



# THE SERENITY CONNECTION NEWSLETTER OF NAR-ANON FAMILY GROUPS

## UNEXPECTED GIFTS

Unexpected gifts I have been gaining by working a program for my own recovery:

I am intuitively able to know how to handle situations which used to baffle me. My dream helpers keep coming, and they are constantly showing me things and bringing me gifts.

There is more peace in me.

I have the company of people I learn from every single day.

I have a greater ability to accept life on life's terms without being in an argument with it or a protest over some detail.

I am more able to see things as they really are and not how I wish them to be.

I have more trust, and less anguish.

My attachment to any and every emotion seems looser, and more at ease.

When I get derailed, I have an abundance of tools that I use that can help me get back on track, i.e., become more "right sized" in regard to my problems.

I don't look for or long for solutions, I have been learning to accept what's happening and stay in the present.

I am gaining the groundwork to begin to see myself as I really am.

I am gaining the ability to garner a kind of self esteem that is not influenced by the thoughts or actions of others.



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### LEARN LOVE LIVE!

**NAR-ANON WORLD CONVENTION 2024**  
**WASHINGTON, DC, UNITED STATES**  
**AUGUST 29 - SEPTEMBER 1, 2024**  
**WE WILL BE ASKING FOR**  
**SPEAKERS AND OTHER VOLUNTEERS.**  
**MORE INFORMATION WILL BE AVAILABLE**  
**SOON.**

## Giving Back is the Key-If Not Me, Who?

I am a nagger, someone who annoys people by constantly finding fault. I know that I am much better now because of my recovery work. Working the 12 Steps with a sponsor, sponsoring other members, and working the 12 Traditions with a sponsor, has uncovered my true nature. I am much less controlling, change has taken place. My truer nature allows me to be available for the newer members. I found that anyone with a bit more time than me is my trusted servant and conversely, I am present and available to be the trusted servant to the newer member. This is the key to my recovery, giving back.

It was brought to my attention by a member, who has my best interest at heart, that I might be nagging folks into service. My friend paraphrased the newcomer welcome: We have no creed, charges, obligations, nor anything that would tend to hinder you; your progress can be made in your own time and in your own way. Wow! Because of my program work, I could hear her and looked closely at my behavior. I realized that when I get afraid that my program might disappear e.g., hearing about the pandemic, lack of money or lack of service volunteers within our fellowship, my character defects emerged, my nagging and controlling self emerged. Along with my mistaken sense of responsibility.

Tradition One unites us in our love and our shared sense of responsibility for our primary purpose to help families affected by addiction. Tradition Two assures us that Nar-Anon will be there for us. If the pandemic showed me only one thing it was the fellowship of Nar-Anon Family Groups will survive and thrive. No matter what!

My new life motto regarding being self-supporting is: Balance what I consume with what I contribute. This is how I live Tradition Seven in all my affairs. I have been given a sane, safe, and serene way to live. A survival-style of life is over. I will contribute equally in service to what I have been so freely given. When I used to practice yoga, I realized that my sadness and/or obsession had lifted without me even realizing it during practice. Same now with my time spent in service practice!

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### NEWSLETTER SUBMISSIONS

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

NEXT DEADLINE JANUARY 20, 2024

***The best way to help an addict is to seek help for myself first...I cannot change anyone except myself.***

(SESH, page 120) From Sharing Experience, Strength, and Hope

**Quarterly Appeal:** Concept Two tells us, as groups, we have the final responsibility and authority for Nar-Anon services. Do we understand what that means? Our groups are responsible for every service provided by Nar-Anon. Without WSO, we could never even have started a meeting. We placed an order for a new group packet that a staff member had to pull together, package, and send to us. When we registered the group, it was listed on the website. A staff member had to input the information. A service was provided and we didn't give it much thought. When someone in our city needs a meeting, they check the website or pick up the phone and call WSO to get information.

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

Drop by the WS website to **donate** at:

**[http://www.nar-anon.org/Nar-Anon/Donate\\_to\\_Nar-Anon.html](http://www.nar-anon.org/Nar-Anon/Donate_to_Nar-Anon.html)**

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### **...AND MORE IS REVEALED!**

In the last edition, the WS Human Resource Committee introduced you to the idea and rewards of fellowship service at wider levels than your home group. Now, we would like to give you the who, what and why of the following service positions. Our fellowship needs not only our members in the groups, but the people listed are essential for our fellowship to function effectively. Please consider applying at **[wshrccommittee@nar-anon.org](mailto:wshrccommittee@nar-anon.org)** if you meet the qualifications.

**Conference Secretary** - the conference secretary is responsible for the minutes of the WSC, and transcription of recording of the conference. There is no defined requirement for this position; only a willingness to serve along with a working knowledge of document platforms. This service position is vital to the work of the conference and post-conference documentation. Please contact the HR committee for further information.

**Conference Facilitator** - "The Conference facilitator who is elected by the WSC, presides over the business meeting of the conference. Qualified candidates will have been active in Nar-Anon service for a minimum of four years and will have served as an area/regional officer, delegate, or alternate. Once elected, the conference facilitator may not serve on any world service committee." More information is found in the GWS, page 21.

**WS Board** - the Board is responsible for NFGH, Inc., a California non-profit public benefit corporation. The Board members provide support for the administration of Nar-Anon world services and has legal authority for managing Nar-Anon affairs worldwide. "The WSB is composed of a minimum of seven and a maximum of fifteen trustees." We are currently at risk of being below the minimum. Please find more information on requirements in the current GWS, page 29.

Our program's 12 Steps, 12 Traditions and 12 Concepts of Service all agree on one premise, all of us are necessary for the unity and survival of our fellowship. Please consider and apply.

## APPROACHING STEP TWO

***Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.***

I love to work hard, to actually sweat. Going super hard is fun. It is my only speed. Fearlessly. Fixing things.

Every spring I take my handy seven-pound pick axe and double dig a new garden plot. Full athletic scholarship, law school at 54, in my spare time; passed the bar.

-You show me a puzzle - and I want to solve it.

-Show me a mountain-and I want to climb it.

-Then here comes addiction. I can't solve it.

Addiction is literally stealing the life, the heart, and soul of my kid, as I am watching. Addiction is trying to rob me of my family. And I can do nothing to stop the incessant greed of addiction.

The first week here at our meeting I heard step one. We admitted we were powerless over the addict - that our lives had become unmanageable. I came back every week I was in town. That was a year and a half ago.

Addiction believes what it wants to believe. Addiction hears what it wants to hear. Addiction will say any crazy thing - just because it might trigger some emotional lever that can manipulate. You can't talk to addiction because it just won't listen. Logic doesn't work on addiction. You can't figure it out. You can't tackle it head on.

Addiction is insurmountable.

A week ago my son got kicked out of sober living. They locked the door behind him. No socks, no jacket. In slides in 16 degree weather with a bitter wind chill. He called me at 10:15 at night and said the shelter would not take him. I fixed it - I found a

a teen shelter three blocks away. Well maybe his Higher Power found the teen center, I just made the call. The next day he left the shelter after I begged him to stay. He sold some shoes and got a \$67 bus ticket. He was in the wind. I did not hear from him for over twenty-four hours. Sometime in the middle of the night I abruptly woke up. He was still missing. But I was calm. It was like a light bulb went on. I knew in that deep, resigned, un-conflicted peace that I finally had to admit that a power greater than ourselves could restore us to sanity. It is like the devil's snare in the Harry Potter books. Addiction demands that I surrender. Addiction requires that I let go, that I unhook myself from chaos, from the seductions of fixing and helping.

I must let go of the thinking that I might be able to change anything, do anything, even have any of my words be heard. It has taken me a year and a half to come up to Step Two.

I have come to believe that a power greater than ourselves could restore us to sanity.

So today, I stand in one place, and I am able to stop. I am able to not worry about my partner, my kid, my job, my mother, or the dog.

Stop planning

Stop dreaming

Stop crying

Stop indulging in my hyper anxiety

Addiction demands that the type of surrender is just being.

Well, honestly, I have not worked all the way through Step Two, and Step Three is going to be a bigger challenge, because the kid is just 17.

But I will keep reaching out to my sponsor, showing up at meetings, reading the SESH, and looking to put my kid in the hands of his Higher Power. While I just show up as best I can.



## Rotation of Service – A Principle of Nar-Anon Family Groups

Regular rotation of service positions gives all members the privilege of serving and strengthens our common welfare.(T1)

New one: Heard from a sponsee “When rotation in service occurs it makes it much easier for me to step away from my current service position.” (T1)

Service efforts are enriched when we are equally involved in service. Every group ought to be fully self-supporting, declining outside contributions. Self-support goes beyond the dollars in our basket, it includes support from within the fellowship in the form of service in our groups. (See Our Traditions Booklet) (C7 & T7)

Consistency and continuity are vital to sustainability, but without a balanced rotation of service positions we risk becoming comfortably stuck and limit our opportunity for growth. (T7)

We may have an opportunity to sponsor, mentor, and train new trusted servants by practicing the spirit of rotation of service. In practicing this principle, we encourage two-way communication between long-time members, newcomers, and the in between members. Fresh thinking and new ideas enliven our groups, improve our individual recovery, AND expand our ability to reach out to family and friends of addicts, which is our primary spiritual aim. (C8) (T5)

Rotation of service ensures group health, to do otherwise is to risk stagnation. Bravely stepping into service and out of our comfort zones ensures individual growth and is another way to place principles before personalities. (T12)

Practicing the principle of rotation of service when choosing our group’s trusted servants helps the group develop an identity based on practices and principles rather than personality. (T12)

*•Tradition 1. Our common welfare should come first; personal progress for the greatest number depends on unity.*

*•Concept 7. All members of a service body bear substantial responsibility for that body’s decisions and should be allowed to fully participate in its decision-making processes.*

*•Concept 8. Regular, two-way communications are essential to the fulfillment of all these concepts and the integrity and effectiveness of our services themselves*

*•Tradition 5. 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.*

*•Tradition 7. Every group ought to be fully self-supporting, declining outside contributions.*

*•Tradition 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.*

## LETTER TO MY MOTHER-IN-LAW - MOTHER OF MY BELOVED DRUG ADDICT

Dear Mother,

I don't think there are any people in the entire universe who would love your son, a drug addict, more than both of us. As they say - "It is easier for the partners, by reason they can walk away" ...

Is that so? Who are we to evaluate someone else's suffering?

And if theoretically we can leave, does that mean that we are able to, or want to do it? I am not able nor do I want to do it for the sake of love I have for your son. I love him with all my heart. And I love you too, mom! And I see how you suffer; therefore, I want to tell you that there is a way. A way to live a better life, in which the cause of suffering was the addiction of a loved one. An addiction is a family disease. Yes mom, the whole family!

Denying, running away, or blaming your son; the drug addict, will not help him, neither will it help us. We both suffer, but our addicted loved one suffers as well; he suffers a lot!

I know that everything you do, you do out of love and in the best possible faith. However, if nothing changes, and our beloved drug addict keeps coming back to an unhealthy home, either your home or ours, then nothing will change...

I have already learned this better way to live with an addict and I want to share it with you mom. We both can help him by going to Nar-Anon meetings, by participating in open NA meetings, by working the 12 Step Program, by taking care of ourselves, by letting him take care of himself, and by letting him take consequences of his own actions. We can support him by showing him unconditional love and by accepting and respecting him the way he is. We can set healthy boundaries and learn how to detach with love. We can entrust Him to a Higher Power's care and trust the process. We also can give him time to heal and let him live.

Dear mom, we are all in this together. You and I. Mom and Partner of the drug addict. We have many differences but we have one thing in common - love for your son. Love can do anything! Together we can do more!

*Ourselves we can change; others we can only love (Blue Booklet)*



I love you my dear mother-in-law,

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Many Nar-Anon members volunteer their time to serve and give back to this program that has changed their lives. A large number of them have full-time jobs. Most have families, homes, and outside responsibilities in addition to Nar-Anon service. They show up to participate. They volunteer when they see a need. They find out it's a gift! Let's remember to appreciate those who serve to give back what was so freely given to them. Thank someone today!

## WS Outreach Committee



DEAR NAR-ANON FAMILY!

As we are nearing the end of the year, we would like to reach out to every group, region or individual member to remember the Steps, Traditions and Concepts of service of Nar-Anon. Step Twelve - *...we tried to carry this message to others...* Tradition Five - *Each Nar-Anon Family Group has but one purpose; to help families of addicts...* Concept Eleven of service - *Nar-Anon funds are used to further our primary purpose to carry the message.* The spiritual principles of the Nar-Anon program are the foundation of our personal recovery, but they also encourage us to think of those still seeking hope and help. The World Service Outreach committee is welcoming everyone to do outreach in their location, area, region and share their experience with the fellowship at the **Outreach Roundtable on January 28, 2024**. For any information about the service of outreach please contact the World Service Outreach committee at [outreach@nar-anon.org](mailto:outreach@nar-anon.org).



## World Service Narateen committee

Narateen is a growing and extremely important segment of our fellowship. Narateen groups provide support to teenage family members and friends of addicts, and is a safe environment where teenagers can share and work on their recovery. Narateen membership begins at the age of 13.

### **Narateen Groups are sanctioned when:**

- Members are approved by group conscience
- Safety guidelines are approved by their region
- Groups are registered with the World Service Office (NFGH, Inc.)
- Faciliators are properly certified and registered with WSO.

The message of Nar-Anon Family Groups must be consistent in all meetings, regardless of who is participating. This means that the focus should be on working the 12-Steps, 12-Traditions and 12- Concepts, supplemented by Conference-Approved Literature and the appropriate sharing of experience, strength, and hope.

Narateen meetings listed on the WS site at <https://www.nar-anon.org/find-a-narateen-meeting> are compliant with the guidelines and policies established by the Nar-Anon Family Groups. If a meeting is not listed on that page, it is not affiliated with nor sanctioned by the Nar-Anon Family Groups, and we cannot guarantee its authenticity or that they are adhering to child safety standards.

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## World Service Literature Committee

### Fellowship review response reminders:

**Tradition Five Nar-Anon 36 - Date for responses has been extended  
to December 31, 2023**

**Narateen Handbok - Responses due by January 15, 2024**

**Please remember to visit the fellowship review page on the website. click on  
Members - Fellowship review - for instructions. There you will find a fellowship  
review input form to send with your comments.**

# EVENTS

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

**NEW YEAR, NEW YOU  
4TH ANNUAL HOUSE PARTY**  
Dec 31, 2023 - Jan 01, 2024

24 Meetings in 24 Hours  
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**WEBSITE ROUNDTABLE**

Jan 06, 2024

8:00 a.m. PST - 11:00 a.m. EST  
Zoom ID: 832 7524 4099  
WebCommittee@Nar-Anon.org  
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**THE WESTERN REGIONS  
CONVENTION**

February 10, 2024

Rooted In Service  
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**Nar-Anon Speaker Jam**

February 24, 2024

Towson Sheraton  
903 Dulany Valley Road  
Towson, MD 21286  
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**EASTERN PA REGIONAL  
CONVENTION**

March 8 & 9- 2024

Arcadia University  
450 S. Easton Road  
Glenside, PA 19038  
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**INTERIM WORLD SERVICE  
CONFERENCE (IWSC) 2024**

Is your region sending a delegate or  
alternate delegate to the IWSC

**April 19-21, 2024**

Join us in preparing for this new  
experience to express the  
fellowship's voice!

**DEADLINES:**

- Attendees submit Common Welfare Topics to WSC Committee by **December 21, 2023**  
Email [wscconference@nar-anon.org](mailto:wscconference@nar-anon.org).
- Regions inform WSC Committee of intention to attend by **December 31, 2023**  
Email [wscconference@nar-anon.org](mailto:wscconference@nar-anon.org).
- Regions pay equalized expenses as detailed by **December 31, 2023**
- Regions submit to WSC Committee the assembly minutes showing election or continued endorsement of delegate/alternate delegate by **January 20, 2024**  
Email [wscconference@nar-anon.org](mailto:wscconference@nar-anon.org).

See IWSC 2024 Invitation and  
Equalized Expenses for details

In Loving Service, Marian M. Chair,  
WSC Committee

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



**Newsletter eSubscriptions**

Subscriptions to date: >7910!

Did you Know - Newsletter eSubscriptions  
are free to members but WSO pays the bill!



**Nar-Anon Family Groups**

Nar-Anon World Service  
Headquarters  
23110 Crenshaw Blvd.

#A

Torrance, CA 90505

Website: [www.nar-anon.org](http://www.nar-anon.org)

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

Nar-Anon works  
for me because I  
and my Higher  
Power journey  
together. I  
cannot force my  
journey or my  
changes. They  
come when I am  
ready.