



Newsletter of the Nar-Anon Family Groups¹



The Last Leaf

I noticed there was one leaf left on the tree. Why hasn't it let go? What power did it think it had to resist the season? What message did this leaf have for me?

"Leaf, just let go..." But I could see the problem. Suppose the leaf did let go? Would the leaf find a soft landing in the garden area where it could rest? Or would the leaf land on the hard concrete and get swept away?

I tried to put myself into that leaf's position. What if I just held on like this leaf was doing? What if I held on until my loved one found a soft place to land?

As I contemplated the fate of this leaf, the wind finally took it away. So too with me and my loved one. I cannot resist the seasons. I cannot hold on when time has passed. The leaf's higher power swept it away and there was nothing I could do to change that outcome.

For the leaf, that was the end of this journey. For the tree, this is just the beginning of what comes next.

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Visit the World Service Website
 There are (3) types of Fellowship Review literature you can read to send your suggestions and Comments.
 Recovery Literature
 Outreach Literature
 Service Literature

THE SERENITY CONNECTION



Tradition 7—Every group out to be fully self-supporting, declining outside contributions.

Quarterly Appeal

Did you know...

...you can go to the Nar-Anon Family Groups World Services website and click on the **Contribute** button to donate? <https://www.nar-anon.org/contribute-to-nar-anon>

...Or, you can use a credit card, PayPal, check or money order to donate

...the WSO will send you a receipt if you want to claim your donation as a tax deduction

Your contributions help to:

- Give an in-person response to over 17,000 calls per year
- Maintain the Nar-Anon website with a current list of active meetings and events
- Mail Outreach Literature to providers and institutions
- Maintain Nar-Anon literature for sale to the fellowship
- Set a foundation for future additions and innovations to the Nar-Anon program and to the WSO

Just for Today...

- Just for today Nar-Anon has given me many tools to use but first I must open the toolbox.

~

- Just for today I`m a grateful Nar-Anon member – these rooms, knowledge, and love given have saved my sanity and my life.



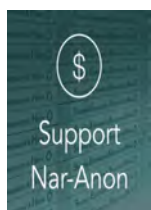
To our Nar-Anon Members:

We are eager to hear stories of how Nar-Anon first began in your region or country. Can you help with the following questionnaire?

Please email: nfgscribes@gmail.com

Do you have a historical group/ meeting story? We want to hear it!

WHO in your district/area of your region started the original group(s) or meeting(s)? **WHAT** were the names of these groups, are they still in existence? **WHEN** was the original groups/meetings started in your region? **WHERE** were these groups located? **HOW** can the History Scribes contact original group members of your region?



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

Our
Members
Share



Finding My Smile and My Forever Friends

My life as I knew it ended in April of 2021. My brother's addiction caused what I would describe as a proverbial tsunami. Watching the destruction that ensued in the past eight months, and is still ongoing, is the most traumatic thing I have ever endured. The immense rage, insults, destruction of property, criminal activity – just complete chaos, is not for the faint of heart.

I've always had a tight-knit family. Our mom passed away in 2019 and as the oldest sibling, I assumed my dutiful role as the third parent. I found myself thinking I would get him to stop by taking him food and loving him extra. He no longer has a mom. I HAVE to be that person for him now, only to have him throw it away and destroy something while hurling insults at me, right? I would stop for a few days, and then take some more food to him and he would accept it graciously. This cycle would repeat for months – complete insanity. I feel so badly for him and it breaks my heart knowing he is hurting underneath all of this. My brother's addiction has stolen my sleep, my spark, my joy, my health, my relationships, my respect towards my family, my laugh, my smile, my desire to be a great

employee, my will to be on this Earth. I would walk around the grocery store looking at people wanting to shout HELP ME! I JUST WANT SOMEBODY TO HELP ME! I have become addicted to my brother's addiction; absolutely obsessed. I've given more time and effort to my brother's addiction than I have ever given myself or any-



one else in my entire 44 years on this Earth, and he doesn't even know it. I'm tired.

I started researching online. I found Nar-Anon and ordered materials. Read through them on my own thinking I could do it on my own, tried to follow the material and failed. Months later, my life would change. I researched Nar-Anon in my area and emailed the person listed as a contact. She replied instantly and provided the date, time, and info for the weekly meetings. I showed up the next night and my life was changed in that very first meeting. One hour and five other people have changed my life. I was able to sleep a little better that night. My chest and stomach relaxed a little bit. I dug into the reading materials

again and I learned that my brother doesn't HAVE to know what I am going through, because I am not a victim – I am a volunteer, and I love him enough to know that I have to help myself. I felt like I was walking alongside a long table that was filled only with smiles and I found mine – THERE'S MY SMILE, I proclaimed! I plucked it up and I put it back in its proper spot. For the first time in months I feel like a human being and I am writing this with tears of joy. I praise God for Nar-Anon and my new friends who know how I feel! I may be powerless over my loved one's addiction, but I'm not powerless over the way my face lights up thinking about my next meeting. Just for today I will not worry about yesterday or tomorrow. I will find peace in just being.





Our
Members
Share

Willingness in Sponsorship

I discovered two stages of willingness about sponsorship for myself. First, when I asked another member to be my sponsor, and the second, when I was asked to be a sponsor.

In the first case, it was not a willingness that I felt clearly. Rather, it was the moment when I reached my bottom of pain and felt that I could not go on alone. At the meetings and speaker meetings, I heard the experiences from other members and already knew there was another way of life. But I didn't know how to get there. However, from their experiences, I learned that someone helped them, someone showed them the way, someone shared their own experience of how to read the signs on this path to recovery. That someone was a sponsor. And so, like a driving instructor, my sponsor, another member of the fellowship, led me through this Twelve Step path to recovery. Even though we were 200 km apart, this didn't hinder our effective work in the program. Our willingness found ways, not excuses. When it's time for the program, it's time for the program!

After I completed the Twelve Steps with a sponsor, and I took Step Twelve, my sponsor suggested I carry the message. Until then I didn't even think to be a sponsor. First, I took care of myself and my recovery, and it was my garden that I wanted to put in order. For me, the answer to the question of when to start to be a sponsor is the content of the Twelfth Step: ***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.***

And the real willingness came when the first Nar-Anon member asked me to be their sponsor. Though I wasn't sure I was ready, I really wanted to give back what I had received; to pass on what my sponsor gave me, and therefore to carry the message. I took this as a sign from my Higher Power. And with gratitude I carry the message in service today.

Practice the Traditions to keep ourselves, our meetings, and our fellowship healthy

1. Remember common welfare and unity
2. Our Higher Power is our guide
3. All members are equal in recovery
4. Consider the fellowship in your decisions
5. Practice, encourage, welcome
6. Adhere to the policies & guidelines
7. Contribute time as well as money
8. It's an inside job
9. Follow the service structure
10. Keep outside issues outside
11. Attraction rather than promotion
12. Anonymity, principles above personalities

Take your problems to your sponsor,
Take your solutions to your meeting.

~

Nar-Anon is a safe place to practice
changed behavior.

Newsletter Submissions

Please share your experience, strength, and hope with the fellowship. Submit articles to newsletters@nar-anon.org. Each submission must be accompanied by a signed [Copyright Release Form](#)

Next Deadline September 20, 2022

Powerless



I had a crisis. We were in the midst of a global pandemic and I felt like an army of one on the day I joined Nar-Anon.

On a tightrope stretched between two gorges - I teetered, not daring to breathe. Behind me the voices of madness and chaos were calling me telling me they needed me, but I simply had nothing left to give. I was hollow. In front of me I didn't know what to expect but I needed to exhale; I had been holding my breath for too long.

At the very first online meeting in this pandemic world, I encountered an army of new recruits, survivors and warriors. Suddenly I was no longer alone. Here were the soldiers and real heroes and heroines - listening to me, cheering me on, sharing their heart stories, and wisdom with us all. I felt as if I was being embraced by a warm light.

Every time I come to a meeting, I see the invisible thread that ties us together. It carries the shared hopes, strength, and experience of thousands before me. I recognize that there is massive strength in that, and I feel like I'm back on solid ground.

In my short nine-month journey in Nar-Anon, I have learned so many things; but the greatest for me was that there were just twelve more steps I had to take to reach the other side. I knew they wouldn't be easy; it would

require great strength and courage, but holding on tightly to the hand of my Higher Power I took the deepest breath, and I took the first step. I admitted I was powerless.

Submitting Your Story

The Nar-Anon World Service Newsletter Committee wants to hear from you!

Articles are welcomed from all Nar-Anon members. Please keep your focus on the program at all times and share your experience, strength, and hope from the perspective of a Nar-Anon member. Follow the steps below to submit your stories to The Serenity Connection.

1. Read the guidelines for writing and submitting articles
2. Download, print, and sign the copyright release form
3. Submit your story and copyright release form to newsletters@nar-anon.org

*Above information listed on the World Service Website in Newsletter Section

Questions to consider...

- Do you visit the WS Website and your local region website periodically to make sure your information is current?
- Virtual meetings: When on a virtual call, do you check backgrounds do not contain a work logo, a business logo, personal pronouns, advertisements, quotes from other fellowships, etc.?
- Do you keep a group copy of the Guides to Local and World Services for reference?
- Do you read the steps, traditions, and concepts in your meetings?

Newsletter eSubscriptions

Click here for your **FREE** e-subscription to [The Serenity Connection](#). Subscriptions to date: **>5000!**



**Our
Members
Share**

My World Changes

When I realized I was dealing with addiction, I wanted a do-over. I wanted my relationship restored. I wanted my life to go back to what it was before addiction. Slowly I learned a new way of life. I became grateful for the changes Nar-Anon brought into my life. I also came to realize my remembered past never was as wonderful as I had thought it had been.

Then the pandemic entered my life. Like addiction, it changed my world. There are things I miss about my pre-pandemic life. Slowly, however, I learned a new way of life. Today I have friends from all over the world. Today I can go to meetings every day of the week without driving for two hours each way. I have become grateful for many of the changes the pandemic brought into my life.

My Authentic Self

When I first entered the rooms of Nar-Anon, I was confused, frustrated and angry. I soon discovered the people in the rooms were like minded; however, many of them did not behave like me. Many of the people in the meeting displayed a high level of peace and serenity.

After several months of attending meetings, I found myself settling into the same level of peace and serenity, but only for the duration of the meetings. Outside the meeting I was a totally different person. In short, I was not practicing the principles of the program in all my affairs.

One day at a meeting someone shared that authentic recovery was the ability to wear just one mask. Talk, act, think, and react in the same way in all settings. Whether in a Nar-Anon meeting, family gathering, old school friend reunion, work, or home setting, authentic recovery is the ability to wear just one mask, and be a consistent and balanced person.

I desperately wanted to have the Nar-Anon meeting feeling of peace and serenity in all my daily affairs. To my amazement, by working the Twelve Steps and Twelve Traditions of Nar-Anon, I slowly began to shed all the unwanted masks, and worked hard to become my authentic self.

It was hard work and tiring wearing multiple masks, but liberating becoming my authentic self. To keep what I have, I must keep coming back, because it works if I work it, and I have discovered that I am worth it.

WSO—Employment Opportunities

Check out the World Service and Employment opportunities - please visit:

Nar-Anon World Service Office (Torrance, CA) for information [click here](#)•

- Assistant Executive Director
- Office Administrative Assistant
- Serving at the World level, for information [click here](#)



World Service Committee Corner



WS Newsletter Committee



***The Serenity Connection Collection
Sharing Recovery*** -Volumes 1 & 2 are
Available—Order from WSO

WS Newsletter committee is looking for
trusted servants - Also someone with
graphic skills and knowledge of Publisher.

WS Website Committee Roundtable

October 15, 2022

**Web-based video
conferencing tools**

Zoom Meeting ID: 832
7524 4099



WS Outreach Committee

Following Concept Eight of Service which reads: *Regular, two-way communications are essential to the fulfillment of all these concepts and the integrity and effectiveness of our services themselves.* - World Service Outreach Committee sets up quarterly Roundtables to inform everyone interested in how to carry out effective outreach, what challenges might come their way, and how to overcome them.

One of the recent Roundtable events was dedicated to the Outreach landing page. Don't feel discouraged if you missed the event. The Outreach landing page is still there, a click away - <https://www.nar-anon.org/outreach>. You can find lots of outreach tools to carry the message of hope to those seeking help. There are steps and suggestions on how to start outreach in your area. Whatever your intentions are, contact your local outreach service body for guidance and support or write to outreach@nar-anon.org.

An essential part of any roundtable is Q & A from participants worldwide. The 2nd quarter event was no exception. Participants shared their struggles, concerns, and experiences in performing outreach in their regions. Looking

for new ways to promote outreach in your area? Participating in the quarterly Outreach Roundtable is an excellent choice. Read about the 3rd quarter Roundtable in the next issue of the Newsletter and don't miss the 4th quarter event! The upcoming World Service Outreach Roundtable is October 30, 2022. See you there to fulfil our mission: *We will carry the message of hope throughout the world to those affected by the addiction of someone near to them.*



Coming Events and Activities

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



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Finding Serenity - 32nd Annual

Southern California Regional Narathon
Saturday, September 10, 2022 –PDT
Meeting opens at 8:30 a.m.
Program from 9:00 a.m. to 12:00 p.m.
<https://naranonsocal.org/>

Nar-Anon Spoken Here-Let's Talk Nar-Anon

September 10, 2022
3rd European Convention

In the Spirit of Cooperation New York Region

September 13, 2022
Sharing our individual stories

Share-A-Day—New York Region

September 17th, 2022
12:00 p.m. to 4:00 p.m. (EDT)
National Recovery Month Event

Day of Hope—Nar-Anon @ FACNA

October 1, 2022 - Florida Region
9:00 a.m. to 5:00 p.m.– (EDT)
Alba Hotel Westshore
5303 W. Kennedy Blvd.
Tampa, FL 22609
<https://naranonfl.org>

WS Website Committee Roundtable

October 15, 2022

Zoom Meeting ID: 832 7524 4099

WS Outreach Committee Roundtable

October 30, 2022

<https://www.nar-anon.org/outreach>

Saturday Speaker | Virtual

It Starts With Us • Rocky Mountain Re-
gion Every Saturday 7pm MT • 9pm ET /
8pm CT / 6pm PT naranonrm.org it-
startswihus365@gmail.com

6th Annual Rocky Mountain Region Convention

November 11-13, 2022
Don't Stop Believin'

Nar-Anon World Service Conference—Virtual

Progress Through World
wide Unity.

April 27—May 1, 2023



Nar-Anon Family Groups

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23110 Crenshaw Blvd.
#A

Torrance, CA 90505

Website: www.nar-anon.org

Email: wso@nar-anon.org

Phone: (310) 534-8188

Share Your Events and Activities

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