



The Serenity Connection

Did You Know...

... that your group has its own ID number in the WSO meeting database?

Here's how to find it:

- Go to the [Find-a-Meeting](#) webpage.
- Enter your city and click on SEARCH
- Your group ID will appear to the right of the map. It will be formatted like this:
123-045

As time goes by, WSO will be using these IDs more and more to communicate with Nar-Anon family groups.

SHARING RECOVERY *The Serenity Connection Collection*



It's here! The Newsletter Committee is delighted to bring you a compilation of personal stories taken from *The Serenity Connection*.

We are pleased to once again share these wonderful stories of experience, strength, and hope, and we're planning to create additional volumes in the future. Thank you to all of our contributors!

Order your copy today from the [Nar-Anon Webstore](#) or from select eBook stores. Your purchase supports the Nar-Anon fellowship worldwide.

**NOW
AVAILABLE!**

Acceptance, it's a spiritual choice....

Just for today, I will allow what *is* to be. If I find myself in a struggle with reality, needing it to be different, I will recognize I am on the same slippery slope of unmanageability, fear, and denial where I used to struggle, and I will choose to stop. I will shift my focus, take a "now" inventory, open my mind to recovery, and pray for God's will for me and the power to carry it out.

Needing something or someone to be different

is often a spiritual matter of needing to connect with my program and my Higher Power. Through this connection, I gain the perspective and acceptance to love and let live. With God, I step out of my shaky slippery fear into the serenity of acceptance and trust in the moment.

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Financial Statements

According to the bylaws of NFGH, Inc., an annual financial report must be furnished to all trustees and published on the Nar-Anon website and in the newsletter. Financial statements for the year 2015 can be found on pages 4 to 6.



WSC 2016

If you attended the World Service Conference, we'd love to hear from you! Was it your first conference? Who did you meet? How did it feel? What was your favourite moment? Did you volunteer for a committee? Drop us a line. We'd like to publish your story! Contact newsletters@nar-anon.org.

The Gift

I knew my Higher Power was in control when I volunteered to open our regular Thursday night meeting on Christmas Eve. Knowing how difficult the holidays can be with addicted loved ones in our lives, I wanted to be sure to open the doors for a meeting in case someone might need it. As it turned out, the other members who said they could attend were not able to.

What a gift that turned out to be. As I set up the literature, the choir was practicing loudly in the room next door, preparing for the Christmas Eve service. I taped up the signs, and set out the chairs and supplies.

7:05. No one came. I sat quietly and read the Twelve Steps, the Twelve Traditions, the Twelve Concepts of Service, and the Serenity Prayer.

7:10. No one came. I read through a few pamphlets I hadn't read before.

7:15. I could hear the congregation singing below. I tried to picture the faces of my new

Nar-Anon family members, remember each of their names, and recall some of the stories they had shared over the last few months. I said a little prayer for each of them and their addicted loved ones.

With the remaining time, I prayed for my addicted daughter in hopes that she continues on her own journey in recovery. I prayed for all other loved ones, whether they are still struggling in active addiction, walking the path of recovery,



ery, or somewhere in between.

In the final minutes before I packed everything up, I prayed

for the members of my Nar-Anon group who have touched my life in ways I can't even express. I thanked my Higher Power for leading me to Nar-Anon and connecting me to each of them.

Finally, I prayed for myself (so I'm not exactly following the rules and putting myself first, but I am a work in progress!). I prayed for the continued strength and courage to work this program, and to share my experience, strength, and hope with others so they too may find peace and serenity.

So "Thank You" my Nar-Anon family for the best Christmas gift ever. My one hour alone... totally alone and quiet... physically alone but spiritually connected to each of you so I need NEVER be alone again.

Our Members Share

"I have been given the gift of today by my Higher Power.... I can now take pleasure in the time that I have."

SESH, July 1

Just for Today

- I have choices.
- I will be positive. I will release the resentments and disappointments in my life.
- I will help someone in need.
- I am thankful to God and Nar-Anon for changing my life.
- I have hope and freedom.
- I have recovery. I'm not floundering or drowning in a sea of misery, doubt, and fear.
- I will not be afraid. I will read my Nar-Anon literature and call my sponsor.
- I can be grateful for my addict, as I have become a better person by attending Nar-Anon.

"Today I know for sure that things work out best for me when I make the best of how things work out."

Sharing Experience, Strength, and Hope, Nar-Anon Family Groups Daily Reader, November 28

Our Members Share

"Every group ought to be self-supporting, declining outside contributions."

Tradition Seven



Narateens Prepare for Convention

Teens and facilitators from the Willow Grove Thursday Night Narateen Group and the Langhorne Friday Night Narateen Group gathered together on Saturday, January 30, 2016. The purpose of the gathering was to work on a project for the Eastern Pennsylvania Nar-Anon convention in March 2016. The teens made a cement stepping stone which required them to place their hands in wet cement! "Ugh! I'm not sticking my hands in that!!" one member responded. However, the other teens convinced her it was for a good cause.

The stone's design centers around something we do at our meetings. At the end of each meeting, we form a circle by holding hands and we say, "let this circle represent what we cannot do alone," and we follow it with the Serenity Prayer. The stone was donated to the convention as a basket raffle item.

In addition, we were busy painting, gluing, coloring, and decorating bookmarkers, magnets, and prayer boxes. Since the seventh tradition tells us we are self-supporting, we decided to make recovery items to sell at the convention. First, we received permission from the convention committee to sell our items. Then we held a group conscience to decide what items we would make and sell. One of our facilitators who could not attend the project day, worked in the background feverishly

painting the boxes and getting the room set up for us so that everything would be ready when we arrived on Saturday morning.

We colored with markers, colored pencils, and gel pens on cards that had slogans and recovery literature printed on



them. The cards were made into bookmarkers and magnets. Oh, what fun! There was interesting discussion as we colored, talking about the topics on the cards.

We made prayer boxes that we painted and decorated with stickers, lace, pearls, flowers, and a variety of other items.

With all that work, we absolutely had to have nourishment! We had a healthy snack break with oranges, apples, peanut butter, celery sticks, juice boxes, and water. For our lunch we ate pizza, cookies, and cupcakes!

What a great productive and fun day we had! We met from

10:30 a.m. to 2:30 p.m. Parents dropped the teens off and picked them up. Everyone helped with setup and cleanup! Can't wait to do it again!!!

This day truly represents what we say at the end of our meeting every week, "we could not have done this alone!" It took everyone, from the facilitator who could not be there but did the prep work, to everyone that showed up! This is what Narateen is all about!!

Several of the Narateen members attended the convention. Two of the teens shared how Narateen has helped them. One of the teens shared later in a meeting how one of the speakers had told "his story."

At the convention, the Narateens had a table set up to sell their craft items. The teens manned the table Friday night and all day Saturday in between the meetings and at lunch time. They made \$457.50. The Narateens donated the money to the Convention! They are learning about the Seventh Tradition!

Cooperatively written by the Narateens and their facilitators

Taking the first step toward Sponsorship

For many of us, finding a sponsor can be a challenge. Once we are ready, we look around and may find that no one else in our group is practicing one of the most rewarding tools of the program.

I have been blessed to have the ability to take a hostage I will call “my sponsor.” My sponsor is not the same sponsor I had over 10 years ago; in fact, I have had many sponsors over the years.

Through my Nar-Anon service, I encounter many people asking how they can find sponsors since no one in their group works the steps. This issue, as it has presented itself for years in my area, was soon revealed to have two components: Sponsors and Steps. Where were the qualified

sponsors? What does it mean to be “qualified”? For me, a qualified sponsor is a member who has a sponsor of their own and has worked the steps. A common theme I hear from members is that no one in their group is working the steps so they have no one to ask to sponsor them. This issue seems to be common across my region and beyond.

Years ago, another member and I looked at this problem as “what comes first, the chicken or the egg.” With the steps being the egg and sponsorship being the chicken, the two seem to go hand in hand. How could we provide sponsors to the members in our area if no one was “qualified”? First, we needed people studying the steps, not just discussing them at the monthly step

discussion meeting but people really studying the steps in-depth. So we started a step study group. We encouraged members to continue to open their minds to finding a sponsor while, as a group, we worked the steps.

What happened next was quite miraculous. This study group took on a spiritual life of its own that embodied the very essence of recovery! At each study session leading to the fourth step, we continued to encourage study group members to seek someone to sponsor them, not relying just on the study group.

Our little group has grown spiritually in recovery and has helped many members to find sponsors. What the members themselves created were quali-

fied sponsors, and it all began with the steps.

If your group doesn’t have people qualified to sponsor, consider starting a step study group. Be part of the solution and build a community of qualified sponsors. It can all begin by taking the first step!

Our Members Share

Nar-Anon Family Group Headquarters, Inc. (NFGH Inc.)

Financial Statements for 2015

World Service Budget and Finance Committee

Duties and responsibilities: The responsibility of the World Service Budget and Finance Committee is to maintain a continuing review of the financial affairs of NFGH, Inc. Using this information, it is the committee’s duty to make appropriate recommendations to WSO, the Executive Committee, and/or the BOT regarding financial matters. The committee will review income, production costs, and expenses to prepare a budget

for the upcoming year; review the financial information periodically as checks and balances, and annually against the budget; and review income, production costs, and expenses periodically to make recommendations or suggestions to WSO or the BOT of any cost savings or adjustments that would benefit the financial position of the corporation.

Guide to World Services, p.35

Nar-Anon Family Group Headquarters, Inc.
23110 Crenshaw Blvd. Suite A
Torrance, Ca. 9050

Certificate of Authorization

The accompanying financial statements – Balance Sheet and Profit & Loss Statement – for the year ended December 31, 2015, have been prepared without audit from the books and records of Nar-Anon Family Group Headquarters, Inc.

They are presented to the Board of Trustees and the fellowship along with any information required by and in accordance with Articles 9.6 Annual Report and 9.7 Annual Statement of Specific Transactions of the bylaws of said corporation.

Trudi C.

Trudi C.

Board of Trustees- Treasurer

Nar-Anon Family Group Headquarters Profit & Loss

January through December 2015

INCOME

3100 · Literature Sales	
3101 · California	30,410.84
3102 · Other States/Countries	263,186.80
3270 · EBooks	6,917.67
3100 · Literature Sales - Other	0.00
Total 3100 · Literature Sales	300,515.31
3110 · Merchandise	79.50
3200 · Shipping Received	57,803.67
3300 · Subscriptions-Newsletter	890.00
3400 · World Convention Income	
3401 · Registration	7,667.00
3403 · Merchandise & Literature	1,811.00
3404 · Convention-Misc Income	655.31
Total 3400 · World Convention Income	10,133.31
3460 · Royalty Income	
3462 · Brazil	1,829.00
3480 · Russia	450.00
Total 3460 · Royalty Income	2,279.00
3500 · Contributions-U.S.A. ★	47,767.55
3502 · Contributions-International ★	6,314.64
3550 · Contributions-Individuals	2,308.64
TOTAL INCOME	428,091.62
Cost of Goods Sold	
4000 · Cost of Sales - Production Dept	
4010 · Purchases - Paper/ Supplies	30,545.06
4012 · Resale Purchases	11,382.48
4020 · Equipment/Copiers	68,110.16
4030 · Wages	27,959.40
4032 · Payroll Taxes	3,023.00
4040 · Rent	4,995.00
4044 · Postage/Shipping	46,258.42
4048 · Repairs	463.42
4050 · Insurance	437.24
4052 · Utilities	592.09
4060 · Merchandise	3,217.64
4062 · Newsletters	70.00
Total 4000 · Cost of Sales - Production Dept	197,053.91
Total COGS	197,053.91
GROSS PROFIT	231,037.71

EXPENSE

4100 · Payroll Expenses	
4191 · Salaries	127,196.61
4196 · Workers Comp Ins	1,384.24
4197 · P/R Tax ER	10,524.33
4198 · Payroll Processing Fee	3,188.50
Total 4100 · Payroll Expenses	142,293.68
4200 · Operating Expenses	
4180 · Rent	47,855.00
4202 · Phone	6,693.85
4203 · Utilities	3,399.34
4205 · Office Supplies	363.15
4225 · Office Equipment Lease	1,592.38
4250 · Office Expenses	2,968.08
4262 · Dues and Subscriptions	27.91
4264 · Outside Services	630.50
4266 · Taxes & Licenses	1,324.45
4267 · Bank Charges	149.92
4270 · Paypal Fees	1,338.90
4271 · Stripe Fees	8,992.77
Total 4200 · Operating Expenses	75,336.25
4210 · Accounting and Legal	2,370.00
4220 · Insurance Expense	2,837.57
4227 · Postage Machine	2,500.00
4232 · Postage/Shipping	2,131.42
4272 · Credit Card Fees	951.00
4400 · Web Expense	2,846.30
4500 · World Convention Expenses	
4504 · Convention Supplies	3,378.00
4505 · Travel Expenses	5,919.28
4506 · World Convention-Misc.	1,343.48
Total 4500 · World Convention Expenses	10,640.76
4525 · WS Conference	
4528 · Conference Travel	419.96
Total 4525 · WS Conference	419.96
4600 · OUTREACH	3,498.41
4610 · WORLD SERVICE COMMITTEES	
4618 · WS Literature Committee	113.40
4622 · WS Newsletter Committee	269.20
Total 4610 · WORLD SERVICE COMMITTEES	382.60
4701 · Depreciation Expense	1,018.00
TOTAL EXPENSE	247,225.95
Net Ordinary Income e	-16,188.24
Other Income/Expense	
3600 · Interest Income	2.97
4800 · Loss Abandoned Assets	-4,392.49
Net Other Income/Expense	-4,389.52
NET INCOME	-20,577.76

★ See list of contributions by state/country on p. 6

Nar-Anon Family Group Headquarters

Balance Sheet

As of December 31, 2015

ASSETS

	Dec 31, 15	Dec 31, 14	\$ Change
Current Assets			
Checking/Savings			
1001 · Checking Acct	43,999.68	28,591.35	15,408.33
1002 · Paypal Account	5.00	444.04	-439.04
Total Checking/Savings	44,004.68	29,035.39	14,969.29
Other Current Assets			
1004 · Prepaid Expenses	2,065.00	0.00	2,065.00
1006 · Petty Cash	10.47	133.24	-122.77
1009 · Deposit-Rent	10,442.27	1,442.27	9,000.00
1010 · Inventory	12,948.41	11,839.85	1,108.56
Total Other Current Assets	25,466.15	13,415.36	12,050.79
Total Current Assets	69,470.83	42,450.75	27,020.08
Fixed Assets			
1014 · Office Furniture & Equipment			
1016 · Furniture and Equipment	11,237.25	18,539.51	-7,302.26
1018 · Less-Accumulated Depreciation	-8,703.25	-14,987.51	6,284.26
Total 1014 · Office Furniture & Equipment	2,534.00	3,552.00	-1,018.00
1100 · Leasehold Improvements	0.00	4,984.49	-4,984.49
1102 · Less Accum. Depreciation	0.00	-592.00	592.00
Total Fixed Assets	2,534.00	7,944.49	-5,410.49
TOTAL ASSETS	72,004.83	50,395.24	21,609.59
LIABILITIES & EQUITY			
Liabilities			
Current Liabilities			
Credit Cards			
2020 · Bus Credit Card - 4	4,941.48	1,970.69	2,970.79
2030 · Business Credit Card - 8	7,419.96	1,743.22	5,676.74
Total Credit Cards	12,361.44	3,713.91	8,647.53
Other Current Liabilities			
2010 · Health Insurance Payable	0.00	39.10	-39.10
2400 · Sales Tax Payable	578.10	549.44	28.66
2510 · Conference Deposits	33,550.00	0.00	33,550.00
Total Other Current Liabilities	34,128.10	588.54	33,539.56
Total Current Liabilities	46,489.54	4,302.45	42,187.09
Total Liabilities	46,489.54	4,302.45	42,187.09
Equity			
3900 · Retained Earnings	46,092.79	26,114.28	19,978.51
Net Income	-20,577.50	19,978.51	-40,556.01
Total Equity	25,515.29	46,092.79	-20,577.50
TOTAL LIABILITIES & EQUITY	72,004.83	50,395.24	21,609.59

★ 3500 · Contributions-U.S.A.

Alabama	58.00
Arizona	1,053.00
Arkansas	23.46
California - North	2,244.49
California - South	6,785.97
California - Central	1,669.86
Colorado	623.18
Connecticut	2,554.00
Delaware	157.00
Florida	6,067.32
Georgia	1,559.66
Hawaii	74.16
Illinois	323.00
Indiana	176.00
Iowa	8.00
Kansas	657.87
Kentucky	168.00
Louisiana	170.00
Maryland	1,801.31
Massachusetts	88.00
Michigan	712.72
Minnesota	332.36
Missouri	290.00
Montana	12.42
Nevada	740.60
New Hampshire	254.40
New Jersey	1,518.72
New York	3,920.96
North Carolina	1,084.96
Ohio	696.84
Oregon	555.15
Pennsylvania - East	7,259.71
Pennsylvania - West	1,071.63
Rhode Island	62.05
South Carolina	156.00
Tennessee	451.75
Texas	525.00
Utah	8.00
Vermont	10.00
Virginia	940.21
Washington	792.00
West Virginia	25.00
Wisconsin	84.79
Total 3500 · Contributions-U.S.A.	47,767.55

3502 · Contributions-International

Argentina	244.00
Australia	20.75
Brazil	836.00
Canada - Eastern	1,345.00
Canada - Western	1,064.00
Denmark	291.20
Iran	475.00
Ireland	50.00
Japan	1,230.95
Russia	665.00
South Africa	43.00
Trinidad	50.00
Total 3502 · Contributions-Int'l	6,314.90



Committee Corner

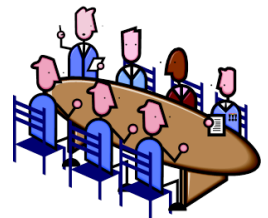
Policy & Guidelines Committee

Outside Speakers and Addict Updates at Meetings

The World Service Policy and Guidelines Committee responded to an inquiry from a member regarding gossip about addicts in meetings and inviting a methadone clinic director as a speaker. Listed below are items covered in our response:

- As a twelve step program, we use the Nar-Anon principles and tools to focus on our own recovery. We learn we can only change ourselves. In our recovery we experience personal growth and serenity. A healthy sign of recovery is when we keep the focus on ourselves by applying the Nar-Anon's principles to our lives.
- The introduction to the Twelve Traditions of Nar-Anon Family Groups states, "Our group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions." A healthy group supports our recovery and encourages us to work the steps, participate in service and sponsorship, and place principles above personalities. Gossip is destructive so we refrain from it. Anonymity is the foundation of all our traditions. We respect the anonymity of all Nar-Anon and NA members and we avoid gossiping.
- Time dedicated to a Nar-Anon meeting is for support, recovery, and learning from members sharing their personal stories. We are all equal members. Those who have a desire to hear an outside speaker (medical, political, religious or professional) can do so on their own time, at their home, place of business, or some other site. A Nar-Anon meeting is not the appropriate venue.

Following the principles, attending meetings, sponsorship, and service enhance our personal recovery. We are trusted servants and do not govern. We hope our response helps with your service and recovery in the Nar-Anon program.



Literature Committee

Recovery Literature Priority List

Included with the 2016 CAR (Conference Agenda Report) was the Recovery Literature Priority list. At the 2016 WSC (World Service Conference), regional delegates and WS Board of Trustee members submitted their prioritized lists. Their submissions were combined to produce the priorities for the WS Literature Committee for the 2016-2018 conference cycle. Here are the priorities:

1. Traditions 1-12 for Nar-Anon 36
2. Concepts 1-12 for Nar-Anon 36
3. Fourth Step workbook
4. Parents of Addicted Minors
5. What Now? (When active addiction ends)
6. Why Nar-Anon?
7. Narateen - 31 Days
8. Addiction in marriage
9. Adult Children of Addicts
10. Narateen - Steps 1 - 12
11. 7th Tradition pamphlet
12. Pamphlet for men

In order for the WS Literature Committee to fulfill these priorities, **we need your help**. We encourage members to submit writings on one or more of these topics. Regions interested in forming literature committees to write and/or edit literature are asked to contact the World Service Literature Committee at LitCom@nar-anon.org. Together we can.



Committee Corner continued on page 8...

"The daily reading of Nar-Anon literature will help us move out of the problem and into the solution... Nar-Anon literature is a readily available tool that helps keep us in touch with our new way of thinking, "

The Nar-Anon Twelve Tools of Recovery

Upcoming Events

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

Nar-Anon Northern California Region Convention XXIX

June 10-12, 2016

"From Insanity to Serenity"

Visalia Marriott Convention Center

Visalia, CA 93291

Karen 559-269-3748 or Ruth 559-364-6309

Nar-Anon Florida Regional Convention @ FRCNA XXXV

July 8-10, 2016

"Growing Together"

Rosen Shingle Creek

Orlando, FL 32819

886-996-6338

Oaxaca, Mexico 5ta Convencion Nacional

26 a 28 Agosto 2016

"Si lo Crees con Fe, lo Vivirás con Amor"

Hotel Hacienda La Noria

Oaxaca C.P. 58120

naranonoaxaca@gmail.com

Pacific Northwest Region Nar-Anon Spiritual Weekend

September 9-11, 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

Save the date!

Russia Nar-Anon Service Conference

October 6-9, 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 York Region Convention - 27th Anniversary

November 11-13, 2016

"The Joy is in the Journey XXVII"

Committee Corner *...continued from page 7*

Outreach Committee

Welcome Newcomers!

"The purpose of the World Service Outreach Committee is to carry the Nar-Anon message of hope throughout the world. This is done by developing and compiling outreach material used to raise public awareness about the Nar-Anon program." *Guide to World Services* p. 37. How do we know where to direct our outreach efforts? Where are we likely to find and attract newcomers to the Nar-Anon fellowship?

Looking to your community recovery resources is one starting point. Is there a drug treatment facility nearby? Are there networks of professionals providing services to addicts and their families? Resources are available to support these efforts. You will find specific how-to information on the Outreach page of the Nar-Anon website. Have questions or need help launching an outreach effort? 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 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: July 20, 2016 ****

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Callicoon, NY
Save the date!

Newsletter eSubscriptions

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e-subscription to
[The Serenity Connection](#)

Subscriptions to date: **>4000!**



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