

Summary of Nar-Anon for PANELS

Nar-Anon has not been in existence as long as Al-Anon. Three(3) women named Louise, Alma and Margaret were the co-founders of Nar-Anon.

The first Nar-Anon meeting is thought to have happened in 1964 in a church in Van Nuys, CA, but was eventually moved to Louise's home in San Pedro, CA. Louise and Margaret then travelled around the Los Angeles area starting new meetings in Torrance and Whittier.

The trademark of Nar-Anon was filed and approved in 1965. The "Blue Booklet" was put together by Louise and Alma, the contents of which was borrowed from Al-Anon and NA. It contains the 12 Steps, 12 Traditions, 12 Concepts, readings for recovery and is available for purchase on Nar-Anon.org. It is suggested to be part of the format for group meetings.

Around 1968 Louise and Alma had a falling out and went their separate ways. However, Louise continued with Nar-Anon and formed a Board: Bob (President), Margaret (Vice President), Louise (Secretary), Agnes (Trustee) and later in the 1980's Rupert (Treasurer).

In 1971 Nar-Anon became incorporated and the World Service Office (WSO) started to sell literature. Also, meetings were started in Northern California (Oakland and San Francisco) and spreading outside of California.

In 1992 Cathy started meetings in San Pedro and began volunteering at the World Service Office (WSO) in Torrance, CA, where she met Louise who was a force to be reckoned with. In 1996 Cathy officially entered the World Service Office (WSO). At this time Louise was in her 80's and still overseeing everything in the office. In 2002, at the age of 92, Louise assisted with the World Convention from her house phone in San Pedro. In 2003 Louise sadly passed away.

In 2008 a website was established and Skype has become imperative for communication, especially for out of the country members.

There are approximately 600 meetings in the United States and an additional 2,500 meetings worldwide. While our largest area of membership is in Iran we have meetings in Canada, Mexico, Netherlands, France, Germany, Russia, Australia, Japan, New Zealand, Ecuador, Peru, Chili, Uruguay, Argentina, Brazil, Columbia, Venezuela, Belize, Honduras, Costa Rica, South Africa, Israel and Philippines. This is not a complete list as more and more new meetings are happening all the time.

The goals for Nar-Anon the in the 20th century is MORE LITERATURE while trying to get into the computer age of E-books, I-books and Kindle