

Newsletter of the Nar-Anon Family Groups'



“Saying” is not “Sharing”

When I first came to Nar-Anon, I didn't share in meetings. No way! “Hey, everyone, my life and family are all messed up and I feel like a failure!” Not me. Growing up, I learned that guys do not share that they feel dumb, defeated, afraid, or so sad they feel like crying.

It was great to sit in a room and hear the women share. I learned a lot from them and felt more and more at ease. When I finally began to share, I felt proud of myself. I was really getting this program until I was challenged by a trusted friend. “When are you going to really share? How come you NEVER say anything about how you feel?” I was talking about what was going on, but not about me. I was saying, not sharing.

Meetings took on a new purpose. I listened to what people said and how they said it. I had to learn how to share feelings and emotions. Not easy. I wanted to really share, but I was scared. First, I tried sharing with a trusted friend in Nar-Anon.

After a while, I'd share in a meeting, but not everything. Gradually it got easier and I shared more. My Nar-Anon family listened, accepted, and encouraged me.

Finally I started sharing without practicing. Sometimes it was good and sometimes it wasn't. Slowly I felt more and more at ease. A new person began to emerge at the meetings. Flash! Really sharing helps me understand my own hidden feelings!

As a bonus, once I got the old feelings out, I was able to pay attention to more of our program. Don't get me wrong. I'm still not good at sharing. It took many years to become the man I am, but Nar-Anon shows me the road to becoming the man I want to be.

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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, 2018 can be found on pages [4](#) and [5](#).

THE SERENITY CONNECTION





Our
Members
Share

Can't Find a Sponsor?

A lot of Nar-Anon members live in new areas or regions that lack sponsorship relationships and networks. Others are fortunate enough to live established areas and regions where members are practicing one of the most useful tools of our program. How do we go from new to established? How do we get there from here? We sometimes have to think outside the box because we don't seem to have the options others have. Or do we?

Starting a step study group helps members work the steps with others instead of trying to do it alone. No one should work the steps alone. It's hard to be truly honest if we only talk to ourselves. Step study groups set up guidelines and encourage members to share only what they are comfortable with in the group, and to get together privately with another member for more sensitive topics. Some members have joined internet groups where they meet people and find sponsors thousands of miles away while still

practicing anonymity. Some members attend conventions in other regions or countries to meet members they connect with and find sponsors that way. Sponsors do not have to be in your local meeting or even in your area or region. It's really all about who you connect with. Who has what you want. Who you feel you can trust. It's about who can help you get out of your own way.

One region used to ask members who were willing to be sponsors to put their name on a list so those needing sponsors could pick one from the list. Eventually the region stopped this practice because it did not result in sponsorships developing. Sponsorship is not like ordering from a menu; you can't connect with a name on a page.

A new area or region can start with workshops to help members meet other members outside their own group, a sponsorship mixer so to speak.

One group member used to say during the meeting that we don't do sponsorship here, not realizing there were

several members in the group sponsoring others. Why would we announce that we don't practice the tools of our program? This sends a message to the newcomer that we really don't believe in our program. No one would intentionally want to harm the health of our meetings.

Are you looking for a sponsor? Is there someone in the room that seems to be in a better place than you are, someone whose sharing you really enjoy? Pray and meditate, ask your Higher Power to guide you, and then ask the person to be your sponsor. Is there no one in your group practicing sponsorship? No one in your meeting studying the steps? Ask during a business meeting if others would like to get together and start a study group. Develop study group guidelines and listen to the group conscience. If your group isn't interested, consider visiting other groups to look for members you may be able to connect with.

No sponsorship networks in your home group, area, or region? Don't give up. Think outside the box!



Newsletter eSubscriptions

Click here for your **FREE** e-subscription to [The Serenity Connection](#).
Subscriptions to date: **>5000!**

“A sponsor is someone we can relate to who has achieved the level of recovery that we are also seeking.”

The Nar-Anon Twelve Tools of Recovery

Our
Members
Share



My Recovery Tools

When I think of Recovery Tools I envision a tool box. This box would contain myriad tools of all different shapes and sizes that could be used for different jobs. They could be situation-specific or interchangeable. Some may work together while others might be used independently. All of my tools could be used infinite times and would be indestructible.

For example, each morning I pray and meditate to fortify my spirit. As challenges of the day present themselves, I might use the Serenity Prayer several times to get through. As I nourish my body, I must also nourish my soul by reading literature or writing in my journal. To complete my day, I take time for more prayer and Step 10. These simple things keep my tools sharp and in good shape, at the ready when life gets messy.

I'm surrounded by addicts every day, some in recovery and some who are not. I have four children, all of whom are addicted and currently using. I love them all very much but struggle to detach with love. We started this co-dependency dance a long time ago.

When I first came to Nar-Anon, two of my qualifiers were in recovery, picking up their own sets of tools to Live One Day at a Time. I knew I belonged because I spent way too much time thinking about and wanting to control my addicted loved ones' programs and their lives. If only they would listen to me, life could be so much better.

Couldn't they see I was bending over backwards so they could have a better recovery life? As long as they were clean, I would do anything and everything for them. It was a pretty sick relationship. I continued to go to meetings and did a lot of listening. I was coasting in my own program and not applying any boundaries or feeling much pain. I had worked my first three steps but had not shared them.

Recently one of my daughters relapsed after celebrating a year clean. My heart ached and my powerlessness controlled me for days. I used meetings, my sponsor, and prayer immediately to help with the obsessive thoughts and feelings. My sponsor reminded me I have no control; I didn't cause it and I can't cure it. As I was grieving the loss of my clean daughter and all that she had gained, I talked to other group members. They reminded me that she has a Higher Power and that I needed to turn her over to her Higher Power. This was difficult as I had not heard from or seen her in weeks. My thoughts went to the worst places; was she on the streets, was she selling her body, was she putting a needle in her arm, and on and on. I was not ready to accept my old reality again but I had some new tools on which to draw.

On one particularly rough night, I could not shut my obsessive thoughts down and was unable to go to sleep. I took a warm shower and cried. This

gave me the release I needed to find some peace. I did not have to stay in this unacceptable place. In the past, I would have continued to let the thoughts rule my night. No more! I have tools now. The literature, specifically the SESH book, was my solace. I could turn to it any time to find some peace and acceptance in my life.

The tools I use today include the daily SESH reading followed by prayer and meditation. On Monday nights I attend the meeting of my home group. Daily texting with other women in Nar-Anon keeps me grounded. On Thursday nights I participate in a phone meeting. On Saturdays, I drive to another meeting. Every night my routine includes writing in my journal about things I'm grateful for that day. I have an App on my phone that gives me a reminder every day at 7 pm. Before going to sleep, I spend time in prayer to my Higher Power. I'm currently working the steps with a woman I'm considering sponsoring. About a month ago, I was asked to mentor a new group. This service keeps me active in the fellowship. For me, it is important to give back to the program through service.

Nar-Anon has given me a program that helps me live my life without constant worry, control, and obsession. I now have the ability to apply the tools from my recovery toolbox and for that I'm grateful.

Carla D.

Financial Statements

Nar-Anon Family Group Headquarters Profit & Loss January through December 2018

INCOME

3100 Literature Sales	
3101 California	37,675.52
3102 Other States/Countries	280,482.70
Total 3100 Literature Sales	\$ 318,158.22
3110 Merchandise	86.00
3200 Shipping & Handling	60,599.81
3270 EBooks	10,105.69
3300 Subscriptions-Newsletter	1,221.00
3460 Royalty Income	
Argentina	1,564.00
Colombia	700.00
Iran	84.00
United Kingdom (UK)	100.00
Total 3460 Royalty Income	\$ 2,448.00
Total 3500 Contributions-U.S.A.	\$ 55,130.32
Total 3510 Contributions-International	\$ 8,052.26
3550 Contributions-Individuals	2,809.96
TOTAL INCOME	\$ 458,611.26

COST OF GOODS SOLD (COGS)

4000 Cost of Sales - Production Dept	
4010 Purchases - Paper/ Supplies	26,922.96
4012 Resale Purchases	20,356.16
4020 Equipment/Copiers	78,748.88
4030 Wages	45,261.68
4032 Payroll Taxes	3,607.19
4034 Insurance	496.50
4038 Postage/Shipping	53,222.80
4040 Rent	6,855.00
4048 Repairs	372.16
4052 Utilities	1,155.44
4060 Merchandise	3,030.00
4062 Newsletters	212.50
Total 4000 Cost of Sales - Production Dept	\$ 240,241.27
Total Cost of Goods Sold	\$ 240,241.27
PROFIT AFTER COGS AND DONATIONS	\$ 218,369.99

EXPENSES

4100 Payroll Expenses	
4150 Salaries and Wages	97,431.25
4196 Workers Comp Ins	529.27
4197 P/R Tax ER	8,094.50
4198 Payroll Processing Fee	1,421.81
Total 4100 Payroll Expenses	\$ 107,476.83
4200 Operating Expenses	
4210 Accounting and Legal	4,670.00
4212 Bank Charges	251.24
4216 Depreciation Expense	645.00
4220 Dues and Subscriptions	93.00

4225 Office Equipment Lease	1,299.76
4230 Insurance Expense	1,685.36
4240 Office Expenses	5,726.02
4242 Office Supplies	2,340.57
4250 Postage Machine	2,126.18
4252 Postage	693.25
4260 Rent	51,600.00
4262 Repairs and Maintenance	24.00
4266 Stripe Fees	12,211.68
4270 Taxes & Licenses	660.47
4276 Telephone	4,389.16
4278 Utilities	2,941.90
4280 Web Expense	1,419.00
Total 4200 Operating Expenses	\$ 92,776.59
4600 Travel-Executive Director	264.07
TOTAL EXPENSES	\$ 200,517.49
NET OPERATING INCOME	\$ 17,852.50

OTHER INCOME

3400 World Convention Income	
3401 Registration	16,580.00
3402 Luncheon	5,315.00
3403 Merchandise & Literature	2,188.21
Total 3400 World Convention Income	\$ 24,083.21
3560 Insurance Certificates	610.38
3599 Miscellaneous Income	4,615.93
3650 WS Conference Income	62,827.64
4510 Interest Income	17.78
TOTAL OTHER INCOME	\$ 92,154.94

OTHER EXPENSES

4500 World Convention Expenses	
4501 Convention-Event	7,383.97
4502 Conventin-Luncheon	5,061.41
4503 Convention-Merchandise	568.50
4504 Convention Supplies	4,219.27
4505 Convention Travel	202.70
4506 World Convention-Misc.	784.44
Total 4500 World Convention Expenses	18,220.29
4520 WS Conference-Expenses	
4526 Conference-Hotel/Meals	43,749.90
4527 Conference-Professional Fees	2,363.00
4528 Conference Travel	13,253.34
4529 WS Conference Supplies	801.67
4550 WSC Expenses	88.75
Total 4520 WS Conference-Expenses	\$ 60,256.66
TOTAL OTHER EXPENSES	\$ 78,476.95
NET OTHER INCOME	\$ 13,677.99
NET INCOME	\$ 31,530.49

Financial Statements



Nar-Anon Family Group Headquarters Balance Sheet

As of December 31, 2019

ASSETS

Current Assets

Bank Accounts

1001 Checking - Gen Account	145,326.60
1050 Prudent Reserve Account	18,500.00

Total Bank Accounts \$ 163,826.60

Other Current Assets

1004 Prepaid Expenses	3,370.64
1009 Deposit-Rent	10,442.27
1010 Inventory	21,227.00

Total Other Current Assets \$ 35,039.91

Total Current Assets \$ 198,866.51

Fixed Assets

1014 Office Furniture & Equipment

1016 Furniture and Equipment	11,237.25
1018 Less-Accumulated Depreciation	-10,363.25

Total 1014 Office Furniture & Equipment \$ 874.00

Total Fixed Assets \$ 874.00

TOTAL ASSETS \$ 199,740.51

LIABILITIES AND EQUITY

Liabilities

Current Liabilities

Credit Cards

2020 Bus Credit Card	10,576.28
2030 Business Credit Card	2,289.54

Total Credit Cards \$ 12,865.82

Other Current Liabilities

2402 CDTFA Statewide	680.00
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Total Other Current Liabilities \$ 680.00

Total Current Liabilities \$ 13,545.82

Total Liabilities \$ 13,545.82

Equity

3900 Retained Earnings	154,664.20
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Net Income 31,530.49

Total Equity \$ 186,194.69

TOTAL LIABILITIES AND EQUITY \$ 199,740.51

3500 Contributions-U.S.A.

Alaska	148.25
Arizona	1,188.37
Arkansas	50.00
California-Central	1,336.36
California-North	2,226.45
California-South	8,952.02
Colorado	960.00
Connecticut Region	2,510.00
Delaware	105.00
District of Columbia	21.20
Florida	8,103.16
Georgia	2,657.22
Illinois	332.10
Indiana	110.00
Kansas	286.00
Kentucky	200.00
Louisiana	125.00
Maryland	1,127.00
Massachusetts	170.00
Michigan	809.05
Minnesota	366.05
Missouri	215.68
Montana	50.00
Nevada	1,128.00
New Hampshire	252.67
New Jersey	1,312.80
New Mexico	175.00
New York	4,507.06
North Carolina	889.72
North Dakota	5.00
Ohio	1,395.47
Oklahoma	220.00
Oregon	200.00
Pennsylvania - Eastern	8,084.40
Pennsylvania - Western	603.31
Rhode Island	50.00
South Carolina	580.00
Tennessee	72.00
Texas	1,130.00
Vermont	100.00
Virginia	622.00
Washington	1,617.98
West Virginia	86.00
Wisconsin	50.00

Total 3500 Contributions-U.S.A. \$ 55,130.32

3510 Contributions-International

Argentina	300.00
Canada - Eastern	981.19
Canada - Western	3,105.12
Colombia	1,706.00
Iran	66.00
Israel	300.00
Japan	1,308.45
Russia	35.50
South Africa	250.00

Total 3510 Contributions-International \$ 8,052.26



Letter to Myself

Dear Paul,

So, you've just returned from your first Nar-Anon meeting. I'm sure your head is spinning. Twelve Steps. Twelve Traditions. Sharing. SESH Book. Serenity Prayer. Higher Power. Is this really for you? Is this really what you need right now?

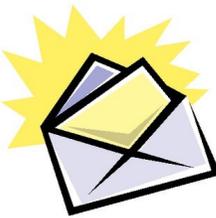
I know your natural instinct is to quit this. I mean you sat there for an hour and a half and not once did anyone give you the secret recipe for how to fix your son. Not once did anyone say "This is what you need to do to make him stop using drugs." "This is what you should do to get him back on the right track for a productive life." I get it. You went there because you literally had tried everything else possible and now that you have tried it, it sure doesn't seem like this is the answer.

You've been to therapists and counselors and consultants. He's been to programs and therapists and boarding schools. Nothing, so far, has stuck. He is 21 years old and is sitting in his room most days all by himself. When he does come out, he is sullen and angry. He argues. He mopes. He is high most days. No work. No future. No plan. Surely someone out there has the answer on how to motivate him, get him to stop using and move forward in his life. Surely the answer is out there somewhere.

Your attempts to fix your son have cost you tens of thousands of dollars, and deprived you of sleep and quality time with your other children. Your marriage is on the brink. Your career

is teetering as your focus is always elsewhere. It's fair to say that life, as it currently exists for you, is unsustainable.

Much worse than the day to day effort just to survive, is the fear of what tomorrow will bring. Worrying about the future, of what kind of life he will have, of what will happen to him five or ten years from now, is the most vicious type of torture. You have actually admitted to yourself that maybe



life would be better without him. You saw his death as an end to the worrying. Yes, you would carry the pale of sadness with you forever but at least the worrying, that tortured constant weight of worry, would be over. There would be no need to fear the future anymore. That thought, the clarity in that vision, is what drove you to seek more answers. You said to yourself, "there has got to be something out there I haven't tried yet."

The therapist you are now seeing suggested that Nar-Anon might be a good idea for you. So you went. And you sat quietly in the corner and listened. And you waited. And the answer never came. No solutions were suggested. No secret potion revealed. But think for minute about what you did see. Maybe no one in the room gave the answer for how to fix your son but most of them seemed calm and even happy to be there. Most of the people

in the room seemed relaxed and thankful for the program. Some spoke of their own recovery. Some spoke of how Nar-Anon made them better people. Everyone kept talking about how the "Rooms" were a blessing. You saw people smile and even laugh. It's been a long time since you laughed, hasn't it.

Now dig a little deeper into what you saw. You saw a fellowship. People supporting each other. People caring for each other. Yes, there was a calmness in the room but that calmness was sitting ever so loosely atop a layer of sadness. Everyone in that room had suffered. Everyone there had experienced some pain or loss. The pain of seeing someone you love damaging themselves. The loss of opportunity. The breakup of a family. There was gut wrenching honesty. But around it all, a chain of strength. While no two links in the chain were the same size, shape, or color, they all molded together and formed an unbreakable bond. A permanent seal. The strength of the chain came from those bonds, everyone pulling for each other.

It may not seem like it to you now but this is exactly what you need. You need to be part of that chain. You need to be with people who support you and uplift you. People who will not judge you but offer a shoulder on which to cry. People who may not have the answer for how to help your addicted love one but people who can give you the strength to keep going.

Continued on Page 7....

**Committee
Corner**



**Outreach
Committee**



**Outreach Roundtable in
Full Swing**

In January, the WS Outreach Committee launched a quarterly roundtable – a forum for exploring the world of Nar-Anon outreach. As you read this, the committee looks forward to hosting the third roundtable on July 28. Earlier sessions were well attended with US and international participants gathered together to share their outreach service experiences.

The roundtable, held online via a free telecommunication service, is proving valuable. It affords time to field specific questions, highlight innovative efforts, and explore outreach materials/tools. Underlying all discussion is the fostering of understanding and application of the principles that guide outreach efforts. We learn and grow with one another. “Together We Can” in action!

Sound interesting? Want to join in? Roundtable space is limited and available on a first-come basis. To sign up for the July 28th session, please email outreach@nar-anon.org.

At the roundtable or between times, WS Outreach is here to partner with you and ready to respond to your outreach questions and concerns.

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, 2019 ****

**Nar-Anon World Service
Conference 2020**

***Growth Through Service*
May 1-4, 2020**

An invitation was sent to all Regions, Delegates, and Alternate Delegates. If you have any questions, please contact the [WS Conference Committee](#).

Upcoming Deadlines

June 30, 2019	WSC Committee informs each region of equalized expense amounts
Sept. 4, 2019	Deadline to submit Conference Agenda Report (CAR) motions in draft form
Oct. 14, 2019	Deadline for CAR motions to be in final form
Dec. 3, 2019	CAR available and distributed to regions
Dec. 31, 2019	Deadline to inform WSC Committee of region’s intention to participate

...continued from page 6

Letter to Myself

A room where your well-being comes first. A place where you don’t have to be afraid of saying anything.

So listen to what you hear. Keep coming back. Don’t be afraid to share. Volunteer for service. Speak at a meeting. Become involved. You will become close friends and confidants with people you have never met before and don’t even know their full names. You will find that this group will help you cope with the stress of your son’s life choices. You will become a better husband, father, and friend from it. You will learn that pain is inevitable but suffering is optional.

Coming to the meeting tonight was a good choice for you. Your life will be better for it.

Keep coming back,
Paul

Coming Events

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

Nar-Anon @ FRCNA XXXVIII

Rebuilding in Recovery

July 6-7, 2019

Rosen Center, Orlando Florida
9840 International Drive
Orlando, FL 32819

www.naranonfl.org/events

Recovery Retreat

Nar-Anon Central Region 12-Step Retreat

July 20-21, 2019

Fairfield Inn & Suites Louisville East
1220 Kentucky Mills Drive
Louisville, KY 40299
Cindy (502) 797-5303 or
email convention@naranoncentral.org

Southern California Region

29th Annual Narathon

September 14, 2019

4221 Rose Drive
Yorba Linda, CA 92886

East Coast Convention 7

March 20-22, 2020

Wyndam Philadelphia—Bucks County
Trevose, PA

Nar-Anon WS Conference 2020

Growth Through Service

May 1-4, 2020

DoubleTree Torrance – South Bay
21333 Hawthorne Boulevard
Torrance, CA 90503

Appeal



Donations Down in 2018

Wouldn't it be wonderful if money grew on trees? Alas, it doesn't. That's why each of us has to share a little of what we have to ensure the Nar-Anon message of Experience, Strength, and Hope continues to be spread throughout the world.

In spite of inflation, donations to World Service were down 8.5% in 2018 and 6.0% in 2017. That means we all need to dig a little deeper this year. Let's make this a banner year for donations. [Give today!](#)



In loving memory of those Nar-Anon members whose kindness, dedication, and spirit of service touched many and fostered the growth of the fellowship. Abbotsford Caring & Sharing Group from the Nar-Anon BC Region had two Nar-Anon members that made a big difference before they left us.....

*Edna
Nicky*

Thank you for acknowledging those who have helped so many through their struggles.

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.



Nar-Anon Family Groups

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