

2021-2023

NAR-ANON FAMILY GROUP HEADQUARTERS, INC.  
**BIENNIAL REPORT**



*Progress Through  
Worldwide Unity*

Progresso Através da Unidade Mundial

Dünya Çapında Birlik Sayesinde İlerleme

Fortschritt durch weltweite Einheit

Postęp poprzez ogólnoświatową jedność

Прогрес через всесвітню єдність

Progreso a través de la unidad mundial

Прогресс благодаря всемирному единству

विश्वव्यापी एकता के माध्यम से प्रगति

התקדמות באמצעות אחדות עולמית

التقدم من خلال الوحدة العالمية

世界的な一致による進歩

Progrès par l'unité mondiale



Message from Board of Trustees .....	1
Board of Trustees Report .....	2
WSO / Executive Director Report .....	3
World Service Committee Reports	
Budget and Finance .....	4
2022 Statement of Activity .....	5
2023 Statement of Financial Position .....	7
World Service Conference .....	8
World Convention .....	9
Human Resource .....	10
Literature .....	11
Narateen .....	12
Newsletter .....	13
Outreach .....	14
Policy & Guidelines .....	15
Translations Resource .....	16
Website .....	17
USA Regional Reports	
California - Central Region .....	18
California - Northern Region .....	19
California - Southern Region .....	21
Carolinas Region .....	23
Central Region .....	24
MidAtlantic Region .....	26
Midwest Region .....	27
New England Region .....	28
Pacific Northwest Region .....	29
Pennsylvania - Eastern Region .....	31
Pennsylvania - Western Region .....	33
Rocky Mountain Region .....	34

## International Regional Reports

Armenia Region	36
Brazil Region	37
Canada - British Columbia	38
Canada - Ontario Region	39
Colombia Region	40
Ecuador Region	42
Global Online Region	44
Iran - Region One	45
Iran - Tehran Region	47
Japan Region	49
Russia - Bashkortostan Region	51
Russia - Khabarovsk Region	52
Russia - Moscow Region	53
Russia - Omsk Region	54
Russia - Saratov Region	55
Russia - St. Petersburg Region	56
Russia - Tver Region	57
Russia - Uralsk Region	58
Turkey Region	59
Ukraine Region	61
United Kingdom Region	62
Nar-Anon Other Locations & Acronyms	64



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



Dear Conference Participants,

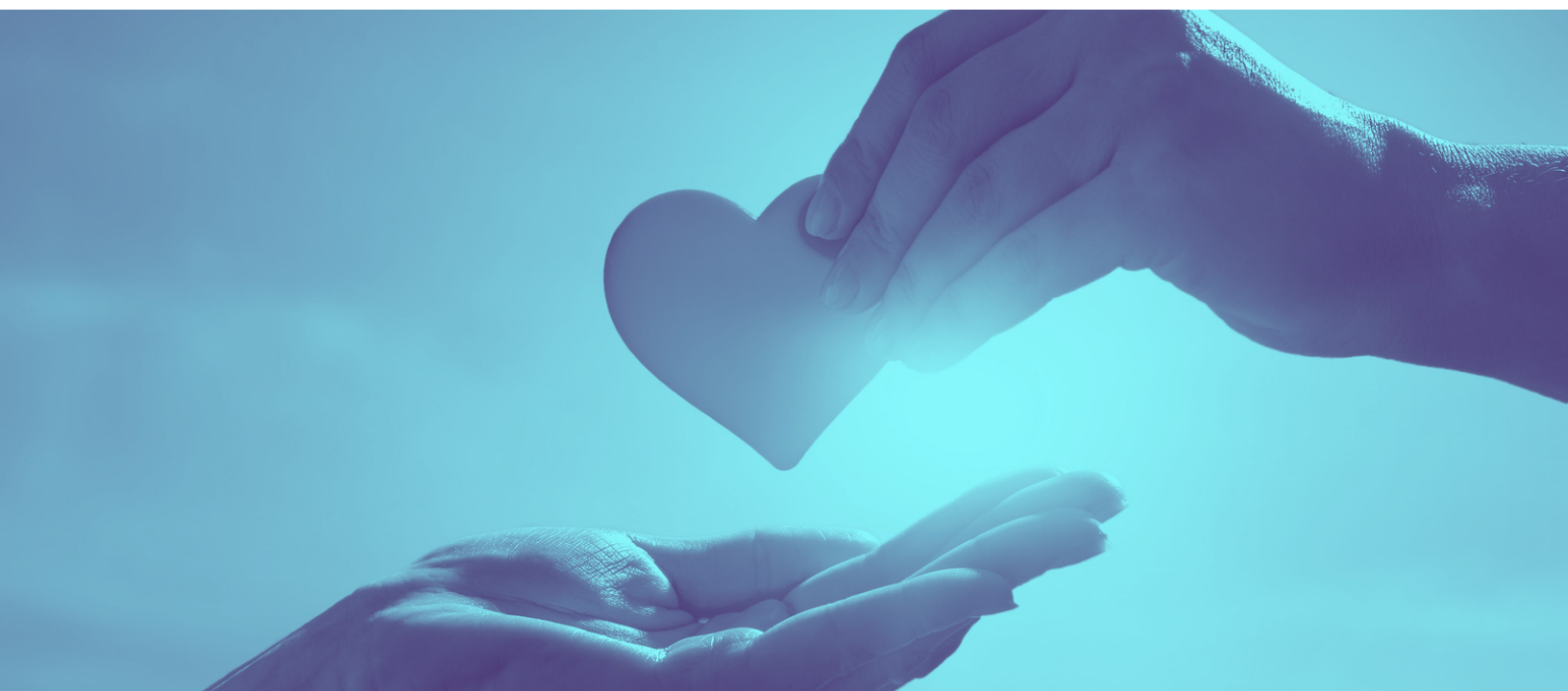
In 2020 the entire world changed, and global shutdowns happened. Face-to-Face meetings were no longer readily available, and many closed. However, regions, areas, and groups stepped up to start virtual meetings using different platforms. As the number of virtual meetings increased online, many more families and friends of addicts found us, and many members were exposed to the global nature of the fellowship for the first time. Virtual meetings have brought many challenges, including a decrease in donations, literature availability, and producing virtual meeting listings. With the help of our world service committees, WSO staff, and volunteers, we have met those challenges and are working on others. As technology changes, we may face even more challenges. By using the principles of our program and with the help of our Higher Power we maintain our purpose, - 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."

We want to thank the members, regions, areas, and groups for responding to the "State of Affairs Memo" and your continued support of our fellowship. Tradition 7 "Every group ought to be fully self-supporting, declining outside contributions." Concepts explain who is responsible for Nar-Anon services:

1. To fulfill our fellowship's primary purpose, the Nar-Anon Family Groups have joined together to create a structure that develops, coordinates, and maintains services on behalf of Nar-Anon as a whole.
2. The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.

**Our donations keep the fellowship available for families and friends of addicts.**

World Service Board of Trustees





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



The Board of Trustees (BOT) serves Nar-Anon as a whole within and according to the traditions, concepts of service, bylaws, guides, and all applicable laws. Some members are confused about the Board's role and see the BOT as a governing body. Working together with the principles found in our traditions and concepts of service, we take our responsibilities very seriously and strive in every effort to lead by example and serve the groups, areas, and regions with integrity.

Beyond our principles, Nar-Anon is an incorporated non-profit business with expenses and employed staff overseen by the BOT. Additionally, the bylaws of the corporation in conjunction with the service structure found on page 6 of the Guide to World Services (GWS) delegate the oversight of the world service committees to the BOT. The BOT is more than a committee. We are bound by laws and do not have the autonomy which is granted to the groups as described in our Fourth Tradition. While the World Service Conference has spiritual authority, the BOT has legal responsibility for Nar-Anon services.

The BOT held 22 meetings logging in over an excess of 90 hours and immeasurable research hours. Trustees attended executive, ad hoc, roundtables (WS committees & fellowship) and world service committee meetings for additional countless hours.

Two different ad hoc committees were formed. These reports and the report on Instagram are available as Hyper-Links below.

1. [Screen Sharing](#)
2. [Additional Needs Accessibility](#)
3. [Instagram Proposal Report WS Outreach Committee](#)

## BOARD MEMBERS

Chair - Marie T - Georgia  
 Vice-Chair - Linda L - Florida  
 Secretary - Sheryl H- Florida  
 Treasurer - Mary Helen J - Georgia  
 Trustee - Lois R- Tennessee  
 Trustee - John M - Ohio  
 Trustee - Shanet R - South Africa  
 Trustee - Paula L - California  
 Trustee - Wendy A - California

## ADDITIONAL ITEMS ON THE BOT AGENDA

- Audio Book
- Moving of WSO
- Making available translated editions of Nar-Anon e-books on the different e-book-sales platforms

## 2021 – 2023 CONFERENCE CYCLE ACCOMPLISHMENTS

- Began the hiring process for an Assistant Executive Director and Assistant Administrative Assistant.
- Approved two new booklets from Newsletter submissions.
- Provided Health Insurance options for employees.
- Added holiday pay and paid vacation benefits to WSO employees' benefits.
- Protection of the fellowship's intellectual property.
- Formation of WS Resource Translation Committee.
- Held our First Virtual Conference.
- Recommended and approved new contribution button.
- Reviewed and revised translation and printing contracts of CAL literature.
- Held several roundtables with the fellowship
- Explored options for a SESH audiobook.





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



## CHALLENGES

Due to low literature sales and members donations – since 2020 – our day-to-day operations were strained and for 2022 it came to the point that staff and I volunteered to work 4 days a week in order to save some of the payroll costs. Given during the Covid years – the Serenity Connection newsletter, the Donation button on the WSO website, and reaching out to regions – our financial situation was not good – late last year many were surprised and shocked to learn of Nar-Anon’s struggles. Our ability to operate depends on the literature sales and donations and we are optimistic the fellowship will help. This is the “we” program and we know Nar-Anon will continue to be available for those in need.

## SERVICE

Print Nar-Anon literature in-house – the literature outsourced are the small Blue Booklet, the Green Guide, Personal Stories, Slogans bookmark, laminated bookmarks, Narateen table cards, Nar-Anon table cards, and large posters. Shipping online orders and mailing orders, answering emails as well as phone calls, and overseeing and updating our group database and our website.

## STAFF MEMBERS

Executive Director - Cathy K.  
Office Manager - Phyllis  
Shipping/Production - Erin  
Office assistant - Maureen  
IT Tech - Ahou

## WSO LOCATION

23110 Crenshaw Blvd. Suite A,  
Torrance, CA 90505

## WSO OFFICE HOURS

Monday through Friday  
Open - 9:00 am to 3:00 pm PT



## IN CLOSING

Helping Nar-Anon to continue to grow – we recognize it is a team effort and are appreciative to all who make it possible. From the Board of Trustees, WS Committees, service members who give their time at the group, area, and region levels, and WSO staff – we are all working together to continue to carry the message of hope.

As the Executive Director – I am grateful to be of service.

In loving service,  
Cathy K.  
WSO



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



## ACCOMPLISHMENTS

- A thorough review of cost savings recommendations
- 2023 budget for BOT review. Ideas on how to estimate income.
- A complete monthly review of the financial information posted by the CPA for any adjustments that may need to be made.

## FULFILLING THE DUTIES OF THE COMMITTEE

- Completed a detailed monthly review of financials on a regular basis.
- Held extra meetings to discuss financial challenges.
- Prepared analysis of cost savings ideas in keeping with Concept 11.
- Performed research to become fully aware of any new or revised changes in Federal and State laws to make sure we are in compliance with sales and other tax information.
- Kept in contact with the CPA periodically regarding posting procedures.
- Periodic review of internal guidelines.
- Answered emails and questions from the fellowship.
- Gave access to any new members interested in the committee.
- Prepared a questionnaire for members interested in the committee.
- Published articles periodically in the Newsletter showing the changes in the financial condition of the fellowship.
- Members of this committee have volunteered their service, along with employees at WSO to prepare and post the financial information required for our fellowship, in order to save accounting charges.

## THE NEXT 2 YEARS

Better communication of financials to fellowship on a more recurring basis in observance of Concept 8. The committee plans to update internal guidelines and submit an updated and more accurate "Duties and Responsibilities" statement for consideration by the 2025 WSC.

The Budget and Finance Committee continues to work this year to:

- Upon discussion with the Board, the B&F committee plans to increase communication with the fellowship this coming year. This will foster improved cooperation and understanding.
- To include innovative and helpful budget and financial information to the BoT and ideas to help improve the financial health of the fellowship.

## COMMITTEE FACTS

**Number of Members - 5**

### Committee Meets

Quarterly or more Frequently  
when needed

## HIGHLIGHTS

Facilitated bringing accounting in-house for cost saving.

## CHALLENGES

The biggest challenge is how/when to provide financial information to the fellowship as the release of financial information requires Board approval. Also, the financial period cannot be closed immediately when the month ends.

- The financial state of affairs and the limited effect the B&F committee can have on actual income or expenses.
- Members wishing to join to gain access to sensitive financial data.


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


## Nar-Anon Family Group Headquarters, Inc.

Statement of Activity  
January - December 2022

	TOTAL
<b>Revenue</b>	
3100 Literature Sales	
3101 California	25,304.59
3102 Other States/Countries	141,409.02
<b>Total 3100 Literature Sales</b>	<b>166,713.61</b>
3200 Shipping & Handling	48,112.40
3270 EBooks	5,917.16
3300 Subscriptions-Newsletter	1,005.00
3460 Royalty Income	997.91
3500 Contributions-U.S.A.	170,468.32
3510 Contributions-International	18,574.71
Services	0.00
<b>Total Revenue</b>	<b>\$411,789.11</b>
<b>Cost of Goods Sold</b>	
4000 Cost of Sales - Production Dept	
4010 Purchases - Paper/ Supplies	20,561.44
4012 Resale Purchases	5,183.55
4020 Equipment/Copiers	50,697.59
4030 Wages	27,593.25
4032 Payroll Taxes	1,260.45
4034 Insurance	300.75
4038 Postage/Shipping	44,267.12
4040 Rent	10,143.00
4052 Utilities	1,233.58
<b>Total 4000 Cost of Sales - Production Dept</b>	<b>161,240.73</b>
<b>Total Cost of Goods Sold</b>	<b>\$161,240.73</b>
<b>GROSS PROFIT</b>	<b>\$250,548.38</b>
<b>Expenditures</b>	
4100 Payroll Expenses	
4150 Salaries and Wages	136,557.68
4196 Workers Comp Ins	923.82
4197 P/R Tax ER	12,006.96
4198 Payroll Processing Fee	225.75
<b>Total 4100 Payroll Expenses</b>	<b>149,714.21</b>
4200 Operating Expenses	
4210 Accounting and Legal	
4210.10 Accounting	12,510.00
4210.20 Legal	3,275.00
<b>Total 4210 Accounting and Legal</b>	<b>15,785.00</b>
4212 Bank Charges	454.00

NFGH, INC. 2022 STATEMENT OF ACTIVITY




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


## Nar-Anon Family Group Headquarters, Inc.

### Statement of Activity

January - December 2022

	TOTAL
4220 Dues and Subscriptions	39.41
4230 Insurance Expense	8,450.03
4240 Office Expenses	6,000.01
4242 Office Supplies	1,762.87
4246 Paypal Fees	1,806.40
4250 Postage Machine	2,503.22
4252 Postage	40.45
4260 Rent	54,792.00
4266 Stripe Fees	8,901.19
4270 Taxes & Licenses	731.60
4272 Credit Card Fees	2,452.38
4276 Telephone	3,218.14
4278 Utilities	2,858.78
4280 Web Expense	2,373.53
<b>Total 4200 Operating Expenses</b>	<b>112,169.01</b>
Uncategorized Expense	0.00
<b>Total Expenditures</b>	<b>\$261,883.22</b>
<b>NET OPERATING REVENUE</b>	<b>\$ -11,334.84</b>
Other Revenue	
3560 Insurance Certificates	555.91
3599 Miscellaneous Income	0.00
4510 Interest Income	1.63
<b>Total Other Revenue</b>	<b>\$557.54</b>
<b>NET OTHER REVENUE</b>	<b>\$557.54</b>
<b>NET REVENUE</b>	<b>\$ -10,777.30</b>


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

**NFGH, INC. 2023 STATEMENT OF FINANCIAL POSITION**

## Nar-Anon Family Group Headquarters, Inc.

### Statement of Financial Position

As of December 31, 2022

	TOTAL
<b>ASSETS</b>	
Current Assets	
Bank Accounts	
1001 Checking - Gen 0094	52,709.07
1050 Prudent Reserve 9005	20,000.00
1060 PayPal	0.00
1070 WSC Account -3265	14,879.62
<b>Total Bank Accounts</b>	<b>\$87,588.69</b>
Other Current Assets	
1009 Deposit-Rent	9,000.00
1010 Inventory	33,826.83
12000 Undeposited Funds	0.00
Uncategorized Asset	0.00
<b>Total Other Current Assets</b>	<b>\$42,826.83</b>
<b>Total Current Assets</b>	<b>\$130,415.52</b>
Fixed Assets	\$0.00
<b>TOTAL ASSETS</b>	<b>\$130,415.52</b>
<b>LIABILITIES AND EQUITY</b>	
Liabilities	
Current Liabilities	
Accounts Payable	\$0.00
Credit Cards	\$8,274.30
Other Current Liabilities	
2100 P/R Liability	0.00
2410 Garnishment Payable	2,154.61
2510 Conference Deposits	7,010.65
2520 CDTFA Payable	
2402 CDTFA Statewide	456.75
<b>Total 2520 CDTFA Payable</b>	<b>456.75</b>
<b>Total Other Current Liabilities</b>	<b>\$9,622.01</b>
<b>Total Current Liabilities</b>	<b>\$17,896.31</b>
<b>Total Liabilities</b>	<b>\$17,896.31</b>
Equity	
32000 Retained Earnings	123,296.51
3910 Retained Earnings-Change	0.00
Net Revenue	-10,777.30
<b>Total Equity</b>	<b>\$112,519.21</b>
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$130,415.52</b>

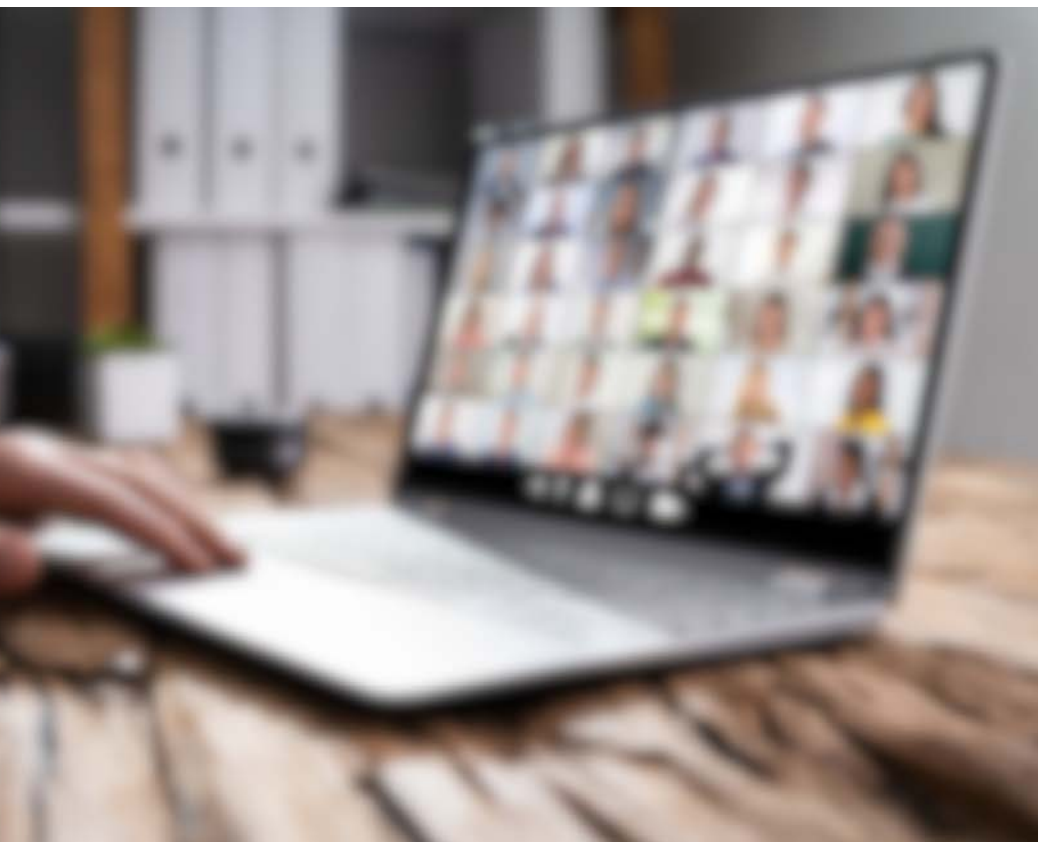


wsccommittee@nar-anon.org



FULFILLING THE DUTIES OF THE COMMITTEE

The WSC committee has planned, organized, and will conduct the upcoming conference. We have received and compiled motions from Regions, National Service Offices, WS Committees, and the Board of Trustees for consideration at the biennial WSC. We have established an equalized expense report and a working budget. The committee facilitates the dissemination of the Conference Agenda Report (CAR) and Conference Approval Track Material (CAT), plans the agenda for the conference, conducts the conference with the aid of the conference facilitator; prepares minutes throughout the conference, and communicates the conference proceedings to the fellowship.



THE NEXT 2 YEARS

We hope to improve the working process with face-to-face, hybrid, and virtual conferences when it is necessary to do so. Also, seeking applicants for the positions of Conference Facilitator and WSC Secretary.

COMMITTEE FACTS

Number of Members - 11

Committee Meets

Monthly on Sundays 1:00 pm ET

HIGHLIGHTS

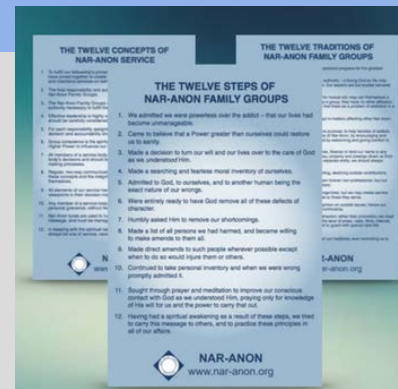
Our incredible members are both international and US. We continue to welcome new members. The current members who have made it possible to work with the virtual platform – the IT of our committee have been outstanding in helping get the conference ready for 2023.

CHALLENGES

A lot of work – which includes many, many motions. We have experienced difficulty with those motions which the conference committee felt were out of order and though the maker was notified of the status – they returned the same back as their final.

ADDITIONAL INFORMATION

We would like to encourage those members who meet the requirements listed in the GWS to join the WSC committee – they can learn and experience how Nar-Anon works at the fellowship level – worldwide.





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



## ACCOMPLISHMENTS

Currently, we are a 9 member committee but there is always room for more members. Our meetings have been held on Saturdays at 1 pm Eastern time. As our planning gets more involved sub committees will be formed and will meet at their convenience.

We are happy to announce the next Nar-Anon world convention will be in **Washington DC from August 29 through September 1, 2024**. It will be held at the Walter E Washington Convention Center in cooperation with Narcotics Anonymous.

We will meet monthly when planning begins but there are times when more frequent meetings are needed. Currently, all our members are from the US so we hope to gain members from other countries following the conference.

Our goal is to present a recovery event with an international flare and to provide each attendee a memorable experience.

## COMMITTEE FACTS

**Number of Members - 9**  
There is always room for more members.

**Committee Meets**  
Saturdays 1:00 pm ET

As our planning gets more involved sub committees will be formed and will meet at their convenience.



## THE NEXT 2 YEARS

Our goal is to present a recovery event with an international flare and to provide each attendee a memorable experience.

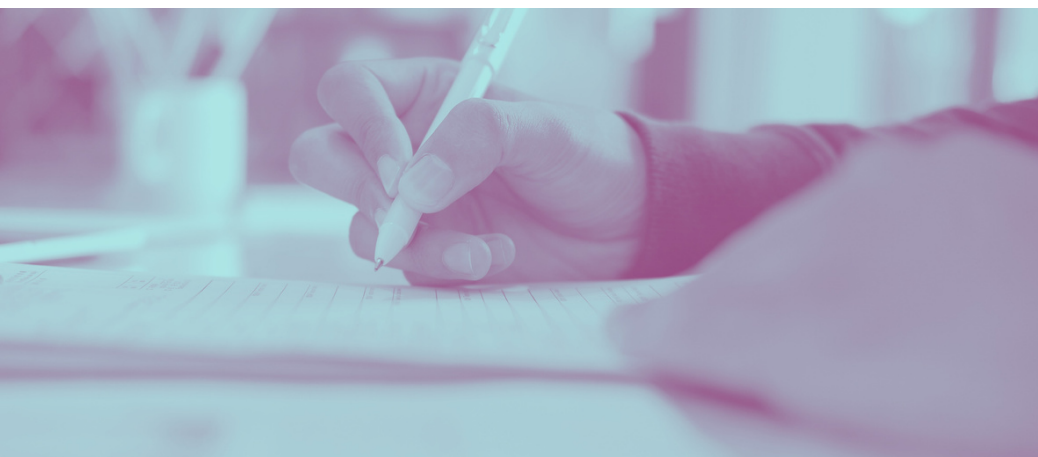


## ACCOMPLISHMENTS

During this conference cycle, we have advised the fellowship of the need for applicants for the BOT through announcements in the Serenity Connection, designed and distributed a flyer, and made announcements at numerous online events and on the WRFNGH. One application was received but the applicant did not meet the qualifications listed in the GWS.

## FULLFILLING THE DUTIES OF THE COMMITTEE

We successfully processed an application for the conference facilitator.



## THE NEXT 2 YEARS

Nothing reported.



## COMMITTEE FACTS

**Number of Members - 5**  
Additional members are welcome

**Committee Meets**  
Monthly  
Tuesdays 1:00 pm ET

When we are processing applications we meet as often as needed to complete that task.

## HIGHLIGHTS

We received 2 new members this conference cycle including an international one.

## CHALLENGES

The challenge to this committee is the unwillingness of members to apply to serve on the BOT. We welcome any suggestions to solve this problem.



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



## ACCOMPLISHMENTS

- Items approved at the 2021 WSC were finalized and sent to the WSO for publication.
- Introduction to the Traditions and Traditions 1 – 3 were edited and sent out for fellowship review through the Recovery Literature Approval Process. All fellowship input was reviewed, edited, reformatted, and then submitted as a motion to the 2023 WSC.
- The Fourth Step Workbook was prepared and released as Fellowship Review material. In addition to the normal fellowship review process, the committee held a workshop to receive feedback.
- Tradition 4 released a Fellowship Review material.
- Tradition 5 is ready for fellowship review.
- Tradition 6 is being prepared for fellowship review.
- Internal guidelines were updated.
- The 2023 Priority List was compiled and presented to the WSC.
- The following service and outreach items went through the fellowship review process, and were reviewed and submitted as CAT Material to the WSC:

## FULFILLING THE DUTIES OF THE COMMITTEE

The committee replies to emails received from the fellowship. Works in cooperation with the Newsletter Committee regarding submissions from the fellowship and reviews the quarterly newsletter.

The Service and Outreach Committee works with the Board of Trustees and Policy and Guidelines Committee on all new service and outreach documents. We applied literature changes made at the 2021 WSC to the Blue Booklet, GLS, and GWS. The committee formatted and submitted the above documents and three new pieces of literature to the WSO for publication. The committee submitted 3 communications to the fellowship through the Serenity Connection.

## THE NEXT 2 YEARS

The committee hopes to increase member participation through increased area/regional literature committees and workshops. Hold roundtables to increase worldwide participation and the formation of localized literature committees to assist the WS Literature Committee.

The committee would like to submit the following items for conference approval: 31 Days in Narateen, Concept Booklet, Traditions 4-9, the 4th Step Workbook, a new Daily Reader, Narateen Safety Handbook and PowerPoint, Suggestions on Starting a Virtual Group, Students or Treatment Professionals Visiting Our Meetings, Accessibility pamphlet Handbook, and PowerPoint, Suggestions on Starting a Virtual Group, Students or Treatment Professionals Visiting Our Meetings, Accessibility pamphlet.

## COMMITTEE FACTS

**Number of Members - 7**

**Recovery Literature**  
Every Tuesday Evening

**Service/Outreach Literature**  
1st & 3rd Thursday

**Business meetings** monthly  
on Sunday evenings.

## HIGHLIGHTS

The committee hosted their first open workshop to receive fellowship input on the Fourth Step Workbook. The number of members in attendance exceeded past fellowship review responses and the committee plans to hold future workshops as part of the fellowship review process. Additional Nar-Anon members joined the WS Literature Committee since the 2021 WSC.

## CHALLENGES

The lack of local literature committees to support literature development is a significant challenge as is the lack of fellowship submissions for priority list items.

Working on the WS  
Literature is  
rewarding and  
beneficial to our  
personal recovery.



## ACCOMPLISHMENTS

1. Motions to submit to WSC 2023
2. Reviewed and approved new Narateen policy & Safety Guidelines submitted by regions;
3. Ontario, Canada, Colombia & CCR
4. Outreach efforts concerning social media and Roundtables to involve and support the fellowship in service to Narateen.
5. Created a survey to be released Monday, Feb. 13th with the purpose of bringing awareness of
6. Narateen to the fellowship.

During this cycle, the Narateen Handbook and Training PowerPoint was released to the fellowship for review.

Created a committee WhatsApp chat group to more easily communicate with each other and share ideas. This chat group will be open to including any Narateen facilitators who wish to participate in an open forum.



## THE NEXT 2 YEARS

The Narateen survey was released to the membership for review and we are awaiting the results which will give us a better idea of where the need is for creating awareness of Narateen as an important part of Nar-Anon. Many members have yet to understand that the younger members of our families have been equally if not more affected by the addiction of a loved one.

A Roundtable for Narateen Facilitators is scheduled for April 1st. It is hoped we will have the results of the survey by that time. Future roundtables are planned for the teens themselves and for the membership of Nar-Anon and Narateen together.

With the results of the survey and the membership involvement in the roundtables, we hope to gain new knowledge on how to improve the service to Narateen and our ability to reach the teens yet to join.

## COMMITTEE FACTS

### Number of Members - 13

Three new members joined earlier in the year 2022 and one most recently this month in February.

### Committee Meets

Bi-Monthly

There have been several ad-hoc meetings in between these scheduled meetings working on, for example, motions for the world service conference (WSC) and Outreach efforts most recently focused on using social media as well as preparations for organizing a roundtable for facilitators.

## CHALLENGES

On a more personal note: As a Chairperson, some personal challenges have made it difficult to concentrate and focus on the task of being Chairperson and I feel I have let down the whole committee. Many of the committee members have taken up some of the slack and I am grateful for their commitment and service.



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



## FULFILLING THE DUTIES OF THE COMMITTEE

The World Service Newsletter Committee produces a quarterly newsletter for the Nar-Anon Fellowship. The committee ensures the newsletter expresses the Nar-Anon message of recovery; reports the business of the fellowship; and includes upcoming world, region, or area events such as conventions, workshops, or recovery days. The committee is responsible for publishing the newsletter in a timely manner. (GWS) We work with the Literature Committee exchanging submissions. We receive and answer emails from the fellowship, some regarding subscriptions, how to receive an emailed subscription or receive a mailed copy, how to get prior editions, etc. Coordinate with the Literature Committee with submissions and formatting. Keep track of the number of subscriptions. We periodically receive emails that belong to another committee, WSO, or the board and follow through to make sure these emails are handled or reviewed by the proper person or committee. The newsletter keeps a page for the World Service Committees to connect with the fellowship and the last page is kept for Events and Announcements from the WS website. Groups/areas/regions submit announcements for publishing. Recently sent a reminder to all WS Committees that the newsletter was available to them for announcements, communications, etc. Make sure all articles have a copyright release form, and adhere to our internal guidelines -Traditions, Concepts and the principles of our program will be the foundation of all our work. (WSNLGL)

The email subscriber list for the newsletter is periodically reviewed for those subscriptions that are no longer open, as there is a cost for emailed subscriptions. A notice of cancellation is added to the email blast and to the newsletters to alert members who no longer wish to be on the subscription list, example is as follows: in adherence to Nar-Anon Concept 11, "Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly," the World Service Newsletter Committee will remove recipients from the mailing list if they have not opened the notification email for (5) five consecutive issues. Recipients will be removed without notice and will need to re-enroll if they wish to continue receiving email notifications. If you have questions or concerns, please contact the World Service Newsletter Committee at [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org) Review our Internal Guidelines periodically for updates or changes to policies or procedures.

Please send your experience, strength, and hope to the newsletter. We also love a submission that is just a paragraph, thought, or statement; we don't always need a full-page article. Sometimes a meaningful thought or idea you have or have heard someone share. A Just for Today.

We share with the fellowship the benefits of being part of service in a World Service committee, or in any service position that helps members apply the traditions and concepts to their recovery.

We send our appreciation to the entire fellowship for sharing their experience, strength, and hope in supporting the Nar-Anon Newsletter.

## THE NEXT 2 YEARS

## NEWSLETTER

Fill our service positions, need an editor. Review a new program for newsletters that could possibly be used for our newsletter which is free for non-profits.

We have a page dedicated to World Service committee announcements and would like to remind the WS Committees this is a platform to get your committee needs or information out to the fellowship.

## COMMITTEE FACTS

**Number of Members - 3**

### Committee Meets

We meet at least (3) times each quarter to review/edit articles for the newsletter. This includes a business meeting.

## HIGHLIGHTS

Prepared the Magic of Sponsorship booklet for publication, a series of articles that were published in the Serenity Connection, and a source of income for Nar-Anon. This is now available for sale in the webstore.

Prepared a new Just for Today Bookmark, written by Nar-Anon members for publication.

## CHALLENGES

We currently have (3) members. Members have come and gone during this cycle. Would like to fill all our service positions. Have been without an editor for the past year.

Getting the message out that we depend upon the fellowship for articles. Remind all members in service to research before faulting, work with a reliable service sponsor, make informed decisions, practice the principles, and be aware of the consequences.

## ACCOMPLISHMENTS

Preparing the quarterly newsletter according to our guidelines, conducting business meetings, are currently revising our NL Internal guidelines.

Adhering to our guidelines, we publish a quarterly appeal to the fellowship in each edition, the financial reports each June for the close of the prior calendar year, and the Executive Director's report in the first edition of each year. Continuing preparation of Sharing Recovery series Volume III. Sharing ideas for future literature publications from our newsletter editions.





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



## ACCOMPLISHMENTS

Our Social Media Working Group has been working toward creating and launching an Instagram account. Through many discussions and meetings with the Website Committee and the Board of Trustees, we're at the point of launching the account. We are hopeful the account will launch before the end of February 2023. We've also been working on a Service-Learning PowerPoint, with facilitator notes for placement on the Outreach page of the World website. The PowerPoint highlights available materials, where to find them, and how to keep our steps, traditions, and concepts in focus as we do outreach in our communities.

The facilitator notes also supply some practical suggestions to follow when doing outreach. This PowerPoint was originally designed as an orientation piece for new Outreach; we feel it will also be useful as a group presentation or for individual use. Several items for Outreach will be on the CAR at the 2023 Conference. Members of our committee sat on the Ad Hoc Committee for Screen Sharing. We've held an Outreach Roundtable every three months. Topics vary and have included: digital outreach; website landing page review; talking points; Recovery Month activities; engaging service members; methods to retain newcomers [shares from Columbia and Russia].

We've also been discussing different topics that would be of interest to members for the continued success of our roundtables.



## THE NEXT 2 YEARS

- We hope to expand on our Instagram project, making it more successful in bringing in new members, and keeping current members informed on happenings within our program.
- We'll be working on developing an outreach "poster" that can be used as an "advertisement" in newspapers, print, and virtual.
- We've held an Outreach Roundtable every three months. Topics vary and have included: digital outreach; website landing page review; talking points; Recovery Month activities; engaging service members; methods to retain newcomers [shares from Columbia and Russia].
- We are beginning to discuss new projects and the direction we'd like to go in for 2023 and the future.

## COMMITTEE FACTS

Number of Members - 13

### Committee Meets

We meet 11 times a year, on the 3rd Sunday of each month, except December. We try to do something fun with the group in December. This year, 2022, we had a member "retreat" via Zoom.

## HIGHLIGHTS

Along with committee duties, we're happy with the attendance of our roundtables. They've been informative and well-attended. Glad members of the fellowship are taking an interest in Outreach.

## CHALLENGES

Getting new members up to speed on the projects we've been working on. Everyone is catching on, but, of course, there is a learning curve. We are all learning to work together.

## ADDITIONAL INFORMATION

We hope we'll be able to interact with other committees. In trying to appeal to all countries, it's important that we bring information from their groups to our groups, and vice versa. We can all learn from each other. It's exciting to see what others have accomplished, and their methods.



## ACCOMPLISHMENTS

1. In 2022 we produced 2 roundtables on Nar-Anon Concepts of Service, shared scripts, and recordings with fellowship.
2. In 2023 we are working to produce a roundtable on our Service Structure.
3. We have decided to produce 2 roundtables per year. The exception is in a WSC year in which we will produce 1 roundtable.
4. Committee has offered 3 motions for WSC 2023.

## FULLFILLING THE DUTIES OF THE COMMITTEE

From the Guide to World Service: The purpose of the World Service Policy and Guidelines Committee is to research, develop, and review all policies and guidelines proposed for fellowship approval at the WSC.

- At the fellowship's request, we reviewed 8 motions that cite the GLS/GWS proposed by our fellowship to be included in the 2023 WSC.
- The committee will review and confirm existing policies and guidelines as directed by the WSC.
- Reviewed 2021 updated GLS & GWS
- Reviewed new pamphlet "How to Start a Virtual Nar-Anon/Narateen Group."
- GLS&GWS updated to incorporate virtual meeting language.
- Reviewed 4 Outreach Posters.

The committee is a resource for the fellowship to clarify the policies and guidelines found in our service documents.

- Since the April/May 2021 WSC we have responded to 25 inquiries from our fellowship, (2021 11)-(2022 11)-(2023 3)
- We remain a resource for the fellowship to clarify inquiries and concerns using the principles of the program replying with one voice. The committee works to encourage understanding and adherence to Nar-Anon Principles. We encourage our fellow members to learn more about the Twelve Traditions, the Twelve Concepts, the Guide to Local Services, and the Guide to World Services.

## THE NEXT 2 YEARS

Growth, we see our work increasing and welcome new members.

Our committee receives many inquiries from both members and groups who are trying to find answers to their issues. While we do not give advice or suggest how they solve their individual problems, we are a resource for the members to find and acknowledge the principles found in the traditions and concepts. The Policy & Guidelines Committee encourages our fellow members to learn more about the Twelve Traditions, the Twelve Concepts, the Guide to Local Services, and the Guide to World Services

## COMMITTEE FACTS

Number of Members - 8

### Committee Meets

Monthly, 1st Sunday for 90 minutes. We have added special meetings when appropriate.

## HIGHLIGHTS

We welcomed **3** new international members and **1** USA Member

## CHALLENGES

A lot of work!

## INNOVATIONS

- 2021 moved from SKYPE to ZOOM
- In 2021 we set up a P&G Committee WhatsApp group dedicated to improving communications for all members.
- We consistently update our internal guidelines as we find new strategies for efficiency and innovation and to guide new members.
- We continue sending some of our responses to fellowship inquiries to the WS Newsletter for publication.
- We have decided to publish the fellowship inquiries with our responses in a formal booklet.



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



## ACCOMPLISHMENTS

The committee's accomplishments during the 2021-2023 conference cycle:

- WSTRC has a WhatsApp Group to communicate between meetings to ask questions when they struggle to translate some words and terms
- The committee had a Traditions Study Workshop
- Developed Inter-Regional translation committees (countries/regions speaking the same language working on translations together)
- The committee has a glossary of recovery language words or terms that do not translate with alternative words to use
- Reviewed and/or approved CAL translated literature in Dutch, Polish, Spanish, Farsi, and German

## FULFILLING THE DUTIES OF THE COMMITTEE

The purpose of the WS Translations Resource Committee is to provide assistance for the translation of conference approved literature (CAL). The committee does not translate literature. This is done by Local Translations Committees.

The responsibility of this committee is to ensure translations maintain the spirit of the Nar-Anon message, as well as, make sure the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service are upheld in translations.

## THE NEXT 2 YEARS

Goals for 2023-2025

- Roundtable with international regions to discuss the translation process, inquiry about any needs of regional/interregional, and answer any questions about the translation of CAL
- Newsletter article asking for members speaking needed languages to serve on the committee.

## COMMITTEE FACTS

**Number of Members - 20**  
11 countries with members speaking English plus **nine** other languages.

**Committee Meets**  
meets quarterly; however, translation reviews are taken care of when received.

## HIGHLIGHTS

The World Service Translation Resource Committee was formed in 2021 and held its first meeting in October 2021.

## CHALLENGES

None cited.





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



## ACCOMPLISHMENTS

- Continued to review local websites that register for listing on the other sites page. Advised the local webmasters when the websites were found out of compliance with the principles of Nar-Anon or the Nar-Anon copyrights.
- Worked with WSO to make [nar-anon.org](http://nar-anon.org) website accessible to users with disabilities according to the W3C's "Web Content Accessibility Guidelines 1.0", Level "A".
- Worked with WSO and WS Narateen committee to create a new menu section for Narateen.
- Worked with the WSO and other committees to improve the banners at the top of the website pages and the links on the homepage to use icons instead of images of people.
- Worked on the new pages "Start a region" and "Register or update a region" creation.
- Conducted quarterly Website Roundtable meetings with local webmasters.

## FULFILLING THE DUTIES OF THE COMMITTEE

Discusses various issues concerning the World Service website by meeting virtually and by email and arrives at a group conscience to make suggestions. When changes are proposed for the website, they are transmitted to the WSO. Articles concerning the Committee may be submitted to Serenity Connection. Changes to the website of a significant nature or communication with the fellowship are sent to the BoT for approval.

We invite Nar-Anon members with a website technology background to join one of our committee meetings and see if they would like to serve on the committee.

## THE NEXT 2 YEARS

- Continue to make other improvements to the website's appearance and utility.
- Continue to hold Website Roundtable meetings with local webmasters.
- Continue to review local websites that are submitted for the other Nar-Anon sites page.
- Continued expansion of the International Landing pages. This is not directly the responsibility of the Website Committee. It requires NSO and Regions from various countries to translate and submit the pages for their counties, and the WSO to post the pages, but the Website Committee wishes to encourage this.

## COMMITTEE FACTS

**Number of Members - 4**

### Committee Meets

Every month, usually the 3rd Sunday at 9:00 am Pacific time

## HIGHLIGHTS

Replaced all the images with people's faces with custom icons on the website. WS ad hoc committee on Accessibility explored updates to the find-a-meeting page and changes to the Knack database to allow groups to post status on their accessibility. Conducted 8 Website Roundtable meetings to discuss issues of interest with regional webmasters.

## CHALLENGES

The committee has open service positions, lacking members willing to serve. The committee is especially interested in new international members. Lack of communication with other WS committees.

Language and meeting search limitations with the current website platform. Upgrading to a more capable version of the current platform requires a manual migration.



[naranoncentralca.org](http://naranoncentralca.org)



No Phone Line



## RSC DETAILS

Delegate - J.T. W.  
Alt Delegate - Sunny J.

12 Virtual RSC Calls  
2 Yearly Assemblies

No Legal Status

0 Areas  
17 Groups  
17 Weekly Meetings

RSC SUBCOMMITTEES	
Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	✓
Newsletter	X
Website/Technology	✓

## WORKSHOPS / EVENTS

- 0 Workshops
- We combined our efforts with other regions to discuss the 2023 CAR

Average Attendance: Unknown

## GUIDANCE EFFORTS

Two groups conduct weekly step studies, other groups do step studies monthly.

## OUTREACH EFFORTS

Members participate in outreach at events and within treatment programs.

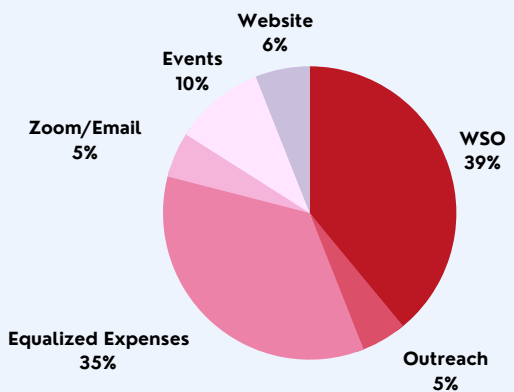
## HIGHLIGHTS

Groups are healthy.

## UTILIZING TECHNOLOGY

Technologies for virtual meetings, websites, and email services

## BUDGET



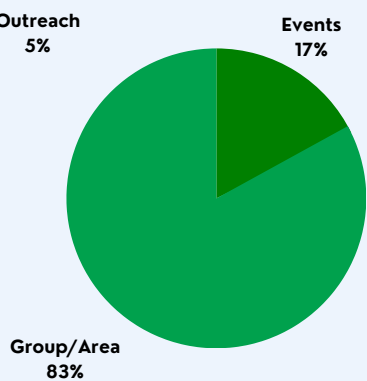
## EXPENSES



## PRUDENT RESERVE



## INCOME



## DELEGATE'S CORNER

Our region has success with 2-way communication, the information gets out there with follow-up by meeting visits. The downside is that not many participants are interested. Our members are overwhelmed by the number of motions that are presented from past and current conferences. Our groups have voiced that the newcomer and recovery meetings are the priority. Some have voiced they do not know how other countries operate and feel it is not their responsibility to make those decisions. To offer assistance in reaching an informed group conscience, we unite our efforts with other regions through workshops and audio presentations.

At a personal level, when I started on the delegate path, I did not know that to be effective and be heard in attending a WSC, extensive knowledge of Robert's Rules was a requirement. Not stated in the GWS. That is a challenge.

## WHAT CREATED THE MOST INTEREST?

Supporting virtual groups



## RSC DETAILS

Delegate - Ed H.  
Alt Delegate - Linda T.

12 Virtual RSC Calls  
3-5 Yearly Assemblies

The Region is a California Public Benefit Nonprofit Association & Charitable Trust; registered with IRS and CA FTB; COAG registration currently in process.

5 Areas  
26 Groups  
25 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	✓
Literature Review	✓
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	✓
Website/Technology	✓
Other	✓

## WORKSHOPS / EVENTS

- We co-participated in workshops with other regions.
- Topics: CAR, service structure, sponsorship, recovery

Average Attendance: 100

- 1 CAR Workshop

Average Attendance: 100

- We participated with other Regions to develop Youtube videos to educate the fellowship about the CAR.

## OUTREACH EFFORTS

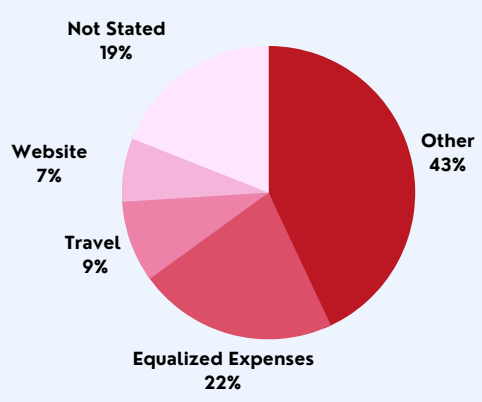
Placement of free announcements in neighborhood newspapers, distribution of literature to public libraries, distribution of flyers at local hospitals.

We are planning our second in-person Convention to take place in April 2023. In September 2022, the Region participated in the National Recovery Month annual event at the California State Capitol, a NA Unity Event, and in June 2022, a San Francisco Bay Area multi-fellowship recovery event.

## HIGHLIGHTS

We have daily real-time interactive communication with other Regions throughout the world. We have a newsletter that is published 3-4 times per year and distributed electronically to the fellowship. The newsletter has a recurring article titled "Spotlight on Guidelines". Our Region is working on a weekly basis cooperatively with the WS Literature Committee to develop new recovery literature. We are planning our second in-person convention to take place in April 2023. The Region participated in the National Recovery Month annual event at the California state capitol, an NA Unity Day event, and a San Francisco Bay Area multi-fellowship recovery event. We have a very active website that does outreach to the public and provides current, up-to-date information about the fellowship. We successfully use electronically collaborated documents in our service meetings and groups for all announcements, minutes, records, and reports. We successfully developed rules of order for our Assemblies to handle the CAR. The RSC is working with groups to develop new Areas.

## BUDGET



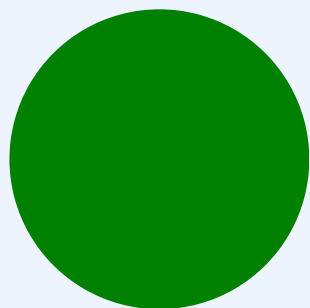
## EXPENSES



## PRUDENT RESERVE



## INCOME



Group/Area 100%

## SIGNIFICANT CHALLENGE

Getting members to serve at all levels. Supporting the return to in-person meetings and in-person attendance at hybrid meetings. Returning to an in-person convention. Getting the members to use the Guide to Local Services and Guide to World Services.

## WHAT CREATED THE MOST INTEREST?

Screen sharing and the financial condition of the WSO. Communication within and with other Regions. Bulletins from the BOT. State of affairs memo from the BOT.



## GUIDANCE EFFORTS

The Delegate, Alternate Delegate, and Chair attend, encourage and offer resources to most meetings in Northern California. They also encourage the formation of Areas, and participation in the CAR. Our current Areas provide newcomer meetings. We recognize opportunities to mentor our groups and encourage our members to volunteer to serve above the group level. The Technology Website Committee has encouraged and assisted Areas and Groups to develop their own websites.

## UTILIZING TECHNOLOGY

We have a very active website, virtual meetings, virtual workshops, and virtual conventions. We communicate with the global fellowship newcomers via text messaging and email. We use anonymized email handles for all trusted servants and service groupings (e.g., RSC, Assembly, Delegation, subcommittee coordinators, etc.) of the region.

## DELEGATE'S CORNER

Over 20 years ago, and long before I came to any awareness of Nar-Anon, our most trusted longtime servants took great pains to evaluate Nar-Anon's then-existing Guide to World Services. That evaluation resulted in the development of local Guidelines for what was then known as the "Northern California World Service Region." Approved in 2011, some 5 years before I entered the rooms of Nar-Anon, our local Region's Guide covering terms of service for Delegate and Alternate Delegate then read, as it does now:

### Section A. Terms

- Delegates and Alternates shall be elected for a 4-year term. This allows the delegate to hold the position for two (2) Conference cycles during the term.
- That very significant deviation from the then-existing Conference Approved version of the Guide to World Services published and distributed by the World Service Office must have seemed radical at best and -- perhaps -- deviant at worst. It, too, read then precisely as it does now.
- Three years on, as the 2014 World Service Conference registration deadline approached, the region suffered a series of unanticipated resignations. Months later, as the WSC loomed, the delegate withdrew, and the alternate, elected a few months earlier was conscripted to fill the sudden vacancy. Despite the plan, irrespective of the good intent and foresight behind it, novel circumstances flooded in, well beyond anyone's capacity to alter.
- Yet novelty and necessity beget change as "Nothing changes if nothing changes," would seem to imply.
- Our Guidelines, the faithful tenacity of the region's insightful long-timers who created them, and that now old delegate's experiences across the intervening years, have led to our region's vigorous group-grown support for the advent of trans-regional communications that sprung freely and unanticipated from the machinations of the first online Nar-Anon World Service Conference of 2021.
- Effects of this novel development, hastened as it was in all spheres by the global pandemic, are now upon Nar-Anon's worldwide decision-making partnership in which I have thrice been privileged to participate as an alternate delegate.
- With transparency, response-ability, technology, and common welfare now each in high profile on our agenda, it is upon all remaining parties of Nar-Anon's decision-making apparatus to focus on our mutual near future as we undertake to justly, precisely, decide how this fellowship, under our conjoint higher power, will decide.

Ed H, Northern California Regional delegate, WSC 2023 — [delegate@naranonnorcal.org](mailto:delegate@naranonnorcal.org)

## ADDITIONAL INFORMATION

We look forward to broadened continuous communication with all Regions at all service levels of the worldwide fellowship.



[naranonsocal.org](http://naranonsocal.org)



No Phone Line



## RSC DETAILS

Delegate - NA  
Alt Delegate - Trudi C.

4 Virtual RSC Calls  
4 Yearly Assemblies

No Legal Status

0 Areas  
34 Groups  
41 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach/Conventions	✓
Phone Line	X
Narateen	✓
Newsletter	X
Website/Technology	✓
Narathon	✓
Finance	✓

## WORKSHOPS / EVENTS

- 1 Workshop - CAR Motions pros & cons discussions  
Average Attendance: 17
- 8 CAR Workshops  
Average Attendance: 17

## STARTING NEW MEETINGS

4 new meetings started in 2022

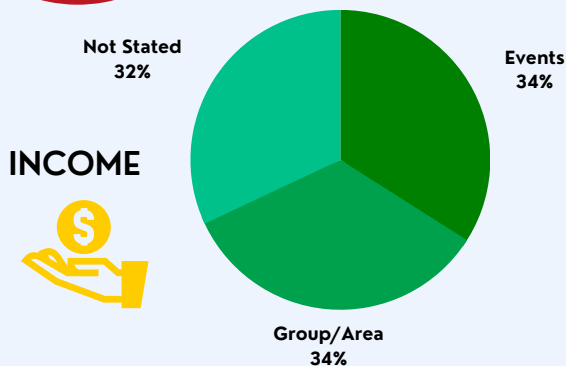
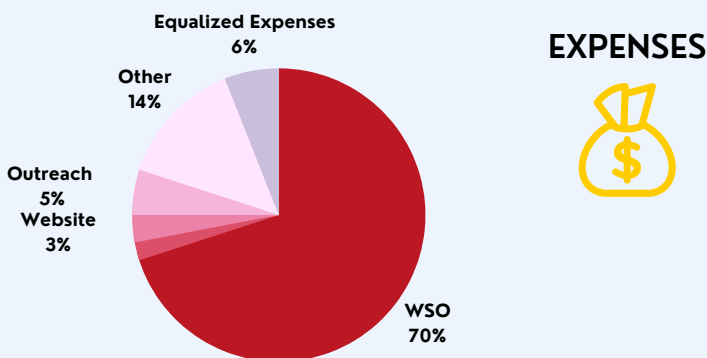
## OUTREACH EFFORTS

- Hold 2-4 Outreach events a year
- Attend CIRCNA & SCRC annually, local mental health/recovery events, and outreach to local schools and medical centers.

## FELLOWSHIP DEVELOPMENT

Quarterly, our Alt Delegate puts out a challenge to the GSRs to talk about with their groups. The 2022 topics were: CAL, Service Structure, Cross Talk & Traditions. GSRs then bring feedback to the following Assembly. As a result, several groups have now implemented a section using the Traditions Booklet in their weekly meetings.

## BUDGET



## PRUDENT RESERVE



## HIGHLIGHTS

Continued engagement in a new virtual environment. Embracing technology has allowed many groups to have a much broader reach to those in need of recovery. Also, the Region's embracing of technology has encouraged more consistent attendance at meetings/events (RSC, Assembly, Narathon, etc.)

## SIGNIFICANT CHALLENGE

Getting people to step up into a service position.

## WHAT CREATED THE MOST INTEREST?

Screen sharing of materials for virtual meetings and usage of pronouns as an outside issue.





[naranonsocal.org](http://naranonsocal.org)



No Phone Line



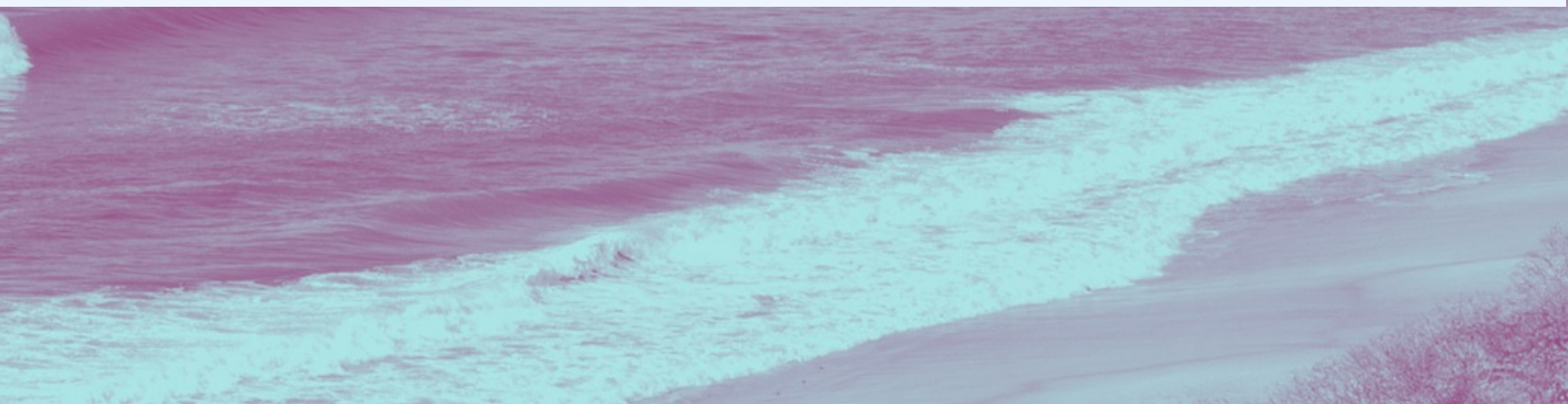
## UTILIZING TECHNOLOGY

2022 was our 2nd virtual Narathon and have raised equivalent to our in-person event without the associated expenses

## DELEGATE'S CORNER

**Challenges:** Getting members interested in understanding the motions of the Conference and the consequences some of them contain. The challenge for members is to understand the service structure, the importance of Traditions and Concepts, and the benefits of personal recovery from being in service. These past 2 years there seem to be a number of challenges to the future of this fellowship through changes being suggested that are causing much controversy and sometimes misinformation being presented. Maybe ideas are being tossed about of what "I want" instead of what "we need". I don't believe consequences are being carefully considered.

Have enjoyed sending quarterly challenges to the GSRs and hearing them come back to say that their groups are learning about what is in the principles, GLS and GWS. Some members attending for years have not been aware of "beyond the group level." I send a quarterly topic challenge with questions, (i.e. the service structure) and ask them to discuss with their groups, then bring back to the assembly something they didn't know before and how it has helped their group. Some are now incorporating mini tradition studies in their groups, reading the new Traditions Booklet. I am happy to be available to answer or discuss any questions the members/groups may have. Try to stay in contact with them by email. Hope to visit more groups in 2023.





## RSC DETAILS

Delegate - Mike L.  
Alt Delegate - NA

12 Virtual RSC Calls  
2 Yearly Assemblies

No Legal Status

0 Areas  
40 Groups  
38 Weekly Meetings

## RSC SUBCOMMITTEES

- Convention/Events
- Literature Writing
- Literature Review
- Outreach
- Phone Line
- Narateen
- Newsletter
- Website/Technology

## WORKSHOPS / EVENTS

- 4 Workshops
  - Sponsorship
  - Growing Meetings
  - Treasures of Healthy Meetings
  - Keep Coming Back

Average attendance 20

- 1 CAR Workshop

Average Attendance: 15

## OUTREACH EFFORTS

Recovery Month event

## HIGHLIGHTS

We have a temporary sponsor list

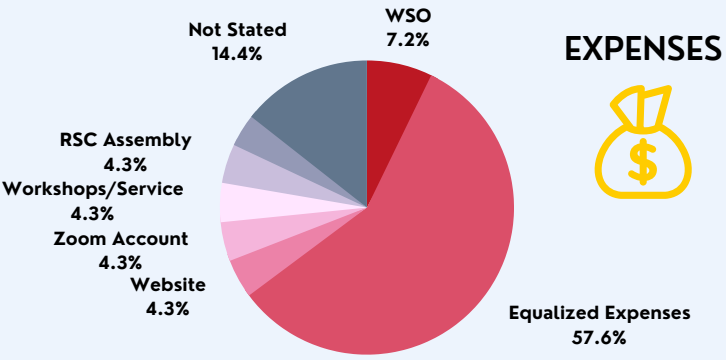
## SIGNIFICANT CHALLENGE

Lack of people to serve at the region level.

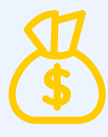
## UTILIZING TECHNOLOGY

Zoom assemblies and workshops

## BUDGET



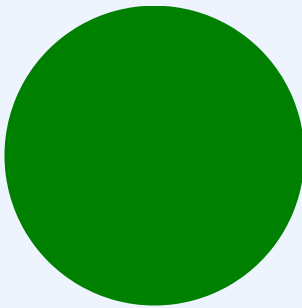
## EXPENSES



## PRUDENT RESERVE



## INCOME



Group/Area  
100%





## RSC DETAILS

Delegate - Tim V.  
Alt Delegate - NA

12 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

0 Areas  
87 Groups  
87 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	✓
Newsletter	X
Website/Technology	✓

## WORKSHOP EVENTS

- Yearly Summer Retreat on the Twelve Steps  
Average attendance: 65
- 0 CAR Workshops

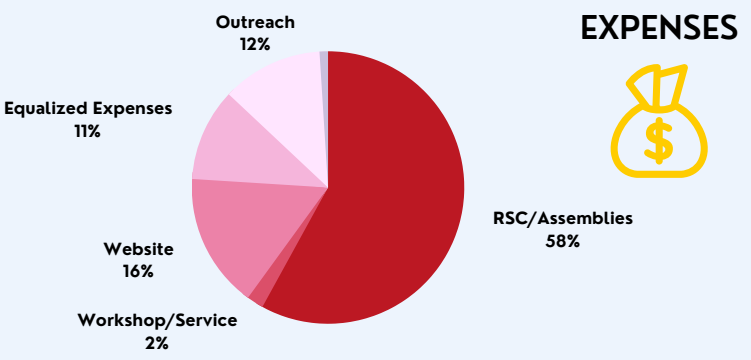
## OUTREACH EFFORTS

Outreach events are managed at Groups level

## HIGHLIGHTS

We successfully migrated our region-sponsored 12-step retreat to a virtual format, with continued participation from members throughout the region. The virtual format is more broadly accessible to membership, eliminating the necessity for travel and the associated expenses. From early in COVID, details about virtual meetings have been and continue to be available on the Central Region website. A willing servant volunteered to serve as RSC Narateen Chair (our first) and launched the first Narateen Group in the Central Region. All key RSC offices and committee chairs are filled.

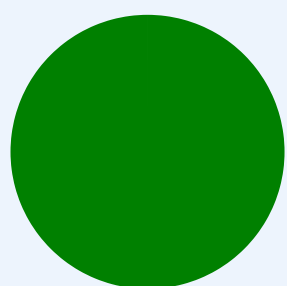
## BUDGET



## PRUDENT RESERVE



## INCOME



## SIGNIFICANT CHALLENGES

Supporting the movement of face-to-face Group meetings to virtual meetings due to the COVID pandemic. Loss of RSC donations due to movement to virtual meetings. Overall reduction in the number of active meetings across the region. Some groups consistently have less members than before the COVID pandemic.

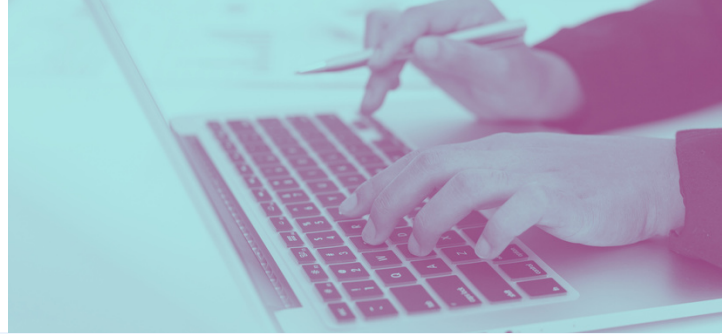
## WHAT CREATED THE MOST INTEREST?

A small percentage of group members choose to participate in service outside their group: participation in regional Assemblies and RSC meetings, voting on WSC CARs, etc. This is an ongoing opportunity.



## UTILIZING TECHNOLOGY

- Region website
- Document management/provision via Google Drive
- Virtual RSC meetings via Zoom
- Virtual 12-Step retreat via Zoom
- Region sponsored Group meetings via Zoom



## DELEGATE'S CORNER

**What has worked well:** Serving on the world website and conference committees has allowed me to connect with other Nar-Anon members and extend my understanding of groups outside of our region. As Delegate, I very much embrace our concept #8 of 2-way communication and feel the more involved I am at the world level, the more I learn from others, their regions, and groups. Virtual meetings have also been a wonderful way to expand my experience as well. I have had the pleasure of sharing with members from all over the world. The region sponsors several virtual meetings. All this together will help prepare me for carrying our region's voice to the World Service Conference.

**Challenges:** The biggest challenge is managing the group's status. During Covid, many groups have disbanded without notice. Trusted servants will rotate within a group without notice. Keeping meeting information correct on our website has been difficult. Fostering group involvement with the region is yet another challenge. Many members participate at the group level but do not see the value of service above the group. We have a large territory as a region and keeping groups connected and involved has been challenging. Another challenge is finding ways to share literature with newcomers within virtual meetings. Groups look to the region for guidance, yet we have no solutions for them. My most personal challenge is maintaining principles above personalities. During my service as a delegate, I have seen much emotion and passion for the fellowship, sometimes positive, sometimes negative. I pray constantly that I am able to keep my personal opinions in check and remain impartial so that I can truly carry the region's voice, not my own.

## ADDITIONAL INFORMATION

We see the value and importance of offering a personal invitation for newcomers and existing members to participate in the Nar-Anon Program of Recovery and Service. We are happy to consult and share our experience, strength and hope with any region seeking guidance.





## RSC DETAILS

Delegate - Joan G.  
Alt Delegate - Mary H.

4 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

2 Area  
37 Groups  
37 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	✓
Narateen	X
Newsletter	X
Website/Technology	✓

## WORKSHOPS / EVENTS

- 1 Workshop on Group Service Representatives (GSR)  
Average Attendance: 5
- 2 CAR Workshops  
Average Attendance: 10

## GUIDANCE EFFORTS

All longtimers are a call away.

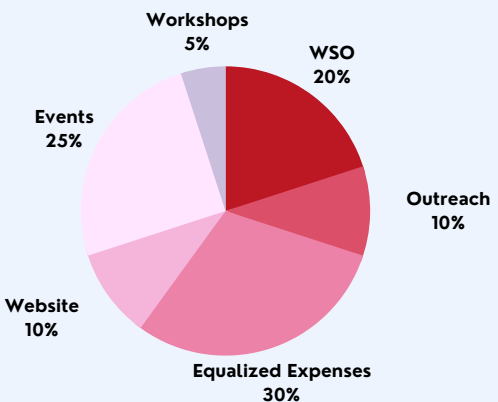
## OUTREACH EFFORTS

2 Outreach Events  
Turck Conference in Md. next year and Summer Institute Va. July

## HIGHLIGHTS

- Two successful and well-attended conventions. Two virtual meetings that ultimately helped to increase our attendance at the annual conventions.
- Three virtual meetings started in 2022 were very successful. Those groups joined the Global Online Region in November 2022. Discussions are underway to start a virtual newcomers meeting.

## BUDGET



## EXPENSES



## SIGNIFICANT CHALLENGES

Meeting closings because of COVID.

## UTILIZING TECHNOLOGY

Hosting many Zoom meetings and Our website.

## DELEGATE'S CORNER

First time delegate & alternate

## ADDITIONAL INFORMATION

It will take time to bring things back to pre covid.

## WHAT CREATED THE MOST INTEREST?

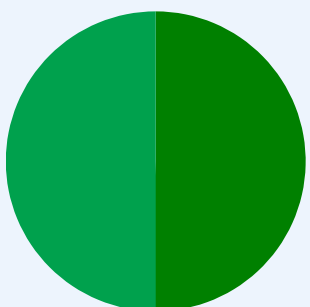
Zoom

## PRUDENT RESERVE



## INCOME

Group/Area 50%





[naranonmidwest.org](http://naranonmidwest.org)



No Phone Line



## RSC DETAILS

Delegate - Cathy C.  
Alt Delegate - Mary S.

12 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

1 Area (Wisconsin)  
90 Groups

## RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	✓
Newsletter	X
Website/Technology	✓

## WORKSHOPS / EVENTS

- Monthly GSR meetings that include Tradition/Concept study as well as "open mic topics"
- Average Attendance: 17
- 10 CAR Workshops
- Average Attendance: 8-10

## HIGHLIGHTS

- Successful assemblies and monthly meetings
- Steps groups.

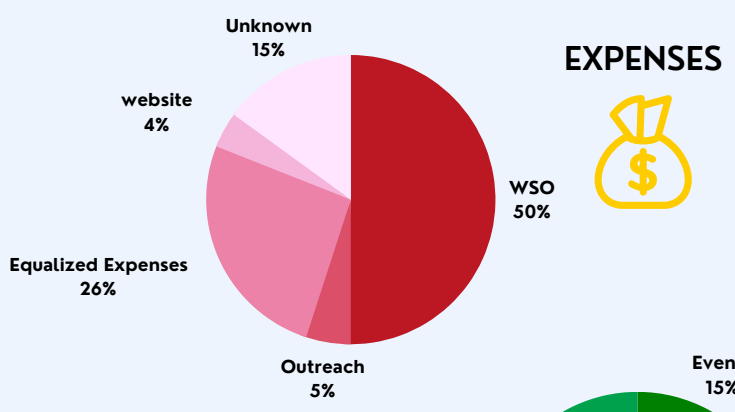
## GUIDANCE EFFORTS

Step Groups

## UTILIZING TECHNOLOGY

The region hosts monthly RSC and GSR meetings, the annual assembly has been virtual for the past 3 years. WI Area attends WI NA conventions remotely and in person 3 times each year. WI Area also hosts regular weekly meetings and WI Area business meetings.

## BUDGET



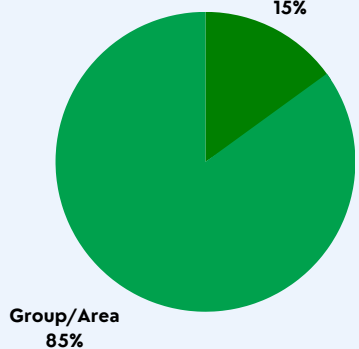
## EXPENSES



## PRUDENT RESERVE



## INCOME



## DELEGATE'S CORNER

Understanding expectations. - WhatsApp group has been amazing - I have learned more than I did as an alternate delegate being mentored by a delegate - need a forum in which delegate can share - My eyes have been opened to other countries & the way they use the program in their cultures - Delegate forum needs to be recognized within Nar-Anon.

## WHAT CREATED THE MOST INTEREST?

WSO financial, motions for WSC , Tradition study and Concept study.



## RSC DETAILS

Delegate - Lori W.  
Alt Delegate - Tom K.

4 Virtual RSC Calls  
No Assemblies

No Legal Status

0 Areas  
18 Groups  
19 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	✓
Other	✓

## WORKSHOPS / EVENTS

We have not done anything for the past 2 years, but we have participated in virtual events run by other regions.

## GUIDANCE EFFORTS

Many members are available to be speakers at virtual events or talk to people on the phone or by email. We direct people to available meetings.

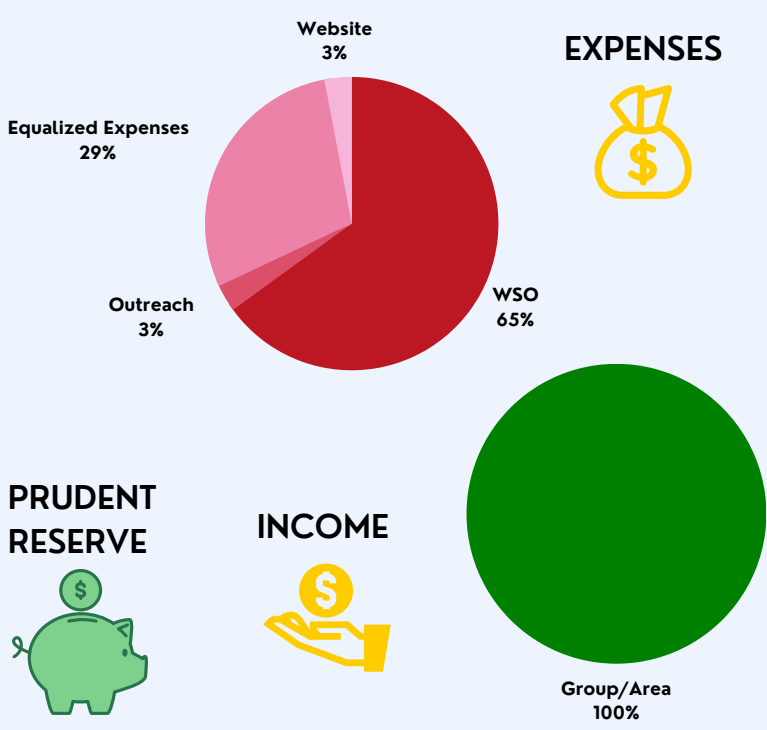
## OUTREACH EFFORTS

We've done health fairs (outside) and information nights, and have a monthly meeting with families at a local rehab center. Hoping more will open up – or open back up – soon so we can resume with family rehab visits to areas we participated in pre covid.

## HIGHLIGHTS

Outreach events have been successful, though not much has happened with most programs/facilities shutdown.

## BUDGET



## SIGNIFICANT CHALLENGES

Attendance at region meetings, engaging topics at meetings

## UTILIZING TECHNOLOGY

We have a web site, and are getting more familiar with Zoom.

## DELEGATE'S CORNER

Email and reports are sent to groups, and trying to keep everyone apprised of what's going on. There have been no exceptional challenges. I've joined a World Service committee, and that's been eye-opening with insights into other committees, and the work that's done.

## WHAT CREATED THE MOST INTEREST?

The possibility of having an in-person event – workshop or convention.



[naranonpnw.org](http://naranonpnw.org)



No Phone Line



## RSC DETAILS

Delegate - Kim B.  
Alt Delegate - John D.

12 Virtual RSC Calls  
2 Yearly Assemblies

No Legal Status

4 Areas  
24 Groups  
25 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	✓
Newsletter	X
Website/Technology	✓

## WORKSHOP EVENTS

- Outreach
- Boundaries
- Sponsorship
- Tools of Nar-Anon
- Service

Average Attendance: 40

- The region outreach subcommittee creates outreach challenges for the region's groups. The region also hosts an annual Spiritual Weekend for Nar-Anon members that includes workshops and fellowship.
- 0 CAR Workshops

## OUTREACH EFFORTS

The region outreach subcommittee creates outreach challenges for the region groups. Topics have included targeted outreach to treatment centers, outreach to churches, outreach to physicians/hospitals, tables at health fairs and farmer's markets, tables at NA events, and tables at community events like National Overdose Awareness Night.

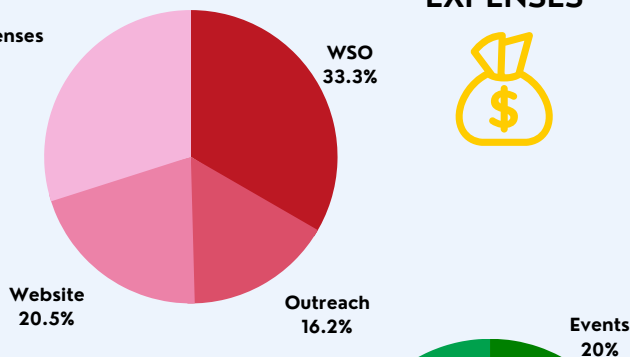
We aim for quarterly outreach challenges. We typically host a table at NA's Clean and Free, one at the National Overdose Awareness Night in Snohomish County, and a handful of others that come up throughout the year.

## BUDGET

### EXPENSES



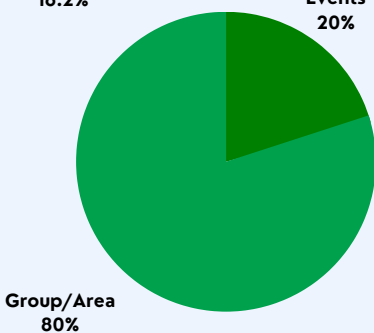
Equalized Expenses  
29.9%



### PRUDENT RESERVE



### INCOME



## HIGHLIGHTS

We launched Narateen in our Region and have a weekly meeting with a handful of teens. We have held two successful Narathon speaker meetings via Zoom. We also had a successful face-to-face Spiritual Weekend event after having to cancel for two years in a row due to COVID.

## SIGNIFICANT CHALLENGES

Trying to help keep our groups alive during COVID, as many face-to-face meetings were replaced by Zoom, and attendance and contributions have suffered.

## WHAT CREATED THE MOST INTEREST?

Outreach and lower attendance at meetings as a result of COVID.





## UTILIZING TECHNOLOGY

- We have hosted our monthly RSC meetings, our Assemblies, and our 2 Narathons on Zoom.
- Many of the groups are now meeting solely via Zoom.
- We have also added the ability to donate to our Region using Venmo.

## GUIDANCE EFFORTS

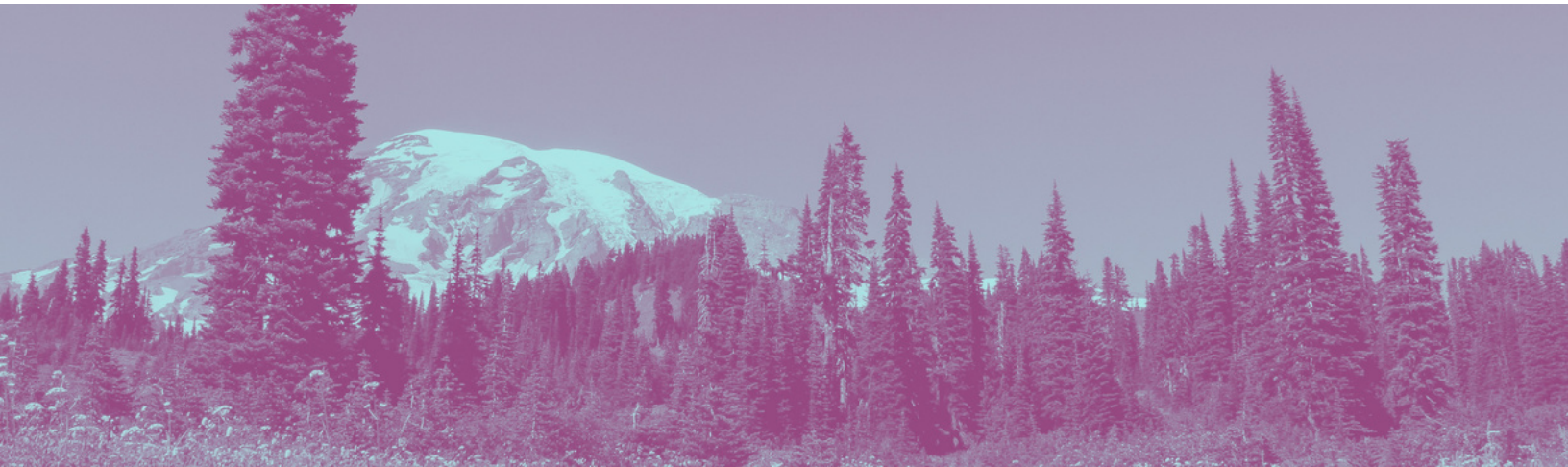
The Region Service Committee provides mentoring/coaching for incoming service positions by outgoing position members.

## DELEGATE'S CORNER

As a brand new delegate, it has been a steep learning curve. I served as an alternate beside our last delegate, but it was during the pandemic when everything was being done online. She has since dropped out of service work. I am grateful for the World Representatives Forum on What'sApp – as that is where I have learned a lot about my responsibilities as a delegate. This group has been a tremendous help. The Central California region created some really useful tools to help me wrap my head around the upcoming conference – a tally sheet that summarized each of the motions, and some videos. I have also attended some sessions put on by Southern California and one by the Western Region to learn more about the motions – but the majority of the discussion has been done on the World Representatives Forum.

## STARTING NEW MEETINGS

There was one new meeting in Oregon since the last WSC. We have made contact with several groups holding meetings in eastern Washington who have not yet joined the region.





No Website



No Phone Line



## RSC DETAILS

Delegate - June O.  
Alt Delegate - Bebe D.

3 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

5 Areas  
53 Groups  
53 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	✓
Outreach	✓
Phone Line	X
Narateen	✓
Newsletter	X
Website/Technology	X
Policy	✓

## WORKSHOPS / EVENTS

- No events were held during the last conference cycle.
- 2 CAR Workshops

Average Attendance: 20

## OUTREACH EFFORTS

- 3 Outreach Events in the last year.
- Outreach committees in areas participate in local recovery events. They are supported by our region outreach committee.

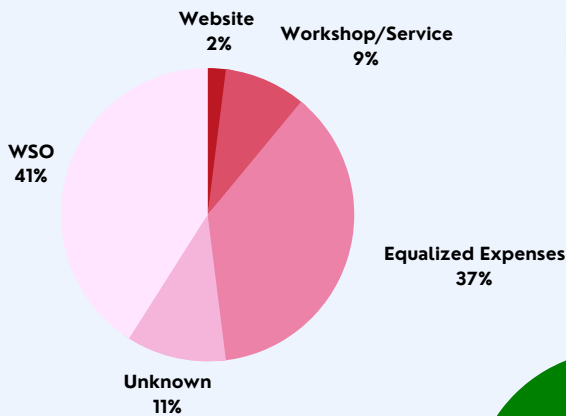
## GUIDANCE EFFORTS

Service mentorship is available by Areas

## HIGHLIGHTS

We are still here and continue with our recovery. ECC7 was an amazing testament in pivoting to meet the challenge of the Covid climate.

## BUDGET

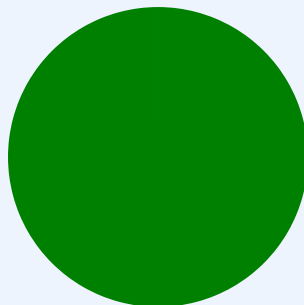


## EXPENSES



## PRUDENT RESERVE

## INCOME



Group/Area  
100%

## SIGNIFICANT CHALLENGES

The pandemic, virtual meetings, finances, and lack of people stepping up into leadership roles at area or region levels.

We have been struggling to get a nonprofit Google Suites website, for 6 months. Google changed its platform and indicated we need to have a nonprofit EIN. We have been using the WSO nonprofit status for all of our needs for years. But Google needs the WSO's letter from the IRS stating their status. We are patiently waiting for the letter. It is difficult not to have a regional website for all the home groups. We are blessed to have the world's website as an alternative.

## WHAT CREATED THE MOST INTEREST?

Worlds viability, keeping our fellowship healthy, ECC7 event



No Website



No Phone Line



## UTILIZING TECHNOLOGY

Many of our home groups use virtual technology to meet on zoom. Many of our area & region meetings are held that way too.

## DELEGATE'S CORNER

The greatest challenge to our region has been an ongoing issue between our website and the server. Our website has been up and running for many years and had become an invaluable resource both for our members and for those searching for a nearby meeting. When we were told we needed to provide proof of our tax-exempt status for our website to be unfrozen we reached out to WSO. Cathy K has been more than patient and helpful to us, providing each new piece of documentation as requested. After fulfilling each request additional information was always needed and we are now considering alternatives as we wait for one more document. Hopefully, this will be resolved soon and our website can be functional again.

We hosted ECC7 in 2022 as a virtual convention after postponing it three times due to the pandemic. It was very successful and we are now hopeful another east coast region will take on ECC8.

Many of our meetings remain virtual including our three Narateen meetings. Gradually we are seeing more hybrid meetings as those who are ready to return to in-person meetings have agreed to work with those who are not. Our area and groups and individuals have been donating directly to WSO  
We hope to begin planning in June for a face-to-face region convention in March 2024.

## ADDITIONAL INFORMATION

We are lifted up by the fellowship's growth though out the world! The ability to meet together in the virtual meeting space has allowed us to be carbon-neutral and life-affirming to all people who need this 12 Step Program.

May we live long, Happy, Healthy Lives together!





No Website



Yes



## RSC DETAILS

Delegate - NA  
Alt Delegate - NA

RSC Calls - NA  
Assembly - Yes

No Legal Status

2 Areas  
27 Groups  
28 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	X
Outreach	X
Phone Line	✓
Narateen	✓
Newsletter	X
Website/Technology	X
Monthly Calendar	✓

## WORKSHOPS / EVENTS

- 1 Workshop on the Slogans
- Average Attendance: 30
- 0 CAR Workshops

## OUTREACH EFFORTS

- 4 Outreach events
- Nar-Anon literature table at the Pittsburgh Recovery Walk held September 17, 2022.
- Lake Erie Serenity Group's, 'Spiritual Journey to Serenity', held October 7-9, 2022 at Camp Findley in Clymer, NY.
- Members participated in this weekend of speakers and activities; other fellowships were present.

## ADDITIONAL INFORMATION

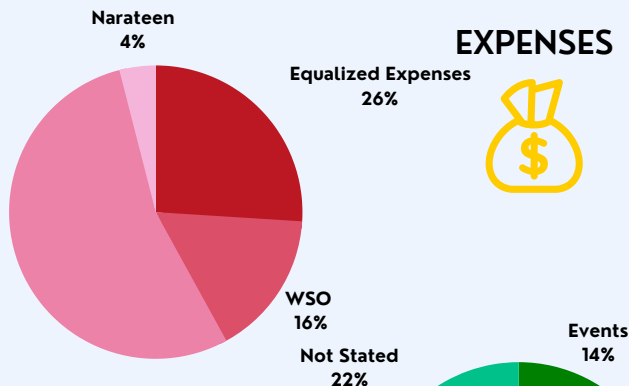
Every 7 minutes in the U.S. someone dies of a fentanyl overdose. The number one cause of death in 18 - 45 year olds in the U.S. is opioid addiction. The statistics are startling. And yet we have groups in our region closing and not many new groups forming. I understand that this is a program based on 'attraction, not promotion'. However, there must be so many families suffering out here who are not aware of Nar-Anon. How do we generate more awareness to help these families without promoting ourselves? There is not a lot of difference between outreach and promotion, they seem to overlap.

## HIGHLIGHTS

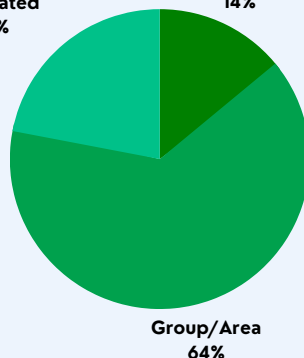
- The Family Serenity Meeting is strictly a Zoom meeting. This group has new members willing to serve. Because this meeting is on Nar-Anon's virtual meeting page, with Zoom technology, we are reaching a lot of newcomers, not only in the Pittsburgh area but all of the USA.
- Our 4th Annual Speaker Jam, held Nov. 6, 2021, in Sharpsburg PA, had 30 in attendance with 11 groups represented. The theme was 'Alphabet Soup' and topics included 'The Three C's' and 'The Three I's', among others. For lunch, soup was served.

## BUDGET

### EXPENSES



### INCOME



### PRUDENT RESERVE



## SIGNIFICANT CHALLENGES

The pandemic! It is still playing a role in attendance. Several meetings have closed since the last cycle.

## UTILIZING TECHNOLOGY

We have utilized Zoom for Regional Assembly meetings. We have 5 Hybrid group meetings and 1 strictly Zoom meeting per week.

## WHAT CREATED THE MOST INTEREST?

The WPA regional convention issue on whether Nar-Anon should be attached to the NA convention or not.



[naranonrm.org](http://naranonrm.org)



+1-888-307-9890



## RSC DETAILS

Delegate - Cheryl K. Alt Delegate - Kari J.	10 Virtual RSC Calls 2 Yearly Assemblies
501c3 corporation	0 Areas 18 Groups 24 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	✓
Literature Review	X
Outreach	✓
Phone Line	✓
Narateen	✓
Newsletter	X
Website/Technology	✓
Digital Content/SEO	✓
Property Coordinator	✓
Day of Sharing	✓

## WORKSHOPS / EVENTS

- 3 Sponsorship House Parties
- 2 New Year, New You 24-Hour Meetings
- 1 Traditions House Party
- 1 Spiritual House Party
- 2 In-Person Conventions
- 2 Day Of Sharing In-Person Events
- 24 Carry the Message Events with NA
- 104 Nar-Anon Speaker Meetings hosted by ISWU
- Weekly Tradition and Concept Study

Average Attendance: 100+

- 9 CAR Workshops

Average Attendance: 3-5

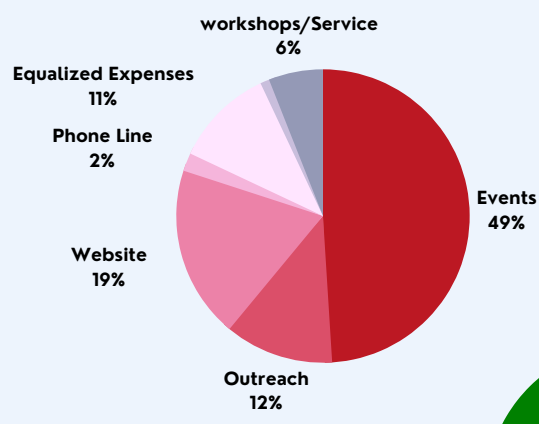
## OUTREACH EFFORTS

- Outreach Tables at 365 Health Fairs (6)
- Outreach Tables by invitation to NA events (3)
- Outreach Table at Serenity Recovery Connection

## HIGHLIGHTS

- 100% engagement of Groups in the Region
- 35 Events (virtual and in-person) with more than 100 members participating
- Added 5 Virtual Meetings and 1 In-Person Meeting
- Well attended Monthly RSC and Assembly Meetings
- Subcommittees meet regularly throughout the year
- Continue to emphasize and practice rotation of service
- 104 Weekly Saturday Night Recorded Speaker Meetings hosted by ISWU
- 24 Carry the Message Nar-Anon and NA Public Information Speakers

## BUDGET



## EXPENSES



## INCOME



## PRUDENT RESERVE



## SIGNIFICANT CHALLENGES

Engaging members to attend In-Person meetings.

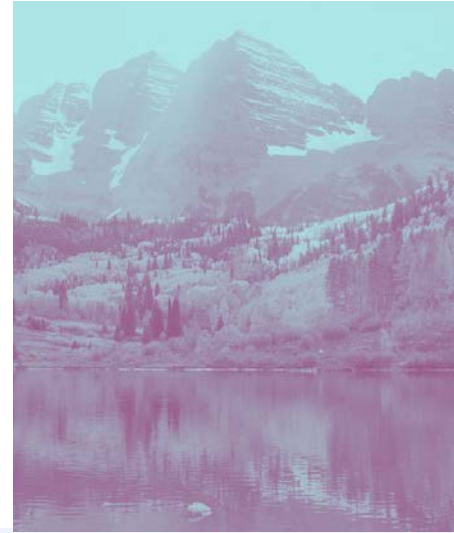
## WHAT CREATED THE MOST INTEREST?

Determining best practices and methods for Virtual and Hybrid Groups to collect 7th Tradition contributions. The financial status of NFGH, Inc. was discussed at length. A desire for more Unity throughout the Worldwide Fellowship of Nar-Anon and a request by groups for the World Service Office and Board of Trustees to be more transparent.



## UTILIZING TECHNOLOGY

- Two Zoom Rooms named RMR Virtual Meeting Room and RMR Clubhouse.
  - Both are open 24-7, 365 days a year, accessed via a hyperlink icon at [www.naranonrm.org](http://www.naranonrm.org)
- Maintain Hope Line (eVoice) from 8 am-midnight MT (1-888-307-9890 or [hope@naranonrm.org](mailto:hope@naranonrm.org))
- Maintain 500 participant Zoom Room
- Zoom Translation Captions enabled on the RMR Virtual Meeting Room
- Digital storage of recordings of events and activities
- Using free or low-cost software options (TechSoup, Canva, Quickbooks, Ionis, etc...)
- Annual Member survey (eSurvey) accessible via our website using a QR Code and Link.
- Created RMR Google Workspace Email Domain and shared virtual drives and folders.
- Google Workspace, Concept 8 Folder for all interested RMR Nar-Anon members
- All RMR RSC Subcommittee Meetings are held in the RMR Clubhouse and are open to all members
- Setup 7th Traditions Contribution PayPal Service link on the website for use by groups and individuals



## DELEGATE'S CORNER

**What has gone well:** The Rocky Mountain Region (RMR) officers and delegates worked together to develop 4 motions (3 have parts A& B for inclusion in Standing Rules of Order, Agenda, GWS, and GLS) for inclusion in the 2023 CAR. After receiving the 2023 CAR, we selected and organized the CAR motions into thematic clusters to facilitate discussion at the group level. Recognizing that it is not feasible or helpful to our members' recovery to discuss 89 motions, we selected 37 motions that we felt would be important or instructive for members to discuss. We presented those motions to GSRs in a series of weekly workshops. This provided an opportunity for GSRs to learn how to present the motions to their groups and understand some of the complexities of the motions so that they can lead the discussion.

Participated along with Nar-Anon members from several of the Nar-Anon regions to create a series of videos posted on the Western Regions Convention of Nar-Anon Family Groups (WRCNFG) YouTube Channel [youtube.com/@WRCNFG](https://www.youtube.com/@WRCNFG). The videos have been designed to outline each motion but not discuss or give pros and cons for each individual motion. There are also, videos that give an: Introduction to Robert's Rules of Order (revised), Translation Technology, the 2023 Voting Process, and the 2023 WSC Standing Rules of Order. Videos to learn more about the 2023 CAR motions can be accessed by members, GSRs, and groups are available at: <https://bit.ly/WRCdocuments>.

A spreadsheet was provided for each group to record the summary of their group conscience in the CAR motions, CAT literature, and the literature priority list and return to the delegate by April 12. We participated in planning, speaking, and presenting the RMR's annual report at the last four annual WRCNFG service conventions. We participated in the World Representatives Forum of Nar-Anon Family Groups (WRFNFG) forums and WhatsApp chat group, which helps us understand the rationale and intent behind some of the motions and fostered unity within the Fellowship. The Delegate attended the BoT and P&G Forums and served on the ad hoc Accessibility WS and the ad hoc WRFNFG Financial committees.

**Challenges experienced:** GSR's attendance at the weekly CAR workshops has been small, raising concerns that we will be unable to get feedback on motions from many of the groups and members. Due to schedule conflicts, it is difficult to attend all in-person or virtual groups to invite GSRs, group contacts, and members to discussion sessions. The number of motions diminishes the interest of members in engaging in discussion and takes time away from recovery for all involved. The Delegate has never received a response back after asking to join multiple World Service Committees.

## ADDITIONAL INFORMATION

We see the value and importance of offering a personal invitation for newcomers and existing members to participate in the Nar-Anon Program of Recovery and Service. We are happy to consult and share our experience, strength and hope with any region seeking guidance.



naranon.am



Yes



## RSC DETAILS

Delegate - Nouné  
Alt Delegate - Sona

2 In-Person RSC  
0 Yearly Assemblies

No Legal Status

0 Areas  
2 Groups  
3 Weekly Meetings

### RSC SUBCOMMITTEES

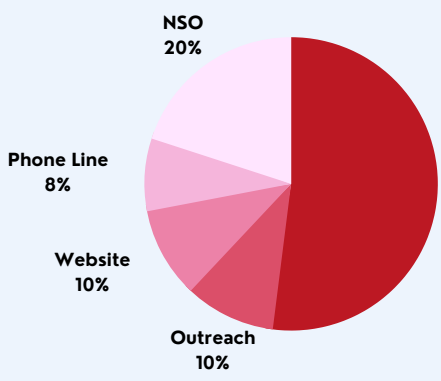
Convention/Events	X
Literature Writing	✓
Literature Review	X
Outreach	X
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	✓

## WORKSHOPS / EVENTS

- 0 Workshops
- 0 CAR Workshops



## BUDGET



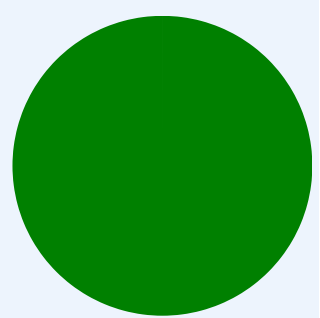
## EXPENSES



## PRUDENT RESERVE



## INCOME



## HIGHLIGHTS

Notice only 20% SESH is displayed on the screen

## SIGNIFICANT CHALLENGES

To avoid demonstration of the full page of SESH

## DELEGATE'S CORNER

Knowledge of the Fellowship structure; difficulties with translation.

## WHAT CREATED THE MOST INTEREST?

CAL



[naranon.org.br](http://naranon.org.br)



Yes



## RSC DETAILS

Delegate - Leila Alt Delegate -Alois	4 Virtual RSC Calls 1 Yearly Assembly
Legal Status	4 Area 211 Groups 186 Weekly Meetings

### RSC SUBCOMMITTEES

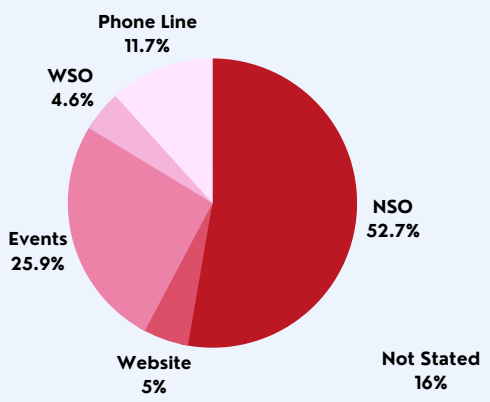
- Convention/Events X
- Literature Writing ✔
- Literature Review ✔
- Outreach ✔
- Phone Line X
- Narateen ✔
- Newsletter X
- Website/Technology ✔
- Budget ✔
- Executive ✔
- File (Archive) ✔
- General Service Conference ✔
- Indications ✔
- Norms & Guidelines ✔
- Seminars & General Services ✔
- RMKS ✔

## WORKSHOPS / EVENTS

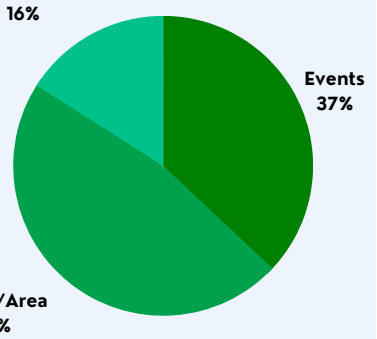
- We had several workshops in the region, and in the areas, but since we didn't foresee that we would have to answer about it, we don't have all the numbers and data.
  - Monthly CAR Workshops
- Average Attendance: 7



## BUDGET



## EXPENSES



## PRUDENT RESERVE

## INCOME



## OUTREACH EFFORTS

The region and areas participated in several events in courts, health entities, fairs, etc., however, at the moment we do not have the numbers.

## HIGHLIGHTS

Realization of events national despite the pandemic.

## SIGNIFICANT CHALLENGES

Close the 2022 financial year with positive result.

## DELEGATE'S CORNER

In general, things haven't been difficult for me as a Regional Delegate. Sometimes emails have not been as fast as we need; some answers to our requests never arrived. On the other side, the WhatsApp contact is perfect. Cathy replied to my messages quickly and clearly. Another point that makes the activity slow is that everything must be translated. Both of us, alternate delegate, and me, have not enough time available for that. However, overall, we kept in touch and exchange information very well. Thanks to all of you at the WSO and WSC for all help and support!

## WHAT CREATED THE MOST INTEREST?

Permission for presenting LAC literature at distance meetings.





naranonbc.org



No Phone Line



### RSC DETAILS

Delegate -Norm D. Alt Delegate - April H.	RSC Calls - NA 5 Assemblies
No Legal Status	0 Areas 16 Groups 18 Weekly Meetings

### RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	X
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	✓

### WORKSHOPS / EVENTS

- 0 Workshops
- 0 CAR Workshops

### OUTREACH EFFORTS

No Outreach Efforts at this time.

### ADDITIONAL INFORMATION

Opportunities for members to share in the wider Nar-Anon fellowship through online conferences and workshops has had a positive effect on helping members to become more engaged.

### HIGHLIGHTS

The Region has done well in maintaining open communication with all of the groups. This, as well as keeping the Region's website up-to-date allowed many groups to continue to operate. The region was able to fill the position of Chair after having been vacant for several years.

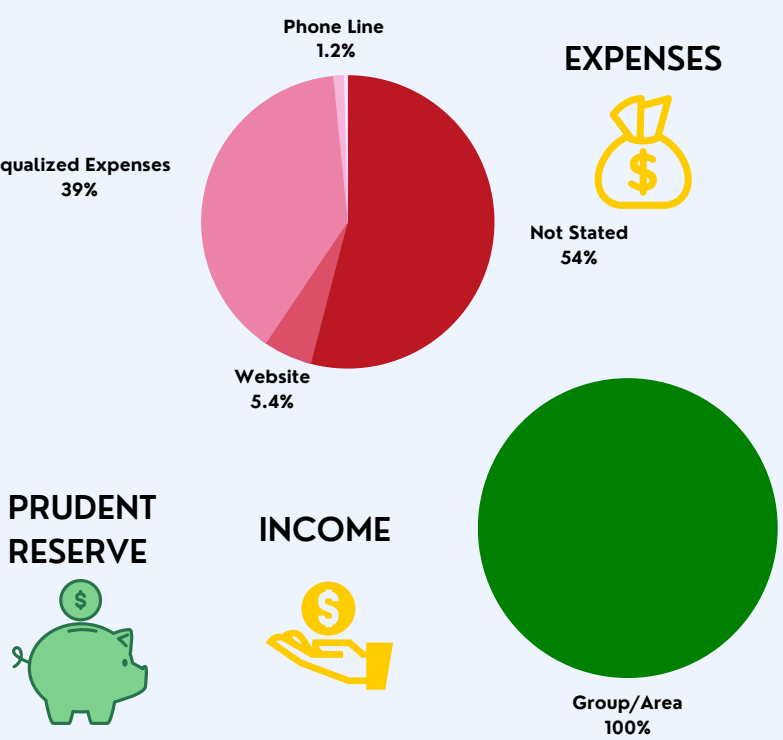
### SIGNIFICANT CHALLENGES

The continuation of the COVID 19 pandemic made it difficult for groups to continue to operate.

### UTILIZING TECHNOLOGY

Zoom has had a major effect in allowing Online and Hybrid meetings to both start and flourish.

### BUDGET



### DELEGATE'S CORNER

The formation of the World Representatives Forum on WhatsApp had a major positive effect on the ability to receive and share important information regarding the worldwide fellowship with all members through the Delegate. The major challenge continues to be both the large geography of our region as well as the effects of the COVID 19 pandemic which make it difficult to attend all meetings. That being said, the advent of electronic communication has made it easier and more accepting to share regional information with all groups. With the WSC taking place in 2023, much time and effort has been made in sharing and explaining the CAR to groups and finding ways to capture local groups interest and time in getting involved. The large number of motions in the CAR have made this task even more difficult. Being involved with other regions' gatherings in mutual challenges has proved to be beneficial in both spiritual and problem solving situations.

### WHAT CREATED THE MOST INTEREST?

The region is undertaking to have CAL printed in Canada.



## RSC DETAILS

Delegate - Sue T. Alt Delegate - NA	2-4 RSC Calls 2 Yearly Assemblies
No Legal Status	0 Areas 33 Groups 34 Weekly Meetings

### RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	✓
Narateen	✓
Newsletter	X
Website/Technology	✓

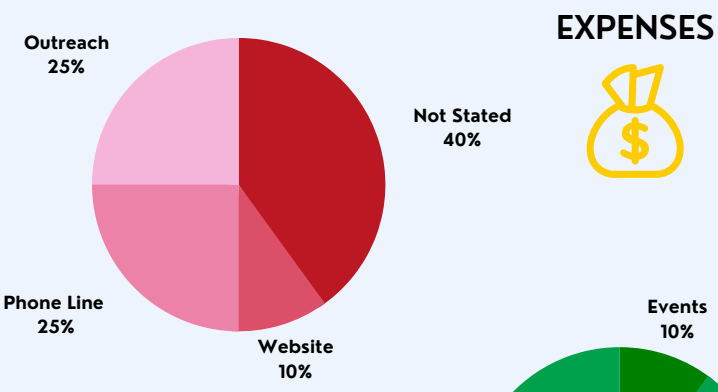
## WORKSHOPS / EVENTS

- 1 Workshop Service
  - Average Attendance: 25
  - 0 CAR Workshops
- The fellowship decided to work at the group level with the help of information provided to help understand motions.

## OUTREACH EFFORTS

- Ontario speaks 4 times a year.
- Hold a conference at the same location as the yearly NA conference.
- Flyers with QR codes/ speaker meetings.

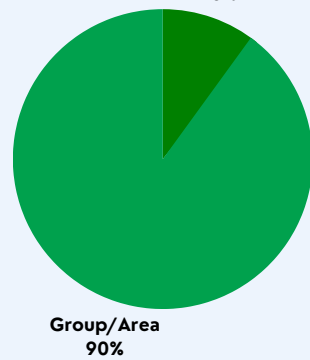
## BUDGET



## PRUDENT RESERVE



## INCOME



## HIGHLIGHTS

Setting up the region in January of 2022, working together to make the region work. Sending a delegate to WSC for the first time in many years. We have opened 4 meetings in areas that had no meetings.

## SIGNIFICANT CHALLENGES

Trying to get literature printed in Canada in order to save money for members, the exchange rate plus shipping makes literature very expensive. Also finding members to do service above the GSR level has been very challenging.

## UTILIZING TECHNOLOGY

We use zoom to hold our regional meetings and for speaker events. Many meetings are held virtually using zoom licenses provided by funds from Region. Used surveys to cast group conscience for CAR motions.

## DELEGATE'S CORNER

I have taken the role of delegate temporarily after the delegate had to step down. The region was formed in Jan 2022, we have had a few bumps along the way. We had a few groups close due to the pandemic and having difficulty getting people to step up as key holders for in-person meetings. The virtual groups are flourishing, we now have a meeting held every day of the week. We have opened many new groups. The groups are working through the CAR and are using surveys to cast their group conscience. This is the first year in many years the groups are participating in CAR, I am happy that many of the GSRs have committed to collecting their groups' conscience. I have belonged to the delegates forum WRFNFG, and I have increased my knowledge of what it means to be the delegate for the region through this forum.

## WHAT CREATED THE MOST INTEREST?

The State of Affairs letter sent out by the BOT.



## RSC DETAILS

Delegate -Edwin M.  
Alt Delegate - Deny S.

12 Virtual RSC Calls  
1 Yearly Assembly

Legal Status

3 Areas  
38 Groups  
48 Weekly Meetings

## WORKSHOPS / EVENTS

- 20 Workshops
  - Outreach, Twelve Steps, Twelve Traditions, Twelve Concepts, Service functions, SESH writing roundtables, How to Make Motions, RAC study, rules of order, how to use Nar- Anon logos, Social Media, Newcomers, seventh tradition, proper use of Nar-Anon funds, Nar-Anon Colombia as a non-profit, bylaws

Average Attendance: 70

- 10 CAR Workshops
- Average Attendance: 30

## RSC SUBCOMMITTEES

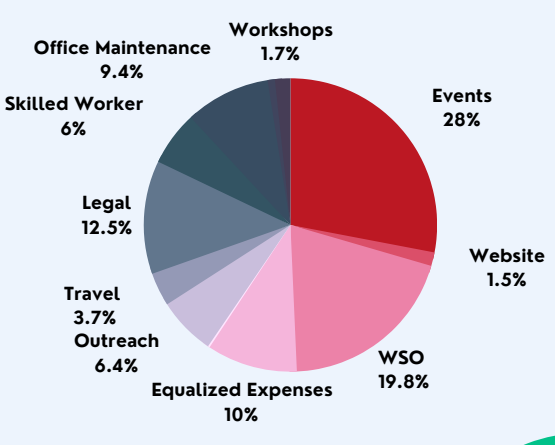
- Convention/Events ✓
- Literature Writing ✓
- Literature Review ✓
- Outreach ✓
- Phone Line ✓
- Narateen ✓
- Newsletter ✓
- Website/Technology ✓
- Policy & Guidelines ✓
- Literature Inventories ✓

## OUTREACH EFFORTS

More than 4000 people have been passed the message, through the newcomer's chat - Giving out information on social media about the Fellowship - bringing Nar-Anon out of invisibility in Colombia.

In several, we have a month of Outreach where we do several activities where we combine efforts with the different areas in addition to that all year long, we pass the message in several sectors of the Colombian society.

## BUDGET



## EXPENSES



## FELLOWSHIP DEVELOPMENT

Newcomers and temporary sponsors chat, information on Social Media.

## GUIDANCE EFFORTS

In addition, our Region has been able to share its experience with Spanish-speaking regions such as Mexico, Uruguay, Paraguay, Ecuador, and Puerto Rico. Also at the WRF.

## HIGHLIGHTS

The organization of three new regions in Nar-anon Colombia which will be reported soon. This is the last report as Colombia Region is under the process of becoming a National Service Office.

## SIGNIFICANT CHALLENGES

Stabilization of groups after the pandemic

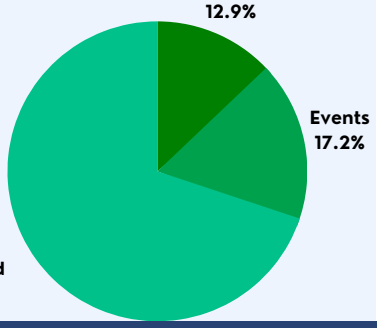
## WHAT CREATED THE MOST INTEREST?

The financial situation of the WSO.

## PRUDENT RESERVE



## INCOME





## UTILIZING TECHNOLOGY

- Yes, on a number of issues: - more newcomers
- Reaching places where there is no Nar-Anon
- Minimize travel expenses by doing virtual workshops
- Virtual assemblies
- Service
- Forums
- Inter-regional communication

## DELEGATE'S CORNER

**OBJECTIVES:** To bring Nar-Anon Colombia awareness to the WSC based on the needs of the groups and the need for fellowship worldwide. To be available for World Service. To be a channel of communication between Nar-Anon Colombia and the fellowship worldwide.

**ACTIONS:** I kept Nar-Anon Colombia informed of the different world service workshops and roundtables. I participate in the different activities of the WRF and the two-way and regular exchange chat with the representatives of the different regions of the world. I attended all the ordinary and extraordinary meetings of the RSC. Informed the groups in Colombia of the results of the WSC 2021 decisions and promoted the study of the CAR for the WSC 2023. I have promoted meetings with different servers of Hispanic countries for the strengthening and cooperation of our fellowship, as well as I am part of the Interregional committee of translations. Responded to invitations from Nar-Anon areas. As a member of the World Policy and Guidelines Committee, I have been able to participate in all meetings that are held monthly giving input, and consolidating my participation as a Delegate in a world committee as part of my responsibilities as a servant.

**ACHIEVEMENTS:** Constant communication with the executive director and world services. Unity between Nar-Anon Colombia and World Nar-Anon. Strengthening Relationships between World Services and Nar-Anon Colombia. Be part of the structuring of the NSO in Nar-Anon Colombia. Strengthening Nar-Anon Colombia and World Structure. Participate in decision-making in the Nar-Anon world structure with an informed conscience. Trust and break down barriers of place, time, space, and language.

**ACTIONS TO IMPROVE:** English language strengthening to be able to communicate more fluently in the language of service.

## STARTING NEW GROUPS

The areas studied the possibility of their groups becoming Regions in order to have a wider field of action and to be able to attend more quickly to the growth of the states that do not yet have Nar-Anon, for now, virtual groups are receiving people who do not have a group in their locality and it has been very useful.



Under Construction



No Phone Line



## RSC DETAILS

Delegate - Carmen A.  
Alt Delegate - NA

12 Virtual RSC Calls  
1 Yearly Assembly

In the process of  
receiving Legal  
Status

0 Areas  
15 Groups  
26 Weekly Meetings

## RSC SUBCOMMITTEES

- Convention/Events
- Literature Writing
- Literature Review
- Outreach
- Phone Line
- Narateen
- Newsletter
- Website/Technology

## WORKSHOPS / EVENTS

- 2 Workshops
  - Outreach
  - Narateen facilitators

Average Attendance: 45

- 0 CAR Workshops

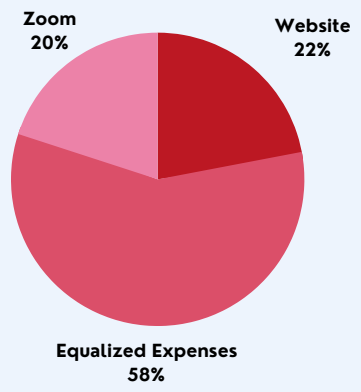
We are participating in the talks organized by the Colombia Region and by the World Forum of Delegates

## OUTREACH EFFORTS

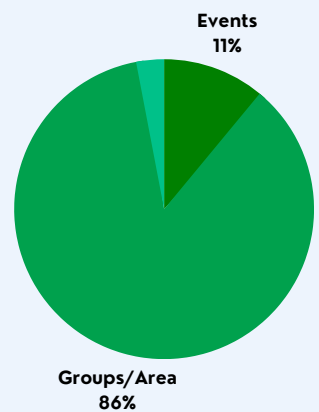
The Nar-Anon Ecuador Region maintains the WhatsApp group of all the groups in the country and sends the Colombia Region Newsletter daily, as well as shares by members of the Fellowship that illustrate the Steps, Traditions, and Service Concepts of the Program, to contribute to the study of principles reaching over 400 members. The Region is also building the website, and the Region's Quarterly Newsletter, and training several members to be Narateen group facilitators.

As a Region, we organized an event and we have participated mainly in the events of the Disclosure Month organized by the Colombia Region.

## BUDGET



## EXPENSES



## PRUDENT RESERVE



## INCOME



## FELLOWSHIP DEVELOPMENT

The Nar-Anon Ecuador Region is recently formed. We are planning some of these workshops, building the website, and a quarterly newsletter. We hope to open a helpline later and spread the word through social networks and the country's media.

## GUIDANCE EFFORTS

The Nar-Anon Colombia Region sponsors us. Also, Nar-Anon Argentina Region sponsor us in the topics of Narateen.

## HIGHLIGHTS

None Reported

## SIGNIFICANT CHALLENGES

Keep the groups in the country in touch, support them in their reactivation after the pandemic, and motivate them to create the Nar-Anon service structure in Ecuador.

## WHAT CREATED THE MOST INTEREST?

The Nar-Anon Ecuador Region was not yet formed in that time



Under Construction



No Phone Line



## UTILIZING TECHNOLOGY

Thanks to technology, the opportunity to contact the groups in Ecuador was opened to join efforts to create the Region. We also managed to connect with other regions and members of Nar-Anon who permanently support us in learning about the Program. Virtuality has allowed us to participate in workshops, conventions, and other events organized by the sister regions of Colombia, and Argentina, groups from various Latin American countries, as well as those organized by the World Forum of Delegates and the OSM itself. Virtuality opened the doors for us to get to know the Confraternity and to feel part of it without feeling barriers or borders of any kind.



## DELEGATE'S CORNER

Nar-Anon Ecuador is a new Region and it is the first time that we are participating in the WSC with a delegate. I, Carmen, as a delegate of the Region, feel excited to attend the WSC and learn in it. My work during this period has been to join the Interregional Committee for translations into Spanish, an activity that has taught me a lot. In this committee, we have also translated the CAR, which has allowed me to find out what is going to be discussed at the world conference. My biggest challenge is to organize, collect and systematize the conscience of the groups in the Ecuador Region to transmit it to the world event.

## ADDITIONAL INFORMATION

Our gratitude to the Confraternity for the support we have received to create the Ecuador Region, especially the Colombia Region and the Forum of Delegates of the World Regions, a space of immense learning for us as a recently created Region. It is a blessing to be connected through technology and to feel that Nar-Anon has no borders.



naranonglobalonline.org



No Phone Line



## RSC DETAILS

Delegate - Elizabeth C  
Alt Delegate - Robin N

12 Virtual RSC Calls  
3 Yearly Assemblies

No Legal Status

0 Areas  
15 Groups  
18 Weekly Meetings

## RSC SUBCOMMITTEES

- Convention/Events
- Literature Writing
- Literature Review
- Outreach
- Phone Line
- Narateen
- Newsletter
- Website/Technology

## WORKSHOPS / EVENTS

- 2 Workshops
  - Online Meetings
  - Tips Tricks & Technology for online meetings

Average Attendance: 45

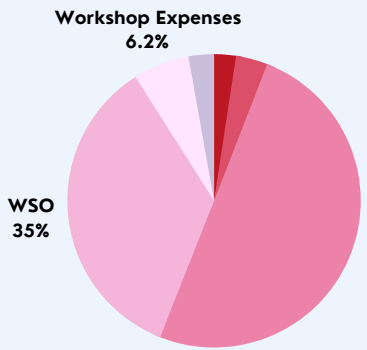
- Tradition Study
- 0 CAR Workshops

Participated in the Western Region / Service group's workshops

## GUIDANCE EFFORTS

We often get calls from other online meetings to share best practices etc.

## BUDGET



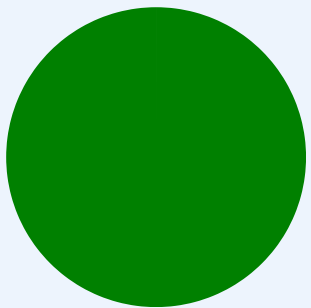
### EXPENSES



### PRUDENT RESERVE



### INCOME



Groups/Area  
100%

## OUTREACH EFFORTS

2021/2022 - Inreach getting other NFGs to join our Region if they aren't in a Region yet.  
2023 TBD

## HIGHLIGHTS

Have grown to 15 groups. Have many "affiliate/associate" groups who want to be part of our RSC meetings to learn from what we're doing globally/online.

## SIGNIFICANT CHALLENGES

We started! Did not exist during WSC2021. Starting meant adopting Guidelines, electing officers, setting a regular meeting schedule, approving new member NFGs, and approving "Associate Member" NFGs (no vote).

## UTILIZING TECHNOLOGY

Yes, and we have held two global events to share with other Nar-Anon Groups. Most of our member groups use Zoom; one uses Discord. Several of our groups use What's App for inner-group communication.

## DELEGATE'S CORNER

The HUGE support we have received from the GOR service committee and other regional delegates.  
Challenges : time zone differentials, the use of abbreviations that are USA Specific, Roberts Rules.

## ADDITIONAL INFORMATION

"If you build it, they will come."

## WHAT CREATED THE MOST INTEREST?

- Online Literature sharing to grow membership since we don't have literature racks at any of our meetings.
- The financial crisis of the WSO.



khmir.ir



Yes, Phone Line



## RSC DETAILS

Delegate - Zahra  
Alt Delegate - Maria

6 Hybrid RSC Calls  
Yearly Assembly: NA

No Legal Status

24 Areas  
402 Groups  
436 Weekly Meetings

RSC SUBCOMMITTEES	
Convention/Events	X
Literature Writing	✓
Literature Review	X
Outreach	✓
Phone Line	✓
Narateen	✓
Newsletter	✓
Website/Technology	✓
Workshop	✓
Translation	✓
Literature Distribution	✓

## OUTREACH EFFORTS

- Due to the Corona epidemic, no event has been held.
- Preparation of brochures - Placing a link to the addresses of regional meetings in public centers, especially youth gatherings, and sending it to city officials and prisons organization.

## UTILIZING TECHNOLOGY

Training Free Conference application.

## FELLOWSHIP DEVELOPMENT

Introducing the program - Introducing website numbers and link addresses by a flyer.

## GUIDANCE EFFORTS

Holding training panels to inform the outreach servants of the regions based on the outreach guidelines.

## SIGNIFICANT CHALLENGES

Literature contract with WSO- Coordination with other regions for the national registration of the fellowship.

## HIGHLIGHTS

### Narateen:

1. Holding 3 open meetings in the region to familiarize members with Narateen
2. Holding bi-monthly meetings with Narateen Facilitators all over the country to answer the questions and familiarise them with Narateen World procedure
3. Starting 12 new Narateen meetings - There are now nearly 40 Narateen meetings in our region
4. Familiarize Narateen Facilitators with other countries' Narateen Safety & Guidelines
5. Introducing and guiding Narateen members who have reached legal age with Nar-anon
6. Holding a virtual weekly meeting for teenage boys in remote areas.

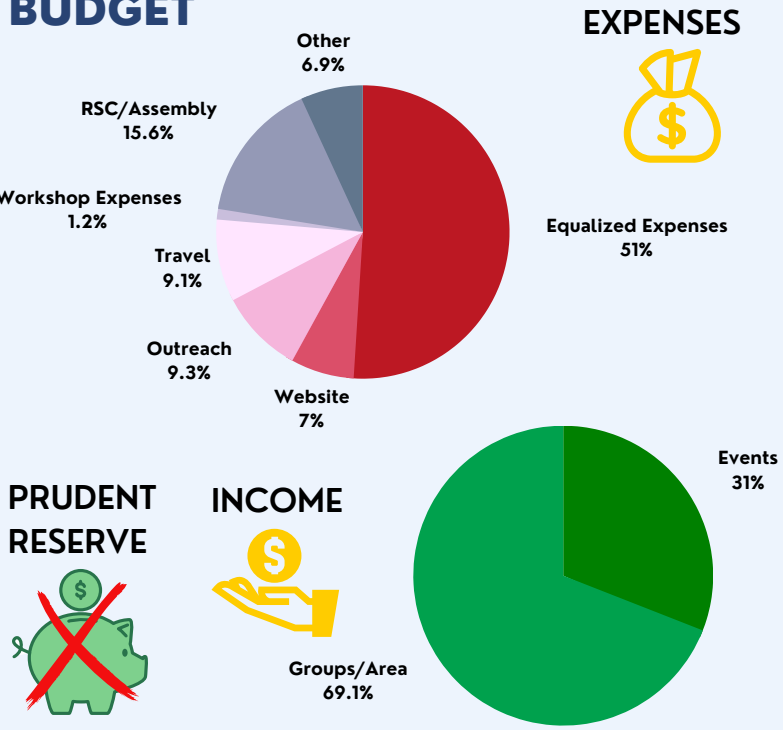
### Translation & Printing Literature:

1. Translation and printing of new literature, including Narateen 12 steps workbook, Our Traditions (Principles for Groups and Beyond)
2. Translation of updated blue booklet, GLS 2021, Detachment.
3. Translation of Grandparents' Stories, New to Nar-anon or Thinking, and So you have been asked to speak, and sent them to WS Translation Resources Committee for approval.
4. Forming an interregional translation committee to unify the translation of literature in the country.

### Website:

1. Participating in the quarterly meetings of the World Service Website Committee.
2. Cooperation with the global service website committee to link our region.
3. Providing training on how to use the free conference program for easy access of members to virtual meetings.
4. Holding a training panel for the chairs of the Area Addresses Committees.
5. Providing information about the fellowship on the website to inform members who need a meeting.
6. Placing a text message panel on the website to respond to visitors.
7. Placing information about Narateen for the access of teenagers.
8. Updating the address of meetings on the website continuously.
9. Sending a text message to inform about Nar-anon.
10. Cooperation with other regions of the country to inform about meetings' information
11. Information about workshops, panels, and announcements of WSO and our region.
12. Placing links of regions approved by WSO on the website.
13. Maintaining and updating the website and SEO of the website in search engines.

## BUDGET



PRUDENT RESERVE







khmir.ir



Yes, Phone Line



## WORKSHOPS / EVENTS

### 130 Workshops

Average Attendance: 180

Topics: Conducting rules – outreach & public relation in virtual space – Establishing NSO – How to write literature – who is a trusted servant – How to use Free Conference – 12 Steps – 12 Traditions – 12 Service Concepts – Leave worries to God - How to let go by forgiving – Sponsors – Recovery in online meetings – How to choose a sponsor in online meetings – Keeping meetings safe – servant characteristics - How serving helps to heal the family - What are the benefits of face-to-face meetings compared to virtual ones - Harm caused by addiction – Anonymity - History of Nar-anon in Iran – How to start a group – Servants duties - Tools and reflections of serving – Study of the service structure according to GLS - Investigating the reasons for false beliefs that are mistakenly embedded in meetings – Gratitude - How to recognize characteristic defects - Ways to calm busy mind - Better implementation of tradition 2 and concept 11 in this situation - Fellowship misconceptions - Autonomy of groups - Inform teenagers about meetings - Program centered pride and not serving in groups - Attraction for Narateen – Boundaries - What is Narateen? Why did I come to Narateen?- Teens' awareness and information about Narateen – Coming back to meetings – 3C's in first Step - Expectations of children from Nar-anon parents – Common welfare - The role of a Higher Power and of prayer and meditation - The concept of group conscience/vote - What is the role of a Facilitator in Narateen? - What is the difference between leadership and governance? - The Will of My Higher Power - Understanding the Disease of Addiction and Acceptance - Attraction of old members - How to prefer principles over Personalities – Let's talk together(teens) – 7th tradition basket - The Role of Youth and adolescent recovery in Narateen - What is powerlessness? Who is powerless? - The role of literature in recovery - Appropriate sharing - Anonymity in virtual meetings - The importance of attending business meetings and its role in personal recovery – Features of business meeting facilitator - What are our boundaries with the addict? - How to take care of ourselves with an active addict - How to choose a sponsor and trust them - What factors prevent the sponsee to share with their sponsor? - How to hold Nar-anon meetings - How to unite and coordinate in meetings, especially in business meetings - Robert's Rules of Conduct - A healthy relationship between sponsee and sponsor – Introduction of Nar-anon literature and Logo - Fear of doing service - Humble service and giving back to Nar-anon - What program does the fellowship have for children of addicts? - How can I keep open the healing path that God has opened for my child? - The importance of respecting the group conscience - The reason for governmentalization of service in the service structures - The importance of working 12 steps, 12 traditions, and 12 service concepts

### 2 CAR Workshops

Average Attendance: 280

## DELEGATE'S CORNER

1. Continuous communication with WSO and world service committees to interact and unify experiences with the whole world.
2. Continuous communication and exchange of experiences along with the alternate delegate with the regions of the world
3. Participation in conventions and workshops about CAR.
4. Holding a workshop about making motions for the conference and two workshops about CAR 2023 in our region.
5. Participation in roundtables and workshops of world services along with the alternate delegate.
6. Suggesting unified prices for all pieces of literature in the whole country for all regions of Iran and adding clauses to the printing literature contract.
7. Assistance and coordination in the formation of inter-regional translation and printing literature committees.
8. Holding regional workshops about Nar-anon structure, and forming NSO to inform our groups.
9. Contacting other regions in our country (Tehran and Jonoob) regarding taking the basic steps about setting up an NSO, interaction, and cooperation with each other.
10. Trying to uphold and provide unity according to tradition 1 throughout the region and groups by friendly relations and interaction.

One of the most important challenges for the delegate, alternate, and our members, in general, is the poor internet connection and interruption which makes communication and participation in workshops and round tables very difficult in the last few months.



Work in progress



Yes, Phone Line



## RSC DETAILS

Delegate - Najmeh Alt Delegate - Mahdeyeh	12 Virtual RSC Calls 1 Yearly Assembly
No Legal Status	5 Area 92 Groups 100+ Weekly Meetings

## RSC SUBCOMMITTEES

- Convention/Events
- Literature Writing
- Literature Review
- Outreach
- Phone Line
- Narateen
- Newsletter
- Website/Technology
- NSO Formation

## WORKSHOPS / EVENTS

- More than 100 educational roundtables and educational panels were held.
- Average Attendance: About 150 to 250 people participated in each meeting and almost 5000 to 7000 people participated overall.
- 2 CAR Workshops
- Average Attendance: 150-200

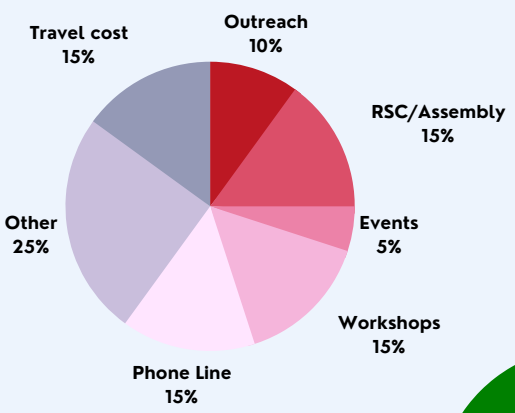
## OUTREACH EFFORTS

Setting up information booths and holding open meetings and conferences and holding information panels Notification via Telegram, Instagram, SMS Workshop.

## FELLOWSHIP DEVELOPMENT

Holding several workshops for the development and formation of new regions at the district level introducing Nar-Anon through mass media, holding a booth and conference, and installing a banner.

## BUDGET



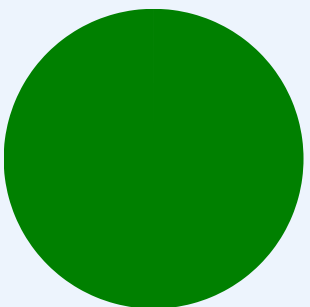
## EXPENSES



## PRUDENT RESERVE



## INCOME



Group/Area 100%

## GUIDANCE EFFORTS

Preparation of educational pamphlets Introduction of literature for newcomers. Donation of a package of literature for newly established groups.

## STARTING NEW MEETINGS

- Helping to start virtual meetings during the spread of the coronavirus in various applications. Also, helping to restart face-to-face meetings after the spread of the coronavirus.
- Creating unity in groups.

## HIGHLIGHTS

Formation of the third region in Iran.

## WHAT CREATED THE MOST INTEREST?

The possibility of holding a conference virtually was very interesting and significant for us.



Work in Progress



Yes, Phone Line



## UTILIZING TECHNOLOGY

Creating several channels in Telegram to maintain workshop resources and reports  
Preparation of educational clips for the introduction and sale of literature.

## DELEGATE'S CORNER

### Challenges

- The conference due to the cost increase in the price of dollars and the cost of participating in the conference was not covered.
- The time required to deal with the motions of the conference was not enough.
- Please give at least 7 months.
- Long wait to receive translation and printing contract.

### Successes

- Union with other two regions of Iran
- Attending trans-regional joint meetings.
- Creation of a temporary committee for the creation of an NSO with the cooperation of two other regions.
- Establishing a good and intimate relationship with the other two regions of Iran according to traditions one and five.



## ADDITIONAL INFORMATION

Trusted servants of our region have active participation in workshops, outreach roundtables, and events.



nar-anon.jp



Yes, Phone Line



## RSC DETAILS

Delegate - Mariko  
Alt Delegate - Kasumi

2 Written RSC Meetings  
2 Yearly Assemblies

No Legal Status

17 Areas  
73 Groups  
60 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	✓
Website/Technology	✓
Budget	✓
Translation	✓

## WORKSHOPS / EVENTS

- 0 Workshops
- 0 CAR Workshops

## FELLOWSHIP DEVELOPMENT

Each area carries the message to the families of addicts at the Institutions concerned.

## GUIDANCE EFFORTS

Although we don't have the ideas of mentoring or guidance, the business meetings are held in each area.

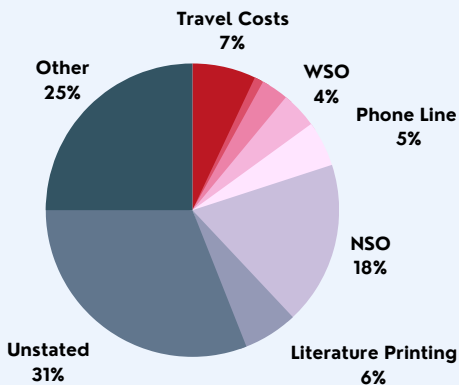
## OUTREACH EFFORTS

No Outreach Efforts

## STARTING NEW MEETINGS

When the new group would start, the area around that new group would help and that is successful, that new group can join that area. Besides, these areas can contact with NSO to exchange Nar-Anon Principles.

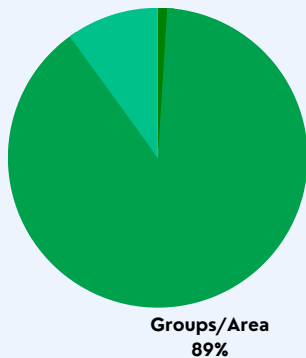
## BUDGET



## EXPENSES



Not Stated  
10%



## PRUDENT RESERVE



## INCOME



## HIGHLIGHTS

1. Website Committee try to have their meetings with Skype that have been successful.
2. Outreach Committee try to have their meeting with Line once and it seemed to be good.
3. There are some Zoom group meetings have been held, because the venues are closed because of COVID-19 and they are successful for helping the families of addicts as our Tradition Five.

## SIGNIFICANT CHALLENGES

The Translation Committee finished translating "Our Traditions-Principles for Groups and Beyond", and those were published in 2022.

## WHAT CREATED THE MOST INTEREST?

Although around this cycle we couldn't discuss about the matter we are needed because of COVID-19, we continue to discuss whether the BOT is needed for Nar-Anon in Japan as the same role as WS.



nar-anon.jp



Yes, Phone Line



*this too shall pass*

## UTILIZING TECHNOLOGY

Under COVID-19, there has been held Zoom Meeting in some groups. It was successful. In service, we have the Website Committee. The committee members work for our region nicely. NSO had to do time-saving and so on because of COVID-19, Website Committee helped NSO as working for presenting the information on the Homepage.

## DELEGATE'S CORNER

I've translated the information about WSC and have been trying to cooperate with both the Website Committee and the Translation Committee for sharing it with the Nar-Anon member in Japan. Our role will finish just after WSC2023. My experiences in my role were a wonderful opportunity to gain a deeper understanding of Nar-Anon principles. So, I hope the next delegate and the alternate delegate also have the same opportunity as us. It must be the Key for us to share our experiences, strength, and hope. Thank you for the great efforts of the WSC Committee members for WSC2023.

## ADDITIONAL INFORMATION

There must be lots of groups holding the meeting by Online, we would like to know how they manage to do donations.





[naranon-ufa.ru](http://naranon-ufa.ru)



Yes, Phone Line



## RSC DETAILS

Delegate - Angelika  
Alt Delegate - NA

4 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

0 Area  
11 Groups  
11 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	✗
Literature Review	✗
Outreach	✓
Phone Line	✓
Narateen	✗
Newsletter	✗
Website/Technology	✓

## WORKSHOPS / EVENTS

- 4 Workshops
  - Outreach
  - Healthy Meetings
  - Reading CAL

Average Attendance: 20

- 4 CAR Workshops

Average Attendance: 20

## OUTREACH EFFORTS

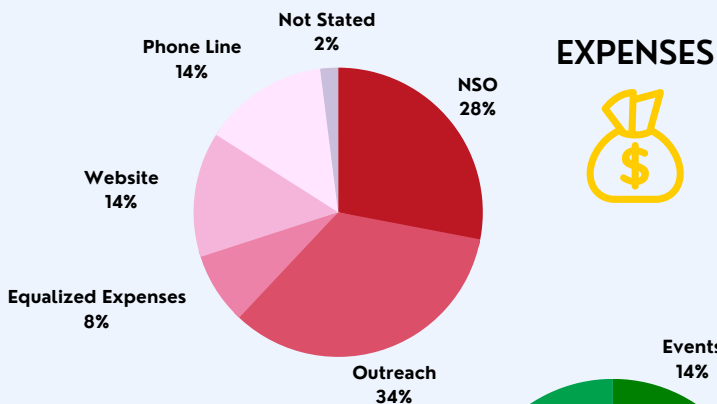
10 Outreach Events

Placement of outreach posters on public transport, in treatment centres, participation in outreach events with NA; newcomers' chat.

## GUIDANCE EFFORTS

Workshops and mini groups for Steps and Traditions study.

## BUDGET



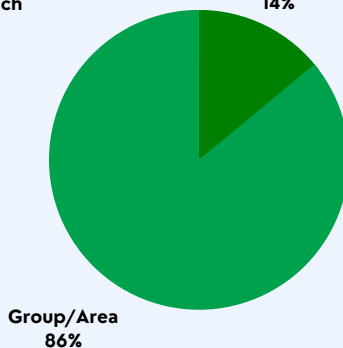
## EXPENSES



## PRUDENT RESERVE



## INCOME



## HIGHLIGHTS

CAL purchase rate grew, a big number of Nar-Anon members in the region participated in Steps and Traditions workshops and studies; increase in group activity at the Regional Assembly

## SIGNIFICANT CHALLENGES

Number of meetings decreased, group attendance decreased.

## UTILIZING TECHNOLOGY

Virtual recovery meetings; virtual meetings with relatives of addicts in treatment centres; messenger platforms WhatsApp, Telegram, Skype.

## ADDITIONAL INFORMATION

Trusted servants of our region have active participation in workshops, outreach roundtables and events.

## WHAT CREATED THE MOST INTEREST?

CAL in digital format



No Website



Yes, Phone Line



## RSC DETAILS

Delegate - Marina F.  
Alt Delegate - Elena S

12 Conference RSC Calls  
0 Yearly Assemblies

No Legal Status

0 Areas  
3 Groups  
4 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	X

## WORKSHOPS / EVENTS

- 0 Workshops
- 0 CAR Workshops

## OUTREACH EFFORTS

- 4 Outreach Events
- Meetings with relatives of addicts in treatment centres, publications in the local press, outreach posters placed in medical centres, clinics, an interview on local TV.

## FELLOWSHIP DEVELOPMENT

Public notices in local press, interview on local TV.

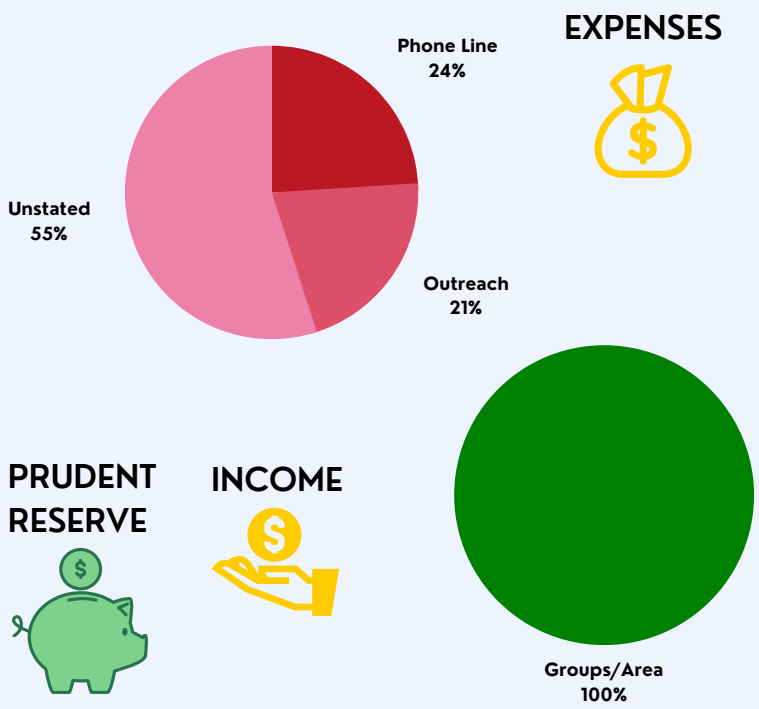
## STARTING NEW MEETINGS

- A new group opened in August 2021
- plans to open another group in another part of Khabarovsk

## GUIDANCE EFFORTS

Steps study groups

## BUDGET



## UTILIZING TECHNOLOGY

Face-to-face meetings with the possibility of virtual attendance, the virtual format of RSC.

## WHAT CREATED THE MOST INTEREST?

None mentioned





mos.naranon.ru



Yes, Phone Line



## RSC DETAILS

Delegate - Tatyana T.  
Alt Delegate - NA

12 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

0 Areas  
53 Groups  
60 Weekly Meetings

## WORKSHOPS / EVENTS

- 11 Workshops
  - Healthy Meeting, Anonymity, Newcomer, Crosstalk, Group Inventory

Average Attendance: 15

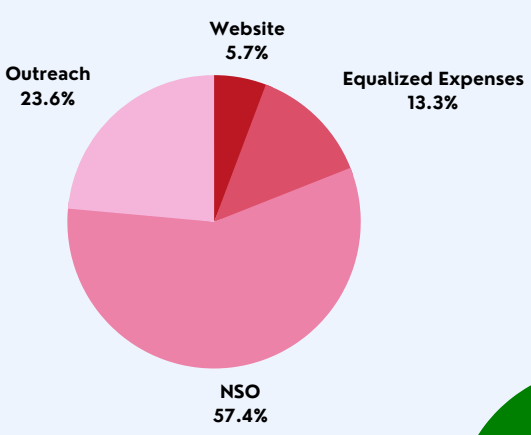
- 2 CAR Workshops

Average Attendance: 50%

## GUIDANCE EFFORTS

We often get calls from other online meetings to share best practices etc.

## BUDGET



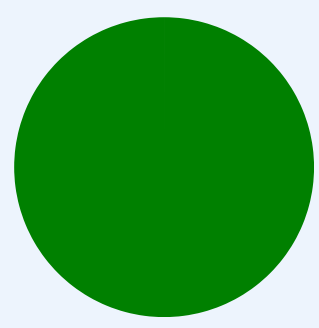
## EXPENSES



## PRUDENT RESERVE



## INCOME



Groups/Area  
100%

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	✓
Budget & Finance	✓
Fellowship Development	✓
Tech Support	✓

## OUTREACH EFFORTS

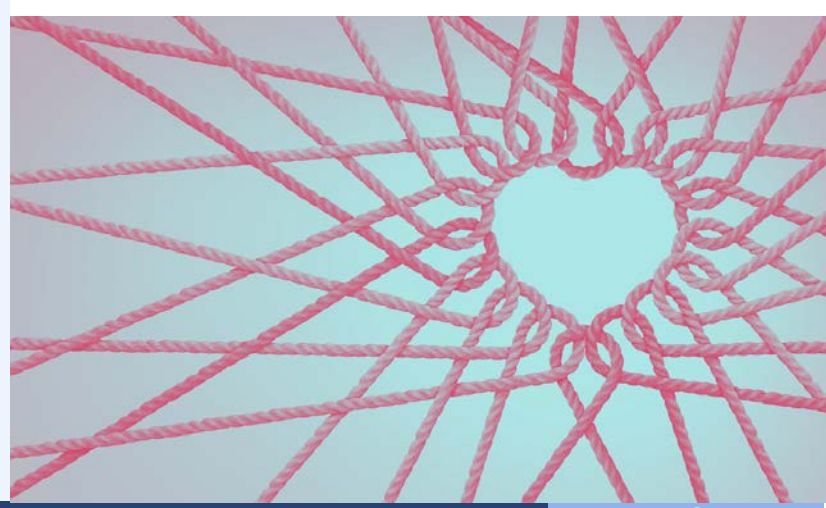
- 3-4 Outreach Events a Year
- Placement of outreach posters and boards with contact card pockets and pamphlet pockets in more than 100 clinics; meetings with relatives of addicts in treatment centres, outreach materials on city boards and billboards, and on public transport, participation in meetings with mass media in Narcology medical institutions.

## STARTING NEW MEETINGS

2 new groups opened in 2022

## UTILIZING TECHNOLOGY

Virtual RSC meetings, virtual tally process, regional website, and group chats.







naranon-omsk.ru



Yes, Phone Line



## RSC DETAILS

Delegate - Nadezhda Alt Delegate - NA	12 Virtual RSC Calls Assembly: As Needed
No Legal Status	0 Areas 6 Groups 8 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	X

## WORKSHOPS / EVENTS

- 0 Workshops
- 1 CAR Workshop

## FELLOWSHIP DEVELOPMENT

Roundtable with local church, outreach business cards, and pamphlets placed in medical institutions and churches, outreach events.

## GUIDANCE EFFORTS

Service sponsorship

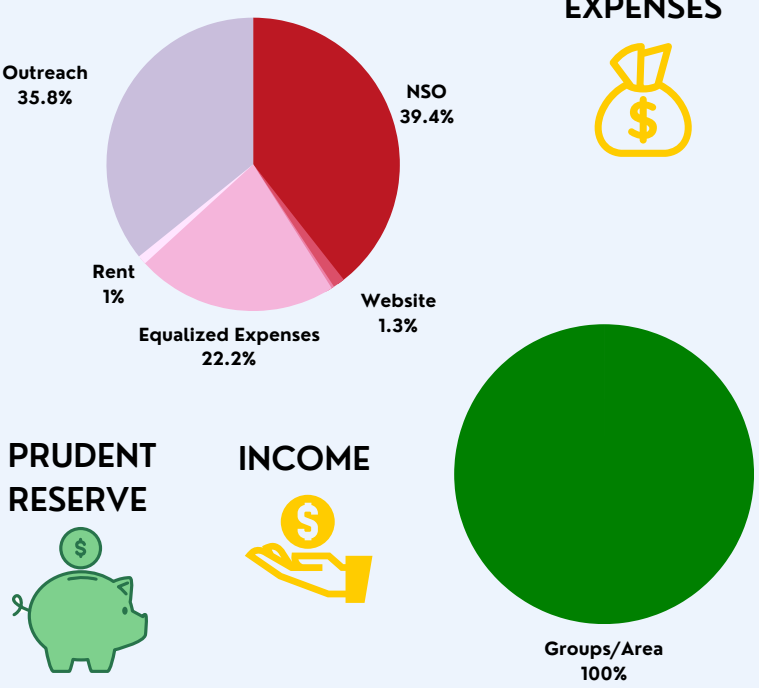
## OUTREACH EFFORTS

Meetings with relatives of addicts in treatment centres, outreach posters placed on bus stops, in medical institutions, and churches, and public announcements in local press.

## UTILIZING TECHNOLOGY

Region convention virtually accessible to Nar-Anon members in Russia.

## BUDGET





No Website



Yes, Phone Line



## RSC DETAILS

Delegate - NA  
Alt Delegate - NA

12 Virtual RSC Calls  
0 Yearly Assemblies

No Legal Status

0 Area  
8 Groups  
11 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	✓
Outreach	✓
Phone Line	✓
Narateen	X
Newsletter	X
Website/Technology	X

## WORKSHOPS / EVENTS

- 1 Workshop
  - My Choice - Service
 Average Attendance: 40
- 1 CAR Workshop  
Average Attendance: 27

## OUTREACH EFFORTS

6 Outreach Events

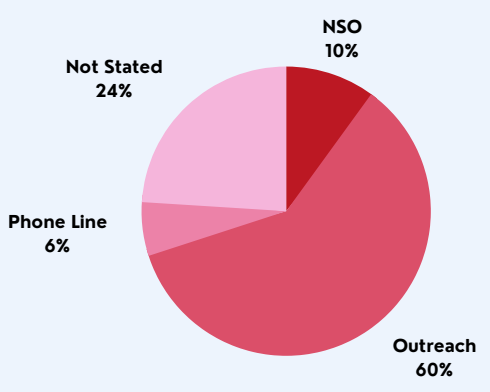
Meetings with relatives of addicts, posters in churches and medical institutions, and outreach meetings with local authorities.



## GUIDANCE EFFORTS

The region took part in Nar-Anon Russia service workshop, Steps and Traditions study groups.

## BUDGET



## EXPENSES



## FELLOWSHIP DEVELOPMENT

new groups opened in the region, meetings with relatives of addicts, and posters in churches and medical institutions, outreach meetings with local authorities, chat for newcomers, members of the RSC serve in Russia Service outreach and developments committees.

## STARTING NEW MEETINGS

2 new groups opened, 1 group joined the RSC.

## UTILIZING TECHNOLOGY

RSC virtual meetings.

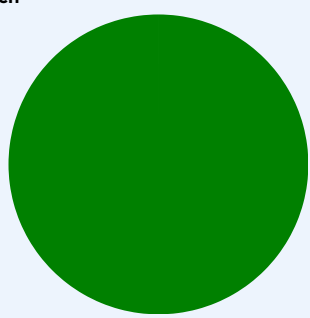
## ADDITIONAL INFORMATION

Registration fee for the Delegate at the WSC is too high, our region cannot afford to carry the message effectively spending on outreach efforts and paying for the Delegate at the same time.

## PRUDENT RESERVE



## INCOME



Group/Area  
100%



No Website



Yes, Phone Line



## RSC DETAILS

Delegate - Rita  
Alt Delegate - Anna

12 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

0 Area  
8 Groups  
8 Weekly Meetings

### RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	X
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	X

## WORKSHOPS / EVENTS

0 Workshop  
0 CAR Workshops

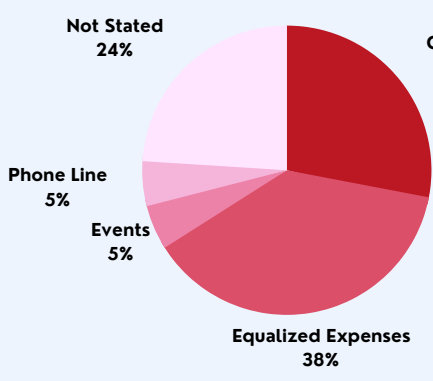
## OUTREACH EFFORTS

1 Outreach Event  
Placement of outreach materials in clinics, social institutions, and medical centres

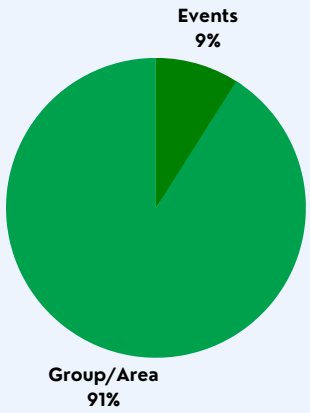
## FELLOWSHIP DEVELOPMENT

Placement of outreach materials; meetings with relatives of addicts in treatment centres.

## BUDGET



### EXPENSES



### PRUDENT RESERVE



### INCOME





tvernaranon.ru



Yes, Phone Line



## RSC DETAILS

Delegate - NA  
Alt Delegate - NA

12 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

0 Area  
2 Groups  
4 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	✓
Budget & Finance	✓

## WORKSHOPS / EVENTS

- 0 Workshops
- 0 CAR Workshops

## UTILIZING TECHNOLOGY

Regional website; online outreach efforts; Region Service committee chats; virtual meetings with relatives of addicts in treatment centres; virtual format of RSC business meetings in Skype

## OUTREACH EFFORTS

18 posters throughout Tver region; 7 flyers with contact card pockets; outreach flyers in a public library; 4 outreach posters in churches; 1 poster in a local clinic.

Participated in outreach round table May 21, 2022

## FELLOWSHIP DEVELOPMENT

Placement of outreach posters, flyers, contact cards, pamphlets in regional centres; outreach articles about Nar-Anon in local press; online outreach efforts; virtual meetings with relatives of addicts in treatment centres

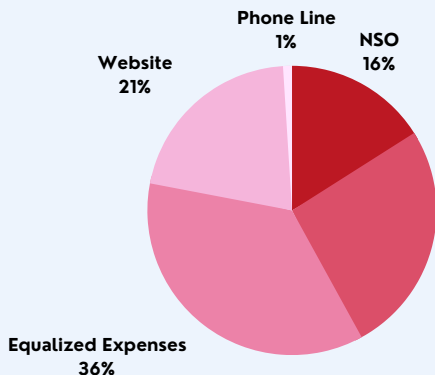
## GUIDANCE EFFORTS

In reach announcements about Steps and Traditions workshops; workshops for hotline volunteers.

## STARTING NEW MEETINGS

A new group is about to open February, 18 2023

## BUDGET



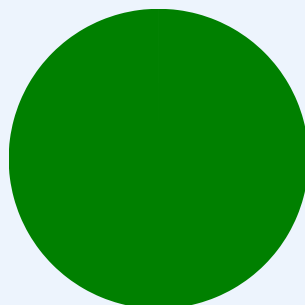
## EXPENSES



## PRUDENT RESERVE



## INCOME



Group/Area  
100%





No Website



Yes, Phone Line



## RSC DETAILS

Delegate - Venera  
Alt Delegate - Elvira

12 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

0 Area  
14 Groups  
14 Weekly Meetings

## RSC SUBCOMMITTEES

- Convention/Events
- Literature Writing
- Literature Review
- Outreach
- Phone Line
- Narateen
- Newsletter
- Website/Technology
- Finance

## WORKSHOPS / EVENTS

- 1 Workshop
  - The 12 Steps 1-3
- Average Attendance: 58
- Tradition Workshops
- Public Awareness Workshops
- 0 CAR Workshops

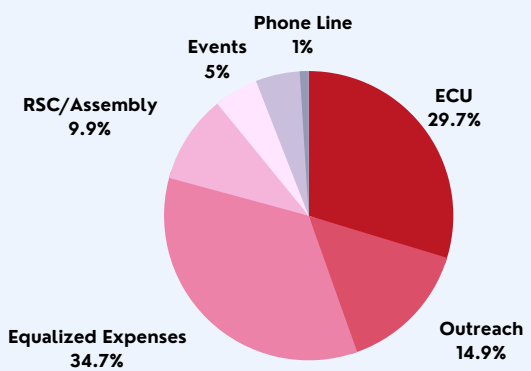
## OUTREACH EFFORTS

Carrying the message in rehab centers, emailing information about Nar-Anon to drug treatment clinics, and placing information boards.

## FELLOWSHIP DEVELOPMENT

Landings to support new groups in the region. Setting up a city board near the bus station with information about Nar-Anon.

## BUDGET



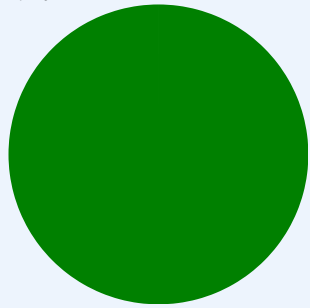
## EXPENSES



## PRUDENT RESERVE



## INCOME



Group/Area  
100%

## STARTING NEW MEETINGS

One group open.





No Website



Yes, Phone Line



## RSC DETAILS

Delegate - Selin  
Alt Delegate - NA

12 Virtual RSC Calls  
4 Yearly Assemblies

No Legal Status

0 Area  
5 Groups  
7 Weekly Meetings

RSC SUBCOMMITTEES	
Convention/Events	X
Literature Writing	X
Literature Review	X
Outreach	X
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	X
Literature Translation	✓
Hospital & Institutions	✓

## WORKSHOPS / EVENTS

- 7 Workshops
  - 7th Tradition
  - WSC
  - Nar-Anon 36: Weekly Step Workshop
  - Traditions and Concepts: Weekly study group
  - CAR workshop
  - Weekly Service Literature Workshop

Average Attendance: 15

- 1-2 CAR Workshops
- Average Attendance: 15

## OUTREACH EFFORTS

- 2 Outreach Events
  - Reaching out to experts
  - Reaching family members at hospitals
  - We leave contact information at addiction-related events held by municipalities.

## FELLOWSHIP DEVELOPMENT

Information such as vision statement and phone numbers are printed and distributed

## GUIDANCE EFFORTS

Some of us have service sponsors. Our group members know who the trusted servants in the region are, and we call on them. They are very accessible.

## HIGHLIGHTS

- Essential literature translations were completed and printed as non-approved literature.
- Some groups formed traditions and concepts study groups and weekly Nar-Anon 36 workshops, attendance, and active participation is increasing.

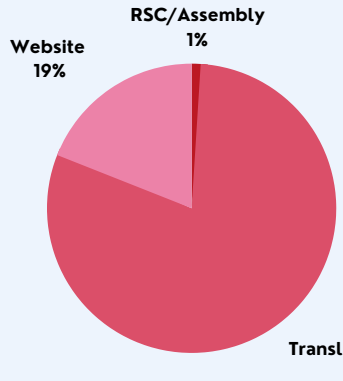
## SIGNIFICANT CHALLENGES

- Lack of trusted servants.
- Not receiving timely guidance and replies from the WSO email for our requests about website building and literature translation approval process (emails sent on 10.08.21, 28.08.21, 06.09.21, 25.09.21, and 08.08.22 were not responded to).
- Disruptive and divisive behaviors caused damage to the region and a considerable number of new members left. This gave an untrustworthy image to Nar-Anon.

## WHAT CREATED THE MOST INTEREST?

Anonymity, 7th Tradition

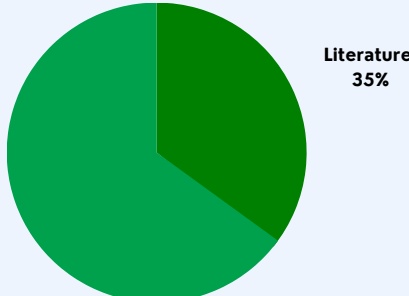
## BUDGET



## EXPENSES



## INCOME



## PRUDENT RESERVE





No Website



Yes, Phone Line



## UTILIZING TECHNOLOGY

We had one meeting in our region that has always been online, and it was on Skype. Other groups learned to use Skype from scratch after the pandemic. With the pandemic, the groups continued their meetings virtually on Skype. After a while, inappropriate and disruptive behavior in Turkish Nar-Anon groups developed, and Skype was found unprotected. It was decided to continue the meetings on Zoom in order to deal with the inappropriate and disruptive behaviors due to the attacks with the personal comments and assessments published. Later on, as we observed in other regions how well Zoom worked as a platform, each group transitioned to Zoom. All members eagerly and quickly learned how to use Zoom. Most of our members were not familiar with these technological tools and they worked very hard for their success. Initially, there was only one group that was permanently online, and since the cheapest paid Zoom account was too expensive for the group budget, they used the free account which meant that the meetings would be interrupted every 40 minutes. This made it difficult for the newcomers and others to stay focused. Eventually, other groups also decided to permanently use Zoom. After our alternate delegate visited other regions, she learned that the region could support its groups by paying for a Zoom account. All groups now enjoy uninterrupted virtual meetings. Every group has its own Whatsapp group for member-to-member communication and announcements. Committees also use their own Whatsapp group and some groups have a separate Whatsapp group for the trusted servants. Whatsapp has been a very effective medium for regular two-way communication. Most trusted servants did not know how to use Gmail before the formation of the region. However, this is another success we've had, and today we have an email address for each service position and we use them regularly.

## DELEGATE'S CORNER

I started attending Nar-Anon in September 2019. I attended one (in-person) Nar-Anon meeting a week in my first 5 months as well as attending other 12 Step fellowships. In my sixth month, I found my (virtual) home group and started serving at the group level. Around the same time, it was announced that the groups were forming a region, and there was a need for regional trusted servants. At one of the meetings, I was nominated to become the Alternate Delegate based on two things: I was actively working the steps with a sponsor, and I could speak English. I became a candidate and was elected at our first Regional Assembly together with other regional officers and the Turkey Region was formed (12.2020). Shortly after, I found a service sponsor from a different region for guidance and to actively study the 12 Traditions. The term for the delegate and the alternate delegate is currently three years. Because our first delegate stepped down, I was elected as the interim delegate at the RSC meeting on 07.11.22.

One of the biggest challenges I've had as a delegate is to carry and convey a huge amount of information from other regions and the world to my region. This is both because we are still learning about the World Service Structure – we haven't translated the Guide to World Services yet, and because I happen to be the only member in our RSC that speaks English. This means I become the sole point of all information (and translation for the most part) in the absence of an alternate delegate. I try to attend as many events as possible in other regions to bring new ideas and experiences to our region, but I cannot attend all of them, especially since I haven't been able to attend roundtables held by the WS Website Committee and WS Outreach Committee, even though these would be very helpful to our regional subcommittees and trusted servants. Also, it has been challenging to understand and digest all the information about the WSC, especially studying and developing a process to help groups digest and come to a group conscience about 89 motions.

It has worked well, for me, to be honest with our regional officers about my limitations, and my difficulties within our working service structure at times, and ask for help. It helped tremendously to have a service sponsor who had experience in service at the world and regional levels and to regularly work the Traditions and Concepts. Being in touch with many delegates and alternate delegates as well as other regional trusted servants through the World Representatives Forum Whatsapp group and meetings enabled me to ask questions, receive ideas and solutions, and most importantly to know that I was not the only delegate who was struggling to figure things out. Attending business meetings in different groups in my region and other regions, as well as other regions' RSC meetings and assemblies whenever I could, was also useful. Attending Traditions and Concepts study groups was one of the most beneficial practices. Finally, being able to attend the last Conference as an observer gave me some idea about what to expect for 2023.

## ADDITIONAL INFORMATION

The region started out accepting that we would make mistakes but we trusted that we would be learning from our mistakes and growing as we relied upon our Traditions and Concepts.



nar-anon.org.ua



Yes, Phone Line



## RSC DETAILS

Delegate - Antonina  
Alt Delegate - NA

12 Virtual RSC Calls  
1 Yearly Assembly

No Legal Status

0 Area  
19 Groups  
15 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	✓
Literature Writing	X
Literature Review	✓
Outreach	✓
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	✓

## WORKSHOPS / EVENTS

- 6 Workshops
  - Traditions 1-6
- Average Attendance: 10
- 0 CAR Workshop

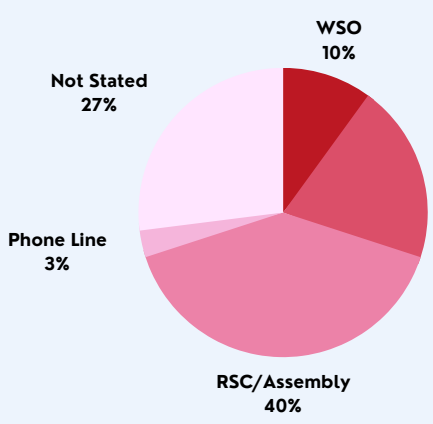
## OUTREACH EFFORTS

Outreach posters and materials were placed in social service institutions and treatment centres, participation in NA events to carry the message about Nar-Anon, and the translation of outreach materials is in progress.

## STARTING NEW MEETINGS

A new group opened in the last two years.

## BUDGET



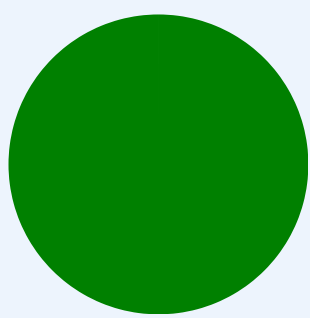
## EXPENSES



## PRUDENT RESERVE



## INCOME



Group/Area 100%







nar-anon.co.uk



Yes, Phone Line



## RSC DETAILS

Delegate - Karen H.  
Alt Delegate -Karen L

Virtual RSC  
1 Yearly Assembly

No Legal Status

0 Area  
3 Groups  
4 Weekly Meetings

## RSC SUBCOMMITTEES

Convention/Events	X
Literature Writing	X
Literature Review	✓
Outreach	X
Phone Line	X
Narateen	X
Newsletter	X
Website/Technology	X

## WORKSHOPS / EVENTS

- 4 Workshops
  - PI
  - Literature

Average Attendance: 4

- 24 CAR Workshops
- Average Attendance: 5

## STARTING NEW MEETINGS

Good online and limited numbers on restarting face-to-face meetings in London.

## OUTREACH EFFORTS

Reviewed requirements and proposed plan for 2023

## HIGHLIGHTS

Service positions filled following loss of experienced members, Newcomer meeting rising attendance, new Traditions meeting started monthly, Literature stock and rage improved, Website look and feel improved.

## SIGNIFICANT CHALLENGES

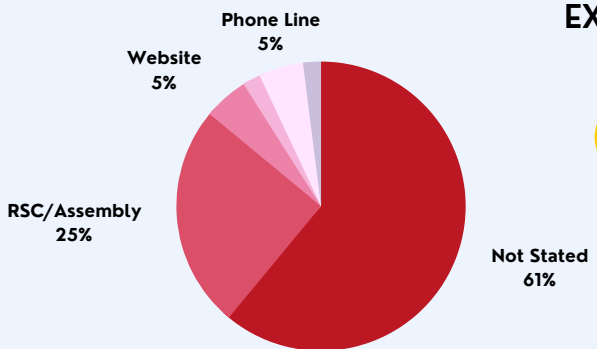
Attracting new members, working the programme with a sponsor

## WHAT CREATED THE MOST INTEREST?

Literature – availability and distribution

## BUDGET

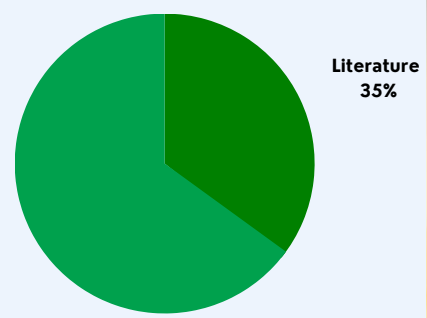
### EXPENSES



### INCOME



### PRUDENT RESERVE





## DELEGATE'S CORNER

We are a very small region with only 3 groups 2 virtual and 1 face to face. The groups have a total of 4 weekly meetings and 2 monthly meetings. Our members are still quite new to fellowship so mainly focus on their personal recovery.

There is an absence of the promotion of how personal recovery fits into having healthy meetings with service rotation above the group level. However, we have some members that are very committed to the region so we continue to work well fulfilling our commitments and trying to develop the region.

With access to the WRFNFG, I have been able to access how other regions function. I think I can say the UK Region is not alone in struggling to find suitable Trusted Servants.

I have been so very privileged to have been able to give service to two WS Committees in this cycle. I have learned so much from the Trusted Servants in these committees and hope to continue giving service after my Delegate term comes to an end later this year.

In the run-up to this Conference, I have held weekly assemblies for members to vote on the Motions. There hasn't been the best attendance as stated before - but the assemblies have been open to anyone that wishes to attend and the GSRs have done a great job encouraging members to engage.

In summary, we are still finding our feet in the UK but I have faith that the Regional Service Committee/GSRs will continue to promote the need for members to engage with the Guide to Local Services and the Guide to World Services so that the Conference has more meaning in the future.

*God, grant me the  
serenity to accept  
the things I  
cannot change,*

*the courage to  
change the things  
I can,*

*and the wisdom  
to know the  
difference.*



nar-anon.org



(800) 477-6291



## NAR-ANON FAMILY GROUPS IN OTHER LOCATIONS

Argentina Region  
Australia Region  
Belgium Region  
Denmark Region  
Finland  
Florida Region  
France Region  
Germany Region  
Georgia Region  
High Desert Region  
Jonob Region  
Israel Region  
New Jersey Region  
New York Region  
Poland Region  
Puerto Rico Region  
Sweden Region  
Switzerland Region  
The Netherlands

## NAR-ANON ACRONYMS

ASC - Area Service Committee  
ASR - Area Service Representative  
CAL - Conference Approved Literature  
CAR - Conference Agenda Report  
GLS - The Nar-Anon Family Groups' Guide to Local Services  
GSR - Group Service Representative  
GWS - The Nar-Anon Family Groups' Guide to World Services  
NA - Narcotics Anonymous  
NFG - Nar-Anon Family Groups  
NSO - National Service Office  
NTPP - Narateen Process Person  
NTASC - Narateen Area Safety Coordinator  
NTSC - Narateen Safety Coordinator  
P&G - Policy and Guidelines  
RSC - Regional Service Committee  
SESH - Sharing Experience, Strength, & Hope in Nar-Anon  
(our daily reader)  
WSC - World Service Conference  
WSO - World Service Office