

# The Serenity Connection



Nar-Anon Family Groups Newsletter

Volume 28 – Issue 2 – June 2012

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The agenda and minutes for the Board of Trustees meetings are posted on the Nar-Anon website for those who wish to review them at:

<http://nar-anon.org/Nar-Anon/ReportsAndMinutes.html>

The financial statements will be included once a year in the newsletter and upon request.

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## NAME THE NEWSLETTER CONTEST

The newsletter committee would like to thank all those who submitted names for the Nar-Anon Newsletter. As you can see the name selected at the 2012 conference is *The Serenity Connection* which was submitted by Alys C. from the *Saturday Morning Serenity Group* of Worcester, Mass. Congratulations Alys!

## Letters to the Editor

Send in your thoughts, ideas, comments, and opinions. Tell us why you keep coming back. Tell us how your group uses the newsletter. Do you have an interesting anecdote to reveal? Does your group, area or region have something unique to share that would help other members? What is your favorite Nar-Anon tool?

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

## The Nar-Anon 36

### 12 Steps, Traditions and Concepts

If you have an idea for what the book cover might look like, the Literature Committee wants to hear from you. If graphic design is your profession or hobby, we need your help with this and other projects. Pick up your pencil and give back to the fellowship. Service comes in many forms!

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

**\*\*On Page 7 is the new *Nar-Anon Copyright Release Form*. Please be sure to forward a signed copy with each submission to the WSO, WS Literature Committee or WS Newsletter Committee.\*\***

## News and Announcements

### Quarterly Appeal to Nar-Anon Members

*(Meeting Secretaries, please read this appeal at two consecutive meetings. Thank you!)*

Dear Nar-Anon Members:

Too often we take for granted the things others do for us. When we came into Nar-Anon, we had no idea that there was a World Service Office. Our intent was to attend meetings to recover from this disease of drug addiction, but that doesn't stop the WSO from continuing to make sure the message of hope is provided to everyone.

How does that happen, you might ask? To fulfill the primary purpose, all contributions are used to meet expenses for worldwide services, including the operating expenses of the World Service Conference (WSC). Your contributions also help the WSO to answer over 17,000 calls each year (toll free and its local number); to provide meeting information; maintain the World Service website; to provide outreach literature to providers and institutions (e.g., doctors, churches, schools, and public health departments); to connect isolated groups around the world; to publish and print Nar-Anon literature; and to help new Nar-Anon groups worldwide. We all want Nar-Anon to be there for the families and friends who find themselves affected by a loved one's addiction.

By sending a donation, you contribute to carrying our message of help and hope. Another way to say *Thanks to Nar-Anon* is to contribute at least \$1.00 for each year of recovery (using the attendance at your first meeting as your "birthday").

On behalf of the Nar-Anon World Service Office, I would like to thank the entire Nar-Anon membership for their continued support.

*In loving service*

Cathy K. - Executive Director, WSO

***P.S. If you would like to make a tax-deductible donation, please submit a check for your records. Make your checks payable to Nar-Anon World Service Office Hdqtrs, Inc. or go online and use the donate link!***

**Get your Delegate and Alternate to World Service Conference for only \$1.54 a week!**

This year many regions struggled to send their delegates and alternates to the World Service Conference. In some regions, the delegate funding was obtained by using email appeals for donations.

If we actually compute the specific amount we need to request from each group per year, it seems like an easy number to achieve. When we look at that number as a weekly meeting amount, it becomes even easier. Some regions have groups that do not communicate, serve, or donate to the region, so we need to be realistic when calculating; only using actively participating groups.

Let's look at a region with 20 groups, but only 10 are active. In 2012, the WSC equalized expenses were \$1600 each for a delegate or alternate coming from the USA, Canada or Mexico. To send them both it costs the region \$3200. Since the conference cycle is 2 years, your groups have 104 weekly meetings to raise the needed funds.

Using the example above, \$3200 (cost) divided by 104 (weeks in conference cycle) = \$30.77 per week. Dividing the \$30.77 by 10 (active groups) we get just \$3.08 per group, per week. Sounds easy enough, right? A group with 15 members probably collects between \$15 and \$30, maybe more, when they pass the basket. Setting aside \$3.08 wouldn't be much of a hardship for the average group.

If we get the inactive groups to participate, the weekly amount needed is even less! Using the same region as our example, \$3200 divided by 104 weeks divided by 20 groups comes to only \$1.54 per group, per week. And that is how a region can send both a delegate and alternate to a conference!

So, as you can see, all it takes is a very manageable pledge from each of your groups to be able to send a delegate and alternate to conference to carry the voice of the groups!

## **NAR-ANON 2012 WORLD SERVICE CONFERENCE BUZZ**

### ***H.U.G.S Success, how we grew stronger!***

- ❖ ***117 hours of fellowship work***
- ❖ ***7 Country Participation***

***Brazil, Canada, Japan, Mexico, Russia, South Africa, and United States.***

***40 Nar-Anon members, (Board of Trustees, delegates, alternates and observers) / 544 ¾ years of recovery, (averaging 13.6).***

- ❖ ***Look for more details upcoming***

### ***Conference Experience***

#### ***My First Conference-***

I am writing this still in the afterglow of the spiritual awakening I had attending my first World Service Conference as delegate for the Southern California Region.

When I arrived in the Nar-Anon fellowship about three and a half years ago, I didn't think much about the fact that we had literature on the table, organized meeting formats and that I could go many places and experience the Nar-Anon fellowship pretty much the same from meeting to meeting. At the time I had bigger problems and was consumed with my wants and my needs.

Two years ago, a dear friend who is in every way a gift of the program suggested that I may want to put "a few bucks in my recovery bank" and drive down to San Pedro for the day to observe the 2010 WSC. I really had no idea what the WSC was or what to expect, but I said, "Yes." We came and observed. This was my first experience with service beyond the group level, and I was somewhat shocked. I had only experienced our local group, so the conference was far different from anything I had experienced in recovery.

I had attended a few regional assemblies as an observer, and this friend suggested that I may want to succeed her as group service representative when her term was up. Though I had no idea what I was getting into, I said, "Yes."

When our delegate to the 2012 WSC was called to move out of the region, she asked if I would

succeed her. I explained that if I could continue to be the GSR for the group (as I have a sense of duty to fulfill my commitments now), I would consider it. I explained to the Region that I had no experience with this type of service, but would bring the honesty, open-mindedness, and willingness that recovery had given me to the position. The Region accepted my service, and again without knowing what I was getting into, I said, "Yes."

Before recovery, I would have thought this was one of the worst times to leave home for a conference. My mom is slowly dying of a horrible progressive illness, we just signed our home to a short sale, and I am putting in much overtime on two jobs I am fortunate to have.

I believe Higher Power only gives us gifts, and this conference was just that. I feel humbled and honored to be a part of this wonderful group of Nar-Anons. Words cannot adequately describe my feelings of joy, gratitude, and utopia to have experienced in this place where principles are placed above personalities, and where I could witness the presence of a loving Higher Power speak through the group conscience for the good of the fellowship which I so dearly love and cherish.

To receive this gift, all I had to do was to say, "Yes."

I realize now that conference is the service body that made sure there was literature on the table when I walked into Nar-Anon some years ago. These are the keepers of the traditions who help assure that meetings, no matter where they are held in the world, are a safe haven for those who have come into the light from the darkness of chaos. I believe we are all the same. We all came to Nar-Anon to find relief from the family illness of addiction. We all do what we can, serve to the extent we can, and sometimes getting to a meeting is all we can, and that is perfect.

On this day I am truly blessed, and it all started with my first, "Yes."

Submitted humbly, Scott N.  
Delegate, Southern California Region

## ***THE CONGA LINE***

For a very long time my family and I have been dancing the addict dance. I picture it to be similar to a conga line with the addict merrily leading the way and the rest of us following along behind him wherever he leads us.

Every so often the addict drops something right in our path and one of us has to pick it up so that we won't stumble and fall. He's dropped so much stuff that our arms are full. It's really difficult to keep following behind the addict while holding onto both him and each other for dear life.

The addict moves faster and faster on his precarious route; the music's really loud. It's so very hard for us to keep up with him. We need to rest but he doesn't seem to notice.

I was right behind him, the second person in line, but my arms were so full of his stuff and he was moving so quickly that I had to drop out. My eighty-eight-year-old mother had to run up behind him and take my place so the line would not be broken.

My husband and daughters got tired of dancing so they dropped the addict's stuff right on the ground and went off to do other, easier things while my mom did her best to keep up with him by herself. But she finally got tired of dancing, too.

The addict realized he was no longer leading – there was no one else in line. He couldn't do it alone. He didn't like it.

The addict pulled out all the stops in his attempt to get us back in line. He promised to go slower, to change the dance steps, to change the route, to quit dropping so much stuff so we could keep up with him. But we didn't join in – we didn't like his macabre dance. The addict got angry.

He blamed us for ruining the dance.

He yelled, insulted, threatened, and lied. Although it would be easier just to let him have his way and join his conga line again, so far we haven't. ~ Just for Today ~

## ***Tradition One***

***“Our common welfare should come first; personal progress for the greatest number depends on unity.”***

Caring for me is in turn caring for others – if I don't care for me, I have little energy or courage to be who I want to be. I read in SESH “too often in a chaotic household the needs of the addict are met at the expense of everyone else in the household.” That does not support unity for the greatest number. If my thoughts, actions, and behaviors are concentrated only on the addict, I have nothing left for me or anyone else.

When I practice the program, my personal progress will promote unity in my life, my group, my area, my region, and my world in a positive way. That is how I can contribute to the unity of the fellowship. My recovery is connected to the recovery of others in my group and vice versa. Service is a part of my personal progress – I want my service to be a positive example to others.

However, I must remember to not enable the fellowship as I enabled the addict. I must allow others to serve so they may reap the rewards that service gives us. That to me is progress for the greatest number.

The WS Newsletter committee accepts submissions that reflect the experience, strength, hope, and spiritual nature of the Nar-Anon program. The writings should reflect the author's recovery rather than that of the addict. Submissions will be edited for grammar, punctuation, and terminology while maintaining the intent and voice of the author.

## ***Caring and Sharing***

On March 31<sup>st</sup> 2012, the Abbotsford, B.C., Canada, *Nar-Anon Caring and Sharing* group hosted an event called Spring into Recovery. By all accounts and remarks, it was deemed a success. Approximately 70 people came to enjoy the festivities. From the door prizes, daffodils, decorations, breakfast & lunch, speakers, discussion circles, readings, and testimonies, the day was filled with motivation and support. We came together to belong to something larger than our own individual groups.

It truly was a delightfully amazing day and made us feel very proud to be members of Nar-Anon. All the helping hands made the event the success it was.

The talks were inspiring and the whole event well-organized.....and the food!!!

As the Abbotsford group evaluated the day's events, we realized the following:

- Each member of our group moved in the same direction with a singular purpose to host the event.
- We reached out to communities outside our area and made each person attending feel welcome.
- We all participated and took ownership.
- We cared about the details.
- There was a sense of joy and contentment at the end of the day.
- We respected the time and ended 15 minutes ahead of schedule.

It was a pleasure to host the day! ~ Mona ~

## ***Your Way or My Way***

I am very fortunate to have entered the rooms of Nar-Anon at the same time as my wife. In recovery, many of my thoughts and actions are centered on what I have learned in the rooms of Nar-Anon and on the recovery books that I have read.

I am very grateful to have noticed big changes in both of us. Our respective recoveries are evolving through interaction with Nar-Anon members and by living life Nar-Anon style.

One of the most disturbing revelations I learned about myself was my control issues. My Nar-Anon recovery requires me to tone down and recover from exerting control over others. I am very sensitive to all forms of control and I try at all times to recognize and regulate control.

My sensitivity to controlling behavior resulted in the following story playing out.

My wife and I were hosting a family get together. She asked me to take responsibility for arranging the drinks including glasses and ice. I accepted the responsibility and was confident in my ability without instruction or control. She then proceeded to tell me how I must go about it. This made me feel uncomfortable. I did not ask for advice and I was confident in my ability to perform the task without instruction or control. I very calmly asked her whether the task must be performed her way or my way. She was taken aback at my question and continued to give me instruction. I calmly repeated "Your way or my way?" Eventually, after the fourth or fifth calm repeat of the same question, I was forced to duck from a flying object.

I am very grateful for what I have learned from that incident. I have realized that on a daily basis we are all performing duties and tasks. I have learned to honor, respect, and acknowledge my family, friends and colleagues for their many victories and achievements that are both great and small. Recovery has taught me to recognize the positive in people who are striving to become the best they can, one day at a time. Above all I acknowledge that a person must be given the honor and respect to conduct their lives and duties their way and not mine, and, by the same token, others must allow me the same treatment.

## *Recovery Service Nar-Anon Style*

Do you, your fellow members, groups, areas or regions have questions or suggestions, yet do not know whom to contact for answers? Are you interested in submitting an article to the newsletter, literature, or outreach committee? Are you interested in helping with Narateen groups? Do you have experience with parliamentary process or policy writing? Are you at a place in your recovery where you are ready to do service, but don't know exactly where you would like to serve?

Following is a list of your Nar-Anon world service committees along with a brief explanation of their responsibilities. These committees are resources and are always in need of trusted servants. Please feel free to contact them for further information.

Together We Can!

World Service Conference (WSC)  
[wscconference@nar-anon.org](mailto:wscconference@nar-anon.org)

The WSC committee coordinates all aspects of the World Service Conference.

World Convention  
[wccommittee@nar-anon.org](mailto:wccommittee@nar-anon.org)

The World Service Convention Committee plans and hosts a Nar-Anon world convention in cooperation with the NA world convention.

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

The purpose of the World Service Literature Committee is to compile, review and edit literature that is to be presented to the fellowship for approval.

Policies and Guidelines  
[pandgcommittee@nar-anon.org](mailto:pandgcommittee@nar-anon.org)

The purpose of this committee is to research, develop, and review all proposed policies and guidelines for fellowship approval through the World Service Conference.

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

The purpose of this committee is to advance the growth of Narateen.

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

The purpose of the World Service Outreach Committee is to carry the Nar-Anon message of hope throughout the world.

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

The World Service Newsletter Committee produces a quarterly newsletter for the Nar-Anon fellowship.

Resource and Development  
[wsrcd@nar-anon.org](mailto:wsrcd@nar-anon.org)

The purpose of this committee is to research and develop ideas for resource materials to be used by members and groups in meetings and at Nar-Anon.

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

This committee is responsible for maintaining the fellowship's website, [www.nar-anon.org](http://www.nar-anon.org); ensuring its content is in keeping with Nar-Anon's Twelve Traditions; and including up-to-date information of interest to all Nar-Anon members, our trusted servants, professionals, and the general public.

World Pool  
[worldpool@nar-anon.org](mailto:worldpool@nar-anon.org)

The purpose of the World Pool Committee is to screen candidates applying to become members of the Nar-Anon Board of Trustees and to forward a list of the most qualified candidates to the World Service Conference to be considered and voted on at the WSC.

Your World Service Office and your Board  
[wso@nar-anon.org](mailto:wso@nar-anon.org)

# NAR-ANON COPYRIGHT RELEASE FORM\*

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I give my permission to Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.) to use my writing in any book or publication that may be produced.

The title of my document is: \_\_\_\_\_

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My signature warrants that the words I submit for consideration are my own and have not previously been published or copyrighted. I have not plagiarized, copied, or otherwise violated copyright protection of any other person or publication. Any quotes referred to have been properly and legally cited and attributed.

I relinquish all claims to any royalties or revenues that may be collected through the production of any book or other publication now or in the future. I understand my writing will become the sole intellectual property of NFGH, Inc., to be held for the benefit of the Nar-Anon fellowship. This release allows my writing to be edited for publication.

All writings will be printed anonymously unless submitted for the newsletter. If for the newsletter, I give my permission to use my:

First Name Only \_\_\_\_\_

Writing Anonymously \_\_\_\_\_

*(Please Check One)*

I agree to hold NFGH, Inc. completely and forever harmless from any liability whatsoever in connection with any use by NFGH, Inc. of my writing.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Print Name Legibly)

\_\_\_\_\_  
(Date)

\*This release form must be included with your submission. Consideration for publication cannot be given without such written authorization.

Our preference is that writings be in an MS Word document and sent via e-mail to the World Service Literature Committee at LitCom@nar-anon.org or to the World Service Newsletter Committee at newsletters@nar-anon.org. Write as little or as much as you like.

# Calendar of Events

**NAR-ANON  
WORLD CONVENTION 2013**

**NAR-ANON WORLD CONVENTION**  
*(In cooperation with N.A.)*  
**AUGUST 29 – SEPTEMBER 1, 2013**  
**PHILADELPHIA, PA**

**22nd Annual Narathon  
Southern California Region  
September 29, 2012**  
9am-3:30pm

**“PROGRAM FOR RECOVERY”**  
Hosted by Valencia / Canyon Country  
20001 Canyon View Dr.  
Canyon Country, CA 91351  
Speakers, potluck, raffles and door prizes

June 8<sup>th</sup> – 10<sup>th</sup>, 2012  
**Addiction is a Family Disease**  
**Northern California**  
**Region Convention**  
Radisson Hotel & Convention Center  
2233 Ventura Street  
Fresno, CA 93721  
August 3 – 5, 2012

**NAR-ANON @ FRCNA XXXI**  
**RIDING the ROAD to RECOVERY**  
July 6-8, 2012  
Tampa Marriott Waterside  
700 South Florida Ave. - Tampa, FL 33602

**Sailing Through the  
Seas of Recovery**

Nar-Anon 4<sup>th</sup> East  
Coast Convention  
Crowne Plaza Airport Hotel  
1325 Virginia Avenue  
Atlanta, GA 30344

## HELP WANTED

The World Pool Committee is searching for qualified members to apply for the Conference Facilitator position for the 2014 World Service Conference (WSC 2014). Qualified members will have been active in Nar-Anon service for a minimum of four years and have served as an area/regional officer, delegate, or alternate delegate. It is also preferable that they have attended at least one WSC.

For complete information about the Conference Facilitator position, go to [www.nar-anon.org](http://www.nar-anon.org). Interactive Word application forms are available upon request from the World Pool Committee at [worldpool@nar-anon.org](mailto:worldpool@nar-anon.org).

## DEADLINE FOR NEXT ISSUE:

**“August 1, 2012”**

**Theme: Steps 7, 8, & 9**





# The Serenity Connection



Nar-Anon Family Groups Newsletter

Volume 28 Issue 3 Sept 2012

## I Keep Coming Back

Why do I keep coming back whether or not my loved one has found recovery?

I keep coming back to Nar-Anon because

- I want to help others as others have helped me.
- I want to be of service to those who are lost, isolated, confused, and broken.
- I want to help newcomers.
- I want to give back because I received so much.
- I want to pay it forward.

- I want to see Nar-Anon grow because there is such a need.
- I want to be around brave, empathetic, service-minded people.
- I want to live one day at a time.
- It keeps me humble.
- It's a step. Step 12.

How service has benefited my personal program of recovery.

At first....

- It was a way to keep busy.
- It was a way to keep my mind off my misery.
- It was a way to be around people with recovery maturity.
- It was a way to learn wisdom from long time members.
- It was a way to be around program people for longer than an hour.

Now...

- It's a way of life!

### Inside this issue:

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## Calling All Region Chairs...



### *Ring! Ring! Calling all Region Chairs!*

Hello! My name is Kathy B. I have just returned from a wonderful, recovery-filled weekend in Atlanta where I attended the East Coast Convention. At the convention, I met other region chairs. We spent time together discussing our regions and exchanging ideas. It was a great experience to be able to reach out to my counterparts in another region, to ask questions, and to make new friends.

Three of us discussed the possibility of inviting other regions to join in our conversations. Other highlights

of a weekend discussion were to have our own forum to share ideas, successes, and failures; to discuss tough topics such as how to handle conflict and how to conduct an effective region assembly.

Unfortunately, we do not know all of the region chairs. So we are asking that if you are interested in speaking to other region chairs, to have a resource available to you, please contact me:

Kathy B at  
**Fregionchair@gmail.com**

Hopefully, we will all benefit from communicating with each other.

In Service,  
Kathy B, Florida Region Chair

## Recovery

Recovery shows me how to

- hold those I love with open hands and an open heart
- be free to be myself and walk my own path
- support without suffocating
- love without strings
- feel I am loved with an amazing love
- give as I have been given to

To love and to care is human and true.

To give up controlling is inviting divine intervention for us both!

My recovery began the same day my son went to rehab. Within 4 days, I was in the family meeting at his treatment facility and realized I also had the family disease. I felt compelled to change. I was in such

total despair as to how I would ever be able to let go.

I spent some time in grateful prayer and meditation on our one year anniversary. As I was being still and reflecting on our recoveries and the miracles that had happened in our lives, the above thoughts came into my mind so I wrote them down. This truly has been my experience in recovery.

## Remember... September is National Recovery Month

### Dig Deeper — 7th Tradition

#### Quarterly Appeal to Nar-Anon Members

Did you know Nar-Anon is celebrating its 44<sup>th</sup> year?

The first newcomers came to Nar-Anon 44 years ago and put a dollar in the basket when it was passed around for the 7<sup>th</sup> Tradition.

At that time,

- the cost of gasoline was 32 cents a gallon
- penny candy was actually a penny
- milk cost 99 cents a gallon (depending upon where you

- lived)
  - movie tickets were 25 cents
  - a first-class stamp was 5 cents
  - a new home was \$23,300
- Therefore, with a dollar you could buy
- 100 pieces of candy
  - 3 gallons of gas
  - 20 stamps
  - 4 movie tickets...

Wow, a dollar went along way!

So when the 7th Tradition basket is passed at your meeting, remember your group pays rent, buys literature and makes regular donations to the area, region, and WSO. A

newcomer packet is \$1.50, a blue book \$1.15, and a stamp 45 cents.

As you sit holding your \$4.49 Grande, extra-hot, double-shot, half caffeine, half non-fat, low- whip latte, of course this is after you stopped at the gas station and for \$30.00 maybe got half a tank of gas, please remember to **Dig Deeper**.

Your group, area, and region along with WSO need your help. The WSO staff works diligently to keep up with supply and demand. With all of our exciting changes and growth, we need your help and funds to continue carrying the message.

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 it is there to help others in need.

*“Sharing Experience, Strength, and Hope,” Nar-Anon Family Groups Daily Reader, July 17*

# Our Members Share...

## Ann's Story

It's been almost a year since I lost my only son to drugs. It's still hard to believe some days, but the reality and finality is sinking in more and more. I owe a debt of gratitude to all of you and wanted to share that in writing.

I have said this at meetings in the past but it bears repeating: I learned more from my sisters and brothers in this support group than I did from many paid professionals about control, enabling, and detaching with love. The readings each week,

especially about how the addicts in our lives are not trying to hurt us, gave me comfort early on. I returned every week to hear personal stories, how members coped with setting boundaries, and meaning what they say without saying it mean.

Before I started to attend Nar-Anon meetings, I thought I was living my life and could find the answers to saving my son. I learned that I needed to allow him to take charge of his life, to love

him, and show him I trusted his decisions. Our relationship was good before but improved significantly during the time I spent in Nar-Anon. As so many addicts do, my son slipped again at the end, but overall made us so proud of how hard he fought and how far he'd come.

You all do a great service. Thank you for all you do and for the time you give.

Best, *Ann*

## Oxygen Mask

I remember very clearly my first Nar-Anon meeting. The people in that meeting were talking about a subject that was uppermost in my mind throughout my daily life.

I remember clearly wanting to return to that meeting, as I was hungry to interact with people who knew and talked about drug addiction.

It was as though I were wearing an oxygen mask during the 1½ hour Nar-Anon meetings. My daily life was a struggle, but that weekly Nar-Anon meeting was a breath of fresh air.

I based my daily life around the remaining time between meetings. Tuesdays were goods days, and Wednesdays were the best days, as 8pm Wednesday night was my Nar-Anon meeting. I am very grateful that after three months in the

program a group conscience was taken, and I was asked to chair the meeting. That meant I got to take home the entire pack of CAL (Conference Approved Literature). I used the literature to prepare for the next meeting.

I remember going to bed at night and reading CAL. After a short time, I realized that reading CAL had the same oxygen mask effect as being in a meeting.

Slowly but surely, my daily struggle was aided by reading CAL and attending my weekly meeting. Recovery was engulfing me even though my addicted son was still using. I continued to immerse myself in the Nar-Anon program, and I gradually achieved higher levels of peace and serenity.

After five years of Nar-Anon recovery, my son finally reached

rock bottom, and, thanks to my Higher Power and the Nar-Anon fellowship, my oxygen mask was firmly on my face, and I was breathing and thinking clearly.

I had what I can only describe as an out-of-body experience the morning that my son hit rock bottom. He was out of control, and he reached out for help. I am convinced my Higher Power elevated me to a place of peace and serenity, and together we calmly and clearly laid out a plan that would facilitate our family participation in his recovery. We calmly set boundaries and applied many of the Nar-Anon principles we had learned over the years.

Today, I know that for my survival my lungs need fresh air, and my body, mind, and soul needs Nar-Anon.

# Members' Reflections...

## Mini-Convention Share

### Grassy Park, suburb of Cape Town, South Africa

The Nar-Anon Grassy Park Mini Convention was an emotional day. I was profoundly affected and moved to write the following story.

Before I joined the Nar-Anon fellowship, I was living, breathing, and functioning as a human being, but I was emotionally dead. I constantly found ways to block my emotions and, in time, my heart turned to stone.

Blocking my emotions became a coping mechanism to deal with

family situations and life on life's terms. In Nar-Anon I discovered my condition was no different from that of my drug addict son.

He used drugs to anesthetize himself and his emotions, and I used a stone heart to achieve the same effect.

In working the Nar-Anon 12 Step Program, I discovered ways to get in touch with my emotions. It has been a refreshing and liberating journey. Today I am grateful for the flood of emotion when faced with family situations, random acts of human kindness, and heartwarming stories.

On careful re-consideration, I now think of a "stone heart" as being a block of cold ice. The people in my Nar-Anon family became tiny rays of sunshine that warmed my heart and melted the ice. The result was a flood of emotion.

I thank each and every one of you for bringing me out of the cold. I thank my Nar-Anon groups for keeping me safe and warm. I thank my Higher Power and the Nar-Anon fellowship for shining on me.

Finally, I thank you for reading my story and letting me share my experience, strength, and hope.

## Workshop Event Share

### Greenville, South Carolina

The Greenville, South Carolina Nar-Anon group hosted a workshop on June 30 titled "What Does it Mean to Work the Nar-Anon Program?"

Approximately thirty participants from the tri-state areas of North Carolina, Georgia, and South Carolina attended the Saturday workshop, enjoying the camaraderie. It didn't hurt that there was

pizza and many goodies to be enjoyed!

The morning session concentrated on working the steps of the program, specifically the first step. There was much discussion as we read Step One and privately answered straightforward questions concerning our progress on this step. This process resulted in much soul-searching, not only for those of us who are new, but also for those who have worked Step One before.

The afternoon session was a forum on finding and using a sponsor. For those who do not yet have a sponsor, it was an informational session on how to ask another member to become our sponsor and how to make the relationship a worthwhile part of our lives.

The day ended with draws for wonderful gift baskets provided by the Greenville group and hopes for more inspiring sessions to come!

With time comes wisdom and understanding.  
With time comes spirituality.  
With time comes peace in our hearts and in our homes.

**"Sharing Experience, Strength, and Hope," Nar-Anon Family Groups Daily Reader, March 19**

# Committee Corner...

## World Pool Committee



**WE NEED YOU!**

A **Conference Facilitator** is needed for the 2014 World Service Conference (WSC 2014). Have you completed four years of active service in Nar-Anon and attended at least one WSC? You could qualify for the conference facilitator position. All conference expenses will be paid, including travel.

The following qualifications should not be viewed as a list of absolute requirements, but rather as an expression of the qualities and experience that will be helpful in presiding over the WSC:

- A demonstrated ability to preside over business meetings
- A working knowledge of WSC Standing Rules of Order
- A working knowledge of Robert's Rules of Order and parliamentary procedures
- A working knowledge of Nar-Anon's Twelve Steps, Twelve Traditions and Twelve Concepts of Service
- Familiarity with the Nar-Anon service structure
- Familiarity with the Guide to Local Services and Guide to World Services, and
- Strong organizational skills.

As the conference facilitator, you would have the following responsibilities:

- Preside over the World Service Conference
- Be able to attend the World Service Conference over a five day period. Travel days may add an additional day or two.
- Attend meetings via internet conferencing with the Board of Trustees or World Service Conference Committee, as needed.

For complete information about the conference facilitator position, go to [www.nar-anon.org](http://www.nar-anon.org).

Interactive Word application forms are available from the **World Pool Committee** at [worldpool@nar-anon.org](mailto:worldpool@nar-anon.org)

## Literature Committee

### **G**raphic Artist Needed

We need your **graphic design skills** for our new study guide: *"The Nar-Anon 36: 12 Steps, 12 Traditions, and 12 Concepts"*

If you have an idea on how the book cover might look, the Literature Committee wants to hear from you. If graphic design is your profession or hobby, we need your help with this and other projects.

Pick up your pencil and give back to the fellowship. Service comes in many forms! Contact the **Literature Committee** at [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org)

### **Newsletter Submissions**

Articles are welcomed from all Nar-Anon members.\*

Please keep your focus on the Nar-Anon program at all times and share your *experience, strength, and hope (ESH)* from the perspective of a Nar-Anon member.

Please submit your articles to:

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

\* Remember, submissions must have a signed release form before publication.

\*\* Next Deadline: October 15, 2012 \*\*

## Resource Development Committee

The **Resource Development Committee** is conducting a poll on *possible* future initiatives. Many groups have inquired about having different items available to purchase from WSO.

In order for us to be successful in planning, we need you to help out by completing the survey on the WSO website at [www.nar-anon.org/Nar-Anon/RDC\\_Survey.html](http://www.nar-anon.org/Nar-Anon/RDC_Survey.html) no later than **December 31, 2012**.

## Outreach Committee

The new Outreach Information Folder, with WSC 2012 updates is now available for purchase from the WSO website at [wso@naranon.org](mailto:wso@naranon.org).

Also outreach packet has been revised and now includes 100 each of:

*To the Concerned Family and Friend  
Open Letter*

*Twenty Questions  
Information for Treatment Facilities  
Nar-Anon Offers Hope*

The World Service **Outreach Committee** is in need of volunteers. If you are interested in serving on this committee, please email [outreach@nar-anon.org](mailto:outreach@nar-anon.org) for more information. You can make a difference!

## New Nar-Anon Literature

Dropped by the WSO website lately? Have you seen the **NEW** Literature available from WSO? Here it is!

- **Nar-Anon Family Groups' Guide to Local Services:** *information for the group; download for FREE*
- **Appropriate Sharing & Crosstalk:** *promoting healthy communications at meetings*
- **Slogans Bookmark**

- **Questions on Sponsorship:** *suggestions for the sponsorship relationship*
- **Journal - Progress Not Perfection:** *for your reflections*
- **Three Poster Set:** *Steps, Traditions, Concepts*
- **Outreach Poster:** 2' x 3'

Go to: [www.nar-anon.org/Nar-Anon/Literature.html](http://www.nar-anon.org/Nar-Anon/Literature.html)

## What Worked for You?

The newsletter committee would like to introduce you to our new section – **What Worked For You?** Have you ever wondered how to handle an issue that your group is struggling with?

How about emailing a brief description of your problem to the newsletter committee. We will post it in the next edition and ask the fellowship to offer

solutions that your group may not have thought of.

Please keep in mind this will not be a way of giving advice, but an opportunity for us to share our experience, strength, and hope.

Remember our principle of anonymity: no names and no locations, only the brief details of your situation. Together we can work toward a solution.

### ***This Issue's Question:***

*My group uses non-CAL literature. How do I explain to the group that outside literature makes me uncomfortable and why we should not use it?*

Please email your responses to: [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org)

Watch for solutions in the **December** newsletter!

# Upcoming Nar-Anon Events...

**September 8th, 2012**

**National Recovery Month**

## **Nar-Anon Florida Day of Serenity**



Locations and times for all *Day of Serenity* meetings:

**Dacco:**

4422 E. Columbus Avenue, Tampa, FL 12 noon to 4 PM

**Dunnellon Presbyterian Church:**

20641 Chestnut Street, Room 204, Dunnellon, FL 34430  
(Office Bldg, Use rear entrance across from Memorial Garden)  
10 AM to 2 PM

**Operation Par - Beverly and CW Bill Young Center for Research and Recovery:**

13800 66th Street North, Largo, FL 33781 12 noon to 4 PM

**Pompey Park Recreation Center:**

1101 NW 2nd St., Delray Beach, FL 33444 12 noon to 3 PM

**September 15th, 2012**

## **Day of Sharing Colorado Nar-Anon**

**Bethlehem Lutheran Church**

2100 North Wadsworth Boulevard  
Lakewood, CO 80214

9:00am - 3:00pm

Guest Speakers / Workshops / Potluck /  
Door Prizes

Contact: [jgreen2219@gmail.com](mailto:jgreen2219@gmail.com)

**September 15th, 2012**

## **Feed the Spirit Nar-Anon Spirituality Breakfast**

**Brass Rail Restaurant**

3015 Lehigh Street  
Allentown, PA 18103

10 AM

Host: Serenity in the Valley of Allentown  
Call Nancy H. at 610-437-6323

### **Nar-Anon Mission Statement**

*The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction.  
As a twelve step program, we offer our help by sharing our experience, strength, and hope*

September 28th - 30th, 2012

## Hope - Faith - Healing Nar-Anon Spiritual Weekend 2012

McKenzie River Convention Center  
Mile Post 47  
Rainbow, OR

Please register by September 20, 2012

"CELEBRATING A BALANCED LIFE PRACTICING  
THE 12 STEPS OF NAR-ANON"

## *Attending a Nar-Anon Event?*

Drop us a line and share  
your experience with other  
Nar-Anon members.

We'll post your article in the  
**Members' Reflections**  
section of the newsletter.

September 29th, 2012

## Program For Recovery 22nd Annual Narathon

Canyon View Estates Clubhouse  
20001 Canyon View Drive  
Canyon Country, CA 91351

9:00 am - 3:30 pm  
Host: Southern California Region  
Contact Joe K. at [Kel149@hotmail.com](mailto:Kel149@hotmail.com)

November 30th -  
December 2nd, 2012

## The Joy is in the Journey XXIII New York Region 23<sup>rd</sup> Annual Nar-Anon Convention

Villa Roma Resort and Conference Center  
356 Villa Roma Road, Callicoon, NY 12723  
Reservations (with deposit) by October 5, 2012



January 18th - 20th, 2013

## Keys To Serenity Nar-Anon Monterey Convention

Monterey Conference Center  
1 Portola Plaza  
Monterey, CA 93940

Questions? 1-888-688-78334 or [montereynaranon@gmail.com](mailto:montereynaranon@gmail.com)

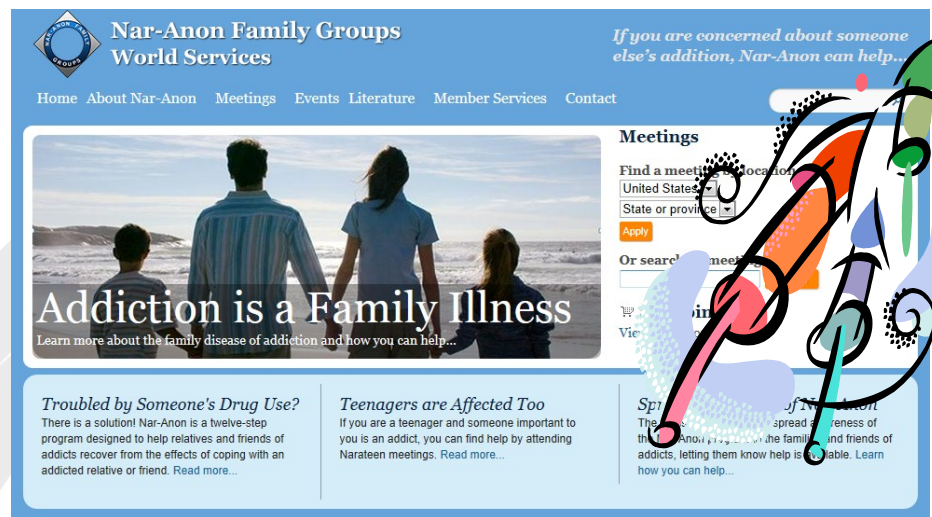
Thanks to all who make The Serenity Connection a success with your submissions!



## Stay Tuned for *Lift-Off!* NEW NAR-ANON WEBSITE!

**Lift-off** for our dynamic new Nar-Anon website is coming soon! WSO and the website committee have been working together since the WS Conference in April to create an attractive new look with features to help us in reaching out to those in need of the Nar-Anon program. It will be possible for anyone to search for a local meeting by zip code, city name, meeting name, day of the week or meeting time. Mapping and directions will make it easy to find a meeting location.

The new website menu is designed to flow logically and grow as content expands. The menu includes:



- About Nar-Anon
- Calendar
- Find A Meeting
- Literature Web Store
- Member Services
- Contact

The landing page, or home page, makes more information visible while maintaining ease of use. One of our goals in redesigning the website was to keep the newcomer in mind. Sharing information and meeting locations with the families and friends of addicts is our primary purpose.

The member services area has great potential for our many members involved in Nar-Anon service work. To protect the anonymity of those mem-

bers, a passcode will be required to access some of the pages. We will be posting training videos on use of the website in this area very soon.

The WS website committee and WSO are planning to expand the website in the future by adding more new and interesting features, while keeping in mind the Twelve Traditions and Twelve Concepts of service.

We hope you will take the time to explore your new website. Suggestions and comments can be sent to the WS website committee ([webcommittee@nar-anon.org](mailto:webcommittee@nar-anon.org)) or to WSO ([wso@nar-anon.org](mailto:wso@nar-anon.org)).

We would love to hear from you!

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**"I must remember actions speak louder than words. Before I tell people about Nar-Anon, I should be sure they ask."**

*"Sharing Experience, Strength, and Hope,"*  
Nar-Anon Family Groups Daily Reader, November 22

# Our Members Share...

## Forgiveness

I entered the rooms of Nar-Anon because of my child's addiction. As I began the recovery process, the concept of forgiveness was the furthest thing from my mind. As a result of working the Nar-Anon Twelve Step program, in particular Steps Eight and Nine, I realized that for my own peace of mind and serenity it was necessary for me to forgive. When I surrendered, forgave and accepted my situation, I found serenity.

With the help of my Higher Power, Nar-Anon literature, and those who came before me, I learned that true forgiveness is primarily for my benefit. True forgiveness sets me free from anger, resentment, and hurt. Slowly I forgave myself for all the self-inflicted pain. I accepted that during the period of full-blown active addiction my actions and reactions to addiction were always done with the best of intentions. I forgave myself for all the things I had done wrong. At that time of my life, I accepted I was doing the best I could. Therein lays the key to my liberation. As a result, I developed a relationship of self-love, acceptance, and self-forgiveness.

I learned that forgiving myself was not enough. I had to find the same freedom to forgive my son for being an addict. Acceptance that addiction is a disease helped me with the process. I didn't cause it, I can't control it, and I can't cure it. I learned from our literature that my son did not set out to become an addict; therefore I can't blame him for being an addict, nor can I blame him for the many years of pain and hardship.

Today I have forgiven my son for the difficult years; however, I dare not forget the past. Regular attendance at Nar-Anon meetings, writing, and being given the honor of serving our fellowship keeps me focused on working my program. I resist the temptation to become complacent.

I never want to be condemned to living the life I had prior to joining the Nar-Anon Fellowship. For the precious moments of peace and serenity in my life, I thank my Higher Power, the Twelve Step Nar-Anon program and all the wonderful people I have met. Forgiveness has made it all possible.

*Anonymous*

## Living today without fear

When it is before my eyes - see  
When it is in my ears - hear  
When I hear God's voice in my soul - listen

When God's words of grace are in my mouth - speak  
When my task is in my hands - act!

When I see pain before me - comfort

When my heart is touched - open It

When my tears are stirred - let them fall

When my arms are empty - fill them

When the circumstances of life are before me — consider them

Pray for wisdom  
Look for MY choices  
Seek my Higher Power's will first  
(Step Three)

Be Free  
Be Myself

*Anonymous*

## Newsletter Submissions

Articles are welcomed from all Nar-Anon members.\*

Please keep your focus on the Nar-Anon program at all times and share your experience, strength, and hope (ESH) from the perspective of a Nar-Anon member.

Please submit your articles to:

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

\* Remember, submissions must have a signed release form before publication.

\*\* Next Deadline: January 20, 2013 \*\*

## Anger

In my Fourth Step inventory, I identified anger as a character defect. Many of my knee jerk responses to provocation were inappropriate and caused damage that, in retrospect, could have been avoided. In recovery I learned that many of my listed character defects could be worked on and, in time, be converted into character positives.

I have benefited greatly by studying the meaning and expression of my anger. In short, I have applied anger management to my life.

It was a revelation to learn how anger that arises as a result of provocation is my Higher Power's way of telling me the limits of acceptable versus unacceptable behavior. The only thing I am

required to do is listen to what my Higher Power is telling me and then appropriately manage my response to provocation.

It was also a revelation to learn that proper management of my anger benefits my relationships as opposed to damaging them.

I have discovered I am powerless to stop the instinctive and reflex emotion of anger; however, when angered, my recovery has taught me that I do have the ability to regulate and manage my responses. Today I am grateful and feel liberated in the knowledge that my anger management is an expression of my personal boundaries and limits.

The final phase of my anger management is my ability to release anger. In

recovery I can get angry and respond appropriately and, with the help of my Higher Power, let go in as short a time as possible.

Through anger management, I have discovered what pushes my buttons, and I have managed to verbalize this to my loved ones and those with whom I have relationships.

Before I joined Nar-Anon, I repressed my anger which resulted in emotional distress! I have developed confidence in my ability to manage my anger, and I realize that although I have no control over others and what they might do to anger me, I have a great deal of control over my responses, through the gift of my recovery.



## Slogans and Sayings

Slogans and sayings are the banners we hold onto as we climb the steps of recovery. They give us something to hold onto — sometimes holding onto for dear life. Let go or be dragged !!!

Letting go is the challenge of my recovery; looking upward to my Higher Power and inward at myself rather than immediately reacting to what is going on around me. This is key to the spiritual journey to inner peace I am on in recovery. I spin out of mental and emotional control with my circumstances if I do not take the time to breathe and THINK. I remember to practice having faith and trusting in a Power greater than myself, the steps, and my fellowship of recovery. I find that recovery works if I work it and I AM

worth it! Often times I “work it” by not doing, by actively practicing faith and trust in a loving Higher Power of my recovery, that is all.

When I unclench my fists and open my hands a little bit, I invite my Higher Power to work in ways I cannot. I learn to trust by practicing trust. I am empowered to see myself and my choices through this process. It is through the practice of letting go that my faith and trust grow. My mind stops being filled with fears and nameless dreads; rather, serenity guards my mind and heart and I am at peace. I am able to take a loving step back from my loved one and allow others to walk their own paths while I stay on mine. I am learning to intuitively respond to circumstances from a heart steeped in inner peace.

Some slogans and sayings that have helped me in my recovery:

- Helping doesn't help - if it is not my stuff
- If nothing changes, nothing changes.
- I can't. God can. I think I'll let Him!
- It is NOT about me... PAUSE... don't take EVERYTHING personally
- Easy does it. Progress not perfection.
- May I be my Higher Power's instrument of peace.
- God give me the courage, wisdom and peace to be the carrier of the message, not the addict.

*Anonymous*

**“Recognizing and owning my feelings is an important step in my recovery...  
I can choose to let go of the negative. I can choose to embrace peace.”**

**“Sharing Experience, Strength, and Hope,” Nar-Anon Family Groups Daily Reader, August 25**

# Members' Reflections...

## Russian Adventure

## Россия

Prey-Yet. That's "Hi" in Russian, one of the many words Cathy and I learned on our recent outreach adventure to Russia. We had the pleasure of attending the ECCNA 28 (European Conference and Convention of NA) where our Nar-Anon Russian Fellowship, in the spirit of cooperation, held their first regional convention. All we can say is WOW! What a fellowship we have in Russia!

We were swept off our feet from the moment we arrived at the Moscow airport, to our last tearful hugs and good-byes. The outpouring of love, fellowship, service commitment, willingness, and openness to learn, are hard to put into words. The surprises continued to amaze us.

We both attended a local meeting in Moscow the night before the convention opened. We were told it was a

small meeting - 10-15 people. We counted 76 that night in the room! On Friday we went to the Druzba where the convention was being held. Imagine our surprise when we arrived, went up the stairs, and saw the 2 X 3 Nar-Anon tri-colored poster in Russian - another spiritual moment.

It was wonderful to witness the service work the Russian fellowship has accomplished to date. They had a lot of our pamphlets translated and displayed for sale, and I noticed right away each one was printed in the same color as those produced at WSO.

There were three members who had the ability to translate for us, which was greatly appreciated, though a lot of messages can also be seen in peoples' eyes, smiles, tears, and

hugs. We did workshops and meetings on Narateen, outreach, service, sponsorship, and the principles of our program. Many members of our Russian fellowship had never before had a chance to attend a convention.

The hospitality of our Russian friends also extended into the brief downtime moments we had to tour Moscow. What a beautiful city with sights beyond our imagination!

Until we meet again, my new Russian friends, we will hold this trip close to our hearts. Your members truly know how to continue to 'Move Forward.'

In Service,

Karen M.  
Cathy K.

## "Serenidad" in Cuba



In a church in the Vedado neighborhood of Havana, Cuba, I had the wonderful opportunity to join twelve members of a new Nar-Anon group, "Serenidad." I was able to tell them how grateful I was that they were there since I had many fears about returning, after more than seven years, to the city where I had my first experiences with my husband's active addiction. I took Spanish CAL, including the partial chapters of SESH, Blue Books, and the Spanish meeting format, but en-

couraged them to hold their meeting as they normally do. I witnessed a heartfelt sharing of strength and hope with a focus on ourselves rather than the addict. During the last 30-45 minutes of the meeting, they asked me to model our meeting format, which I did. After the meeting, I offered them help getting their meeting posted on the WSO website and left them my email address.

A week or so after I returned home, one member sent me an email with the meeting info and a request to

have it posted. I communicated this to the World Service Office, and now, when you search under country for a meeting, Cuba shows up!

I will never forget the joy of participating in recovery in the city where my need for recovery began.

"Serenidad" meets every Saturday from 6:30-8 pm.

Joni

**"Friendship improves happiness and abates misery by doubling our joys and dividing our grief."**

**"Sharing Experience, Strength, and Hope," Nar-Anon Family Groups Daily Reader, February 19**

# Giving Back...

## Quarterly Appeal

*Please read this message at your business meetings during the Quarter*

Each week thousands of members around the world attend Nar-Anon meetings. Most meetings read a similar suggested format opening which includes a welcome to the newcomer. Each group displays conference approved literature and passes the basket to help the group be self-supporting.

While we don't give much thought to the dollar we put in the basket, that dollar has a large job to do. What does that dollar mean to the

person who has not yet found a meeting? Maybe they found a piece of literature at a treatment center which led them to a meeting. Possibly they found the 800 number to the world service office or used a search engine to look for Nar-Anon and found a meeting. A still suffering friend or family member found a meeting and sat down next to you and realized .... they were no longer alone!

The contributions to WSO from individual members, groups, areas, and regions help to provide and maintain these services, in order to carry the message of hope to friends and family members of those who suffer from the disease of addiction.

Keep coming back, and more importantly, keep giving back.

Drop by the WSO website to donate:

[http://www.nar-anon.org/Nar-Anon/Donate to Nar-Anon.html](http://www.nar-anon.org/Nar-Anon/Donate%20to%20Nar-Anon.html)

**“For me, giving back to the Nar-Anon fellowship is an expression of unconditional love and part of the healing process. When I give freely, without expectations, I help create a healing environment for others and myself.”**

*“Sharing Experience, Strength, and Hope,” Nar-Anon Family Groups Daily Reader, May 13*

## Prudent Reserve

A prudent reserve is money set aside to cover operational expenses in the event of declining contributions. This applies to groups, areas, and regions.

"Our Seventh Tradition says that Nar-Anon is fully self-supporting through its members' contributions."

Concept Eleven states: "Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly."

The traditions and concepts guide the groups, areas, and regions in preparing budgets each year.

Included in the budgets are rent, CAL literature, telephone service, copying, and other expenses as requested by the group conscience.

The groups, areas, and regions also support Nar-Anon/Narateen at all levels of service by contributing to their area, region, and WSO. In addition to member contributions at meetings, groups, areas, and regions may choose to organize fundraising events that emphasize outreach.

When preparing a budget, keep in mind that only a small reserve, with just enough funds to cover expenses, should be held in the treasury. The primary purpose of Nar-Anon is



to carry the message. When the prudent reserve is exceeded, the excess amount can be donated to the service structure as decided by group conscience.

Example of an **Area Prudent Reserve** for 1 year:

Outreach literature purchase	\$300
Phone answering service	\$120
Events	
(fundraisers, conventions)	\$200
New meeting seed money	\$100
Misc. (stamps, copying)	<u>\$200</u>
Total Prudent Reserve	\$920

# What Worked for You?

## Last Issue's Question

*My group uses non-CAL literature. How do I explain to the group that outside literature makes me uncomfortable and why we should not use it?*

### Sharing:

Non-CAL literature was being used extensively in my area and at all meetings I attended. I was uncomfortable and realized I was powerless. I appealed to our area group for guidance. The result was our area group took a group conscience and decided to produce a chairperson's folder.

The folder has an opening preamble followed by copies of all Nar-Anon CAL pamphlets and a closing preamble. We included important readings: the steps, traditions, concepts, and *Keeping Our Meetings Healthy*.

The next step in the process was for our member services coordinator to approach all existing groups and request that they, as a group, take a group conscience to accept the chairperson's folder and readings as a gift from the area. In turn the group would be asked to turn in or dispose of all non-CAL.

The result in our area has been 100% positive. Through this initiative, our region took a group conscience to produce and hold a stock of the chairperson's folders. These folders are now given to all new groups.

The chairperson's folder has had a multi-purpose positive impact:

- All groups are 100% CAL
- All rotating chairpersons have topic choices
- All new groups have a solid grounding and, therefore, a good chance for success
- All existing groups have ready access to kits if theirs is lost or stolen



## What is CAL?

Conference Approved Literature (CAL) is literature written and approved by and for Nar-Anon. You will recognize CAL by the Nar-Anon logo, literature code, and publication date on the back or inside the front cover. Here is an example from the Nar-Anon Blue Book:



Conference  
Approved  
Literature  
B-200 08-08-20

"In our meetings, we may only read and use literature that is on the literature order form from WSO (World Service Office). This consists of literature written by and for our fellowship and approved at our World Service Conference, literature that is pending approval by our World Service Conference and certain pieces of AI-Anon literature."

*The Nar-Anon Family Groups' Guide to Local Services, p. 9-1*

"Nar-Anon conference approved literature grows out of our need for literature and material for our personal recovery and service work... The final process for approving recovery, service, and outreach literature or materials by the fellowship takes place at the WSC (World Service Conference). Once an item is approved, it will bear the stamp Conference Approved Literature."

*The Nar-Anon Family Groups' Guide to World Services, p. 23*

## This Issue's Question

*In my group, one person always chairs the meeting and closes the meeting with words of advice on what members should and shouldn't do. I am not comfortable with this level of control. How can I bring up this issue without upsetting this person or other members of the group?*

Please email your responses to [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org)

Watch for solutions in the March 2013 newsletter!

# Committee Corner...

Help  
Wanted

## Narateen Committee

Narateen is a fellowship within Nar-Anon for young people ages 12-20 whose lives are affected by addiction. If Nar-Anon has helped you, would you like your children to have meetings they can attend for support? We need Nar-Anon members to sponsor Narateen meetings. Please email [Narateen@nar-anon.org](mailto:Narateen@nar-anon.org) or call WSO for more information on how you can form a Narateen meeting in your area.

## Literature Committee

The World Service Literature Committee is currently working on the *Nar-Anon Thirty-Six*, a study guide to Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts. Members interested in writing for Nar-Anon may contact the Literature Committee at [LitCom@naranon.org](mailto:LitCom@naranon.org) or call (800) 477-6291 or (310) 534-8188.

## Newsletter Committee

### eSubscriptions Now Available!

To sign up for your FREE e-subscription to **The Serenity Connection**, just go to:



[http://www.Nar-Anon.org/Member\\_Services/Serenity\\_Connection](http://www.Nar-Anon.org/Member_Services/Serenity_Connection)

**Get yours NOW!**

## Outreach Committee

Attractive retractable sign, ready for your conventions, outreach events and activities. Small, lightweight, and easy to carry. Purchase one for your group, area, or region. Contact WSO for details:

[wso@nar-anon.org](mailto:wso@nar-anon.org)  
(310) 534-8188 or  
(800) 477-6291



## Upcoming Event

January 18th - 20th, 2013

### Keys To Serenity

Nar-Anon Monterey  
Convention

Monterey Conference Center  
1 Portola Plaza  
Monterey, CA 93940

Questions? 1-888-688-78334 or  
[montereynaranon@gmail.com](mailto:montereynaranon@gmail.com)

## Resource Development Committee

The Resource Development Committee would like all groups to fill out the survey on the WSO website. Go to [www.nar-anon.org](http://www.nar-anon.org) and click on the blue **Survey** button at the bottom of the page. Deadline for the survey is **December 31, 2012**. *Let your group's voice be heard!*



# Nar-Anon Groups...

## Outside North America!

**COSTA RICA, San José**  
La Viña del Este  
Salitrillos, Montes de Oca  
"Padres Rescatando Adictos (PRA)"  
**Viernes, 7:00 PM**

**COLOMBIA, Antioquia, Medellín**  
Grupo Vida  
Transv 79C #80-14 Apto. 101  
**Reunión: Miércoles de 2:30 PM**

**CUBA, La Habana**  
Iglesia Bautista "William Carey"  
Calle J entre 25 y 27 Vedado  
"Serenidad"  
**Sábado, 18:30**

**EGYPT, Cairo**  
Psychealth Services and Training  
10 A Nerco Building, El Zahraa  
Street, Maadi  
"Monday Maadi"  
**Mondays, 19:00**

**ESTONIA, Tallinn**  
Kopli 8  
"Rodnik"  
**Tuesdays, 19:00 Saturdays, 16:00**

**FRANCE, Paris**  
Quartier Opéra à Paris  
75001 Paris  
**Lundi, 12:30**

**GERMANY, Braunschweig**  
Kirchengemeinde St. Michaelis  
Echternstr. 12  
**Thursdays, 19:00**

**INDIA, Ghaziabad**  
JH Public School, Delhi Gate  
"Jagriti"  
**Sundays, 4:00PM - 5:30 PM**

**HONDURAS, Tegucigalpa**  
Escuela El Japon  
Colonia El Hogar  
"Qu Empiece por Mi"  
**Sábados, 16:30 a 18:00**

**IRELAND (Eire), Limerick**  
LEDP, Roxboro Road  
**Thursdays, 7:30 - 9:00 PM**

**JAPAN, Yoyama, Tomaya-Shi**  
Tomaya-Ken  
Imaizumi 83-1  
**4th Saturday, 7:00 PM**

**JAPAN, Ginowan-shi, Okinawa**  
Okinawa-Ken  
Nodake 3丁目9-1  
**Saturdays, 7:00 PM**

**NORWAY, Tønsberg**  
Møtestedet, Kirkens Bymisjon  
Storgata 7-9  
**Mandager, 19.00 - 20:30**

**PAKISTAN, Lahore**  
63-D, Ahmad Block,  
New Garden Town  
"Lahore Group"  
**Sundays, 2:00 PM**

**PUERTO RICO, Barceló**  
Escuela Internacional Antonio R.  
Calle Palmer  
"Recuperándonos en el Noreste"  
**Sábado, 8:00 PM**

**REPUBLIC OF TRINIDAD AND TOBAGO, St Ann's**  
The Cotton Tree Foundation  
Ariapita Road  
"Women in Recovery"  
**Tuesdays, 6:00 - 7:30 PM**

**RUSSIA, Yaroslavl**  
Kudryavtseva Str. 10 (Room 4)  
"Put' k Sebe"  
**Воскресенье, 12:00**

**SOUTH AFRICA, Scottburgh**  
Anglican Parish Church  
Corner of Cordiner and  
Williamson Street  
**Fridays, 16:30**

**SWEDEN, Göteborg**  
Johanneskyrkan Stiggerfsliden  
Johannes kyrkågång 1  
"Farsi Gruppen"  
**Lördag, 11.00 - 12.30**

**SWEDEN, Linköping**  
Rum 215 mitt emot Resecentrum  
Järnvägsgatan 10  
**Måndag, 18.00 - 19.30**

**SWITZERLAND, Morges**  
(French Speaking)  
Rue du Rond - Point 2  
**Mondays, 20:15 - 21:45**

**TURKEY, Istanbul, Sevmlı Han**  
Psycho Narcological Dispensary  
Kusdiliı cad. sevımlı ishan No:  
18/137 Kad koy  
"El Ele"  
**Tuesdays, 15:00**

**USA, Colorado Springs, CO**  
St. Lukes Lutheran Church  
(Youth room)  
5265 North Union Blvd  
Melody 719-660-6545 or  
719-660-6545  
**Mondays, 8-9 PM**

Thanks to all who make *The Serenity Connection* a success with your submissions!