administered the medication incorrectly? Is promoting these products a form of endorsement which our Sixth Tradition asks us not to do?

Nar-Anon has no opinion on outside issues and we don't promote or encourage discussion of any medications during our meetings. As members, we can discuss whatever we want to before or after the meeting. By respecting Nar-Anon principles during our meetings, we learn that Nar-Anon is still a safe place to receive experience, strength, and hope for our own personal recovery from the effects of someone else's addiction on our lives.

### Newsletter eSubscriptions

Click here for your **FREE** e-subscription to  
[The Serenity Connection](#)

Subscriptions to date: **4726!**

## Just for today

*Just for today*, I will not be afraid. I will read my Nar-Anon literature and call my sponsor.

*Just for today*, I can be grateful for my addict, as I have become a better person by attending Nar-Anon.

*Just for today*, I will help someone in need.

*Just for today*, I will not sit on my pity pot.

*Just for today*, I will not skip my Nar-Anon meeting.

*Just for today*, I will not be resentful of others.

*Just for today*, I will choose to love not hate; to be happy not sad; to be kind not mean.

*Just for today*, I will let go and let my Higher Power work in my life.

*Just for today*, I will do my best to be the person my Higher Power meant me to be.

*Just for today*, I will let the addict be. I will love and not judge.

*Just for today*, I will be of service in my Nar-Anon meeting.

*Just for today*, I will take care of myself. I will rest. I will not neglect meals or be angry with anyone. I will not blame.

*Just for today*, I can be happy. I can start my day with love and forgiveness for myself and others.

*Just for today*, I will work hard, not blame others, and be responsible for my own actions.

*Just for today*, I thank my Higher Power for my Nar-Anon meeting.

*“When I ask my Higher Power for help then acknowledge the source of that help, I see the benefits brought about by planting my tiny seed of faith. I nurture that tiny seed of faith with sunlight of my daily prayers and my faith grows. It is a reward for living life on life's terms. One day, I find my faith has become similar to a huge spreading tree. It does not stop the storms of life, but I know I am safe in its shelter.”*

SESH, March 10



Our  
Members  
Share

## Cooperation with NA

Tradition Six: “...but although a separate entity, we should always cooperate with Narcotics Anonymous.”

Cooperation with Narcotics Anonymous (NA): what is it and how do we carry it out? When members read our principles and see NA mentioned several times, they may think we are related fellowships. They may also have heard that “we are a sister fellowship” to NA or to other fellowships.

Nar-Anon is not related to any other fellowship. Most of the twelve step fellowships had the same origin. Does this mean we’re related? Maybe in spirit; we all speak the same language, and work similar steps and traditions. Similar, but not exactly the same. NA does not mention Nar-Anon in its traditions. For them, we are a completely separate entity.

So how can we cooperate with NA or society at large? It’s simple, by not hooking our boxcar to any other. “Cooperation” should not be confused with “in conjunction.” To be “in conjunction” might be seen as affiliation or connection. “Cooperation” with NA would be like separate trains on separate tracks going in the same direction but not connected to one another.

When we cooperate at events, we hold separate meetings under the same

roof. Each fellowship has its own program and speakers, and is hosted by its own committee. We may meet with NA during the planning stages to ensure the boundaries of cooperation are understood and to work out details. Through this “cooperation,” we learn to keep each message on its own track so that we don’t muddle either one. We also accept that an NA service body may not want to cooperate with Nar-Anon because of its specific interpretation of NA traditions.

NA’s traditions do not mention Nar-Anon. So, while we may attend meetings under the same roof, and we may have a relative down the hall, Nar-Anon is not related to NA.



**Did you know...** that the following Service Literature is available to either download (free) or purchase. Click on PDF to download or on Purchase to buy online.

- Appropriate Sharing & Crosstalk (S-308) PDF | Purchase
- Event Planning Handbook (S-320) | PDF | Purchase
- Facilitating a Narateen Group (S-330) PDF | Purchase
- Group Conscience and Business Meetings (S-305) PDF | Purchase
- Guidelines for Healthy Meetings (S-303) PDF | Purchase
- Let’s Talk About Anonymity (S-307) PDF | Purchase
- Narateen Safety Guidelines (S-332) PDF | Purchase
- Narateen Facilitator Registration Form (S-333) PDF
- Newsletter Handbook (S-317) PDF
- No Nar-Anon Group? (S-309) PDF | Purchase
- Sample Format for Beginner Meetings (S-319) PDF | Purchase
- Sample Format for Nar-Anon Meetings (S-314) PDF | Purchase
- Sample Format for Narateen Meetings (S-331) PDF | Purchase
- Nar-Anon Group Inventory (S-316) PDF | Purchase
- Website Handbook (S-318) PDF

### Still reading the Newsletter?

- ◆ If you enjoy receiving *The Serenity Connection*, please click on the link in your email notification “[Serenity Connection—Volume...](#)” and open one of the issues listed on the WSO Newsletter page.
- ◆ If you no longer wish to subscribe to the Newsletter, please [drop us a line](#) and we will “unsubscribe” your email address. Nar-Anon pays per subscriber for the newsletter email service.

# Nar-Anon Family Group Headquarters

## Balance Sheet

December 31, 2016

Questions or comments? Contact the  
Budget and Finance Committee at  
[budgetandfinance@nar-anon.org](mailto:budgetandfinance@nar-anon.org)

Nar-Anon  
Financials

	Dec 31, 2016	Dec 31, 2015	\$ Change	
<b>ASSETS</b>				
<b>Current Assets</b>				
Checking/Savings				
1001 · Checking Acct	73,551.17	43,999.68	29,551.49	
1002 · Paypal Account	5.00	5.00	0.00	
Total Checking/Savings	<u>73,556.17</u>	<u>44,004.68</u>	<u>29,551.49</u>	
Other Current Assets				
1004 · Prepaid Expenses	937.22	2,065.00	-1,127.78	
1006 · Petty Cash	4.96	10.47	-5.51	
1009 · Deposit-Rent	10,442.27	10,442.27	0.00	
1010 · Inventory	16,854.82	12,948.41	3,906.41	
1020 · WS Conference Deposits	1,000.00	0.00	1,000.00	
Total Other Current Assets	<u>29,239.27</u>	<u>25,466.15</u>	<u>3,773.12</u>	
<b>Total Current Assets</b>	<u>102,795.44</u>	<u>69,470.83</u>	<u>33,324.61</u>	
<b>Fixed Assets</b>				
1014 · Office Furniture & Equipment				
1016 · Furniture and Equipment	11,237.25	11,237.25	0.00	
1018 · Less-Accumulated Depreciation	-9,074.25	-8,703.25	-371.00	
Total 1014 · Office Furniture & Equipment	<u>2,163.00</u>	<u>2,534.00</u>	<u>-371.00</u>	
<b>Total Fixed Assets</b>	<u>2,163.00</u>	<u>2,534.00</u>	<u>-371.00</u>	
<b>TOTAL ASSETS</b>	<u>104,958.44</u>	<u>72,004.83</u>	<u>32,953.61</u>	
<b>LIABILITIES &amp; EQUITY</b>				
<b>Liabilities</b>				
Current Liabilities				
Credit Cards				
2020 · Bus Credit Card - 4	2,748.79	4,941.48	-2,192.69	
2030 · Business Credit Card - 8	0.00	7,419.96	-7,419.96	
Total Credit Cards	<u>2,748.79</u>	<u>12,361.44</u>	<u>-9,612.65</u>	
Other Current Liabilities				
2400 · Sales Tax Payable	830.77	578.10	252.67	
2510 · Conference Deposits	0.00	33,550.00	-33,550.00	
Total Other Current Liabilities	<u>830.77</u>	<u>34,128.10</u>	<u>-33,297.33</u>	
Total Current Liabilities	<u>3,579.56</u>	<u>46,489.54</u>	<u>-42,909.98</u>	
<b>Total Liabilities</b>	<u>3,579.56</u>	<u>46,489.54</u>	<u>-42,909.98</u>	
<b>Equity</b>				
3900 · Retained Earnings	25,515.29	46,092.79	-20,577.50	
Net Income	75,863.59	-20,577.50	96,441.09	
<b>Total Equity</b>	<u>101,378.88</u>	<u>25,515.29</u>	<u>75,863.59</u>	
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u>104,958.44</u>	<u>72,004.83</u>	<u>32,953.61</u>	
				<b>Contributions by Country</b> (from Income Statement)
				3500 · Contributions-U.S.A.
				Alabama
				125.00
				Arizona
				1,131.65
				Arkansas
				365.42
				California-Central
				2,888.55
				California-North
				3,440.98
				California-South
				7,894.35
				Colorado
				559.42
				Connecticut Region
				1,671.00
				Delaware
				365.00
				District of Columbia
				50.00
				Florida
				9,540.89
				Georgia
				2,019.83
				Illinois
				1,415.00
				Indiana
				290.00
				Iowa
				175.00
				Kansas
				140.00
				Kentucky
				54.55
				Louisiana
				150.00
				Maine
				205.00
				Maryland
				1,521.89
				Massachusetts
				2,175.00
				Michigan
				1,131.70
				Minnesota
				465.00
				Mississippi
				150.00
				Missouri
				369.20
				Nevada
				250.00
				New Hampshire
				85.00
				New Jersey
				1,283.16
				New Mexico
				50.00
				New York
				5,821.58
				North Carolina
				461.65
				Ohio
				1,277.34
				Oklahoma
				20.00
				Oregon
				918.05
				Pennsylvania - Eastern
				7,722.90
				Pennsylvania - Western
				734.58
				Rhode Island
				112.25
				South Carolina
				313.00
				Tennessee
				108.00
				Texas
				540.00
				Vermont
				0.00
				Virginia
				965.38
				Washington
				908.00
				Wisconsin
				235.00
				<b>Total 3500 · Contributions-U.S.A.</b>
				<u>66,009.38</u>
				3510 · Contributions International
				Canada - Eastern
				803.45
				Canada - Western
				754.55
				Colombia
				946.00
				Iran
				130.00
				Japan
				1,350.04
				Russia
				350.00
				Trinidad
				50.00
				<b>Total 3510 · Contributions-Int'l</b>
				<u>4,384.04</u>





# Nar-Anon Family Group Headquarters

## Profit & Loss

January through December 2016

### INCOME

3100 · Literature Sales	
3101 · California	38,679.74
3102 · Other States/Countries	329,537.43
3100 · Literature Sales - Other	0.00
<b>Total 3100 · Literature Sales</b>	<b>368,217.17</b>
3200 · Shipping Received	68,405.40
3270 · EBooks	6,399.29
3300 · Subscriptions-Newsletter	1,053.00
3500 · Contributions-U.S.A.	60,100.32
<b>TOTAL INCOME</b>	<b>504,175.18</b>

### Cost of Goods Sold (COGS)

4000 · Cost of Sales - Production Dept	
4010 · Purchases - Paper/ Supplies	32,904.44
4012 · Resale Purchases	21,594.03
4020 · Equipment/Copiers	75,539.11
4030 · Wages	24,995.51
4032 · Payroll Taxes	2,898.35
4034 · Insurance	662.25
4038 · Postage/Shipping	55,783.81
4040 · Rent	5,715.00
4048 · Repairs	466.34
4052 · Utilities	626.49
<b>Total 4000 · Cost of Sales - Production</b>	<b>221,185.33</b>

### Total COGS

**221,185.33**

### GROSS PROFIT

**282,989.85**

### EXPENSE

4100 · Payroll Expenses	
4150 · Salaries and Wages	110,775.49
4196 · Workers Comp Ins	906.64
4197 · P/R Tax ER	8,830.12
4198 · Payroll Processing Fee	3,306.77
<b>Total 4100 · Payroll Expenses</b>	<b>123,819.02</b>
4200 · Operating Expenses	
4210 · Accounting and Legal	2,246.00
4212 · Bank Charges	158.64
4216 · Depreciation Expense	371.00
4220 · Dues and Subscriptions	143.93
4225 · Office Equipment Lease	2,384.78
4230 · Insurance Expense	5,088.62
4240 · Office Expenses	5,819.57
4242 · Office Supplies	370.89
4250 · Postage Machine	2,500.00
4252 · Postage/Shipping	1,692.40

4260 · Rent	54,135.00
4262 · Repairs and Maintenance	370.58
4266 · Stripe Fees	13,731.48
4270 · Taxes & Licenses	1,125.11
4276 · Telephone	5,816.46
4278 · Utilities	2,473.31
4280 · Web Expense	2,875.09
<b>Total 4200 · Operating Expenses</b>	<b>101,302.86</b>
4600 · Travel-Executive Director	4,017.80
4610 · World Service Committees	
4624 · WS Outreach Committee	149.00
<b>Total 4610 · World Service Committees</b>	<b>149.00</b>

### TOTAL EXPENSE

**229,288.68**

### NET ORDINARY INCOME

**53,701.17**

### OTHER INCOME/EXPENSE

#### OTHER INCOME

#### 3460 · Royalty Income

3462 · Brazil	1,600.00
3463 · Iran	1,450.00
3472 · Mexico	204.20
3480 · Russia	500.00
3490 · South Africa	296.00

#### Total 3460 · Royalty Income

**4,050.20**

3510 · Contributions-International	4,384.04
3550 · Contributions-Individuals	6,288.65
3650 · WS Conference Income	58,096.00
4510 · Interest Income	8.86

#### TOTAL OTHER INCOME

**72,827.75**

#### OTHER EXPENSE

#### 4500 · World Convention Expenses

4505 · Travel Expenses	374.58
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#### Total 4500 · World Convention Exp.

**374.58**

#### 4520 · WS Conference-Expenses

4526 · Conference-Hotel/Meals	38,003.90
4527 · Professional Fees	1,000.00
4528 · Conference Travel	9,966.85
4529 · WS Conference Supplies	550.00
4550 · WSC Expenses	770.00

#### Total 4520 · WS Conference-Expenses

**50,290.75**

#### TOTAL OTHER EXPENSE

**50,665.33**

### NET OTHER INCOME

**22,162.42**

### NET INCOME

**75,863.59**



## Outreach Committee

### Sunshine on Outreach!

Summer months can be rich with outdoor fairs and festivals. In addition to celebrating the local culture, these events often provide outreach opportunities for non-profits.

Does your community host a fair or festival? Check to see if they encourage participation by non-profits. This could be an opportunity for your local group, area, or region to set up a Nar-Anon Family Groups' information booth to spread our message of hope. Check your local, county or state events calendar for venues that work for outreach. Resources to support your efforts are on the website Outreach page [www.nar-anon.org/outreach](http://www.nar-anon.org/outreach).

Downloadable materials to consider:

- [Nar-Anon Offers Hope](#) brochure
- [Nar-Anon Outreach posters](#)
- [Checklist for an Outreach Booth](#)
- [Outreach Challenge #2](#) – information packets for individuals

While on the Outreach page, be sure to check out Challenge #7 and begin planning for September events. If you have questions or need help with an outreach idea, email [outreach@nar-anon.org](mailto:outreach@nar-anon.org)



## Convention Committee

The World Service Convention Committee is pleased to announce the theme for 2018 World Convention is **Worldwide Passport – Recovering Together**. We would like to thank all the members who submitted votes. The convention will be held August 30-September 2, 2018 in Orlando, FL, USA.

The committee is also seeking members to join the World Service Convention Committee. We will need help with registrations, programming, and more. We encourage interested members to contact the committee at [wcommittee@nar-anon.org](mailto:wcommittee@nar-anon.org). We look forward to hearing from you.



## Committee Corner

### Literature Committee



#### Recovery Literature Priority List

The World Service Literature Committee is preparing the Recovery Literature Priority List which will be voted on at the 2018 World Service Conference. The list will include items from 2016 not yet completed and new ideas or submissions. Members, areas, and regions should submit ideas or writings for recovery literature to the committee at [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org) so they can be included on the list.

#### Challenge! Challenge! Challenge!

Remember your first meeting? Was it recently, or so long ago we didn't have our own daily reader, *SESH*? I remember my first meeting. I was so excited to finally find a Nar-Anon meeting that I didn't pay much attention to what we didn't have. I was given a *Blue Booklet* and a Newcomer packet, and I still have that *Blue Booklet*, all taped and tattered. I soon got involved and now it's been years. We didn't have a lot of literature but we had meetings and that was enough.

Well, now it's not enough; we need more; we need tradition writings. The World Service Literature Committee has sent out many appeals and will continue asking for writings on various topics. We would like to challenge you to write one paragraph or half a page on a tradition. You could write text on what the tradition means to you (do not copy from other fellowships; NO PLAGAIRISM, please), share a personal story on how the tradition worked for you, or prepare questions to inspire thoughts on a tradition.

We have one more challenge. Ask one member you know - your sponsor, sponsee, or group member - to do the same. See if they would also ask one person. If each person takes the challenge, how wonderful that would be! Send your writing with a signed release form (<http://www.nar-anon.org/literature-submissions/>) to [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org).

## Giving Back



### Tradition Five: Why we are here...

*Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.*

How many times in my relationships have I asked myself ‘why’? How many times have I asked myself ‘what if’ or ‘if only’? How many times did I offer advice, rescue, fix, manage, or try to control, to no avail?

Our “Newcomer’s Welcome”<sup>\*</sup> tells us why we are here. *“We have traveled that unhappy road too, and found the answer with serenity and peace of mind.”* That is why we are here and why we keep coming back. We may have loved ones in recovery, or we may have lovers or spouses, children or grandchildren, parents or siblings, relatives or friends continuing to struggle. *“We who care the most suffer from the addict’s erratic behavior.”* We became soul sick and obsessed. Whatever our current circumstances, we remember the feelings of despair, fear, hopelessness, and desperation that caused us to seek out Nar-Anon when we had run out of ways to ‘help’ our addict.

A purpose has risen from the broken pieces of our lives. Where there once was only hurt, fear, and darkness, we now have an opportunity to recover and become a light in the darkness, to share the gift of recovery with others. We can carry the message of hope to the hopeless who feel so alone, so afraid, so angry. We practice the Twelve Steps of Nar-Anon; we learn

to shift our focus to ourselves; we start to live the steps of recovery. We learn to ask for assistance when we need it. In time, we learn that needing help is part of being human and that it is such a relief to be able to “not know what to do” but to know how to access help. Through practicing the steps, we learn to let go of denial and the illusion of power over others’ lives and choices. The heavy responsibility we feel for others’ well-being begins to fade as we accept our powerlessness and the reality that others’ choices belong to them. We learn that to be of help to others we need to first ask for help for ourselves.

Why are we here? Because we do understand, *“Slowly new persons emerge. Change is taking place”*; we do recover but we do not do it alone.

Encouraging and understanding my addicted relatives is possible if I am willing to be honest and open minded. Am I willing to look at the reality of my circumstances? Am I willing to see past my suffering to the insanity of the disease of addiction; the chaos, suffering, and despair all hiding beneath a deadly cloak of denial and shame?

Acceptance of powerlessness is why I am here recovering; I am powerless over the addict. I have heard it said that in recovery it is when we surrender that we win. It is in our surrender, our letting go of the addict, that we connect with the God of our understanding. I know I did not surrender until I was at a painful place of brokenness and desperately needed to do something different. I was finished with doing what I had always done and expecting a different outcome. It

was when I looked beneath my surface that my compassion for and acceptance of others started to grow. It was through prayer and meditation that I realized my obsessive focus on another’s efforts at progress made my thoughts unmanageable. I was incapable of seeing any good. It was in becoming educated about the disease of addiction and listening to others’ stories that I began to see our similarities rather than our differences. I realized I did not need to take everything that happened personally. The disease of addiction takes people where it takes them but I don’t need to go along.

*“Welcoming and giving comfort to families of addicts”* brings meaning to my suffering and is my response to the loving, caring God of my understanding. As I simply share my story, my experience, strength, and hope, and my personal recovery with others, the seeds of hope and recovery are sown in their hearts and minds. When I share from my heart, which I have learned to do in my recovery, other hearts hear and we are all healed. To me, recovery is about honesty, accepting my reality and the things I have experienced. It is about discovering my truth and choosing to respond not with ‘why me’ but rather ‘what now.’ I have learned that by following my Higher Power and this life saving program of recovery, I can move in the direction of kindness, compassion, understanding, and love. Recovery gives me the tools to be ‘for’ not ‘against’ those I care about while caring for myself as well.

Why are we here? To carry the message; that is enough.

<sup>\*</sup>Quotes: *Nar-Anon Blue Booklet*

## Coming Events

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

### 23rd Anniversary

**June 3, 2017 8:00 pm**

“Courage to Change”

Lutheran Church of the Good Shepherd  
White Horse Pike at Elm  
Lindenwold, NJ 08021

### Tulsa Area Potluck and Speaker Jam

**June 10, 2017 2:00 pm**

Fellowship Congregational Church  
2900 S Harvard Ave.  
Tulsa, OK 74114

### Nar-Anon @ FRCNA XXXVI

**July 7 to 8, 2017**

“Free Through Recovery”

Rosen Center Hotel  
9840 International Drive 32819  
Orlando, FL

### 9 Convencion Regional

**Agosto 5, 6 y 7, 2017**

“Un sender de amor que transforma VIDAS”

Auditorio Jesus Alberto Rey Narina  
Campus Central Block L—Piso UNAB  
Bucaramanga, Colombia  
[convencionregional@naranoncolombia.org](mailto:convencionregional@naranoncolombia.org)  
3002089567

### Nar-Anon East Coast Convention Six

**October 6 to 8, 2017**

Holiday Inn Boston-Dedham  
55 Ariadne Road,  
Dedham, MA 02026  
[ECC6chair@gmail.com](mailto:ECC6chair@gmail.com)

### Nar-Anon World Convention

**August 30 to September 2, 2018**

Orlando, FL  
*Save the date!*

## Appeal

Please take a moment to review the financial statements on pages 4 and 5. As you will see, our World Service Office operates on a very tight budget. Your financial contributions go a long way toward paying for the many services that WSO provides to the fellowship. Please consider asking your group, area, and/or region to make a contribution to the WSO. Even a small contribution can make a big difference.



## Share Your Events

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

## Newsletter Submissions

Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit articles to [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org). Each submission must be accompanied by a signed [Copyright Release Form](#) before it can be published.

**\*\* Next Issue Submission Deadline: July 20, 2017 \*\***

### Nar-Anon Family Groups

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