

NorCal Nar-Anon Messenger

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Letter from the Editor

This edition addresses “**Self-Care**” along with several other topics. We have a couple of members sharing how important it is to practice self-care. It looks different for each of us. We have an article from a member who shares her journey to discover what self-care looks like for her. A member continues to share her article entitled “In the Meantime” and how self-care might be defined. A member from Canada discusses her growing recovery as a result of virtual meetings. Another member shares about isolation, service and the disease.

In addition, we have an update about World Service draft literature for Traditions 3 and 4 as well as part one of the Fourth Step (part one) workbook. We are being informed about how we can participate in fellowship review directly, individually, or by committees that can be created at the home group, area, and region levels. A member shares about her healing and how the holidays are different this year.

Check out the article on vacant positions at the region level. It is a service opportunity! Please note the “Save the Date Flyers” on pages 6 & 7.

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Finally, check out the group birthday list. Is your group’s start date not listed? Let us know the month, day and year by emailing us at newslettercoord@naranonnorcal.org.

Make it a great day!

Respectfully submitted,
Linda H. on behalf of Tracy C.
Newsletter Coordinator

Literature Review

Calling On the Fellowship

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Fellowship review is our chance to make new draft literature more reflective of our fellowship as a whole. World Service Literature Committee (WSLitCom) asks for fellowship input prior to adding that literature to the Conference Agenda Report (CAR), which is then sent out for group approval before our next World Service Conference (WSC). Our next WSC is in 2023.

Draft Literature is out only for fellowship review purposes and should not be used during recovery meetings or posted on websites. It may be shared with other Nar-Anon members and groups. The more eyes we have reviewing it, the better each piece will be. You may want to organize a fellowship review committee with members in your area or home group to review it together.

Another option is that we invite you to join our Northern California (NorCal) Literature Committee as we develop, review and make comments before sending our suggested modifications to the WSLitCom. Please email the NorCal Literature Committee if you would like to participate at the region level (*email provided below).

Tradition Three, Tradition Four and a Fourth Step Workbook (part one) are out for fellowship review.

Review by individual members or committees is open for 60 days. To submit comments and suggestions on Tradition Three, please click on [this link](#) and submit before the deadline of 1/31/22. To obtain direct copies of the fellowship review, please send a request to join the Fellowship Review email list to the WSLitCom (**email provided below).

The Fourth Step Workbook (part one) is unique. Since it is more than the usual Q&A format, a 4th Step Fellowship Review Workshop will be held on February 5, 2022 at 8-10am and again at 7-9pm PST via Zoom. The content of the workshop will focus on how sponsors and sponsees will use this new 4th Step Workbook. A Save the Date flyer is coming out shortly.

Your writings are always encouraged. Please email the WSLitCom**. This is our chance to help create new recovery literature.

***NorCal Literature Committee (regional):** LitCoord@naranonnorcal.org

****WSLitCom (World Service):** LitCom@naranon.org

NorCal Region

Open Service Positions

Treasurer: "...custodian of the region's finances and bank account. The recommended experience for this position is two (2) years' service." Page 6-2 in Guide To Local Service (GLS).

Vice-Chair: "...be willing to become chair at the end of the chair's term. The recommended experience for this position is three (3) years' service in Nar-Anon. Act as parliamentarian during meetings." Page 6-1 in GLS.

Alt-Delegate: "...alternate delegates should be members who have been ASRs. If this is not feasible, regions may select from members who have completed a minimum of three years continuous service as GSRs in Nar-Anon." Page 6-7 in GLS.

Sub-Committee Outreach Coordinator: The Outreach Coordinator acts as a resource to groups and members in their efforts to carry the message to the community, keeping in mind the twelve traditions. The Coordinator should have a thorough understanding of Tradition Eleven, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all NA members."

If you are interested in learning more about any of these service positions, **please email the Chair, Michael, at Chair@naranonnorcal.org**

For meeting updates and to find virtual meetings, go to www.naranonnorcal.org/meetings

Isolation, Service, and the Disease

Isolation is to be avoided at every step of my recovery. In the past my self-isolation came from my fears. I did not want to attend a meeting fearing the what if's - "they" may find out there are drugs in my family. Or "they" might tell me I to throw my daughter out of the house or tell me to divorce my husband.

I did not want to become a Group Service Representative, GSR, only to hear "them" (area/region people) say: "oh you guys are not doing it right" or to have "them" find out what we do not know. I did not want to do service because: "they" might find out that I do not know how to do "it" right. I protected myself from being hurt by avoiding commitments.

None of my fears panned out. By working the Nar-Anon program: attending meetings, studying the literature, working the Twelve Steps

with a sponsor, becoming a sponsor, and applying the Twelve Traditions my recovery grew. Sponsorship is twofold; it helps me and helps others. "They" became "us." I stopped isolating and self-protecting. I began to trust this program and found a power greater than me and a better way to live. For this I am responsible.

To make sure the program continues to flourish we take service positions. We learn and apply the Twelve Concepts of Service. We recover more trust in ourselves, in other members and our Higher Power.

My recovery has blossomed due to my awareness that I have much more to learn while practicing trust, reaching out and connecting with others in this unifying program.

An important part of my program is my friendships. A lot of them have been hewn from service work— these friendships are area

and region wide; they are national and international! It's truly a worldwide fellowship.

The disease is waiting, watching and wants to kill all of us, not just the addict. The disease is extremely aware that together we are invincible. At times in my service commitments, I become sidetracked by my disease. When it rears its ugliness and diverts my focus to anger and blaming it screams at me to quit, just walk away! If I give in to the disease, I risk betraying my recovery, my higher nature, my loved ones, other members, my sponsor, and my Higher Power. My remedy is to pause, realize this too shall pass, take a breath, recite the Serenity Prayer, and remember our common welfare. This is an "us" program. The disease wants to kill us but TOGETHER we are invincible.

- Paula L.

In the Meantime

The topic of tonight's meeting was "taking care of ourselves." What exactly does this mean? Perhaps on the surface it could imply that you should do the things you want to do, not always giving in to what others want. Or doing the things you should do for yourself. Or could it mean avoiding those things, people, or situations that stress us out? Or it could be

identifying the stressors in your life and then do a disappearing act! Okay, what about making ourselves a priority? No really? To think of what's in your best interest first.

For me, when I think about it, where is my self-love? Did I discard it in some unforgotten corner of my consciousness? Then the question becomes: how do I

recover/build it? I ask: Am I worth the trouble? I believe it takes courage to take an in-depth look within and then dare ourselves to take the blinders off.

Self-Inventory and then Self-Discovery. Oh my, what a journey.

- Jamie J.

The other day I went to dinner with a friend. The friend is a dependable, kind friend with whom I can relax. We chatted about family and other things. After I got home, I realized she hadn't brought up my addicted spouse. We did briefly discuss my sister who was in rehab. My friend changed the subject because she could sense I was through with discussing my sister. I am grateful as I walked away relaxed and in a great mood.

I know now I wasn't ignoring my reality or in denial. I appreciate my friend as she and others are there for me if I need to talk about my stress in life. However, for that time, I enjoyed the other part of my life that has nothing to do with addiction. We were able to talk about our high school years, our neighbors and what we want to do when our kids grow up.

It is necessary and vital to step outside the chaos of addiction to remind ourselves we are still individuals. I am happy being a wife, mom, sister, aunt, and

daughter. I am also a young woman who existed before I was any of these things. I had a lot of interests and talents that dropped by the wayside as I got older. When I discovered my husband's relapse, it was as if that became another person I had to take care of. It was definitely all I could think of.

Going to Nar-Anon meetings allows me realize self-care isn't selfish but essential to getting better. Resentment is a heavy burden on the heart. Caring for myself through taking time off and doing things just for me allows my resentments to decrease.

When people say they are taking a vacation or a nap or a walk to get away from the addict, I would think: how is that possible? It must be nice to do things like that, I don't have the money or time.

Self-care comes down to primarily one concept that doesn't require time or money but making a choice to make myself a priority again. It is as simple as going to my bedroom, heck even my closet, locking the door, crying and praying. It can

be taking a small walk around the block to get some fresh air in my lungs and clarity in my brain. It took me a long time to realize self-care is doing the necessary things to ensure that I realize I deserve to be cared for. Self-care might just mean going to bed at a certain time and turning off my phone.

I now realize that best person who knows how to take care of me is me. Every Tuesday and Thursday I try to carve out time from my work, son, nephews, husband and parents to attend my Nar-Anon meetings. I walk away from those meetings not feeling guilty but realizing that this time is my time and I deserve it. This takes a while to get used to doing. Sometimes, it's an everyday battle not to feel guilty. I realize if the addict isn't being selfish by going to his NA meetings because it can be the difference between recovery and relapse, then it can be the same for me. I'm am better when I put myself first. So I "keep coming back!"

- Samantha K.

I Let Go and Let God - A Member's Prayer

I let go of resentments, fear of the future, anger, expectations of myself and the feeling that I am not enough.

I let go and let God remove my wanting to be in control and my ego's craving for approval and praise.

I let go and let God give me peace, serenity, and hope. All is well when God is in control.

- Anonymous

Holiday Reflections

Those who know my story know that I first found my way into the rooms right around Thanksgiving. Witnessing my sister's slow deterioration broke my heart. She wasn't the sister I recognized anymore... And I was so angry that my mom financed her lifestyle. How could I sit around a table with them, passing the gravy as though my feelings don't exist? **What could I be grateful for with so much to be upset about?** When I think back now on where I was in my life back then, I can see how far I've come.

It took a lot of strength for me to admit my life was unmanageable. **Even though I was upset, I was courageous.** I knew I needed help. My relationships were falling apart. I had lost a lot of friends through the turbulent ride of loving an addict. I couldn't go on living with such grief and anxiety over the actions of others.

Once I stepped into the room, I felt immediately welcome and understood. **Even though I was upset, I felt embraced.** The people in that meeting understood my sobbing. They understood my frustration. Over time, they became like a second family. I wanted to do my part to keep the meeting alive, so I volunteered to show up early to set up tea and chairs and pass out literature to newcomers. I became part of the community.

As I began to listen to the readings, it occurred to me that I needed more than just meetings - I needed to work the steps. Eventually, I found a sponsor who could guide me through the process. **Even though I was upset, I wanted to heal myself.** Working the steps was like holding one of those magnifying mirrors up to my face. I could see every lump, bump, and scar. I could

see myself as not always being the hero, but sometimes, having made mistakes of my own. Though I wasn't an addict, I was sick, too. I was capable of hurting others and I needed to make amends.

The holidays are not filled with fear or worry anymore. The change that took place is acceptance. I have accepted that addiction is a disease which is ruling my sister's life the same as my dad's cancer ruled his. I still pray and hope for change, but I do not have to live in resentment anymore. I've rebuilt my relationship with my mom based around the same practice of acceptance. I have accepted that I cannot change either of them - I can only change my own thoughts and actions - and so **I choose to love them**

NorCal Region Birthdays

April – December 2021

- Walnut Creek: August 2017 (4 years)
- Concord: September 2, 1980 (41 years)
- Roseville: September 7, 2009 (12 years)
- San Francisco, Tuesday: September 2, 1997 (24 years)
- Novato, Tuesday: October 14, 2014 (7 years)
- Chico Hope Starts Here: October 18, 2015 (6 years)
- Stockton Family & Friends of Addicts: December 16, 2019 (2 years)



Save The Date!

Northern California Region NFG Convention XXXII
Hosted by Central Valley Area
June 10-12, 2022
Modesto, CA

For more info, contact Linda T. at: lindat5776@gmail.com

Save-the-Date

**Sponsorship Workshop, Other Topics & Recovery Shares
Saturday, April 16, 2022, 12 noon PST, on Zoom**



**NorCal Region Nar-Anon Family Groups Presents a
workshop on how to be a sponsor**

Workshop will feature speakers and interactive Q & A

Login to Zoom | participant limit

More information to follow. Questions, please email:

ConvCoord@naranonnorcal.org

For meeting updates and to find virtual meetings, go to www.naranonnorcal.org/meetings

Online Convention - February 12

Zoom **xx-xxxx-xxxx**

Western Regions Convention of Nar-Anon Family Groups



Online - Virtual - Global
with
Speakers and Workshops
on
Recovery and Service



Pass it on

Times shown are Pacific Time

8:30	Zoom room opens - emcee Ed from Nor. Cal.
9:00	? From Rocky Mtn.
9:30	Serenity - Roxanne from So. Cal.
10:00	Service - Ruth from Central Cal.
10:30	Sponsorship - Ed from Nor. Cal.
11:00	Experience outside the USA - moderator - Robert from Central Cal. Starting new groups with limited resources - Angie from So. Cal. Organizing a National Service Office - Edwin from Columbia Sustaining a National Service Organization - Elena from Russia
12:00	Break
12:30	Fourth Step Literature - moderator - Paula from Nor. Cal. CAL Fourth Step Worksheet - Robert from Central Cal. Fellowship review resentments worksheet - Holly from Rocky Mtn CAL creation and approval process - Trudi from So. Cal.
1:30	Multi-Regional business meeting - moderator - Roxanne from So. Cal. So. Cal. - Roxanne Nor. Cal. Central Cal. Rocky Mtn.
3:30	Meeting after the meeting

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