

The Serenity Connection



Nar-Anon Family Groups Newsletter

Volume 29 Issue 1 Mar 2013

Announcing ... the *Nar-Anon 36!*

It is with great pleasure that the Nar-Anon World Service Literature Committee announces the first volume of the *Nar-Anon 36* is now available for purchase from the World Service Office at <http://www.nar-anon.org/naranon/store>

In April, 2012, the Nar-Anon World Service Conference voted to approve the Introduction with Step One, Step Two, and Step Three of the *Nar-Anon 36*. It was also decided the need was so great, it would be appropriate to release portions of

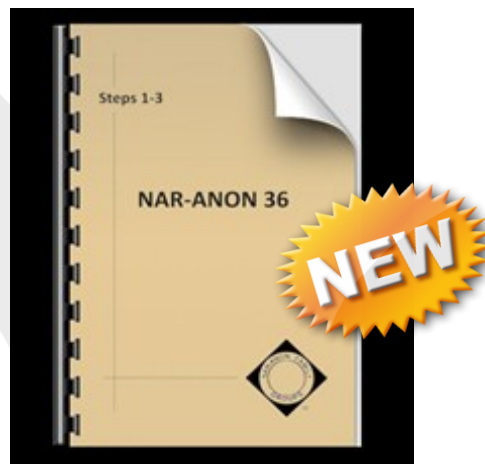
this book as they are approved by the World Service Conference.

The World Service Literature Committee continues to work diligently to prepare further sections for fellowship review, followed by WSC approval. Once approved, more sections will be added until all thirty-six are complete. The next version will be available following the WSC 2014.

If your group, area, or region would like to assist in the rewarding task of creating, editing, and/or reviewing the sections as they become available, please contact the World Service Literature Committee via email (LitCom@nar-anon.org).

We thank all of you who are already participating.

World Service Literature Committee



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Keep Meeting Info Up-To-Date

Groups, areas, and regions can now update their information on the [Nar-Anon World Service Website](http://www.nar-anon.org/naranon/Meetings/On-line%20Forms).

Concept 8 states:

“Our service structure depends on the integrity and effectiveness of our communications.”

The Nar-Anon World Service website has a new page for member ser-

vices, which will help facilitate our communications. Please visit [www.nar-anon.org/naranon/Meetings/On-line Forms](http://www.nar-anon.org/naranon/Meetings/On-line%20Forms)

From here, you can add a meeting, edit an existing meeting, disband a meeting, or update the region's contact information.

Why not give it a try!

“With the help of my Higher Power, I can change myself — others I can only love.”

“Sharing Experience, Strength, and Hope,”
Nar-Anon Family Groups Daily Reader, July 3

Letter from the Executive Director...

Little did I know of the journey I would be traveling when I attended my first Nar-Anon meeting. I have often compared my journey to a roller coaster ride. When I used the tools of the program, the ride was smooth. When I veered off track, the ride became frightening, with twists and turns, ups and downs. When it was finally over, I was exhausted and angry with myself and others around me.

The gratitude I have for those who gave back so freely what had been given to them, their experience, strength, and hope guided me. Another important asset of the program turned out to be service, which my sponsor so eloquently said was another part of my journey. I started by being the group key carrier. I would open the doors and set up weekly. This commitment kept me coming back. I then served my group as secretary, treasurer, literature person, and group service representative (GSR). While serving in my region, I began volunteering at the Nar-Anon World Service Office (**WSO** - Nar-Anon headquarters). There I met Louise, a co-founder of Nar-Anon. I never realized that the vision she had for Nar-Anon would one day be passed on to me.

Throughout my Nar-Anon journey, I have been fortunate to make new

friends and many have become like family members to me. The vision Louise had for Nar-Anon needed help and support from the fellowship, and sadly, she passed away before seeing her vision become a reality. When I became executive director, I could have easily been overwhelmed with the task at hand. But, thanks to the support of those who showed willingness, patience, and dedication, Nar-Anon is well on its way to being recognized around the world. No longer are we the best kept secret! Nar-Anon is no longer



an “I” program, but a “We” program. Most members of Nar-Anon also see the changes and know we are moving forward.

When 2013 began, I, like many others, took stock of what I hoped to accomplish during the year. For Nar-Anon, expanding our literature has been a part of history in the making. The members who submitted their stories of experience, strength, and hope have contributed significantly to the success of our daily reader (*SESH*). No profession-

al writers were/are used.

Through our Guides to Local and World Services, the unity of Nar-Anon has become stronger. These guidelines unite us in our principles and traditions and give us a clear direction for moving forward.

It is my hope the fellowship as a whole will be united through trust in the World Service Conference process. The hard work required to fulfill the needs of Nar-Anon can be and is being accomplished at these conferences. I honestly feel many issues will easily be resolved as more members – new and old – familiarize themselves with Nar-Anon by reading the literature, asking questions, and working together in the unity of the program. Our fellowship, based on the Twelve Steps, Twelve Traditions, and Twelve Concepts, will continue to gain strength as we move forward.

In closing, I want to thank the Nar-Anon Fellowship for their continued help and support. Serving as executive director is a privilege I do not take lightly. With Nar-Anon unity and awareness growing and with the help of the Board of Trustees, WS committees, and the Nar-Anon Fellowship, I will continue striving to move the organization forward.

In Loving Service,
Cathy K.
Executive Director

“For me, giving back to the Nar-Anon Fellowship is an expression of unconditional love and part of the healing process. When I give freely, without expectations, I help create a healing environment for others and myself.”

“Sharing Experience, Strength, and Hope,” Nar-Anon Family Groups Daily Reader, May 13

Our Members Share...

Dancing with the Gorilla

One of the things I learned some time ago,
was that living with addiction was like dancing with a gorilla.
My aim was to teach that gorilla to waltz, a slow, graceful dance.
But each time I tried to control the gorilla's moves, I was tossed around
like a doll.

The harder I tried to slow the dance, the more the gorilla was dancing
with dips and slides, twirling me around.

I was out of breath.

I was exhausted.

I was bruised.

Through attending meetings, I found a whole group
of people who were exhausted from that same dance.
It was wonderful to feel the fellowship of other desperate dancers.

Through working the steps with a sponsor,
I have learned why I kept engaging in that dance.
I have learned how to keep from engaging in that dance.
Now, I am learning how to do a different dance.

There are lessons I still needed to learn.
There is nothing like having a test of my program.
Although I still get caught up in a spin, I can find my balance.
Although I still get caught in a twist, I can look at my role in that dance.
Although I still get angry, I have learned that my anger covers my fears.

I have a program, and each day I can choose to use it, or return to my
old dance.
I have a Higher Power, and each day I can choose to stay connected or
fail to ask for help.
I have a fellowship. I can dance alone with the gorilla, or I can dance in
harmony with others doing a different dance.

**When one person changes the way they dance, the whole dance
changes!**

Luanne

Inner Peace and Serenity

Before entering the rooms of
Nar-Anon, I unknowingly gratified my-
self with material items. I strived to
feel good and could not understand
why instant material gratification was
short-lived.

I was introduced to the Nar-Anon
Twelve Step program when my son
became a drug addict. Working the
program has helped me to achieve se-
renity and God-centered inner peace.
With the help of my Higher Power,
meetings, sponsorship, and the
Nar-Anon Twelve Steps, I am now
able to deal with life on life's terms. I
accept the good and bad times as
they come. I no longer find it neces-
sary to strive to feel good by way of
external gratification.



Just for today and with the help of my
Higher Power, I will accept the reality
of life on life's terms. I will strive for
"feel good" gratification through God-
centered inner peace and serenity.
Today I am grateful for the realization
that my only possessions of true value
are not material.

Anonymous

**"Through Step Eleven, I have a conscious contact with my Higher Power. By calming
my thoughts, I am able to interpret my path in a peaceful way. Serenity is often my reward."
"Sharing Experience, Strength, and Hope," Nar-Anon Family Groups Daily Reader, November 4**

A Loving Higher Power of Recovery

Tradition Two states:

“For our group purpose 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.”

In recovery, I have heard that a Higher Power is loving, caring, and greater than ourselves.

I see that love, care, and compassion reflected in the members of my fellowship.

When I reflect on my relationship with my Higher Power, I realize that I too am learning to slow down, be at peace and

Breathe.

Oh, my god,
To choose the nestle
when I have been living in the
wrestle.

The gift of seeing my choices and
learning to let go.

The absolute relief of having a Higher
Power,
who holds me as I struggle,

And NEVER lets go...
Destination unknown,
Companion on the trail.

Learning to trust
Learning to lean
Learning to cling
Learning I am loved
Learning to be cared for
Learning to choose
Learning to breathe
Learning to believe
Learning to be free
Learning to be *ME*

Anonymous

Practicing These Principles in all Our Affairs

May 31, 2012, 8:30 pm, my cell phone rings. It is my physician with the biopsy results from my right breast: *Cancer*.

Acceptance: Now I will have to tell my husband which will make cancer real. I have been a healthy person with few physical issues. This is new territory with new questions to answer. How and when to tell my kids, my Mom and Dad, my huge extended family? What about work and all those friends? What about my privacy? These are concerns I share and decisions I make with my husband.

Faith/Trust: Doubt and fear crept in and tried to roost. With the tools of my recovery, I replaced fear and doubt with trust and faith in powers greater than myself, my physicians, and the scientific community.

Patience/Forgiveness/Gratitude: Although family, friends, and virtual strangers pledged love and support, many gave unrequested opin-



ions. Were they trying to instill fear and doubt? No. Everyone's intentions were good. I received hundreds of encouraging cards, letters, emails, and text-messages. From these experiences I learned how I can be with others who may endure serious life situations and how to respond when someone falls ill.

Guilt and Shame: Obsessive thinking barged in and settled. How did I cause this? I must have done something wrong. Am I responsible for my family's suffering?

Surrender: During meditation, I observed old behavior — an over-developed sense of responsibility which led to self-blame and guilt. With the help of my Twelve Step recovery tools, I was able to turn obsessive thinking over and re-establish sane thinking and serenity. Sanity during this difficult time was essential for good decision-making.

Courage and Willingness: My doctors and nurses told me that my willingness and positive attitude would continue to help me sail through the treatments ahead. I'm really not sure if I possessed courage. Maybe courage is a natural outcome of willingness, faith, and trust.

Humility: Acceptance of the support provided by the family and friends who cared for me seemed to have the principle of humility woven through it. My spiritual relationship with the god of my understanding was strengthened and renewed.

Freedom: As I struggled with an extreme crisis of identity, my daughter said, “Mom, you must accept that during this time you do not have to DO anything.” Because I was able to hear this option, I was free to just BE.

Paula L.
December 2, 2012

Giving Back...

Quarterly Appeal

Please read this message at your business meetings during the Quarter

Have you ever wondered where funding for the Nar-Anon World Service Office (WSO) comes from? It's no secret! The WSO, which houses and prints most of our literature, relies on literature orders and donations from groups, areas, regions and individuals to pay rent, utilities, equipment costs, salaries, etc. We have a staff of eight. Two are full-time positions and the others work part-time morning and afternoon shifts.

Nar-Anon does not receive any outside funding from grants, governments, or private companies.

Over this past year, we have been crippled by price increases for paper, supplies, equipment, rent, and under-funding of the World Service Conference. I can honestly speak for the staff and myself that it is for the love of this program we do what we do. Therefore, I am making an appeal to all members to please help.

By sending a donation, you contribute to carrying our message of help and hope. Another way to say thanks to Nar-Anon is to contribute a dollar amount for each year of your recovery, using the attendance at

your first meeting as your birthday.

On behalf of the Nar-Anon World Service Office, I would like to thank the entire Nar-Anon Fellowship for their continued support.

Cathy K.
Executive Director

PS If you would like to make an individual tax-deductible donation, please submit a check payable to Nar-Anon World Service Office Headquarters Inc. or go online and click on the purple DONATE button at http://www.nar-anon.org/naranon/About_Nar-Anon

Members' Reflections...

Mini Convention in South Africa

It has become traditional for the Western Cape Area of South Africa to hold a mini-convention in November each year. This year it was held on Saturday, November 3, 2012, at The Mountain Road Primary School in the suburb of Woodstock, Cape Town, South Africa.

The day was comprised of three 90-minute sessions with tea and lunch breaks between sessions. During each session, three mem-

bers shared on the topic "Nothing changes, if nothing changes." These nine members represented nine different groups in the Western Cape.

Each and every person who shared delivered an eloquent message of recovery, and they all spoke from the heart. At the end of each session, the audience was given an opportunity to share their thoughts and there was much positive feedback.

Our area events coordinator and her sub-committee hosted a great event at the end of a very successful 2012 Nar-Anon year.

The Western Cape Area of the Region of South Africa continues to go from strength to strength and the Nar-Anon Fellowship continues to provide a beacon of hope to hundreds of family members affected by the disease of addiction.

Anonymous

What Worked for You?

Last Issue's Question

In my group, one person always chairs the meeting and closes the meeting with words of advice on what members should and shouldn't do. I am not comfortable with this level of control. How can I bring up this issue without upsetting this person or other members of the group?

Suggestion 1

- Hold a group conscience on how often the chairperson's role should rotate: for example, weekly or monthly.
- Suggest a workshop on *Keeping Our Meetings Healthy*.
- Read the section from the *Guide to Local Services* on Conference Approved Literature (CAL) during the opening of the meeting.

Carol B.



Suggestion 2

Chances are that if one member is not comfortable with this practice of "should" and "should not" that other members are not comfortable with it either. Using the form *Taking the Group Inventory*, available from WSO, may help. It gives everyone a chance to inventory the pros and cons of their group. This inventory can be done anonymously. A summary of the results can be presented and discussed at a group business meeting. In this way, all suggestions are equal and the concept of "principles above personalities" is practiced.

Anonymous

Suggestion 3

First, I would volunteer to chair a few meetings and close by saying we do not give advice; rather we share our experience, strength, and hope, and perhaps mention that the words we hear might not click immediately but will come to us when we need them.

I might also speak directly to the person in private and remind her we don't give advice, and her closing statement not only makes you uncomfortable; it sends the wrong message.

If after a few meetings this doesn't work, I would ask for a group conscience.

Carol R

This Issue's Question

What do you do when a newcomer shares for a large portion of the meeting? I don't get any Nar-Anon hope and I leave feeling worse than when I arrived.

Please email your responses to newsletters@nar-anon.org Watch for solutions in the June 2013 newsletter!

Did You Know ...?



...how much literature WSO distributed over the past year? Here are the top five items and the number of copies of each that were delivered in 2012:

- | | |
|----------------------------|--------|
| • Small Blue Book | 19,825 |
| • Newcomer Packets | 19,167 |
| • Questions on Sponsorship | 13,544 |
| • SESH | 8,258 |
| • Large Blue Book | 7,933 |



Kudos to the WSO staff for keeping track of so many orders and for helping unite Nar-Anon members around the world with the Nar-Anon message.

that over the last six months, 36 new group packets were ordered, and 25 resulted in new meetings.

Congratulations to everyone who had the courage to take this big step!

Upcoming Events... 2013

Nar-Anon East Coast Convention (EEC) 5

Will be held in Florida in 2014

We need YOU!

First committee meeting:
Mar. 23, 11:30 AM EST on Skype

Please e-mail your Skype name to
Chair Lynne K.
ECC5CHAIR@gmail.com

Attending a Nar-Anon Event?

Drop us a line and share your experience with other Nar-Anon members.

We'll post your article in the **Members' Reflections** section of the next newsletter.

Waves of Serenity

Thu. March 21 - Sun. March 24

Nar-Anon @ GRCNA (Georgia Regional Convention of NA)

Jekyll Island Convention Center
145 Old Plantation Road
Jekyll Island, GA

Info: ganaranon@gmail.com

Recovery Changes Everything!

Sat, March 30 9 am – 6 pm

N. California Regional Convention

Santa Clara Convention Center
5001 Great America Parkway
Santa Clara, CA

Paula at pkcloud@yahoo.com

Embrace The Journey

Fri. April 19 - Sun. April 21

Nar-Anon Convention 2013
Connecticut, Massachusetts &
New Hampshire

Courtyard by Marriott
63 Grand Street
Waterbury, CT 06702

Info: 203-641-9380

The Freedom of Recovery: Nar-Anon World Convention

Thur. Aug 29 - Sun. Sept. 1

In cooperation with WCNA-35
Philadelphia Convention Center
1101 Arch Street
Philadelphia, PA 19107

Early bird registration: March 31

Trust in the Spirit of Unity **2012 - 2014 World Service Conference Cycle**

The World Service Conference Committee would like to remind the groups, areas, and regions that it's time to think about preparing motions to be submitted for the *Conference Agenda Report* (CAR). Please email the committee for interactive motion forms (wscconference@nar-anon.org). If your region did not receive the invitation by email, please see the 2014 conference page on the website (<http://www.nar-anon.org/naranon/node/964>). The conference cycle for 2012-2014 is also posted on the website.

- **June 30, 2013** - WSC Committee informs each region of equalized expense amounts.
- **September 4, 2013** - Deadline to submit regional motions in draft form.
- **October 14, 2013** - Deadline for all motions to be in final form.
- **December 3, 2013** - CAR available and distributed to regions.
- **December 31, 2013** - Deadline to inform WSC Committee of region's intention to participate in WSC 2014 and submissions by each regional treasurer of equalized expense sum.
Deadline for BOT members and world service committee chairs to inform the WSC Committee of their intent to attend the conference.
- **February 1, 2014** - Conference approval track (CAT) material available and distributed to regions.
- **March 3, 2014** - Deadline for regional reports and minutes showing election or continued endorsement of delegate or alternate delegate.
- **April 2, 2014** - Agenda for WSC 2014 distributed to all attendees
- **May 1, 2014** - Pre-conference orientation - Torrance, California
- **May 2 – 5, 2014 - World Service Conference 2014** - Torrance, California

Committee Corner...

Outreach Committee

Share your Outreach success stories...

The purpose of the World Service Outreach Committee is to increase public awareness of the Nar-Anon Family Groups and facilitate growth of the membership through outreach. This is accomplished by creating and distributing literature and tools that support outreach at all levels of the fellowship. The launch of the new website and electronic access to *The Serenity Connection* provide a dynamic opportunity for this effort. The outreach page on the new website - www.nar-anon.org/naranon/About_Nar-Anon/Outreach - provides information and downloadable outreach tools. Check it out.

Outreach is key to sustaining and growing the Nar-Anon Fellowship. What is your home group, area, or region doing? Tell us your outreach success story so it can be shared with the fellowship. Have an idea or story to share? Send it to Outreach@nar-anon.org

Watch this newsletter space and visit the Outreach page on the WSO website for new ideas and ways to improve your outreach efforts.

Newsletter Submissions

Articles are welcome from all Nar-Anon members.*

Please keep your focus on the Nar-Anon program at all times and share your *experience, strength, and hope (ESH)* from the perspective of a Nar-Anon member.

Please submit your articles to:
newsletters@nar-anon.org

Remember, submissions must have a signed release form before publication.

Newsletter Committee

eSubscriptions Now Available!

Sign up for your **FREE** e-subscription to *The Serenity Connection*, at www.nar-anon.org/naranon/Member_Services/Serenity_Connection

Subscriptions to date: 529

World Pool Committee

WOULD YOU LIKE TO JUMP INTO THE WORLD POOL?

Have you ever asked yourself, World Pool, what is that? The World Pool is made up of qualified Nar-Anon members elected at the World Service Conference (WSC) to be eligible to serve on the Board of Trustees. Members actively involved in service work at the area/region/world level for at least 4 continuous years may be considered to serve as trustees of Nar-Anon.

Trustees are responsible for instituting the decisions made at WSC and for overseeing the World Service Office (WSO). Trustees are active members of our world service committees and attend the biennial WSC.

Five or six positions will be opening up in 2014. Interested in applying? Please contact the World Pool Committee at worldpool@nar-anon.org. Application deadline is **October 31, 2013**.

New Literature

Some new literature from the Nar-Anon [Webstore](#):

- 3 poster set- 12 Steps, Traditions, & Concepts - 2x3
- Guide to Local Services - changes from conference
- Guide to World Services - approved at conference
- Outreach Poster - 2'x3'
- Journal - new price and new binding design
- Reading Cards - 11 separate cards (12x12x12+8)

Thanks to all who make *The Serenity Connection* a success with your submissions!

Sneak Peek...



Ever wonder where Nar-Anon literature comes from? Who writes it? Who edits it? The answer is **YOU!** The story below was submitted to the World Service Newsletter Committee for publication in the *Serenity Connection*. At the same time, the World Service Literature Committee thought this was such a great Step 6 story they asked permission to incorporate it into the *Nar-Anon 36*. Your story could be next!

A draft version of Steps 4, 5, and 6 of the *Nar-Anon 36* is nearing completion and will be ready for review by the fellowship very soon. This is your chance to contribute! And here's a Sneak Peek...

The Tree of Recovery — A Step 6 Story

When I came to the Sixth Step, I had to ask myself "Am I ready to let go of _____ and let my Higher Power make me healthy?" I have so many defects. I know I cannot re-

move them on my own, but I am willing to believe that God can.

This week I saw a beautiful reminder of how my Higher Power is always at work. The tree in my front yard was slow to change last year. Many dead leaves clung to its branches throughout the winter. But now spring has arrived and bright green leaves are budding out on the same branches as the old ones.

My defects, my bad habits and unhealthy ways, are the old leaves. There are fewer of them than there used to be, but as the saying goes, old habits die hard. As much as I would like to shake them off, bitterness and resentments still cling to

me. But the God of my understanding is still producing new growth: a fresh perspective, a more thankful heart. As I continue to work the Nar-Anon program, new growth will steadily crowd out my old dysfunctional ways. I feed the healthy new me by attending meetings, reading Nar-Anon literature, developing relationships with other members, praying, meditating, and performing service. If I neglect any of these practices, my growth will be stunted.

After admiring my beautiful tree, I realize I do not have to ask if I am ready to change. Rather, I must be willing to accept and be thankful for the changes my Higher Power continually produces in me. *Ruth K.*

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2012 Financial Reports

Financial Statements for Nar-Anon Family Group Headquarters
2012 financial year can be found on **Pages 4-6**.

Our Members Share...

Good Fences — Good Neighbors

At a recent meeting, a member shared about boundaries, mentioning good fences, good neighbors. I began thinking about my life and applying the principles of Nar-Anon “in all our affairs.” I found myself pondering the nature of fences and walls, both literally and figuratively. My life has many walls and fences. How do I use them, maintain them, modify them, etc.?

Do I, out of fear and anxiety, build high walls around myself, keeping others at bay? Do I imprison myself in isolating behaviors, shutting others out of every aspect of my life because I don't want them to know about the addict? Have I built a wall around myself that is impenetrable? Or do I have such a low fence that just about anyone can breach it and take advantage of me? Am I an easy target for other people's

needs, issues, and problems that they bring to my yard and expect me to help out? Do I just give in to what others want or expect because I am uncertain about what I want?

I've tried both kinds of walls and neither has worked well for me. Sometimes a high wall is appropriate, but those occasions are rare. I need to put up a wall to protect myself from the craziness of addiction.

Sometimes I need to let my defenses down and let others in. This is not easy to do. Nar-Anon is a wonderful place to have relatively low fences where I can share what is really going on in my life. I try to help others including newcomers and those in an immediate crisis. Nar-Anon provides a good place for letting down my defenses and learning to trust.

I need a fence between me and

those around me, one that allows me to share with the world without being taken over by it. This fence has a gate that can be locked, allowing some privacy, but it does not shut others out completely. I can have a fence that says “only so far, unless...” and I can determine what the conditions are for letting others in.

I'll be a better neighbor to all those around me if I work on finding the right fence with the right message, neither too high nor too low and designed for my recovery. If I do this, I am also a good neighbor to the addict, my fellow Nar-Anon members, and indeed to everyone around me. I will be less exhausted, better focused, and healthier for having a good fence.

David R

“I have learned to set boundaries, take care of myself and make changes with the help of my Higher Power. Today I am able to make decisions...that I had never dreamed would be possible.”

“Sharing Experience, Strength, and Hope,” Nar-Anon Family Groups Daily Reader, June 4

Nar-Anon Service Guides...



- The *Nar-Anon Family Groups' Guide to Local Services* is for members of the fellowship who have found the personal growth and continuous recovery that come from taking an active role in Nar-Anon.
- The *Nar-Anon Family Groups' Guide to World Services* provides information, explanation, and description of the Nar-Anon World Services' structure and system.

Download Service Guides for FREE at http://www.nar-anon.org/naranon/Member_Services/Service_Guides

Giving Back...

Quarterly Appeal

Please read this message at your business meetings during this quarter

Did you know...

you can go to the Nar-Anon Family Groups World Services website and click on <http://www.nar-anon.org/naranon/node/774>

you can use a credit card or PayPal to donate?

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

your donations help the Nar-Anon World Service Office with the following:

- Stay staffed to answer over 17,000 calls a year
- Maintain the Nar-Anon website
- Provide outreach literature to health care providers and institutions
- Continue developing and producing new Nar-Anon literature
- Set a foundation for future additions and innovations to the Nar-Anon program and to the WSO



What Worked for You?

Last Issue's Question

What do you do when a newcomer shares for a large portion of the meeting? I don't get any Nar-Anon hope and I leave feeling worse than when I arrived.

Newcomers usually come to a meeting desperate for answers and advice. When we have a newcomer, before we share on the topic, our chair asks one or two members to share on what brought them to the program. I have noticed this serves two purposes:

- It answers many of the newcomers' questions.

- It relieves some of the newcomers' anxiety by letting them know that others have traveled this road too, and there is hope.

We also encourage each other to use the phone list if there is a need for strength between meetings. I have found that getting a call is what I needed at that time and feel it must

have been directed by my Higher Power.

Janet K.



This Issue's Question

In our group, we sometimes have members from the same family attending our meetings - husbands and wives, mothers and daughters, etc. When one family member starts to share, the other member corrects or takes over the story. The result is both members sharing at the same time. I believe this is a form of cross-talk. What are some solutions?

Please email your responses to newsletters@nar-anon.org. Watch for solutions in the September 2013 newsletter!

WSC Financial Statements 2012

Nar-Anon Family Group Headquarters

Statement of Income

January - December 2012

	Jan - Dec 12	% of Income
Ordinary Income/Expense		
Total 3100 · Literature Sales	274,771.59	67.1%
3200 · Shipping Received	39,956.48	9.76%
3300 · Subscriptions-Newsletter	1,345.00	0.33%
3450 · WS Conference Income	38,356.00	9.37%
3460 · Royalty Income	1,276.35	0.31%
Total 3500 · Contributions-U.S.A.	41,976.14	10.25%
Total 3502 · Contributions-International	9,347.05	2.28%
3550 · Contributions-Individuals	2,481.09	0.61%
Total Income	409,509.70	100.0%
Cost of Goods Sold		
Total 4000 · Cost of Sales - Production Dept	189,595.97	46.3%
Total COGS	189,595.97	46.3%
Gross Profit	219,913.73	53.7%
Expense		
Total 4191 · Salaries	118,957.75	29.05%
4196 · Workers Comp Ins	1,389.64	0.34%
4197 · P/R Tax ER	11,481.72	2.8%
4198 · Payroll Processing Fee	4,899.05	1.2%
Total 4100 · Payroll Expenses	136,728.16	33.39%
4200 · Operating Expenses		
4180 · Rent	44,455.81	10.86%
4202 · Phone	7,123.73	1.74%
4203 · Utilities	3,201.53	0.78%
4205 · Office Supplies	1,106.87	0.27%
4234 · Staff Travel	223.00	0.05%
4250 · Office Expenses	3,668.68	0.9%
4260 · Repairs and Maintenance	235.21	0.06%
4266 · Taxes & Licenses	3,358.86	0.82%
4269 · Bank Charges	438.65	0.11%
4270 · Paypal Fees	6,072.78	1.48%
Total 4200 · Operating Expenses	69,885.12	17.07%
4210 · Accounting and Legal	671.00	0.16%
4220 · Liability Ins	2,207.36	0.54%
4232 · Postage/Shipping	1,034.45	0.25%
4308 · Literature -Intellectual Prop.	100.00	0.02%
Total 4300 · Literature Expense	100.00	0.02%

Statement of Income

January - December 2012

	Jan - Dec 12	% of Income
4529 · WS Conference-Misc Expenses	1,222.71	0.3%
Total 4525 · WS Conference	49,898.32	12.19%
4600 · OUTREACH	13,952.90	3.41%
4701 · Depreciation Expense	6,195.00	1.51%
Total Expense	284,236.65	69.41%
Net Ordinary Income	-64,322.92	-15.71%
Other Income/Expense		
3600 · Interest Income	5.81	0.0%
Total Other Income	5.81	0.0%
Net Other Income	5.81	0.0%
Net Income	-64,317.11	-15.71%

Nar-Anon Family Group Headquarters Comparative Balance Sheet - December 31, 2012

	Dec 31, 12	Dec 31, 11	\$ Change	% Change
ASSETS				
Current Assets				
Checking/Savings				
1001 · Checking Acct	16,471.71	102,248.92	-85,777.21	-83.89%
1002 · Paypal Account	2,086.43	1,725.91	360.52	20.89%
Total Checking/Savings	18,558.14	103,974.83	-85,416.69	-82.15%
Other Current Assets				
1004 · Prepaid Expenses	699.00	3,199.00	-2,500.00	-78.15%
1006 · Petty Cash	70.25	3.13	67.12	2,144.41%
1009 · Deposit-Rent	1,442.27	1,142.27	300.00	26.26%
1010 · Inventory	16,064.86	14,973.55	1,091.31	7.29%
1020 · WS Conference Deposits	900.00	0.00	900.00	100.0%
Total Other Current Assets	19,176.38	19,317.95	-141.57	-0.73%
Total Current Assets	37,734.52	123,292.78	-85,558.26	-69.39%
Fixed Assets				
1014 · Office Furniture & Equipment				
1016 · Furniture and Equipment	26,050.51	26,050.51	0.00	0.0%
1018 · Less-Accumulated Depreciation	-17,634.51	-12,959.51	-4,675.00	36.07%
Total 1014 · Office Furniture & Equipment	8,416.00	13,091.00	-4,675.00	-35.71%
1100 · Leasehold Improvements	4,984.49	4,984.49	0.00	0.0%
1102 · Less Accum. Amortization	-336.00	-208.00	-128.00	61.54%
Total Fixed Assets	13,064.49	17,867.49	-4,803.00	-26.88%
TOTAL ASSETS	50,799.01	141,160.27	-90,361.26	-64.01%

Comparative Balance Sheet

December 31, 2012

Liabilities				
Current Liabilities				
2000 · Accounts Payable	0.00	2,059.95	-2,059.95	-100.0%
Total Accounts Payable	0.00	2,059.95	-2,059.95	-100.0%
Credit Cards				
2020 · US Bank CC	2,123.86	5,262.41	-3,138.55	-59.64%
Total Credit Cards	2,123.86	5,262.41	-3,138.55	-59.64%
Other Current Liabilities				
2010 · Health Insurance Payable	94.60	0.00	94.60	100.0%
2400 · Sales Tax Payable	602.75	535.00	67.75	12.66%
2510 · Conference Deposits	0.00	22,400.00	-22,400.00	-100.0%
Total Other Current Liabilities	697.35	22,935.00	-22,237.65	-96.96%
Total Current Liabilities	2,821.21	30,257.36	-27,436.15	-90.68%
Total Liabilities	2,821.21	30,257.36	-27,436.15	-90.68%
Equity				
3900 · Retained Earnings	112,294.91	145,500.69	-33,205.78	-22.82%
Net Income	-64,317.11	-34,597.78	-29,719.33	85.9%
Total Equity	47,977.80	110,902.91	-62,925.11	-56.74%
TOTAL LIABILITIES & EQUITY	50,799.01	141,160.27	-90,361.26	-64.01%

Committee Corner...



Budget and Finance Committee

THE ROLE OF THE BUDGET AND FINANCE COMMITTEE*

The responsibility of the Budget and Finance Committee is to maintain a continuing review of the financial affairs of NAFGH, Inc. Using this information, it is the committee's duty to make appropriate recommendations to WSO, the Executive Committee or the Board of Trustees regarding financial matters.

Concept 11 – Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly.

Purpose and objective of the Budget and Finance Committee:

- Review financial information periodically as checks and balances.
- Review income, production costs, and expenses to prepare a budget for the upcoming year.
- Review financial information for cost effectiveness.
- Review income, production costs and expenses periodically to make recommendations or suggestions to WSO or BOT of any cost savings or adjustments that would benefit the financial position of the corporation.

**From the [Budget & Finance Committee page on the Nar-Anon WS Website.](#)*

World Pool Committee

IT'S SPRING! JUMP INTO THE POOL!

Would you like to give back to the fellowship by getting involved in service? The World Pool Committee is currently accepting applications from members who would like to serve on the World Service Board of Trustees and from members who are interested in serving as a WSC facilitator.

If you are interested and would like a list of suggested qualifications and an application form, please email the World Pool Committee at worldpool@nar-anon.org.

To be considered for election at the 2014 WSC, completed applications must be returned by Oct. 31, 2013.

Outreach Committee

SHARE YOUR OUTREACH ACTIVITIES

Outreach is important to the growth of the fellowship, and members at the local, area, and regional levels are vital to this effort. In the weeks ahead, the World Service Outreach Committee will be challenging you to join in outreach activities. Stay tuned for details.

Effective outreach requires planning. Look for local recovery events that offer the opportunity to set up an outreach booth or plan one of your own. Here's the link to an [Outreach Booth Checklist](#) on the outreach/tools page of the WS website.

If you participate in an event or plan one, list it on the events page of the WS website. Email events@nar-anon.org with the details and if you want to attach an event flyer, please only send it as a PDF.

Have questions or need help with outreach planning? Email outreach@nar-anon.org

Literature Committee

Graphic Artist Needed

We need your graphic design skills to create a cover for *The Nar-Anon 36*. If graphic design is your profession or hobby, your help is needed on this and other projects. Contact the WS Literature Committee at LitCom@nar-anon.org

Policy and Guidelines Committee

PARTICIPATE IN GLS and GWS UPDATING!

The Policy and Guidelines Committee is reviewing and updating the *Guide to Local Services* and the *Guide to World Services*. We invite your participation by sending any additions, corrections, or deletions you deem necessary for our consideration. The suggestions we make to these two documents will be presented as motions for the 2014 World Service Conference. Please send your comments by July 31, 2013 to pandgcommittee@nar-anon.org.

Narateen Committee

NARATEEN IS GROWING!

The World Service Narateen Committee's vision is to have Narateen meetings around the world. To do this, we need active Nar-Anon members to become Narateen sponsors and start meetings for local kids. To learn more, please order *Sponsoring a Narateen Group (S-330)* from the literature page on the World Service website.

When at least two Nar-Anon members decide to become sponsors and want to start a Narateen group, a *New Group Packet (S-302)* is available from the literature page. It is suggested that regions develop sponsorship guidelines that follow state, county, and city laws for volunteers working with children. Our committee is working on suggested safety guidelines which we hope to present at the 2014 World Conference.

Currently there are Narateen meetings in the USA in Florida, Iowa, Ohio, New Jersey, New Mexico, New York, Western Pennsylvania, and Maryland, and internationally in Chile, Colombia, Iran, and South Africa. To see the complete meeting list, search for Narateen in the right pane of any Nar-Anon World Service website page. To learn more about Narateen meetings and to have kids in Narateen submit writings for a new draft book, *31 Days in Narateen*, please go to http://nar-anon.org/naranon/Meetings/Narateen_Meetings.

If you have any questions, you can reach us at Narateen@nar-anon.org.

Upcoming Events... 2013

Nar-Anon World Convention

August 29 - September 1, 2013

Philadelphia Convention Center

Registration:

http://nar-anon.org/naranon-store/Nar-Anon_Store/WC_2013.html



Pre-Registration: \$49.00
until June 30, 2013

Regular Registration: \$59



Sat June 29 to Mon July 1, 2013

Auditorio Colegio Jomar
Calle 38A Sur No. 45A-80 Envigado
Medellin, Colombia

Contact: convetcionregioncolumbia@hotmail.com

Journey of Hope

Fri July 5 to Sun July 7, 2013

Orlando World Center Marriott Resort & Convention Center
8701 World Center Drive
Orlando, FL 32821

Phone: 407.239.4200
Nar-Anon@FRCNA XXXII

Feed the Spirit

Sat Sept. 21, 2013

Nar-Anon Spirituality Breakfast
The Brass Rail Restaurant
3015 Lehigh Street
Allentown, PA 18103

Information:
Nancy H 610-437-6323 or
Mickey B 610-432-3374

The Joy is in the Journey XXIV

Fri Dec. 6 to Sun Dec 8, 2013

New York Region 2013 Convention
The Villa Roma Resort
340 Villa Roma Road
Callicoon, NY

"Sometimes I Carry the Message;
Sometimes the Message Carries Me"



Serenity Connection eSubscriptions Available!

Sign up for your **FREE** e-subscription to *The Serenity Connection*, at
www.nar-anon.org/naranon/Member_Services/Serenity_Connection

Subscriptions to date: **931**



Newsletter Submissions

Articles are welcomed from all Nar-Anon members.*

Please keep your focus on the Nar-Anon program at all times and share your *experience, strength, and hope (ESH)* from the perspective of a Nar-Anon member.

Please submit your articles to: newsletters@nar-anon.org

* Remember, submissions must be accompanied by signed release forms before publication.

**** Next Deadline: July 20, 2013 ****

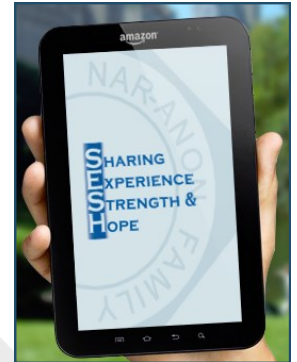
Thanks to all who make *The Serenity Connection* a success with your submissions!

Nar-Anon Goes Digital!



We are proud to announce that Nar-Anon has gone digital! Now you can read Nar-Anon literature wherever you are on your tablet, eReader, and/or mobile phone. Never be without it!

- The *SESH* daily reader can be purchased in over 50 countries for \$14.99 USD (or the equivalent*) from Apple's iBookstore. It may be downloaded onto any or all of your Apple mobile devices (iPad, iPhone, or iPod touch). *SESH* is also available at the same price from the Amazon Kindle Store for as a download to a Kindle, smart phone, tablet, Mac, or PC.
- The *Nar-Anon Blue Book* can also be purchased digitally on Apple's iBookstore and the Amazon Kindle Store for \$0.99 USD (or equivalent*). Download a copy to read on your device of choice.
- *Thirty-One Days in Nar-Anon* is the latest Nar-Anon digital literature to be made available on Apple's iBookstore and the Amazon Kindle Store for \$4.99 USD (or equivalent*).



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SESH • NAR-ANON BLUE BOOK • THIRTY-ONE DAYS IN NAR-ANON

*Available in all countries where these stores operate.

**God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can, and the
Wisdom to know the difference**

Our Members Share...

My Puzzle

I used to have a two-sided puzzle. All the pieces were the same shape and the same picture was printed on both sides. It was a puzzle of patience. There were times I wanted to knock the puzzle to the floor. It was so frustrating. Even if parts did fall, the pieces stayed interlocked tightly and were still where they needed to be when I could find the patience to start again.

My Nar-Anon journey is just like that puzzle. First I seek out all the edges and create my boundaries. I keep coming back to assess the different shades and hues of the things I am learning – and where they might fit. All the pieces are the same, yet the picture is different for each person in the program. I have to keep coming back to find another piece to see if

the picture is clearer. If not, I will need to set the piece aside, because it either doesn't fit, or it just isn't time yet to find its place. If I try to force the piece into place, the picture is not clear and I don't know what to do with the next piece.

I have found that the pieces I am putting together to create the Nar-Anon road for my own recovery journey also have two sides. When the two sides align, I get a clear picture. The two sides of my recovery picture are my mind and my



heart. When I find something that works to bring my heart and mind into balance, a part of my recovery locks into place. I might get frustrated or need to rest in my journey and even try to sweep my recovery onto the floor as I did with my real puzzle. Yet, as with my real puzzle, the pieces never totally fall apart. Sometimes I have to get them back in order, but they are still waiting for my return.

I try each new piece I find and know that setting it aside only means it is not yet time for that piece. It does not mean I have failed. My recovery is about finding the patience to try one piece at a time until my heart and mind balance. When I find the balance, I know I am on the right path.

Dawna

H.O.W*

For the longest time, I felt responsible for causing the addiction of my loved one. This feeling had a spiraling effect on me as I then felt shame and extreme guilt that I not only destroyed my son, but was also responsible for damaging the lives of those around me who were affected by my behavior as a result of his addiction.

Through the help of my Higher Power and the tools of Nar-Anon, I now know I am not responsible for the choices of others. However, it is

clear there are things I said and did that contributed to negative outcomes. There is nothing I can do to change the past. Like the addict, I have today to make good choices for me, put the past to rest, surrender to God, and look to the future. I choose to surround myself with positive loving people; and I too, can be the best me possible!

I was not to be part of the cure, so I freed myself from being part of the problem. Being honest with myself first, then with others, and accept-

ing that the only one I can change is myself, will certainly have a ripple effect I can live with. This will help to make an impact on those I love and care for. Life is short, beautiful, and worthy of great care. It's a journey of hope, love, growth, success, and abundant joy with the help of a good attitude, friends, and my Higher Power. He gives me everything I need. It is my choice to keep an open mind and be willing to change.

**Honesty, open-mindedness and willingness*

Why Do I Work the Steps?

Going to meetings gives me great comfort. After watching the addict in my life start to recover and begin to change, I realized that I too had to take a look at myself. What was I blaming on others? What inappropriate behaviors was I trying to excuse? As I began to address my character defects, I began to practice Step Twelve and carry the message to others.

Recently I was doing service with a member who had been coming to the program for many years but had never worked the steps. I thought about this and asked myself "Can I truly work the traditions or concepts if I have not worked on my own recovery first?" How will I recognize my character defects if I have not worked the steps? If I do not take a daily inventory and practice the steps, am I unknowingly inflicting my controlling be-

haviors and self-will on others? I realized I cannot genuinely practice the traditions without practicing the steps. And yes, I will be inflicting my controlling self-willed nature on others if I do not look at myself and my motives.

The same is true for the concepts of service, the principles guiding those that serve. If I do not practice my steps before serving others, how can I serve them according to the God of my understanding and the guiding principles of Nar-Anon? Can I make amends to others in the program if I am not working on me? Is it always them I am working on and never me? Am I actively using all of the guiding principles of our program in looking for solutions? Do I think of myself as different from the addict, that I do not need to work the steps just be-

cause I am not an addict? Do I focus on the literature that says "*your progress can be made in your own time and in your own way.*"* as an excuse not to work the steps? Have I shifted my need to fix or control from the addict to the members of my group?

I keep attending meetings to learn a better way. Long ago, I stopped coming for the addict and started coming for me. I keep coming back to work on my recovery and make my life the best it can be. At meetings, I choose to share from the "I" perspective rather than from the "you." When I share "I" first, I am sharing how the program worked for me. I cannot tell you what to do; I can only share what worked for me. I will keep working on me.

**Blue Booklet - Page 12*

Service in Nar-Anon...

Letter from the President

Hi Fellow Members,

Have you ever been at a meeting, convention, unity day, etc. and heard, "Why don't we have this in Nar-Anon yet?" When I hear this, my initial thought is "What are you doing to help?" Rather than complaining about the problem, take a moment to see how you can be part of the solution.

Have you done service only within your group? Do you have a sponsor? Do you sponsor? If not, why not? History has shown us Nar-Anon is a WE

program. I cannot speak for you, but it was my own thinking that got me into Nar-Anon and what I heard was that we do this together.

I am a member of the Board of Trustees, however, my responsibility as a Nar-Anon member does not stop just because I attend Nar-Anon Board meetings. All trustees, delegates, and alter-



nate delegates are highly encouraged to join a world service committee. Do you know how many committees we presently have? The majority of members on each committee are also trustees, delegates or alternate delegates. Most of us are members of more than one committee; some belong to two or more. WHY? I think it is lack of communication coupled with the "I don't know hows" that are still out there.

...continued on page 4

Letter from the President.....continued from page 3

Did you know the WS Newsletter Committee that reviews, edits and compiles this newsletter is comprised of only five members! The WS Narateen Committee has six members, two from international regions. The WS Outreach Committee has six members. There are other committees as well that need your

help. If you are already serving at the group, area or regional level, why not assist on the respective WS committee? We spend so much time in WS committee meetings trying to help Nar-Anon grow, and who knows, your input on what works and what doesn't could help speed up this process.

When I sit in Nar-Anon meetings, I continually hear about helping vs. enabling. I know I enabled, but justified it as helping. So, if I could spend endless hours, days and, yes, years helping the addicted loved one(s) in my life, I could certainly help our fellowship continue to MOVE FORWARD. *Karen*

One of Nar-Anon's Best Kept Secrets!

Concept One – “the groups have joined together to create a structure”

Concept Two – “the final authority rests with the groups”

Concept Three – “groups delegate to the service structure”

Concept Four – “leadership qualities should be carefully considered”

In Concepts Five through Twelve, we find the words accountability, responsibility, spiritual group conscience, two-way communication, integrity, decision-making process, and service not governance.

Recently, I have become aware of an amazing tool of the Nar-Anon program. Most of us read, study or work the steps. Some of us study and use the traditions. However, few of us take note of the twelve concepts of service. While researching the concepts, I came across some very interesting thoughts and ideas. How many of us know that the groups make the decisions for the fellowship, taking those decisions to their areas, regions and beyond. Concept Two

states, “The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.” The Concepts of Service are a guide provided for those performing service, so they fulfill the needs and ideas of the fellowship.

Though many of us come into Nar-Anon focusing on our addicted loved ones, along the way we learn about service (Step Twelve – carrying the message). This turns our thoughts to our own recovery and to the message of hope we give to others who are still suffering.

The primary purpose of Nar-Anon is to help the families of addicts. How do we do this in our groups, areas, and regions? What do the concepts

mean to you and your group? Those who serve on boards or committees must consider the needs of the fellowship first and foremost. The service boards and committees need to know your needs and ideas. As members of Nar-Anon, we have a responsibility to be resources for these boards and committees. Among other avenues, this can come from the motions that are taken to the regions and, in turn, to the conference where your delegate can vote on the group conscience of the region.

I would like to encourage all members/groups to take these concepts seriously; read them, study them, write about them. Use them. They have a powerful message.



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

Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, September 15

It's Your Turn...

NEW

Just For Today

During my home group tonight, we read through the "Just For Today" section of the *Nar-Anon Blue Book*. When it came time to share, one member said she has her own "Just For Today" list that she uses....

- Just for today I won't look for my husband's drugs.
- Just for today I won't follow him.

- Just for today I will spend some time reading Nar-Anon literature.

What are your favorite "Just For Todays"? Are they affirmations that guide you? Are they touches of humor that lighten your day?

We invite you to share your favourite "Just For Todays" with the rest

of the fellowship. Drop us a line at newsletters@nar-anon.org and we'll make this a regular newsletter column.

And one last thought...

- Just for today I won't mind other people's business. I have enough trouble minding my own!

What's Worked for You?

At Nar-Anon, we learn to share the experience, strength, and hope that we gain through working the Nar-Anon program. We share lessons we have learned and carry the message to those who are still suffering.

"We thank our Higher Power for Nar-Anon. Together we can." (*Sharing Experience, Strength, & Hope*, Nar-Anon Family Groups' Daily Reader, April 7).

Please reflect on the questions posed by our readers and consider sharing your thoughts and experiences with the rest of the Nar-Anon fellowship. Send feedback to

newsletters@nar-anon.org

This Issue's Question

I recently received a call from a woman demanding how I knew her husband and why my phone number was in his phone. I asked his name and she told me. I recognized the name as a fellow Nar-Anon member. I had no idea how to answer. I am sad to say that I asked her if he attended Nar-Anon and she said "oh, ok" and hung up. After the call, I realized that this could be a potentially dangerous situation for someone attending Nar-Anon in secret. What would have been a better way to respond to her question?

Please email your responses to newsletters@nar-anon.org. Watch for solutions in the December 2013 newsletter!

Letters to the Editor

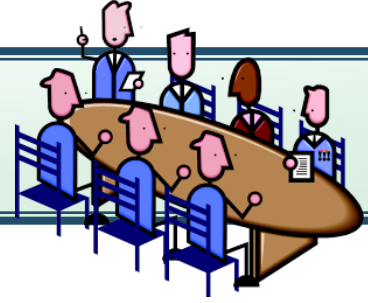
Here's your chance to tell us what YOU think.

The Newsletter Committee would like your feedback on the articles and news published in *The Serenity Connection*.

Send us your thoughts, comments, suggestions, beefs! We'll read them all and publish a selection of your letters right here!

Drop us a line at newsletters@nar-anon.org

Committee Corner...



Literature Committee

Do you speak English?

PARLEZ-VOUS FRANÇAIS? Talar du svenska?

? אתה מדבר עברית? Taler du dansk?

Вы говорить на русском?

Mówisz Polska? Sprechen Sie Deutsch?

あなたは日本語を話しますか?

SNAKKER DU NORSK?

Türkçe biliyor musunuz? هل تتكلم العربية؟

Parlate italiano?

If you can answer “yes” to the first question and any other question, and want to be of service to the Nar-Anon fellowship, please contact the World Service Literature Committee. We need help with translations so people around the world can share their experience, strength, and hope. LitCom@nar-anon.org

World Pool Committee

Nar-Anon threw you a lifeline. Now you can give back what was so freely given to you.

Would you like serve on the Board of Trustees or serve as the WSC Facilitator?

We Need You!

Application deadline is October 31, 2013
Please contact the World Pool Committee at
worldpool@nar-anon.org

Save the Date...

Hidden Treasures of Recovery

Sept 19 - Sept. 21, 2014

ECC5 - East Coast Convention of Nar-Anon

Crowne Plaza - Tampa Westshore
5303 West Kennedy Boulevard
Tampa, FL 33609

Nar-Anon World Convention 2013

If you attended the Nar-Anon World Convention 2013 in Philadelphia, we want to hear from YOU!

- Did you meet new members or get back in touch with old friends?
- Did you learn something new that you're dying to share?
- Are you filled with inspiration and ready to rock your group, area, region, country?!
- **If you travelled to the US to attend the convention, we'd particularly like to hear from you!**

Please put pen to paper and share your experiences with the rest of the Nar-Anon fellowship.

newsletters@nar-anon.org

“With honesty, wisdom, and acceptance, I find serenity. I can follow new paths, broaden my horizons, and live a better life.”

Thirty-One Days in Nar-Anon, Honesty — Day 15

Upcoming Events... 2013-14

Feed the Spirit

Sat Sept. 21, 2013

Nar-Anon Spirituality Breakfast

The Brass Rail Restaurant
3015 Lehigh Street
Allentown, PA 18103

Information:
Nancy H 610-437-6323 or
Mickey B 610-432-3374

Pacific Northwest Nar-Anon Region Spiritual Weekend 2013

Fri Sept. 27 to Sun Sept. 29, 2013

McKenzie River Conf. Center
54705 McKenzie Highway
Rainbow, OR

Jan 541-636-4792
Darlene 541-343-2119

23rd Annual Southern California Regional Narathon

Sat Sept. 28, 2013

Lakewood Presbyterian Church
5225 Hayter Avenue
Lakewood, CA 90712

Scott N.
delegate@NarAnonCalifornia.org

Nar-Anon Spiritual Breakfast

Sun Nov. 3, 2013

Twin Hills Country Club
700 Wolf Swamp Road
Longmeadow, MA 01106

Betsy 860-684-2002 (h)
or 860-729-1805 (c)
betsy.locario@gmail.com

Helping Hands & Hearts 2013

Fri Nov. 22 to Sun Nov. 24, 2013

Seven Springs Mountain Resort
777 Waterwheel Drive
Champion, PA 15622

Patty 412-916-7563 (c)
psedlak3@verizon.net

Western PA Nar-Anon Convention

The Joy is in the Journey XXIV

Fri Dec. 6 to Sun Dec 8, 2013

NY Region 2013 Convention
The Villa Roma Resort
340 Villa Roma Road
Callicoon, NY

"Sometimes I Carry the Message;
Sometimes the Message
Carries Me"

Are you ready for the Motions? WSC2014

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 2014 World Service Conference is fast approaching. Each Nar-Anon member will be asked to review the motions presented to the conference later this year and make an informed decision on each one. As stated in Concept Two, we, the members, have the final responsibility and au-

thority. As we read and discuss the motions, we need to ask ourselves:

- Have I read the traditions and concepts so I can make an informed decision?
- How will my group, area, or region come together to make a group conscience?

- How will this motion affect my group?
- How will this motion affect Nar-Anon as a whole?
- Has the financial impact of this motion been considered?

As Nar-Anon members, we make our voices heard through the conference. This is our responsibility. Shall we all take a look at the traditions and concepts before we receive the motions so that we can make an informed decision to send to our delegate?

World Service Conference 2014

May 1 - May 5, 2014

DoubleTree Hilton
21333 Hawthorne Blvd.
Torrance, CA 90503

Deadline for motions in final form: October 14, 2013

Giving Back...

Quarterly Appeal

Please read this message at group business meetings during this

Did you know Nar-Anon is celebrating its 45th year? The first newcomers came to Nar-Anon 45 years ago and put a dollar in the basket when it was passed around for the 7th Tradition.

At that time, depending where you lived:

- gasoline cost 32 cents a gallon
- penny candy was actually a penny
- milk cost 99 cents a gallon
- movie tickets were 25 cents
- a first-class stamp was 5 cents
- a new home was \$23,300

Therefore, with a dollar you could

buy:

- 100 pieces of candy
- 3 gallons of gas
- 20 stamps
- 4 movie tickets

Wow, a dollar went a long way!

So, when the 7th Tradition basket is passed at your meeting, remember your group pays rent, buys literature, and makes regular donations to the area, region, and WSO. A newcomer packet is \$1.50, a Blue Book is \$1.50, and a US stamp is 46 cents.

As you sit holding your \$4.49 Grande, extra-hot, double-shot, half caffeine, half non-fat, low- whip latte, of course



this is after you stopped at the gas station and for \$30.00 maybe got half a tank of gas, please remember to **Dig Deeper**.

Your group, area, and region along with WSO need your help. The WSO staff works diligently to keep up with supply and demand. With all of our exciting changes and growth, we need your help and funds to continue carrying the message.

Newsletter Submissions

Articles are welcomed from all Nar-Anon members.*

Please focus on the Nar-Anon program and share your *experience, strength, and hope (ESH)* from the perspective of a Nar-Anon member.

Submit articles to: newsletters@nar-anon.org

* Submissions must be accompanied by signed release forms before publication.

** Next Issue Deadline: October 20, 2013 **

Serenity Connection eSubscriptions Available!

Sign up for a **FREE** e-subscription to *The Serenity Connection*, at [www.nar-anon.org/naranon/Member Services/Serenity Connection](http://www.nar-anon.org/naranon/Member_Services/Serenity_Connection)

Subscriptions to date: **1306**



Your submissions make The Serenity Connection a success! Thank you!

Nar-Anon World Convention 2013

International Members Share Their Experiences*



It was a wonderful time for me to be with the Nar-Anon members all over the world at the Nar-Anon World Convention in Philadelphia. The volunteer members were working with smile which made me feel at home. I really thank the volunteers for the great effort to prepare everything.

Although I didn't understand well enough the speak in English, I could feel the speaker's spiritual feeling. So I enjoyed all the time during the convention. Moreover because of the member's kindness, I felt as if riding in the same boat named "Nar-Anon Unity". The atmosphere of this convention reminded me of the previous convention.

Eight years ago I joined the Nar-Anon World Convention held in Hawaii. At that time I felt a very warm atmosphere with the American members there. Then I had been thinking and praying to see them again somewhere in a Nar-Anon event after that. Then my dream came true at this time in the event in Philadelphia. I really felt that my Higher Power led me there!

I enjoyed the 50/50 raffle as well as the open speaker's meetings. I bought Nar-Anon literature which I had wanted to buy for a long time. When I asked a member if it was possible to share her experience with me, she kindly accepted and spared time for me. When I and three other Japanese members



wanted to know about outreach work, American members kindly spared their time, which was a wonderful experience for us.

When we prayed the Serenity Prayer, I and another Japanese member always said it in Japanese with happy feeling. Both of us said "Serenity Prayer is world wide! We can share in English and Japanese!" It was nice. Both of us loved the words following after that which are "Keep coming back! It works if you work it. And you're worth it, so work it!"

I now feel and believe that the Nar-Anon *Twelve Tools of Recovery* are useful for those who have been affected by someone else's addiction. My sponsor said to write in my journal and I've been doing that. Then I've realized that journaling means I can face my feelings so that I also face working Step One. I come

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More Sharing from the Convention

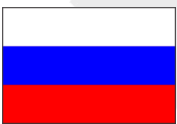
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back again to Step One which says “we are powerless.”

- Thanks for the Nar-Anon World Convention in Philadelphia.
- Thanks for the members I met there.
- Thanks for Higher Power.
- Thanks for my addict who led me Nar-Anon.
- Thanks for the program.
- And thanks for my sponsor so much!

The Japanese Convention this year will be held in Hokkaido (Northern part of Japan) in November. I'm excited to go there.

Mariko (Japan)



My name is Irina and I'm from Russia. I would like to thank everyone who made the world convention in Philadelphia come true. This was the first world convention for me and it's still hard to put all of my wonderful experiences into words.

What I'd like to say first of all is that the love and care I received from my Nar-Anon brothers and sisters from all around the world is one of the most precious gifts I have ever received in my life! And I carried all this love and care back to Russia. I'm so grateful to God for giving me the chance to share it with my Rus-

sian Nar-Anon brothers and sisters and let them know how truly international and strong our fellowship is!

I now know that there is a very big country in the world not listed in geographical lists because it has no geographical boundaries, it exists on every continent of our planet and this country is called Nar-Anon. This is what I felt at my first world convention!

Irina (Russia)



This visit was very significant to me as I have been a Nar-Anon member for 14 years. I wanted to participate in a world convention to share with friends around the world. However, I can hardly speak English and cannot understand it.

Then I thought I would load a paper crane with my feelings. A Japanese paper crane is a symbol of peace and a prayer of recovery. When it suffers from a critical illness and is hit by great sadness, it gets down from a crane praying intently. And if a thousand birds are suffering, a thread will tie them together into a thousand paper cranes: “SENBADURU.”

Some Nar-Anon friends asked me how to make paper cranes and we folded them together right at the

convention. “Oh, ORIGAMI!” Even though the language was not understood, we understood each other in our hearts.

I'm glad I made the decision to come to Philadelphia. This time I met a young member from Russia. Although I couldn't understand the details of her speech, her experience and courage were transmitted by the tone of her voice and the expressions on her face. I felt an intimate connection with her. I gave her the folded paper crane and gestured that “The crane is a migratory bird coming and going between Russia and Japan. Nar-Anon is like a crane freely connecting across borders.”

I am thankful to the Nar-Anon convention committee for preparing a great experience. Members from all over the world welcomed me warmly, cheerfully and spiritedly. My stay at the convention was very enjoyable.

I feel (am convinced) Nar-Anon Family Groups are a worldwide fellowship. I am thankful for a loving Higher Power. I am thankful to Nar-Anon World Service for supporting Nar-Anon Japan and I hope we all meet again on our journey of recovery.

JANJAN (Japan)

**Editing was limited to retain the essence of the articles written by our international members.*



***I experienced great sadness when I lost my husband after a long illness...
Later, as I walked in the woods, a hummingbird...flew right up to me.
I took this particular bird as a sign from (my husband) that it was okay to let go and
get on with my life. Since that day, I have had happiness and peace in my life.***
Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, August 30

Our Members Share...

Applying the Principles of Nar-Anon

Every week in meetings around the world, members read the steps and traditions. Many members struggle to find a sponsor, desperately wanting to work the steps. Other members have no desire to work the steps or get a sponsor. Having experienced the recovery of an addicted loved one, I had the desire to experience my own recovery through the application of the Nar-Anon steps and principles.

In order to truly understand myself and what makes me tick, I work the steps. For me to be able to coexist with others, whether in my group, my home, or at work, the application of the traditions is essential. Since I have decided to practice the Twelfth Step and do service beyond the group level, my understanding of how to serve comes from the study of the concepts of service and their application in my service.

What do the traditions mean to me? Beyond reading them in the meeting, I have to break them apart and study them.

How do I apply them?

- Can I take one tradition and use it

to justify what I want?

- When a new idea emerges, am I taking into consideration all of the traditions and how they apply to that idea? If one tradition would be broken but five others would be in compliance with an idea, does that mean we still proceed? Or do we say, "Well, it's a good idea but times are changing and that makes breaking a tradition acceptable."
- Do we have struggles in our service committees and would it be different if we applied the traditions to our service work?
- Do we have personality conflicts and only think our way is the right way. How can the traditions help with this?
- Do I need to get credit for my ideas or is being a humble servant enough?
- Do I speak honestly and listen with an open mind? Do I really listen or do I respond without actively listening to what the speaker has to say?
- How do I treat others? Do I treat them the way I treated the addict in my life? Or do I treat them with

simple respect?

- Do I have control issues? Am I aware that I have control issues?
- Am I applying the principles of the program, or only my interpretation of them?

Only through a complete study and understanding of the steps, traditions and concepts can I apply these principles to my program. Interpreting the traditions and concepts does not equal a complete study of them. I owe nothing less to myself and to others whom I serve. After all, would I want my doctor to only have heard how to do surgery or would I want him to have in-depth knowledge? The same goes for my accountant, hair dresser, mechanic, and dentist.

Many of the struggles in my life and in this program can be simply dealt with by a complete understanding of the guiding principles and the application of these in my life. They are as applicable today as they were all those years ago when they were written. Although times might change, fundamentals do not.

Narathon a Hit

The recent Narathon event was a very good experience. I started out dreading the drive, but once I was there with the great range of people from our program I felt good. I was

on the panel of "Long Timers", and it was gratifying to share my experiences. Afterwards, someone came up to me with a hug and good things to say about how my sharing really hit home with them. It was enlightening that something I said turned out to be so meaningful to another

member. I was so glad I had something to give back because I have gained so much over my many years with Nar-Anon. The drive home was much better, basking in the goodness of it all.

Thankfully yours - *Old Jack*

Service in Nar-Anon...

Outreach Challenge!

Step Up! Take On The Challenge!

We've been talking about it and now it's here! *WS Outreach Challenge #1* is outlined below or [click here](#) to find it on the WSO website.

It's a step-by-step guide to help your group with the outreach process and to carry the Nar-Anon message.

We're off and running – now it's your turn. **Ready! Set! Go!**



WS Outreach Challenge #1

Challenge Goal:

To distribute Nar-Anon information (i.e., informational flyers, meeting schedules, tri-fold brochures, posters) to locations around the community.

Suggested locations: bulletin boards at libraries, restaurants, supermarkets, laundromats, oil change/carwash businesses, post offices, barber shops, hair salons, movie theatres, and/or doctor/dental offices waiting rooms. (See *Nar-Anon Outreach Folder* for additional suggestions.)

What to Do:

1. Print/purchase copies of the information/literature your group would like to distribute.
2. During announcements at weekly meetings, encourage members in your group to help with distribution.
3. After meetings, discuss locations to target. As assignments are made, keep track of the specific locations and members assigned to them.
Suggestion: set specific location categories for each week of the month, (e.g., *Week 1:* libraries and post offices, *Week 2:* supermarkets and laundromats)
4. Check/replenish information supply monthly.

If you have questions, need help with identifying the information to post, or would like to request support with this challenge, please email outreach@nar-anon.org

Newsletter Submissions

Articles are welcomed from all Nar-Anon members.*

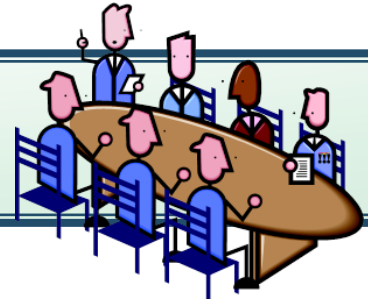
Please focus on the Nar-Anon program and share your *experience, strength, and hope (ESH)* from the perspective of a Nar-Anon member.

Submit articles to: newsletters@nar-anon.org

* Submissions must be accompanied by signed [release forms](#) before publication.

** Next Issue Deadline: January 20, 2014**

Committee Corner...



Literature Committee

World Service Literature Committee Vision

For the past seven years, the World Service Literature Committee has followed a vision that we continue to strive to achieve - to have regional literature committees around the world all working together with us, using a unifying set of principles to create the Nar-Anon literature we so dearly need.

A great amount has been achieved. Literature committees in Florida and New York work on most literature pieces. Their input has been invaluable. We also work with literature committees from South Africa and Russia. Most recently, we are receiving help from the Northern California literature committee. Each time a new piece goes out for fellowship review, it is sent to countless countries including Argentina, Brazil, Japan, South Africa, Russia, Denmark, Canada, Australia, Bolivia, France, Colombia, and Sweden.

South Africa submitted a pamphlet on boundaries that they think the fellowship needs. It is very good. Florida Regional LitCom also has the beginnings of a boundaries pamphlet. So we are now combining these two to create an even better pamphlet with experience, strength, and hope from a larger base of writers. Once it is in the draft, it will go through several more reviews. This pamphlet can only improve. In the end, there will be a great many eyes that have read this and contributed to it to make it the united voice of our fellowship.

Contact LitCom@nar-anon.org

The WS LitCom does not work alone

We have sent out numerous messages to the fellowship through our newsletters, convention workshops, pamphlets, and emails to get as much help as we can. We don't turn down help that is offered. We take all the writings that come to us and sift through to find the best message.

The *Nar-Anon 36* will truly be a book written by our fellowship as we have contributions coming in from countries and regions around the world. Brazil has given us a terrific foundation with their traditions' book, but we won't stop there. Russia, South Africa, and Australia have been asked to help. We know there are many different perspectives and ideas on traditions and concepts, and so, we shall seek them out. Don't be surprised if you see a traditions or concepts writing workshop at your next Nar-Anon convention. We want to hear from as many members as possible. Perhaps that's why our First Tradition mentions "personal progress for the greatest number depends on unity." We need great numbers of ideas, writings, suggestions and thoughts on creating meaningful literature for all.



**THE
NAR-ANON
THIRTY-SIX**

Nar-Anon literature reminds me that without practice, detachment is merely a theory mentioned in a brochure. Detachment may take time and practice. My Nar-Anon friends keep me on track. Each day I will work towards the freeing feeling of detachment.

Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, April 27

Narateen Committee

Please share this newsletter at your Narateen meeting!

Narateens: We need your shares for our new booklet **31 Days in Narateen!** Please write a share about how Narateen has helped you. Send to LitCom@nar-anon.org

Want to start a Narateen meeting? Have a member of Nar-Anon email: narateen@nar-anon.org

Narateens are members of the Nar-Anon Fellowship and, as the name implies, Narateen is designed for members in their teens. Through group meetings, we learn from each other effective ways of coping, while at the same time gaining some peace of mind and hope for a better way to live. Narateen members help one another by sharing their experience, strength, and hope.

Narateen members learn:

- addiction is a disease
- they are not the cause of anyone else's drug use
- they can detach themselves from the problems of their addicted loved one and still continue to love the person

- they cannot control or change anyone but themselves
- they can develop their own potential with their spiritual and intellectual resources

A Narateen member shares:

When I came to Narateen, I was sure no one else felt like me. My dad raged a lot and when he would start, I would hide in my closet, quiet as a mouse, until it seemed safe to come out. Mom said he was "in a bad mood but would feel better soon." Why was she always taking care of dad and not us? I knew Dad was using drugs, and he WOULD feel better, once he got what he needed. At my first meeting, a member shared a story that had happened to me! We talked after the meeting, and now we talk on the phone in between meetings. It feels so good to know I am not alone.

Kristine

For more info about Narateen, go to http://nar-anon.org/naranon/Meetings/Narateen_Meetings

Upcoming Events... 2013-14

Together We Can

**2014 New England Region
Nar-Anon Convention**

April 25, 26, 27, 2014

Courtyard by Marriott
Downtown Waterbury
63 Grand St
Waterbury, CT 06702

World Service Conference 2014

May 1 - May 5, 2014

DoubleTree Hilton
21333 Hawthorne Blvd.
Torrance, CA 90503

Hidden Treasures of Recovery

**ECC5 - East Coast Convention
of Nar-Anon**

Sept. 19 - Sept. 21, 2014

Crowne Plaza - Tampa Westshore
5303 West Kennedy Boulevard
Tampa, FL 33609

"Words of wisdom are not my forte, but I have found the healing effect of sharing my concerns with others. The times I most want to hide out with my problems are the times I most need to reach out to others."

Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, October 30

It's Your Turn...

What's Worked for You?



At Nar-Anon, we learn to share the experience, strength, and hope that we gain through working the Nar-Anon program. We share lessons we have learned and carry the message to those who are still suffering.

"We thank our Higher Power for Nar-Anon. Together we can."

(Sharing Experience, Strength, & Hope, Nar-Anon Family Groups' Daily Reader, April 7).

Please reflect on the questions posed by our readers and consider sharing your thoughts and experiences with the rest of the Nar-Anon Fellowship. Send feedback to

newsletters@nar-anon.org

Last Issue's Question

I recently received a call from a woman demanding how I knew her husband and why my phone number was in his phone. I asked his name and she told me. I recognized the name as a fellow Nar-Anon member. I had no idea how to answer. I am sad to say that I asked her if he attended Nar-Anon and she said "Oh, ok" and hung up. After the call, I realized this could be a potentially dangerous situation for someone attending Nar-Anon in secret. What would have been a better way to respond to her question?

- Once I composed myself, I would calmly identify myself by first name only, then suggest she ask her husband.
- I might say that I belong to a number of groups who share phone lists in order to be available should there be a need to contact one another. The next time I went to a meeting, I would privately tell the member I had received the call and let them handle it from there.
- I would debrief with my sponsor to be prepared in case it happened again.

This Issue's Question

I went to a meeting that uses The Lord's Prayer. It makes me feel uncomfortable. I didn't grow up in church, I don't know the words, and it sounds like a religious prayer. I like my meeting but this makes me so uncomfortable I don't want to keep going. But there are no other meetings near my home. What can I do?

Please email your responses to newsletters@nar-anon.org. Watch for solutions in the March 2014 newsletter!

What have you learned this year?

"Having had a spiritual awakening"

As another year draws to a close, Step Twelve gives us an opportunity to reflect on what has changed in our lives as a result of working the Nar-Anon program. "What have I learned this year? What was my spiritual awakening? Where was I a year ago and how am I different today?" Your personal stories and reflections bring experience, strength, and hope to your fellow Nar-Anon members. Please share your spiritual awakening. newsletters@nar-anon.org

Just For Today

- Just for today I will greet the morning with a smile on my face and a song of gratitude in my heart.
- Just for today I don't have to be right. I may be right but I don't have to prove it.
- Just for today I will love myself.

Giving Back...

Quarterly Appeal

Please read this message at group business meetings during this quarter

Dear Nar-Anon Members:

Too often we take for granted things others do for us. When we came into Nar-Anon, we had no idea there was a World Service Office. Our intent was to attend meetings to recover from this disease of addiction, but that doesn't stop the WSO from continuing to make sure the message of hope is provided to everyone.

How does that happen, you might ask? To fulfill the primary purpose, all contributions are used to meet expenses for worldwide services, including the operating expenses of the World Service Conference (WSC). Your contributions also help the WSO answer over 17,000 calls each year (toll free and its local

number), provide meeting information, maintain the World Service website, provide outreach literature to institutions (e.g., doctors, public health departments, churches, and schools) and rehab centres, connect isolated groups around the world, publish and print Nar-Anon literature, and help new Nar-Anon groups worldwide. We all want Nar-Anon to be there for the families and friends who find themselves affected by a loved one's addiction.

By sending a donation, you contribute to carrying our message of help and hope. Another way to say *Thanks to Nar-Anon* is to contribute at least \$1.00 for each year of recovery (using the attendance at your first meeting as your "birthday").



On behalf of the Nar-Anon World Service Office, I would like to thank the entire Nar-Anon membership for their continued support.

In loving service,

Cathy K.
Executive Director, WSO

Literature Sales Steady

Units Sold	2011	2012	2013 (first 9 mo.)
SESH	5,817	8,258	6,543
Nar-Anon 36	n/a	n/a	2,550
Newcomer Packets	17,321	19,167	14,685

WSO Donations Down...

Donations (\$US)	Jan-Oct 2012 (10 mo.)	Jan-Oct 2013 (10 mo.)
USA	\$36,679	\$31,849
International	\$6,559	\$4,868

Serenity Connection eSubscriptions Available!



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Subscriptions to date: **1758!**

Your submissions make *The Serenity Connection* a success! Thank you!