

## 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](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](mailto: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
<b>Ordinary Income/Expense</b>		
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%
<b>Total Income</b>	<b>409,509.70</b>	<b>100.0%</b>
<b>Cost of Goods Sold</b>		
Total 4000 · Cost of Sales - Production Dept	189,595.97	46.3%
<b>Total COGS</b>	<b>189,595.97</b>	<b>46.3%</b>
<b>Gross Profit</b>	<b>219,913.73</b>	<b>53.7%</b>
<b>Expense</b>		
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%
<b>Total 4100 · Payroll Expenses</b>	<b>136,728.16</b>	<b>33.39%</b>
<b>4200 · Operating Expenses</b>		
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%
<b>Total 4200 · Operating Expenses</b>	<b>69,885.12</b>	<b>17.07%</b>
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%
<b>Total 4300 · Literature Expense</b>	<b>100.00</b>	<b>0.02%</b>

## 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
<b>ASSETS</b>				
<b>Current Assets</b>				
<b>Checking/Savings</b>				
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%
<b>Other Current Assets</b>				
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%
<b>Fixed Assets</b>				
<b>1014 · Office Furniture &amp; Equipment</b>				
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%
<b>TOTAL ASSETS</b>	<b>50,799.01</b>	<b>141,160.27</b>	<b>-90,361.26</b>	<b>-64.01%</b>

# Comparative Balance Sheet

December 31, 2012

Liabilities				
Current Liabilities				
2000 · Accounts Payable	0.00	2,059.95	-2,059.95	-100.0%
<b>Total Accounts Payable</b>	<b>0.00</b>	<b>2,059.95</b>	<b>-2,059.95</b>	<b>-100.0%</b>
Credit Cards				
2020 · US Bank CC	2,123.86	5,262.41	-3,138.55	-59.64%
<b>Total Credit Cards</b>	<b>2,123.86</b>	<b>5,262.41</b>	<b>-3,138.55</b>	<b>-59.64%</b>
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%
<b>Total Other Current Liabilities</b>	<b>697.35</b>	<b>22,935.00</b>	<b>-22,237.65</b>	<b>-96.96%</b>
<b>Total Current Liabilities</b>	<b>2,821.21</b>	<b>30,257.36</b>	<b>-27,436.15</b>	<b>-90.68%</b>
<b>Total Liabilities</b>	<b>2,821.21</b>	<b>30,257.36</b>	<b>-27,436.15</b>	<b>-90.68%</b>
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%
<b>Total Equity</b>	<b>47,977.80</b>	<b>110,902.91</b>	<b>-62,925.11</b>	<b>-56.74%</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>50,799.01</b>	<b>141,160.27</b>	<b>-90,361.26</b>	<b>-64.01%</b>

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://nar-anon.org/naranon/Meetings/Narateen_Meetings). If you have any questions, you can reach us at [Narateen@nar-anon.org](mailto: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](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](mailto: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](http://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](mailto: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!