

# NorCal Nar-Anon Messenger

## Fall & Winter Edition 2022

### Letter from the Editor

Welcome to the Fall/Winter edition of the **Nor-Cal Nar-Anon Messenger**. This newsletter is for your enjoyment while providing experience, strength and hope of the people who contribute. We invite you to do so too! You can remain anonymous.

This edition addresses “Humility” along with other topics. There are four articles where members share their heartfelt experience, strength, and hope.

Some of the other articles include: the financial status of the World Service Office;

Nar-Anon’s presence at the 30<sup>th</sup> annual “Recovery Happens” event held at the State Capitol; info relating to finding a sponsor and people who are available to sponsor; information to be shared at meetings, (“Meeting Takebacks”); the new Middletown meeting; the timeline/explanation for the World Service Conference cycle occurring in 2023; and a prayer along with some of our regular columns. I would like to say thank you to our writers for your time and willingness.

It takes a lot of courage and honesty to share your story and put yourself out there.

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Our next edition will focus on:

**Acceptance.** Articles due February 15, 2023. Happy Holidays!

**Respectfully submitted, Tracy C.**  
Newsletter Coordinator,  
newslettercoord@naranonnorcal.com

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## Definition of Humility

The definition of humility from the dictionary on my phone says, “being modest or a low view of one’s own importance”.

My sponsor always said, “I should not put myself on a pedestal, if I do, I will just fall off.” I am not higher or better than anyone else. In fact, the same is true in Nar-Anon, all members are of the same or equal importance. We just give them different names for the variety of positions when they are in service.

I have also learned that humility is admitting that I did something wrong or made a mistake. I am not perfect and must learn to humble myself and admit it. I can also share it with my sponsor and/or my sponsees when we are working the steps. Sometimes, I do not like to admit that I am wrong, I like to look good. This is one of my character defects.

Admitting I made a mistake to my addict is very humbling. My addicted loved one told me, “I did not think you ever made mistakes.” When I admit I have made a mistake, I become humbler, and it helps in my recovery as well as in my relationship with my loved one.

Humility is not being a showoff. I always tell my Nar-Anon sponsees that I do not want them to give me any gifts. I feel that working the steps with someone always helps me as much as it helps them. This is the only gift I need. If they want to give me a gift, they should make it a small, reasonably priced gift on my Nar-Anon Birthday.

Celebrating my recovery is what is most important to me.

I will keep working on humility and keeping myself humble. I am a work in progress.

~Karen J

*For meeting updates and to find virtual meetings, go to [www.naranonnorcal.org/meetings](http://www.naranonnorcal.org/meetings)*

## It's Ok to Ask For Help

It doesn't come down to one reason why we deny that our addicts are using drugs or why we enable them and deny how bad the addiction is progressing. What I've realized is that a big reason for my denial of my husband's addiction, was my own ego.

My inner dialogue seemed to love beating the confidence out of me. "If I was a better wife he wouldn't have used. If I was thinner and kept my looks up, he wouldn't have cheated. If I didn't nag, he wouldn't have relapsed." My constant toxic thinking insisted, "If I can be the cause of my husband's addiction, surely I can be the solution!"

When my sister started using, I refused to hear anyone telling me that she was a drug addict. I saw the signs and looked the other way, just like my parents. My denial told me, "She can't be a drug addict! We grew up together in the same household! We have good parents! Our parents are Christians!"

I became so protective of my parents who were ashamed and embarrassed. They didn't want people to know their daughter was using drugs. They were fearful that people would think they were not good parents. Nothing could be further from the truth. My parents did the best they could for us. They were loyal, hardworking, and loving. When the truth came out about the depth of my sister's addiction, I saw them spiral into painful depression.

It took months of therapy, hours of praying and many Nar-Anon meetings for the reality of the situation to slam into me. It was a wipeout wave, knocking me off my feet and knocking the wind out of me.

I have no control over the addict...or anyone besides myself. We all have varying degrees of influence over our loved ones, but zero control. I don't believe that the full scope of that realization has hit me yet. Day to day, I see my progress and some days I see myself regressing. Ultimately, my loved ones' addiction has NOTHING to do with me! It's their choice.

Humility might be defined as, "a modest view of one's own importance." I had to stop thinking that I was powerful enough to cause, control or cure their addiction to drugs.

What brings us to Nar-Anon rooms? What compels us to read these newsletters? Dive into our SESH book? Cry endless tears? Pray desperate prayers? Our ego and lack of humility drives our overwhelming desire to be the sole reason for our loved ones' addiction. To blame ourselves saves us from the fear of not knowing these answers. We must accept we don't have the answers to what will make them quit. Helping, from the Nar-Anon blue booklet, page 13, "Ourselves we can change. Others we can only love."

Attending my first Nar-Anon meeting and every meeting hereafter, requires humility. I don't have to go through this journey alone. It is ok to ask for help. For that reason, I'll keep coming back.

~Samantha K.

## Humility – My Story

Humility is one of those behaviors that I never know when, where, how or with whom I am going to have to practice it. In the last couple of weeks, I have had to really practice.

I work on projects with some wonderful and very strong-willed women. An opportunity to practice humility came in the form of a writing project I submitted. It got picked apart and that upset me pretty good. When we went back to it again a week later the same thing was happening. I felt myself getting frustrated and then started getting pretty upset again.

Because I have learned about humility in the program, it dawned on me that this is the perfect opportunity to practice humility. I realized that it was more important to put out a good product instead of getting my feelings hurt.

The moral of the story is that sometimes my way isn't always the best way, it's a "we" program. I let go and let God and will try to be humble.

~Tracy C.

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## To Watch is Not to Love

***“To watch is not to love.” ~ Carl G. Jung, Nar-Anon Blue Book, page 13***

After a meeting someone asked, “What does ‘To watch is not to love’ mean?” My ears perked up and I listened to others give explanations. I will give my answer below.

Before Nar-Anon, I constantly watched the addict in my life. Picture me working in the yard while my husband talks to neighbors. I act as if I am not interested. Truthfully, I am hanging on, judging, and filtering every word through my obsessive lens. Picture me listening at the door to a phone call between my spouse and his friend. Is he planning on using with this guy? Picture me waiting until he is asleep so I can go through his car, garage, his phone, or his clothing. This is not love. This is self-interest, self-protection, and an obsession of my mind.

My behavior was not love at all. My growth and maturity were at a standstill. Stuck on my self-righteousness, believing that I had the right to demand, “If you loved me, you would not use,” which I now know is the same as saying, “If you loved me, you would not have cancer or diabetes or hearing loss.”

Although, before I began my program, I was unaware of any problems with my behavior. I was surviving the family disease of addiction the only way I knew how. No recovery tools on board. Nar-Anon helped me to put the focus on myself. sick “Ourselves we can change. Others we can only love.”-(*blue book page 14, Helping.*) Through my work on the twelve steps with my sponsor I learned to care enough not to care. My service commitments help me practice not to worry myself over what he was doing or what might happen next. It has become up to me to improve or not improve myself.

A huge burden has been lifted as I practice my daily inventory and improve my conscious contact with the Higher Power of my understanding. I can practice living free from shame and guilt, with growing feelings of self-worth tempered by humility.

Therefore, “To watch is not to love,” is how I try to live my life today. The only person I watch is the only person I can control, myself, which frees me to practice love, caring, and compassion for others and especially for myself.

~*Anonymous*

### BIRTHDAY SHOUT-OUTS

#### CONGRATULATIONS on another year!

October 14, 2014	Novato Nar-Anon Meeting (Tues Night) 8 years in 2022
October 18, 2015	Chico Hope Starts Here 7 years in 2022
December 16, 2019	Stockton Family and Friends of Addicts 2 years in 2022
January 3, 2019	Pacifica Nar-Anon Family Group 4 years in 2023
January 7, 2017	Galt United Nar-Anon Family Group 6 years in 2023
January 12, 2012	Elk Grove United Family Group 11 years in 2023

**Let us know when your meeting has an upcoming birthday!**

**Email Tracy at [litcoord@naranonnorcal.org](mailto:litcoord@naranonnorcal.org)**

# Meeting Take-backs

- NEW MIDDLETOWN MEETING (in-person) Wednesdays 7:00-8:15 pm.  
(See article in this newsletter)
- NORCAL ASSEMBLY, Sunday, December 4, 2022, 3pm. Your meeting's Group Service Representative (GSR) or Substitute GSR to attend and vote. Some Region Business, 2023; Budget, Elections, & Conference Agenda Report (CAR.) Zoom ID 627 627 2666 no password.
- 2022 STATE OF AFFAIRS, Board of Trustees, BOT, virtual ROUNDTABLE, With the Nar-Anon Fellowship, December 10, 2022, 9:00 am PST. (See Flyer page 7)
- SAVE THE DATE, 2023 Western Regions Convention, Saturday, February 11, 2023, Workshops on the 2023 Conference Agenda Report (See Flyer page 8)
- THE WORLD SERVICE OFFICE, WSO, will accept donations in any amount. You can donate via the website, [www.nar-anon.org](http://www.nar-anon.org) or send a check to the WSO 23110 Crenshaw Blvd. Suite A Torrance 90505 or use QR code.



## Middletown Meeting (New)

Congratulations to the members of the newest Nar-Anon In-Person Meeting that began on September 7<sup>th</sup>, 2022. It is being held on Wednesdays from 7:00 – 8:00 p.m. at the Middletown Senior Center, 21256 Washington Street, Middletown, CA 95461. The contact email is [middletownnaranon@gmail.com](mailto:middletownnaranon@gmail.com). Middletown is in Lake County. It is halfway between Lower Lake and Calistoga.

This meeting is hitting the ground running. Because of the NorCal Region and group donations they were able to afford extra literature and inform the community about their meeting. The group recently participated in an outreach event at a local park greeting the public and handing out Nar-Anon information literature.

On behalf of this group, a member, has expressed her profound appreciation of NorCal Region's startup donation as well as the individual groups who donated to help get this group going.

## Come One - Come All

### Convention Planning Committee Members Wanted

Attention all Nar-Anon Members, we always talk about ways of being of service, here is the perfect opportunity for anyone:

- |        |  |
|--------|--|
| Who?   | You!   |
| What?  | Volunteer to be on the planning committee                  |
| When?  | Now!   |
| Where? | On Zoom 627 627 2666, 2pm (no password)<br>See dates below |
| Why?   | Service = Recovery   |

Committee Planning Meetings are on Saturdays:

November 26th, December 10th & 17th, January 7th & 21st, February 4th & 18th, March 4th & 18th and April 1st.

*For meeting updates and to find virtual meetings, go to [www.naranonnorcal.org/meetings](http://www.naranonnorcal.org/meetings)*

## List of Available Sponsors in NorCal Region

Dear Nar-Anon NorCal Region Members,

This year, our Region sponsored a virtual convention that included a workshop on sponsorship. At this event, a list of sponsors with their contact information was distributed. The region realized a need for the workshop because there is a shortage of sponsors.

**On September 19<sup>th</sup>, 2022, an email was sent to Groups Service Representatives (GSR's) that included a List of Available Sponsors, their contact information and suggested further readings. If you did not receive this information and would like to receive the email, please email Paula L @ [pkcloud@yahoo.com](mailto:pkcloud@yahoo.com).**

*"As a twelve-step program, we offer our help by sharing our experience, strength, and hope."* ~Excerpt - Nar-Anon Mission Statement

*"A sponsor will guide you through the Twelve Steps and Twelve Traditions so that you can apply them in your daily life."* ~Excerpt – booklet, Questions on Sponsorship

With the advent of virtual meetings, we have enhanced access to each other. Let's use this to our advantage!

## NorCal Outreach Wrap - up

### 30th Annual Recovery Happens

"On September 7, 2022, thousands gathered at the west steps of the California State Capitol to kick off National Recovery Month. 2022 marked a milestone as the well-known rally celebrated its 30th anniversary. The event began with the annual recovery walk and banner contest. Actor, advocate, and addiction counselor Danny Trejo told his recovery story with humor, compassion, and inspiration. Local and national speakers spoke about recovery-related policy and updates.

Join us on the first Wednesday in September each year to celebrate National Recovery Month!"

<https://www.google.com/search?client=safari&rls=en&q=recovery+happens+2022&ie=UTF-8&oe=UTF-8>

### Nar-Anon was There!

Nar-Anon hosted an information and literature outreach table alongside hundreds of other recovery programs, sober living companies, clinics, rehabs, hospitals, and other health care programs.

Thank you to the three NFG volunteers from the Sacramento Area and two volunteers from the Mt Diablo Area.

These trusted servants lasted from 9am to 1pm in 109-degree weather! Because of the high temperatures, we had to pull up stakes early. However, the morning was fruitful as we interacted with many different people in various areas of recovery from the helping industries to recovering addicts. Many were super curious about Nar-Anon and appreciated our participation! We gave out approximately 400 pieces of literature from the large Outreach Packet available for sale at the link below and that included the pamphlets listed:

- [To the Concerned Family](#)
- [Open Letter to My Family](#)
- [What Is Nar-Anon](#)
- [Nar-Anon Offers Hope](#)

<https://nar-anon-webstore.myshopify.com/collections/outreach/products/outreach-packet?variant=315509771>

Thank you to these seasoned enthusiastic volunteers who made the day a wonderful success.

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# In Preparation for World Service Convention 2023

## Some Explanations....

*(See page 14, Guide to World Services)*

**“PROGRESS THROUGH WORLDWIDE UNITY” 2023 Conference theme as voted for at 2021 conference**  
(Explanations below in italicized bold text)

**August 1, 2022** Deadline to submit Conference Agenda Report (CAR) motions in draft form  
*The CAR is an electronic file with motions of proposed change/improvement of our program from the worldwide fellowship. NorCal has submitted 5 draft Motions.*

**November 28, 2022** CAR available and distributed to Groups  
*There will be approximately 90 Motions in the CAR from the world-wide fellowship this cycle! Our groups will have an opportunity to review all of them, vote yes or no or offer amendments. Your Group’s Service Representative (GSR) will then be invited to attend the NorCal regional assembly in the Spring of 2023 and communicate their group’s opinions/amendments of these motions to our Delegate. Our delegate, along with other delegates worldwide, will vote their regions’ groups’ conscience on each motion.*

**December 31, 2022** Deadline to inform WSC Committee of region’s intention to participate in WSC 2021-2023 and submissions by each regional treasurer of \*equalized expense sum.  
*\*Equalized Expense means the amount each voting attendee is required to pay. NorCal Regional Service Committee, RSC, sends minutes from the last assembly confirming our region’s participation in the WSC. NorCal Treasurer sends the payment. More information will be placed on the NorCal Website, [naranonnorcal.org](http://naranonnorcal.org)*

**January 27, 2023** Conference Approval Track (CAT) materials available and distributed to regions.  
*The CAT contains literature materials defined as “non-recovery” literature, such as handbooks, outreach literature, and other service-related literature. The CAT does not require presentation to the fellowship like recovery literature does.*

**April 28 – May 1, 2023** Virtual World Service Conference 2023

### **2023 NorCal Regions Officers’ Contact:**

Chairperson: [chair@naranonnorcal.org](mailto:chair@naranonnorcal.org) (Michael) Vice Chairperson (vacant)

Secretary [secretary@naranonnorcal.org](mailto:secretary@naranonnorcal.org) (Renee)

Treasurer: [treasurer@naranonnorcal.org](mailto:treasurer@naranonnorcal.org) (Lisa)

Delegate [delegate@naranonnorcal.org](mailto:delegate@naranonnorcal.org) (Ed H)

Alternate Delegate: alt[delegate@naranonnorcal.org](mailto:delegate@naranonnorcal.org) (Linda T)

*Prayer for the Trusted Servant:*

*God, guide my autonomy and action as a member of Nar-Anon, ever improving my conscious contact with God, culminating in anonymity, humility, and unity of primary purpose.*

*~Anonymous*

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**2022 STATE OF AFFAIRS  
BOT ROUNDTABLE  
With The Nar-Anon Fellowship  
December 10, 2022  
12:00 pm EST; 9:00 am PST; 19:00 pm CET**



**Translation Captions Available: Dutch; French; German; Italian; Japanese (Beta); Portuguese; Russian; Spanish; Ukrainian**

**Join Meeting (Limit 300)**

**[https://us02web.zoom.us/j/88090772074?](https://us02web.zoom.us/j/88090772074?pwd=RG5SYVo5KzRNYVh3MndTLzA2WSsxQT09)**

**[pwd=RG5SYVo5KzRNYVh3MndTLzA2WSsxQT09](#)**

**Meeting ID: 880 9077 2074**

**Passcode: 797084**

**Agenda**

**Welcome**

**Twelve Traditions**

**Twelve Concepts of Service**

**Service Structure**

**How is WSO funded?**

**How did we get here?**

**Financials**

**NFGH, Inc. Moving Forward**

**Questions & Comments from the floor (2 mins per person)**

**Closing**

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# Save the Date

for this online event

## February 11, 2023

For more information check the 2023 page at

[bit.ly/WRCNFG](https://bit.ly/WRCNFG)

Or send an email to

[WRCNFG@gmail.com](mailto:WRCNFG@gmail.com)