

THE SERENITY CONNECTION

NEWSLETTER OF THE NAR-ANON FAMILY GROUPS - June 2022 Vol 38 Issue 2



Tradition Seven – Every group ought to be fully self-supporting, declining outside contributions.

Nar-Anon is a spiritual fellowship that relies on group donations to keep the fellowship alive. Whether we are meeting in-person or online each group is responsible for managing funds for their own group, and each group has the ability to donate to Nar-Anon World Service Office (WSO). Each year in the June edition of the Serenity Connection Newsletter, we display how funds were used for the previous year. During the pandemic, donations have continued to decline. WSO needs your help more than ever to keep the Nar-Anon fellowship. Some expenses include wages, rent, insurance, and printing.

We accept donations from Nar-Anon members, declining outside contributions, to avoid influences that may change the Nar-Anon message of helping families and friends of addicts. We cannot afford to be obligated or have an opinion on outside issues. For example, if a religious organization offers free rental space for meetings, we as Nar-Anon Family Groups' insist on paying rent. This helps us to remain autonomous and be self-supporting.

At in-person meetings, it is typical for members to donate cash in a basket. There are several ways to virtually donate within groups, areas, regions and/or WSO. Please take a moment to reflect on how Nar-Anon has helped you in your recovery and consider making a donation on a regular basis

[Contribute](#) to Nar-Anon

- STEP 11

Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

I grew up with prayer and church. I thought I knew exactly what prayer was all about; you prayed always for others, never for yourself.

If you prayed for yourself, that was being selfish and uncaring about others. Then I married an addict and discovered that my prayers changed to pleading, begging for help for both of us, bargaining that I would do whatever I believed God wanted me to do or be.

My spouse found recovery in a Twelve Step program, and I was introduced to a whole new idea of spirituality and beliefs.

When urged to go to something called Nar-Anon, a Twelve Step program for families and friends of addicts, I went. Not because I thought it would help me, but so I had something to do. Instead, I found a new way of thinking about myself, about the addict, and most importantly, about what I believed. I worked the steps with another, my sponsor. And I came to believe in a loving Higher Power to which I give my troubles in times of crisis.



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My prayers became more about what I was going through, rather than "us" and I began to have a personal understanding of this entity called "God". It has taken several workings through the steps to finally realize that the prayers that give me the most benefit are those in which I simply ask for guidance. No bargaining, no "please save ...", just guidance of what my higher power wants ME to do in my life and the gift of power to carry that through.

Meditation on the other hand was a concept with which I had no experience at all before the program. I grew up during the so-called "hippie" years when meditation was some sort of trend and everyone who was anyone, meditated. But I was never part of that select population. When I was introduced to Nar-Anon, my spouse already had a practitioner of meditation and had friends who taught it.

THE USUAL SUSPECTS

The region I serve recently formed a committee for our annual fundraiser. A few months earlier, we formed a committee to seek clarity regarding an issue raised by the GRSs. Last year we formed similar committees for similar needs.

The process is simple. The region says there is a need and waits until the usual suspects volunteer. Sometimes the wait takes an

I earnestly sat as they told me, went to meditation gatherings, and achieved some sort of short-term serenity from the sessions.

Through the years and during some major life crises, I have found that the serenity I get in meditating helps me to be a better friend to myself. But even in meditation, which some describe as the listening to God part of this step, I still focused more on external sources for my spiritual inspiration. Part of this I attribute to my upbringing, as my parents instilled the idea at an early age that I had to appease God, rather than just trust. It was always "outside of me".

My latest work on my fifth step had me walking around this morning, looking for something to make me feel better about me.

uncomfortable amount of time, but everyone knows the same members will always volunteer for the same work. Who knows what would happen if the same few members decided not to volunteer again.

While these same members are happy to serve, they are also lonely. They eagerly wait for other members to join them in the joy of service. If we took

I tried praying, but I couldn't see any guidance. I tried picking up an object that had always in the past, made me feel more aligned spiritually. But it didn't today. So I walked around my office again, and rejected this item, and that item. I was finally aware that what I was feeling had nothing to do with any external source, and knew it had to begin with ME. That's when I picked up a book, one that I had started reading a year or so ago about meditation. Reading the one page, I was struck by the words on it. It was as if my Higher Power was telling me that there's nothing external about meditation. And it was time to start being honest with me and learn what I was all about. No teacher other than God and myself, sitting quietly and making time for that quietness.

turns, we could share the experience and the joy.

Estimable Deeds

I am not proud of everything I've done in response to having addicted loved ones in my life. I've tried to control, manipulate, argue and cajole my qualifiers. I have resented them, justified numerous grudges, and piled guilt upon them. None of this resulted in anything I really wanted, but I didn't know how to get out of this cycle.

After working Steps 4 and 5, I was able to look at many of these things. Then I came to Step 6, which I thought would be an easy step to take. But as I focused on this, I was surprised at how attached I was to my character defects. Something in me could not imagine living without them. In fact, it felt like I would not even be "me" without them.

After some time and several long talks with my sponsor, I learned I could not simply put my dysfunctional behaviors away. I had to find a substitute

that countered the negative with a positive. One day at a meeting someone brought up the idea of "estimable acts." These are acts we consciously choose to do which are loving and caring both towards others and towards ourselves.

This really got me to thinking. Instead of trying to control someone, I could pray for them. If I was caught up in profound resentments, I could journal about it, working through my feelings. If I was blaming others, I found that it worked to forgive.

But I then discovered it can even be simpler than this. If I am angry and feeling like I've been wronged, I could choose to take care of some small task that I had been avoiding, realizing that I often used my emotional negativity to justify not taking care of my life. So doing the dishes, making the

bed, or preparing a healthy meal could all be seen as estimable deeds.

I don't need to be a saint or a hero. I just need to be willing to change. And to avoid harsh judgments of myself and others, I can always fill in that hole in my life with something worth doing, rather than something that just replicates old hurtful patterns. I can see now that growth comes in various guises and in all sorts of sizes.

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ISOLATION, SERVICE, AND THE DISEASE

Isolation is to be avoided at every step of my recovery. In the past my self-isolation came from my fears. I did not want to attend a meeting fearing the what if's - "they" may find out there are drugs in my family. Or "they" might tell me to throw my daughter out of the house or tell me to divorce my husband.

I did not want to become a Group Service Representative, GSR, only to hear "them" (area/region people) say: "oh you guys are not doing it right" or to have "them" find out what we do not know. I did not want to do service because: "they" might find out that I do not know how to do "it" right. I protected myself from being hurt by avoiding commitments. None of my fears panned out.

By working the Nar-Anon program: attending meetings, studying the literature, working the Twelve Steps with a sponsor, becoming a sponsor, and applying the Twelve Traditions, my recovery grew. Sponsorship is twofold; it helps me and helps others. "They" became "us."

I stopped isolating and self-protecting. I began to trust this program and found a power greater than me and a better way to live. For this I am responsible. To make sure the program continues to flourish we take service positions. We learn and apply the Twelve Concepts of Service.

We recover more trust in ourselves, in other members, and our Higher Power. My recovery has blossomed due to my awareness that I have much more to learn while practicing trust, reaching out and connecting with others in this unifying program.

An important part of my program is my friendships. A lot of them have been hewn from service work— these friendships are area and region wide; they are national and international! It's truly a worldwide fellowship. The disease is waiting, watching and wants to kill all of us, not just the addict.

The disease is extremely aware that together we are invincible. At times in my service commitments, I become sidetracked by my disease. When it rears its ugliness and diverts my focus to anger and blaming, it screams at me to quit, just walk away! If I give in to the disease, I risk betraying my recovery, my higher nature, my loved ones, other members, my sponsor, and my Higher Power.

My remedy is to pause, realize this too shall pass, take a breath, recite the Serenity Prayer, and remember our common welfare. This is an "us" program. The disease wants to kill us but TOGETHER we are invincible.

COMMITTEE CORNER

WSC WEBSITE– ACCESSIBILITY ANNOUNCEMENT

The Nar-Anon world service website, nar-anon.org, has a new accessibility improvement. When you visit the website you should see a small stick figure in the middle-right of the browser. This is the "international symbol of accessibility." If you click on the accessibility symbol you will see a menu of features that might make viewing the website easier. If you are not using a mouse pointer, you may "tab" into the page and access the menu using only the computer keyboard. There are many features, including contrast, highlight links, bigger text, text spacing, pause animations, dyslexia friendly, cursor, tool tips, line height, text alignment, and saturation.

WSC HUMAN RESOURCES SERVICE OPPORTUNITIES

If you are looking for personal growth in your program, please consider one of the following service opportunities: trustee, conference facilitator or conference secretary. Qualifications and responsibilities for each position are detailed in the GWS as well as on the website, nar-anon.org, where applications can also be found.

Please direct any questions you might have to the World Service Human Resource Committee at wshrcommjtte@nar-anon.org We look forward to hearing from you.

WSC OUTREACH

NATIONAL RECOVERY MONTH IS FOR EVERYONE IN RECOVERY

Each September since 1989, Recovery Month has been celebrated in the U.S. and Canada to increase understanding of addiction and raise awareness of resources that support recovery. While the most recognizable and celebrated aspect of recovery is often the addicted individual, Nar-Anon members know that those who care the most about the addict also suffer from their loved one's addictive behavior. Nar-Anon members find recovery by working the steps, following the traditions and using the tools of the Nar-Anon program.

As communities plan events and activities to celebrate National Recovery Month this September, we encourage you to look for opportunities to carry the message about Nar-Anon and the gifts of recovery for the friends and family of those who battle addiction. Faces and Voices of Recovery rm.facesandvoicesofrecovery.org, has a page that lists many of the National Recovery month activities throughout the U.S. and Canada.

September is a great time to celebrate your own recovery and to carry the message to those who may be searching for the serenity and peace of mind that recovery can bring. Plan NOW for this great outreach opportunity!

WSC BUDGET & FINANCE
2021 FINANCIAL STATEMENTS
As of December 31, 2021



Total

ASSETS

Current Assets

Bank Accounts

1001 Checking - Gen

Account	61,573.91
1050 Prudent Reserve	
Account	20,000.00
3265 WSC Account	2,000.00

Total Bank Accounts \$83,573.91

Other Current Assets

1004 Prepaid Expenses	706.24
1009 Deposit-Rent	9,000.00
1010 Inventory	33,826.83

Total Other Current Assets \$43,533.07

Total Current Assets \$127,106.98

TOTAL ASSETS \$127,106.98

LIABILITIES AND EQUITY

Liabilities

Current Liabilities

Credit Cards

2020 Bus Credit Card	3,337.38
2030 Business Credit Card	3,370.13

Total Credit Cards \$6,707.51

Other Current Liabilities

2402 CDTFA Statewide 453.28

Total Other Current Liabilities \$453.28

Liabilities \$453.28

Total Current Liabilities \$7,160.79

Total Liabilities \$7,160.79

Equity

3900 Retained Earnings 112,941.88

Net Income 7,004.31

Total Equity \$119,946.19

TOTAL LIABILITIES AND EQUITY \$127,106.98

How Well Do You Know Your Nar-Anon History ?

1. What year did Nar-Anon begin?
 - a) 1968
 - b) 1960
 - c) 1971
2. What year was Nar-Anon's SESH book first published?
 - a) 2007
 - b) 2009
 - c) 2014
3. The Serenity Connection, Nar-Anon's quarterly newsletter is available on nar-anon.org in ___ languages?
 - a) 1
 - b) 9
 - c) 5

Narascribes continue to gather information regarding our Nar-Anon history. We need members to share their knowledge of Nar-Anon's history going back 30 years or more. If you or someone you know has early stories about our fellowship, we want to know!

Love Nar-Anon history?

We still need volunteers! Join us to make history!

Email: nfgscribes@gmail.com for more information.



*A developing committee for Nar-Anon History

Regional Events & Activities

Carry the Message | Virtual
Nar-Anon & NA • Rocky Mountain
Region Saturday • June 25, July 30,
Aug 27,
Sept 24, 2022 6pm MT • 8pm ET / 7pm
CT / 5pm PT
naranonrm.org
carrythemessageNFG@gmail.com

Saturday Speaker | Virtual
It Starts With Us • Rocky Mountain
Region Every Saturday
7pm MT • 9pm ET / 8pm CT / 6pm PT
naranonrm.org
itstartswithus365@gmail.com

Have an Event coming up ? Submit it to events@nar-anon.org

Answers to Narascribes* Trivia: b) 1960 a) 2007 c) 5

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www.nar-anon.org

wso@nar-anon.org (310) 534-8188 | (800) 477-6291

In the Spirit of Cooperation | Virtual
Nar-Anon & NA • New York Region
Tuesday • June 7, July 12, Aug 9, Sept
13,
2022 8pm ET • 7pm CT / 6pm MT / 5pm PT
12-step workshop | Virtual
Simi Valley, CA • Every Saturday
6:30pm PT • 9:30pm ET / 8:30pm CT /
7:30pm
MT Zoom ID: **884 0262 1415** •
Password:
832671 jcm16huskie@gmail.com
12-step workshop | Virtual GA, TN,
CO, NY, CT Regions
8pm ET • 7pm CT / 6pm MT / 5pm PT
Zoom ID: 898 9074 1661 • Password:
363636 nynfgevents@gmail.com

Sunday NFG Step Study |
Virtual Central CA • Every Sunday
Steps 6-12: 12pm PT • 3pm ET / 2pm
CT / 1pm
MT Steps 1-5: 1pm PT • 4pm ET / 3pm
CT / 2pm
MT Zoom ID: **745 977 7458**
robertp27march@gmail.com

Midwest Annual Assembly |
Virtual Nar-Anon Midwest Region
Save the Date • October 14-15,
2022
Every 2nd and 4th Wednesday
nynaranon.org
nynfgevents@gmail.com

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