



Newsletter of the Nar-Anon Family Groups

The Serenity Connection

Did you know?

- Nar-Anon was started 50 years ago in 1964.
- There are 2400 Nar-Anon Family Groups worldwide!
- WSC 2014 was Nar-Anon’s 5th World Service Conference.
- Articles from *The Serenity Connection* can be used in your meetings for literature study.

WSC 2014: Trust in the Spirit of Unity

What an experience! I wish each and every one of you could have been there with me. This was the second time I have had the privilege of representing my region at the world service level. But I wasn’t prepared for the wonderful welcome and the huge outpouring of warmth I felt as I walked into the room on my first day. It felt like “coming home” to a big family I didn’t know I had.

Delegates, alternate delegates, trustees, and observers came from all over the world to attend the conference: Brazil, Columbia, Costa Rica, Russia, South Africa, Japan, Iran, Canada, and the USA. Each

brought their own perspective to the debate and each went away with new friends.

Our days were packed from morning until night with rich discussions and tough decisions on the CAR motions, the CAT material, and new motions from the floor that will go to WSC 2016. We voted on important issues raised by the regions, and we approved literature that embodied thousands of hours of work by dedicated committee members. We learned about the work of each of the World Service Committees and elected new members to the Board of

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May 1-5, 2014

- 17 - Delegates
 - 10 - Alternate Delegates
 - 11 - Trustees
 - 12 - Observers
 - 7 - WSO Staff Members
 - 2 - WSC Committee Members
 - 1 - Region Representative
 - 1 - Conference Facilitator
 - 9 - Countries Represented
 - 54 - CAR motions
 - 7 - CAT Material pieces
 - 9 - New Floor Motions
- Countless years of recovery and service!

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FINANCIAL REPORT for 2013

Financial statements for Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.) for the fiscal year ending December 31, 2013 can be found on pages 4 and 5.

Please take a moment to review these statements. As you will see, our World Service Office operates on a very tight budget. Your financial contributions go a long way toward paying for the many services that WSO provides to the fellowship. Please consider asking your group, area, and/or region to make a contribution to the WSO. Even a small contribution can make a big difference.



Questions or comments on the financial statements can be directed to the Budget and Finance Committee at BudgetAndFinance@Nar-Anon.org

Our Members Share

“Amends sometimes just happen when I am working the program for me.”

~ SESH, September 24

Amends or Apologies

Step Nine: “Made direct amends to such people wherever possible except when to do so would injure them or others.”

To amend is to remove or correct faults in; rectify.

I once heard a story about a boy, a fence, and a bag of nails. The story describes a father asking his son to express his anger by hammering nails into a fence. Once his anger had passed, he was to remove the nails. As the young boy looked at the fence, he could see that even though the nails had been removed, the holes remained. The damage was permanent.

In making amends, I can never completely remove the damage I may have caused. I can ask my Higher Power,

through working Step Six, to help me remove the defects of character that caused me to have to make amends, rectify my mistakes, and correct my faults. It’s not simply enough to make an apology; I must address the defects that cause me to act or react the way I did.

In my heart, making true amends, especially to those I cannot make direct amends to without causing more injury, requires me to change my behavior. Anything less will continue to lend itself to insanity, repeating the same behavior over and over again expecting different results.

Before recovery, I made choices that hurt other people. I reacted to the addict and did things I later regretted. Then I worked through the steps with my sponsor and my Higher

Power. After much meditating and working my Fifth Step, I learned a lot about what caused me to act and react in the way I did. As a result, I made a commitment to my recovery to work on changing the defects of character that led to my inappropriate behavior.

Now, when making amends, I first ask myself: Do I plan to keep doing what I did that caused me to need to make amends? Do I plan to change my behavior? Am I only making amends to keep the peace? Is this an apology or am I making amends? If it’s just an apology, then it’s just words that don’t really mean much. I want to remove and correct my faults, rectify my wrongs. In doing anything less, I am only truly hurting myself.

Magic Chairs

The chairs are magic!
Each week set up in different variations,
Some old, some new, some wooden, some metal.
Side by side to offer a safe place.

The crowd varies,
The temperature changes,
But the feelings are often the same.

Anger, sadness, fear, pain,
Heart-break, disappointment,
contempt, and sometimes hate,

But one emotion always prevails...LOVE.

The chairs are magic!
The more frequently one sits in them the more change takes place,
The more courage is present.

How?

Does sitting in a wobbly and uncomfortable chair open a person’s mind?
Does it open their ears?
Can a chair change someone’s perspective?

Allow more love into their hearts?

The chairs are magic!
When someone sits in them regularly their spirit is awakened.
More hope fills the room.
More light fills the room.
More love fills the room.

The chairs are magic!
They turn tears to smiles,
Fear to faith,
Control to surrender,
Just for today.

The chairs are magic!
Reliable, ever present,
One chair is no less significant or more significant,
But many chairs together, united, are magic.
These magic chairs perform miracles.

Carla G.



So You've Been Asked to Serve! What an Honor! Now what?

Service is a wonderful twelve step opportunity. The twelve steps help us to change ourselves. Service helps us to continue to grow and work with others in the program. Even if you are new to service, all that is needed is a willingness to serve and learn. That willingness can take you and your new role to another level of recovery.

Often in Nar-Anon, we are asked to serve simply because no one else wants to step up. Members may take on roles with no experience or knowledge of the position and feel as though they've been thrown to the lions or sharks. If you think you may be left floundering, just do the best you can – it's really okay. There's good news! Nar-Anon gives you the tools to succeed.

Are you ready to serve? Ask yourself the following questions:

- Do you know what group conscience means and how to it applies?
- Do you know what your role is? If not, do you know where to look for information on your duties?
- Have you studied the traditions? If not, are you willing to study and look to them for guidance in your new role?
- Have you studied the concepts? If not, are you willing to study and look to them for guidance in your new role?
- Do you have a copy of the service manual(s) relevant to the level of service (local, area, regional, or world service) of your role?
- Does this service level have internal guidelines? If so, do you have a copy? If not, does this level need guidelines?
- Are you ready to serve?

Now that you have answered these questions, what's next? Look to the Nar-Anon program to give you the tools you need to move ahead. Simply by studying and applying the principles to your service work, you can learn to serve in any position, at any level. Also remember – Together We Can. Willingness to reach out to others for support in clarifying your role and affirming your actions before moving ahead will chart a steadier course. With the help of others and your Higher Power, you can serve to the best of your ability.

Our Members Share

If you step up to serve, do the job. The membership is depending on you. If you find you are unable to do the work, say so. It is a greater disservice to hold a position and not perform the duties, than to have a vacant position. Why is this? Because everyone believes the job is getting done when, in reality, we should still be looking for someone who is ready and able to serve.

Service work puts Step Twelve into practice, strengthening both the program and the member doing the service.

Nar-Anon Conference Approved Literature (CAL) in BRAILLE

I am grateful for many of life's lessons that Nar-Anon has taught me. On my fellowship journey, I have been humbled many times. My latest experience unfolded as follows.

A young lady who was blind was escorted into my home group, and was seated in the circle. Everyone gave her a warm welcome. The meeting was opened with CAL readings and the Nar-Anon Twelve

Steps were passed around. There was an audible sigh from the group when she said "pass" when it was her turn to read, and she gave us a wry smile.

The meeting continued and we each had a turn to share. When her turn arrived, her voice was filled with emotion as she told her story. The room

was completely silent except for her voice. When I looked around, there was not a dry eye in the room.



After the meeting, she asked if our CAL readings could be e-mailed to her in Word format, which we did. At her third meeting she arrived with a file of CAL readings in Braille. During the meeting she followed

our reading in Braille and when it was her turn to read she did. Again, there wasn't a dry eye in the room.

For me to say that I've been humbled is an understatement. CAL is a precious gift from the power that guides our fellowship. I thank my Higher Power for leading me to the rooms of Nar-Anon and introducing me to CAL.

**Nar-Anon Family Group Headquarters
Profit & Loss**

04/21/2014

January through December 2013

| | <u>Jan - Dec 13</u> | | <u>Jan - Dec 13</u> |
|---|---------------------|---|---------------------|
| Income | | Expense | |
| 3100 · Literature Sales | | 4100 · Payroll Expenses | |
| 3101 · California | 31,266 | 4150 · Salaries and Wages | 132,768 |
| 3102 · Other States/Countries | 263,741 | Total 4191 · Salaries | 132,768 |
| 3270 · EBooks | 5,264 | 4196 · Workers Comp Ins | 2,210 |
| Total 3100 · Literature Sales | 300,271 | 4197 · P/R Tax ER | 12,199 |
| 3110 · Merchandise | 486 | 4198 · Payroll Processing Fee | 3,592 |
| 3200 · Shipping Received | 49,775 | Total 4100 · Payroll Expenses | 150,769 |
| 3300 · Subscriptions-Newsletter | 817 | 4200 · Operating Expenses | |
| 3400 · World Convention Income | | 4180 · Rent | 43,181 |
| 3401 · Registration | 14,195 | 4202 · Phone | 5,074 |
| 3402 · Luncheon | 3,600 | 4203 · Utilities | 4,256 |
| 3403 · Merchandise & Literature | 1,732 | 4205 · Office Supplies | 1,977 |
| 3404 · Convention-Misc Income | 3,404 | 4234 · Staff Travel | 51 |
| Total 3400 · World Convention Income | 22,931 | 4250 · Office Expenses | 2,598 |
| 3460 · Royalty Income | | 4260 · Repairs and Maintenance | 200 |
| 3464 · Russia | 400 | 4266 · Taxes & Licenses | 7,654 |
| Total 3460 · Royalty Income | 400 | 4269 · Bank Charges | 287 |
| 3500 · Contributions-U.S.A. | | 4270 · Paypal Fees | 4,651 |
| Total 3500 · Contributions-U.S.A. | 43,147 | 4271 · Stripe Fees | 3,328 |
| 3502 · Contributions-International | | Total 4200 · Operating Expenses | 73,258 |
| Total 3502 · Contributions-International | 5,774 | 4210 · Accounting and Legal | 1,564 |
| 3550 · Contributions-Individuals | 2,774 | 4220 · Insurance Expense | 5,877 |
| 3599 · Miscellaneous Income | 0 | 4232 · Postage/Shipping | 625 |
| Total Income | 426,374 | 4400 · Web Expense | 783 |
| | | 4500 · World Convention Expenses | |
| Cost of Goods Sold | | 4501 · -Registration | 2,253 |
| 4000 · Cost of Sales - Production Dept | | 4502 · -Luncheon | 3,599 |
| 4010 · Purchases - Paper/ Supplies | 26,695 | 4503 · -Merchandise | 559 |
| 4012 · Resale Purchases | 22,794 | 4504 · Convention Supplies | 331 |
| 4020 · Equipment/Copiers | 63,555 | 4505 · Travel Expenses | 3,609 |
| 4030 · Wages | 20,766 | 4506 · World Convention-Misc. | 5,924 |
| 4032 · Payroll Taxes | 1,921 | Total 4500 · World Convention Expenses | 16,275 |
| 4040 · Rent | 4,800 | 4600 · OUTREACH | 8,351 |
| 4044 · Postage/Shipping | 40,354 | 4701 · Depreciation Expense | 3,697 |
| 4048 · Repairs | 3,382 | Total Expense | 261,198 |
| 4050 · Insurance | 282 | Net Ordinary Income | -21,866 |
| 4052 · Utilities | 480 | Other Income/Expense | |
| 4060 · Merchandise | 1,763 | Other Income | |
| 4070 · ibooks | 250 | 3600 · Interest Income | 2 |
| Total 4000 · Cost of Sales - Production Dept | 187,041 | Other Expense | 0 |
| Total COGS | 187,041 | Net Other Income/Expense | 2 |
| Gross Profit | 239,332 | Net Income (Loss) | -21,864 |



See next page for detailed breakdown of contributions

Nar-Anon Family Group Headquarters

Balance Sheet

As of December 31, 2013

ASSETS

| | |
|--|---------------|
| Checking/Savings | |
| 1001 · Checking Acct | 30,458 |
| 1002 · Paypal Account | 4,007 |
| Total Checking/Savings | 34,466 |
| Other Current Assets | |
| 1006 · Petty Cash | 121 |
| 1009 · Deposit-Rent | 1,442 |
| 1010 · Inventory | 11,686 |
| 1020 · WS Conference Deposits | 1,000 |
| Total Other Current Assets | 14,249 |
| 1014 · Office Furniture & Equipment | |
| 1016 · Furniture and Equipment | 26,051 |
| 1018 · Less-Accumulated Depreciation | -21,204 |
| Total 1014 · Office Furniture & Equipment | 4,847 |
| 1100 · Leasehold Improvements | 4,984 |
| 1102 · Less Accum. Amortization | -464 |
| Total Fixed Assets | 9,367 |
| TOTAL ASSETS | 58,082 |
| LIABILITIES & EQUITY | |
| 2020 · Credit Card | 5,701 |
| 2010 · Health Insurance Payable | 57 |
| 2400 · Sales Tax Payable | 562 |
| 2510 · Conference Deposits | 25,648 |
| Total Liabilities | 31,968 |
| 3900 · Retained Earnings | 47,978 |
| Net Income | -21,864 |
| Total Equity | 26,114 |
| TOTAL LIABILITIES & EQUITY | 58,082 |



Detailed contribution breakdown

Contributions - USA

| | |
|-------------------------------|---------------|
| Arizona | 390 |
| Arkansas | 30 |
| California-North | 5,431 |
| California-South | 5,480 |
| Colorado | 1,053 |
| Connecticut | 880 |
| District of Columbia | 50 |
| Florida | 6,193 |
| Georgia | 403 |
| Illinois | 167 |
| Indiana | 369 |
| Iowa | 200 |
| Kansas | 316 |
| Kentucky | 81 |
| Maryland | 1,492 |
| Massachusetts | 587 |
| Michigan | 1,104 |
| Minnesota | 210 |
| Mississippi | 2 |
| Missouri | 290 |
| Montana | 50 |
| Nevada | 1,111 |
| New Hampshire | 40 |
| New Jersey | 1,747 |
| New York | 4,357 |
| North Carolina | 578 |
| Ohio | 453 |
| Oklahoma | 100 |
| Oregon | 279 |
| Pennsylvania - Eastern Region | 5,633 |
| Pennsylvania - Western Region | 1,527 |
| Rhode Island | 85 |
| South Carolina | 100 |
| Tennessee | 298 |
| Texas | 207 |
| Utah | 6 |
| Vermont | 10 |
| Virginia | 345 |
| Washington | 1,287 |
| Wisconsin | 205 |
| | 43,147 |

Contributions - International

| | |
|------------------|--------------|
| Australia | 724 |
| Brazil | 490 |
| Canada - Eastern | 1,128 |
| Canada - Western | 790 |
| Columbia | 674 |
| Denmark | 336 |
| Iran | 263 |
| Ireland | 550 |
| Russia | 275 |
| South Africa | 519 |
| Trinidad | 25 |
| | 5,774 |

Comparative financial statements for the fiscal year ended December 31, 2012 can be found in The Serenity Connection, Volume 29, Issue 2, June 2013.

What's Worked for You?

Last Issue's Question

I am a GSR in a region that has over 40 groups, but only 17 are represented at the regional level. I know that some groups find it hard to get members to serve as GSRs. I have personally found being of service at the group, area, and regional levels to be a very rewarding experience, plus it helps me in my recovery. I would like to hear from other GSRs what their service experience has meant to them. My hope is to reach out to those members who would like to serve as GSRs and encourage them to step forward.

I have had the privilege and responsibility of serving at the group, area, regional, and world service levels and would like to share some of the things I've learned from this experience.

Service is a vital part of my recovery. It has helped me grow and given me a chance to give back what was so freely given to me. Service reminds me that I am but one piece of a large puzzle in which each piece is equally important. I am an important part of the puzzle, but not the whole.

To me, service is about respecting all members of a service body at all levels. When everyone is given a chance to fully participate, governing and control issues disappear. I am constantly reminded to lead by example, to practice and share with others the lessons I am learning.

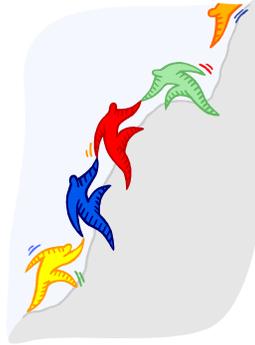
Service means having a voice. I have learned that my voice matters and so

do the voices of all the others. We do not have to agree, in fact, being able to agree to disagree keeps me humble. I place trust in the "servants" elected within our group and beyond, and I trust that decisions are made in the best interests of the fellowship.

Service in the fellowship has brought me to a whole new level in both my program and my personal life.

Nar-Anon has helped me to change many of the behaviors that no longer work for me. Turning things over to my Higher Power and allowing the answers to come through Him and others in the fellowship really works for me. Service has helped me to accept that I cannot control others; I can only control myself.

As each of us finds our special role in Nar-Anon, we become a truly united worldwide fellowship, serving together as one.



This Issue's Question

In the meetings I attend, I keep hearing that it's different when the addict is your child; that if the addict is your spouse, you can always divorce them. This hurts and makes me feel unwelcome. Has anyone else experienced this? How have you handled the situation?

Continued from page 1...

WSC 2014

Trustees. We shared tears together and we celebrated together. And it was amazing!

I am so grateful for the oppor-

tunity to serve at the world level, and I hope that one day you, too, will have the chance to participate in a World Service Conference. If you do, mark my words, you'll never be the same again!



Newsletter eSubscriptions

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

Subscriptions to date: **2,591!**

Committee Corner



“I can carry the message by sharing my experience, strength, and hope.”

~ SESH, December 16

Outreach Committee

Targeting Outreach to Professionals

There are a wide range of professionals working with individuals struggling with the disease of addiction. Many also come in contact with family and friends of addicts and could benefit from knowledge of Nar-Anon Family Groups’ resources. WS Outreach Challenge #3 is ready to go and will help you develop information packets targeted for outreach to professionals in the therapeutic, medical, judicial, spiritual, and educational communities.

For easy reference, all challenges are archived on Outreach Tools page of the WS Website. [CLICK HERE](#) for Outreach Tools.

Have an idea for a challenge? Let us hear from you. Email: outreach@nar-anon.org

WS Outreach Challenge #3

Challenge Goal: Create information packets for outreach to professionals that include the *Nar-Anon Offers Hope* pamphlet, *Information About Nar-Anon* letter, a meeting schedule, and *Information About Narateen for Professionals* letter, when applicable.

Suggested Uses: Ask members to take packets to share with professionals they may encounter; set out packets at outreach events; drop off or mail packets to professionals at treatment facilities, mental health centers, medical practices, law enforcement and criminal justice offices, and schools (an internet search can help identify professionals in your area). Mail packets to professionals requesting information.

NOTE: If you received the newsletter by regular mail, you can download all the referenced Outreach by going to http://50.63.54.209/naranon/About_Nar-Anon/Outreach/Tools and clicking on Challenge #3.

What to Do:

1. If you are using the digital newsletter:
 - [CLICK HERE](#) to download the *Information About Nar-Anon* letter. Print/copy on white paper.*
 - [CLICK HERE](#) to download the *Nar-Anon Offers Hope* tri-fold pamphlet. Print/copy on white paper.*
 - [CLICK HERE](#) to download the *Information About Narateen For Professionals* letter. Print/copy on white paper.*
2. Print copies of local, area, or regional Nar-Anon Meeting Schedule.
3. Assemble packets for Professional Outreach.
4. Check/replenish supply as needed.

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

*These Outreach materials should not be copied/distributed for use in regular meetings. (Note: If large quantities are needed, it is more cost-effective to purchase the pamphlets from the WS WebStore.)

Logo Modifications Have a Negative Impact

Did you know that modifying the Nar-Anon logo can have a negative effect on expanding the fellowship? It takes 10-12 times of exposure to a logo or trademark before it begins to resonate with the public. Any changes to the approved logos shown below, including adding any graphics inside the circle, actually reduce recognition of Nar-Anon’s name and logo. [See BOT Bulletin 001.](#)



In keeping with Tradition 4, modifications of the Nar-Anon trademark logo must be directly approved by the groups through the group tally process found on page 22 of [The Nar-Anon Family Groups Guide to World Services \(GWS\)](#).

Just for Today

The Back Page

Just for today I will remember who has the power, and **it's not me.**

Today I will choose to live and let live. I will choose to let go and let God be GOD in the lives of those I love. I will choose to practice trust. I will choose to believe that the Higher Power who lovingly restored me to sanity and flipped on the switch of clarity and serenity in my spinning brain, has the power to do it in another's.

Today, this moment, I will take a loving step back and care about, but not feel responsible for, finding others' solutions. I will work my steps, do my part, and experience my Higher Power's peace, presence, and strength to persevere in my recovery.

Just for today I will accept that it is ok for me to be at peace even if those I love are not. I will choose to rest in my Higher Power's care and release those I love to God's care as well.

Upcoming Events

Click on event titles for details or go to the WSO website

[Nar-Anon Northern California Region Convention](#)

June 13 - 15, 2014

Detach with Love"

Info: Karen J. (559) 269-3748

Registration: CMSRCNA.org

Double Tree Hotel

1150 9th Street

Modesto, CA 05354

[Nar-Anon Pacific Northwest Region Spiritual Weekend](#)

September 5 - 7, 2014

On the Path: Step by Step"

Info: Viki W. (360) 275-5616 or Kathy

T. (425) 345-7000

Falls Creek Retreat Center

32 Falls Creek Road

Raymond, WA 98577

[Nar-Anon East Coast Convention \(ECC5\)](#)

September 19 - 21, 2014

Hidden Treasures of Recovery"

Info: ECC5chair@gmail.com

Crowne Plaza – Tampa Westshore

Tampa, FL 33609

[Nar-Anon New York Region Convention \(25th Anniversary\)](#)

November 7 - 9, 2014

The Joy is in the Journey XXV"

The Villa Roma

Resort

Callicoon, NY

[Nar-Anon @ FRCNA XXXIII](#)

July 4 - 6, 2014

Finding Trust Your Journey"

Info: 1(866) 996-6338 or (407) 996-6338

Rosen Shingle Creek Resort

9939 Universal Boulevard

Orlando, FL 32819

[Nar-Anon Spirituality Breakfast](#)

September 13, 2014

Feed the Spirit"

Info: Sue A. (610)432-5301

The Brass Rail Restaurant

30145 Lehigh Street

Allentown, PA 18103

Newsletter Submissions

Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope (ESH) from the perspective of a Nar-Anon member. Submit articles to newsletters@nar-anon.org. Each submission must be accompanied by a signed [Release Form](#) before it can be published.

**** Next Issue Submission Deadline: July 20, 2014 ****



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