

NorCal Nar-Anon Messenger

Summer 2023

Letter from the Editor

Hello All,

Welcome to our newest edition of the NorCal Nar-Anon Messenger. In this issue, our topic is on the pamphlet, Passport to Freedom. We have a few great articles on this topic as well as an article on the importance of what service means to a couple of our members.

Other things you will see in this edition will be something from our Nor-Cal Region Convention that was held in the Sacramento Region in-person for the first time since Covid with a share from a member talking about

how the convention saved her life.

As usual we have our *Meeting-Takebacks*, and a summary of the 2023 World Service Conference (WSC), April 27 to May 2.

See the invitation for an Area Picnic, Saturday Oct. 7th, 2023.

Next issue's topic, **Grandparents' Stories!** Please submit your shares regarding your experience, strength and hope as a grandparent by September 30, 2023 to newslettercoord@naranoncal.com.

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Respectfully submitted
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Tracy C.

Newsletter Theme

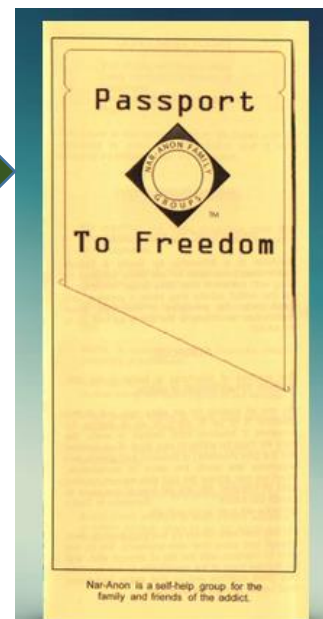
Have You Read It? Do You Have It?

From the pamphlet "Passport to Freedom."



The purpose of Nar-Anon is found in the 5th Tradition: To help families of addicts.

We are looking for an easy way out of this dilemma. It is up to each of us to decide for ourselves if freedom from despair is worth the price, we are be willing to pay. Most of us believe that the gifts of freedom and growth and happiness are worth the price of acceptance. When we can accept the first step, we get our first taste of freedom. We are set free of our need to control the addicts. Surrender to God's guidance will cost us our self-will.



Literature Highlight - Passport to Freedom Pamphlet

When we accept step one, we get our first taste of freedom. We become free of the need to control the addict. The cost: our self-will. The pay-off: faith in a power greater than ourselves.

“Step One suggests my problem, Step Two opens the door to a solution. I began to believe by choosing my own concept of Higher Power. I came to know that the God of my understanding does for me what I cannot do for myself. I deepen this relationship daily by using a God Jar every morning. I love to write a bothersome problem down on paper, fold it up, open the jar, stick the paper in, screw on the lid and give it over to my HIGHER POWER. For me it is an action that gives me great physical and mental relief.”

This is a selfish program in the sense that we come to meetings learn to improve our own lives. Our growth and serenity depend upon our not discussing the shortcomings of others and not gossiping, criticizing, or condemning the addict.

“I came in blaming everyone and everything for the cards I had been dealt. Slowly a new person emerged, one who understands that to recover I must keep the focus on me.”

As a newcomer we may find this program confusing at first. How will just sitting and listening help our family? We learn we are sick too, sick with a mistaken sense of guilt and feel somehow their using is our fault, but it is not our fault. If we grasp just this one thought, we are on our way to recovery.

“I have learned that I am not responsible for another person’s choices and therefore their consequences. How freeing! It makes complete sense, but I sometimes doubt and fight to take back the mistaken responsibility for another, that is MY USUAL RELAPSE.”

Practicing the Twelve Steps is a rewarding way of life, when one person in the family improves their life and attitude it creates a positive chain reaction opposite to the negative chain reaction created when addiction is in the family.

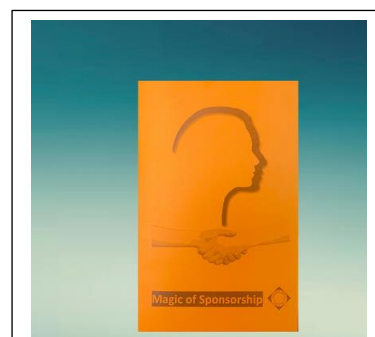
“Concentrating on a person’s disease of addiction caused me to wander aimlessly for too long. Now is the time to concentrate and accept the program’s passport to freedom. I will make my own life useful and constructive. I will Keep coming back.” ~Anonymous.

2023 World Service Conference Approved Literature (CAL):

Magic of Sponsorship-New

This booklet offers insight into the special relationship we call sponsorship and a short step working guide.

B-213 ~22-11-03 \$5.00



A Member Shares – “*Nar-Anon Saved my Life*”

I joined Nar Anon approximately a year ago. It Saved my life. I truly cherish my family at Nar Anon!

I heard about the Nar-Anon convention and thought I would stop in to hear a speaker. My Mom and I had other family plans that day, but they fell apart. Rather than leave her home alone, I invited her to join me to go listen to a Nar-Anon speaker. My Mom was happy to get out of the house and see what my program was about. She was curious, because she has seen a positive change in me over the last year and wanted to better understand.

I did not realize that the Nar Anon convention was just a small part of the NA convention. I dropped my mom (handicapped) off at the wrong entrance. She was a little surprised by all the happy bikers! I too was surprised. All this positive energy, love, and greetings. We had to be at the wrong place, normally at my meetings we are all crying! But boy the joy at convention was contagious! We ended up staying for the entire event and went to lunch with people from my home group.

The Nar-Anon speakers were so inspiring. They honestly gave me HOPE! There was a woman there with her son who is in recovery. The look on the that mother’s face, I could see her overwhelming love for her son pouring out in her eyes and her smile. I cried happy bittersweet tears myself. I felt that love just by listening & watching her! Yes, there is HOPE! I HOPE to feel that again someday!

Frequently, I want to give up HOPE on my daughter and think there is no way out for her. If only I could turn back time and do something different to change our outcome. Why did this happen to her and to me? I came to the realization, that there is a way out for her if SHE chooses. Our lives will FOREVER be different. I am OK with that. The message of the convention was of ACCEPTANCE. I ACCEPT that I can ONLY work on me. I ACCEPT that our lives WILL be different and changed forever. I ACCEPT that I cannot place ANY expectations on the outcome of life for us.

The stories people so graciously shared were both heartbreaking and inspiring. They changed my life! I realized that Nar Anon was not just my meeting every Tuesday night, but an entire community. I gained a larger family that day. I left on a high that lasted for weeks. NOT drug induced!

My Mom thanked me at least 20 times for bringing her to the convention. She has been through the journey with me and my daughter, so it gave her a new perspective on everything. Mom also made new friends. She told me she prays every day for my daughter (her granddaughter) and really appreciated the spiritual connection that she felt at the convention.

I cannot wait until next year to learn, share, and grow more. This is our process now for the REST of our lives. I ACCEPT that with open arms! I can't wait to meet our new Nar Anon family members of the future and hope to be of some assistance on their journey, just as I have been loved and supported through the year.

-Jaimie (Sacramento Mid-Town/Downtown)

A Big Thank You!
*To our NorCal Region
Convention Committee for their
excellence in planning and
devotion of service that went
into a first-“after-pandemic”
NFG Convention in Sacramento!
This fellowship-event would not
have happened without the
Sacramento-led committee!*
Thank You!



Meeting Take-backs

- **NorCal Region needs volunteers to fill these positions:**

1. **Chairperson**, Suggested minimum of three (3) years of continuous service in Nar- Anon
2. **Vice-Chair**, Suggested minimum of two (2) years continuous service in Nar-Anon
3. **Treasurer**, Suggested minimum of two (2) years continuous service in Nar-Anon
4. **Secretary**, Suggested minimum of one (1) year of service in Nar-Anon
5. **Coordinator**, Website Subcommittee

Regular rotation of service positions gives all members the privilege of serving and strengthens our common welfare. Self-support goes beyond the dollars in our basket, it includes support from within the fellowship in the form of service in our groups, areas, and regions.

- Meeting Changes? Notify NorCal webmaster at meetingupdate@naranonnorcal.org and WSO at <https://www.nar-anon.org/edit-group>
- The World Service Office (WSO) will accept donations in any amount. You can donate by scanning the QR Code with your camera to arrive at the donation site, or by going to www.nar-anon.org, or send a check to WSO 23110 Crenshaw Blvd. Suite A., Torrance, 90505.
 - a) Latest News: A snapshot of the latest financial information can be found on the Nar-Anon.org landing page.



What Does Service in Nar-Anon Do for Me?

My life is unmanageable, I am powerless over many things daily. Often, I feel purposeless and useless, and like a failure. When I do service, I create a tiny window of manageability in my daily life. Within that service responsibility, I feel useful, I feel that I have a purpose. I think "At least my service life is manageable." "At least for this one hour of service, I have a purpose." I am learning to have deadlines; I am learning to start something and finish it. I am learning to do things imperfectly and do them anyway. I am allowed to make mistakes in Nar-Anon service, my service is appreciated even when it's imperfect. I heard in the rooms that we build self-esteem by doing estimable acts. Service is an estimable act. It improves my self-esteem and self-respect. Another bonus of doing service is connecting with people in the program. When I was my group's secretary, I worked closely with our Group Service Representative (GSR).

When I became a regional delegate, I connected with regional officers of my region and other worldwide delegates. Service is a good excuse for getting out of my isolation. In meetings, format reading makes me visible during the meeting, even if I don't want to share, I connect with the group. Same happens when I volunteer for readings. Connection is the opposite of isolation. Just for today, I will choose connection over isolation.

The rewards I get from service:

- Creating some order in my messy life
- Usefulness and purposefulness
- Training myself in helping without enabling
- Seeing myself in my interactions
- Connectedness (antidote for isolation)

~Anonymous

Alternate-Delegate Summary
Progress Through World-Wide Unity

2023 World Service Conference (WSC), April 27,28,29,30 May 1 and 2

We saw progress through unity in our WSC 2023! Each day of the conference had an average of 35 delegates, 8 Board members and 90 Observers in attendance. Overall Results of Motions were: 5 failed, 2 were found out of order, 51 passed, and 35 were withdrawn. Several motions were referred to a committee for research purposes. Those committees are....

1. Transition ad hoc committee: to find a pathway for annual conference vs. bi-yearly.
2. Electronic Literature ad hoc committee: to research for a pathway to convert more of our literature to electronic and other formats.
3. Social Media ad hoc committee: to research the use of social media while protecting anonymity
4. Best Practice Service Structure ad hoc committee: to gather information from other 12 steps programs to help streamline our structure.

A FEW HIGHLIGHTS OF MOTIONS PASSED:

- Motion #3 passed. Now the Board of Trustees (BoT) gets only one vote at conference.
- Motion #5 passed. This will allow the use of technology to translate foreign languages during conferences. This motion totally reflects the spirit of the WSC Theme: *Progress Through World-Wide Unity*.
- Motion #8 passed. This will help to reduce the number of motions in the CAR, by eliminating the need to continually change the Guides to meet the needs of specific Nar-Anon Communities.
- Motion #14 passed. This will result in a yearly Conference with virtual format (zoom) This will make it possible for regions all over the world to attend. (2023 set a record for the number of regions represented!)
- Motion #17 passed. Our Board of Trustees (BoT) is now named World Service Board (WSB)
- Motion #26 passed. Motions presented for the CAR will be reviewed by the Policy and Guidelines committee before being placed in the CAR.
- Motion #30 passed. Now floor motions will take effect as soon as the Conference has ended.
- Motion #40 passed. This will permit members to display specified CAL (mostly from Blue Book) in Nar-Anon virtual meetings via screen sharing. (*Before displaying Nar-Anon literature on a shared screen, the following statement must be made: "Nar-Anon copyrights prohibit copying literature from the screen."*)
- Motion #42 passed. Our official name will now be Nar-Anon/Narateen Family Groups

SUMMARY HIGHLIGHTS:

We all worked together at the conference this year. All participants were determined to find common ground and were eager to see progress! This was demonstrated many times by BoT members AND the Delegates. Common ground was established with most motions, by using amendments, patience, and good will. This proved to be a successful process.

For the first time ever, we used "**A Committee of the Whole.**" This came about when a smart delegate asked, "*Madame Facilitator, I move that we go to a committee of the whole to discuss this issue.*" We voted "YES", and the conference rules were suspended. We experienced open discussion and facilitated "***Consensus Based Decision Making.***" Progress was made during this loving and collaborative format. This was our first experience using this type of decision making, allowing our High Power to intervene and guide us as we came to a spiritual group conscience.

-Linda T, alt delegate
Altdelegate@naranonncal.org



SAVE – THE - DATE

Mt Diablo Area - Picnic

Hosted by: Oakland Thursday Group

Saturday, Oct 7th, 2023,

11:30am – 3:30pm

Jack London Park, Benicia CA

To: NorCal Region GSR's, please watch for information emails and bring to your groups!

THANK YOU!

SUMMER_BIRTHDAY SHOUT-OUTS

Nar-Anon Group Birthdays

August 7, 2017 Walnut Creek, Fridays	5 years-old in 2023
September 2, 1980, Concord, Tuesdays	43 years-old in 2023
September 7, 2009, Roseville, Mondays	14 years-old in 2023
September 2, 1997, SF, Tuesdays, Meeting Name; <i>Circle of Compassion</i>	26 years-old in 2023

Let us know when your meeting has an upcoming birthday!

Email Tracy at litcoord@naranonnorcal.org