

# NorCal Nar-Anon Messenger

## Spring 2023

### Letter from the Editor

Welcome to the Spring edition of the NorCal Nar-Anon Messenger. We are proud to provide you with articles addressing “**Acceptance**.” Members share their experience, strength and hope regarding this topic.

Also included in this edition is the flier for the NorCal Regional Convention that will take place on Saturday April 8, 2023, 10am-4pm, at the Hyatt Regency Hotel in Sacramento. The theme will be “**Acceptance is the Answer**”. Registration is taking place now. You can register online or by mail. The flier and registration form are on pages 6-7, the agenda is on page 8 of this newsletter or you can go to [www.naranonnorcal.org](http://www.naranonnorcal.org) to register. The agenda will be posted soon on the website.

Also, we would like to remind everyone that the World Service

Conference (WSC) is taking place virtually and 89 motions will be considered by the world delegates, on April 27th - May 2nd, 2023.

Our Northern California delegate is Ed H. and alternate delegate is Linda T. Each group in our region, is represented by a Group Service Representative (GSR) which will bring their groups’ conscience at the virtual assemblies scheduled for Sunday, March 19, 2023 at 2:00 p.m., and there’s a possibility of a follow-up assembly on Sunday, March 26, 2023 at 2:00 p.m. At these assemblies we will also discuss filling the following vacant regional positions: vice chairperson, treasurer, and secretary. Please consider being of service at the regional level.

**Did you know?** Other regions hold events. Many of them are

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virtual. See [www.nar-anon.org/events](http://www.nar-anon.org/events) page for more information.

As always, we want to thank those who contribute to our newsletter.

We can’t do it without you! Remember, you can remain anonymous.

The next edition will focus on “*Passport to Freedom*” pamphlet themes. Articles are due on May 31st, 2023.

**Respectfully submitted, Tracy C.**

### SPRING\_BIRTHDAY SHOUT-OUTS

#### Nar-Anon Group Birthdays

**January 3, 2019**

**Pacifica Nar-Anon Family Group 4 years in 2021**

**January 7, 2017**

**Galt United Nar-Anon Family Group 6 years in 2021**

**January 12, 2012**

**Elk Grove United Family Group 11 years in 2022**

**March 5, 2020**

**Wyndham Nar-Anon Family Group Sacramento 3 years 2022**

**April 7, 2022**

**Lodi Nar-Anon Family Group 1 year in 2023**

Let us know when your meeting has an upcoming birthday!

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

## Holidays and Acceptance

I am a huge fan of Christmas. From the time I was a child, the entire month was magical. When I had my own child, I vowed to make it as special for him as my parents did for us. Holidays became meaningful and more fun with my son, nephews, and nieces. I have a huge family that gets together, and our traditions remain strong.

When my husband relapsed, the holidays began to shift into something I dreaded. In my head, I started counting down to when they were going to be over. Working my program and going to Nar-Anon meetings became a huge solace within the holiday vortex that threatens to swallow me whole.

I wanted to be one of the couples' holding hands at the ice skating rink or going to the Christmas tree farms. I missed our new traditions we had developed as a family of three. These memories began to get replaced with his temper tantrums at having to be on time for family functions or forgetting to show up at all. There were multiple Christmas Eve/Christmas Day memories I now want to forget including the one of him leaving in the middle of a movie because his dealer texted. Also, he threw a tantrum on Christmas night and left to go to the ER because he was having a drug induced panic attack.

Last Thanksgiving, I set a boundary that he could not attend Thanksgiving at my grandparents.

I told my husband he would not be welcome as he was no longer able to go 24-hours without using, his behavior was becoming unbearable and unpredictable. I lived in constant fear of another tantrum.

He met this decision with contempt, but he made his own plans quickly. He was nice, by texting me "Happy Thanksgiving" and calling later to have a nice conversation. While I was sad and missed him, I had a very calm and enjoyable meal with my family. Although I have had to accept my situation, I still miss the man who existed before drugs, not the one I had to disinvite.

Robert Frost once said, "The best way out is always through." I think one of the most important things I've had to remember, while living with addiction, is that I can both celebrate and mourn the holidays. I am creating new memories with my son, family and friends that have nothing to do with addiction.

I once heard an addict say, "*the number one reason, I used drugs was to avoid having to feel things.*" If I deny myself the ability to feel, I am not that much different from the addict. I must allow myself the grace and permission to be an imperfect person. I now navigate my road of recovery with program tools, suggestions, surrender and acceptance. That's why I keep coming back!  
~Anonymous

## Acceptance & The "Giving Up" Steps 1, 2, & 3

On page vii of the Nar-Anon 36 workbook our 12-steps are categorized in 4 sections of 3 steps each. Steps 1, 2, & 3 are called the "Giving up" Steps.

I have worked the steps many times with my original sponsor and co-sponsors. I have sponsored many women through their step-work and benefited from their diverse perspectives. Recently, I worked the steps around anger issues that had snuck up on me like a ninja.

This past holiday season a dear one demonstrated extremely poor judgment that caused direct financial damage to me, the family, and I lost trust. After all my years of step work and practicing the principles in all my affairs, life still happened! After receiving my sponsor's help which resulted in implementing immediate, responsive, protective boundaries, I still suffered for weeks from someone else's past action, held resentment, and felt victimized.

Sunday night, I had Chinese food. My fortune cookie read, "Accept what you cannot change, you will feel better." I did, I felt better! I became aware that my conscious connection to my higher power was instantly restored. I gave "IT" up.

I believe that my recovery work and practicing these principles in all my affairs helped me to be prepared and open enough to hear the message of the cookie!  
~Anonymous

## Accepting and Choosing Myself First

As a codependent, I bury myself into my relationships. I make others the center of my world, which causes me to forget to put myself first. However, I do believe I must put on my oxygen mask before I reach over to help my parent, spouse, daughter/son, friend, etc.

My son is the light of my life, and I made him my everything for so long. Because I modeled this behavior, I now fear that he will carry the responsibility of my grief and pain. I want him to know it's ok to prioritize himself and to feel what he is feeling. It is not necessary to carry the baggage of others.

When I came to Nar-Anon, I realized my loved ones' addiction was never my fault. It was not my responsibility to cure them. I also learned my loved ones' addiction was never because of a lack of love for me. I learned that an addict is fully capable of loving others while in active addiction. They do not want to be addicted any more than I want them to be. Their reasons for using are never simple. I believe addiction is a symptom of a bigger issue that is hidden inside of them, and it makes their priorities toxic and messed up.

I had a mistaken sense of responsibility. I worried constantly that my loved ones would relapse and/or overdose. Also, I felt that if I was a better person, my loved one wouldn't want to drink and use so much on weekends. I could not cure their addictions, but I learned I could choose my responses and focus on myself. As I have experienced, when my loved ones are in active addiction, they do love my attention. Especially if it leads to getting access to their drugs of choice.

However, I now realize that both the addict and I were sick. They choose drugs to mask their pain. I choose to put my focus on the addict, distracting me from my illness. They used guilt and manipulation to get their drugs. I used guilt and manipulation to try and get them to stop. It was a vicious cycle that never solved anything. I believe that the addict and I should be looking at our own reflections in the mirror and individually changing ourselves.

When my loved ones focused on themselves, they were able to make healthy changes and get the help they needed. They had to make their own decisions for recovery to stick. When I made the decision to slowly start prioritizing myself over the addicts in my life, I began to attend and practice the Nar-Anon program.

I learned self-care. I attended counseling. I turned off my phone at night to ensure I got quality sleep. I continue to study my Sharing Experience Strength and Hope (SESH) book and participate in meetings. Being of service is pivotal for my growth in my recovery.

I was able to rediscover what makes me feel alive again. I read for fun again, a lifelong passion of mine. I stopped pouring over pamphlets for rehabilitation centers and researching articles on "how to get the addict sober."

Making myself a priority was the best decision I've ever made for me.

I keep coming back. I am worth it!

~ Samantha K

## Acceptance, A God Moment

During the announcements of our recent meeting, our Group Service Representative (GSR) shared that the newsletter committee is still looking for articles regarding "Acceptance" to publish in the Spring Newsletter.

At the meeting, we read out of the SESH (Sharing, Experience, Strength, and Hope), December 27th, page 362, entitled, "Acceptance." The writer described some people as "recovery teachers." The first teacher he referenced was a physician who told him, "Until you accept your wife's illness as terminal, you will not be able to assist your wife, yourself, or your family to transition in peace." Twenty years later, out of desperation, the writer joined a Nar-Anon Family Group, where he met a second teacher. After a meeting, he experienced what he called a "God Moment" when he heard a member say to him, "Your problem is, you haven't accepted the fact that your son is a heroin addict." From that moment on, he became calm and focused on his own recovery.

This SESH book reading reminded me of one of my own "God Moments." I was seeing a therapist due to my longtime suffering from the family disease of addiction.

I had been a member of Nar-Anon for a few years when I decided I needed some extra help.

When the therapy session had ended, the therapist was looking at her calendar to schedule my next appointment as I wrote out my payment check. She said in an offhand manner, "I don't understand how someone so smart blames others for her own unhappiness."

I believe that if I had not been in recovery, found, and depended upon a Power greater than myself, and was working the steps with a sponsor, I would not have been able to hear, comprehend and accept what she had said. I describe the therapist's message as a moment of clarity and enlightenment. Before recovery, I couldn't see nor accept the truth of it. With my recovery in place, I was open to hearing it. I had been expecting others to deliver my happiness. I was not being accountable for my own happiness!

Today, I try to remember, accept, and practice in all my affairs: Myself I can change, others I can only love.

A God Moment.

~Anonymous.

### New literature in the Little Blue Book approved at 2021 World Service Conference (WSC)

Page 3: Prayer for the Trusted Servant:

Page 13: Prayer for the Growth of Our Fellowship:

Does your group need to update their Blue Books and/or reading cards by purchasing new blue books or downloading the new electronic Blue Book?

# Meeting Take-backs

- NORCAL ASSEMBLIES: Sunday, March 19, 2023, and Sunday, March 26, 2023 both at 2pm. Zoom ID **820 6743 9687**, password **ncrnfg**.
- Your meeting’s Group Service Representative (GSR) or Substitute GSR will attend and vote on the following:
  - a) Elections for Vice-Chair, Secretary
  - b) Conference Agenda Report (CAR.)
- The NorCal Convention will be IN PERSON at the Sacramento Hyatt Regency Hotel next to the convention center, Saturday, April 8, 10am-4pm. (see flier on page 7-8 in this newsletter)
- Meeting Changes? Notify NorCal webmaster at [meetingupdate@naranonnorcal.org](mailto:meetingupdate@naranonnorcal.org)
- 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.
  - a) Latest News: A snapshot of the latest financial information can be found on the Nar-Anon.org landing page.



## 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 Region Convention XXXIII

April 8, 2023



We can stand at the edge of the ocean and  
scream at the waves to stop but they will not...  
~SESH January 9

...Acceptance is the answer

**NORTHERN  
CALIFORNIA  
REGION OF  
NAR-ANON  
FAMILY  
GROUPS**

## HYATT REGENCY SACRAMENTO

For Hotel Booking at  
Hyatt Regency Sacramento or  
Sheraton Grand Sacramento

[norcalna.org/nccna\\_hotel.php](http://norcalna.org/nccna_hotel.php)  
For Best Hotel Rates

Online and printable  
registration forms are  
available at [ncrnfg.org/cnvreg2023](http://ncrnfg.org/cnvreg2023)



Service  
Opportunities  
Available:  
Registration Table  
Information Table  
Merchandise Table  
Drawing

NorCal Region Nar-Anon Family Groups in Cooperation with NorCal Convention of Narcotics Anonymous

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

# Acceptance is the Answer



Nar-Anon Family Groups  
Nor Cal Regional Convention XXXIII (In Person)  
In the spirit of cooperation with NCCNA ([norcalna.org](http://norcalna.org))

**April 08, 2023**

**Hyatt Regency Hotel, Sacramento, CA**

For more information, please contact Debbie S. at 916-761-1309 or [registerconv@naranonnorcal.org](mailto:registerconv@naranonnorcal.org)

**Early Bird Registration \$20.00**

Registration will be \$25.00 after April 1, 2023

Please mail your payment and registration form to:

**Linda H.  
P.O. Box 232812  
Sacramento, CA 95823**

For Registration questions email:  
[registerconv@naranonnorcal.org](mailto:registerconv@naranonnorcal.org)

Payment options:

1. Cash (in-person registrations only).
2. Check (mail-in registrations).  
Make payable to: NCRNFG
3. Venmo by Scanning the QR code in box to the right.

Debbie S.  
@debbie2015



**venmo**

Scan for Venmo Payments

**When paying with Venmo**

Please remember to include your name, and indicate Convention Registration, in the comment section on Venmo **AND**, please mail or email your registration form.

(See form below)

Tear off registration form below and mail to Linda H. with your check or Venmo payment transaction ID.

Your name(s): \_\_\_\_\_

Your home group (City, location, day, time, etc.) \_\_\_\_\_

# of years in Nar-Anon (on April 8, 2023): \_\_\_\_\_

Your email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Indicate which form of payment you used: (cash, check, or Venmo) \_\_\_\_\_

Write in check number or Venmo transaction ID: \_\_\_\_\_

Would you like to volunteer: Registration/Information Table \_\_\_\_\_ Merchandise Table \_\_\_\_\_

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

# NorCal Region Convention XXXIII

April 8, 2023



## Nar-Anon Family Groups Convention Schedule

April 8, 2023

Hyatt Regency 2nd Floor Carmel Room  
1209 L St, Sacramento, CA

View this  
on your phone



8:30 - 11:15 am	Registration	Ballroom Foyer, Main Floor
10 am	Speaker Meeting	"Acceptance" Linda T (Fresno)
11 am	Speaker Meeting	"God Moments" Paula L (Concord)
12 - 1 pm	Lunch	
1 - 1:15 pm	Registration	Carmel Room, 2nd Floor
1:15 pm	Speaker Meeting	"Acceptance, Courage, and Wisdom" Michael S (Walnut Creek)
2 - 2:15 pm	Registration	Carmel Room, 2nd Floor
2:15 pm	Panel Discussion	"The Family in NFG & NA" Tracy C & Dean (Roseville) Sue R & Dustin M & Kyle M (Galt)
4 pm	Celebration Door Prize	"Recovery Chips" Judy M (Oakland) See rules below

The breaks between meetings are 15 minutes.

#### Door prize rules:

Must be present during drawing  
Plus a ticket for paid NFG registration

Must attend a NFG recovery meeting  
Plus a ticket for NFG pre-registration.

1 free ticket per registrant  
Tickets given only with NFG registration