



# The Serenity Connection

## Global Nar-Anon Websites

- South Africa
- Argentina
- Australia
- Brazil
- Canada (Alberta, British Columbia & Ontario)
- Denmark
- France
- Germany
- Israel
- Japan
- Netherlands
- Russia (Moscow Region)
- Sweden
- Switzerland
- United Kingdom
- Uruguay

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## Message from the Executive Director

During the last year, Nar-Anon has continued to move forward. In the coming year, among the challenges we face will be to provide services to help groups carry the message. WSO and the WS Website Committee continue to explore the many tools available in order to accomplish this. I

strive to face these challenges with open-mindedness and observance of our principles and traditions.

This year we will also be facing the task of moving the Nar-Anon WSO to a new location. Financial support from the Nar-Anon Fellowship will be vital in

helping us meet this objective.

I am grateful for all of you who continue to serve and support Nar-Anon. Thank you for letting me be of service.

Cathy K.  
Executive Director WSO  
[cathy@nar-anon.org](mailto:cathy@nar-anon.org)

## Higher Power and the Beginnings of Change

When I was young, I felt a strong connection with my Higher Power. Living with my partner's addictive behaviors and my own unresolved doubts for many years, I gradually lost that connection.

Upon coming into the Nar-Anon program, I began to feel connected to the people in the group - my first step in a new relationship with my own Higher Power and with myself.

I still had serious doubts about the existence of a Higher Power. I heard what other members had to say. I heard them speak of the group being their Higher Power. Now, six months into the program, I have planted a

tiny seed of faith. I feel I am dealing with the presence of some force beyond myself that I cannot quite understand. I sense it. I see evidence of it, sometimes quite by surprise. I am slowly changing.



I now know I cannot make the addicts in my life do anything they do not want to do. I see the insanity of addiction. I can only change me. They will work their own programs if and when they are ready.

Today, I am looking at my own

behavior. Am I obsessed with cleaning my house, working long hours, and taking on more than I should just to fill my time? Am I avoiding my own shortcomings? Am I allowing myself to drop the urge to control, restraining that impulse to say yes to a request until I have had time to think about it? These are areas I am working on with the help of the Higher Power I find within my group. I know I have to stay on my side of the street to be healthy.

I now see my Higher Power as part of my connection to the group, and I am beginning to feel the strength of this connection.

# Our Members Share

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

Nar-Anon  
Tradition Twelve

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## “...Anonymity at the level of...” ...What!

The Eleventh Tradition has become an integral part of my recovery in Nar-Anon. *“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.”*

I joined a social network a little over a year ago. I resisted becoming part of the social mania for years until it became clear that most of my friends were no longer communicating regularly by phone or email. We saw each other locally at Nar-Anon meetings, so why call? But they were sending bits of information back and forth that I was missing out on. So I finally gave in and joined a social network. After about a year of being part of this online world, I found I was becoming more or less numb to items posted by my recovery friends. These friends were a combination of people in recovery (NA and Nar-Anon members) and other non recovery related friends. If an item or liked page exhibited

information I felt was relevant to recovery, I simply shared it with all. If a friend in recovery posted something I identified with, I commented on it.

Social media is a form of communication and, very much like other forms of virtual public communication, it can and is frequently misused. Choices are essential in maintaining privacy and, as we all know, making good choices often involves a learning curve. Mine occurred a couple of months ago.

A relative of a friend in Nar-Anon, recovering in NA, had achieved academic success in spite of many obstacles. The recovering addict posted a picture on their social media site showing this success and achievement. Even though it was early morning, I noticed there were already several congratulatory comments to the post. Some were from recovery friends. I wanted to let the person know I thought their achievement was wonderful. I especially wanted to acknowledge the role I thought the recovery program had played in their achievement. So that's what I stated, specifically using the word “recovery.”

As the day progressed, I noticed my comment was missing from the original post; in fact, I thought the social network was to blame so I kept putting it back in. The recovering addict finally sent me a message to let me know they had deleted my comment because their social media page was open to professionals, friends, and other contacts. Some of these people had no idea that their friend was an addict in recovery. I had unintentionally broken the addict's anonymity, not realizing the negative impact my comments could have on their life!

The lesson I learned by applying Tradition Eleven is simple: I need to think before I comment, before I share. There are ways to use social media to stay in touch, and I must choose carefully what I share and with whom. Breaking someone's anonymity and harming their future is as easy as hitting “send.” I now look at what I am posting and send only to appropriate individuals. Hard copy documents can be shredded, but once a message is in the social media network, it cannot be taken back.

Lois R.

“I must remember actions speak louder than words. Before I tell people about Nar-Anon, I should be sure they ask.”

*Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, Nov. 22*

## Taking Care of Myself

When I think about how I was with the addict in my life, I realize I sacrificed everything about myself for him. I was focused on doing whatever magical thing I could to make him happy and get him away from his drugs. That never happened. In the process, I lost a lot of myself. I felt unworthy because I allowed him to define me. It wasn't until I was on my own that I began to look at what I needed. And sometimes even now I have that problem; I don't take care of what it is I need. I have to learn to take better care of myself.

One thing I need is to surround myself with positive people who are also working on themselves. Since I don't really have friends where I live, I've begun to build a social network online. When I'm feeling down, it helps to hear from people who are looking up and encour-

aging me to do the same. Whenever I attend Nar-Anon meetings and see the faces around me, I know that everyone there is committed to their recovery. That makes me want to continue to commit to mine.

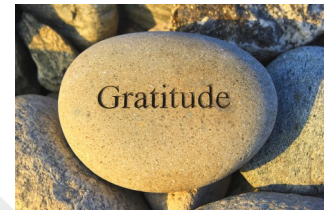
Surrendering my current situation, whatever it may be, to God, has always been difficult for me because I like to be in control. I don't control the whole universe. When I'm being stubborn and acting as though I do, I'm just expending excess energy on something I can't do anything about. I have to trust that God has my life in His hands and will make sure that everything works out if I just leave it to Him.

Next, I have to watch the negative self-talk. I grew up in a very abusive family so it's easy to say negative put-downs to myself. I have to catch myself and say, "I would never talk

like this to a friend, so why am I doing it to myself?" Whether I believe it or not, I have to find some positive thing to say about myself to replace the negative. I believe that repetition over time will build a good habit. Years of repetition built the bad stuff, so if I need years of repetition to build the good stuff, so be it. I can only live one day at a time, so I only need to be concerned with how I am treating myself today.

A big lesson I've learned is to look at the good things in my life. Even if I think there aren't many, there are always at least one or two things I can be grateful for on any given day. Some days I try to write those things down; other times I just keep them in my head. It's easy to see what's going wrong and sometimes I have to dig deeper to see what's going right. Just being able to get up

## Our Members Share



in the morning is something to be grateful for.

I am committed to surrounding myself with positive people, surrendering my situation to God, having gratitude, and talking to myself only in positive and uplifting ways.

What do you need to work on in order to take care of yourself today?

Joanne B.

## People Pleasing

Just for today, I will listen to my thoughts, and every time I think the word "should," I will pause to look at my choices.

Habitual people-pleasing as a way of life did not allow me many choices. "Shoulds" and "hyper-responsibility" kept me thoroughly entangled in other people's lives and responsibilities. I had no time for myself and I liked it that way, or so I

thought. Of course, there were the resentments which festered from not having my efforts reciprocated or appreciated, not to mention the emotional energy I exerted constantly trying to make others okay. I continued this pattern of reacting and controlling until I learned options that might give me the space I needed to breathe. Today, whenever I think of or

hear the word "should" or say to myself "I could..." it is as if a huge spider is trying to catch me in its web. I step back and take a breath. To see my choices, I ask myself three questions:

- Is this my responsibility?
- Is this the right thing for me to do?
- Do I have expectations of others in making this

choice, or am I making it because I want to?

I use the tools of my program and think before I choose. I know there is always a choice, and each choice has its own consequences. Sometimes I need help to see the choices. It takes awareness to change my pattern of letting others make choices for me.

*continued on page 4...*

# Our Members Share

*"I am grateful for who I am today."*

*SESH, April 5*



## People Pleasing ...continued from page 3

Just for today, through my recovery and the steps, I am learning to seek my Higher Power's will for me. In the breath I take before I choose, I seek conscious contact with my Higher Power. Recovery is a choice I make daily with my

Higher Power's help, and that power has given me back the gift of choice. No longer am I bound by the habitual "shoulds" of my old stinking thinking, or by the exhaustion of believing everything I could do was the right thing to do. Today, the

clear fresh breeze of recovery blows through my thoughts and emotions, freeing me from the chains of people-pleasing, self-will, and hyper-responsibility, and giving me the freedom to be me.

## Nar-Anon, a RECIPE for Success

Nar-Anon is for me. It doesn't matter whether the addict is a child, spouse, or relative, each of us has been dragged through unimaginable horrors. I have gone places, done things, been thrust into situations that, in my wildest nightmares, I could never have imagined. Then, one day in the midst of all the craziness, someone told me I needed to get help and pointed me in the direction of Nar-Anon. What a revelation! I needed help. I had to reclaim my life, but that turned out to be easier said than done.

To help me along my journey, I came up with an acronym:

### RECIPE

It's a simple word. We use recipes every day for things we want to come out consistently in a certain way. Sounds easy? Let's break it down.

**R = Respite:** Nar-Anon is my respite from the craziness. The hour a week I spend with my Nar-Anon family means the world to me. It is my refuge. My Nar-Anon friends understand exactly what I'm going through. I've been counseled,

directed, lectured, advised, and even reprimanded by every well-meaning friend, pastor, rabbi, and family member who has had an opinion on what I should be doing to fix the problem. Unless they've walked this journey, they have no idea what it's like. My Nar-Anon family gets it!

**E = Encouragement:** Every time I share at a meeting, I'm encouraged. We are all on this path together and I get to encourage newcomers whose heads are spinning from the crazy world they are living in.

**C = Courage:** It takes courage to stand up for myself. Once I accepted the 3 Cs (we didn't cause it, we can't control it, and we can't cure it), my questions became, "Where do I go from here? How do I reclaim my life?" One day at a time. It takes courage to stand up and say, "No more."

**I = Information:** Nar-Anon provided tools to fill my toolbox. When I first read the *SESH* book, I honestly couldn't put it down. I saw my situation

in so many of the daily readings. The more I knew, the better equipped I was to handle difficult situations as they came up in my life.

**P = Patience:** Patience helps me realize I'm in it for the long haul and helps me to not sweat the small stuff. This problem didn't happen overnight and won't end with the snap of a finger. "How important is it?" "One day at a time," and "Let go and let God" are life lessons, not just slogans.

**E = Enable:** I put that in my recipe box because what I consider to be helping, may actually be enabling. I am mindful of that fine line between being a parent and doing things for my kids because it gives me joy, and crossing that line to do for the addict what she can do for herself. My daughter has to make her own decisions. I don't need to interfere.

Nar-Anon is my recipe for success. That's why I keep coming back. I choose to have love, laughter, serenity, peace, and joy in my life and this is my recipe.



## Fear

Let me introduce you to an acquaintance of mine. He is also, at times, a companion of mine. He shows up when:

- I don't hear from the addict
- I do hear from the addict
- the phone rings late at night
- I hear about burglaries in my neighborhood
- I get a call from the police
- I get a call from the jail
- I get a call from the Emergency Room

His name is FEAR.

So what do I do when FEAR

shows up? Well, I used to try to manage him. I tried to control outcomes when he was around. Could I have controlled my son's introduction to drugs? Could I have controlled my son's escalation of drug use? Could I have controlled his crimes, arrests, jail time, and court appearances? No, I could not.

So, what have I learned from this program? I have learned that I am powerless over addiction. All of my attempts to manage my son's life had left my own life unmanageable. Nar-Anon has taught me to

rethink my approach to addiction. I have to stop trying to manage my son and let him feel the consequences of his choices. I need to find my own way, apart from his.

So how do I manage myself and my fear? By attending meetings, getting a sponsor, and working the steps. I also need to build a life apart from my son and his addiction. Most of all, I need to turn my son over to a Higher Power.

It's a daily process; some days are better than others. It works for me. What works for you?

## Our Members Share

*"I am experiencing freedom from my past feelings, thoughts, and fears."*

*SESH, Feb 28*

## Appeal

Keep giving back.

Each week, thousands of members around the world attend Nar-Anon meetings. At most meetings, members share readings that may include excerpts from the *Blue Booklet*: the Twelve Steps, the Twelve Traditions, and Newcomer's Welcome. Each group displays conference approved literature and passes the basket to help the group be self-supporting.

While we don't give much thought to the money we put in the basket, each donation has a large job to do. What does that donation mean to the person who has not yet found a meet-



ing? Maybe they found a piece of literature at a treatment center which led them to a meeting. Possibly they found the 800 number to the world service office or the Nar-Anon website where they located a nearby meeting. Maybe that new member sat down next to you and realized they were no longer alone!

Your contributions help the Nar-Anon Fellowship provide and maintain services so we can carry the message of hope to friends and family members who are still suffering.

Keep coming back and, more importantly, keep giving back.

[Donate now!](#)

### Newsletter eSubscriptions

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

Subscriptions to date:  
**3341!**

### Did you know...

- 175 members/groups have hard copy subscriptions to *The Serenity Connection*?
- You can support Nar-Anon world services by purchasing a hard copy subscription for your group?
- If each Nar-Anon Family Group purchased one hard copy subscription, Nar-Anon world services would earn over \$20,000/year?
- Hard copy subscriptions cost only \$8/yr (\$9/yr Canada, \$12/yr other countries)? Place your order today through the [Nar-Anon Webstore](#).

## What's Worked for You?

### Last Issue's Question

*I have been part of a group that took a group conscience and used Nar-Anon contributions to fund food and drinks for a party. This made me feel uncomfortable. Have you ever felt dissatisfied with your group's use of contributions? How were you able to resolve this issue?*

Concept Eleven states: "Nar-Anon funds are to be used to further our primary purpose, and must be managed responsibly."

All the traditions and concepts guide us in our responsibility and accountability to call ourselves Nar-Anon Family Groups. As groups and trusted servants, our primary purpose is to utilize Nar-Anon principles to carry the message to those affected by the addiction of another. It helps to remember when we were desperate and alone, that the doors of the meeting were open. We were no longer alone. We found a place to identify with others who had gone through the things we were going through. The members were there to offer us experience, strength, and hope.

Nar-Anon has come a long way over the past ten years.

We have gone from using outside literature to having our own daily reader, service guides, and materials to help carry the message. The Seventh Tradition basket serves to help us stay self-supporting. Out of it, we pay our rent, purchase literature, and make donations to area, region, and world services to help provide the services that groups want and need.



As groups, we may be asked to donate to other Nar-Anon causes, events, or new group start-up material. Some members may suggest using funds for other purposes such as making donations to outside causes or to members' emergency needs, or purchasing treatment center tapes. We must ask ourselves

and the group before making these decisions:

- Do the proposed donations further our primary purpose as described in Tradition Five?
- Are the funds used to help Nar-Anon provide needed services?
- Are there areas of Nar-Anon in need of the funds remaining once we have met our prudent reserve?
- Could the proposed donation imply affiliation?
- Have we ensured proposed donations do not endorse entities outside Nar-Anon?
- Is our group, area, or region managing funds responsibly?
- Is our group, area, or region holding onto excessive funds while our service boards and committees lack the funds needed to provide requested services?
- Concept Two states "The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups." Are we

## The Nar-Anon Program

*"By giving back, I support the program so that it is there to help others in need."*

*SESH, July 17*

contributing the funds needed to provide these services?

• Does our group donate Seventh Tradition funds for raffles? Is this in keeping within the Fifth Tradition? Can we carry out raffles without using Seventh Tradition funds?

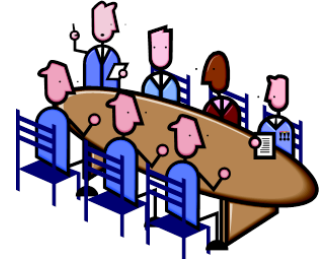
• If a member of the group feels strongly about making a donation, can it be handled after the meeting closes without using Seventh Tradition funds?

### This Issue's Question

*Recently, in my region, the chair made decisions without allowing input from other committee members. That caused conflict within the RSC. It's my understanding that, as trusted servants, we use group conscience and allow the whole service body to participate in the decision making process. Have you had this experience at any service level and how have you resolved it?*

# Committee Corner

## Outreach Committee



### WS Outreach Challenge #6: Share Hope with Nar-Anon's Video PSA

Please consider using a conference approved video public service announcement (PSA) to help build awareness of Nar-Anon in your community.

**Challenge Goal:** Identify venues for the Nar-Anon 30-second video PSA.

Venue suggestions: Local television stations, movie theaters, internet, doctors' waiting rooms, hospital ER waiting rooms, court and judicial waiting areas, treatment facilities, and sport venues. You may think of others in your community.

What to Do:

1. Contact the venue you have selected. When you reach the person responsible for PSAs, identify yourself as a Nar-Anon member, briefly explain the program, the video PSA, and why you feel the video is important. Let them know you are available to come in, preview the video, and answer any questions.
2. When you make the call, you may want to say something such as: "My name is \_\_\_\_\_, I am a member of Nar-Anon Family Groups, a worldwide twelve-step fellowship for those affected by someone else's addiction. Nar-Anon recently developed a 30-second video PSA directing viewers to the Nar-Anon website or toll-free number for more information about our program. Would you be willing to preview this PSA, and consider using it as part of your PSA programming?"
3. If the designated person is unavailable, ask if you may leave a message or request email contact information. Via message or email, share the above information and include your contact information.
4. If the contact agrees to show the PSA, [CLICK HERE](#) to go to the Nar-Anon website's Outreach page. Scroll down to **Video PSA** and click on the "download video" link to download the video file to your computer. Attach the video to an email, send it to the contact and finish by confirming they have received the file.
5. Follow-up with a thank you message, expressing Nar-Anon's gratitude for their willingness and support. This vital step cultivates positive relationships with the public and businesses.
6. If no agreement is made to show the video PSA, thank them for their consideration and ask them to please remember Nar-Anon in the future. Check back with the contact at a later date.

If you have any questions or would like to request support with this outreach challenge, please email: [outreach@nar-anon.org](mailto:outreach@nar-anon.org)

## Entangled



A tangled knot is not loosened by pulling harder, rather by loosening and letting go; only then can the bonds be untangled. It never happens by force lest things be destroyed and broken rather than untangled. It takes conscious choice to loosen one of the cords. That one is mine. That is enough.

## Literature Committee

### Step Ten Ready for Review!

The World Service Literature Committee has released Step Ten for review. Our literature approval process asks for fellowship input prior to sending the volume to the next World Service Conference. We ask that suggested changes be sent to [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org) by **March 22, 2015**. Steps Eleven and Twelve will be released in the coming months.

# The Back Page

## Upcoming Events

Click on event titles for details or go to the [world service website](#)

### [Nar-Anon Eastern PA Regional Convention 2015](#)

**March 6th - 8th, 2015**

"Bridge to Serenity X - It's About Time"  
Crowne Plaza  
4700 Street Road  
Trevose, PA 19053  
Ellen R. 267-303-1906  
ellen.f.rosenblatt@gmail.com

### [Nar-Anon Staten Island's First Spirituality Breakfast](#)

**March 28, 2015**

The Manor Restaurant  
917 Manor Road  
Staten Island, NY 10314  
Tom L. 646-549-3206  
Linda T. 917-992-2109

### [NCCNFG XXVII \(in cooperation with NCCNA XXXVII\)](#)

**April 3-5, 2015**

"No Longer Alone"  
San Jose Convention Center  
150 W. San Carlos Street  
Rooms 231A&B  
San Jose, CA 59113  
Ruth B. centralvalley.nfg@sbcglobal.net

### [Space Coast Area Convention 2015](#)

**April 17th - 19th, 2015**

"F.L.Y - First Love Yourself"  
International Palms Resort  
Cocoa Beach, FL

### [Nar-Anon New England Region Convention 2015](#)

**April 24-26, 2015**

"With Faith there is Hope"  
Courtyard by Marriott Downtown  
63 Grand Street  
Waterbury, CT 06702  
Rose T. 203-641-9380 rtrtrys@gmail.com

### [Nar-Anon World Convention - Rio de Janeiro 2015](#)

**June 11th - 14th, 2015**

"Unity and World Growth /  
Unidade e Crescimento Mundial"  
Rio de Janeiro, Brazil

### [Nar-Anon @ Florida Regional Convention of NA 2015](#)

**July 3rd - 4th, 2015**

FRCNA XXXIV  
Rosen Plaza Hotel  
9700 International Drive  
Orlando, FL 32819  
Bonnie J 702-327-4869  
naranonbonnie@gmail.com



## Nar-Anon Vision Statement

We will carry the message of hope throughout the world to those affected by the addiction of someone near to them.

We will do this by

- letting them know they are no longer alone;
- practicing the Twelve Steps of Nar-Anon;
- encouraging growth through service;
- making information available through outreach encompassing public information, hospitals, institutions, and websites; and
- changing our own attitudes.



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## 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](mailto: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, 2015 \*\***

Nar-Anon World Service  
Headquarters  
22527 Crenshaw Blvd. #200B  
Torrance, CA 90505

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





# News from Nar-Anon World Services

## A worldwide fellowship for those affected by someone else's addiction

The **Literature Committee** has edited, finalized and made available all literature approved at WSC 2014:

- *Blue Booklet*
- *Beginner's Meeting Format*
- *Sample Meeting Format*
- *Reading Cards*
- *The Nar-Anon Guide to World Services*
- *The Nar-Anon Guide to Local Services*
- *Narateen Facilitator Registration Form*
- *Website Handbook*
- *Steps 1-9 and Steps 4-9*
- *Newsletter Handbook*
- *Narateen Safety Guidelines*

Based on a poll taken at WSC 2014, we are working on a list of priorities for new literature development:

- *Steps Ten -Twelve*
- *Boundaries pamphlet*
- *How to Deal with the Death of a Loved One*
- *31 Days in Narateen*
- *Traditions One -Twelve*

Please consider sharing your experience, strength, and hope for use in future literature and send it along with a copyright release form found on our new [Literature Submissions](#) webpage.

The **Outreach Committee** works to encourage and support outreach efforts at the local, area, and regional levels. Using the WS Website and *The Serenity Connection* newsletter, the committee offers tools and guidelines that make outreach efforts easy and economical. Current work focuses on developing outreach challenges and making audio/video public service announcements available to the fellowship. Visit the [Outreach](#) webpage for challenges and free downloadable outreach tools.

The **Narateen Committee** is excited to request submissions from the fellowship in helping create *31 Days in Narateen*, a daily reader for young people affected by the addiction of a loved one. Please consider hosting a writing workshop in your Narateen group. Send writings with a completed copyright release form to [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org). The Narateen Committee would also like feedback from any region that has created Narateen regional guidelines. Let us know what works and what doesn't by emailing [Narateen@nar-anon.org](mailto:Narateen@nar-anon.org). Please visit the [Narateen](#) webpage for free Narateen resources.

The **World Service Conference Committee** is seeking an experienced professional secretary with knowledge of parliamentary procedures (Robert's Rules of Order) for the 2016 conference. Candidate should have a working knowledge of Nar-Anon's principles, policies, and guidelines and be an active Nar-Anon member. Interested candidates may contact WSC Conference Committee at [wscconference@nar-anon.org](mailto:wscconference@nar-anon.org).

The **Website Committee** supports Nar-Anon by:

- Assisting registered websites to carry the message
- Supporting websites in observing Nar-Anon's principles
- Being a resource for existing websites to keep information current
- Helping new websites get established
- Assisting other world service committees with technology
- Improving and updating the World Service Website

As Nar-Anon continues to grow and move forward, the Board of Trustees saw a need for a committee to oversee the financial aspects of the fellowship. The **Budget & Finance Committee** performs most of its committee work at year-end. We are gathering information from the World Service Office and all world service committees to prepare the 2015 budget. We are investigating technologies for the future compiling and reporting of financial information for Nar-Anon. For information and financial reports, visit the [Budget and Finance](#) webpage.

The **Policy and Guidelines Committee** is currently reviewing:

- *The 12 Traditions of Nar-Anon Brazil*
- Additional information on Narateen for the GLS
- Information on National Service Offices for the GWS.



Literature



Outreach



Narateen



Conference



Website



Budget & Finance



Policy & Guidelines

# News from Nar-Anon World Services

## WORLD SERVICE COMMITTEE EMAIL ADDRESSES

Budget & Finance Committee	<a href="mailto:BudgetAndFinance@nar-anon.org">BudgetAndFinance@nar-anon.org</a>
Conference Committee	<a href="mailto:wscconference@nar-anon.org">wscconference@nar-anon.org</a>
Convention Committee	<a href="mailto:wccommittee@nar-anon.org">wccommittee@nar-anon.org</a>
Literature Committee	<a href="mailto:LitCom@nar-anon.org">LitCom@nar-anon.org</a>
Narateen Committee	<a href="mailto:narateen@nar-anon.org">narateen@nar-anon.org</a>
Newsletter Committee	<a href="mailto:newsletters@nar-anon.org">newsletters@nar-anon.org</a>
Outreach Committee	<a href="mailto:outreach@nar-anon.org">outreach@nar-anon.org</a>
Policy & Guidelines Committee	<a href="mailto:PandGcommittee@nar-anon.org">PandGcommittee@nar-anon.org</a>
Resource Development Committee	<a href="mailto:wsrcdc@nar-anon.org">wsrcdc@nar-anon.org</a>
Website Committee	<a href="mailto:webcommittee@nar-anon.org">webcommittee@nar-anon.org</a>
World Pool Committee	<a href="mailto:worldpool@nar-anon.org">worldpool@nar-anon.org</a>

## DID YOU KNOW...

- There are eleven Nar-Anon world service committees.
- Approximately 58 members serving on world service committees, some on multiple committees.
- Each board member serves on an average of 3 committees in addition to their board responsibilities.
- The executive director serves on five committees in addition to her director responsibilities.

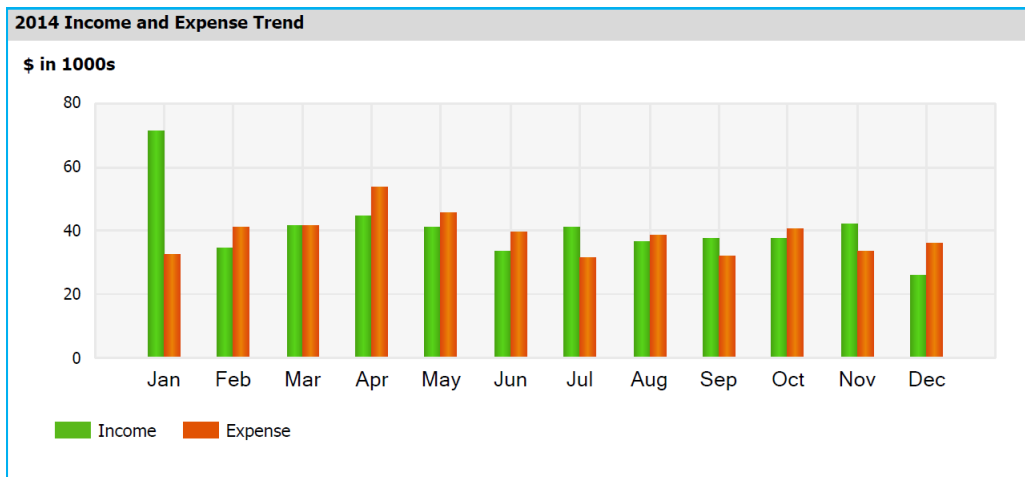
## AT YOUR SERVICE

What are your skills? What is your passion? Are you a numbers person? Do you like to write? Are you a grammar enthusiast? Are you bilingual? Is your passion to help Nar-Anon grow? All world service committees are in desperate need of trusted servants. Contact any committee above to join.

## FACTS ON WSO

Currently the World Service Office has seven employees including the executive director. One volunteer comes in periodically to help. Volunteers are always welcome. The responsibilities of WSO include the following:

- Clearinghouse for Nar-Anon literature
- Performs public relations
- Sole publishing agent for the fellowship
- Maintains database of registered groups, regions, and NSOs



## WORLD SERVICE WEBSITE STATISTICS

### Visitors:

- 930 visitors per day on average
- 592 of the 930 are new visitors
- 432 of the 930 are by smart phone or tablet

### Most popular pages

(other than Home page):

- Meetings
- About Nar-Anon
- About Nar-Anon > FAQ
- About Nar-Anon > For the Newcomer

## WORLD CONVENTION

Rio de Janeiro, Brazil

June 11-14, 2015

*Unity and World Growth/  
Unidade e Crescimento Mundial*

For more information visit the [Events webpage](#)

Nar-Anon Family Group Headquarters, Inc.  
22527 Crenshaw Boulevard #200B  
Torrance, CA 90505  
USA

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





# The Serenity Connection

## Did you know...

...that you can go to the [Edit a Group](#) page on the WSO website to:

- Change your group's meeting location or time
- Add new service members and group contacts
- Post a "Holiday Closure Notification"
- Provide additional information about your group
- Disband a group and explain why

## Inside this issue:

Introduction to the Traditions	2
Nar-Anon Soup	3
Can I Break My Anonymity?	3
Final Statements for 2014	4
What's Worked for You?	6
Tool 'n' Jewels	6
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Upcoming Events	8

## Grupos Familiares Nar-Anon do Brasil welcomes the world!



Nar-Anon World Convention  
Convenção Mundial de 2015

"Unity and World Growth"  
Riocentro Convention Center  
Rio de Janeiro, Brazil  
June 11-14, 2015



## A New Home for WSO!

Your Nar-Anon Family Group Headquarters, Inc. has a new office! As of **April 1, 2015**, our address is:

**23110 Crenshaw Blvd. Suite A  
Torrance, CA 90505**

Some of your literature orders may have been delayed during this busy time. THANK YOU for your patience.

Can you spare a little time to help us unpack? Please give us a call at (310) 534-8188 ASAP!

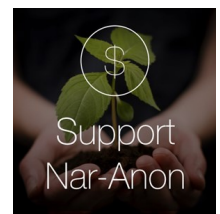
## FINANCIAL REPORT for 2014

Financial statements for Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.) for the fiscal year ending December 31, 2014 can be found on pages 4 and 5. Questions or comments on the financial statements can be directed to the Budget and Finance Committee at [BudgetAndFinance@Nar-Anon.org](mailto:BudgetAndFinance@Nar-Anon.org)

### Appeal

Please take a moment to review these statements. As you will see, our World Service Office (WSO) operates on a very tight budget. Your financial contributions go a long way toward paying for the many services that WSO provides to the fellowship.

Please consider asking your group, area, and/or region to make a contribution to WSO, or go [online](#) today to make a **personal contribution**. It's easy. You can use your credit card or PayPal. WSO will even send you a receipt to claim your donation as a tax deduction (USA only). Every little bit helps WSO staff to keep answering the phones, maintaining the website, and printing our literature.



# Our Members Share

*“Our common welfare should come first; personal progress for the greatest number depends on unity.”*

## Nar-Anon Tradition One



## The Nar-Anon Traditions

### Introduction

In my recovery, the steps are about me and my relationship with myself and my Higher Power who is helping me heal. Nar-Anon Traditions are about relationships with others, at home, at work, or at meetings. Everywhere I go in my life I have relationships. Nar-Anon is a relationship program. My disease is a disease of my soul and my ability to have healthy relationships has been affected by this disease. Relationships without limits, boundaries, respect, and healthy detachment perpetuate my pain and frustration. Traditions guide me to find health and balance. The principles of the Nar-Anon program help me to focus on the next right thing for me. Traditions show me lines I can avoid crossing, boundaries, and permission to lovingly step back from others' choices and lives. In the rooms of Nar-Anon, I learn to listen and examine myself with honesty. When I accept help and practice open-mindedness and willingness, I grow and change.

### Tradition One

Unity is vitally important. “Personal progress for the greatest number” reminds us to respect and honor one another; listen and learn with open minds. We live and let others live; we learn to let go and let God care for others in our lives. In our recovery rela-

tionships, we focus on our primary purpose — helping, welcoming, and comforting families and friends of addicts. We share our lives and experiences; we offer each other acceptance and respect; we understand it takes time for change to happen.

The traditions guide us to set important relationship parameters within our groups so we can practice these new behaviors in a safe place. Each member of our group is an important part of the whole. Together we seek help, change, and guidance. Practice, practice, practice; we do not give advice or try to rescue one another. By listening patiently, we show respect for one another and respect for the common welfare of the group. As we listen to one another, we practice letting go with compassion and understanding.

Boundaries and healthy detachment are hard to find in relationships affected by this family disease. We are more like an amoeba flowing on in multiple random directions, encompassing all in our path, not knowing where we begin or end. The traditions narrow our focus to a manageable vital common set of new responses based on spiritual principles, humility, and respect. I learn to listen first, then, because it is a safe place in a meeting or with my sponsor, I begin to discover and speak my truth with openness and honesty. I am able to speak

without fear of rebuttal or criticism. Some of us have not been able to be ourselves and have not been heard for a very long time. I know that no one in a Nar-Anon meeting will shame me for my emotions and my struggles, and no one will tell me what I should do. We identify with one another's experiences.

Over the years, I had lost myself to others' expectations and needs. I was not an unwilling partner in my family's dance. I had only the desire to be who others needed or wanted me to be. I suffered a great deal of emotional pain, fear, and despair because of the disease in my relationships and the unknown future of the addict in my life. Nar-Anon gave me a safe place to find myself as I worked on my recovery. I will always be grateful for this unexpected gift.

### Questions

- How do you respond in your group to the newcomer who is seeking advice and help to fix their loved one?
- How do you greet the newcomer to make them feel they are in a safe welcoming place?
- Do your group members give advice or cross talk? How is it discouraged?
- How do you show respect and acceptance of one another in the sharing part of your meetings?

*Anonymous*



## Nar-Anon Soup

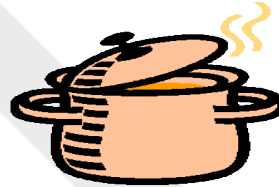
I often hear members state that the traditions don't apply to all Nar-Anon members. They are for members involved in service, or they are open to interpretation.

I remember a story I heard when I was young about a mother with several children. While she was making soup, each child came to her and requested that she leave out their least favorite ingredient. That night for dinner she served them hot water. When questioned by her children, she reminded them that earlier in the

day, each had asked her to leave out an item. In order to please all of them, there was nothing left to put in the soup except water.

This reminds me of the phrase "take what you like and leave the rest." Although the literature says "your progress can be made in your own time and in your own way,"\* that simply doesn't apply to the traditions. Our group unity depends on our adherence to the spiritual principles embodied in the traditions. Imagine if each member could pick and choose the tradi-

tions they liked and leave out their least favorite. Just like the mother and her children,



we would end up with a watered down version of Nar-Anon. For our program to work, we need all the ingredients.

*Anonymous*

\* "Keeping Our Meetings Healthy," page 12, *Blue Booklet*

## Our Members Share

*"I am learning that the message of Nar-Anon is not only carrying the message to others but also practicing the principles in all my affairs."*

*SESH, December 23*

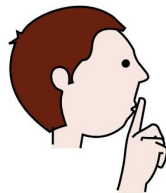
## Can I break my anonymity? Should I break my anonymity?

I have heard it said that I can break my own anonymity. I am allowed and that is my choice. I have often thought this a reasonable philosophy. However, after much thought and study, I have to ask myself, "Is this really okay?" Some study material suggests that there are cases in which I may need to use my whole name, such as rental agreements for meeting spaces. Somebody has to be responsible to the facility.

There are other things I must consider if I chose to break my anonymity:

- If my situation changes, might I regret my decision?

- Does this send a message to those yet to find Nar-Anon that breaking anonymity is expected of them?
- If I choose to break my anonymity, am I inadvertently breaking the anonymity of my family members? Am I taking away their right to choose?



Our Eleventh Tradition states, "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."*

This tradition says I need always maintain personal anonymity at the level of mass media. "Always" tells me that in these circumstances, I do not have a choice. "We need **always**" doesn't leave room for sometimes or occasionally. Through the study of Nar-Anon principles, I have learned that in some cases I have a choice and in others I

don't. I have also learned why it is so important to hold sacred the principle of anonymity with respect to mass media.

I must also consider why anonymity is important enough to be mentioned three times in the traditions. Tradition Eleven tells me I must maintain my anonymity. It also tells me to "guard with special care the anonymity of all NA members." Why? Because my addicted loved one deserves anonymity, and one day, may become a member of NA. *Anonymous*

## Nar-Anon Family Group Headquarters Profit & Loss

January through December 2014

Ordinary Income/Expense	<u>Jan - Dec 14</u>	<u>Jan - Dec 14</u>	
<b>Income</b>		<b>Expense</b>	
3100 · Literature Sales		4100 · Payroll Expenses	
3101 · California	31,942.79	<b>Total 4191 · Salaries</b>	131,948.10
3102 · Other States/Countries	267,773.94	4196 · Workers Comp Ins	2,289.04
3270 · EBooks	8,682.71	4197 · P/R Tax ER	11,825.21
<b>Total 3100 · Literature Sales</b>	<u>308,399.44</u>	4198 · Payroll Processing Fee	<u>3,000.20</u>
3200 · Shipping Received	55,095.46	<b>Total 4100 · Payroll Expenses</b>	149,062.55
3300 · Subscriptions-Newsletter	606.00	4200 · Operating Expenses	
3460 · Royalty Income		4180 · Rent	42,600.00
3462 · Brazil	1,233.19	4202 · Phone	5,445.92
3464 · Columbia	608.00	4203 · Utilities	3,314.49
3472 · Mexico	318.28	4205 · Office Supplies	406.23
3480 · Russia	200.00	4225 · Office Equipment Lease	638.19
3490 · South Africa	177.00	4234 · Staff Travel	15.17
<b>Total 3460 · Royalty Income</b>	<u>2,536.47</u>	4250 · Office Expenses	3,861.87
★ 3500 · Contributions-U.S.A.		4266 · Taxes & Licenses	3,062.36
<b>Total 3500 · Contributions-U.S.A.</b>	45,083.00	4267 · Bank Charges	121.72
3502 · Contributions-International		4270 · Paypal Fees	2,477.11
<b>Total 3502 · Contributions-International</b>	11,003.90	4271 · Stripe Fees	<u>7,233.13</u>
3550 · Contributions-Individuals	5,290.61	<b>Total 4200 · Operating Expenses</b>	69,176.19
3599 · Miscellaneous Income	10,305.54	4210 · Accounting and Legal	693.00
3650 · WS Conference Income	50,451.24	4220 · Insurance Expense	4,374.02
<b>Total Income</b>	<u>488,771.66</u>	4227 · Postage Machine	4,500.00
Cost of Goods Sold - Production Dept		4400 · Web Expense	3,040.00
4010 · Purchases - Paper/ Supplies	27,753.13	4404 · Newsletter Expense	212.50
4012 · Resale Purchases	17,932.56	4525 · WS Conference	
4020 · Equipment/Copiers	60,810.25	4526 · Conference-Hotel/Meals	35,531.62
4030 · Wages	27,588.70	4527 · Professional Fees	650.00
4032 · Payroll Taxes	2,611.90	4528 · Conference Travel	11,945.41
4040 · Rent	4,800.00	4529 · WS Conference-Misc	293.96
4044 · Postage/Shipping	43,110.24	<b>Total 4525 · WS Conference</b>	<u>48,420.99</u>
4048 · Repairs	104.00	4600 · OUTREACH	2,269.53
4050 · Insurance	435.12	4701 · Depreciation Expense	<u>1,423.00</u>
4052 · Utilities	480.00	<b>Total Expense</b>	<u>283,171.78</u>
<b>Total 4000 · Cost of Sales - Production</b>	<u>185,625.90</u>	<b>Net Ordinary Income</b>	19,973.98
<b>Total COGS</b>	<u>185,625.90</u>	3600 · Interest Income	4.56
<b>Gross Profit</b>	<u>303,145.76</u>	<b>Net Income</b>	<u>19,978.51</u>

## Nar-Anon Family Group Headquarters Balance Sheet

As of December 31, 2014

	<u>Dec 31, 14</u>
<b>ASSETS</b>	
<b>Current Assets</b>	
Checking/Savings	29,035.39
<b>Total Checking/Savings</b>	<u>29,035.39</u>
<b>Other Current Assets</b>	
1006 · Petty Cash	133.24
1009 · Deposit-Rent	1,442.27
1010 · Inventory	11,839.85
<b>Total Other Current Assets</b>	<u>13,415.36</u>
<b>Total Current Assets</b>	42,450.75
<b>Fixed Assets</b>	
1014 · Office Furniture & Equipment	
1016 · Furniture and Equipment	18,539.51
1018 · Less-Accumulated Depreciation	<u>-14,987.51</u>
<b>Total 1014 · Office Furniture &amp; Equipment</b>	3,552.00
1100 · Leasehold Improvements	4,984.49
1102 · Less Accum. Amortization	<u>-592.00</u>
<b>Total Fixed Assets</b>	<u>7,944.49</u>
<b>TOTAL ASSETS</b>	<b>50,395.24</b>
<b>LIABILITIES &amp; EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
<b>Credit Cards</b>	
2020 ·	1,970.69
2030 ·	<u>1,743.22</u>
<b>Total Credit Cards</b>	3,713.91
<b>Other Current Liabilities</b>	
2010 · Health Insurance Payable	39.10
2400 · Sales Tax Payable	<u>549.44</u>
<b>Total Other Current Liabilities</b>	588.54
<b>Total Current Liabilities</b>	<u>4,302.45</u>
<b>Total Liabilities</b>	4,302.45
<b>Equity</b>	
3900 · Retained Earnings	26,114.28
Net Income	<u>19,978.51</u>
<b>Total Equity</b>	<u>46,092.79</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>50,395.24</b>

★ Detailed contribution breakdown

<b>Contributions U.S.A.</b>	
Arizona	759.16
Arkansas	22.67
California-North	2,666.19
California-South	6,239.51
California - Central	738.13
Colorado	668.63
Connecticut	3,020.00
Delaware	270.00
Florida	4,533.80
Georgia	1,068.00
Hawaii	20.90
Illinois	20.00
Indiana	130.00
Kansas	315.50
Kentucky	25.00
Maryland	1,073.65
Massachusetts	615.00
Michigan	312.68
Minnesota	322.90
Mississippi	5.05
Missouri	43.35
Montana	40.00
Nevada	795.03
New Hampshire	269.10
New Jersey	1,661.00
New York	4,927.44
North Carolina	1,061.95
Ohio	660.83
Oklahoma	260.00
Oregon	1,580.25
Pennsylvania - Eastern	6,894.23
Pennsylvania - Western	550.93
Rhode Island	50.00
South Carolina	200.00
Tennessee	209.41
Texas	1,600.65
Utah	28.63
Virginia	379.00
Washington	919.43
West Virginia	25.00
Wisconsin	100.00
	<u>45,083.00</u>
<b>Contributions-International</b>	
Brazil	200.00
Canada - Eastern	1,650.40
Canada - Western	3,254.19
Colombia	500.00
Denmark	351.75
England	356.00
Iran	770.36
Ireland	600.00
Japan	2,826.23
Mexico	59.97
Russia	410.00
Trinidad	25.00
	<u>11,003.90</u>

## What's Worked for You?

### Last Issue's Question

*Recently, in my region, the chair made decisions without allowing input from other committee members. That caused conflict within the RSC. It's my understanding that, as trusted servants, we use group conscience and allow the whole service body to participate in the decision making process. Have you had this experience at any service level and how have you resolved it?*

### Last Issue's Answer

When dealing with conflict, it is important to remember we are human. We all make mistakes and it is how we handle our mistakes that matters. This situation, where one member dominates or speaks for the whole without a group conscience, can happen at all levels of service. Nar-Anon is a fellowship of equals - no member is above or below another. Looking to the traditions and concepts in spiritually guided group conscience discussions helps us find solutions to almost any problem, and lights the way for service members to do their work. Ongoing support and a focus on incorporating these principles into the service structure can help.

### This Issue's Question

*I have been struggling with the concept of a Higher Power since coming to Nar-Anon. I hear the term "God" in our meetings but I am not comfortable using these two terms interchangeably. Can someone help me understand how I can have a Higher Power even though I am not religious?*

## Tools 'n' Jewels

When I came to Nar-Anon Family Groups, I heard about tools. That's exactly what I needed! Some sort of equipment to help me fix people, places, and things. I knew I was in the right place because my experience told me that people with tools usually get the job done. I was going to fix it all. I'd seen all sorts of messed up stuff and I knew exactly how everyone else should do everything to make me happy.

It turned out the tools were about fixing me. What a gift! There was only one person to fix, not the entire world! Nar-Anon tools included meetings, slogans, literature, the phone list, sponsorship, service, etc. These tools had one thing in common; I had to be the one to reach out and pick them up. My acceptance of these tools was the beginning of my recovery. By reaching out

Here are some ways we can facilitate this process:

- Identify service members who have an understanding of the traditions, concepts, and guides, or even just a willingness to learn. Concept Four speaks to carefully considering leadership qualities when selecting trusted servants.
- Consider organizing a service workshop, retreat, or study group for trusted servants.
- Use internal committee guidelines, developed by the service body, to reinforce the practice of the concepts of service. For example, a committee guideline might require all external communications to be reviewed and approved by the service body prior to release. *Anonymous*

for what was so freely given, I set myself on a path to a better way to live.

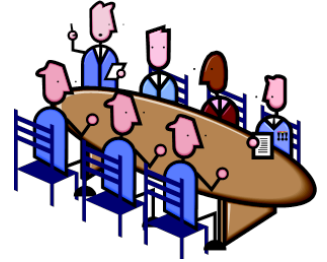
Sponsorship catapulted me into a pile of jewels, a real treasure chest. Working with a sponsor led me to be introspective rather than being an inspector. As my spectacles began to focus inward, I stopped being an observer. These spectacles were the tri-fold type: steps, traditions, and concepts. With a sponsor's help, I came to understand their value. I studied the steps and traditions in groups, then individually. As the years passed, I stepped into service beyond the group level — to area, region, and world service. There I became aware of the concepts' importance in creating a healthy service structure. Once again I was in a group study, this time for the concepts.

The tools of the program helped me discover the jewels of the program. The steps, traditions, and concepts are simple, clear, and absolute treasures. *Anonymous*

## The Nar-Anon Program



# Committee Corner



## Outreach Committee

### Attention!! Outreach Challenge #7 is Ready... Are You???

In September, recovery comes into special focus. Many Nar-Anon Family Groups seek out local recovery events to share Nar-Anon's message of hope.

This new challenge can help your group and our fellowship grow by using this simple, yet effective guide when planning and participating in outreach events in your community.

Click [HERE](#) to view this new challenge or go to the Outreach page. If you have any questions or need support with the challenge, please contact us at [Outreach@nar-anon.org](mailto:Outreach@nar-anon.org)

## Literature Committee

### Step Eleven Ready for Review!

The World Service Literature Committee has released Step Eleven for review. Our literature approval process asks for fellowship input prior to sending the volume to the next World Service Conference. We ask that suggested changes be sent to [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org) by **June 27, 2015**. Step Twelve will be released in the coming months.



## The World Pool Committee Needs YOU!

The World Pool Committee is seeking qualified candidates for the following positions:

**Take the Plunge!**

- **Conference Secretary for the 2016 World Service Conference.** Go to "[World Conference 2016 Secretary Needed](#)" to view qualifications, then forward your resume and cover letter to [worldpool@naranon.org](mailto:worldpool@naranon.org)
- **Conference Facilitator for the 2018 World Service Conference**, to be approved at the 2016 conference. Qualifications for this role can be found in the *GWS* (p. 22). For an application, please contact the World Pool Committee at [worldpool@naranon.org](mailto:worldpool@naranon.org).
- **Members of the Board of Trustees.** If you have 6 years of continuous service in Nar-Anon, and meet the other qualifications described in the *GWS* (p. 30), please fill in and submit an [online application](#) or contact the World Pool Committee at [worldpool@naranon.org](mailto:worldpool@naranon.org)



### Nar-Anon eBooks. Always Available.

Whether you use a smartphone, tablet, Apple, Android, or all of the above - select Nar-Anon literature is readily available as eBooks on both Apple's iBookstore, and Amazon's Kindle store. To learn more check out [nar-anon-webstore.myshopify.com/pages/ebooks](http://nar-anon-webstore.myshopify.com/pages/ebooks)

### Newsletter eSubscriptions

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

Subscriptions to date: **>3600!**

## Upcoming Events

For details and registration information, go to [EVENTS](#) on the WSO website

### [Nar-Anon @ Florida Regional Convention of NA 2015](#)

**July 3rd - 4th, 2015**  
FRCNA XXXIV  
Rosen Plaza Hotel  
9700 International Drive  
Orlando, FL 32819  
Bonnie J. 702-327-4869  
[naranonbonnie@gmail.com](mailto:naranonbonnie@gmail.com)

### [High Desert Region Narathon](#)

**July 25, 2015**  
"The Gift That Continues to Give"  
Holy Spirit Lutheran Church  
6670 W Cheyenne Ave  
Las Vegas, Nevada  
Linda K. [linken.1@hotmail.com](mailto:linken.1@hotmail.com)  
Randa 702-526-1079

### [Nar-Anon Spirituality Breakfast](#)

**September 12, 2015**  
"Feed the Spirit"  
Nar-Anon Spirituality Breakfast  
The Brass Rail Restaurant  
3015 Lehigh Street  
Allentown, PA 18103  
Tanya A. 610-295-9142  
Mickey B. 610-432-3374

### [Southern California Region 25th Annual Narathon](#)

**September 19, 2015**  
Talega Life Church  
1040 Calle Negocio  
San Clemente, CA 92673

*Watch this space for new contact info!*

### [Pacific Northwest Region Spiritual Weekend](#)

**September 18 - 20, 2015**  
"Piecing Our Lives Together...  
One Step at a Time"  
Camp Tilikum  
North Valley Road  
Newberg, OR 97132  
Cheryl R. 503-550-4640

### [Nar-Anon New York Region Convention](#)

**November 6 - 8, 2015**  
"The Joy is in the Journey XXVI"  
The Villa Roma Resort  
Callicoon, NY

### [Nar-Anon Halifax Event](#)

**November 7, 2015**  
"The Joy Within Our Hearts"  
Atlantica Hotel  
1980 Robie Street  
Halifax, NS, Canada  
[NarAnonHalifax@gmail.com](mailto:NarAnonHalifax@gmail.com)

### [Nar-Anon World Service Conference 2016 \(WSC 2016\)](#)

**April 29 - May 2, 2016**  
"Strength Through Service"  
DoubleTree by Hilton Hotel Torrance  
21333 Hawthorne Boulevard  
Torrance, CA 90503

Open to all Nar-Anon regional chairs, regional delegates, alternate delegates, Board of Trustees members, world service committee chairs, and national service officers.

## The Nar-Anon Twelve Tools of Recovery\*

For those who have been affected by someone else's addiction, these are the tools we have found essential in working towards our own recovery. *Nar-Anon can help.*

- Meetings
- Anonymity
- Sharing
- Literature
- Telephone Calls and Email
- Service
- Sponsorship
- Slogans
- Serenity Prayer
- Twelve Steps
- Twelve Traditions
- Journal Writing

\*Excerpted from *The Nar-Anon Twelve Tools of Recovery*, P 115 ~ 09-04-05



## 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](mailto: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, 2015 \*\***

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

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



# The Serenity Connection

## Did you know...

Motions for WSC 2016 may originate from any of the following bodies in Nar-Anon (*GWS p. 13*):

- Group
- Area Service Committee (ASC)
- Regional Service Committee (RSC)
- National Service Committee (NSC)
- World Service Committee, e.g., WS Literature, WS Website, WS Newsletter
- National Board of Trustees (NBOT)
- World Service Board of Trustees (BOT)

**Deadline for motions in final form: Oct. 11, 2015**

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## The Motions are Coming. Are You Ready?

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

**Concept Six** – Group conscience is the spiritual means by which we invite a loving Higher Power to influence our decisions.

The 2016 World Service Conference is fast approaching. Later this year, each Nar-Anon member will be encouraged to review the motions presented to the conference. Your group

conscience will be sent to your delegate to take to the WS Conference. We, the members, have the final responsibility and authority.

As I read and discuss the motions, I need to ask myself:

- Have I read the Twelve Traditions and Twelve Concepts in order to make an informed decision?
- How will my group, area, or region come together to take a group conscience?
- How will this motion affect the group?

- How will this motion affect Nar-Anon as a whole?
- Does this motion explain how much it will cost to implement?
- Are those presenting the motion willing to serve in order to facilitate implementation of the motion?

As a Nar-Anon member, I make my voice heard through the World Service Conference. This is my responsibility.

## Through the Eyes of a Narateen Facilitator

When I began my service journey as a Narateen facilitator, I had no idea what to expect, but found the experience incredible. I must admit my heart sometimes hurt as I listened to these young, future Nar-Anon members share their daily struggles. As a Narateen facilitator, it is not my role to share my experience or give advice. My role is to ensure the meetings stay on topic.

As a parent myself, I had to bring imaginary duct tape to not

try to rescue these teens. Many nights I left the meeting and cried the entire way home. Then I remembered the meaning behind being a facilitator, to assure the teens they have a safe place to talk and to express their fears and issues without having to suffer the consequences of discussing them at home. I was that safe person often was not



present in their lives or in their homes. I have watched many teens come through the doors not wanting to be there, and it reminds me of when I first walked into the rooms of Nar-Anon. This was a place I did not want to be. I have watched their faces soften, their fellowship grow, and their tears begin to subside as they realize every teen in that meeting is there for them. They understand, they do recover, and slowly new trusting teens emerge.

# Our Members Share

## I Am Letting Go

I am the mother of two addict daughters and a grateful member of Nar-Anon. At our last meeting, the topic was letting go. As everyone was sharing, I realized that letting go is something every parent goes through; adding addiction just intensifies it. I went home that evening and reflected on my thoughts.

The day you were born was a day full of love, hopes, and dreams. I wanted to hold you forever and never let go.

As a toddler, I watched you grow into a little person trying to walk. I was scared you would fall. You could get hurt. I knew you had to learn and do it yourself. I took a step back, still close enough to reach.

You did fall. You got scrapes and bruises. You learned to walk. *I learned to let go.*

As a four year old entering preschool, we had our first day apart. I dropped you off.

You cried. I cried. I was sad. What if you hated it? What if you needed me? I knew you had to learn and do it yourself. I took another step back.

You loved it. You learned to make friends. *I learned to let go.*

In middle school, I watched you come home with tear-filled eyes because someone was mean to you. I was angry. I wanted to protect you. I knew you had to learn and do it yourself. I took another step back.

You learned how to stick up for yourself. *I learned to let go.*

In junior high, I watched you get your heart broken by your first love. My heart broke too.

I wanted to make you feel better. I wanted to take away your pain. I knew you had to learn and do it yourself. I took another step back, just close enough for a hug.

You got through it and learned there would be others. *I learned*

*to let go.*

In high school, I watched you make choices, both good and bad. I was terrified. These choices could ruin your life. I knew you had to learn and do it yourself. I took another step back.

You made mistakes, suffered consequences, and learned valuable lessons. *I learned to let go.*

I am now watching you try to cope with life as a young adult. There will be opportunities and challenges. I feel helpless. I want to show you the right way. I want you to have a good life. I know you have to learn and do it yourself.

I am taking another step back. *I am letting go.*

**THOUGHT FOR TODAY:**  
Allowing my children the dignity and respect to make their own choices in life is the greatest gift I can give them as a mother.



## Keep giving back

Each week, thousands of members around the world attend Nar-Anon meetings. We give comfort to each other by sharing our experience, strength, and hope. We also display conference approved literature purchased from Nar-Anon WSO using member donations.

While we don't give much thought to the donation we put in the seventh tradition basket, that donation has a big job to do. What does that donation mean to the person who has not yet found a meeting? Maybe they found a piece of literature at a treatment center which led them to a meeting. Possibly they

found the 800 number to the World Service Office or used a search engine to look for Nar-Anon and found a meeting. A suffering friend or family member found a meeting and sat down next to you and realized they were no longer alone!

Our contributions help the Nar-Anon Fellowship provide and

maintain services so we can carry the message of hope to friends and family members who are still suffering.

Keep coming back and, most importantly, keep giving back.

**[DONATE NOW!](#)**





## I Am No Longer Alone

The first time I heard those words in Nar-Anon, I wept. Loving someone with addiction is enormously painful and, if I let it, can suck the life out of me and my relationships. It can paralyze me.

*I am no longer alone.*

How many of us have tried to share what we are going through and got only a shocked look and complete silence or, perhaps worse, an incredibly painful reply?

What does it mean to no longer be alone? The title of our daily reader, *Sharing Experience, Strength & Hope*, pretty much says it all. In it, I see how others have survived and gained valuable tools to experience their own healing. In my craziness, I have picked up this book and learned what crazy looks like, what healing looks like, what others have learned in this messy journey, and what tools I can use to help me become a better person.

There are many powerful slogans in Nar-Anon that are full of wisdom, such as, *I didn't cause it; I can't control it; I can't cure it; Let go and let God; Detach with love; Listen and learn, and Surrender.*

I am given steps to help me work the program. Step One: *We admitted we were powerless over the addict – that our lives had become unmanageable.* Step Two: *Came to believe that*

*a Power greater than ourselves could restore us to sanity.*

*I am no longer alone.*

Step Three: *Made a decision to turn our will and our lives over to the care of God as we understood Him.* My Higher Power promises never to leave me. He cares. When I have no more strength, no more love, He provides wisdom, strength, love, and hope. I trust in Him with all my heart, soul, and strength. He hears my prayers and I am thankful. As I surrender my life to His care, God is with me. I can rest.

Step Five: *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.* I learn to move from a place of bitterness to forgiveness. I learn to forgive the addict in my life, my spouse, children, friends, strangers, and myself. My journey through addiction is full of deep pits and valleys. When I am not able to forgive, I am filled with unhappiness. Acceptance, awareness, healthy choices, and forgiveness help heal the broken relationships in my life.

I seek to remove my character defects. They may be anger, hatred, lack of compassion, enabling, and/or despair.

Step Seven: *Humbly asked Him to remove our shortcomings.* I detach myself and figure out what I should or shouldn't be doing.

*I am no longer alone.*

We meet in a safe place so we can share, without judgment, with others who understand. We learn from others' experiences. We work at keeping our meetings healthy by not sharing about any religious denom-

ination, by not participating in gossip, and by avoiding dictatorship. We are here to serve one another and I am thankful for my group.

*I am no longer alone.*

Just for today, I am learning how to live my life, to be happy, to accept things as they are, to be real, to strengthen myself, to be healthy, to have a program, to be unafraid, to be full of faith, to grow with service, to forgive and be forgiven, and to participate in life.

THOUGHT FOR TODAY:  
*I am not alone.*

## Our Members Share

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*"Nar-Anon has shown me that I am not alone. ... I see more sunshine than darkness every day."*

*SESH, September 8*

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## Our Members Share



### Practicing the Principles in All My Affairs

I came to Nar-Anon seeking help for my daughter. I hoped Nar-Anon would provide a solution that could finally put an end to her addiction. I came seeking a solution for someone else's problem.

As I attended Nar-Anon meetings and read Nar-Anon literature, I slowly began to understand I was focusing my attention on the wrong problem and the wrong person. I assumed my daughter's problems were caused by her addiction and my

problems were caused by my daughter. If she would stop using drugs, her problems and mine would be solved.

Simple.  
Too simple.

Through the Nar-Anon Twelve Step program, I have learned my problems and my life are the result of my own choices and behaviors. I have learned I am responsible for my life, and my daughter is responsible for hers. If I want to improve my life, I, like my daughter, must

seek and work on my own recovery.

I am learning that recovery through a twelve step program is a life-long process, a new way of living. The program continually teaches and reminds me to practice the principles of recovery in all my affairs.

With desire, perseverance, and the help of a Power greater than myself, I am certain living in recovery is possible for me and for her.

#### My Spiritual Principles of Recovery

- Hope...
- Surrender...
- Acceptance...
- Honesty...
- Open-mindedness...
- Willingness...
- Faith...
- Tolerance...
- Patience...
- Humility...
- Unconditional Love...
- Sharing and Caring...

I practice these principles in my daily affairs and they are becoming a way of life for me.

### Adapting to Changes in My Life or "What Now?"

It has taken a very long time to really detach from my addict, years in fact. Now that it's happening, I'm uncovering behaviours of my own and others that I'm no longer comfortable with. I realize for most of my life, I deferred to others' wants and needs. This left me unsatisfied, unfulfilled, and harbouring a lot of anger. I had no way of expressing my own needs and wants. I wasn't a weak person but my fear of conflict and rejection had over-

whelmed my good judgement. When I was living with my addict, the craziness of it gave me an excuse to express my anger and frustration. I'm sure my lashing out had as much to do with my mental state and my need to control something as it did with the addict's actual behaviour. I used her addiction as an outlet for my emotions.

Then suddenly she was gone from my life at her bidding. Her absence left a huge hole in my day-to-day existence. What

was I to do without someone to control? Who could I focus my energy on? What now?

I was so thankful to be a part of Nar-Anon at that moment. If I hadn't been attending Nar-Anon meetings, I think I would have transferred my attempts to control my addict to some other undeserving person in my life. Instead, I'm working on figuring out what I really want and need in my life. It's not always obvious, and when it is, it's not always clear how I should go about trying to get it. I feel fre-

er now than I've ever felt and I love it! What I've also learned about is boundaries. I've set healthy boundaries for myself and no longer make excuses for what I need or get sidelined by others' reactions to them.

I'm continuing to make slow but steady progress towards a life of peace and serenity, and I'm grateful for everything the Nar-Anon program has given me. Thank you Nar-Anon for giving me the opportunity to serve and grow in the fellowship.

## World Convention in Rio a Wonderful Experience!

The 2015 World Convention, titled “Unity and World Growth,” was held at the Riocentro Convention Center in beautiful Rio de Janeiro, Brazil, June 11 to 14, 2015. What a wonderful experience! The eighty-six Nar-Anon members attending the convention came from Argentina, Brazil, Canada, Colombia, Guatemala, Honduras, Switzerland, United States of America, and Uruguay.

In addition to meetings, there were many activities to keep us busy. We purchased t-shirts, bags, and raffle tickets.

We had a geographical countdown and closed Saturday’s meeting with the traditional Nar-Anon time countdown. As we counted down from fifty years, each member came forward and we formed a large circle. Even the newest members felt the love and support of the Nar-Anon Fellowship. On Saturday night, the “oohs” and “aahs” over the wonderful items being raffled ended with many happy winners. Then the dance began. Several of our

members sang karaoke during the band breaks and they were phenomenal! The night was truly magical and enjoyed by all.

At the closing of the convention, many members shared their experience and gratitude. Even with the challenges of language, this convention provided opportunities for members to connect, and many promised to attend the next World Convention. See you in Orlando, FL, August 30 to September 2, 2018!!



## Lessons from Rio .....

Although I have been in this program for many years and have been to countless conventions, my recent trip to the world convention in Brazil had a profound effect on me. For the first time, we provided translators for each speaker. On the final day, I had one member sitting next to me who quietly translated in my ear as the interpretation system was translating in Spanish. The speaker’s share touched me so deeply that I felt tears flowing down my face. When she was finished, I turned to this amazing woman next to me to thank her for the wonderful gift of translation, only to see that her face was wet with tears as

well. We could only hug, knowing we had shared something very special. This will be one of my long-term memories of this convention.

The second thing I brought back from Brazil was a deeper understanding of how, although we live in different countries and speak different languages, our stories are all so similar. The comfort of being around others who recognize our journey does not need to be translated. It is understood across all languages.

I have been involved at the world service level since our first World Service Confer-

ence in 2006. Even though we have come a long way, I now have an even stronger sense of how important it is that we continue to reach out to others around the world.

As we start preparing for the next World Service Conference in April 2016, I ask all our members to help us continue to move forward. I know you can’t all come to the conference but here are some things you **can** do:

- Support your region to ensure they can send a delegate. Put a few extra dollars into the Seventh Tradition basket. Plan some fundraisers with

## Our Members Share

## ..... for WSC 2016

other members.

- If your region has not sent a delegate, encourage them to make it happen. To make well-informed decisions for the fellowship as a whole, it is important for more regions around the world to carry their members’ voice and vote at conference.
- When the Conference Agenda Report (CAR) comes out in late fall, take time to read it over. We need to know what decisions the fellowship wants us to make. Talk to other members about the motions in the CAR, or perhaps your group can do a workshop to review the motions.

Obrigado!  
Rhenda, BOT Chair

## What's Worked for You?

### Last Issue's Question

*I have been struggling with the concept of a Higher Power since coming to Nar-Anon. I hear the term "God" in our meetings but I am not comfortable using these two terms interchangeably. Can someone help me understand how I can have a Higher Power even though I am not religious?*

I was raised in a small God-fearing community. Not until I came to Nar-Anon did I really capture an understanding of the higher power I choose to call God. I was raised to fear God and to believe he would be disappointed in me because of my sins, no matter how hard I tried. So how could I feel the love of God if this way of thinking was pushed on me? By working the steps and connecting with the God of my understanding, my relationship with this higher power changed. My God is neither male nor

female. My God is a power, an entity, a voice, and a consciousness that was always there, but until Nar-Anon, I didn't know how to cooperate with it. My spiritual awakening came through the simple and practical application of the steps and the guidance of my Nar-Anon sponsors.

My higher power was always there, always talking to me through my conscience. I knew right from wrong but Nar-Anon taught me to be more of what I wanted to be. Character defects of self-will and the need to be

right gave way to humility and a love of God as I began to grow in Nar-Anon. My spirituality comes from my one-on-one connection with my higher power. I allow that power to signal me when I am in a bad space and I usually hear it. If I can't sleep or worry is upon me, I get together with my higher power and/or my sponsor and reflect so that I can take action if needed.

I know now that my God does not want me to fear; instead, he wants me to love.

## The Nar-Anon Program

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*"My Higher Power connects me to others. He is the loving link between each of us."*

*SESH, December 19*

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### This Issue's Question

*In my region, I've seen a number of new groups start and close for lack of attendance. What have you done to support new groups in your area or region? Is there a critical number of members needed to keep a group going? Does a new group need "old" members to succeed?*

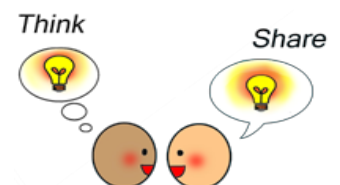
## Sharing

Before Nar-Anon, when I was living with the pain of active addiction, everyone I knew had unwanted advice for me. It always began, "You should...." and was often followed by "...throw him out."

When I look back on how it felt to be told what to do, I realize how much I disliked it. In Nar-Anon, I have learned the importance of sharing only my own experience, strength, and hope; I have learned to avoid the words "you should." I know now I need to share only what

worked for me; I can let others share what worked for them.

Just for today, I will share only my own experience, strength, and hope. I will allow other members the dignity of sharing theirs.





## Committee Corner Literature Committee

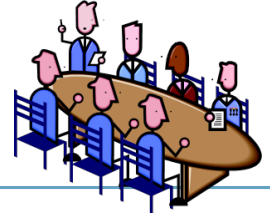
### Loss of our Loved Ones ... a new booklet

The World Service Literature Committee is asking for help in selecting a title for a new recovery piece of literature regarding the loss of our loved ones. This booklet contains writings from members who have lost their loved ones due to the disease of addiction and from other members of our program who are affected by this. We are all affected by the loss of our loved ones, whether it is physically, mentally, or emotionally, and we want this booklet to be of benefit to the entire fellowship, not just those who have physically lost their loved ones.

Suggestions for titles have been:

- Continuing our Journey – The worst has happened... how do we go on?
- Recovery for the Grieving – We still belong
- Recovery in Nar-Anon after Loss – Experience, strength, and hope from members in recovery who have lost a loved one to the disease of addiction, and
- Grief is not a Four Letter Word – Continuing recovery in Nar-Anon for those who grieve.

Please email the WS Literature Committee at [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org) with the title you like best from this list, or send us your ideas for a new title. All replies will help us decide on a title for this much needed booklet. Deadline for suggestions is **October 15, 2015**.



Now that all Twelve Steps have been finished, the World Service Literature Committee would like input from the fellowship for help with the structure and format of the traditions. Please send your thoughts and comments to [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org)

## Outreach Committee

*We will carry the message of hope throughout the world to those affected by the addiction of someone near to them.*

~ Nar-Anon Vision Statement

Outreach is vital to the fellowship's growth and to reaching those still suffering. Each member can play a part in this important work. The World Service Outreach Committee encourages members to use the outreach tools and resources available on the Nar-Anon Family Groups website. Have you implemented the outreach challenges? Did you miss one or two? Do you need help organizing an outreach booth at a community event? Visit [www.nar-anon.org/outreach/](http://www.nar-anon.org/outreach/) for more information.

If you have questions or want to become a part of the World Service Outreach Committee, please contact us at:

[outreach@nar-anon.org](mailto:outreach@nar-anon.org)

## 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](http://www.nar-anon.org/prayer-submission) or go to [www.nar-anon.org](http://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 submission:

- 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 are gender neutral

# The Back Page

## Upcoming Events

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

### [Nar-Anon Spirituality Breakfast](#)

**September 12, 2015**

"Feed the Spirit"

The Brass Rail Restaurant  
3015 Leigh Street  
Allentown, PA 18103  
Tanya A. 610-295-9142  
Mickey B. 610-432-3374

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

**September 18-20, 2015**

"Piecing Our Lives Together...

One Step at a Time"  
Camp Tilikum, North Valley Road  
Newberg, OR 97132  
Cheryl R. 503-550-4640

### [25th Annual Narathon of Southern California Region](#)

**September 19, 2015**

"Taking Back Your Beach"

Talega Life Church -1040 Calle Negocia  
San Clemente, Ca. 92673

### [X Convencion Hispana de Nar-Anon](#)

**September 25-27, 2015**

Airtel Plaza Hotel  
7277 Valjean Avenue- Van Nuys, Ca  
Maria 562-298-6932



### [Nar-Anon New York Region 26th Annual Nar-Anon Convention](#)

**November 6-8, 2015**

"The Joy is in the Journey XXVI"

Villa Roma Resort and Conference Center  
356 Villa Roma Road  
Callicoon, NY 12723  
Ron L. 516-622-0336 or 516-765-0794  
bronxbombersr@gmail.com

### [Nar-Anon Halifax Event](#)

**November 7, 2015**

"The Joy Within Our Hearts"

Atlantica Hotel  
1980 Robie Street at Quinpool Road  
Halifax, NS B3H 3G5  
NarAnonHalifax@gmail.com

### [Western Pennsylvania Region Serenity XXIX Convention](#)

**November 20-22, 2015**

"Magic Chairs"

Seven Springs Mountain Resort  
Champion, PA  
*Save the date!*

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

**March 11-13, 2016**

"Peace Amid The Storm"

Trevoze, NY

Watch for details at [www.naranonepa.org](http://www.naranonepa.org)

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

**March 19, 2016**

"Sharing Our Experience, Strength & Hope"

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

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

**June 10-12, 2016**

Visalia Convention Center  
Fresno, CA 93722  
Ruth B. 559-364-6309

## Newsletter eSubscriptions

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

Subscriptions to date: **3686!**



## Newsletter

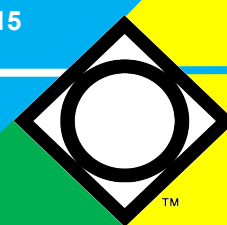
Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit articles to [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org). Each submission must be accompanied by a signed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

**\*\* Next Issue Submission Deadline: October 20, 2015 \*\***

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Phone: (310) 534-8188  
or (800) 477-6291

# News from Nar-Anon World Services



World Pool



Outreach



Website



Narateen



Newsletter

## A worldwide fellowship for those affected by someone else's addiction

The World Pool Committee is seeking applications for World Service Conference Facilitator, World Service Conference Secretary, and the Board of Trustees. For more information on qualifications and the application process, please contact us at [worldpool@nar-anon.org](mailto:worldpool@nar-anon.org).

The Outreach Committee's current projects include

- Creating tools and strategies to support Nar-Anon's outreach
- Developing guidelines for performing outreach
- Revising the [Nar-Anon Outreach Folder](#)

The committee is seeking new members to help with these efforts. If you have an interest or passion for outreach and would like to join the committee, please email [outreach@nar-anon.org](mailto:outreach@nar-anon.org).

The Website Committee consists of seven members. The committee coordinates efforts with the World Service Office and oversees the Nar-Anon World Service website.

Current projects:

- Working with WSO to make the Nar-Anon Meetings Map user friendly
  - Making downloadable versions of the Nar-Anon logo for use by Nar-Anon webmasters
  - Working on 2014 WSC Motion 4: *The Website Committee develops a proposal for broadcasting the WSC proceedings in a secure manner to Regional representatives around the world who are unable to attend WSC in person. This would involve a one-way streaming video that is password protected and archived for future viewing.*
  - Establishing a process to help Nar-Anon webmasters create sites that observe the principles of Nar-Anon
- Nar-Anon Family Group websites are listed on the WS website at <http://www.nar-anon.org/other-sites/>. A website registration form is at the bottom of the page for local webmasters to submit their Nar-Anon websites for inclusion on this page.

### WS Website statistics

142,385 visits between January 1, 2015 and May 29, 2015

Visitors spend on average three minutes on the site

"Find a Meeting" page is the most popular

We have had a very busy year. With the approval of the WS Narateen Safety Guidelines (S332), we are now expanding the Narateen section of the Guide to Local Services. With the new process, each region must develop their own Narateen safety guidelines as the applicable laws around working with youth differ from each country, state, and/or province. To aide this process, we are building the infrastructure to help regions.

Please take time to review our motions being submitted in the Conference Agenda Report due out in December. We welcome all help from those members interested. Please contact us with questions [Narateen@nar-anon.org](mailto:Narateen@nar-anon.org); we're here to help you be successful.

The Narateen Committee is excited to request submissions from the fellowship in helping create 31 Days in Narateen, a daily reader for young people affected by the addiction of a loved one. Please consider hosting a writing workshop in your Narateen meeting. Send writings with a completed copyright release form to: [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org). The Narateen Committee would also like feedback on any region that has created Narateen regional guidelines. Let us know what works and what doesn't by emailing [Narateen@nar-anon.org](mailto:Narateen@nar-anon.org). Please visit <http://www.nar-anon.org/narateen> for free Narateen resources.

Coming soon "The Serenity Connection Collection" — a compilation of prior newsletter articles in booklet form.

*continued on page 2...*

# News from Nar-Anon World Services

...continued from page 1



Literature

The committee is excited to announce Steps 10, 11, and 12 will be presented for approval at the 2016 World Service Conference. This will complete the Steps section of the Nar-Anon 36.

The 5-member WS Literature Committee receives support from regional literature committees who help with editing and writing. Nar-Anon literature is written and edited by members for members. We encourage areas and regions to form literature committees to support the WS Literature Committee. If you would like to form a literature committee, we invite you to join us on a Tuesday night to observe how we work. Please contact us at [litcom@nar-anon.org](mailto:litcom@nar-anon.org).

We are also supported by a translation subcommittee comprised of members from Argentina, Colombia, Costa Rica, Mexico, and Uruguay. Their primary project is enhancing the Literatura en Española section of the Nar-Anon webstore. A process is being established to bring our literature to members worldwide. Bilingual members interested in translating and editing may contact this subcommittee at [translations@nar-anon.org](mailto:translations@nar-anon.org).



Budget & Finance

The committee has finalized for WSC:

- Guidelines for a prudent operating reserve for WSO
  - A motion to clarify Page 8.1 of GLS "Other Contributions to WSO" for submission to WSC 2016
- Our committee has one international and six American members overseeing WSO finances.

## "Strength Through Service" Nar-Anon World Service Conference 2016

### Upcoming Deadlines

September 1, 2015	Deadline to submit regional motions in draft form
October 11, 2015	Deadline for all motions to be in final form
November 30, 2015	CAR available and distributed to regions
December 31, 2015	Deadline to inform WSC Committee of region's intention to participate in WSC 2016 and submissions by each regional treasurer of equalized expense sum
December 31, 2015	Deadline for BOT members and world service committee chairs to inform the WSC Committee of their intention to attend the conference



Conference

The committee is working on an event handbook to help plan local conventions, recovery events, and workshops.

### FACTS ON WSO

Currently there are seven employees at the WSO including the executive director. There is a volunteer who comes in periodically to help. Volunteers are always welcome. The responsibilities of WSO include the following:

- clearinghouse for Nar-Anon literature
- maintain database of registered groups, regions and NSOs
- sole publishing agent for the fellowship
- perform public relations



**NEWS FROM WSO:**  
**Literature racks will be available soon.**  
**Check the [webstore!](#)**

World Convention



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

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







# The Serenity Connection

## Did you know...

...that from July through September 2015, the World Service Office staff:

- Handled close to 1,500 phone calls
- Filled nearly 1,000 literature orders totaling over 25,000 pieces of literature

...and that:

- 85% of literature orders were made online at the Nar-Anon webstore
- eBook sales now total over \$20,000 (2013-2015)
- Nar-Anon literature racks are now available online

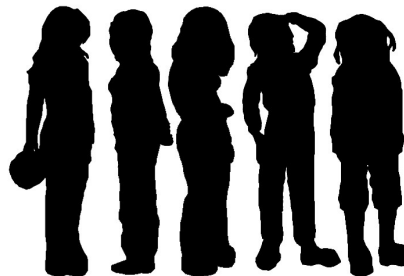
## Inside this issue:

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## A Narateen Member Shares: I Can Breathe!

I used to feel so much fear and anxiety when my Mom would come home from work each night. It was like living with someone with a split personality! I would hold my breath and watch her to see what I should do. If she was frowning and slamming things around, I knew to stay quiet, follow the directions she yelled out, and then hide in my room the rest of the night. If she came in with groceries, ready to cook dinner and asking me about my day, I could breathe! At least for the time she stayed in this mood, which could be 5 minutes or 5 hours. I was a really good kid compared to my friends because I had to be. If I brought home a bad report from school on the wrong day, it could have meant a night of hearing my mom screaming

four letter words in my face, slamming doors, and sobbing to her friends on the phone about how lazy and ungrateful I was. I would lie in bed every night, listening for the familiar sounds of ice cubes in the glass for the next drink, then later the pills from the medicine cabinet to help sleep come.



Today, because of going to Narateen meetings and talking with members in between meetings, I don't hold my breath anymore. I have learned that addiction is a disease, not a

choice. With some compassion for her, and boundaries I have learned to apply, I can have a good day whether she is in a good mood or not. Getting an after school job meant I wasn't home when she walked in the door, so the waiting and anxiety were replaced with time spent working and receiving a paycheck. I write in a journal when I feel the fear and anxiety, and those feelings are released through the pen as I write. At meetings, I hear others share how they cope with the effects of addiction in their families, and I feel so much better, not so alone. It's awesome to walk into a meeting and get hugs from smiling friends! Do I believe in a Higher Power? I do now; He brought me here!

Are you a **Narateen** member? Do you have a story of recovery to share? You can let others know they are no longer alone. Share your experience, strength, and hope with the fellowship at [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org)

## The Spirit of Giving

**DONATE NOW!**

At this special time of year, our thoughts turn to sharing with others who are less fortunate. By contributing to your Nar-anon group or to World Service, you will be helping to spread the Nar-anon message throughout the world so others affected by addiction can find serenity and peace of mind in their troubled lives. This season, think of what Nar-anon has given you and give back.

# Our Members Share

*“As we reach out for help, we become ready to reach out a helping hand and heart to those in need of Nar-Anon.”*

*Nar-Anon Blue Booklet, p. 5*



## Healing through Fellowship

This was not the life I had envisioned, being married to an addict, caught on the roller coaster of highs and lows. So many times I questioned if what I was doing was right. Should I stay or leave? Why was I staying? Was it out of fear? I doubted myself and my decisions. Was I enabling? Was I prolonging the consequences? I was always trying to control, anticipate, and be prepared. I worried constantly, afraid that he would die, and then there were times I wondered if it would be better if he did. I was ashamed and embarrassed. I felt guilty, sad, glad, relieved, hurt, anxious, overwhelmed, and devastated. This is what brought me to the rooms of Nar-Anon, where I found peace, serenity, understanding, and love from a group of strangers I would come to call my friends, friends who understood me and my life as no others could, and who would support me through this devastation.

Yes, like many of you, I too suffered many losses in my life, loss of dreams, sanity, money, hopes, sleep, even the loss of a stillborn child. All the worry

couldn't have prepared me for the loss of my soulmate, my husband. My story is a story of hope, a love that would never give up. We had just celebrated his 53rd birthday and our 34 year anniversary. Yes, he still suffered from addiction, fighting those demons. He worked his program and I worked mine, neither of us as much as we should have. However, the program gave me peace. He had been incarcerated, hospitalized, in and out of rehabilitation, and now he would pay the ultimate price - death from an overdose.



As I write my story, it has been two years to the day that my husband died from addiction. I never anticipated coming home that day and finding his cold, lifeless body in our home. My first thought was an overdose even though there was no evidence to support that assumption. I was overwhelmed but my nursing instincts kicked in. I called 911 and started CPR. I did everything possible to revive him with no success. I always realized this was a possibility. Somehow I thought that all the

years of anticipating and worrying about him dying from addiction would have prepared me, but I was devastated. It would be several months before the autopsy report confirmed my suspicions that he had died from an overdose.

Of course my family was there to support me through this difficult time, but it was my Nar-Anon family that helped me to heal. They understood what it was like to live with addiction. They made me feel welcome even though my life had changed. They encouraged me to continue attending meetings, sharing, and working my program. I am so extremely grateful that through addiction I was able to find myself in the rooms of Nar-Anon. This was where I was able to find the God of my understanding, the God I thought had deserted me. This is where I was able to put the pieces of my life back together. I am so grateful for the tools I learned in my years of Nar-Anon that got me through the most difficult time in my life.

Although my life has changed drastically, I have learned to live again. I know there is hope and serenity for all of us who have been devastated by addiction.

*“..recovery does not return one to the time before addiction. Recovery does not automatically bring an end to the pain of the past or the fear of the future. Recovery is a new opportunity for a new peaceful way to live.”*

*Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, July 26*

## The Nar-Anon Traditions

### 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.*

A loving God is the Higher Power I seek for help in my recovery. I experienced the concept of a Higher Power at my first meeting. Love, understanding, compassion, and concern was expressed by the group. Experience, strength, and hope were honestly shared without crosstalk, criticism, shame, or blame. The unconditional love and acceptance were all evidence of a Higher Power at work.

A loving God gives me hope and courage to begin to change my negative thinking to positive; my fear begins to shift to faith, and my desperate helping shifts to learning to trust my Higher Power. I am no longer alone. I experience the care of my Higher Power as I reach out for help from those travelling the same path.

In my recovery, I am developing a spiritual consciousness and growing a trusting relationship with the God of my understanding. This trust is the result of the baby steps of faith I take when I practice my program and keep the focus on myself and God's will for me. This consciousness growing in me is characterized by a new self-awareness and recognition of my motivation and boundaries. I am becoming aware of the part I play in my relationships with others. My Higher Power keeps me moving forward in my recovery. I experience a new clarity as I begin to see my choices and to make decisions. I am learning to be present in the moment and to make choices based on God's will for me.

My newfound consciousness is preparing me to play an important role in the conscience of my group. A group conscience is when we listen and share with one another as equals, seeking our Higher

Power's will for the group. We respectfully focus on one another's thoughts and perspectives. We seek to make decisions based on spiritual principles and our concern for the common welfare of the group. This binds us together in unity of purpose. It is important that all ideas are heard and respectfully considered before decisions are made. We may not all agree but we accept the decision of the group. We seek not our will but our Higher Power's will for the group.

Questions:

- How do you see your Higher Power at work in your group?
- Has your group taken a group conscience? Was everyone given the opportunity to speak?
- Do you rotate leadership in your group? Why or why not?
- What has your group done to encourage participation in group service or other Nar-Anon service?
- Was there adequate time for members to consider their choices and contributions?
- How did your group handle conflict if it arose?

## Our Members Share

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*"My responsibility is to serve the members ... the only authority in Nar-Anon is a loving Higher Power."*

*SESH, September 15*

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### Just for Today... renewing our Bookmark



How do you live your life "just for today"? What are your little tricks for staying focused on today and making it the very best it can be? How do you live in the moment and keep from being sidetracked by others needs and wants? What do you do for YOU, "just for today"?

We're updating our "Just for Today" bookmark and need your help. If you have an original "just for today" that you would like to share, please drop us a line at [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org) and include a completed Copyright Release Form. Please keep your contributions simple and short so they'll fit on the bookmark. Remember, these must be your own writings. They can't be taken from any other source.

Just for today, I will share my experience, strength, and hope in one small "just for today."

# Our Members Share

*“It can be very empowering to take responsibility for my own choices. I will act in my own best interests today.”*

*SESH, June 6*

## Boundaries

I found it hard to set boundaries with my daughter. It didn't matter what I said, she still did what she wanted to do. I thought that meant I just had to accept whatever she did and there were no consequences for her behavior. My self-esteem went downhill as she verbally abused me. I isolated myself and only felt safe when I was alone. I felt powerless to say no because I thought I was the only one who could save her. When she ended up stranded somewhere, whether it was in the same city as me or in another state, I ran to the rescue. This took a toll on me, not only physically, but financially.

Going to meetings, working the steps, and talking with my sponsor helped me learn to take care of myself. I started setting boundaries. If my

daughter was not going to stop using drugs, then she could no longer live with me. If she verbally abused me over the telephone, I told her I would not keep talking with her. I said good bye and hung up the phone. I stopped spending money to get her out of jams and even stopped finding and paying for her recovery treatment.

The miracle was that my daughter then started to respect me. She accepted that I was no longer going to give her money or get her out of trouble. This gave her more respect for herself too. Over the years, when she had found some recovery, we could really talk. She wrote me a beautiful

letter a year before she died. It said:

*I am very proud of the life you have built for yourself. You used to be so shy and depressed. Now I see a beautiful, wise, survivor who is not just surviving, but rather, living a life to be honored and respected. The work you have done on yourself is amazing. Never let your brain or other people tell you otherwise. I thank you for all the love and support you have given me over the years. And I celebrate your existence.*

I will treasure this letter forever, knowing what I learned in Nar-Anon about taking care of myself and setting my own boundaries helped me become a woman my daughter and I finally respected.



## 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](http://www.nar-anon.org/prayer-submission) or go to [www.nar-anon.org](http://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 submission:

- 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 are gender neutral



## My Path

I found my way through the brambles of addiction, learning more than I ever wanted to know about it. I wandered this way and that, not aimlessly but with purpose. Too scared, too hurried, and too hassled, I rushed headlong into this unknown forest. I pricked my finger on thorns, snagged my shirt on bushes, scraped my shoulder on a broken branch, and even tore my cornea by rubbing out a gnat, not waiting for gentle tears to wash it away.

In that condition, I stumbled across this twelve step program. Nar-Anon helped me to slow down and quiet my spirit. The Serenity Prayer kept me walking straight ahead, instead of turning my head to look behind. When I did that, I stubbed my toe. As I tried to walk in two directions at once, I stumbled. However, as I began to work the steps, I realized my life had become unmanageable, I was powerless over the addict, and a Power greater than myself

could restore me to sanity. This allowed me to move forward.

I'm still in the forest. The path is ahead. I can't always see what's over the ridge, around the corner, or down at the bottom of the hill. I may jump at a screeching owl, but I'm not hiding behind a tree. I hesitate, but I don't stop or sit upon a rock thinking "Should I even continue this journey?" A couple of times I have daw-



## Our Members Share

dled or turned back a few steps, but, in the rooms among my new friends, I find my path forward again. When the wind kicks up, howling through the leaves, I can hear these words, "I am with you." The anxiety of what's ahead is decreased by relying on my Higher Power. Thanks to Nar-Anon, I speak with friends, I pray, I continue on my path.

## What if...

Why is it that members do not want to serve beyond the group level? Why is it that members do not even want to serve at the group level? I often hear members say they just want to attend meetings and let others do the service work. There is a song that says, "Who's gonna fill their shoes...." This song makes me wonder what would happen if there was no one to fill those shoes. What if no one wanted to start a meeting? What if no one wanted to host that meeting at the NA convention where I first found Nar-Anon? What if no one wanted to write and share their experience dealing with the drug issues of a loved one? What if no one wanted to edit the area/region sched-

ule to add the new meetings? What if no one ever did outreach? Where would I be today if.....

Nar-Anon encourages us to give back what was so freely given to us, to be there for those who have yet to find the relief we found with the Nar-Anon program. But it's so much more than that. Service has given me more gifts than just those I receive at my weekly meetings.

Is service in a twelve step program less appealing because it's done without recognition? We don't have banquets to recognize those that go beyond. We don't have certificates and trophies. We won't be in the paper shaking hands with the mayor or on the news

giving an interview. I do service because it's the right thing to do to "fill their shoes." Those that came before me helped me learn and accept that addiction is a disease. Those people loved me when I didn't think the addict ever did or when the addict wasn't able to show it. Those people showed me the literature so I could learn to set boundaries and live a better life than I had before Nar-Anon. Service for me is a humbling experience and one I believe the God of my understanding wants me to do. My higher power wants me to serve with no recognition, and to me that is wonderful.

Why do I do service? What have I received from service? I have learned how to work

better with others. I have learned to work with people I might not otherwise have had an opportunity to work with. I have developed more meaningful friendships. Working with others who are also working on themselves has brought me healthier relationships. I have learned how to listen. My communication skills have grown. I can truly say that Nar-Anon has penetrated all areas of my life. Doing service has led me to some of my closest friends. Without service, I wouldn't have these blessings in my life. So service makes me think.... What if no one opened the door to the meeting this week? What if no one came to share for the newcomer? What if no one answered the phones at world service? What if no one "filled their shoes"?

## What's Worked for You?

### Last Issue's Question

*In my region, I've seen a number of new groups start and close for lack of attendance. What have you done to support new groups in your area or region? Is there a critical number of members needed to keep a group going? Does a new group need "old" members to succeed?*

#### Answer 1

Our region has a solid support system for new groups. Several of our RSC (Regional Service Committee) members reach out to the GSRs of the new groups to offer assistance and support. We offer new group packets to support them financially in the beginning and offer to assist in any way we are able. A commitment of two or three members attending the meeting regularly for a minimum of 6 months has been shown to help groups remain open and growing. It also helps to have seasoned mem-

bers attend to share their experience, strength, and hope. Encouraging open communication between new group GSRs and the region helps as well.

#### Answer 2

In our region, we have what is called a GSR Liaison who contacts new groups that are started in the region. The region helps the new groups by providing new group packets, directories, and support. If a new group is struggling, the region asks for volunteers to attend the meeting. At regional meetings, GSRs share ideas with the assembly. If a GSR

comes to a regional meeting with concerns about their group, they can bring up the subject for discussion and suggestions.

In my experience, new groups work best if they are started with at least three members. Longtime members can be extremely helpful and important by sharing their experience, strength, and hope.

Staying connected with a region is important. The Nar-Anon Guide to Local Services (GLS, p. 2-1) states that the founding of a group and its functions are the responsibility of those qual-

ified for membership. Groups are registered with Nar-Anon with the understanding they will abide by the Twelve Traditions and Twelve Concepts. The region, area, and group are important parts of that understanding and responsibility. Regions and groups are only as strong as those who serve and support them. In turn, this supports and serves new and continuing groups.

Being connected to an area or region is a useful way for new groups to find the help and support they need to succeed.

### This 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?*



### Newsletter eSubscriptions

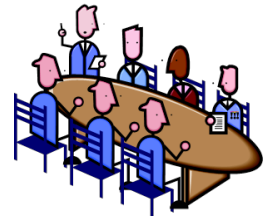
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# Committee Corner



## Did you know you can serve on a world service committee in your pajamas?

No need to dress up or even get dressed at all. You don't have to brush your teeth or comb your hair. You don't have to drive across town or across the state to sit in a face-to-face meeting. It's come as you are! All you need is access to a smart phone, tablet, laptop, or desktop computer with internet access to the meeting platform the committee uses. Committee calls do not use video so no one can see you! If you have skills the committees need, the willingness to serve, and you meet the minimum requirements [check the GWS (Guide to World Services)], world service committees desperately need your involvement. Every committee needs additional service members to execute the wishes of the Nar-Anon Family Groups. WE NEED YOU! So, come as you are; how you look and dress is between you and your dog.

and hope through their writings, we ask that they please keep the focus on the Nar-Anon program.

A reminder: If you haven't already done so, please consider going to the WSO website and subscribing to the [online version of The Serenity Connection](#) so that you receive the newsletter in your email inbox when each edition becomes available.

Topics you may consider writing about could be:

- A slogan you find meaningful
- How being of service helps you in your recovery journey
- Never alone
- Sponsorship experiences
- The helpfulness of contact lists within your group
- The importance of sharing in a meeting
- How listening helps you
- Connecting to your Higher Power
- How you stay focused in your recovery

## Outreach Committee

### News from the Far Side...

It's been a crazy quarter and the WS Outreach Committee members are . . . well . . . feeling a little wacky!



AND we've been doing good work:

- Developed and submitted eight motions for the CAR
- Creating new posters for outreach
- Developing outreach guidelines
- Revising the Outreach Folder
- AND looking for service members to join the Outreach team



We enjoy our service time together and are always looking for members with new ideas. Requirements include a willingness to serve and a commitment to program principles.

Interested??? Let us hear from you!  
Email: [outreach@nar-anon.org](mailto:outreach@nar-anon.org)



## Newsletter Committee

The WSO Newsletter Committee is asking for recovery articles for the next newsletter (The Serenity Connection). Please share this information with your regions, areas, and group members. As members share their recovery articles of experience, strength,

When submitting articles for the newsletter, please remember to fill out the [Nar-Anon Copyright Release Form](#).

Please send your articles to [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org)

Thanks from the Newsletter Committee.

## Literature Committee

### We need your help!

THE WORLD SERVICE LITERATURE COMMITTEE NEEDS YOUR HELP to produce new Nar-Anon literature. We are asking members of the fellowship to review, edit, and write literature.

The Twelve Traditions will be our next big project and we expect it to take a minimum of six years to produce. Each tradition will need a story based on the tradition and short personal shares from our members. We also need text and questions for each tradition. An example is Tradition One: Text and questions regarding our common welfare, why should it come first and why unity is important for our personal progress together as a fellowship.

*continued on page 8...*

# The Back Page

## Upcoming Events

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

### [Georgia Region Nar-Anon Convention \(with GRCNA 35\)](#)

**Feb 5-6, 2016**

"Seeking Serenity"

Renaissance Concourse Atlanta Airport Hotel

Atlanta, GA 30352

Joanna 706-207-4112

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

**March 11-13, 2016**

"Peace Amid The Storm"

Trevoze, NY

Watch for details at [www.naranonepa.org](http://www.naranonepa.org)

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

**March 19, 2016**

"Sharing Our Experience, Strength & Hope"

Hilton Garden Inn,

Staten Island, NY

*Save the date!*

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

**June 10-12, 2016**

"NCRNFG XXVIII"

Visalia Convention Center

Visalia, CA 93291

Ruth B. 559-364-6309



## Literature Committee ...continued from page 7

Does your area or region have a literature committee? Would you like to form one and be part of the literature process: reviewing, editing, and/or writing literature? Does your area or region have events where you can hold a writing workshop? Remember, our literature comes from the writings of our Nar-Anon members.

A recovery literature priority list has been distributed with the CAR so regions can discuss and decide the order of work for the WS Literature Committee. This is part of the recovery literature review and approval process as stated in the GWS. An important factor is that the literature the fellowship wants to see produced must come from writings the WS Literature Committee receives from the fellowship.

PLEASE LEND US A HAND so we can continue to produce the literature most needed by our fellowship. Together we can!

Contact the World Service Literature Committee at [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org). A pamphlet on literature writing guidelines can be found on the [Literature Submissions](#) page on the WSO website.

## Countdown to Conference!

### "Strength Through Service," April 29 to May 2, 2016

Has your region selected a delegate and alternate delegate?

Has your group scheduled its CAR workshops?

Is your region on track to meet the following deadlines:

**Dec. 31-15** Inform WSC Committee of region's intention to participate in WSC 2016. Submission by regional treasurer of equalized expense sum.

BOT members and world service committee chairs inform the WSC Committee of their intention to attend the conference.

**Jan. 29-16** Conference Approval Track (CAT) material available and distributed to regions.

**Feb. 28-16** Deadline for regional reports and minutes showing election or continued endorsement of delegate or alternate delegate.



## 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](mailto: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, 2016 \*\***

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