



The Serenity Connection

Global Nar-Anon Websites

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

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Message from the Executive Director

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

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

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

helping us meet this objective.

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

Cathy K.
Executive Director WSO
cathy@nar-anon.org

Higher Power and the Beginnings of Change

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

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

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

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



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

Today, I am looking at my own

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

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

Our Members Share

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

Nar-Anon
Tradition Twelve



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

The Eleventh Tradition has become an integral part of my recovery in Nar-Anon. *“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all NA members.”*

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

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

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

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

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

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

Lois R.

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

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

Taking Care of Myself

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

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

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

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

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

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

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

Our Members Share



in the morning is something to be grateful for.

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

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

Joanne B.

People Pleasing

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

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

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

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

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

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

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

continued on page 4...

Our Members Share

People Pleasing ...continued from page 3

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

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

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

Nar-Anon, a RECIPE for Success

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

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

RECIPE

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

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

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

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

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

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

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

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

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

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

"I am grateful for who I am today."

SESH, April 5



Fear

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

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

His name is FEAR.

So what do I do when FEAR

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

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

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

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

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

Our Members Share

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

SESH, Feb 28

Appeal

Keep giving back.

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

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



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

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

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

[Donate now!](#)

Newsletter eSubscriptions

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

Subscriptions to date:
3341!

Did you know...

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

What's Worked for You?

Last Issue's Question

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

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

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

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

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



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

and the group before making these decisions:

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

The Nar-Anon Program

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

SESH, July 17

contributing the funds needed to provide these services?

- Does our group donate Seventh Tradition funds for raffles? Is this in keeping within the Fifth Tradition? Can we carry out raffles without using Seventh Tradition funds?
- If a member of the group feels strongly about making a donation, can it be handled after the meeting closes without using Seventh Tradition funds?

This Issue's Question

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

Committee Corner

Outreach Committee



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

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

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

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

What to Do:

1. Contact the venue you have selected. When you reach the person responsible for PSAs, identify yourself as a Nar-Anon member, briefly explain the program, the video PSA, and why you feel the video is important. Let them know you are available to come in, preview the video, and answer any questions.
2. When you make the call, you may want to say something such as: *"My name is _____, I am a member of Nar-Anon Family Groups, a worldwide twelve-step fellowship for those affected by someone else's addiction. Nar-Anon recently developed a 30-second video PSA directing viewers to the Nar-Anon website or toll-free number for more information about our pro-*

gram. Would you be willing to preview this PSA, and consider using it as part of your PSA programming?"

3. If the designated person is unavailable, ask if you may leave a message or request email contact information. Via message or email, share the above information and include your contact information.
4. If the contact agrees to show the PSA, [CLICK HERE](#) to go to the Nar-Anon website's Outreach page. Scroll down to **Video PSA** and click on the "download video" link to download the video file to your computer. Attach the video to an email, send it to the contact and finish by confirming they have received the file.
5. Follow-up with a thank you message, expressing Nar-Anon's gratitude for their willingness and support. This vital step cultivates positive relationships with the public and businesses.
6. If no agreement is made to show the video PSA, thank them for their consideration and ask them to please remember Nar-Anon in the future. Check back with the contact at a later date.

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

Entangled



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

Literature Committee

Step Ten Ready for Review!

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

The Back Page

Upcoming Events

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

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

March 6th - 8th, 2015

"Bridge to Serenity X - It's About Time"

Crowne Plaza

4700 Street Road

Trevoze, PA 19053

Ellen R. 267-303-1906

ellen.f.rosenblatt@gmail.com

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

March 28, 2015

The Manor Restaurant

917 Manor Road

Staten Island, NY 10314

Tom L. 646-549-3206

Linda T. 917-992-2109

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

April 3-5, 2015

"No Longer Alone"

San Jose Convention Center

150 W. San Carlos Street

Rooms 231A&B

San Jose, CA 59113

Ruth B. centralvalley.nfg@sbcglobal.net

[Space Coast Area Convention 2015](#)

April 17th - 19th, 2015

"F.L.Y - First Love Yourself"

International Palms Resort

Cocoa Beach, FL

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

April 24-26, 2015

"With Faith there is Hope"

Courtyard by Marriott Downtown

63 Grand Street

Waterbury, CT 06702

Rose T. 203-641-9380 rtrtrys@gmail.com

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

June 11th - 14th, 2015

"Unity and World Growth /

Unidade e Crescimento Mundial"

Rio de Janeiro, Brazil

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

July 3rd - 4th, 2015

FRCNA XXXIV

Rosen Plaza Hotel

9700 International Drive

Orlando, FL 32819

Bonnie J 702-327-4869

naranonbonnie@gmail.com



Nar-Anon Vision Statement

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

We will do this by

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



TM



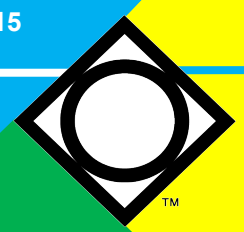
Newsletter Submissions

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: April 20, 2015 ****

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

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



News from Nar-Anon World Services

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Literature



Outreach



Narateen



Conference



Website



Budget & Finance



Policy & Guidelines

News from Nar-Anon World Services

WORLD SERVICE COMMITTEE EMAIL ADDRESSES

Budget & Finance Committee
Conference Committee
Convention Committee
Literature Committee
Narateen Committee
Newsletter Committee
Outreach Committee
Policy & Guidelines Committee
Resource Development Committee
Website Committee
World Pool Committee

BudgetAndFinance@nar-anon.org
wscconference@nar-anon.org
wccommittee@nar-anon.org
LitCom@nar-anon.org
narateen@nar-anon.org
newsletters@nar-anon.org
outreach@nar-anon.org
PandGcommittee@nar-anon.org
wsrcdc@nar-anon.org
webcommittee@nar-anon.org
worldpool@nar-anon.org

DID YOU KNOW...

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

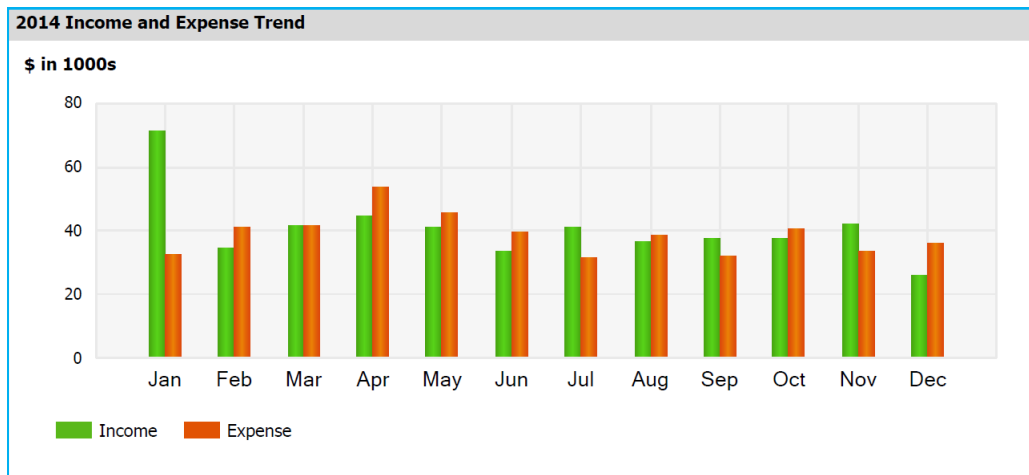
AT YOUR SERVICE

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

FACTS ON WSO

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

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



WORLD SERVICE WEBSITE STATISTICS

Visitors:

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

Most popular pages

(other than Home page):

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

WORLD CONVENTION

Rio de Janeiro, Brazil

June 11-14, 2015

*Unity and World Growth/
Unidade e Crescimento Mundial*

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

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

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

