



# Nar-Anon Family Groups Newsletter



## The Serenity Connection

### EXECUTIVE DIRECTOR'S REPORT

The year 2022 has come and gone – The WSO (World Service Office) remains open only because of the fellowship’s support through literature orders and donations. And to the contrary – we receive no contributions from grants, state or federal subsidies or outside entities. There may be some who do not know or understand how our Twelve Traditions give Nar-Anon the ability to continue to carry the message of hope without diluting our program.

I have mentioned how important and helpful being of service is for personal recovery and Nar-Anon’s growth. We are still struggling, whether at group, area, region, or world level to attract members to be of service – this has had an effect on Nar-Anon over the last three years and continues to be a struggle. We learn how Nar-Anon helps our recovery when we serve. Never knowing how being of service could change my life, it led me to becoming Executive Director 20 years ago!

The upcoming 2023 World Service Conference is virtual and promises to have more Nar-Anon fellowship participation from many international countries. The experience of technology is once again being utilized and provides us the ability to work together in unity for the good of the whole. The theme for this conference is “Progress Through Worldwide Unity” and encompasses what Nar-Anon does to continue our primary purpose. So, check from time to time for updates about the conference on the 2023 WSC page on the WS website.

For the support from Board of Trustees, World Service committees, Nar-Anon fellowship and WSO staff – Phyllis, Maureen, Ahou and Erin – I am grateful. With their help and support – they have made it possible for me to continue to be of service. Thank you.

In Gratitude,

Cathy K., Nar-Anon WSO

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THE SERENITY CONNECTION

## DID YOU KNOW... ??

Regional Delegates and Alternate Delegates are encouraged to serve on World Service Committees?

*During the cycle between conferences they [delegates & alternate delegates] also serve on world service committees to further the work set in motion at the WSC (GWS pg. 7).*

You can find the general and specific requirements for each World Service Committee at <https://www.nar-anon.org/world-service-committees>, as well as their email addresses.

Are you a delegate, and interested in serving on one of these committees?

Send an email inquiring about the committee activities, see if you can make it to one of their meetings to observe and decide if it is a good fit for you!

There are a variety of committees at the world service level:

Budget and Finance

Human Resource

Literature

Narateen

Newsletter

Outreach

Policy and Guidelines

Translation Resource

Website

World Convention

World Service Conference



## Help Tell Our Story

A Nar-Anon friend sent me a recording link, "Thought you'd be interested in listening to this. It's a Speaker Jam *In Pursuit of Nar-Anon History*."

And so, I listened. Then, curiosity settled in as something stirred in my heart.

My interest in fellowship history didn't start with the Speaker Jam. About 10 years ago I helped the WSO move to their current location. The director asked me to organize, into topics, dusty boxes carried in by other volunteers. I had to go through each box and decide what was what.

Two topics grabbed my interest instantly: history and other languages. It was fascinating to read through correspondence from over fifty years ago. Letters that sounded just like shares I'd heard in meetings. I couldn't stop reading the pleas for help, I recognized myself in these aged letters.

I felt a sense of urgency. Much of the correspondence was blank! Handwritten letters by desperate individuals who'd been affected by someone's addiction, had receipt date stamps and were legible. However, responses by Nar-Anon volunteers (1960s) were blank! The ink had disappeared. Copies of responses to these letters were on mimeograph paper. Remember the tumbler drum mimeographs, wet feeling paper and purple blue print? As I held these ghostly responses from those who had gone before me, I felt sad. Their contribution had evaporated. Their handwritten ESH had vanished.

I often thought about these old boxes, files, and letters. I was heartbroken that stacks of abandoned boxes were in a busy office that had no time to devote to their preservation. Let Go and Let God, I thought.

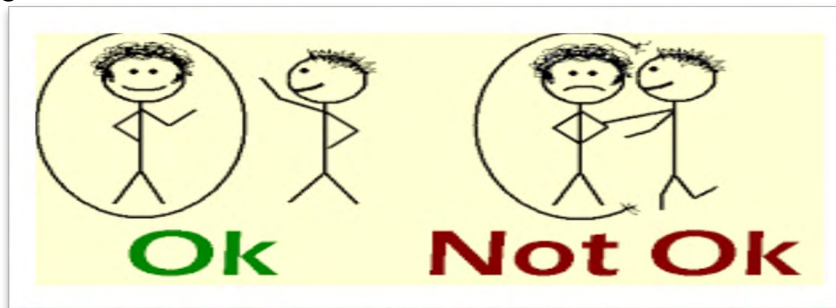
Imagine my elation when on the Speaker Jam recording, I heard someone say they had flown cross country in search of history and found the boxes! A real treasure, for all of us. [nfgscribes@gmail.com](mailto:nfgscribes@gmail.com)



Donations are down and Nar-Anon needs your help to weather the storm. Please consider donating today to support our loyal staff at WSO who answer the phones, keep the literature flowing, and provide assistance to Nar-Anon groups worldwide.

Head to [www.nar-anon.org](http://www.nar-anon.org) now!

Our  
Members Share



### Acceptance vs. Boundaries

Once my addict husband told me, “Your problem is that you don’t accept me.” The statement took me by surprise. I thought I was setting a boundary with him. He called me out on my action and I saw that it wasn’t a boundary at all. I was not accepting the way things were. To be honest, I often do not accept situations. I thought about some situations I did not accept in my Nar-Anon Group.

My home group’s anniversary was in April 2020. At that time, our group could not meet at our site due to pandemic restrictions. It made sense to postpone the group anniversary. We would be able to meet in person soon, right? That was the information we had available at the time.

April 2021 arrives, and we can meet in person. The facility has precautions in place, and we are not able to bring in any food. We postpone the anniversary again.

I ask myself, was this a boundary? Was having food the only way to have an anniversary meeting? Or, was I being stiff-necked because the situation was not exactly how I wanted it to be. It feels like an instance where I tell myself that I have a boundary, but I am not accepting the situation. Because it isn’t how I want it to be, I hit the highway. There was nothing I could do to change the policies of our meeting location. Those policies were not mine to change. I’ll never know what I missed by not doing what I could do at the time.

In-person events are still not plentiful in my area. They are still either held virtually, or set up in a fashion where people can visit exhibits on their own over a course of several days. I tell myself that outreach is not possible because ‘events are not happening.’ Are events not happening, or are they not happening the way I want them? Have I really tried to find out what I can do to perform outreach in this situation?

At in-person meetings I welcomed newcomers with a smile, a hug, and a literatura packet.

I welcome newcomers on a virtual meeting with a smile and understanding. I feel sorry I cannot give them literature because we are not in the same location. Have I looked at what I can do, instead of what I cannot do? I can ask if they want information sent in the mail. I can stay on the virtual meeting after it closes and talk to them. I can give them my phone number as a nara-buddy. I can have an e-mail or text list of attendees and ask if they want to be added to that list for information and mutual support.

At in-person meetings, we passed a basket for 7<sup>th</sup> tradition funds. These funds were used for rent, literature, and for donations to service areas. We can’t pass a physical basket at a virtual meeting, so we don’t collect 7<sup>th</sup> tradition funds. Have I made another excuse instead of accepting the situation? Or, can I accept this and look at what I can do? We can work with technology to collect 7<sup>th</sup> tradition funds. We can use a snail mail address to collect 7<sup>th</sup> tradition funds. We can use these group funds to carry the message of Nar-Anon.

I started my journey with meetings where I sat in a chair in the same room with others. I changed by sitting in those chairs and I saw others change in the chairs, too. They must be magic chairs. That worked for me, so it must be the only way it works. I’ve met people who found recovery by joining others virtually. They had ‘magic squares’ instead of ‘magic chairs.’ Am I accepting others by insisting that meetings be only in person? I can choose the type of meeting I like. I can accept others’ preference too.

My lack of acceptance is still hard for me to recognize at times. I cover the lack of acceptance by telling myself that I have a boundary. Often, I find I’ve only made an excuse for myself to not do what I can in the situation.

Q & A from P&G



**World Service Policy and Guidelines**  
**(P&G) Committee**

Duties and responsibilities: The committee is a resource for the fellowship to clarify the policies and guidelines found in our service documents. Here is a question from our fellowship and response from P&G Committee.

Question from Fellowship:

The Policy & Guidelines Committee discussed your question: *"We do NOT collect money. Are there other groups in our situation who are not collecting money and not paying?"*

The committee offers our responses below:

The Policy & Guidelines Committee does not receive information on group donations. We offer the following resources for your group to consider, in our group format, Guide to Local Services, page 3-2, Leader/Chair – *"Our Seventh Tradition says that every group ought to be fully self-supporting. We pass the basket around for contributions to be used for purchasing literature from WSO (World Service Office), to pay rent, and to make donations to service areas beyond the group level."* These levels beyond the group level are areas, regions, and World Service Office, WSO.

Also, we suggest that our principles, Seventh Tradition, and the guidelines, **Guide to local Service**, GLS & **Guide to World Service**, GWS, apply to all groups, whether online or in-person.

Further, please see (GWS) page 31, *"The financial support of WSO comes primarily from the sale of CAL and donations from our members, groups, areas, regions, and NSOs. This is in accordance with our seventh tradition."*

We also suggest if there are any questions from your group on how to donate ask other online groups in your region what strategies they use to donate beyond the group level.

Thank you for reaching out to us and please let us know if we can be of any other assistance.

Your Trusted Servants  
World Service Policy and Guidelines Committee

**WS B&F COMMITTEE/BOARD OF TRUSTEES**

**A Snapshot of the latest Financial Information can be found on the  
WSB&F Landing Page and on the website under "Latest News"**

~ Thought for Today ~

**Sometimes we are so focused on what is happening next  
that we don't see what is happening now**



## SLOGANS—A TOOL OF RECOVERY

When I first entered the rooms of Nar-Anon I was exposed to conference approved literature (CAL). We had the 12 Steps, the 12 Traditions, and the 12 Concepts of Service, and all the readings from the Little Blue Book. As a newcomer I did not understand and couldn't begin to intellectualize the principles of the program. I didn't know the 12 Steps were designed for my personal recovery and growth, the 12 Traditions were designed to keep the groups healthy, and the 12 Concepts were designed for the service structure. I didn't even know what a service structure was.

As a newcomer it occurred to me that the only part of the CAL that was easy to grasp was the slogans. The slogans appeared as simple clichés, but as a newcomer many of them were easier said than done. For example - in the heat of a crisis - and there were many - how was I supposed to apply the following slogans?

Easy does it

T.H.I.N.K.

This too shall pass

Let go and let God



In the heat of a crisis and before I joined Nar-Anon, the computer in my head was programmed to react in the exact opposite way to those slogans. I was knee-jerking from one crisis to the next which caused me great harm and undoubtedly made the situation even worse. However, in my early recovery, these simple clichéd words of wisdom started to take shape in my psyche - without me even knowing it. Slowly but surely I was able to stop and T.H.I.N.K., which became a very important slogan in my early recovery. I was able to stop - take a deep breath - take a lot of deep breaths - and in my own best interests apply the slogan "Easy does it". I was able to rationalize the situation, look at all my options, prioritize them and take "First things first" - instead of knee-jerk reactions. Which was - for me - another great slogan.

Depending on the severity of the crisis, I was able to stop and ask myself "How important is it" and I was able to search for answers by keeping the solutions simple.

On many occasions the simple answer to some of the circumstances was to do and say nothing. I also learned that not every situation is what it might have appeared to be - so the slogan Keep an open mind became important to me. Closing my mouth and opening my mind helped me to open my ears and start to Listen and Learn and gauge situations with a lot more thought and clarity. Even if I don't like everything I heard, it was important for me to Take what I like and leave the rest. This became another useful slogan for me.

The slogans were taking shape in my early recovery, and I didn't even notice it, and I hadn't even begun working the steps. Keeping an open mind, listening and learning and letting go of the things that disturbed me helped me to live just my life and intellectualize that I must - really must - allow others the freedom to live theirs, which is for me the meaning of the slogan Live and let live.

When working my Step 2, I came to believe in a power greater than myself. It was then that I could apply the slogan Let go and let the god of my understanding take care of the things that were out of my control or things that rightfully didn't belong to me. Careful thought and consideration of the Serenity Prayer also helped me. God grant me the Serenity to accept the things I cannot change - courage to change the things I can - and the wisdom to know the difference. This also helped me with the slogan Let time take time. To me this slogan implies that things happen in Gods time and not in the instant gratification of my desired timing. Now every morning when I wake up, I am able to look at this day only and convince myself that the only thing I can do - with the help of my higher power - is to take just this One day at a time and apply the slogan Just for today. However, in times of intense crisis I can modify one day at a time to one hour at a time or even one moment at a time while chanting the slogan "This too will pass - This too will pass" and saying the Serenity prayer.

*(Continued on page 6)*

**SLOGANS—A TOOL OF RECOVERY**

*(continued from page 5)*



The only slogan that I haven't mentioned is Let it begin with me. For a very long time I misunderstood this slogan. I thought that when I woke up in the morning, which was the beginning of a day, and I got my day started, everything should selfishly revolve around me - as in Let it begin with me. Fairly recently it occurred to me that Let it begin with me means I can't wait for some Nar-Anon guru to take me by the hand and say "hey I've got a great idea - let's start working on your 4th Step Inventory". The decision and the work must begin with me.

By the same token, I can't wait for the people in my world to start being kind, courteous and considerate to me - let it begin with me means that I must be the one who starts being kind, courteous and considerate to others.

This reminds me of one of our Just for Today's: "Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself."

What almost certainly follows is the people in my world reciprocate by being kind, courteous and considerate back to me. When things don't begin with me, and I have expectations of others, those expectations invariably result in resentments. And so everything that I want to achieve in my life and everything that I expect in return from life must always begin with me.

Applying all the slogans to my recovery life has helped me deal with my daily challenges in a much more balanced and healthy way. Today I can say that when I did eventually work the 12 Steps it became - for me - a new way of living and the slogans have helped me along that path.

There was my previous life - before Nar-Anon - and there is my current life with Nar-Anon. Every day is a new opportunity to live, learn and grow. Thanks to the Nar-Anon program - the Steps, the Slogans, my

higher power, and my service to the fellowship - now - in the heat of a crisis the computer in my head is programmed to react in new ways that benefit me and my circumstances, rather than in ways that previously damaged and made my situation worse.

**Breathing Through**

Deep breath x3

1. I'm stopping
2. God is here

Together I am ok

Hands fist and open x3

1. Aware I'm clenched
2. Choosing to think

Releasing into God's care

Repeat as needed. May need to find a quiet place to stop distraction.

Connected - creates calm

With practice it becomes a natural response to the inner churn or upset.

Start of a new "Now" dance, not stuck.

Doing the next right thing for my part.

Learning to be led to trust.

The pause of self-care and being cared for...

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[The Serenity Connection](#).

Subscriptions to date:  
**>7564**

World Service  
Committee  
Corner



### **The World Service Outreach Committee-**

Continuing with *our* New Year's Resolution —  
*Continuing to Carry the Message of Hope.*

In January the Outreach Committee hosted a Roundtable - all about the newcomer, thoughts on bringing in newcomers, and ways to keep them engaged. We hope you joined us.

Looking toward March — three months into 2023, and some of us are beginning to feel a bit overwhelmed with service commitments, whether outreach or other type service (maybe conference!). Opportunities are ramping up for the Spring and Summer months — getting members to speak at events, run tables at fairs, contact treatment centers and professional offices, distribute literature to public organizations...the list goes on. We seem to finish one event, and something else pops up. Service work can be very rewarding. Volunteering, doing something you love, can have long lasting positive effects. But what happens when you can't get help? We all know there are those few you can always count on, but, honestly, is that fair to them? Is it fair to you? What happens when the reward is gone and negativity creeps in? We've all experienced "burnout."

We want to remind you to think about yourself and *your* self-care! As a good friend always asks: "What are you doing for yourself this week?!"

That brings us to our next Roundtable. We invite you to share what you do when you start getting overly stressed and have no help. Do you have a plan of action? Come share ideas that help you overcome stress and allow you to relax. We invite you to share your experience, strength and hope so we may help each other.

Join us for our April 23, 2023, World Service Outreach Roundtable "The Care and Feeding of Service Workers (and Others)." Flyer will be out soon.

Sit back and take a breath (or three). HALT — don't get too hungry, angry, lonely, or *tired*.

### **QUARTERLY APPEAL**

Our Seventh Tradition states "Every group ought to be fully self-supporting, declining outside contributions." The next question is how are Nar-Anon services funded? Concepts One and Two listed below explain who is responsible for Nar-Anon services.

*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.*

*The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.*

The Concepts above tell us the groups are responsible for the funding of Nar-Anon services. Also, the Guide to Local Services (GLS) has many references on this subject. Some are listed:

GLS — pg. 9-1 Finances and pg. 9-3 Use of Groups Funds

If the groups are responsible for the funding, then as a member of a group I am responsible. I should be donating to the group so they can purchase literature for the newcomers, pay for a virtual account, and donate beyond the group level to the region and the World Service Office.

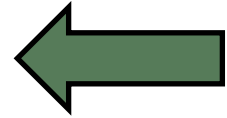
However, as a member of Nar-Anon who is not attending face-to-face meetings, only virtual meetings, I asked myself if I was still donating like I did when the basket was passed. My answer was no, even though the groups were placing information in chat on how and where to donate.

What I did was look at my monthly budget to see how much I can donate monthly. Once I had that figure, I divided my money between the groups I attend regularly and WSO. The great part is that with one group and WSO, I can make it a recurring monthly donation. My plan is to up my donations yearly when possible.

As I lovingly detach from the addict's problems, I can take the time to look at my own defects. I am working on the only person I can change—myself.

*SESH—Sept 9.*

## Coming Events and Activities



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

### Carry the Message

March 25th, 2023 - Rocky Mtn. Region

### Georgia Region Convention

March 17 & 18th, 2023

Acceptance is the answer

Register and pay by Venmo at

[www.naranonga.com](http://www.naranonga.com) "events"

Website Roundtable

**Dates:** April 1st, 2023

Zoom Meeting ID: 832 7524 4099 (No Passcode)

### Rocky Mountain Convention

#### Kick-Off Event

April 16th, 2023

Fundraiser and Information

Go to [Naranonrm.org](http://Naranonrm.org)

### Northern California Region

#### Convention XXXIII

April 8th, 2023

**Acceptance is the answer**

Sacramento, CA.

### World Service Conference—2023

PROGRESS THROUGH

WORLDWIDE UNITY

April 27—May 2, 2023

### Experience the Power of Step Work

**Dates:** May 10th to 31st, 2023

(Five Sessions-check the flyer)

Plan to attend all 5 sessions An Interactive, Intensive, Immersive, Intimate journey through the steps for everyone, regardless of where you are in your recovery!

Wednesday May 10 5p-7p MT Step 1

Wednesday May 17 5p-7p MT Steps 2 and 3

Saturday May 20 10a 3p MT Steps 4-7

Wednesday May 24 5p-7p MT Steps 8 and 9

Wednesday May 31 5p-7p MT Steps 10-12

BTDT Zoom 361 212 1212 Password: BTDT!

Hosted by the Rocky Mountain Region

Questions? email: [BTDT36@aol.com](mailto:BTDT36@aol.com)

Nar-Anon FGH, Inc. does not oversee or recognize any Social Media platform that claims to be a Nar-Anon Group.

### 7th Annual Rocky Mountain Convention

**Dates:** November 10-12, 2023

**From Desperation to Transformation**

Loveland, CO

### Nar-Anon History Event

April 15, 2023

Watch website



Nar-Anon Family Groups

Nar-Anon World

Service

Headquarters

23110 Crenshaw Blvd.

#A

Torrance, CA 90505

### Share Your Events and Activities

Did you know there is a page on the Nar-Anon website where you can share information about upcoming events and activities? Go to <http://www.nar-anon.org/events> to see a list of upcoming events and activities. Or send a PDF to [events@nar-anon.org](mailto:events@nar-anon.org) if you have a flyer you would like to share.— Subscriptions to date—7439