

## Nar-Anon House Party Service Workshop

The purpose of the Workshop is to create discussion on how to apply and use the traditions, the Concepts of Service, and our Service Guides, to solve common problems found in our groups, committees, service structure, and between members, thus making our fellowship and groups healthier.

**Intent:** Improve the understanding and application of the traditions, concepts, and service materials to members who are unfamiliar with how they are applied.

**Vision:** Provide real examples of group conscience topics for discussion. Encourage members to think about which tradition, concept, policy, or guideline is or is not applicable in each situation.

**Rationale:** Give Nar-Anon members a fun way to learn the principles of service. It will utilize and introduce the Service Literature to the fellowship.

### Literature:

- Our Traditions Principles for Groups and Beyond (B-219)
- Appropriate Sharing & Crosstalk (S-308)
- Guidelines for Healthy Meetings (S-303)
- Group Conscience and Business Meetings (S-305)
- Inappropriate and Disruptive Behavior (S-326)
- Let's Talk About Anonymity in Nar-Anon (S-307)
- So You Have Been Asked To Speak (S-325)
- Tradition Seven pamphlet (P-136)
- Guide to Local Services - GLS
- Guide to World Services - GWS
- 12 Traditions Reading Card
- 12 Concepts Reading Card

### Mixing Bowl Cards – suggestions

1. Nar-Anon Logo on one side and the situation for discussion on the other.
2. Make it a PDF, use an Avery template and allow members to download
3. The cards include the following categories
  - a. As a member
  - b. In a group
  - c. In a group conscience
  - d. In a committee
  - e. In an area
  - f. In a region

4. Mixing Bowl Leader Suggestion: add the Tradition (1-12), Concept (1-12) and pamphlet number, GLS or GWS page number that applies to the back of the card as a reference to start the discussion.

### **Suggested WORKSHOP AGENDA – 6 Hours**

**Ten minutes** - Opening and introduction

**Two hours** - Six Speakers share their understanding and experience on two of the traditions. (10 minutes per tradition - 2 hours total)

**Fifty minutes** - Open Shares on the Traditions

**Break – Fifteen minutes**

**Fifteen minutes** - Mixing Bowl as a large group

**One hour & fifteen minutes** - Mixing Bowl (Breakout Rooms)

**Break - Fifteen minutes**

**One hour** - Members share their insights after the Breakout Rooms

### **MIXING BOWL**

**In the large group – choose a few cards as a discussion demonstration**

- Pick a card from the deck. Read card to the group
- Identify which traditions, concepts, service literature, and principles apply.
- Encourage participation from all members
- **Concept Seven:** All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.
- **Concept Nine:** All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.

**Break out into smaller groups of four to ten people (Mixing Bowl)**

- 2 or 3 long time members with experience of the traditions, concepts and service materials, walk around the room to assist if the smaller group has questions or needs guidance.

Today's House Party will be recorded.

To acknowledge that Nar-Anon is a worldwide fellowship, we ask you to change your online name to your first name and your location.

## **Suggested Format**

Welcome to the Nar-Anon House Party Service Workshop. My name is \_\_\_\_\_ . Please join me in a moment of silence followed by the Serenity Prayer.

## **The Preamble**

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction.

As a twelve step program – we offer our help by sharing our experience, strength, and hope.

We carry the message of hope by letting others know that they are not alone, by practicing the Twelve Steps of Nar-Anon, and by changing our own attitudes.

We will respect your anonymity.

Our program is not a religious one, but a spiritual way of life.

## **Anonymity Statement**

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all NA members.

Anonymity is the spiritual foundation of our fellowship. In keeping with our traditions, we ask you to refrain from taking photos, screenshots or making personal recordings during the meetings. Help us to keep Nar-Anon a safe place by NOT posting photos of this event on social networking sites, including your personal social media accounts. What's said here, let's let it stay here!

I've asked \_\_\_\_\_ to introduce the service literature.

This House Party will improve our working knowledge of the Twelve Traditions, Twelve Concepts of Service, and our service materials. Whether it is member to member, within a group, disagreements in a Regional Service Committee meeting, discussion as the World Service Board, or at the World Service Conference, these guide us to solutions.

The purpose of today is to get us thinking in terms of our traditions, concepts, policies, guidelines, and principles. Healthy groups build their foundation on the application of the traditions. Our adherence to them will ensure our success and growth.

Let's begin with Traditions One and Two. (Read the two traditions prior to each speaker)

<b>Traditions</b>	<b>Name</b>	<b>Location</b>	<b>Contact Info</b>
1 and 2			
3 and 4			
5 and 6			
7 and 8			
9 and 10			
11 and 12			

Thank you everyone for sharing your experience and understanding of the traditions.

Our Seventh Tradition states, *Every group ought to be fully self-supporting declining outside contributions.* Contributions can be made to Nar-Anon World Service Office (WSO), your local area, region, or NSO.

The Nar-Anon House Party is being recorded. To receive a link to the recordings please email \_\_\_\_\_ or \_\_\_\_\_. The emails can also be found on the flyer.

### **Open the meeting for open sharing**

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### **Mixing Bowl Introduction**

The traditions, concepts, and service literature are guidelines for making group decisions. Each tradition has a set of principles for us to work toward. We are easily diverted from our primary purpose by ignoring their suggestions. With practice, we eventually learn how to speak for the traditions even if our voice shakes.

We bring the Twelve Traditions to life by talking about what they mean and how to use them in our groups. The next part of the House Party is going to do just that. After a few examples in the large group, we will break into smaller groups called Mixing Bowls via Breakout Rooms. Each member will be automatically sent to a Mixing Bowl Breakout Room. Thank you to the members who have agreed to facilitate.

Each room will have a series of situations commonly seen in the fellowship to discuss. During the discussion reference and use the traditions, concepts, and service literature to support your viewpoints. One of the hardest things we do in Nar-Anon is to remind each other of the traditions.

If your group seeks more guidance or experience, use the "raise your hand" feature in the chat, and someone will come to join your mixing bowl.

Let's look at an example in a group conscience. A member makes a motion to donate the remaining Seventh Tradition contributions to a local women's shelter.

Consider the following traditions, concepts, and policies.

- Tradition One – does not support common welfare and unity
- Tradition Three – as long as they have no other affiliation
- Tradition Six – we do not finance outside enterprises
- Tradition Seven – we are fully self-supporting, the monies collected in the basket are to be used to fulfill Nar-Anon's Fifth Tradition: *...our primary purpose is to help the families of addicts.*
- Concept Eleven – Nar-Anon funds are to be used to further our primary purpose and must be managed responsibly.
- Tradition Ten – we have no opinions on outside issues
- GLS Page 9-4 – *Use of Group Funds - Contributions to any outside agency, activity, or program cannot be made from group funds which are for Nar-Anon/Narateen purposes only. This includes donations, other than rent, to the facility where a group is holding its meeting.*

For each scenario, take time to consider which tradition, concept, policy or guideline applies, which do not, which support the decision, and which conflict and divert. If someone has an example currently happening in their group, area, region, or committees, take time to discuss it in the same manner.

**Mixing Bowl Facilitators – Breakout Rooms**

	<b>Name</b>	<b>Location</b>	<b>Email</b>	<b>Phone Number</b>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

**Tech Support Crew**

Name	Email	Phone Number	Job	Time

<p style="text-align: center;"><b><u>As A Member</u></b></p> <p><i>One of the attendees of the convention posts a picture of the people in the meeting. Tagging everyone as a member of Nar-Anon.</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>There are groups in the region that do not participate in Nar-Anon's service structure. Discuss how to get them involved.</i></p>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A member of a group has lost a loved one. The group wants to use the Seventh Tradition funds to send flowers to the funeral.</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>A region is ready to file 501(c)3 papers. There is a motion at the assembly to hire an accountant and lawyer to help them.</i></p>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>The weekly group email sent out to members includes a list of treatment centers, methadone clinics, crisis centers, how to use and get Narcan, Suboxone, and the latest statics of overdose deaths.</i></p>	<p style="text-align: center;"><b><u>In a Committee</u></b></p> <p><i>A member has an idea for an Eleventh Step workshop. They suggest hiring a professional to lead the group in a guided meditation and supply the group with prayers from their religion.</i></p>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A group decides to use the books How Al-anon Works and Courage to Change in their group. They cite Tradition Four and Five, claiming they have the autonomy to do so. And by doing so, they will be carrying the message to the families of addicts.</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>Members of a group do not relate to the pronoun Him found in the steps. They hold a group conscience; the motion on the floor is to change the word Him to God in Steps Three, Seven, and Eleven.</i></p>

<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>Each time a member shares, they mention they are a recovering Catholic and say something disparaging about the faith.</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A group has a \$1,000 balance in its treasury. A member makes a motion to donate it all to a non-profit group that focuses on prison reform.</i></p>
<p style="text-align: center;"><b><u>In an Area</u></b></p> <p><i>There are now 20 groups in a city. The groups have come together to discuss creating an area. The groups in a town 75 miles away fear the region will be weakened and do not want them to form it.</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>Members want to name the group after the church in which they meet.</i></p> <ul style="list-style-type: none"> <li>• <i>What if it's the city</i></li> <li>• <i>What if it's the day of the week</i></li> <li>• <i>What if it's a slogan</i></li> <li>• <i>What if it's named it after a person</i></li> </ul>
<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>A member did not like the format of the meeting, stating it was too long. They took the format home and changed it completely. The next week when the meeting began, the members were stunned to hear the new format.</i></p>	<p style="text-align: center;"><b><u>In a Committee</u></b></p> <p><i>The outreach committee discussed what should be on a flyer they planned to post around the city. There were several choices. Before a group vote, a member created a new version of the flyer and printed 500 copies. They then asked to be reimbursed for the printing.</i></p>
<p style="text-align: center;"><b><u>In a Committee</u></b></p> <p><i>The convention committee wants to sell merchandise such as t-shirts, coffee mugs, hats, and pens with the printed convention logo. What if the merchandise they want to sell has only the Nar-Anon logo on it?</i></p>	<p style="text-align: center;"><b><u>As a Member</u></b></p> <p><i>There are several service positions open in the region and not many members who want to serve. One member is elected as RSC Treasurer, Events Chair, and the Narateen Processing Person.</i></p>
<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>A region is ready to file 501(c)3 papers. There is a motion at the assembly to hire an accountant and lawyer to help them.</i></p>	<p style="text-align: center;"><b><u>As a Committee Member</u></b></p> <p><i>The Outreach Committee has a table at a community event. When talking with people who ask, "What is Nar-Anon?" members discuss the opioid endemic instead of sharing the Nar-Anon program of recovery with them.</i></p>

<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>Whenever a dual member shares, they introduce themselves as an addict.</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A member suggests the meeting takes up a collection of items to donate to the local youth homeless shelter.</i></p>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>The group currently uses the Lord's Prayer to close the meeting. A motion is made to use the "Prayer for the Growth of our Fellowship" on page iv of the SESH book instead.</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>A Group Service Representative (GSR) nominates a dual member of Narcotics Anonymous and Nar-Anon to be the next Regional Service Committee (RSC) chair.</i></p>
<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>The topic is Step Two. The first member to share mentions by name the religion they practice. Members follow suit, and soon everyone in the meeting is mentioning their religious preferences and prejudices.</i></p>	<p style="text-align: center;"><b><u>As A Member</u></b></p> <p><i>A local radio station is airing a series on addiction. One episode is about how addiction affects the family. A Nar-Anon member agrees to share their story of recovery in an on-air interview. What actions does the member need to take to ensure their anonymity?</i></p>
<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>A GSR proposes to the region that it buys space on a billboard to notify the community of Nar-Anon's Mission Statement and website.</i></p>	<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>During announcements, a member regularly mentions by name her favorite charity and asks members to donate money to it.</i></p>
<p style="text-align: center;"><b><u>In a Committee</u></b></p> <p><i>The events committee plans to raise money for the convention.</i></p> <ul style="list-style-type: none"> <li>• <i>Car wash open to the public</i></li> <li>• <i>Chili cook-off</i></li> <li>• <i>50/50 raffle</i></li> <li>• <i>Poker or Bowling tournament</i></li> <li>• <i>Serenity Hike</i></li> <li>• <i>Garage Sale</i></li> <li>• <i>Silent Auction</i></li> <li>• <i>Game Night</i></li> <li>• <i>Sponsor/Sponsee Breakfast</i></li> </ul>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A group wants to change their meeting time from 6:30p to 8:00p to match the 8p start of the NA meeting at the same location. Most members think it's a great idea. However, two members state the time is too late, and they will no longer be able to attend the meeting if the time is changed. There is not another meeting within 50 miles.</i></p>



<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A member recently lost their loved one to an overdose. The group naturally felt sad about the loss. One member suggests the group sponsor a bill to bring a safe injection site to their city.</i></p>	<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>A member regularly shares multiple times during the meeting.</i></p> <ul style="list-style-type: none"> <li>• <i>Each share is an update on what the addict is doing.</i></li> <li>• <i>Each share focuses on the Nar-Anon tools of recovery</i></li> </ul>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A group is growing. There is no longer enough time for everyone to share. In what ways can the meeting address this "good problem to have?"</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>The region has always held two yearly assemblies and a monthly RSC call. A new chair is elected. The monthly RSC committee meetings have stopped, and assemblies canceled. The chair states that when the region needs an assembly, they will call for one.</i></p>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A member is willing to be the Group Service Representative (GSR) but is unwilling to commit for the suggested term of three years.</i></p>	<p style="text-align: center;"><b><u>In a Committee</u></b></p> <p><i>The website committee wants to update the website to make it more user friendly. How shall they proceed with their ideas?</i></p>
<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>A region wants to save money. A GSR makes a motion to copy the pamphlets at a local print shop at a discounted price instead of ordering literature form the World Service Office.</i></p>	<p style="text-align: center;"><b><u>In a Committee</u></b></p> <p><i>The Outreach Committee proposes to buy space on six bus stop benches around the city to notify the community of Nar-Anon's Mission Statement and website.</i></p>
<p style="text-align: center;"><b><u>As a Member</u></b></p> <p><i>During the meeting, a member takes notes. When it is their time to share, they mention people by name and speak directly to them. Often they give advice and tell them what they should do about their situation.</i></p>	<p style="text-align: center;"><b><u>As A Group</u></b></p> <p><i>How can a virtual meeting make the "virtual room" safe for everyone?</i></p>

<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>A group is having a hard time retaining newcomers. They attend the meeting but eventually stop coming. What should the group do?</i></p>	<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>Who participates in a group conscience? Can a member join and vote in more than one group conscience? What if the member attends many group consciences to sway the vote purposely?</i></p>
<p style="text-align: center;"><b><u>As a Member</u></b></p> <p><i>A member with multiple social media sites posts the time, day, and location of local Nar-Anon Groups.</i></p>	<p style="text-align: center;"><b><u>As a Member</u></b></p> <p><i>A member uses their full name when they introduce themselves in a meeting. When in public they never mention they are a member of Nar-Anon.</i></p>
<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>A region does not have a vice-chair. The chair's term is up. No one new is willing to be the chair. Can the current chair be reelected? If not, what does the region do?</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A member makes a motion to invite professional speakers to share with the group once a month. The speakers will share the latest information and resources about addiction.</i></p>
<p style="text-align: center;"><b><u>In a Committee</u></b></p> <p><i>The Outreach Committee plans to post Nar-Anon information in the local newspaper, on local community websites, in coffee shops, on telephone poles, on the app Nextdoor.</i></p>	<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>Members of a group have children and want to start a Narateen group for their kids. The group does not belong to a region, nor do they have Narateen policies in place. What actions do they need to take before starting the meeting?</i></p>
<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>The vice-chair purchases a gift for the outgoing region chair from the region's monies to say, "thank you for your service." They present the gift at the Assembly, to the surprise of everyone. A member questions the use of Nar-Anon funds to purchase the gift and makes a motion to return the money used.</i></p>	<p style="text-align: center;"><b><u>In an Area</u></b></p> <p><i>A member becomes very ill and is in the hospital. The area chair suggests using area funds to purchase flowers to give to her. The area also wants to organize an "in-person meeting" to take to her hospital room.</i></p>

<p style="text-align: center;"><b><u>As a Member</u></b></p> <p><i>A member proposes that Nar-Anon produce a PSA to run during the NFL Playoffs and Super Bowl.</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A group has a \$500 balance in its treasury. How shall the group disburse the money?</i></p>
<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>What can a virtual meeting do to protect the identity of all its members?</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>A motion is made at a regional Assembly to allow RSC officers, delegate, alternate delegate, committee chairs, and Group Service Representatives (GSR) to have a voice and vote.</i></p>
<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>A group votes to have an anniversary BBQ at a local park. The motion made is to fund the event with a separate basket stating the money put in this basket will be used specifically for the BBQ.</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A group with 20 regular attendees holds a monthly group conscience, but only five members show up. Does a group conscience require participation from all who attend the meeting?</i></p>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>Part of the group wants to change the format of the meeting to a step study. Others want it to stay an open discussion meeting. After a group conscience, the members choose to go their separate ways and have two groups rather than one. They agree to split the Seventh Tradition and literature 50-50.</i></p>	<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>Group membership has tripled; 50 people regularly attend the meeting. There is no longer enough time for everyone to share. The group discusses what actions to take to create time for more people to share.</i></p>
<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>The group's format asks members to introduce themselves by sharing their first name, their relationship to the addict, what drug the addict uses, and whether the addict is clean or not.</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>First and last names of officers and committee chairs are listed on the region's website.</i></p>

<p style="text-align: center;"><b><u>As A Member</u></b></p> <p><i>To help and to save money, a member copies five Nar-Anon recovery pamphlets to give to newcomers and people they meet.</i></p>	<p style="text-align: center;"><b><u>As A Member</u></b></p> <p><i>The secretary of a group sends out a weekly email without using Bcc. The email addresses are visible to everyone. Another member of the group is upset and believes their anonymity is compromised.</i></p>
<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>A member with a service dog joins the meeting. A long time member objects to the dog coming to the meeting. How can the group keep unity? What if the member is afraid of dogs or allergic to dogs? What if the dog is a pet?</i></p>	<p style="text-align: center;"><b><u>As A Member</u></b></p> <p><i>How can I be supportive, welcoming, and comforting to a hurting member without giving advice?</i></p>
<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>A member makes a motion to give a free SESH Book to every newcomer.</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>Budget discussion. Who puts together the budget?</i></p>
<p style="text-align: center;"><b><u>As a Member</u></b></p> <p><i>Three student nurses attend a meeting. When asked if they are newcomers, they explain they came because their professor gave them the assignment to write a paper about Nar-Anon. How do I respond as a member of Nar-Anon?</i></p>	<p style="text-align: center;"><b><u>In a Region</u></b></p> <p><i>The convention committee has in their budget monies to bring an out of town speaker to share their story. The budget includes airfare - \$200, 2 nights at a hotel \$300, 3 meals \$75, and a fee for speaking \$200. The budget is up for a vote at the region's assembly.</i></p>
<p style="text-align: center;"><b><u>In an Area</u></b></p> <p><i>The area treasurer reports there is \$1,000 in prudent reserve. The ASC is in the discussion about what to do with the money?</i></p>	<p style="text-align: center;"><b><u>In an Area</u></b></p> <p><i>A member printed 500 copies of the Nar-Anon Outreach Poster found on the world website to distribute around town. At the next area meeting, they ask for reimbursement for the cost of the printing.</i></p>

<p style="text-align: center;"><b><u>In a Group Conscience</u></b></p> <p><i>The group conscience chooses not to take a vote and get more information. When the opposing members were not in the meeting, the other members held a spur of the moment group conscience and voted to make the change without the other members present.</i></p>	<p style="text-align: center;"><b><u>In a Group</u></b></p> <p><i>An open group meets near a local nursing school. For a class, students must go to a Nar-Anon meeting and write a paper on what they experience. When it was one or two students, the group members felt it was okay. Now there can be as many as five students a week. Some take notes, and others want to ask questions. The group is holding a group conscience to discuss what to do.</i></p>

## **The Twelve Traditions of the Nar-Anon Family Groups**

Our group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions. *Nar-Anon Blue Booklet*

**Tradition One** – *Our common welcome must come first; personal progress for the greatest number depends on unity.*

**Tradition Two** – *For our group purposes there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.*

**Tradition Three** – *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.*

**Tradition Four** – *Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.*

**Traditions Five** – *Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.*

**Tradition Six** – *Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous.*

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

**Tradition Eight** – *Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.*

**Tradition Nine** – *Our groups, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.*

**Tradition Ten** – *The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.*

**Tradition Eleven** – *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all N.A. members.*

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

## **Leader Suggestion for the Mixing Bowl Breakout rooms**

Mixing Bowl Leaders: Pick 10 Mixing Bowl Cards

It is recommended to look up the traditions, concepts, guidelines, and policies that are applicable prior to the start of the workshop

- which traditions, concepts, policies and guidelines, pamphlets apply?
- which are being ignored?

As the Facilitator

- Ask questions
- Create dialogue and discussion, include everyone if possible
- Lead them to the literature
- Encourage people to think about their experience, the traditions, concepts, policies and guidelines and which pamphlets to read.

Notes for the Facilitator

- Please have your video on if you are in a facilitating room.
- There will be 8-10 people in each Mixing Bowl

If the mixing bowl cards are hard for people to grasp, ask people to share a current problem they are having in their group, area, region, or as a member.

## **Mixing Bowl Format**

Let the participants know what Mixing Bowl they are in. You are in Breakout Room # \_\_\_\_\_

**Begin with the Serenity Prayer** – God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

**Read Tradition Two** - *For our group purposes there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.*

**Introductions:** Introduce yourself by first name only and tell us where you live. If you would just like to listen please let us know. We won't call on you if you just want to listen.

## **Read from S-305 Group Conscience and Business Meeting pamphlet**

A group conscience is the collective viewpoint on matters affecting the group. Arriving at a group conscience requires informative discussion by its members using the Guides to Local and World Services and adhering to the steps, traditions, and concepts of Nar-Anon in order to reach a decision. As members of a spiritual program, we invite our Higher Power to guide us throughout this process. When we treat each member with respect, and learn by listening to one another, we can achieve unity.