



The Serenity Connection

Did You Know...

...that the final three Steps for the *Nar-Anon* 36 study guide are now complete?

The WS Literature Committee is delighted to announce that

- *Steps 10-12* and
 - *Steps 1-12*
- are available for purchase on the [Nar-Anon Web Store](#).

A big THANK YOU to everyone who made this happen. Thanks to all of you, we're one third of the way there!

Outreach POSTERS Available Now!

The Outreach Committee is pleased to announce the creation of 13 outreach posters. Now you can use these eye-catching full color images to help carry the Nar-Anon message of hope to families and friends of addicts as well as to local professionals. There is also space to add your group's meeting and contact information. The posters are available now for purchase on the [Nar-Anon Web Store](#).

Also, check out the [Outreach page](#) on the WS website for new FREE downloadable outreach tools including letters and an outreach poster.



Report from the Chair

What an honor to be elected by my peers, to have the opportunity to be of humble service as Chair of the World Service Board of Trustees, and to continue the good works of my predecessors. In 2008, I attended my first conference as the alternate delegate for my region. It was the first time I truly grasped what it meant to be part of a worldwide fellowship. I was humbled to be able to visit the world service office and see just how much the dedicated staff did with so little; it gave me chills.

Serving at various levels over the years, I have truly been able to see the love in Nar-Anon. Your trusted servants are worker bees, doing what needs to be done for the right reasons, and giving back what was so freely given to them. We are a work in progress. We are not where some think we should be, but we are certainly right where we need to be.

In the years I have been serving, Nar-Anon has

gone from having a "barely there" service manual (the old brown booklet) to two service guides and several handbooks, from no daily reader to *SESH* (in Spanish, too), and from 150 newsletter subscribers to over 4300 e-subscribers and 175 hard copy subscribers. I am still grateful to the addict who qualified me for Nar-Anon. I have received so much more from the fellowship than active addiction took from me. Through practice of the traditions, concepts of service, group conscience, and service, I have become a better person, and I look forward to continuing to serve the worldwide fellowship.

My personal goal over the years has been to understand the traditions and concepts, and to practice these principles in all of my affairs. Continuing to consult study material, sponsors, and other trusted servants when dealing with challenges, I have come to believe the solutions are in our principles.

...continued on Page 2

Inside this issue:

New Nar-Anon Prayer	2
Reflections on Step Three	3
The Ride	4
Tradition Four	5
Who's calling the shots?	6
Committee Corner	7
Events	8

Report from the Chair ...continued from page 1

Serving at the group level and beyond to the World Service level, I have seen a similar theme: lack of trusted servants to fill service positions at every level. I hear members say “they should” or question why we don’t have literature like the other fellowships. It’s simple. The seventh tradition states we are self-supporting and this goes beyond the basket. We are a member driven, volunteer supported, organization that

requires service members in addition to financial contributions. If you find yourself saying “they should” or “why don’t we have...,” I challenge you to become a “they.” Get into the solution and become a part of it. We have only approximately 50 members serving on all of the world service committees. We can’t get to where we want to be if we don’t have more member support.

I can truly say your Board of Trustees is dedicated to being of service while avoiding governing, as suggested in our Twelfth Concept.

Sincerely and humbly,
Kay W.

New Nar-Anon Prayer

At the 2016 World Service Conference, the attendees participated in a workshop to develop an original prayer for our fellowship. Submissions were collected for several months leading up to the conference. A prayer was also included in the 2016 CAR. It was an interesting workshop to say the least. It was a

chance for everyone to learn and participate in a writing workshop, including the editing process, which our World Service Literature Committee does for every piece of literature developed. The participants gave suggestions on what they would like to see in the prayer. As happens in any group conscience, some members’ suggestions

were not accepted, but by the end of the workshop the participants had edited the prayer submitted in the CAR. It was later submitted as a floor motion to be reviewed and voted on by the groups at the 2018 World Service Conference - **Recovery, Unity, Service.**

The Nar-Anon Program

“If I take the time to ask for help through prayer and meditation and listen for the answer, I can find serenity and peace of mind.”

SESH, November 27

Policy on Group Bank Accounts (NFGH, Inc.)

A number of groups have opened bank accounts using the Nar-Anon name. Even though it is apparent groups wish to set this money aside as Nar-Anon funds, it can cause confusion and mislead government agencies such as the Internal Revenue Service, the Franchise Tax Board of

California, and the Department of Charitable Trust under the Attorney General’s office of California.

Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.) is the legal and corporate entity for the entire fellowship and holds the only tax exemption. The monies donated to NFGH, Inc. through the World Service Of-

fice are tax-exempt. Since banks are required to report any interest earned in individual accounts to the Internal Revenue Service, individual groups should not have bank accounts in the name of Nar-Anon.



“The very essence of Nar-Anon is that the whole program is merely suggested.”

The Nar-Anon Blue Booklet, p. 12

Our Members Share

“If I am willing to stand aside and let God's will be done, I free myself from personal anxiety and a mistaken sense of responsibility.”

SESH, January 9



Reflections on Step Three

Made a decision to turn our will and our lives over to the care of God as we understood him.

Once I made the decision to turn my will over to a God of my understanding, my situation became easier for me to deal with. I thought I knew best, but in reality, my will changed nothing and all it did was create tension and chaos between me and the addict. I was stuck on Step Three because I thought I was being asked to give up my life and my will to a Higher Power, not just make a decision to do it! But to make that decision, I felt I had to have a Higher Power, not just believe there was a power greater than myself. This took a while as I needed to find something I could truly believe in. After all, I was being asked to put my trust in this power.

Once I truly accepted that there was a power greater than me at work, it was easier to relinquish control of things I actually had no control over. I came to realize that if I made a decision to give my will up to a Higher Power, I could start down the road to recovery and live a happier life. I achieved this through attending meetings, listening to others, seeing how they were recovering, and wanting what they had. By talking to those I trusted, I was able to see how I too would benefit if only I could give up my need to be in control.

I can ask my Higher Power for guidance in the parts of my life I need to be in control of, such as making decisions and giving up my need to run the show. In return, I feel a burden has been

lifted and I can focus on making me better. I am still a bit fearful that my addicted loved one will relapse, but I know it's a possibility. I have explained my views to him and let him know I was trying to control a situation that wasn't mine to control. If he chooses to use drugs in the future, that is his choice. I now have boundaries in place to protect myself so I don't go back to the way it was before. As long as I am not enabling him and his behavior doesn't become harmful to me, I can support him emotionally. I can only do this with the guidance of my Higher Power and my fellowship.

I think I was stuck because I thought making a decision to give up my will and life to a Higher Power was somehow giving up on the situation. This was my false sense of responsibility, since this situation wasn't mine to begin with. I can now ask my Higher Power to help me find the right path to keep me safe. I can do this by praying, talking to my Higher Power, writing down my thoughts, and revisiting them later. I listen to shares and talk with others outside of group time to get a better understanding of what I need to focus on, read, or put into practice. Now I understand that letting go of my false sense of responsibility is not the same as giving up on him. I have now put my addicted loved one into the hands of his Higher Power. I realize it is not for me to DO, but for me to BE.

I have faith that with my Higher Power, my fellowship, and those that are like me, I can

gain the serenity and sanity I need. By using the serenity prayer, I get a better understanding of what I need to do. I have used it many times in my day-to-day life when I was faced with things that were out of my control. The words remind me of what I can and cannot do, what I can change and what I cannot. It reminds me that certain things are not my responsibility and I cannot change people, places, or things. I can only do (with my Higher Power's help) what keeps me safe and sane in my recovery. It asks me to find the courage to let go of the things I cannot change, but to find the courage to change myself.

I am working hard not to react but to breathe and to take time to think. If I am unsure or feel uneasy, I ask my Higher Power to help me find the way to not only do what is right for me, but also to do what is right for the person I might be tempted to help. Is it my business? Do I need to do this? Has it got my name on it?

Making a decision to give my will and life over to my Higher Power means I am free to focus on me; I am not in control of everything, nor do I need to be.

The Ride

Around and around we go; we are captive on the carousel of terror.
Where are the children; did they notice the ride isn't over?
Are they ok? Can they see her?

Doing the same thing over and over again, expecting a different outcome.
It's brutal to watch, sadness and rage. Sadness and rage are twin sisters.
My sister is a drug addict.
No, maybe she's not my child, my baby girl. My second born daughter.
She's just my sister, and she's going to die.
My only sister, the person whose life path runs parallel to mine.
She has shrouded her path in dark branches, secrecy, and walls so thick, that I can't see her anymore. I can't save her from this path she took. I can't reach her.
I can't clean her up, and tape her to the wall, and pretend she's there.
She's not there. She's in the branches. She's gone. She's gone. She's not there.
And I mourn this loss; I live with sadness and disappointment everyday.
And she's not even dead. Living but not alive. But she's gone.
No, she's not my child. She's my sister. And I do understand.

I gave up trying to pull someone by the hand toward where they should go.
I don't have control of any kind.
If I get into her car, she will drive us both off a cliff if there is heroin or money at the bottom.
Her hands are keys. They are rusting. She's losing fingers. She's rotting.
You can smell her despair. It's sickening.

Playing roulette with her life.
When she falls onto a pillow, it's easy to get back up.
Keep taping her up, taking her shopping, making pretend it's going to be ok.
It's not ok. Your ways don't work. Things are getting worse.
Please stop. Please stop throwing a pillow under her. Stop giving her money.

Stop doing her laundry. Stop cleaning up her messes. Letting the dead girl make decisions she's not entitled to make anymore.
Stop holding up her life as it crushes you.
She is going to die, and your solutions are making the problem worse.
Maybe you should show her a coffin catalogue
Because you never gave her a chance to really get better.
Ok? Mom and Dad?
With your doors, wallets, and mouths open for another excuse.

She pulls out her mental patient card and swipes it when the bill gets too high.
Her kids need a mother, a real mother,
Not a taped up, casket-bound mother.
Not a dead mother. A real mom. Can she ever be that?
Can she be strong enough to forgive herself?
I can forgive her. If she ever asks for forgiveness. If she's ever sorry.

She has a chance to stop. One chance.
If she falls deep enough, and hard enough
And she lives. She lives to crawl all the way back.
Back from a place she never wants to go again.
A place she will never forget.
And you won't be there with your pillows or money or shopping trips or easy ways out or keys to your car or fancy band-aides or maid service.

I'm sorry I had to say these things to you.
I'm just your other daughter. The one who lost her sister.
I don't blame you for what she has become, because it's not your fault.
I just blame you for trying to fix her. And breaking her worse.

I'm sorry your daughter is a drug addict.
Not one thread of that sentence was stitched by our hands.
But we have all been scarred by the needles.
I have no hope left.
My sister set it on fire,
rode over it with a mint green beach cruiser bicycle, stomped on it while

Our Members Share

*"I can get off the roller coaster that tosses me up and down...
I can forgive the addict and myself."*

SESH, September 27



...continued on Page 5

Our Members Share

The Ride ...continued from page 4

wearing my old forgotten shoes, dipped it in sand, ate it, spit it out, and threw it into the ocean, and then told me it never existed in the first place.

Let her fall. Remove your nets.
What happens next may amaze us all.
The greatest show on earth.
The return of my sister, a comeback.

Get out of the ring, get off the carousel. Please.

Are the children watching?
Are they listening? Do they understand?

Dear Nar-Anon,

Thank you for your service and guidance during this difficult time in my life. My sister is my qualifier and my parents are addicted to saving her. I have been attending local meetings for three months and I am already feeling less angry, resentful, and needing to control things in my

life. I wanted to share this poem I wrote during my lowest point. If it could help somebody else, I would feel like I've provided a service. I sent it to my parents after hitting my own rock bottom, trying to save people from this disease of addiction. With the help of

Will they remember they were here?
Will they be there when everyone falls off this ride?

Nar-Anon, I have begun to focus on only my own recovery. For that guidance, I am forever grateful.

Kara G.

“Before I act, I consider other people. I remind myself that everyone has the right to be treated in a kind and considerate way.”

SESH, June 27

Tradition Four: Responsible thoughtful freedom

Each group should be autonomous except in matters affecting other Nar-Anon Family groups, or NA as a whole.

We are part of a fellowship of recovery. Our circumstances and personalities may be diverse but our responses to this family disease of addiction are very similar.

Recovery is about freedom. We are released from a mistaken sense of responsibility for others, and through a shift of focus, discover ourselves and our personal boundaries. This allows us to detach with love and find acceptance of ourselves and others. Without these boundaries, we fall into the chaos of attach-

ment to another's choices, we struggle, and our lives become unmanageable. Learning respect for myself and others is the beginning of my restoration to sanity.

Our family groups are places where we learn to be ourselves, to work a program of recovery, to connect, and to experience the support of others who understand our struggles and this family disease. The traditions and Nar-Anon as a whole provide the structure for our family groups while supporting each group's autonomy and freedom. While my personal program is merely suggested, Nar-Anon supports my group by providing guidelines for running meetings and making available a wide varie-

ty of literature through which members share their experience, strength, and hope.

In Nar-Anon, we carry a consistent message of recovery and hope by following the principles of the program and using recovery readings when we gather together. A meeting may be the only oasis in the sometimes turbulent circumstances of our lives; we learn we are not alone. In our meetings, we carry the message of recovery, we strive for a deeper understanding of ourselves, and we learn to use the tools of the Nar-Anon program. We are free in our groups to decide on format, topics, outreach efforts, and readings. At



Tradition Four ...continued from page 4

meetings, we focus on the steps, traditions, and Nar-Anon recovery literature so we do not dilute the program or create confusion for those looking for help. Nar-Anon groups are the basic building blocks of the Nar-Anon program and it is important that we respect the boundaries of the program. It is in humility and gratitude that we submit to the steps, traditions, and concepts of service

that offer welcome and hope to all who seek help in Nar-Anon.

Tradition Four embraces our diversity and safeguards our program of recovery.

Questions to ponder:

- Does our group use Nar-Anon guidelines in the format of our meetings?
- Do we use only Conference Approved Literature?

- Does our group use the basic readings from the *Blue Booklet*?
- What are we doing or not doing that may affect other Nar-Anon groups or the fellowship as a whole?

Who's calling the shots?

Is it the disease of addiction with its hurt, chaos, and fear, or is it my Higher Power who brings me compassion, wisdom, patience, love, forgiveness, and guidance? I can choose either to react to the disease of addiction or to respond to the guidance of my Higher Power.

Just for today, I will take a deep breath of recovery and hope. I will expose the darkness of the disease of addiction to the light of truth and clarity, and the guidance of my Higher Power. I will stop doing a shadow dance with nothing to hold onto, and let

God lead me along the path to serenity.



Our Members Share

"I know I am not alone; I have the support of the Nar-Anon fellowship. All I need to do is to keep coming back."

SESH, October 27

Keep Coming Back

When I wondered why my addicted loved ones weren't recovering, I had to look at why I wasn't detaching from them and why I wasn't recovering from the effects of addiction.

I kept coming back. I came to

believe and I came to understand, which brought me to:

Thank you, God, for the *SERENITY* to accept the things I cannot change, *COURAGE* to change the

things I can, and the *WISDOM* to know the difference.

I truly let go and let God.

TM

Financial Appeal



By now you have all had a chance to read the Financial Statements for 2015. Did you notice that it costs \$700 a day to run the Nar-Anon World Service Office? And that doesn't include adding any new responsibilities, activities, or services. Let's work together to help WSO meet the needs of a growing fellowship. [Donations](#) to WSO can be made by you or by your group, area, or region. We're in this together; let's make our world service the best it can be!

Newsletter eSubscriptions

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

Subscriptions to date: **4344!**

Committee Corner

Convention Committee

2018 Convention — Help Pick the Theme!

Did you know the next World Convention will be held in Orlando, Florida, USA, **August 30 through September 2, 2018?**

The World Service Convention Committee is in the early stages of planning Nar-Anon's next world convention. What will be the theme for the convention? We hope the fellowship has some ideas, so we are

asking you to help pick the theme. Send your suggestions to wccommittee@nar-anon.org. We will be accepting suggestions until October 15, 2016.

Here are the themes from our past conventions:

2015 – Unity and World Growth

2013 – The Freedom of Recovery

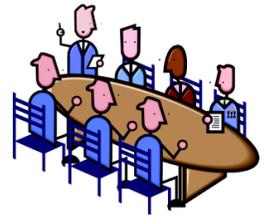
2011 – Bridges to Recovery

2009 – Carrying the Message of Hope

2007 – Embracing the Fellowship

2005 – Progress Not Perfection

More to come so stay tuned!



Conference Committee

WSC 2016: Strength Through Service

The 6th Nar-Anon Family Groups World Service Conference (WSC) was held from April 28th to May 2nd in Torrance, California. In attendance were 19 delegates, 10 alternate delegates, 9 Board of Trustee members, 1 translator for the Russian delegates (from 3 regions!), 10 observers, 4 World Service Office staff members, 1 parliamentarian, and the Conference Facilitator, Chair, and Secretary. In all, over 55 people representing 5 countries (Canada, Japan, Russia, South Africa, and USA) worked together on 63 motions, 5 pieces of CAT material, and 8 floor motions to be

released with the WSC 2018 CAR.

There were also committee presentations, a prayer workshop, and the election of new Board of Trustee members. There was a lot of crucial work for our fellowship and there was the chance to see old friends and make new ones. Though this group meets only every two years, the commitment of the delegates, alternate delegates, trustees, and World Service Committee members in attendance is a statement to our strength and potential for growth. While some will return for WSC 2018, we bid a fond fare-

well to those service members whose terms have expired. We will continue the work that began six conferences ago with renewed enthusiasm.

As we look forward to WSC 2018, we also have service opportunities on the WSC Committee. We encourage any who are interested in learning more about the process to contact our committee at WSCConference@nar-anon.org or visit the World Service Committee page at www.nar-anon.org and select "learn more" under Conference.

Literature Committee

The Twelve Traditions portion of the Nar-Anon 36 was chosen as the top priority for the World Service Literature Committee at the 2016 World Service Conference; therefore, we are reaching out to the fellowship at large for submissions on Tradition One. We need writings in the form of personal shares (short or long), text, and questions based on your experiences working and applying this tradition. Possible topics include: our common welfare, why it should come first, and why unity is important for our personal progress together as a fellowship.

The World Service Literature Committee

compiles, reviews, and edits literature to be presented to the fellowship for approval. The committee is responsible for ensuring that all literature conveys the Nar-Anon message in accordance with the steps, traditions, concepts of service, policies, and guidelines. The committee ensures that the literature is correctly presented with regard to grammar, spelling, and format, and it does not contain plagiarism in any form. We do very little writing as we are a small committee and cannot convey the many varied experiences of the entire fellowship.

Members can submit their personal writings or form a literature committee with

members of their home group, area, or region. Literature workshops can be held at conventions, mini-conventions, or stand-alone fellowship events whose sole purpose is to create Nar-Anon recovery literature. Committee meetings can take place in person or via telephone or internet conference calls. The World Service Literature Committee is willing to assist members interested in writing or forming a literature committee. Please contact the World Service Literature Committee at LitCom@nar-anon.org for further information.

Upcoming Events

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

Pacific Northwest Region Nar-Anon Spiritual Weekend

September 9 to 11, 2016
“Sowing Seeds of Recovery”
Falls Creek Retreat Center
Raymond, WA 98577
Carol 503-752-3461 or
Kathy 425-345-7000

26th Annual Southern California Region Narathon

September 17, 2016
“Vision of Hope”
Rose Drive Friends Church
4221 Rose Drive
Yorba Linda, CA 92886
Alicia alirobmay@yahoo.com or
714-290-7423

NY's 2nd Annual Share-a-Day

October 1, 2016
“Planting the Seeds of Hope”
St. Matthews RC Church
35 North Service Road
Dix Hills, NY 11746
Tickets available at local meetings

Russia Nar-Anon Service Conference

October 6 to 9, 2016
“We Are Together and We Step On and On”
Yalta-Intourist Hotel
Yalta, Republic of Crimea
rss.naranon@mail.ru

Nar-Anon Central Region Assembly 1

October 8, 2016
“Staying on Track, Carrying Our Message”
Butler County Library
West Chester, OH
www.naranoncentral.org

New England Region Spiritual Breakfast

November 6, 2016
Twin Hills Country Club
700 Wolf Swamp Road
Longmeadow, MA 01106
Kathy 413-348-2895 or
kathy.pitoniak@comcast.net

New York Region Convention - 27th Anniversary

November 11 to 13, 2016
“The Joy is in the Journey XXVII”
Villa Roma Resort and Conference Center

Outreach Committee

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

When we read this tradition, we assume that it speaks to our fiduciary responsibilities. However, the full meaning is deeper than that. It indicates that every group (family group, area, and region) should be “fully self-supporting,” not only financially, but self-supporting in all aspects, including outreach.

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. Each submission must be accompanied by a signed [release form](#) before it can be published.

**** Next Issue Submission
Deadline: October 20, 2016 ****

356 Villa Roma Road
Callicoon, NY 12723
Ron L. 516-622-0336
bronxbombersrl@gmail.com

Nar-Anon World Convention

August 30 to September 2, 2018
Orlando, FL
Save the date!

Outreach is used to increase awareness of Nar-Anon within the public and professional communities.

Outreach is a vital link between individuals seeking help and Nar-Anon members who share their experience, strength, and hope.

Outreach is embodied in Step Twelve: *Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.*

Outreach happens when Nar-Anon members commit to serve others in need of what Nar-Anon brings... HOPE. All that's required is a desire to serve others and a willingness to plan an effective outreach campaign.

Need assistance with your Outreach efforts? We're only an email away at outreach@nar-anon.org.



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

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