

Newsletter of the Nar-Anon Family Groups'

Budget & Finance Committee

Appeal!

WSO receives income from the fellowship via five different categories.



January - September Income by Category 2020 vs 2019					
	2019	2020	\$ Change	% Change	% of Total Income for 2020
Literature	223,800.95	115,086.32	(108,714.63)	(48.58)	64.1%
Donations	44,248.89	59,093.62	14,844.73	33.55	32.9%
Newsletter	565.00	532.35	(32.65)	(5.78)	0.3%
Royalties	3,166.11	-	(3,166.11)	(100.00)	0.0%
eBooks	3,618.47	4,884.83	1,266.36	35.00	2.7%
Totals	275,399.42	179,597.12	(95,802.30)	(34.79)	100.0%

over and above any virtual world service conference costs. We are self-supporting and hope to be able to ride out this pandemic. Thank you to all who support the fellowship.

The chart above shows the current financial position of WSO and the difference between this year's and last year's income. The current loss for the year through the month of September is \$63,008.84. As you can see, we are in a precarious position in 2020 due to the pandemic. Please consider a Seventh Tradition personal or group donation to keep WSO operating. Regions have been asked to consider donating funds already sent to WSO

Control?

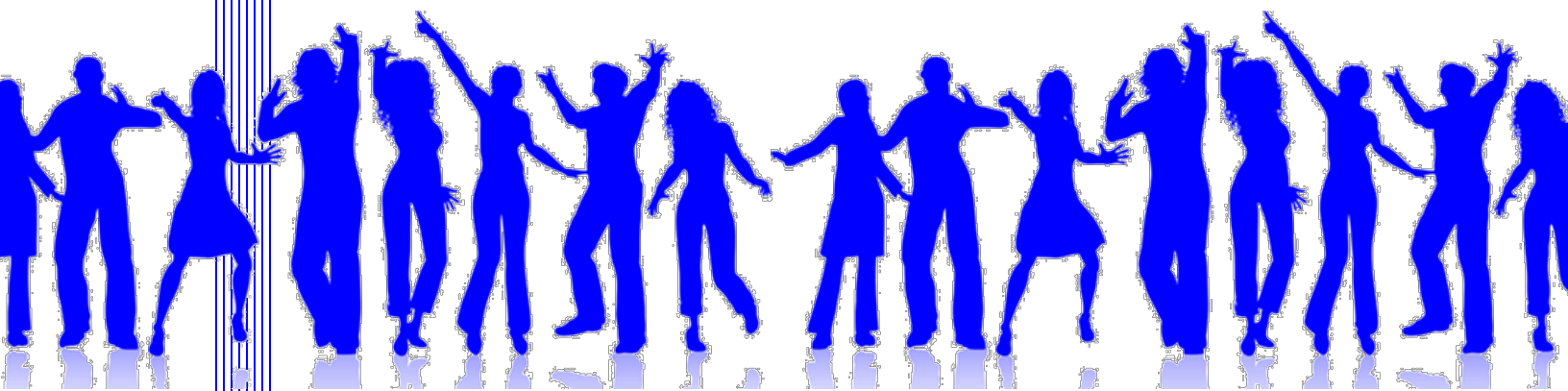


I believe I have control
Over someone who is not me.
I can be sure of the things he does and the things he sees.
I try to be a parent when I am far too naive,
Clocking the times he comes and clocking the times he leaves.
But it isn't a relationship if only one has power,
Letting the fear creep in by the day, minute, or hour.
I try to carry an invisible net to catch him when he falls,
But the thing about control is that I never had it at all.

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THE SERENITY CONNECTION





Transformation! Taking a Group Conscience

A leopard cannot change its spots but a caterpillar is able to transform itself into a butterfly.

I am not the same person I was before I joined Nar-Anon. Working and applying the Twelve Steps in my daily life has been transformative.

The analogy of the leopard and the butterfly has helped me realize that metamorphosis is possible and has taken place in my life.

Occasionally I come into contact with people from my past life, before I joined Nar-Anon. When we interact, I immediately sense that their perception of me as a person has not changed, however I know that the Twelve Steps have helped me transform my life.

Today I am more comfortable in the presence of likeminded Twelve Step people in my life. Where possible, I avoid interaction with old friends and even certain family members.

It is thanks to the Nar-Anon Twelve Step program that I have this perception and can protect myself when I need to.

Thanks to my Higher Power, the program continues to bring me peace and serenity, one day at a time. All I have to do is continue working the steps and keep coming back.

Recently our group decided to take a group conscience. Someone mentioned the topic and a few minutes later, said "OK, let's vote.

According to The Nar-Anon Family Groups' *Guide to Local Services**, a group conscience is an informed decision and takes into consideration the collective viewpoint of the group.

So instead of taking a vote, we came to an agreement that we would reflect on the topic and discuss again at the next meeting.

A decision was made to disseminate



all of the pertinent information by email. A few of us exchanged ideas for the email; some were overwhelmed with the process, one member didn't agree with it, and one member just wanted everyone to be happy.

For me, the purpose of a group conscience is not to make me happy. The purpose is for everyone to have a voice, to present their ideas and suggestions, to be heard, and to accept

responsibility for listening to the voices of others. That is how to make an informed decision. We listen to the thoughts and feelings that others are bringing, something that could possibly change our perspective on the topic at hand.

In service, there are members with many different ideas. That is ok. We look for what fits for unity and the common welfare, not for what one member wants. If a member has an idea and feels they can't express it, we have missed an amazing opportunity. Don't be afraid to speak up!

Overall, this was a learning experience for our members. I believe if I had not had the opportunity to study and apply the principles of the steps, traditions, and concepts in my service work, I would have missed two-thirds of my recovery. How inspiring and amazing it is to read and study the Group Conscience and the principles with other Nar-Anon members!

*"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." *GLS*, 4-4

"My responsibility is to serve the members, whether my work is voluntary or professional; the only authority in Nar-Anon is a loving Higher Power as expressed through our group conscience."

SESH, September 15

Our Members Share



“A Virtual Trip Toward Recovery” Report of the Twenty-Second Convention 2020 Regional Service Committee COLOMBIA

Thanks to our Higher Powers, we experienced two beautiful days of “recovery and more recovery” at our 2020 Virtual Convention. All of our speakers shared their experience, strength, and hope while keeping their focus on their own recovery rather than on the disease.

The convention was attended by 443 members, most of whom were from different places in Colombia, but 75 were from other countries: Chile, Argentina, Nicaragua, Costa Rica, Peru, Ecuador, Mexico, Canada, Brazil, Paraguay, Spain, and the USA.

We found this trip toward recovery to be a different one, one without borders, visas, tickets, or baggage. It was a trip where the only requirement was recovery for OURSELVES.

The Colombia Region is very pleased to say that the convention fulfilled the main purpose of the fellowship - passing the message to more people. It enabled us to open our minds and hearts to the messages the guest speakers gave us during these two days of spiritual banquet.

Thanks to all the trusted servants who provided their happiness and good will. This was indeed teamwork!



We welcome you with open arms to our next convention in Ibagué, Colombia, in 2021.

In Search of our History

Advertisement for Scribes* featuring a graphic with the text: 'We are Scribes*' and a call to action: 'In an effort to gather information regarding our Nar-Anon history, we are looking for members to share their knowledge of Nar-Anon's history going back 30 or more years. Please email your contact information to nfgscribes@gmail.com. Thank you!' and a small logo.

Newsletter Submissions box with a blue border containing the text: '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' and 'Next Issue January 20, 2021'.

Let it Begin with Me

When the call came to contribute to *The Serenity Connection*, I thought about how much writing for the newsletter would benefit our members. I thought! Well here I was, a long-time member, looking outward, instead of in. It took me a little time to ask myself "what about YOU?" So, I remembered our wise slogan: "Let it begin with me."

Sitting quietly, I experienced a renewal of faith and, with that, more conversations with my Higher Power. This renewal began long before our

current quarantine.

In December of 2019, while returning from a holiday trip, my car slid off an icy road and careened downhill into a tree. The next thing I remember was the face of an emergency responder asking me questions. I did not remember the crash, the glass breaking, or the airbags blasting. All I remembered was seeing a tree in the distance and thinking "we are going to hit that tree."

As I was lifted into the ambulance, I sensed that a power greater than

myself was protecting me. I was being cradled in the arms of my Higher Power. This is the same Higher Power I had asked to care for the qualifiers in my life. Now I was the one being cared for.

During my stay at the trauma hospital, I would often gaze at my swollen, broken, bruised leg and slide into the well of self-pity. Miraculously, one of the dear staff would appear to remind me I was going to be alright, and how blessed I was to have survived. My

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Our Members Share

Powerlessness and Guilt

I had to admit I was powerless over a lot of things in my life. I couldn't even manage my own life and I was trying to control and manage others'. All of this brought me nothing but rejection, resentment, anger, pain, fear, guilt, and shame.

When I started the Nar-Anon program, I came to realize that I needed a power greater than myself so I turned to God. He was the only one who could restore me to sanity. For the healing process to start, I had to face my insanity and start working to develop an intimate relationship with my Higher Power. I had to turn my life and my will over to him as I learned to understand him and his loving ways.

Nar-Anon has helped me become the loving person God has created me to be. Releasing my addicts with love and turning them over to a Higher Power was the only way. I was as addicted to them as they were to their own addictions. I knew then that I had

to first admit this to my Higher Power. When I did, I began to have a closer relationship with him. I knew he would guide and watch over me.

I had read that I should not be like a senseless horse or mule that needed a bit and bridle to keep him under control. I had to surrender my mind and heart to my Higher Power and rejoice in all the beautiful things he has given me.

I will always remember what a wise lady once said to me. She said "God has made this day specially for you and you have a choice to either be happy and make your day a worthwhile day, or be sad and make your day a miserable one." She said to me "Get off that pity pot. Happiness is a decision we make, not an emotion we feel."

So I started to use all the tools the program had given me and there are

many. I can't really tell you which one was the key, but I do know that the longer I am in this program, the more aware I become of my need for Step One. To work on this step, I have to admit my powerlessness over my addicts. I also have to admit that I am still denying, fighting, and feeling guilty about who I really am. I cannot, predict, control, or even fully understand my thoughts and feelings. They are a part of my being human. I only know that I have to admit and accept my addicts as they are. Then and only then can I be free of their hold on me.

My addicts are no longer a burden to me; they are the love of my life, my reason to live. I ask my Higher Power, whom I choose to call God, to help me stop judging myself and to help me admit and accept that I am POWERLESS.

A Mom with four (4) addicts



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Let it Begin with Me

Higher Power had lots of people speaking for him but my mind had built a "poor me" wall that only a loving outside voice could scale.

Long before this "lock down" began, I was discharged home, wheelchair, walker, and commode in tow. My life consisted of sitting in a recliner, managing a few steps, and travelling to doctor's visits via wheelchair van. I was powerless. I had to ask my husband for help with most tasks. I had been placed in a position where I had to let go of my former agility, strength, exercise routine, and

independence. My character defects were in high gear: self-pity, unjustified anger, lack of patience and humility, and a focus on a future that hadn't even come yet.

I had lots of time on my hands, and thanks to a re-connection with my Higher Power, one moment at a time, I began to TRY to live in the moment. I was familiar with this concept in the "talk" if not with the "walk." During these silent moments, I began to appreciate that everything happens for a reason. This event had happened FOR me not TO me. I even began to pray

and talk out loud to my Higher Power. Virtual meetings, literature, phone calls, sponsorship, and an attitude of gratitude have helped me to "stand tall." The most important thing I ask of my Higher Power today is "to lead me where I need to be." I am letting my Higher Power do the driving, one day at a time.

The Sponsorship Page



This section is designed to offer insight into that special relationship we call sponsorship. It is an opportunity for you to share your sponsorship experiences and to gain insight into the experiences of other sponsors and sponsees. Please send your writings to newsletters@nar-anon.org and visit this page in each new issue of *The Serenity Connection*!

Step Work Application

... continued from the September 2020 issue of *The Serenity Connection*

Step Eight:

Made a list of all persons we had harmed, and became willing to make amends to them all.

Action: The action of Step Eight is to write a list of the people we have harmed. We begin by using our Fourth Step inventory. Next, we ask God to reveal what or who else belongs on the list. Perhaps it will be a business, a past employer, or an institution. **Debt:** credit cards, unpaid tickets, money owed to friends or family, borrowed or unreturned books or items. **Theft:** childish thefts of candy, toys, gadgets, actual money, objects, income tax, undercutting associates, loafing on the job, padding expense accounts. **Resource:** Obtain a copy of our credit report to clean up our past financial mistakes.

Action: After the list is complete, transfer each name to a page. On the front side, create the following chart. On the back, write an amends letter.

- I regret
- I feel remorse for
- I fell short
- It was wrong of me
- Can you forgive me for _____?
- I realize I have not been the type of person I want to be
- It was not my intention to hurt when I _____.
- I wasn't aware of what I was doing and the harm it was causing you. Now that I am aware, please know it was wrong of me to _____.
- I am taking responsibility for my actions and words.
- It was a mistake to _____.
- It was my responsibility to _____, and I did not do it.
- I took my anger out on you.
- What can I do to make it right?



Who did I harm?	What is my relationship with them?	For what will I make amends?	List my shortcomings involved in the harm	How can I set it right?	Who else might have been harmed?	Do I need to forgive myself or them?	When will I make amends?
							Now Easy Hard

The will-

The language of amends is new to many of us. Being lost for words is a common obstacle to making amends. Ultimately, our Higher Power guides us when we make amends; however, the following phrases may help write the amends.

ingness to set right our wrongs comes to us through prayer, role-playing with our sponsor, and remorseful sorrow.

Step Nine

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- I don't know how to begin

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Step Work Application

Made direct amends to such people whenever possible except when to do so would injure them or others.

The preparation work for Step Nine happened in Step Eight. Now is the time to go out and make amends. We start with the people closest to us, people we see regularly. Setting a time to meet is helpful and provides a safe place and an environment to admit our wrongs. However, we do not avoid making amends if we cannot schedule them ahead of time. Many amends get made on God's time. We have done the preparation and stand ready to make amends at the spur of the moment.

When making direct amends, we avoid justifying our

actions, mentioning what they did wrong, and guessing how they felt. We relax and trust our Higher Power to flow through us. Remembering it is of utmost importance that we set right the wrongs we have done to others; we let nothing stand in our way.

A long list of amends may be daunting. We are sometimes surprised how wonderful we feel after making amends. Courage and self-respect are often felt at once. The simple experience of making amends provides the willingness to make future amends we labeled as hard. One at a time, we go through the list until it is complete.

ENABLING x 2

I have been very fortunate to have experienced two very different types of enabling behavior and found recovery from both.

My first experience of enabling was during my loved one's active addiction. I was fearful of the trouble and danger he was exposing himself to. Therefore, I was willing to step in and shield him from being arrested, physically harmed or, under extreme circumstances, possibly losing his life to the disease of addiction.

In the Nar-Anon program, I learned that by enabling him and shielding him from suffering the consequences of his actions, I was effectively perpetuating his disease. I learned that addiction is a progressive disease that can end in insanity or death. I was doing him no favors and I was causing myself emotional and financial distress and harm. As hard and as dangerous as it was, I learned in Nar-Anon to release my addict with love, cease trying to change him, stop shielding and ena-

bling him, and allow him to face the consequences of his actions, regardless of what those consequences might be.

My second experience with enabling was when I became aware that I was shielding and enabling several other people in my life, not only my addicted love one.

I had allowed myself to become the "go to guy." Family members and others asked me to do things for them and I willingly did, regardless of the time or physical and emotional strain I had to endure.

I applied the three "A's" to my second enabling experience. I became aware of my behavior, I accepted that enabling was wrong, and I took action to stop all forms of enabling.

The Nar-Anon program taught me to consider the following question: "Am I frequently doing things for others that they could be doing for themselves?"

I very quickly discovered the answer

to that question was "yes."

Today, thanks to living "one day at a time," I am recovering from two types of enabling behaviour. One is "fear-based" enabling of my addict, and the other is letting others take advantage of my willingness to be the soft touch "go to guy."

Today I can read the Serenity Prayer and apply its principles to my everyday life:

"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."

**LIVE ONE DAY
AT A TIME.**

World Service Committee Corner



Outreach Committee



Stepping Up Outreach Service

This has been a year with unexpected changes to every aspect of life, and Nar-Anon has responded with new approaches to delivering services to members online.

In the current environment, isolation has led to increased substance abuse and relapse from recovery. There is growing need for the support Nar-Anon can bring to family and friends of substance abusers. Outreach is vital and online technology can support outreach efforts.

How can your group, area or region respond during these difficult times using online resources? A couple of suggestions . . .

- Update group meeting information on the world and regional websites.
- Post an email or phone contact so people can request information.
- Consider creating a group email to protect anonymity.

Contact substance abuse service providers and ask for time to share the Public Outreach PowerPoint (available on the website) with their service team or parent support group, using a web-based tool.

Email outreach@nar-anon.org with ideas on this topic, questions, or concerns. We are here to support your efforts.

Literature Committee



We need your experience, strength, and hope in using the tools of the Nar-Anon Program. The Recovery Literature Priority List includes a book of miscellaneous writings. Once enough writings have been received, we can create another reader like SESH. To contribute to this book, please make your submission between 350 and 500 words, something that would fit on one page. In this edition of the newsletter, we are asking for writings on your experience with one of the twelve steps. Your writing should include text and member shares. Please do not include quotes in your submission. A few questions that might help you get started:

- How has working a particular step changed your relationship with the addict or others?
- How did you work the step?
- Share a personal story on how you worked the step.
- When you were stuck working a step what actions did you take to keep moving forward?

Send your original recovery writings along with a signed Copyright Release Form found at www.nar-anon.org/literature-submissions to Litcom@nar-anon.org

Please share our request with your groups, areas, and regions. We look forward to receiving your submissions.

Just for Today...

Just for today I will call and thank my Nar-Anon sponsor for being so helpful in explaining and working with me on the Twelve Steps.

Just for today I am grateful for those members who stay in the program to be there for that new member who walks into our rooms. Our members are so willing to share their experience, strength, and hope again and again.

Just for today I am happy I found Nar-Anon. I am no longer afraid or alone and can face each new day with hope and confidence.

Just for today I am thankful for those members who have accepted service positions. They work diligently because they believe in Nar-Anon and want to see lives changed.

Coming Events

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

Sharing Our Individual Stories

December 15, 2020

Speaker Meeting with NA Member

Speaker 8 pm EST, Sharing 9 pm EST

nynfgec@gmail.com

24 Hour House Party!!!

December 31, 2020

New Year, New You!

8 pm EST

www.naranonrm.org nynfgec@gmail.com

chairnaranonrm@gmail.com

Website Roundtable

January 2, 2021

Online Payments for Regional Websites

6 am PST, 9 am EST, 3 pm Central

Europe, 5 pm Moscow, 5:30 pm Iran

WebCommittee@Nar-Anon.org

Six Week Services Series 2021

January 9 through February 13, 2021

New Service topic weekly

7 am PST, 10 am EST

Information at www.naranonrm.org or

chairnaranonrm@gmail.com

Western Regions Convention 2021

February 20, 2021

What a Concept!

The ever changing future

10 am PST, 1 pm EST

To speak WRCNFG@Nar-Anon.org

Nar-Anon East Coast Convention 7

March 19-20, 2021 **Rescheduled**

On the Road to Recovery

Wyndham Garden Philadelphia Airport

45 Industrial Hwy, Essington, PA 19029

Contact ECC7chairs@gmail.com

World Service Conference (WSC 2021)

April 30 to May 3, 2021 **Rescheduled**

Growth Through Service

Contact wscconference@nar-anon.org

or wso@nar-anon.org

Important WSC 2021 Announcement

The Board of Trustees looks to our Nar-Anon principles in our decision making. The First Tradition tells us our common welfare should come first. The Third Concept of Service states "The Nar-Anon Family Groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it".

To fulfill our responsibility to the Nar-Anon fellowship, in the face of the worldwide COVID-19 pandemic, a decision has been made to conduct the WSC 2021 by means of virtual technology. Restrictions on travel and number of persons attending in-person meetings is a continual evolution of daily changes and will affect whether we can hold the WSC in person.

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Worldwide the situation is an unprecedented challenge to our members and our meetings. However, we want to thank all of the trusted service members who have stepped up and started meeting online or by phone, to fulfill our mission statement.



Nar-Anon Family Groups

Nar-Anon World Service
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or (800) 477-6291

Share Your Events

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

