

Newsletter of the Nar-Anon Family Groups'



THE SERENITY CONNECTION

News for the Season...

Taking a vacation?

Do you miss your Nar-Anon meeting while you're away from home? Here's a chance to spread your wings and try something new! Check the World Service website for meetings at your destination and plan to attend. You'll find new friends sharing their experience, strength, and hope.

Couldn't find the meeting?

Imagine you've finally worked up the courage to attend your first Nar-Anon meeting. You check the Nar-Anon website and find one right near your home. But when you arrive, there's no one there!

Don't leave newcomers alone and in pain; keep your meeting information up-to-date. Simply go to the [Edit a Group](#) page on the World Service website and enter your new information. You could make a difference in someone's life today!



Better Website Security

On June 4, the Nar-Anon World Service website will switch from http to https to increase security. Access will be unchanged with nearly all browsers.

New Literature

Nar-Anon is pleased to announce a new piece of literature called *Sharing The Slogans*. It is a compilation of readings from our conference approved literature (CAL) focusing on recovery slogans.



Just for today, I will sit quietly and read a good book.
Just for today, I will mind my own business.
Just for today, I will take a walk and enjoy the scenery.

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Financial Statements

According to the bylaws of the Nar-Anon Family Group Headquarters, Inc. (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 ending December 31, 2017 can be found on pages 4 and 5.





My Program

My program in recovery is very precious to me. It has helped me through every single day of the last ten years.

I remember sitting at my first convention. The countdown came where people indicate how long they have been members of Nar-Anon. There were people with over thirty years of recovery.

My first thought was "Shoot Me"! If I have to be here talking about this and for that long, there is no way!

However, my recovery program has become a way of life: journaling, reading literature, attending meetings and conventions, working the steps with a sponsor, talking to friends in recovery, service in Nar-Anon.

I use this program in every aspect of my life:
-family of origin
-family of choice (friends and my recovery family)
-work
-volunteering
-yoga
-shopping
-every daily activity

My program has taught me to stop and think. Don't react. Talk it through with someone I trust. Live my life with honor, grace, and dignity. And have fun along the way. Feel the feelings. It is only in feeling the depths of sorrow, anger, and frustration that I can truly enjoy the heights of love, acceptance, peace, and serenity.

Don't get me wrong, this program of mine takes work and dedication. But it is worth it.

Nearly ten years in these rooms. I never intend to leave. For it is in working this program that I have a life of love and peace.

Relapsing in Recovery

My son told me this week he had relapsed and had taken a drug that a friend offered him. He was concerned he would be drug tested at a program he was in and would be kicked out. Upon hearing this, I went through a series of reactions and questions.

- What kind of friend is this?
- Why did you take it?
- Do you realize what you've done?

Halfway through my tirade, I remembered that part of recovery is relapsing, so I stopped my tirade of questions. Stopping my speaking, however, did not stop what was going on inside of me. I was filled with concerns about him being kicked out of his program. I knew for sure it would be a mistake to let him come home, and didn't have a clue where he would go if he got kicked out. I then began to look on the internet to figure out how to pass a drug test when you have recently used. In the middle of my planning to get him out of what he got himself into, I was reminded that if I continued to protect my addict from the consequences of his actions, I was only delaying his recovery and delaying my recovery as well. So, I was completely stopped. I think one of our sayings should be "JUST STOP." At this point, since I really didn't know what to do, I prayed, "God, grant me the serenity to accept the things I cannot change."

Nar-Anon has taught me that recovery goes both ways and therefore relapsing in recovery goes both ways too. Just as my son has to work his program and has to deal with relapsing, I also have to work my program and deal with my relapse. Relapsing into old behaviors is too easy and is something that we both need to look to our Higher Power for strength to guard against.

As I was writing this, I also realized how valuable the meetings and reading materials are to my recovery. *SESH* continually reminds me to come back to my Higher Power and to stand against my inclination to jump in and save my addict. *SESH* also provides me with real life examples of people who are struggling (just like me) to work the steps and not give up even after relapsing in recovery.

Our Members Share



Control

Lately I haven't heard from my qualifier every day like I used to. Whenever I don't hear from him, I start to stress and worry that maybe he has gone back to using. Subconsciously I think if he contacts me I can somehow know if he is using and somehow get him to not use. Which brings me to the saying "I didn't cause it, I can't control it, and I can't cure it." I have to remind myself of this, even if I do hear from him. How do I think I'm going to be able to stop him if he has gone back to using. I've never been able to stop him before.

I never knew I had an issue with control but I'm realizing through Nar-Anon that I like everything to be under MY control. For example, before my son started his first semester of college, I had his whole four years planned out, semester by semester. I had gone through this when I was a student and I was going to make it easier on him by doing it for him. Four weeks into the semester he changed his major. All that planning now needed to be changed. You would have thought I'd have learned to just let things happen a day at a time. Nope. I turned right around and planned out the new major also. It must have taken me a good 20 hours to do all that work. Well, because of his drug use, he fouled up at that school and had to start at a new school. All those hours down the drain.

I now realize all the planning in the world on my part was not going to insure the outcome I was after. I couldn't blame my son (the addict) because he never asked me to do all that work. He never asked me to take control...

As my addict's disease got progressively worse, my control-seeking only got stronger. Subconsciously I thought he was still an addict because I had not done enough to control his addiction. Somehow it was my fault. My thoughts were constantly focused on ways I could regain control of the situation:

- I would give him money for gas and ask for a receipt. This was futile; how many addicts do you know that hold onto receipts?
- I would take off in the middle of the night and drive around looking for him. It's a good thing I never found him because I didn't know what I would do if I did.

- I would wait till he jumped in the shower and run into his room frantically going thru his pants, backpack, drawers, etc., not really knowing what I was looking for and what I would do if I found it.
- I tried to keep tabs on his every movement. I bought a white board and told him to write down his schedule so I would know what he needed to do and could remind him. It's hard enough trying to manage my own schedule without trying to manage an addict's schedule as well.
- I would spend hours trying to measure out vitamins in a daily/weekly container thinking I could at least try to balance the poison he was putting into himself with something healthy, only to find them later all over the place, discarded and not taken.
- I would blame the addict for his disease, which doesn't make sense now. What other sick person would I blame for their sickness?
- I even provided him with entertainment. I would hide mine and my mom's medicines all over the house and the garage to prevent him getting access to them. He must have thought it was Easter because he found every one of our hiding places. I could just imagine him jumping for joy as he found another one of our prescriptions.

All these things I was doing were not helping the situation and were causing me to lose focus on my own life.

Control can be defined as the power to influence or direct people's behavior or the course of events. My definition of control is anything I do to try and get the outcome I think is right for me or the addict.

Recently I have become aware of a lot of my own health issues. It hit me like a bomb to find I am not healthy and that I have been neglecting my health for years. I was focusing on the addict and not on myself. I finally realized I have to learn to stop controlling the addict and start taking care of myself.

Step One - We can't control it. "Finally we learn that nothing we have done, nothing we have not done, and nothing we are currently doing can control another person's using or behavior. If we are repeating the same actions, asking the same prodding questions, following the same suggestions and nothing is changing, we are trying to control. We need to let go of what we cannot control. Step One gives us permission to stop enabling and trying to control others. We can now learn how to take care of ourselves."*

One final thought: If I have the control, then my Higher Power does not. We cannot both have the control...

**The Nar-Anon Thirty-Six, Step One, p. 17*

Financial Statements

Nar-Anon Family Group Headquarters

Profit & Loss

January through December 2017

INCOME

3100 · Literature Sales	
3101 · California	39,850.67
3102 · Other States/Countries	309,394.58
Total 3100 · Literature Sales	\$ 349,245.25
3200 · Shipping Received	65,057.92
3270 · EBooks	5,023.16
3300 · Subscriptions-Newsletter	1,142.00
3460 · Royalty Income	
Argentina	1,000.00
Columbia	468.00
Iran	2,298.00
Russia	1,500.00
South Africa	200.00
Uruguay	240.00
Total 3460 · Royalty Income	\$ 5,706.00
* 3500 · Contributions-U.S.A.	58,626.61
3510 - Contributions International	
Argentina	300.00
Brazil	1,460.00
Canada - Eastern	299.64
Canada - Western	1,045.00
Colombia	200.00
Iran	288.00
Japan	1,331.44
Mexico	4,020.00
Russia	1,033.00
South Africa	200.00
Trinidad	25.00
Turkey	50.00
Total 3510 Contributions-International	\$ 10,252.08
3550 - Contributions-Individuals	3,237.46
TOTAL INCOME	\$ 498,290.48

COST OF GOODS SOLD (COGS)

4000 · Cost of Sales - Production Dept	
4010 · Purchases - Paper/ Supplies	39,746.56
4012 · Resale Purchases	17,533.53
4020 · Equipment/Copiers	76,630.95
4030 · Wages	31,847.70
4032 · Payroll Taxes	4,293.00
4034 · Insurance	476.00
4038 · Postage/Shipping	58,809.57
4040 · Rent	5,130.00

4048 · Repairs	108.00
4052 · Utilities	1,082.79
4060 · Merchandise	1,518.00
4062 · New sletters	212.50
Total 4000 Cost of Sales-Production Dept	\$ 237,388.60
Total Cost of Goods Sold	\$ 237,388.60
PROFIT after SALES/DONATIONS/PRODUCTION	\$ 260,901.88

EXPENSES

4100 · Payroll Expenses	
4150 Salaries and Wages	99,263.50
4196 Workers Comp Ins	870.75
4197 P/R Tax ER	7,274.14
4198 Payroll Processing Fee	3,190.92
Total 4100 · Payroll Expenses	\$ 110,599.31
4200 · Operating Expenses	
4210 · Accounting and Legal	3,272.00
4212 · Bank Charges	146.69
4216 · Depreciation Expense	644.00
4225 · Office Equipment Lease	2,990.15
4230 · Insurance Expense	8,018.59
4240 · Office Expenses	2,586.23
4242 · Office Supplies	2,227.00
4250 · Postage Machine	1,500.00
4252 · Postage	2,967.20
4260 · Rent	47,070.00
4266 · Stripe Fees	13,075.07
4270 · Taxes & Licenses	801.48
4276 · Telephone	4,709.43
4278 · Utilities	3,758.60
4280 · Web Expense	1,402.89
Total 4200 Operating Expenses	\$ 95,169.33
4600 · Travel-Executive Director	1,869.86
4610 · World Service Committees	
4618 WS Literature Committee	189.00
Total 4610 · World Service Committees	189.00
TOTAL EXPENSES	\$ 207,827.50
NET OPERATING INCOME	\$ 53,074.38
Other Income	
3560 Insurance Certificates	199.00
4510 Interest Income	11.94
NET ORDINARY INCOME	\$ 53,285.32

Financial Statements

Nar-Anon Family Group Headquarters Balance Sheet

As of December 31, 2017

	Dec 31, 17	Dec 31, 16		
ASSETS			* 3500 Contributions-U.S.A.	
Current Assets			Alaska	105.00
Checking/Savings			Arizona	1,094.82
1001 · Checking Acct	163,760.41	73,551.17	Arkansas	29.24
1002 · Paypal Account	0.00	5.00	California-Central	2,378.82
1050 - Prudent Reserve Account	10,500.00		California-North	4,097.43
Total Checking/Savings	<u>\$ 174,260.41</u>	<u>\$ 73,556.17</u>	California-South	8,187.02
Other Current Assets			Colorado	860.55
1004 · Prepaid Expenses	0.00	937.22	Connecticut Region	1,500.00
1006 · Petty Cash	4.96	4.96	Delaware	450.00
1009 · Deposit-Rent	10,442.27	10,442.27	District of Columbia	50.00
1010 · Inventory	12,067.41	16,854.82	Florida	8,245.17
1020 · WS Conference Deposits	1,000.00	1,000.00	Georgia	2,508.96
Total Other Current Assets	<u>\$ 23,514.64</u>	<u>\$ 29,239.27</u>	Illinois	320.00
Total Current Assets	<u>\$ 197,775.05</u>	<u>\$ 102,795.44</u>	Indiana	125.00
Fixed Assets			Kansas	1,556.00
1014 · Office Furniture & Equipment			Kentucky	100.00
1016 · Furniture and Equipment	11,237.25	11,237.25	Louisiana	100.00
1018 · Less-Accumulated Depreciation	-9,718.25	-9,074.25	Maine	4.83
Total 1014 · Office Furniture & Equipment	<u>\$ 1,519.00</u>	<u>\$ 2,163.00</u>	Maryland	1,452.82
Total Fixed Assets	<u>\$ 1,519.00</u>	<u>\$ 2,163.00</u>	Massachusetts	916.00
TOTAL ASSETS	<u>\$ 199,294.05</u>	<u>\$ 104,958.44</u>	Michigan	360.35
			Minnesota	363.00
LIABILITIES & EQUITY			Missouri	125.00
Liabilities			Montana	25.00
Current Liabilities			Nevada	350.00
Credit Cards			New Hampshire	147.38
2020 · Bus Credit Card - 4	5,015.89	2,748.79	New Jersey	1,256.08
2030 · Business Credit Card - 8	2,529.85	0.00	New Mexico	100.00
Total Credit Cards	<u>\$ 7,545.74</u>	<u>\$ 2,748.79</u>	New York	5,204.83
Other Current Liabilities			North Carolina	830.00
2200 - World Convention Deposits	5,680.11		North Dakota	11.00
2400 · Sales Tax Payable	1,004.00	830.77	Ohio	1,319.48
2510 · Conference Deposits	30,400.00	0.00	Oregon	108.00
Total Other Current Liabilities	<u>\$ 37,084.11</u>	<u>\$ 830.77</u>	Pennsylvania - East	10,766.09
Total Current Liabilities	<u>\$ 44,629.85</u>	<u>\$ 3,579.56</u>	Pennsylvania - West	419.87
Total Liabilities	<u>\$ 44,629.85</u>	<u>\$ 3,579.56</u>	Rhode Island	25.37
Equity			South Carolina	50.00
3900 · Retained Earnings	101,378.88	25,515.29	Tennessee	62.00
Net Income	53,285.32	75,863.59	Texas	1,344.50
Total Equity	<u>\$ 154,664.20</u>	<u>\$ 101,378.88</u>	Virginia	600.00
TOTAL LIABILITIES & EQUITY	<u>\$ 199,294.05</u>	<u>\$ 104,958.44</u>	Washington	1,017.00
			West Virginia	20.00
			Wisconsin	40.00
			Contributions-U.S.A.	<u>\$ 58,626.61</u>



Committee Corner

Policy & Guidelines Committee



Anonymity and Group Emails

The anonymity of Nar-Anon members should be protected as stated in Tradition 11, "...we need always maintain personal anonymity at the level of press, radio, films, internet and other forms of mass media..."

Group emails give information on upcoming events such as speakers at meetings, business meetings, Unity Days, conventions, outreach, motions for Nar-Anon's World Service Conference, and all things related to Nar-Anon. To accomplish this goal, many groups send messages via email to their members using the "blind carbon copy" (BCC). This is done by sending messages to themselves, with a BCC to the group. They also use this method to check periodically with members, to see if they want to continue to receive emails or be removed from the list, especially those who do not attend meetings regularly. Some groups update these email lists monthly, others quarterly. Groups should consider this process in their commitment to abide by the Twelve Traditions of Nar-Anon.

If you or your group has a question or need clarification of a Nar-Anon policy or guideline, please contact the World Service Policy and Guidelines Committee at pandgcommittee@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 [Copyright Release Form](#) before it can be published.

**** Next Issue Submission Deadline:
July 20, 2018 ****

Convention Committee



Register Now!

The 2018 World Convention, **Worldwide Passport – Recovering Together** is only THREE months away. The convention will be held August 30 to September 2, 2018 in Orlando, FL, USA. Have you registered yet? Booked your hotel room? Visit the website at <http://www.nar-anon.org/2018-naranon-world-convention/> for details and to register online.

VOLUNTEERS NEEDED! Interested members can volunteer to chair meetings and workshops, lead topic meetings, or work at registration and literature tables by contacting wccommittee@nar-anon.org. We hope to see you there!

Outreach Committee



Is Your Area or Region Supporting Outreach?

Many areas and regions across the fellowship actively support outreach. Here's an example we learned of recently. A motion was passed at a regional assembly to supply, upon request, the *Small Public Information Packet* to groups involved in public outreach events. The packet includes 50 copies of the following literature: *To the Concerned Family Member or Friend*, *An Open Letter to My Family*, *What is Nar-Anon?* and *Nar-Anon Offers Hope*. The region also added their meeting schedule to the packet.

The region's goal was to provide literature to encourage and support participation in public outreach. A packet request form was created for use by groups in the region. The effort was well-received and is ongoing.

Is there a successful outreach effort underway in your area or region? Can it be put to work across the fellowship? If the answer is "yes," let us hear from you.

Email outreach@nar-anon.org

The Fellowship



Using Conference Approved Literature (CAL)

In “Keeping Our Meetings Healthy,” it says, “An important tool in our meetings is Nar-Anon conference approved literature (CAL).”^{*} Our approved literature provides such consistency that I can drop into almost any Nar-Anon meeting and feel right at home. I can follow along even when the meeting is conducted in a language I do not speak. That is so amazing.

Members who have been in Nar-Anon for a while understand there is no other literature that describes what we have to offer. Books by famous authors, articles from the internet, and clippings from magazines and newspapers divert us from the Nar-Anon program. What we have works, if we work it.

CAL is the currency of our program. Like currency, there is no substitution. Also, like currency, making our own copies is inappropriate. I cannot take a dollar bill and make my own copies. Nor can I take CAL and start handing out photocopies.^{***}

As a traveler, I find myself in an awkward spot when someone hands me photocopied pages from a well-known author’s book. Likewise, I feel uncomfortable when someone hands me

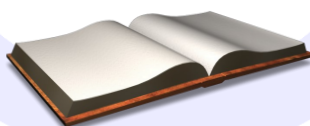
photocopied pages from CAL.

When this happens, I try to take what I can accept and leave the rest. I do not disrupt the meeting and get into a discussion that might further confuse the newcomers. Instead, I wait until after the meeting and quietly say something to someone who I think will understand.

As it says in SESH, “When I attend Nar-Anon meetings, I have the opportunity to learn a better way to live. I can take what I like and leave the rest – just for today.”^{**}

^{*} *The Nar-Anon Blue Booklet*
^{**} *SESH*, June 24

Robert



Copyright and Trademark Information^{***}

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ited to reproduce, retransmit, or republish copyrighted literature and materials without written permission. Permission will not be granted for substantial reprints of CAL, with the exception of those countries outside the United States holding a duly executed contract with NFGH, Inc.

There are certain exceptions for reproducing or reprinting literature. Outreach literature labeled “This may be photocopied,” may be reproduced by local outreach committees for use in their areas and regions. Area or regional committees may use quotes or reprint portions of Nar-Anon CAL that do not exceed 25% of the original piece or do not exceed 25% of a single chapter or section, if taken from a booklet or book. The Twelve Steps, Twelve Traditions, Twelve Concepts of Service, Mission and Vision Statements from the Nar-Anon Blue Booklet or World Service website may be used in their entirety.

These excerpts shall always include proper notation or credit identifying the origin of the quote or reprinted portion. This does not create any legal right or claim to Nar-Anon’s CAL.”

^{***} *The Nar-Anon Family Groups’ Guide to World Services*, p. 27-28

“Thought for Today: Reading literature is one of the tools I can use to work my Nar-Anon program. It is always available when I cannot get to a meeting or find a Nar-Anon sponsor or friend to talk to. I need only go to my books and find the help that the program offers.”

SESH, July 20



Coming Events

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

[The Northern California Region Nar-Anon Family Groups Bi-Annual Convention](#)

June 8-10, 2018
University Plaza Waterfront Hotel
110 West Freemont Street
Stockton, CA 95202
Ruth B. ken.ruth.barnett@sbcgloal.net

[Convención Regional Armenia-Columbia](#)

Junio 9-11, 2018
Despertando Mi Vida a la Serenidad
Universidad del Quindío
Carrera 15 Calle 2 Norte
Armenia- Quindío
conventionregion-al@naranoncolumbia.org

[Nar-Anon Palm Desert](#)

June 29-30, 2018
Outreach Opportunity
JW Marriott Palm Desert
74-855 Country Club Drive
Palm Desert, CA 92260
Sheryl 760-912-0291

[Nar-Anon@FRCNA XXXVII](#)

July 7-8, 2018
Courage to Learn
Hilton Tampa Downtown
211 N Tampa Street
Tampa, FL 33602

[High Desert Region 2018 Narathon & Fundraiser](#)

August 4, 2018
Not My Circus, Not My Monkeys, Exploring Boundaries
Holy Spirit Lutheran Church
6670 W. Cheyenne (& Rainbow)
Las Vegas, NV 89108
Save the date!

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

September 7-9, 2018
Pathways to Spiritual Serenity
Falls Retreat Centre
32 Falls Creek Road
Raymond, WA 998577
Helen 360-931-0647

[Nar-Anon World Convention](#)

August 30 to September 2, 2018
Worldwide Passport - Recovering Together
Orlando, FL, USA
[Register Today!](#)

[Southern California Region 28th Annual Narathon](#)

September 8, 2018
I am Not Alone
4221 Rose Drive
Yorba Linda, CA 92886
Save the date!

[Nar-Anon Russia Service Conference](#)

November 3-4, 2018
Freedom, Unity, Service
Salut Hotel
158 Leninsky Avenue
Moscow, Russia
Phone 7(985) 197-09-60
[Registration Form](#)

[New York Region Convention](#)

November 9-11, 2018
The Joy is in the Journey XXVIII
The Villa Roma Resort
Callicoon, NY
Save the date!



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

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.

