



The Serenity Connection

Countdown to Conference!

“Strength Through Service”
April 29 to May 2, 2016
Torrance, CA

Has your group scheduled its CAR/CAT workshops?

Dates to remember...

March 29, 2016

Agenda for WSC 2016 distributed to all attendees.

April 28, 2016

Pre-conference orientation.

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WSO saddened by loss of long time staff member

Nar-Anon WSO is saddened by the loss of a long time staff member, Norma M. She fought a valiant battle and on January 22, 2016, surrounded by family members, she passed away. She started volunteering in June of 1995 and in 1996 started working part-time as back-up shipper, answering phones, and putting literature packets together. She was instrumental in getting the newsletter (folded, stuffed, and mailed) out in a timely manner. She always had a smile. She helped those looking for Nar-Anon meetings and, if no meeting was available, she would send them free literature. She will be dearly missed.

Nar-Anon WSO Staff

Our Own Nar-Anon Prayer!

The World Service Conferences of 2008, 2010, and 2014 had motions with prayers from other fellowships submitted for approval. Our Seventh Tradition states *Every group ought to be fully self-supporting declining outside contributions.* Wouldn't writing our own prayer be self-supporting?

This request is for our members' support and contributions to the development of a truly Nar-Anon prayer, a prayer created by our members for our members. For those interested, please click www.nar-anon.org/prayer-submission or go to www.nar-anon.org to submit your suggestion along with a release form found at [Copyright Release Form](#). Remember, all submissions must be original. Any use of non-original literature, in part or in full, even with wording changes, constitutes plagiarism and can result in public controversy for Nar-Anon. Submissions will be accepted through **April 15, 2016**.

During the 2016 World Service Conference, **Strength Through Service**, a workshop will be held to take all submissions and develop a prayer for Nar-Anon. Once the prayer is developed, it will be submitted to the floor as a motion to go out to the fellowship for approval at the 2018 World Service Conference.

Keep these thoughts in mind for your submissions:

- All work must be original
- Submissions should be three or four sentences, something members can easily memorize
- Submissions can be spiritual but should not reflect any religious beliefs
- Submissions should reflect a worldwide spirit of unity
- It is preferred that submissions be gender neutral

Experience • Strength • Hope

Our Members Share

“When I attend meetings regularly, I am reminded that every day my Higher Power offers me a new way to face my challenges.”

SESH, July 31



Meetings - I keep coming back

I first walked into a Nar-Anon meeting over nine years ago. I was like a deer in the headlights, having no idea what Nar-Anon had to offer me. I was desperate and came hoping that someone could tell me how to stop my addict son from using drugs. I didn't realize I was in for a rude awakening.

After several meetings and struggling with enabling, I learned there is a better way to live. I learned that NOT enabling doesn't mean I don't love my son, but I can detach with

love and cease trying to change him.

I have come a long way in nine years. I have learned about self-care, the concept of a Higher Power, sponsorship, Nar-Anon literature, the phone list, participating in step studies, and attending meetings regularly. I have never attended a meeting and wished I had not gone. I always come away with wisdom and strength from others and gratitude for being a part of this amazing program. It saved my life, and today is one more

day of recovery for me. I can take what I want, what I feel is helpful, and leave the rest. My recovery is mine and I can allow myself to go at my own pace, just as I have learned to allow my addict to go at his own pace, in his own time, and in his own recovery.

Thank you Nar-Anon for giving me the tools I needed to get my life back. I will keep coming back. It's a huge part of my recovery and the journey of a lifetime.

The Double Yellow Line

Staying on my side of the street is a phrase I have often heard in recovery. It refers to keeping the focus on myself, working my own program, letting recovery from this family disease begin with me, and doing the next right thing (God's will). This all helps me to detach from others' choices and compulsions in order find my way and my peace.

The double yellow line that separates traffic going in opposite directions keep us safe in our own lane. It creates a boundary that defines the area which is mine and that which is

not. It is not a wall; it is more of a suggestion.

I was recently travelling in a rural area where there were bumps under the lines to warn of the danger of crossing into the opposing lane. However, the bumps were only a suggestion to keep travelers safe; I still had the choice to stay on my side of the street. We all have that choice.

God is like that double yellow line between lanes. He is neither closer nor farther from either side, ever present to provide guidance, protection, and

help. Through my recovery, I have learned to stay in my own lane and accept the loving guidance that keeps me safe, free, and at peace. That guidance is available to us all. I am not a danger or distraction to others when I stay in my lane. With God's help, I am able to safely navigate my side of the street and not take responsibility for fellow travelers.

Just for today, I will be grateful for the ever-present double yellow line that allows me to keep moving, and guides me to understand what is mine and what is not.

“If I mind my own business and work on improving my self control, I will be an example for others around me, possibly even someone I care about. Today I am neither a controller nor a contolee.”

Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, May 31

The Nar-Anon Traditions

Tradition Three — the only requirement for membership

The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.

We gather together for mutual aid to share with one another our personal stories, experiences, and hope. We are all affected by the same disease of addiction. We have all felt the despair and isolation. We have experienced the frustration of powerlessness and the mistaken sense of personal responsibility for managing the unmanageable lives of others. Like the life guard, we have rushed to the rescue of others who are drowning in the consequences of their disease, only to find ourselves caught in the undertow. We have uncomprehendingly observed the rescued jump back into dangerous waters. We are all powerless over the disease of addiction and the desperate struggles, unmanageability, and reactive emotions and actions it induces.

In Nar-Anon, we learn to stop the struggle against this disease and those affected by it. We learn, with the help of others in similar circumstances, that with help, it is possible to learn to

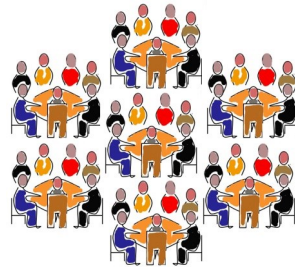
think and respond differently and to find peace. With this spiritual program, we gain serenity and the wisdom to stop the struggle against addiction.

We learn to reduce the unmanageability in our own life and the negative downward spiral of our disease. Step by step we climb out of the fear, criticism, negativity, anger, and despair. Our Nar-Anon family group is with us as we struggle to find the courage to change and keep the focus on ourselves. The seeds of hope and recovery begin to grow in our broken hearts and wounded souls.

I have learned that to struggle against does not help to encourage positive change and growth in me or in others. I have learned I do not belong entwined in another's struggle. I can learn to love, let live, and let be as others have done for me. I accept that the struggles I am encountering today are an opportunity for change and growth. In every circumstance, I am no longer alone. As we gather, I am learning to choose, to grow, to be me. I am a part

of a fellowship of love, kindness, and compassion, not alone anymore.

Identification is a magnetic force that gathers us together. It creates a safe place and holds us. There is no blame, shame, or judgment in this place where we gather. Our program is suggested; we are free to take what we need and leave the rest. Sharing ourselves, our thoughts, our experiences, and our feelings with honesty creates powerful moments of identification. I am no longer alone; I have hope.



As I receive this gift of recovery,

it overflows to others and we keep gathering because this program frees our souls, fills us with love for the struggler, and gives us hope. The isolation is gone; the mutual respect is profound as we support each other's recovery.

I heard a very spiritual woman once say, "struggle is a holy word, for it is in our struggles that we meet God". I have found this to be true for me through my recovery.

Our Members Share

Healthy Meetings

- What does your group do to encourage healthy sharing?
- How do you personally keep the focus on yourself when sharing? Why is this important?
- How does your group welcome the newcomer?
- How does your group keep the program spiritual while not being affiliated with any specific religion or organization?

"I am grateful that Nar-Anon is a program of choices... The program allows me to choose my own path to recovery, yet gives me a structure within which to work."

Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, March 1

The Nar-Anon Program

“When I was desperate, the Nar-Anon program was there for me because members gave their support of time and money.”

SESH, July 17

Responsible Use of Nar-Anon Funds

Imagine, if you will, what would happen if no one answered the phones at the World Service Office (WSO). What if the website was not maintained or the utility bills at the office were not paid? Just like at home, we all have overhead and bills to pay. Those of us in business understand staff must be paid, plus taxes, insurance, and other expenses are simply the costs of doing business.

Nar-Anon depends on its members to support all of its services. Seventh tradition baskets around the world collect donations to keep us self-supporting. The basket pays our rent and helps groups buy literature. But what happens beyond the group? Does our group use funds for other endeavors not related to Nar-Anon?

Before we decide to spend group funds, we should consider the services that are provided for Nar-Anon as a whole and how those ser-

VICES are paid for. Does our area or region have expenses for a website, a helpline, or outreach activities? Do we benefit when our areas, regions, and WSO help inform others that our meetings exist?

Without WSO, we could never even have started a meeting. We placed an order for a new group packet that a staff member had to pull together, package, and send to us. When we registered the group, it was listed on the website. A

staff member had to input the information. A service was provided and we didn't give it much thought.

When someone in our city needs a meeting, they check the website or pick up the phone and call WSO to get information.

Still we don't give it much thought. When our group takes a group conscience and decides to donate, do we consider the actual cost of the services provided? Many members look at group funds as money the group can do

with as it likes; but should they?

Concept Two tells us, as groups, we have the final responsibility and authority for Nar-Anon services. Do we understand what that means? Our groups are responsible for every service provided by Nar-Anon. Does our group use funds for outside endeavors such as holiday parties, helping recovering addicts, treatment center donations, or other activities?

We as groups are responsible for ensuring the phones get answered and salaries are paid at WSO. We might look at the literature sold by WSO and assume it will cover all of the costs. Can it? If we think about how often our group buys literature and how much we buy, can the sales of literature really be enough? In fact, literature sales cover only a portion of the costs of the organization.

According to Tradition Six in Nar-Anon, our funds are never to be used to support outside causes.



SHARING RECOVERY *The Serenity Connection Collection*

The Newsletter Committee is delighted to announce that a booklet of personal stories of recovery and service taken from *The Serenity Connection* is almost ready for publication! We are pleased to once again share these wonderful stories of experience, strength, and hope, and we're planning to update this booklet as new stories appear in the newsletter. Thank you to all of our contributors!



What's Worked for You?

Last Issue's Question

What should we do when a newcomer brings their small child to a meeting and the child is so disruptive that another member has to leave the meeting to entertain the child so the newcomer can participate in the meeting?

A group conscience discussion could be held during the monthly business meeting to brainstorm solutions to this issue. No one can offer a perfect solution for every situation and the group will find its own solutions through open discussion. Some ideas may be:

- Another member asks to take the child out so the parent can get help. (This could be a safety issue and a responsibility the group's members may not want to take on).
- Offer to make phone contact with the parent between meetings.
- A child's coloring book and crayons could be added to the meeting supplies.
- The newcomer could be informed that they can stay with the child as long as the child's activities are not disrupting the meeting.
- The group may decide to have a portion of the meeting open to members with children.



This Issue's Question

What does your group do to keep newcomers coming back?

Never Surprised Prayer

Higher Power, help me remember you are never surprised by my struggles.

Help release me from clinging to my will and my way.

Loosen in me the open-mindedness, willingness, and honesty I need to accept your guidance, and the courage I need to do my part, be myself, walk in your will and your ways, and find the inner quiet and peace to move on with YOU.

Teach me to trust as I take small steps of change and faith in your direction.

Help me learn to ask for your help and listen for your answers.

Have you ever imagined that your personal story might make a difference in someone else's life? When you share your story of recovery, chances are pretty good that someone reading it will identify with where you've been and gain strength and hope from the changes you've made in your life. Your words of encouragement just might make the difference between continued suffering and hope for the future.

Click on the button at the right to send us your thoughts. You can express them in an article, a poem, a "just for today," or even a few words of wisdom. Thank you!



The Nar-Anon Program

"Each morning I pray to my Higher Power. This reminds me that I have made a decision to turn my will and my life over to the care of my Higher Power who I believe knows what I need."

SESH, March 17

Committee Corner

World Pool Committee

Conference Facilitator for WSC 2018



The World Pool Committee is searching for qualified members to apply for the Conference facilitator position for the 2018 World Service Conference (WSC 2018). Qualified members will have been active in Nar-Anon service for a minimum of four years and have served as an area/regional officer, delegate, or alternate delegate. It is also preferable that they have attended at least one WSC. Once appointed, the conference facilitator may not serve on any world service committee.

The following qualifications for nomination and election are written to express the variety of skills and experience necessary for a conference facilitator. These qualifications should not be viewed as a list of absolute requirements, but rather as an expression of the qualities and experience that will be helpful in presiding over the WSC:

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

As the conference facilitator you would have the following responsibilities:

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

Application forms in pdf are available on the [World Pool Committee page](#) of the World Service office website. Application forms in an interactive Word document are available upon request by contacting the World Pool Committee at worldpool@nar-anon.org.

Website Committee

Nar-Anon Events!

Did you know www.nar-anon.org has an [Events](#) page that includes flyers? Does your group, area or region have an event coming up and want to get the word out? We welcome all your events and registration flyers.

During the WSC 2010, a motion was made to grant authority to the World Service Website Committee over the content of the www.nar-anon.org website with the exception of group meeting information. As the committee strives to assure that content on the website adheres to the principles of Nar-Anon, the committee would like to offer some useful tips to consider when developing event flyers to be posted on the website Events page:

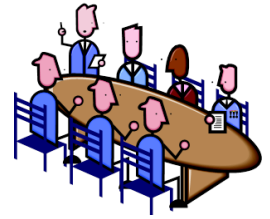
- Use only the conference approved Nar-Anon logos. See GWS page 28 for conference approved logos and guidelines or contact [WSO](#).
- Refrain from using logos belonging to outside entities, such as other fellowships' logos and hotel brands' logos, as this might imply affiliation.
- Refrain from including links to outside entities.
- Refrain from using trademarked or copyrighted graphics to which you do not have rights.
- Original graphics, such as event-themed graphics, are acceptable

Committee Corner continued on page 7...

"Today, I will go to meetings, be of service, and work my steps to keep my life in balance."

Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, June 25

Committee Corner ...continued from page 6



Narateen Committee

Thirty One Days in Narateen... Needs 31 Writings

Write about YOUR experience - how your life was before Narateen, what happened in recovery, and how life has changed for YOU, not the addict.

Share your experience, strength, and hope. Write about your recovery from the effects of living with addiction, simply sharing from your heart what worked for you. It might bring a sigh, or a tear, or a smile, or help someone identify with your story. Others learn about recovery from reading your stories, which gives them hope. Pick a topic or slogan you like.

Other ideas for topics to write about:

- one of the Steps
- a change in your attitude as a result of the program
- sponsorship
- what serenity means to you
- respect
- resentment
- self-respect
- thinking before you act
- using the tools of the program
- trust
- willingness
- not judging others
- hope
- humility
- learning to say no
- manipulation
- patience
- acceptance

Check out SESH or other CAL literature for more topic ideas.

If you have something to share, you or your sponsor can send it to narateen@nar-anon.org. (All Narateen writing is anonymous). Please include a filled-out scan of our copyright release form when submitting. If you prefer to submit a physical letter and form, you can mail it to Nar-Anon WSO.

Ask your Facilitator to hold a writing workshop. Contact the [Narateen Committee](#) for ideas.

Narateen Members Share

Here are some of the stories of hope that other Narateen members have shared (from the [Nar-Anon website](#)):

“It’s no fun to be mad... before I came to Narateen, I was always mad at everyone, but mostly myself. I blamed myself for my dad not being home anymore. I miss him and want everything to be like it was. By going to Narateen meetings, I feel different. They help me know that it wasn’t my fault.”

“I like not being alone... I like Narateen because I’m learning how to deal with things without getting angry. I love and respect my mom and dad anyway. When I listen to other kids with the same problems I have, I don’t feel alone.”

Outreach Committee

Reaching Out... Spreading the Message of Hope

We are into a new year and the Nar-Anon message of hope is needed more than ever. The addiction problem worldwide is staggering. Those with loved ones suffering from the disease are out there too. Nar-Anon Family Groups can be a haven for them.

Is your home group doing Outreach? Are you working to spread the Nar-Anon message? If yes, tell us about your successes so we can share them with the larger fellowship. If no, think about giving it a try. Start with the basics. Post your meeting information in the local newspaper; most offer free space for community announcements. [CLICK HERE](#) for the print version of Nar-Anon’s Public Service Announcement (PSA). Posting can usually be done by email. Need help navigating your Outreach effort? Email outreach@nar-anon.org

World Service Office

- Make sure newcomers can find your meeting! Visit www.nar-anon.org/edit-group to let WSO know if you’ve changed meeting day, time, location, contacts, etc.
- *Questions on Sponsorship* is now available as an eBook in both English and Spanish. Go to www.nar-anon.org/ebooks to place your order.
- Nar-Anon literature racks are now available from the [Nar-Anon web store](#).

Upcoming Events

Click on event titles for details or go to the [Events page](#) on the WS website.

[Eastern Pennsylvania Region's 11th Nar-Anon Convention](#)

March 11-13, 2016

"Peace Amid The Storm"

Crowne Plaza

Trevoze, NY 19053

Nicole S. nikkischu@outlook.com

[Staten Island Nar-Anon 2nd Spirituality Breakfast](#)

March 19, 2016

"Sharing Our Experience, Strength & Hope"

Hilton Garden Inn,

Staten Island, NY 10314

Tom 646-549-3206 Linda 917-992-2109

[CCR Narathon 2016](#)

March 19, 2016

"Freedom with Serenity and Gratitude"

Trinity Lutheran Church

909 N La Cumbre Road

Santa Barbara, CA

[New England Region Nar-Anon Convention 2016](#)

April 8-10, 2016

"The 4 Hs: Honest, Humble, Happy & Healthy"

Courtyard/Marriott Downtown Waterbury

Waterbury, CT 06702

Suzy 860-558-6547 sae881@comcast.net

[Northern California Region Convention Nar-Anon Family Groups](#)

June 10-12, 2016

"NRCNFG XXVIII"

Visalia Convention Center

Visalia, CA 93291

Ruth B. 559-364-6309

The Back Page

Board of Trustees

Did you know...

The Nar-Anon Board of Trustees is responsible for Nar-Anon Family Group Headquarters, Inc., a California non-profit public benefit corporation. In accordance with the Nar-Anon Twelve Concepts of Service, the BOT acts as guardian of the Nar-Anon Traditions, provides support for the administration of Nar-Anon world services, and has legal authority responsible for managing Nar-Anon affairs worldwide. You may contact the Board of Trustees by writing to bot@nar-anon.org.

Mission Statement

The board of trustees is dedicated to the growth of Nar-Anon Family Groups. In cooperation with the world service committees and the World Service Office, we will support the worldwide fellowship by developing the services necessary to carry the message of Nar-Anon. (from the [BOT page](#) of the WSO Website).

Joining the Board

"Nar-Anon members who meet the criteria to serve on the World Service Board of Trustees may submit a [candidate application](#) to the World Service World Pool Committee (World Pool Committee) at worldpool@nar-anon.org. An interactive form is available by contacting the World Pool Committee, or a pdf form is available on the Nar-Anon World Service website. Applications may be submitted to the World Pool Committee any time, but to be considered for a vote at conference they must be submitted by October 31 in the year prior to the WSC." (see *GWS*, p. 20)

Newsletter eSubscriptions

Click here for your **FREE** e-subscription to

[The Serenity Connection](#)

Subscriptions to date: **4023!**



Newsletter Submissions

Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit articles to newsletters@nar-anon.org. Each submission must be accompanied by a signed [release form](#) before it can be published.

**** Next Issue Submission Deadline: April 20, 2016 ****

Nar-Anon World Service
Headquarters
23110 Crenshaw Blvd. #A
Torrance, CA 90505

Website: www.nar-anon.org
Email: wso@nar-anon.org
Phone: (310) 534-8188
or (800) 477-6291



The Serenity Connection

Did You Know...

... that your group has its own ID number in the WSO meeting database?

Here's how to find it:

- Go to the [Find-a-Meeting](#) webpage.
- Enter your city and click on SEARCH
- Your group ID will appear to the right of the map. It will be formatted like this: **123-045**

As time goes by, WSO will be using these IDs more and more to communicate with Nar-Anon family groups.

SHARING RECOVERY *The Serenity Connection Collection*



It's here! The Newsletter Committee is delighted to bring you a compilation of personal stories taken from *The Serenity Connection*.

We are pleased to once again share these wonderful stories of experience, strength, and hope, and we're planning to create additional volumes in the future. Thank you to all of our contributors!

Order your copy today from the [Nar-Anon Webstore](#) or from select eBook stores. Your purchase supports the Nar-Anon fellowship worldwide.



Acceptance, it's a spiritual choice....

Just for today, I will allow what *is* to be. If I find myself in a struggle with reality, needing it to be different, I will recognize I am on the same slippery slope of unmanageability, fear, and denial where I used to struggle, and I will choose to stop. I will shift my focus, take a "now" inventory, open my mind to recovery, and pray for God's will for me and the power to carry it out.

is often a spiritual matter of needing to connect with my program and my Higher Power. Through this connection, I gain the perspective and acceptance to love and let live. With God, I step out of my shaky slippery fear into the serenity of acceptance and trust in the moment.

Needing something or someone to be different

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Financial Statements

According to the bylaws of NFGH, Inc., an annual financial report must be furnished to all trustees and published on the Nar-Anon website and in the newsletter. Financial statements for the year 2015 can be found on pages 4 to 6.



WSC 2016

If you attended the World Service Conference, we'd love to hear from you! Was it your first conference? Who did you meet? How did it feel? What was your favourite moment? Did you volunteer for a committee? Drop us a line. We'd like to publish your story! Contact newsletters@nar-anon.org.



The Gift

I knew my Higher Power was in control when I volunteered to open our regular Thursday night meeting on Christmas Eve. Knowing how difficult the holidays can be with addicted loved ones in our lives, I wanted to be sure to open the doors for a meeting in case someone might need it. As it turned out, the other members who said they could attend were not able to.

What a gift that turned out to be. As I set up the literature, the choir was practicing loudly in the room next door, preparing for the Christmas Eve service. I taped up the signs, and set out the chairs and supplies.

7:05. No one came. I sat quietly and read the Twelve Steps, the Twelve Traditions, the Twelve Concepts of Service, and the Serenity Prayer.

7:10. No one came. I read through a few pamphlets I hadn't read before.

7:15. I could hear the congregation singing below. I tried to picture the faces of my new

Nar-Anon family members, remember each of their names, and recall some of the stories they had shared over the last few months. I said a little prayer for each of them and their addicted loved ones.

With the remaining time, I prayed for my addicted daughter in hopes that she continues on her own journey in recovery. I prayed for all other loved ones, whether they are still struggling in active addiction, walking the path of recovery, or somewhere in between.

In the final minutes before I packed everything up, I prayed

for the members of my Nar-Anon group who have touched my life in ways I can't even express. I thanked my Higher Power for leading me to Nar-Anon and connecting me to each of them.

Finally, I prayed for myself (so I'm not exactly following the rules and putting myself first, but I am a work in progress!). I prayed for the continued strength and courage to work this program, and to share my experience, strength, and hope with others so they too may find peace and serenity.

So "Thank You" my Nar-Anon family for the best Christmas gift ever. My one hour alone... totally alone and quiet... physically alone but spiritually connected to each of you so I need NEVER be alone again.



Our Members Share

"I have been given the gift of today by my Higher Power.... I can now take pleasure in the time that I have."

SESH, July 1

Just for Today

- I have choices.
- I will be positive. I will release the resentments and disappointments in my life.
- I will help someone in need.
- I am thankful to God and Nar-Anon for changing my life.
- I have hope and freedom.
- I have recovery. I'm not floundering or drowning in a sea of misery, doubt, and fear.
- I will not be afraid. I will read my Nar-Anon literature and call my sponsor.
- I can be grateful for my addict, as I have become a better person by attending Nar-Anon.

*"Today I know for sure that things work out best for me when I make the best of how things work out."
Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, November 28*

Our Members Share

Narateens Prepare for Convention

Teens and facilitators from the Willow Grove Thursday Night Narateen Group and the Langhorne Friday Night Narateen Group gathered together on Saturday, January 30, 2016. The purpose of the gathering was to work on a project for the Eastern Pennsylvania Nar-Anon convention in March 2016. The teens made a cement stepping stone which required them to place their hands in wet cement! "Ugh! I'm not sticking my hands in that!!!" one member responded. However, the other teens convinced her it was for a good cause.

The stone's design centers around something we do at our meetings. At the end of each meeting, we form a circle by holding hands and we say, "let this circle represent what we cannot do alone," and we follow it with the Serenity Prayer. The stone was donated to the convention as a basket raffle item.

In addition, we were busy painting, gluing, coloring, and decorating bookmarkers, magnets, and prayer boxes. Since the seventh tradition tells us we are self-supporting, we decided to make recovery items to sell at the convention. First, we received permission from the convention committee to sell our items. Then we held a group conscience to decide what items we would make and sell. One of our facilitators who could not attend the project day, worked in the background feverishly

painting the boxes and getting the room set up for us so that everything would be ready when we arrived on Saturday morning.

We colored with markers, colored pencils, and gel pens on cards that had slogans and recovery literature printed on

10:30 a.m. to 2:30 p.m. Parents dropped the teens off and picked them up. Everyone helped with setup and cleanup! Can't wait to do it again!!!

This day truly represents what we say at the end of our meeting every week, "we could not have done this alone!" It took everyone, from the facilitator who could not be there but did the prep work, to everyone that showed up! This is what Narateen is all about!!

Several of the Narateen members attended the convention. Two of the teens shared how Narateen has helped them. One of the teens shared later in a meeting how one of the speakers had told "his story."

At the convention, the Narateens had a table set up to sell their craft items. The teens manned the table Friday night and all day Saturday in between the meetings and at lunch time. They made \$457.50. The Narateens donated the money to the Convention! They are learning about the Seventh Tradition!

Cooperatively written by the Narateens and their facilitators



"Every group ought to be self-supporting, declining outside contributions."

Tradition Seven



them. The cards were made into bookmarkers and magnets. Oh, what fun! There was interesting discussion as we colored, talking about the topics on the cards.

We made prayer boxes that we painted and decorated with stickers, lace, pearls, flowers, and a variety of other items.

With all that work, we absolutely had to have nourishment! We had a healthy snack break with oranges, apples, peanut butter, celery sticks, juice boxes, and water. For our lunch we ate pizza, cookies, and cupcakes!

What a great productive and fun day we had! We met from

Taking the first step toward Sponsorship

For many of us, finding a sponsor can be a challenge. Once we are ready, we look around and may find that no one else in our group is practicing one of the most rewarding tools of the program.

I have been blessed to have the ability to take a hostage I will call “my sponsor.” My sponsor is not the same sponsor I had over 10 years ago; in fact, I have had many sponsors over the years.

Through my Nar-Anon service, I encounter many people asking how they can find sponsors since no one in their group works the steps. This issue, as it has presented itself for years in my area, was soon revealed to have two components: Sponsors and Steps. Where were the qualified

sponsors? What does it mean to be “qualified”? For me, a qualified sponsor is a member who has a sponsor of their own and has worked the steps. A common theme I hear from members is that no one in their group is working the steps so they have no one to ask to sponsor them. This issue seems to be common across my region and beyond.

Years ago, another member and I looked at this problem as “what comes first, the chicken or the egg.” With the steps being the egg and sponsorship being the chicken, the two seem to go hand in hand. How could we provide sponsors to the members in our area if no one was “qualified”?

First, we needed people studying the steps, not just discussing them at the monthly step

discussion meeting but people really studying the steps in-depth. So we started a step study group. We encouraged members to continue to open their minds to finding a sponsor while, as a group, we worked the steps.

What happened next was quite miraculous. This study group took on a spiritual life of its own that embodied the very essence of recovery! At each study session leading to the fourth step, we continued to encourage study group members to seek someone to sponsor them, not relying just on the study group.

Our little group has grown spiritually in recovery and has helped many members to find sponsors. What the members themselves created were quali-

Our Members Share

fied sponsors, and it all began with the steps.

If your group doesn’t have people qualified to sponsor, consider starting a step study group. Be part of the solution and build a community of qualified sponsors. It can all begin by taking the first step!

Nar-Anon Family Group Headquarters, Inc. (NFGH Inc.)

Financial Statements for 2015

World Service Budget and Finance Committee

Duties and responsibilities: The responsibility of the World Service Budget and Finance Committee is to maintain a continuing review of the financial affairs of NFGH, Inc. Using this information, it is the committee’s duty to make appropriate recommendations to WSO, the Executive Committee, and/or the BOT regarding financial matters. The committee will review income, production costs, and expenses to prepare a budget

for the upcoming year; review the financial information periodically as checks and balances, and annually against the budget; and review income, production costs, and expenses periodically to make recommendations or suggestions to WSO or the BOT of any cost savings or adjustments that would benefit the financial position of the corporation.

Guide to World Services, p.35

Nar-Anon Family Group Headquarters, Inc.
23110 Crenshaw Blvd. Suite A
Torrance, Ca. 9050

Certificate of Authorization

The accompanying financial statements – Balance Sheet and Profit & Loss Statement – for the year ended December 31, 2015, have been prepared without audit from the books and records of Nar-Anon Family Group Headquarters, Inc.

They are presented to the Board of Trustees and the fellowship along with any information required by and in accordance with Articles 9.6 Annual Report and 9.7 Annual Statement of Specific Transactions of the bylaws of said corporation.

Trudi C.

Trudi C.
Board of Trustees- Treasurer

Nar-Anon Family Group Headquarters Profit & Loss

January through December 2015

INCOME

3100 · Literature Sales	
3101 · California	30,410.84
3102 · Other States/Countries	263,186.80
3270 · EBooks	6,917.67
3100 · Literature Sales - Other	0.00
Total 3100 · Literature Sales	300,515.31
3110 · Merchandise	79.50
3200 · Shipping Received	57,803.67
3300 · Subscriptions-Newsletter	890.00
3400 · World Convention Income	
3401 · Registration	7,667.00
3403 · Merchandise & Literature	1,811.00
3404 · Convention-Misc Income	655.31
Total 3400 · World Convention Income	10,133.31
3460 · Royalty Income	
3462 · Brazil	1,829.00
3480 · Russia	450.00
Total 3460 · Royalty Income	2,279.00
3500 · Contributions-U.S.A. ★	47,767.55
3502 · Contributions-International ★	6,314.64
3550 · Contributions-Individuals	2,308.64
TOTAL INCOME	428,091.62
Cost of Goods Sold	
4000 · Cost of Sales - Production Dept	
4010 · Purchases - Paper/ Supplies	30,545.06
4012 · Resale Purchases	11,382.48
4020 · Equipment/Copiers	68,110.16
4030 · Wages	27,959.40
4032 · Payroll Taxes	3,023.00
4040 · Rent	4,995.00
4044 · Postage/Shipping	46,258.42
4048 · Repairs	463.42
4050 · Insurance	437.24
4052 · Utilities	592.09
4060 · Merchandise	3,217.64
4062 · Newsletters	70.00
Total 4000 · Cost of Sales - Production Dept	197,053.91
Total COGS	197,053.91
GROSS PROFIT	231,037.71

EXPENSE

4100 · Payroll Expenses	
4191 · Salaries	127,196.61
4196 · Workers Comp Ins	1,384.24
4197 · P/R Tax ER	10,524.33
4198 · Payroll Processing Fee	3,188.50
Total 4100 · Payroll Expenses	142,293.68
4200 · Operating Expenses	
4180 · Rent	47,855.00
4202 · Phone	6,693.85
4203 · Utilities	3,399.34
4205 · Office Supplies	363.15
4225 · Office Equipment Lease	1,592.38
4250 · Office Expenses	2,968.08
4262 · Dues and Subscriptions	27.91
4264 · Outside Services	630.50
4266 · Taxes & Licenses	1,324.45
4267 · Bank Charges	149.92
4270 · Paypal Fees	1,338.90
4271 · Stripe Fees	8,992.77
Total 4200 · Operating Expenses	75,336.25
4210 · Accounting and Legal	2,370.00
4220 · Insurance Expense	2,837.57
4227 · Postage Machine	2,500.00
4232 · Postage/Shipping	2,131.42
4272 · Credit Card Fees	951.00
4400 · Web Expense	2,846.30
4500 · World Convention Expenses	
4504 · Convention Supplies	3,378.00
4505 · Travel Expenses	5,919.28
4506 · World Convention-Misc.	1,343.48
Total 4500 · World Convention Expenses	10,640.76
4525 · WS Conference	
4528 · Conference Travel	419.96
Total 4525 · WS Conference	419.96
4600 · OUTREACH	3,498.41
4610 · WORLD SERVICE COMMITTEES	
4618 · WS Literature Committee	113.40
4622 · WS Newsletter Committee	269.20
Total 4610 · WORLD SERVICE COMMITTEES	382.60
4701 · Depreciation Expense	1,018.00
TOTAL EXPENSE	247,225.95
Net Ordinary Income	-16,188.24
Other Income/Expense	
3600 · Interest Income	2.97
4800 · Loss Abandoned Assets	-4,392.49
Net Other Income/Expense	-4,389.52
NET INCOME	-20,577.76

★ See list of contributions by state/country on p. 6

Nar-Anon Family Group Headquarters
Balance Sheet
 As of December 31, 2015

	Dec 31, 15	Dec 31, 14	\$ Change
ASSETS			
Current Assets			
Checking/Savings			
1001 · Checking Acct	43,999.68	28,591.35	15,408.33
1002 · Paypal Account	5.00	444.04	-439.04
Total Checking/Savings	44,004.68	29,035.39	14,969.29
Other Current Assets			
1004 · Prepaid Expenses	2,065.00	0.00	2,065.00
1006 · Petty Cash	10.47	133.24	-122.77
1009 · Deposit-Rent	10,442.27	1,442.27	9,000.00
1010 · Inventory	12,948.41	11,839.85	1,108.56
Total Other Current Assets	25,466.15	13,415.36	12,050.79
Total Current Assets	69,470.83	42,450.75	27,020.08
Fixed Assets			
1014 · Office Furniture & Equipment			
1016 · Furniture and Equipment	11,237.25	18,539.51	-7,302.26
1018 · Less-Accumulated Depreciation	-8,703.25	-14,987.51	6,284.26
Total 1014 · Office Furniture & Equipment	2,534.00	3,552.00	-1,018.00
1100 · Leasehold Improvements	0.00	4,984.49	-4,984.49
1102 · Less Accum. Depreciation	0.00	-592.00	592.00
Total Fixed Assets	2,534.00	7,944.49	-5,410.49
TOTAL ASSETS	72,004.83	50,395.24	21,609.59
LIABILITIES & EQUITY			
Liabilities			
Current Liabilities			
Credit Cards			
2020 · Bus Credit Card - 4	4,941.48	1,970.69	2,970.79
2030 · Business Credit Card - 8	7,419.96	1,743.22	5,676.74
Total Credit Cards	12,361.44	3,713.91	8,647.53
Other Current Liabilities			
2010 · Health Insurance Payable	0.00	39.10	-39.10
2400 · Sales Tax Payable	578.10	549.44	28.66
2510 · Conference Deposits	33,550.00	0.00	33,550.00
Total Other Current Liabilities	34,128.10	588.54	33,539.56
Total Current Liabilities	46,489.54	4,302.45	42,187.09
Total Liabilities	46,489.54	4,302.45	42,187.09
Equity			
3900 · Retained Earnings	46,092.79	26,114.28	19,978.51
Net Income	-20,577.50	19,978.51	-40,556.01
Total Equity	25,515.29	46,092.79	-20,577.50
TOTAL LIABILITIES & EQUITY	72,004.83	50,395.24	21,609.59

★ 3500 · Contributions-U.S.A.	
Alabama	58.00
Arizona	1,053.00
Arkansas	23.46
California - North	2,244.49
California - South	6,785.97
California - Central	1,669.86
Colorado	623.18
Connecticut	2,554.00
Delaware	157.00
Florida	6,067.32
Georgia	1,559.66
Hawaii	74.16
Illinois	323.00
Indiana	176.00
Iowa	8.00
Kansas	657.87
Kentucky	168.00
Louisiana	170.00
Maryland	1,801.31
Massachusetts	88.00
Michigan	712.72
Minnesota	332.36
Missouri	290.00
Montana	12.42
Nevada	740.60
New Hampshire	254.40
New Jersey	1,518.72
New York	3,920.96
North Carolina	1,084.96
Ohio	696.84
Oregon	555.15
Pennsylvania - East	7,259.71
Pennsylvania - West	1,071.63
Rhode Island	62.05
South Carolina	156.00
Tennessee	451.75
Texas	525.00
Utah	8.00
Vermont	10.00
Virginia	940.21
Washington	792.00
West Virginia	25.00
Wisconsin	84.79
Total 3500 · Contributions-U.S.A.	47,767.55
3502 · Contributions-International	
Argentina	244.00
Australia	20.75
Brazil	836.00
Canada - Eastern	1,345.00
Canada - Western	1,064.00
Denmark	291.20
Iran	475.00
Ireland	50.00
Japan	1,230.95
Russia	665.00
South Africa	43.00
Trinidad	50.00
Total 3502 · Contributions-Int'l	6,314.90



Committee Corner

Policy & Guidelines Committee

Outside Speakers and Addict Updates at Meetings

The World Service Policy and Guidelines Committee responded to an inquiry from a member regarding gossip about addicts in meetings and inviting a methadone clinic director as a speaker. Listed below are items covered in our response:

- As a twelve step program, we use the Nar-Anon principles and tools to focus on our own recovery. We learn we can only change ourselves. In our recovery we experience personal growth and serenity. A healthy sign of recovery is when we keep the focus on ourselves by applying the Nar-Anon's principles to our lives.
- The introduction to the Twelve Traditions of Nar-Anon Family Groups states, "Our group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions." A healthy group supports our recovery and encourages us to work the steps, participate in service and sponsorship, and place principles above personalities. Gossip is destructive so we refrain from it. Anonymity is the foundation of all our traditions. We respect the anonymity of all Nar-Anon and NA members and we avoid gossiping.
- Time dedicated to a Nar-Anon meeting is for support, recovery, and learning from members sharing their personal stories. We are all equal members. Those who have a desire to hear an outside speaker (medical, political, religious or professional) can do so on their own time, at their home, place of business, or some other site. A Nar-Anon meeting is not the appropriate venue.

Following the principles, attending meetings, sponsorship, and service enhance our personal recovery. We are trusted servants and do not govern. We hope our response helps with your service and recovery in the Nar-Anon program.



Literature Committee

Recovery Literature Priority List

Included with the 2016 CAR (Conference Agenda Report) was the Recovery Literature Priority list. At the 2016 WSC (World Service Conference), regional delegates and WS Board of Trustee members submitted their prioritized lists. Their submissions were combined to produce the priorities for the WS Literature Committee for the 2016-2018 conference cycle. Here are the priorities:

1. Traditions 1-12 for Nar-Anon 36
2. Concepts 1-12 for Nar-Anon 36
3. Fourth Step workbook
4. Parents of Addicted Minors
5. What Now? (When active addiction ends)
6. Why Nar-Anon?
7. Narateen - 31 Days
8. Addiction in marriage
9. Adult Children of Addicts
10. Narateen - Steps 1 - 12
11. 7th Tradition pamphlet
12. Pamphlet for men

In order for the WS Literature Committee to fulfill these priorities, **we need your help**. We encourage members to submit writings on one or more of these topics. Regions interested in forming literature committees to write and/or edit literature are asked to contact the World Service Literature Committee at LitCom@nar-anon.org. Together we can.



Committee Corner continued on page 8...

"The daily reading of Nar-Anon literature will help us move out of the problem and into the solution... Nar-Anon literature is a readily available tool that helps keep us in touch with our new way of thinking, "

The Nar-Anon Twelve Tools of Recovery

Upcoming Events

Click on event titles for details or go to the [Events page](#) on the WS website.

[Nar-Anon Northern California Region Convention XXIX](#)

June 10-12, 2016

“From Insanity to Serenity”
Visalia Marriott Convention Center
Visalia, CA 93291
Karen 559-269-3748 or Ruth 559-364-6309

[Nar-Anon Florida Regional Convention @ FRCNA XXXV](#)

July 8-10, 2016

“Growing Together”
Rosen Shingle Creek
Orlando, FL 32819
886-996-6338

[Oaxaca, Mexico 5ta Convencion Nacional](#)

26 a 28 Agosto 2016

"Si lo Crees con Fe, lo Vivirás con Amor"
Hotel Hacienda La Noria
Oaxaca C.P. 58120
naranonoaxaca@gmail.com

[Pacific Northwest Region Nar-Anon Spiritual Weekend](#)

September 9-11, 2016

“Sowing Seeds of Recovery”
Falls Creek Retreat Center
Raymond, WA 98577
Carol 503-752-3461 or Kathy 425-345-7000

[26th Annual Southern California Region Narathon](#)

September 17, 2016

Save the date!

[Russia Nar-Anon Service Conference](#)

October 6-9, 2016

“We Are Together and We Step On and On”
Yalta-Intourist Hotel
Yalta, Republic of Crimea
rss.naranon@mail.ru

[Nar-Anon Central Region Assembly 1](#)

October 8, 2016

“Staying on Track, Carrying Our Message”
Butler County Library
West Chester, OH
www.naranoncentral.org

[New York Region Convention - 27th Anniversary](#)

November 11-13, 2016

“The Joy is in the Journey XXVII”

Committee Corner *...continued from page 7*

Outreach Committee

Welcome Newcomers!

“The purpose of the World Service Outreach Committee is to carry the Nar-Anon message of hope throughout the world. This is done by developing and compiling outreach material used to raise public awareness about the Nar-Anon program.” *Guide to World Services* p. 37. How do we know where to direct our outreach efforts? Where are we likely to find and attract newcomers to the Nar-Anon fellowship?

Looking to your community recovery resources is one starting point. Is there a drug treatment facility nearby? Are there networks of professionals providing services to addicts and their families? Resources are available to support these efforts. You will find specific how-to information on the Outreach page of the Nar-Anon website. Have questions or need help launching an outreach effort? Email outreach@nar-anon.org

Newsletter Submissions

Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit articles to newsletters@nar-anon.org. Each submission must be accompanied by a signed [release form](#) before it can be published.

**** Next Issue Submission
Deadline: July 20, 2016 ****

The Villa Roma Resort
Callicoon, NY
Save the date!

Newsletter eSubscriptions

Click here for your **FREE**
e-subscription to
[The Serenity Connection](#)
Subscriptions to date: **>4000!**



Nar-Anon World Service
Headquarters
23110 Crenshaw Blvd. #A
Torrance, CA 90505

Website: www.nar-anon.org
Email: wso@nar-anon.org
Phone: (310) 534-8188
or (800) 477-6291



The Serenity Connection

Did You Know...

...that the final three Steps for the *Nar-Anon* 36 study guide are now complete?

The WS Literature Committee is delighted to announce that

- *Steps 10-12* and
 - *Steps 1-12*
- are available for purchase on the [Nar-Anon Web Store](#).

A big THANK YOU to everyone who made this happen. Thanks to all of you, we're one third of the way there!

Outreach POSTERS Available Now!

The Outreach Committee is pleased to announce the creation of 13 outreach posters. Now you can use these eye-catching full color images to help carry the Nar-Anon message of hope to families and friends of addicts as well as to local professionals. There is also space to add your group's meeting and contact information. The posters are available now for purchase on the [Nar-Anon Web Store](#).

Also, check out the [Outreach page](#) on the WS website for new FREE downloadable outreach tools including letters and an outreach poster.



Inside this issue:

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The Ride	4
Tradition Four	5
Who's calling the shots?	6
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Report from the Chair

What an honor to be elected by my peers, to have the opportunity to be of humble service as Chair of the World Service Board of Trustees, and to continue the good works of my predecessors. In 2008, I attended my first conference as the alternate delegate for my region. It was the first time I truly grasped what it meant to be part of a worldwide fellowship. I was humbled to be able to visit the world service office and see just how much the dedicated staff did with so little; it gave me chills.

Serving at various levels over the years, I have truly been able to see the love in Nar-Anon. Your trusted servants are worker bees, doing what needs to be done for the right reasons, and giving back what was so freely given to them. We are a work in progress. We are not where some think we should be, but we are certainly right where we need to be.

In the years I have been serving, Nar-Anon has

gone from having a "barely there" service manual (the old brown booklet) to two service guides and several handbooks, from no daily reader to *SESH* (in Spanish, too), and from 150 newsletter subscribers to over 4300 e-subscribers and 175 hard copy subscribers. I am still grateful to the addict who qualified me for Nar-Anon. I have received so much more from the fellowship than active addiction took from me. Through practice of the traditions, concepts of service, group conscience, and service, I have become a better person, and I look forward to continuing to serve the worldwide fellowship.

My personal goal over the years has been to understand the traditions and concepts, and to practice these principles in all of my affairs. Continuing to consult study material, sponsors, and other trusted servants when dealing with challenges, I have come to believe the solutions are in our principles.

...continued on Page 2

Report from the Chair ...continued from page 1

Serving at the group level and beyond to the World Service level, I have seen a similar theme: lack of trusted servants to fill service positions at every level. I hear members say “they should” or question why we don’t have literature like the other fellowships. It’s simple. The seventh tradition states we are self-supporting and this goes beyond the basket. We are a member driven, volunteer supported, organization that

requires service members in addition to financial contributions. If you find yourself saying “they should” or “why don’t we have...,” I challenge you to become a “they.” Get into the solution and become a part of it. We have only approximately 50 members serving on all of the world service committees. We can’t get to where we want to be if we don’t have more member support.

I can truly say your Board of Trustees is dedicated to being of service while avoiding governing, as suggested in our Twelfth Concept.

Sincerely and humbly,
Kay W.

The Nar-Anon Program

New Nar-Anon Prayer

At the 2016 World Service Conference, the attendees participated in a workshop to develop an original prayer for our fellowship. Submissions were collected for several months leading up to the conference. A prayer was also included in the 2016 CAR. It was an interesting workshop to say the least. It was a

chance for everyone to learn and participate in a writing workshop, including the editing process, which our World Service Literature Committee does for every piece of literature developed. The participants gave suggestions on what they would like to see in the prayer. As happens in any group conscience, some members’ suggestions

were not accepted, but by the end of the workshop the participants had edited the prayer submitted in the CAR. It was later submitted as a floor motion to be reviewed and voted on by the groups at the 2018 World Service Conference - **Recovery, Unity, Service.**

“If I take the time to ask for help through prayer and meditation and listen for the answer, I can find serenity and peace of mind.”

SESH, November 27

Policy on Group Bank Accounts (NFGH, Inc.)

A number of groups have opened bank accounts using the Nar-Anon name. Even though it is apparent groups wish to set this money aside as Nar-Anon funds, it can cause confusion and mislead government agencies such as the Internal Revenue Service, the Franchise Tax Board of

California, and the Department of Charitable Trust under the Attorney General’s office of California.

Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.) is the legal and corporate entity for the entire fellowship and holds the only tax exemption. The monies donated to NFGH, Inc. through the World Service Of-

fice are tax-exempt. Since banks are required to report any interest earned in individual accounts to the Internal Revenue Service, individual groups should not have bank accounts in the name of Nar-Anon.



“The very essence of Nar-Anon is that the whole program is merely suggested.”

The Nar-Anon Blue Booklet, p. 12

Our Members Share

“If I am willing to stand aside and let God's will be done, I free myself from personal anxiety and a mistaken sense of responsibility.”

SESH, January 9



Reflections on Step Three

Made a decision to turn our will and our lives over to the care of God as we understood him.

Once I made the decision to turn my will over to a God of my understanding, my situation became easier for me to deal with. I thought I knew best, but in reality, my will changed nothing and all it did was create tension and chaos between me and the addict. I was stuck on Step Three because I thought I was being asked to give up my life and my will to a Higher Power, not just make a decision to do it! But to make that decision, I felt I had to have a Higher Power, not just believe there was a power greater than myself. This took a while as I needed to find something I could truly believe in. After all, I was being asked to put my trust in this power.

Once I truly accepted that there was a power greater than me at work, it was easier to relinquish control of things I actually had no control over. I came to realize that if I made a decision to give my will up to a Higher Power, I could start down the road to recovery and live a happier life. I achieved this through attending meetings, listening to others, seeing how they were recovering, and wanting what they had. By talking to those I trusted, I was able to see how I too would benefit if only I could give up my need to be in control.

I can ask my Higher Power for guidance in the parts of my life I need to be in control of, such as making decisions and giving up my need to run the show. In return, I feel a burden has been

lifted and I can focus on making me better. I am still a bit fearful that my addicted loved one will relapse, but I know it's a possibility. I have explained my views to him and let him know I was trying to control a situation that wasn't mine to control. If he chooses to use drugs in the future, that is his choice. I now have boundaries in place to protect myself so I don't go back to the way it was before. As long as I am not enabling him and his behavior doesn't become harmful to me, I can support him emotionally. I can only do this with the guidance of my Higher Power and my fellowship.

I think I was stuck because I thought making a decision to give up my will and life to a Higher Power was somehow giving up on the situation. This was my false sense of responsibility, since this situation wasn't mine to begin with. I can now ask my Higher Power to help me find the right path to keep me safe. I can do this by praying, talking to my Higher Power, writing down my thoughts, and revisiting them later. I listen to shares and talk with others outside of group time to get a better understanding of what I need to focus on, read, or put into practice. Now I understand that letting go of my false sense of responsibility is not the same as giving up on him. I have now put my addicted loved one into the hands of his Higher Power. I realize it is not for me to DO, but for me to BE.

I have faith that with my Higher Power, my fellowship, and those that are like me, I can

gain the serenity and sanity I need. By using the serenity prayer, I get a better understanding of what I need to do. I have used it many times in my day-to-day life when I was faced with things that were out of my control. The words remind me of what I can and cannot do, what I can change and what I cannot. It reminds me that certain things are not my responsibility and I cannot change people, places, or things. I can only do (with my Higher Power's help) what keeps me safe and sane in my recovery. It asks me to find the courage to let go of the things I cannot change, but to find the courage to change myself.

I am working hard not to react but to breathe and to take time to think. If I am unsure or feel uneasy, I ask my Higher Power to help me find the way to not only do what is right for me, but also to do what is right for the person I might be tempted to help. Is it my business? Do I need to do this? Has it got my name on it?

Making a decision to give my will and life over to my Higher Power means I am free to focus on me; I am not in control of everything, nor do I need to be.

The Ride

Around and around we go; we are captive on the carousel of terror.
Where are the children; did they notice the ride isn't over?
Are they ok? Can they see her?

Doing the same thing over and over again, expecting a different outcome.
It's brutal to watch, sadness and rage. Sadness and rage are twin sisters.
My sister is a drug addict.
No, maybe she's not my child, my baby girl. My second born daughter.
She's just my sister, and she's going to die.
My only sister, the person whose life path runs parallel to mine.
She has shrouded her path in dark branches, secrecy, and walls so thick, that I can't see her anymore. I can't save her from this path she took. I can't reach her.
I can't clean her up, and tape her to the wall, and pretend she's there.
She's not there. She's in the branches. She's gone. She's gone. She's not there.
And I mourn this loss; I live with sadness and disappointment everyday.
And she's not even dead. Living but not alive. But she's gone.
No, she's not my child. She's my sister. And I do understand.

I gave up trying to pull someone by the hand toward where they should go.
I don't have control of any kind.
If I get into her car, she will drive us both off a cliff if there is heroin or money at the bottom.
Her hands are keys. They are rusting. She's losing fingers. She's rotting.
You can smell her despair. It's sickening.

Playing roulette with her life.
When she falls onto a pillow, it's easy to get back up.
Keep taping her up, taking her shopping, making pretend it's going to be ok.
It's not ok. Your ways don't work. Things are getting worse.
Please stop. Please stop throwing a pillow under her. Stop giving her money.

Stop doing her laundry. Stop cleaning up her messes. Letting the dead girl make decisions she's not entitled to make anymore.
Stop holding up her life as it crushes you.
She is going to die, and your solutions are making the problem worse.
Maybe you should show her a coffin catalogue
Because you never gave her a chance to really get better.
Ok? Mom and Dad?
With your doors, wallets, and mouths open for another excuse.

She pulls out her mental patient card and swipes it when the bill gets too high.
Her kids need a mother, a real mother,
Not a taped up, casket-bound mother.
Not a dead mother. A real mom. Can she ever be that?
Can she be strong enough to forgive herself?
I can forgive her. If she ever asks for forgiveness. If she's ever sorry.

She has a chance to stop. One chance.
If she falls deep enough, and hard enough
And she lives. She lives to crawl all the way back.
Back from a place she never wants to go again.
A place she will never forget.
And you won't be there with your pillows or money or shopping trips or easy ways out or keys to your car or fancy band-aides or maid service.

I'm sorry I had to say these things to you.
I'm just your other daughter. The one who lost her sister.
I don't blame you for what she has become, because it's not your fault.
I just blame you for trying to fix her. And breaking her worse.

I'm sorry your daughter is a drug addict.
Not one thread of that sentence was stitched by our hands.
But we have all been scarred by the needles.
I have no hope left.
My sister set it on fire,
rode over it with a mint green beach cruiser bicycle, stomped on it while

Our Members Share

*"I can get off the roller coaster that tosses me up and down...
I can forgive the addict and myself."*

SESH, September 27



...continued on Page 5

Our Members Share

The Ride ...continued from page 4

wearing my old forgotten shoes, dipped it in sand, ate it, spit it out, and threw it into the ocean, and then told me it never existed in the first place.

Let her fall. Remove your nets.
What happens next may amaze us all.
The greatest show on earth.
The return of my sister, a comeback.

Get out of the ring, get off the carousel. Please.

Are the children watching?
Are they listening? Do they understand?

Dear Nar-Anon,

Thank you for your service and guidance during this difficult time in my life. My sister is my qualifier and my parents are addicted to saving her. I have been attending local meetings for three months and I am already feeling less angry, resentful, and needing to control things in my

life. I wanted to share this poem I wrote during my lowest point. If it could help somebody else, I would feel like I've provided a service. I sent it to my parents after hitting my own rock bottom, trying to save people from this disease of addiction. With the help of

Will they remember they were here?
Will they be there when everyone falls off this ride?

Nar-Anon, I have begun to focus on only my own recovery. For that guidance, I am forever grateful.

Kara G.

“Before I act, I consider other people. I remind myself that everyone has the right to be treated in a kind and considerate way.”

SESH, June 27

Tradition Four: Responsible thoughtful freedom

Each group should be autonomous except in matters affecting other Nar-Anon Family groups, or NA as a whole.

We are part of a fellowship of recovery. Our circumstances and personalities may be diverse but our responses to this family disease of addiction are very similar.

Recovery is about freedom. We are released from a mistaken sense of responsibility for others, and through a shift of focus, discover ourselves and our personal boundaries. This allows us to detach with love and find acceptance of ourselves and others. Without these boundaries, we fall into the chaos of attach-

ment to another's choices, we struggle, and our lives become unmanageable. Learning respect for myself and others is the beginning of my restoration to sanity.

Our family groups are places where we learn to be ourselves, to work a program of recovery, to connect, and to experience the support of others who understand our struggles and this family disease. The traditions and Nar-Anon as a whole provide the structure for our family groups while supporting each group's autonomy and freedom. While my personal program is merely suggested, Nar-Anon supports my group by providing guidelines for running meetings and making available a wide varie-

ty of literature through which members share their experience, strength, and hope.

In Nar-Anon, we carry a consistent message of recovery and hope by following the principles of the program and using recovery readings when we gather together. A meeting may be the only oasis in the sometimes turbulent circumstances of our lives; we learn we are not alone. In our meetings, we carry the message of recovery, we strive for a deeper understanding of ourselves, and we learn to use the tools of the Nar-Anon program. We are free in our groups to decide on format, topics, outreach efforts, and readings. At



Tradition Four ...continued from page 4

meetings, we focus on the steps, traditions, and Nar-Anon recovery literature so we do not dilute the program or create confusion for those looking for help. Nar-Anon groups are the basic building blocks of the Nar-Anon program and it is important that we respect the boundaries of the program. It is in humility and gratitude that we submit to the steps, traditions, and concepts of service

that offer welcome and hope to all who seek help in Nar-Anon.

Tradition Four embraces our diversity and safeguards our program of recovery.

Questions to ponder:

- Does our group use Nar-Anon guidelines in the format of our meetings?
- Do we use only Conference Approved Literature?

- Does our group use the basic readings from the *Blue Booklet*?
- What are we doing or not doing that may affect other Nar-Anon groups or the fellowship as a whole?

Who's calling the shots?

Is it the disease of addiction with its hurt, chaos, and fear, or is it my Higher Power who brings me compassion, wisdom, patience, love, forgiveness, and guidance? I can choose either to react to the disease of addiction or to respond to the guidance of my Higher Power.

Just for today, I will take a deep breath of recovery and hope. I will expose the darkness of the disease of addiction to the light of truth and clarity, and the guidance of my Higher Power. I will stop doing a shadow dance with nothing to hold onto, and let

God lead me along the path to serenity.



Our Members Share

"I know I am not alone; I have the support of the Nar-Anon fellowship. All I need to do is to keep coming back."

SESH, October 27

Keep Coming Back

When I wondered why my addicted loved ones weren't recovering, I had to look at why I wasn't detaching from them and why I wasn't recovering from the effects of addiction.

I kept coming back. I came to

believe and I came to understand, which brought me to:

Thank you, God, for the *SERENITY* to accept the things I cannot change, *COURAGE* to change the

things I can, and the *WISDOM* to know the difference.

I truly let go and let God.

TM

Financial Appeal



By now you have all had a chance to read the Financial Statements for 2015. Did you notice that it costs \$700 a day to run the Nar-Anon World Service Office? And that doesn't include adding any new responsibilities, activities, or services. Let's work together to help WSO meet the needs of a growing fellowship. [Donations](#) to WSO can be made by you or by your group, area, or region. We're in this together; let's make our world service the best it can be!

Newsletter eSubscriptions

Click here for your **FREE** e-subscription to [The Serenity Connection](#)

Subscriptions to date: **4344!**

Committee Corner

Convention Committee

2018 Convention — Help Pick the Theme!

Did you know the next World Convention will be held in Orlando, Florida, USA, **August 30 through September 2, 2018?**

The World Service Convention Committee is in the early stages of planning Nar-Anon's next world convention. What will be the theme for the convention? We hope the fellowship has some ideas, so we are

asking you to help pick the theme. Send your suggestions to wccommittee@nar-anon.org. We will be accepting suggestions until October 15, 2016.

Here are the themes from our past conventions:

2015 – Unity and World Growth

2013 – The Freedom of Recovery

2011 – Bridges to Recovery

2009 – Carrying the Message of Hope

2007 – Embracing the Fellowship

2005 – Progress Not Perfection

More to come so stay tuned!



Conference Committee

WSC 2016: Strength Through Service

The 6th Nar-Anon Family Groups World Service Conference (WSC) was held from April 28th to May 2nd in Torrance, California. In attendance were 19 delegates, 10 alternate delegates, 9 Board of Trustee members, 1 translator for the Russian delegates (from 3 regions!), 10 observers, 4 World Service Office staff members, 1 parliamentarian, and the Conference Facilitator, Chair, and Secretary. In all, over 55 people representing 5 countries (Canada, Japan, Russia, South Africa, and USA) worked together on 63 motions, 5 pieces of CAT material, and 8 floor motions to be

released with the WSC 2018 CAR.

There were also committee presentations, a prayer workshop, and the election of new Board of Trustee members. There was a lot of crucial work for our fellowship and there was the chance to see old friends and make new ones. Though this group meets only every two years, the commitment of the delegates, alternate delegates, trustees, and World Service Committee members in attendance is a statement to our strength and potential for growth. While some will return for WSC 2018, we bid a fond fare-

well to those service members whose terms have expired. We will continue the work that began six conferences ago with renewed enthusiasm.

As we look forward to WSC 2018, we also have service opportunities on the WSC Committee. We encourage any who are interested in learning more about the process to contact our committee at WSCConference@nar-anon.org or visit the World Service Committee page at www.nar-anon.org and select "learn more" under Conference.

Literature Committee

The Twelve Traditions portion of the Nar-Anon 36 was chosen as the top priority for the World Service Literature Committee at the 2016 World Service Conference; therefore, we are reaching out to the fellowship at large for submissions on Tradition One. We need writings in the form of personal shares (short or long), text, and questions based on your experiences working and applying this tradition. Possible topics include: our common welfare, why it should come first, and why unity is important for our personal progress together as a fellowship.

The World Service Literature Committee

compiles, reviews, and edits literature to be presented to the fellowship for approval. The committee is responsible for ensuring that all literature conveys the Nar-Anon message in accordance with the steps, traditions, concepts of service, policies, and guidelines. The committee ensures that the literature is correctly presented with regard to grammar, spelling, and format, and it does not contain plagiarism in any form. We do very little writing as we are a small committee and cannot convey the many varied experiences of the entire fellowship.

Members can submit their personal writings or form a literature committee with

members of their home group, area, or region. Literature workshops can be held at conventions, mini-conventions, or stand-alone fellowship events whose sole purpose is to create Nar-Anon recovery literature. Committee meetings can take place in person or via telephone or internet conference calls. The World Service Literature Committee is willing to assist members interested in writing or forming a literature committee. Please contact the World Service Literature Committee at LitCom@nar-anon.org for further information.

Upcoming Events

Click on event titles for details or go to the [Events page](#) on the WS website.

Pacific Northwest Region Nar-Anon Spiritual Weekend

September 9 to 11, 2016
“Sowing Seeds of Recovery”
Falls Creek Retreat Center
Raymond, WA 98577
Carol 503-752-3461 or
Kathy 425-345-7000

26th Annual Southern California Region Narathon

September 17, 2016
“Vision of Hope”
Rose Drive Friends Church
4221 Rose Drive
Yorba Linda, CA 92886
Alicia alirobmay@yahoo.com or
714-290-7423

NY's 2nd Annual Share-a-Day

October 1, 2016
“Planting the Seeds of Hope”
St. Matthews RC Church
35 North Service Road
Dix Hills, NY 11746
Tickets available at local meetings

Russia Nar-Anon Service Conference

October 6 to 9, 2016
“We Are Together and We Step On and On”
Yalta-Intourist Hotel
Yalta, Republic of Crimea
rss.naranon@mail.ru

Nar-Anon Central Region Assembly 1

October 8, 2016
“Staying on Track, Carrying Our Message”
Butler County Library
West Chester, OH
www.naranoncentral.org

New England Region Spiritual Breakfast

November 6, 2016
Twin Hills Country Club
700 Wolf Swamp Road
Longmeadow, MA 01106
Kathy 413-348-2895 or
kathy.pitoniak@comcast.net

New York Region Convention - 27th Anniversary

November 11 to 13, 2016
“The Joy is in the Journey XXVII”
Villa Roma Resort and Conference Center

Outreach Committee

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

When we read this tradition, we assume that it speaks to our fiduciary responsibilities. However, the full meaning is deeper than that. It indicates that every group (family group, area, and region) should be “fully self-supporting,” not only financially, but self-supporting in all aspects, including outreach.

Newsletter Submissions

Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit articles to newsletters@nar-anon.org. Each submission must be accompanied by a signed [release form](#) before it can be published.

**** Next Issue Submission
Deadline: October 20, 2016 ****

356 Villa Roma Road
Callicoon, NY 12723
Ron L. 516-622-0336
bronxbombersrl@gmail.com

Nar-Anon World Convention

August 30 to September 2, 2018
Orlando, FL
Save the date!

Outreach is used to increase awareness of Nar-Anon within the public and professional communities.

Outreach is a vital link between individuals seeking help and Nar-Anon members who share their experience, strength, and hope.

Outreach is embodied in Step Twelve: *Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.*

Outreach happens when Nar-Anon members commit to serve others in need of what Nar-Anon brings... HOPE. All that's required is a desire to serve others and a willingness to plan an effective outreach campaign.

Need assistance with your Outreach efforts? We're only an email away at outreach@nar-anon.org.



Nar-Anon World Service
Headquarters
23110 Crenshaw Blvd. #A
Torrance, CA 90505

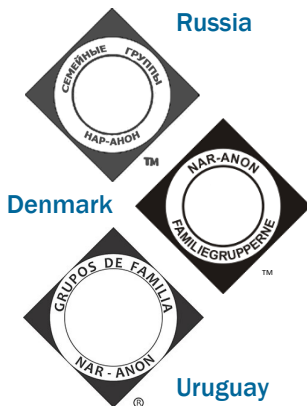
Website: www.nar-anon.org
Email: wso@nar-anon.org
Phone: (310) 534-8188
or (800) 477-6291



The Serenity Connection

Did You Know...

...that you can find a list of websites for Nar-Anon Regions around the world on the Nar-Anon World Service webpage: [Other Nar-Anon Sites](#).



New to You from Nar-Anon!

We are pleased to announce [The Nar-Anon Family Groups' Guide to Local Services 2016 edition](#) is now available on the webstore and for download on the [website](#).

Is your area or region planning a Nar-Anon **convention** or **event**? Ever held an event that didn't go exactly as planned? [The Nar-Anon Family Groups' Event Planning Handbook](#) can help! This handbook is now available on the webstore and on the [website](#) for download.

[Nar-Anon logo kit](#) is now available by request on the [Outreach webpage!](#) It is useful for webmasters and members creating flyers and newsletters.

We are also pleased to announce the new booklet [Continuing Our Journey After Loss: We Still Belong](#). Now available for purchase from the [webstore](#) or by using the [Literature Order Form](#).



Report from the Executive Director

Fellowship at Work / Дружба на работе

Dear Nar-Anon Members:

I recently had the good fortune to travel to Yalta, a beautiful seaside town in Crimea, for Russia's first Nar-Anon conference. They are just beginning their journey towards building a strong service structure that will ensure the success of a future National Service Office (NSO), and help the Nar-Anon members of Russia.

This fall, Nar-Anon in Russia will celebrate its 20th anniversary. Over the past twenty years, Nar-Anon has truly become a nationwide fellowship that unites members of different ages and paths of life from Vladivostok on the Pacific coast to the Siberian cities of Tomsk and Krasnoyarsk and to small towns in the European part of the country. There are currently 115 groups

throughout Russia. Attending the conference were sixty voting members from four regions, including group representatives, board members, and committee chairs. Past delegates and alternate delegates to World Service Conferences shared their experiences and worked with the conference committee to make this a wonderful conference.

There was a lot of excitement around the discussion of motions, making amendments, and reviewing committee presentations. It was a very positive experience and one that will benefit all those returning to their groups, areas, and regions across Russia. Everyone felt gratitude and agreed that the theme of the conference, "We are

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Fellowship at Work ...continued from page 1

Together and We are Stepping Forward,” was well reflected. I was especially delighted to see many young faces among the delegates ready to carry on the ideas of Nar-Anon and add their faith and enthusiasm to the development of the fellowship. These members will provide a gateway to success as they carry the message to those who are still in need.

Many thanks to the Nar-Anon members of Russia for allowing me to attend a wonderful conference. The hard work of the conference committee was greatly appreciated and many attending were inspired to be of service. I look forward to the Russian fellowship moving forward and to working with them in the future.

Cathy K.
WSO



D-I-V-O-R-C-E

D-I-V-O-R-C-E is not just a theme from a popular song in the 80's, but a theme for justification of whose pain is the worst. As a spouse in meetings, I often hear, “Well at least you can divorce your addict, mine is my child.” Nothing is worse than being told my pain is not important. Nothing is worse than finally getting the courage to go to a meeting and being told maybe I don't fit in because I married an addict.

This was one of the cruelest comments I heard during a meeting filled with parents of addicts. And I heard it over and over again. I could never imagine telling anyone that my pain was worse than theirs. I didn't know if I could pay my bills because the addict was out using his salary and our savings to get high; not to mention that he was pawning our car for a few hits of dope and leaving me with no ride home from work. Was my pain worse because he didn't come home for days, no

calls or text, and I feared he was dead? Or was my pain worse because we had a child that adored her daddy and wanted him to come home?

I don't think I ever decided to measure whose pain was worse. I never even contemplated that it mattered. Still I continued to attend meetings, deciding to take what I liked and leave the rest. One night after hearing the divorce comment one too many times, I decided to inform the group that “I married your child.” I don't think it ever occurred to the members that I was the same age as their adult addicted children and that one day they may have a daughter or son in-law just like me. Then will they say....”at least you can divorce....”?

It's been a long time and the addict and I did eventually divorce. I keep coming back and some people ask why. It's because my program was never really about the addict, it was about me. Steps Two through Twelve don't mention the addict. I keep coming back because

once affected, always affected. No matter how much clean time the addict can accumulate, I will never be un-affected. I will never be what I was before “it” happened to my life.

Being affected by addiction is like the exercise I taught my children about hurting the feelings of others. It's the one where the child crumples a piece of paper and then is asked to flatten the page and make it look like it did before it was balled up. Even a child knows you can't undo the damage to the page. Can we as adults understand that the same principle applies to being affected by addiction?

I keep coming back so other spouses will know they belong. I keep coming back so I can let others know their pain is just as important as mine. I keep coming back because this is right where I need to be.

Our Members Share

“My thoughts and prayers are with everyone who is struggling with similar issues with their own loved ones, whether they are parents, spouses, children, or friends. We are not alone but among true friends who understand as few others can.”

SESH, October 17



Our Members Share

Three Easy Steps

At Nar-Anon meetings, I listen. Some share that their Higher Power is God; some share that their Higher Power is our family group. For me, both are valid.

I am aware of a source of power outside myself and that is the power I choose to focus on. I am rechargeable, similar to my phone. It's like working the steps. First I recognize that I'm on low battery. That's Step One; my life is out of control. Second, I'm aware I need to power up. That's Step Two. Finally, I make a decision to plug into an outlet for a power greater than myself to "restore me to sanity." That is Step

Three. This plug will transform the AC power, through a thin wire, into a tiny trickle of DC power. My Big God's Spirit gently seeps into small, little me. Like electricity, there must be a conduit. Any interruption might disrupt the flow of energy between us. I'll quit functioning properly without my Higher Power. However, in order to take a charge, I will have to remain stationary, attached by a cord to a jack in the wall for a fixed amount of time.

It is in this stillness that I will receive and recharge. While I'm in constant motion; shopping, walking, chatting, typing, answering emails, reading, even if

it's in my pocket while I'm vacuuming, mowing, running, ironing, at the cleaners, or watching a movie, on the subway, at the bus station, or on the plane; all power drains. Consistent attempts to reconnect to a source must be made or the power will be lost. And once lost, disconnected for too long, it will require an even lengthier time to regain full strength.

In my recovery, I need to recognize when I've neglected the source of my power before I become spiritually dead. It just takes three easy steps.

"In the Nar-Anon program, I have a new, loving family that offers unconditional kindness. I am learning to receive this kindness with an open heart."

SESH, August 21

My mother was an addict and I miss her

I opened an old jewelry box and was caught off guard by my mother's scent. The tears began to flow. I felt grief and loss, guilt and sadness.

I realized, with the help of my program, I had been missing my mother long before her physical death.

The alcohol and pills, the denial and unavailability, the longing for unconditional love and acceptance for as long as I can remember.

Just for Today I have the tools to parent and love myself. I have a program that teaches me self-worth and acceptance.

Periods of grief may surface. Today I can feel the feelings and move on.



Just for Today

- Just for today, I will learn how to embrace happiness in all my experiences.
- Just for today, I will push myself to do the things I wanted to do yesterday but put off for today.
- Just for today, I will be gentle with myself as I travel this journey of recovery.
- Just for today, I will mind my own business, stay positive in the present, and keep my comments pleasant.
- Just for today, I will take a stand that reflects my beliefs without being manipulated by anyone else.
- Just for today, I will not worry about yesterday or tomorrow. I will find peace in just being.
- Just for today, I will remember to be grateful for all that has brought me to today.
- Just for today, I will practice gratitude. I will think of all the good things in my life.
- Just for today, I will forgive myself for my wrongs and let them go. I will focus on today.
- Just for today, I will stay off the negative train.



It's the Steps...

- If I am honest, open-minded, and willing, the steps will save my life and invite a loving caring power greater than myself to influence all my affairs.
- If I truly believed my loved one was powerless over this cunning, baffling, and powerful disease, how would that affect my attitude and the way I react to circumstances in my life?
- If I came to believe that there was a power, spiritual in nature, that could restore sanity to the powerless, what would I be willing to do to tap into that help?
- If I came to believe that many of the perspectives and premises underlying my relationships and behaviors were distorted by fear, shame, and hurt, and were destructive to me and others, would I be willing to accept the loving compassionate guidance of a power outside myself to lead me on a path of light and peace?
- If I am willing to turn the focus onto myself to discover my motivations, fears, and default reactions, could I choose to respond rather than always reacting to circumstances outside myself?
- Am I willing to release my secrets and hurts to another who will simply listen with compassion and not judge?
- Am I willing to look at my inventory and honestly consider all of the reactions that are keeping me from being at peace with myself and others?
- Am I willing to accept my powerlessness over these habits and seek the help of a power greater than myself to remove the defects that keep me hurting?
- Am I willing to honestly accept my part in relationships and acknowledge that I have hurt or harmed others?
- Am I willing to do my best with God's help to create healthier relationships?
- Am I willing to maintain my personal freedom by examining myself on a daily basis?
- Am I willing to continue to seek the loving care and guidance of God in all my affairs, seeking knowledge of His will for me and the power to carry it out?
- Am I willing to allow this message to flow from my life into the lives of others by sharing my experience, strength, and hope?
- Do I realize that it is enough to change my life one baby step at a time?



Our Members Share

“By using the Twelve Steps of the Nar-Anon program, I am finding a way to remove myself from the feelings of despair. I can now replace these feelings with serenity and peace.”

SESH, December 3

How can family members recover in the same group?

Many groups have members who are related, such as husbands and wives, parents and step-parents, parents and in-laws, possibly even grandparents and older grandchildren who are all affected by their common addicts. Applying the principles and guidelines in the group can ensure that progress for the greatest number can be

achieved.

Many members forget that while related to the same addict, sharing should be from the “I” perspective. Interrupting our relative to help with their story is no more acceptable than interrupting another member. We would not interrupt someone who is not a family member to help with

their story, therefore it would make sense to offer the same respect to our recovering relatives who attend the same meeting. When we interrupt, others in the meeting may feel this is acceptable. Continued interrupting can become a habit that affects the health of our meetings. Some family members choose to attend separate meetings, if they have the option, so they can each



...continued on Page 5

Our Members Share

Family Members in the Same Group ...continued from page 4

Speak openly without fear of breaking anonymity. Sometimes family members like to finish each other's sentences. As special as that is, it is still cross talk.

Not everything can or should be shared in a meeting. Our program suggests that a sponsor is a valuable resource. This can be extremely helpful for sharing what we might not be able to in

a meeting attended by another family member. A sponsor is a member with whom we can share our most intimate feelings in a safe environment.

Some things to remember if we have a relative in our meeting:

- Give them the same respect we would all other members
- Do not interrupt them by adding to or correcting their share

- Do not share for them
- Do not share anything that was said at the meeting
- What is said in the meeting stays in the meeting

“When I was desperate, the Nar-Anon program was there for me because members gave their support of time and money. I will now do the same.”

SESH, July 17

2016 Appeal

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

Groups, areas, and regions often find money to be a sensitive issue. We donate according to the Seventh Tradition statement that is read during our meetings.

Our Seventh Tradition states: *Every group ought to be fully self-supporting, declining outside contributions.*

We pass the basket around for contributions to be used for purchasing literature from the World Service Office (WSO), to pay rent, and to make donations to service areas beyond the group level.

Several times a year, the World Service Office issues an appeal for funds from the fellowship. This is done because we are self-supporting; Nar-Anon gets no special grants and operates strictly from donations received and the sale of literature.

Often at World Service Conferences, the regions submit motions that have the potential to

financially impact Nar-Anon. These proposals may be good ideas, but in Nar-Anon, with our limited financial resources, we have to set priorities.

Our groups, areas, and regions also have to set financial priorities. There is no magic pot of money. While we may have an endless flow of wonderful ideas, most of them are not free. Some of our wonderful ideas have included audio books, translation services for members at events, literature translation services, and graphic designs, just to name a few. Without the funds and service members to act on these ideas, we must set priorities and use our resources wisely, from the dollar in the basket to the time and effort our service members dedicate.

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

What does Concept Two have to do with funds? It's simple. Everything we do depends on the support given by the groups, from members volunteering their time to the funds needed to sup-

port the requests. Just as we do at home, we must put our needs ahead of our wants.

What are our needs or priorities? At the world level, we need to pay rent, utilities, staff salaries, insurances, and other expenses to support the fellowship and groups around the world. What are the priorities in our groups? Rent, literature, and contributions to the service structure beyond our weekly meetings. How do we manage our funds responsibly? It's quite simple. We look at the needs of our groups, set aside a prudent reserve, and then do our very best to help the structure beyond our meeting.

We are self-supporting.



Committee Corner

Website Committee

Opportunity for International Website Involvement



The World Service Website Committee in cooperation with the World Service Translation Committee is pleased to offer the opportunity to translate international landing pages. Soon, members from around the world will be able to go to the WSO website and find international landing pages in multiple languages.

How exciting is that!

If your country has bilingual members or a translation committee that can translate the provided wording, please contact translations@nar-anon.org to help serve Nar-Anon around the world.

World Pool Committee

Nar-Anon Service Opportunities



The World Pool Committee is accepting applications for the positions below. A brief description of each position follows. For additional information please visit the website or email worldpool@nar-anon.org. Each position requires a working knowledge of Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts of Service as well as familiarity with the Guide to Local Services and the Guide to World Services.

Conference Secretary

- Experience taking business meeting minutes
- Experience with Mac OS, Word and Power-Point
- Knowledge of parliamentary procedures (Robert's Rules of Order)

Conference Facilitator

- A demonstrated ability to preside over business meetings
- A working knowledge of Robert's Rules of Order and parliamentary procedures
- Strong organizational skills

Trustee

- Minimum six years of Nar-Anon service experience
- Familiarity with Nar-Anon's bylaws, policies and guidelines
- Organizational and communication skills
- Ability to accept criticism and flexibility to acknowledge other ideas

Literature Committee



The World Service Literature Committee is finalizing the documents approved at the 2016 World Service Conference. In an effort to involve the fellowship in the decision making for recovery literature that the committee works on, a motion was made and approved to utilize a priority list. We are asking for writings on those items, especially the traditions which is the first item on the list. We need text on what the traditions mean, personal stories on using the traditions in your group or in all your affairs, and questions for thought on each tradition.

Any other requests for or submissions of recovery literature received during the 2016-2018 conference cycle will be added to the priority list

for the 2018 World Service Conference. Some materials and requests the committee receives are similar in nature to pieces already available. We are asking members, areas, and regions to become familiar with the Conference Approved Literature (CAL) available on the Literature Order Form. There are many topics available in our pamphlets, books, and booklets. We realize members may feel led to write on a topic not on the current priority list. To help the fellowship continue to have a variety of topics available for our members, we also encourage writings on topics not covered.

Committee Corner... continued

Convention Committee

2018 Convention — Vote for your Favorite Theme!



The World Service Convention Committee received thirty-one suggestions for the 2018 World Convention theme. The committee voted on those suggestions and the top three are:

1. Unity – единство - Unidade – وحدت Unite – Einheit - Unidad – ユニテイ - Unita - eenheid

2. Worldwide Passport – Recovering Together
3. Worldwide Passport to Recovery

Now it's up to the fellowship to vote. Will it be #1, #2, or #3? Please send your vote to vccommittee@nar-anon.org. Thanks to everyone who submitted suggestions for the theme. Deadline April 15, 2017



Outreach Committee

Ad Hoc Committee to Explore Social Media as an Outreach Tool



World Service Conference 2016 - Motion 5 - *Create an ad hoc committee formed from the WS Outreach Committee, and other willing members to research the pros and cons of NFG utilizing Social Media within the traditions of Nar-Anon as a tool for outreach and then making findings available to the fellowship.*

Are you interested in becoming part of an ad hoc committee to explore the use of social media as a

tool for outreach by Nar-Anon in accordance with Nar-Anon traditions? The committee will meet via Skype on a schedule determined by its members. If you would like join the committee, please email your name and Skype contact to outreach@nar-anon.org

Deadline for responding: **February 1, 2017**

Outreach Posters – Lots of Choices!

Outreach is important. It is what brings us to the rooms of Nar-Anon. Remember before you found us - those times of overwhelming sadness, fear and despair. There are others still suffering, in the midst of the disease of addiction and looking for answers. Wherever they are, outreach can bring the message of hope to them. Whether urban or rural, in homes of plenty or need, for every location from church to emergency room and everything in between, our growing outreach toolbox has a message to help you reach them all. Fifteen

(15) outreach posters are now available to assist with your efforts to share Nar-Anon's message of hope. Members are free to choose which posters they prefer and are not obligated to purchase ones they do not prefer. Visit the [Nar-Anon webstore](#) and look for posters you feel are best suited to reach the communities you serve.

Questions? Need help with an outreach effort? Email outreach@nar-anon.org



Newsletter eSubscriptions

Click here for your **FREE** e-subscription to [The Serenity Connection](#)

Subscriptions to date: **4520!**

Upcoming Events

Click on event titles for details or go to the [Events page](#) on the WSO website.

The Back Page

Staten Island Nar-Anon's 3rd Spirituality Breakfast

March 26, 2017

The Hilton Garden Inn
Staten Island, NY
Save the date!

Spring Into Recovery #2

April 1, 2017

Trinity Lutheran Church
3845 Gladwin Road
Abbottsford, BC, Canada
Save the date!

East Coast Convention Six

October 6 to 8, 2017

Dedham, MA
Hosted by members of the
New York and New England Regions
Save the date!

Nar-Anon World Convention

August 30 to September 2, 2018

Orlando, FL
Save the date!

There is Power

In Nar-Anon, there is power for the powerless. The Higher Power of recovery is always for, not against us. Power is an action word by its very nature. Those who actively tap into power become energized, enlightened, and strengthened. In recovery, we seek a connection to our own source of power. If I plug in to power here and now, I don't need to understand how or why, I need only trust in its presence and plug in; seek the connection. That is enough for me today. As I experience the consequences of that connection, more will be revealed at the right

time. I am "coming to believe" that restoration is possible. I believe that my Higher Power always respects my will and my ability to choose, perhaps more than I do myself. It is my choice to attempt to connect with a Higher Power and the healing that this can bring.

Just for today, I will practice trusting that there is a power loving and caring in nature. I will choose to seek connection to that love and care.

"If I am willing to stand aside and let God's will be done, I free myself from personal anxiety and a mistaken sense of responsibility."

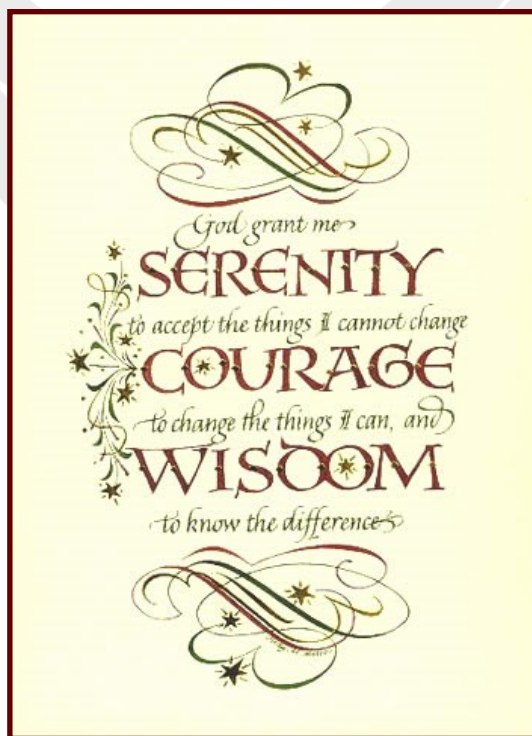
The Nar-Anon Blue Booklet, p. 15.



Newsletter Submissions

Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit articles to newsletters@nar-anon.org. Each submission must be accompanied by a signed [release form](#) before it can be published.

**** Next Issue Submission
Deadline: January 20, 2017 ****



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