



Newsletter of the Nar-Anon Family Groups

A FRESH NEW LOOK
 for
The Serenity Connection!
[Tell us what you think!](#)

THE SERENITY CONNECTION

Finding My Serenity

I lost myself, I gave up hope
 I had nowhere to turn;
 I did not realize
 That there was much for me to learn.

At my son's rehab family group
 His counselor said to me,
 "A fellowship called Nar-Anon
 Is where you need to be."

She said that I could fix myself
 And move to feeling well.
 I figured I would try it
 And give up this living hell.

I got some books and other lit
 To start me on my way,
 And listened quite intently
 That we live *Just for Today*.

Detach with love, keep coming back
 Are things I heard each meeting.
 I keep them in my toolbox
 For the times that I am needing.



Support from people in these rooms
 Has really been so great.
 I'm on my way to inner peace;
 I'm making my own fate.

Our lives are never perfect;
 It is *progress not perfection*.
 I've really come a long way,
 Moving in the right direction.

Inside this issue:

Gratitude for my Sponsor	2
Finding My Serenity	3
International Call to Service!	4
Why Do We Serve?	5
Committee Corner	6
Appeal	7
Coming Events	8





Gratitude for My Sponsor

When I went to Nar-Anon, I went because I knew I needed help, immediate help. I thought I wouldn't make it another day without a complete mental and physical breakdown. I had never heard life described as unmanageable, but when I heard it that night, I knew mine was and I was in the right place to get help. I stayed with Nar-Anon and have never looked back.

It was my first Nar-Anon meeting. I was very moved by what the speaker shared that night and by how she could even smile and live through her journey with addiction. I called her later that night and asked her to be my sponsor. I was raised to pull myself up by the boot straps when things got difficult. I learned not to seek help from outsiders but now I was in over my head. If I didn't ask for help this very night, I might not have the courage to seek help later. because of pride issues and old ways of thinking. She agreed to be my sponsor and the process began.

How my sponsor helped me...

Even though she didn't know me, she understood my despair and **responded to my request for help.**

She accepted my calls and **listened** to my problems, fears, anxieties, both real and imagined, and did so without judgment or making me feel inferior.

During my hairiest moments, she would make **periodic checkups** to ask if I was okay, even though I knew it was my responsibility to call her because the program suggests it.

We met regularly in the beginning and did **step work**. She would make sure I understood what the steps meant and explain how they applied to specific situations. She reassured me that when I was ready to apply them in my life, I would notice a different outcome than I usually got.

No miniscule issue was a bother to her. She always had a keen listening ear and would **make suggestions based on her experience,**



strength, and hope. It always made me feel better.

She held true to what is said about sponsors - when something is bothering you or making you upset, **share it with your sponsor**, and you'll often feel better. I usually did.

She **encouraged and assured me** that as I continued to work the program, I would find recovery. And I did, thank God.

What my sponsor means to me...

I have so much gratitude for my sponsor. She helped me through a very difficult time when no one else could. She is important to me because I can trust her and rely on her. She is committed to sponsorship.

She's someone I respect and admire for her willingness to serve by meeting with me, taking time consuming calls, and listening to high anxiety problems while staying calm and making effective suggestions.

The Nar-Anon program and all it offers has been a life-changing experience. It's helped me change my way of thinking, step out of my comfort zone, find peace and serenity, and cope with life's twists and turns. I am so happy I didn't quit before the miracle happened. I'll keep coming back!

Yolanda M.

Not Knowing . . .

Just for this moment, I will choose to rest in a place where the "maybes," "what ifs," and fears loom large. I will then choose to focus on the calmer of my soul, who knows and is always in control. I will pause awhile, then I will pray, let go, release, forgive, and accept today's reality. I will place my heart in the shelter of my Higher Power where I will always find help, strength, wisdom, comfort, and calm. My Higher Power will help me overcome my fears and will provide all I need .

Our
Members
Share



Concept Ten

Have you ever felt you were wronged in your group, area, region, or service committee? Sometimes character defects come out, especially in service work. We are all human, character defects and all, and sometimes we might not treat each other as we should. Maybe we felt we were not able to fully participate in the decision making process as Concept Seven tells us: *All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in the decision-making process.* Perhaps we felt our viewpoint was not heard as Concept Nine tells us: *All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.*

- How do I feel I have been wronged?
- Did I play a role in what led to the grievance?
- Is this actually a grievance or something I am bothered by for another reason (not being heard, respected, or valued)?
- Am I taking something personally that wasn't meant to be personal?
- Am I placing personalities above principles?

When we feel like we have been wronged, Concept Ten gives us a way to resolve the situation. *Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.* It can be helpful to talk our feelings out with our sponsor and seek guidance from our Higher Power. If we still feel the situation should be addressed, we can write a letter to the appropriate service body and ask for our petition to be heard. It is helpful to remember that the petition spoken of in Concept Ten means to “ask” or “address”; it doesn't mean to gather signatures in literal terms. It's simple. We only need to ask.

Journey Towards Serenity

When I first walked through the doors of Nar-Anon, I was overwhelmed by emotions. Big emotions – Anger, Fear, Resentment, Sadness, Grief. On one hand, I wanted to scream so everyone would know how bad I was feeling. On the other, I wanted to curl up in a ball and disappear from the world. My life was completely out of control and I was a mess. I needed help.

What happened on that first night was the beginning of a personal transformation. For the first time, I felt safe enough to share my tears and sorrow with people outside my family. I didn't have to disguise my fears and sadness as anger. I didn't have to pretend I was strong and under control. I was surrounded by complete strangers but I felt like I had finally “come home.”

That was the beginning of my journey towards serenity. It didn't happen quickly. At first I thought the term was a sad joke. Serenity was something I had never felt in my life so I just assumed it was for other people, not for me. Then a strange thing happened. Over time, I began to realize that some of the people in the room looked calm and relaxed, almost serene! I had no idea how they could seem so peaceful with addicts in their lives, but, if it was even remotely possible, I wanted what they had.

It's been over ten years since that first night and I'm happy to say I feel like one of those calm people in the Nar-Anon rooms. I'm not sure how it happened but I am eternally grateful to the dedicated people who were there for me when I needed them. Even though my life has changed from frantic to calm, dare I say serene, I keep coming back. It feels good to be there for others and watch as their lives are likewise transformed. I don't always have serenity, but when I do, I am thankful for Nar-Anon.



Nar-Anon
Service

International Call to Service!

The following 45 countries have Nar-Anon meetings listed on our website:

Argentina	Dominican	Iran	Norway	
Australia	Republic	Ireland	Pakistan	
Belize	Ecuador	Israel	Paraguay	Sweden
Brazil	Egypt	Japan	Peru	Switzerland
Canada	Estonia	Latvia	Poland	Trinidad and Tobago
Chile	France	Malaysia	Puerto Rico	Turkey
Colombia	Germany	Malta	Republic of Mauritius	United Kingdom
Costa Rica	Guatemala	Mexico	Russia	USA
Cuba	Honduras	Netherlands	South Africa	Venezuela
Denmark	India	New Zealand		

As an international member, I am honored, privileged, and grateful to be of service to our fellowship on world service committees. Did you know that despite Nar-Anon being in 45 countries, very few international Nar-Anon members participate on world service committees?

If you are an international member and are willing to be of service, we can use your help. Are you interested in giving it a try? Please note that the working language of world service committees is English.

The [World Service Committees](#) are:

Budget and Finance	Outreach
Convention	Policy and Guidelines
Conference	Translation
Literature	Website
Narateen	World Pool
Newsletter	



From my experience, I have learned a great deal about the inner workings of our fellowship. I have discovered that world service work benefits everyone, including members, groups, areas, and regions around the world. Therefore, I feel we all have a part to play in being of service to Nar-Anon. Are you an active member of Nar-Anon? Have you benefited from being a member? Do you have something to offer to the world? Do you have special skills such as writing, editing, web technologies, or event planning? Are you bilingual? Most importantly, do you have a willingness to serve? If this article speaks to you, please give world service committee work a try!

I would be more than happy to answer questions on how to get involved.

My email address is maurice@nar-anon.org

Fellowship Review Process

• New Service and Outreach Materials

The 2016 World Service Conference (WSC) approved a review process for new service and outreach materials that allows for fellowship input on materials identified as FR (fellowship review). Suggestions for changes to FR materials must be in keeping with the traditions and principles of Nar-Anon, and can be sent to bot@nar-anon.org. This is intended to reduce the number of motions needed to amend materials after they have received conference approval. It also allows for fellowship input before conference approval. This process does not include recovery literature or materials already stamped conference approved. Recovery and Conference Approved Literature (CAL) materials still require motions to be changed.



Nar-Anon Service



Who Do We Serve?

Our regions and areas are often defined by the geographical boundaries that separate our states and provinces or territories. Does that mean we serve each and every group within those lines? What do we do when there is a group close to two organized regions? How do we know who we serve? It's quite simple; we serve the groups that say they want us to serve them!

Over the years, many a service member has tried unsuccessfully to gather as many groups as possible into their region. If our region has 50 groups within its geographical boundaries but only 20 attend our assemblies, then it's only the 20 we serve. Do we continue to include those other groups in our communications? Certainly, we should try to include them. Do we continue to focus a lot of energy and service hours on getting these other groups to show up? That is a question we have to ask our service bodies. Delegates, alternates, and other regional committee members may spend hours driving to these meetings, or making personal contact by email or telephone to try and let these groups know about their region. However, these efforts may be met with little or no interest.

Eventually we have to ask ourselves where our focus should really be. This is similar to the way we have tried to manage addiction. We tried and failed to successfully get the addicts in our lives into treatment or recovery. We often spent thousands of dollars and many hours doing for the addicts what they really should have done for themselves. When the addict became ready, it often had little to do with our efforts.

Some regions ask groups if they would like to be part of the service structure of that region. Those groups that

don't respond may be sending a message. Sometimes, all a group might want to do is the most important service provided by Nar-Anon - the weekly meeting. We have to accept that not all groups want to do any more than that.

It may also be that the region does not have a current contact in each group. Does your group update contact information with World Service Office? Your area? Your region? [To update the contact information for your group, go to <http://www.nar-anon.org/edit-group> or contact the World Service Office.]

What if your group is not in an organized region? You can still play a larger part in the Nar-Anon fellowship. Contact the World Service Office or any world service committee for twelfth step opportunities.

What about a group on the border between two regions, or a group that wants to leave a region? Concept Two states: *The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.* Ultimately, this concept tells us that groups have the final authority. What does this mean? It means the groups decide whether or not they want to be part of a region. If they are on the border, they get to decide which area or region they want to join, if any. They can also decide to leave one region and join another.

After several attempts to attract groups to a higher service level in Nar-Anon, we may need to assess the value of pursuing these groups and direct our efforts to groups that do want to participate. Just like the parent who realizes they have ignored their other children because the focus was always on the addict, we have to focus more on those who want our services than those who don't.

Just for today

Just for today, I have choices.

Just for today, I have hope and freedom.

Just for today, I am thankful to God and Nar-Anon for changing my life.

Just for today, I will be positive. I will release the resentments and disappointments in my life.

Just for today, I have recovery. I'm not floundering or drowning in a sea of misery, doubt, and fear.





Convention Committee

The World Service Convention Committee is asking the fellowship to vote on the theme for the 2018 World Convention. The convention will be held **August 30 to September 2, 2018** in Orlando, FL, USA.

1. Unity – единство - Unidade – وحدت - Unite - Einheit - Unidat – ユニティ - Unita - Eenheid
2. Worldwide Passport – Recovering Together
3. Worldwide Passport to Recovery

We will be accepting votes from the fellowship until April 15, 2017. Please consider which theme you feel would best represent a World Convention. To vote, click on this link <https://goo.gl/forms/Y79wHIQ7G2vMkkOd2> or type it into your browser. Alternatively, you can send your vote via email to wccommittee@nar-anon.org

The committee is also seeking members to join the World Service Convention Committee. We will need help with registrations, programming, and more. Drop us a line at wccommittee@nar-anon.org



Literature Committee

The World Service Literature Committee has begun work on the Twelve Traditions in accordance with the 2016 Recovery Literature Priority List. In order to have any portion of the traditions to present at the next conference, we need support from the fellowship. Specifically, we are requesting writings on Traditions Two and Three, both text and personal shares. Below are a few suggestions to get you started:

Tradition Two: *For our group purposes there is but one authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.*

- What does “group conscience” mean to you?
- Why is it important that our leaders serve with humility?
- How does the group benefit when members seek direction from their Higher Power to help make a group conscience decision?

Tradition Three: *The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family*



Committee Corner

Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.

- Describe what is meant by “other affiliation”.
- How might affiliating with outside organizations affect the common welfare of the Nar-Anon Family Groups?
- Why is there a membership requirement?

For additional ideas, refer to the [Literature Writing Guidelines](#) on the World Service website.

We need your experience, strength, and hope to reach our goal. Please share this request with others. Writings can be sent to LitCom@nar-anon.org. Please include a signed [Copyright Release Form](#) when submitting writings. We hope to hear from you soon.

Together We Can.

Outreach Committee



Spring Into Action!

Spring is a time for cleaning and refreshing our homes and lives – maybe our meetings too. Is it time to take an inventory? Ask what’s working and what can be improved? Does meeting attendance need a boost? If you are looking for a positive impact, try OUTREACH.

Check the Outreach sections of the Nar-Anon Website and Web Store for ideas and materials. Consider enlisting the help of group members to distribute new Outreach posters in your community. Check your local newspaper for a free Public Service Announcement section to list your meeting. Identify recovery events where Nar-Anon can have a presence and spread the word of recovery.

Sometimes all outreach needs is someone to spring into action for your group. Announce it at group conscience meeting – you just might have a member who develops a passion for outreach.

Questions? Need help? Email outreach@nar-anon.org

Giving Back



Appeal

Have you ever wondered where those coins and bills you put in the Seventh Tradition basket end up? Nar-Anon is a self-supporting organization that does not receive any outside funding. All donations used to support the work of Nar-Anon around the world come from people like you and me who reap the benefits of the program. The money donated each week must be used responsibly. Here are some examples of how our contributions are used:

Groups: Rent, purchase of literature, outreach costs, donations to areas, regions, and World Service, sending Group Service Representatives (GSRs) to Area and Regional meetings.

Areas: Area operating costs, donations to regions and World Service, funding Area Service Representatives (ASRs) attendance at Regional meetings.

Regions: Regional operating costs such as telephone and website expenses, funding delegate attendance at World Service Conferences (WSC), and donations to World Service.

World Service: Office rent and utilities, insurance, staff salaries, website costs, office supplies, literature production costs, equipment leasing and purchase, bank charges, accounting and legal expenses, etc.

Our members in service and Nar-Anon employees do a lot with very little money. Let's help them ensure Nar-Anon continues to be a valuable resource for people around the world whose lives have been affected by the disease of addiction.

Are your Seventh Tradition funds being used to further Nar-Anon's primary purpose?

Just for today

Just for today, I will try not to tackle too many things at once. I will relax and enjoy the day.

Just for today, I will practice mindfulness and focus on being in the 'moment.' I will not beat myself up for decisions made long ago or agonize over future 'what ifs'.

Just for today, I will engage in the present and all of the experiences available to me.

Just for today, I will be thankful for the gift of time and value the moments and experiences that come my way.

Just for today, I will live authentically with my own set of values and priorities.

Just for today, I will step away from my techno devices and take a walk instead.

Just for today, I will find a spot of nature, look at it quietly, observe it, and marvel at the world around me.

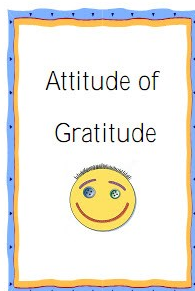
Just for today, I will do an activity that I've been longing to do. I'll set aside chores and errands. I'll just do it.

Just for today, I will watch the sunrise or the sunset and marvel at its simplistic miracle/beauty. And it's free!

Newsletter eSubscriptions

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

Subscriptions to date: **4655!**



Literature Available as eBooks

- ◆ SESH—Sharing Experience, Strength, & Hope
- ◆ Nar-Anon Blue Booklet (2014 Revision)
- ◆ Thirty-One Days in Nar-Anon
- ◆ Questions on Sponsorship
- ◆ Perguntas Sobre el Padrinazgo
- ◆ Serenity Connection Collection



Coming Events

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

2017 New England Region Nar-Anon Convention

“SHARE – Serenity, Humility, Acceptance, Recovery, Experience”

April 28, 29 & 30, 2017

Radisson Hotel
100 Berlin Road
Cromwell, CT 06416
Anne K. (860) 635-2968 or
rayman324@sbcglobal.net or
Eileen R. (860) 919-3150 or
exbrooklyn@comcast.net

East Coast Convention Six

October 6 to 8, 2017

Dedham, MA
Hosted by members of the
New York and New England Regions
Save the date!

Nar-Anon World Convention

August 30 to September 2, 2018

Orlando, FL
Save the date!

Share Your Events

Did you know there is a page on the Nar-Anon website where you can share information about upcoming events? Go to <http://www.nar-anon.org/events> to see a list of upcoming events. Or send a PDF to events@nar-anon.org if you have a flyer you would like to share.



In loving memory of those Nar-Anon members whose kindness, dedication, and spirit of service touched many and fostered the growth of the fellowship.

Carrol B. Pacific Northwest Region
Zoe Eastern Pennsylvania Region

Please send the names of Nar-Anon members who you feel made a difference before they left us to
newsletters@nar-anon.org



Nar-Anon Family Groups

**Nar-Anon World Service
Headquarters
23110 Crenshaw Blvd. #A
Torrance, CA 90505
Website: www.nar-anon.org
Email: wso@nar-anon.org
Phone: (310) 534-8188
or (800) 477-6291**

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 [Copyright Release Form](#) before it can be published.

**** Next Issue Submission Deadline: April 20, 2017 ****



News from Nar-Anon World Services



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

The **World Service Board of Trustees** oversees the world service committees in carrying out the wishes and services provided on behalf of the groups. The following is a report of the latest works and priorities of these committees. For specific committee duties see the [NFG Guide to World Services \(GWS\)](#) on pages 35-38. All committees are in desperate need of service members to carry out the best quality services for the groups and members. Do you have special skills or a simple willingness to serve? Some skill areas may be in technology, editing, language, planning, communication, graphic design, formatting, and an in-depth knowledge of the traditions and concepts of service. Please see page 43 of the [GWS](#) or the committee website <http://www.nar-anon.org/world-service-committees/> for contact information for each committee.

The **World Pool Committee** is screening applicants and actively soliciting applications for the vacant world service positions. These positions include: Nar-Anon Board of Trustees, World Service Conference Facilitator, and World Service Conference Secretary. See the [GWS](#) or website for criteria to qualify for these positions. We are currently in need of applicants for all positions for the 2018 World Service Conference. Please visit the [World Pool Committee](#) on the Nar-Anon website for additional information.

After WSC 2016, the **Conference Committee** was responsible for providing a report of WSC decisions, as well as compiling a proposed schedule of deadlines to prepare for the next conference in 2018. The committee is currently working on the updated motion form for 2018.

Projects completed by the **Outreach Committee** in 2016 and/or are ongoing include:

- Developed 13 posters designed to support outreach in a wide variety of settings
- Fulfilled the WSC 2016 charge to further develop the social media pamphlet and submitted it for the service and outreach process
- Posted a call for members to join an ad hoc committee to research the use of social media within the traditions of Nar-Anon as a tool for outreach, and to make findings available to the fellowship
- Revising the outreach folder and guidelines
- Developing an outreach handbook
- Developing outreach how-to PowerPoint presentation as requested by motion from WSC 2012

Current priorities of the **Narateen Committee** include:

- A new Narateen section for the *Guide to Local Services*
- Revising *Narateen Safety Guidelines*
- Developing a Narateen facilitator handbook

In addition, the committee has the following projects underway:

- Providing outreach and support for facilitators and regions
- Updating the listing of all Narateen meetings on the Nar-Anon website
- Reviewing submitted regional guidelines and submitting feedback
- Narateen daily reader for which writings are needed

Future plans:

- Organize a contact list of Narateen facilitators who can be a resource to each other

Regions/areas with existing Narateen meetings and facilitators, please send contact information to narateen@nar-anon.org.

News from Nar-Anon World Services

The **Newsletter Committee** reports that *The Serenity Connection* Newsletter has 150 mail subscriptions and 4,655 e-subscriptions to date. *Sharing Recovery*, a compilation of newsletter articles, is available for purchase at the web store. We are hoping to release a second volume in the future.

The **Website Committee** reports that the Nar-Anon website had 425,670 visits between January 1, 2016 and December 31, 2016 (1,166 visits per day). Website visits are up 16.41% from the previous year (365,670 visits in 2015).

The **Literature Committee** is pleased to report that the following literature is now available:

Updated literature:

- *The NFG Guide to Local Services*
- *The NFG Guide to World Services*
- *The Website Handbook*

New service literature:

- *The Event Planning Handbook*.

Service documents are available for purchase from the web store or as a free download from the [Service Literature](#) page on the website.

New recovery literature:

- *Boundaries and Consequences*
- *Nar-Anon 36 (Steps 1-12)*
- *Continuing Our Journey After Loss (We Still Belong)*

2016 Recovery Literature Top 3 Priority List:

- Twelve Traditions for the Nar-Anon 36
- Concepts of Service 1-12
- 4th Step Workbook

Work has begun on Tradition One. We need writings from the fellowship to continue and be able to present literature for approval at WSC 2018.

If you, your group, area, or region have suggestions or writings for recovery literature, please submit them to the Literature Committee at LitCom@nar-anon.org. This will allow them to be added to the 2018 Recovery Literature Priority List.

Did you know ... there are

- 11 world service committees
- 66 trusted servants are serving on these committees
- 19 trusted servants serve on one committee
- 47 trusted servants serve on multiple committees

The **Policy and Guidelines Committee** has:

- Updated existing policies and guidelines as directed by WSC 2016
- Reviewed other conference approved material
- Responded to inquiries
- Reviewed new service literature according to the service and outreach material policy

Current priorities include:

- Develop a public relations policy for outside entities requesting material
- Prepare for the next World Service Conference in 2018

The **Budget and Finance Committee** discussed and prepared the following information for the Board of Trustees (BOT) and WSC 2016:

- Cost of the Tally Process
- Budget for 2017
- Transition process for the 2018 Board of Trustees' treasurer
- Financial proposals requested by the BOT

New service literature in the works

The **Board of Trustees** has received and begun to process numerous submissions for service literature:

- Narateen Outreach poster
- So You Have Been Asked to Speak
- Starting a Meeting and Never Been to a Twelve Step Meeting
- Inappropriate and Disruptive Behavior
- Suggestions for Meetings
- What Happens at Meetings
- Service Sponsorship and Trusted Servants

