

# NorCal Nar-Anon Messenger

Fall/Winter 2023

## Letter from the Editor

Hello All,

Welcome to our Fall/Winter edition of the NorCal Region's Nar-Anon Messenger. In this issue, our topic is on the Booklet, **Grandparents' Stories**. We include personal heart-felt shares on this topic, written in article-form, as well as a service article, from our Alt-Delegate's Service Story.

As usual we have our *Meeting-Takebacks*, "Your Region Needs Volunteers."

Also, inside the newsletter, the Interim World Service Conference (IWSC) Calendar, "2024 is the first-ever Interim

*World Service Conference held by the Nar-Anon fellowship. Attendees will include, Delegates/alternates, regional representatives, and the World Service Board, WSB..."*

Please see the *Save-The-Date* Flier, February 10, 2024, "Rooted in Service", A Western Regions Convention.

Next issue's topic, **An Attitude of Gratitude**. Please submit your shares regarding your experience, strength and hope as a grateful member of Nar-Anon Family Group by January 31, 2024 to [newslettercoord@naranoncal.com](mailto:newslettercoord@naranoncal.com).

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Respectfully submitted  
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Tracy C.

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## Newsletter Theme

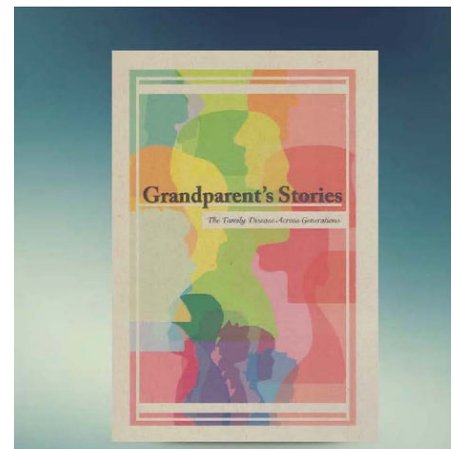


### Grandparents Stories

#### ***The family Disease across Generations***

Addiction knows no boundaries. It crosses all generations past, present, and future. As we begin to understand addiction as a family disease, some of us discover that a common thread has been woven within our families. As our children grow older, we often see the painful cycle of addiction affect the lives of our grandchildren.

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My husband and I are at the age when most of our friends are becoming grandparents. We have envied them as their adult children were marrying and having children of their own. Of course, we are thrilled for them but our hearts were aching as we saw no chance of that for us on the horizon. Although we had high hopes that our youngest daughter would be engaged and eventually have children, she recently broke up with her long-term boyfriend.

Our oldest daughter who was approaching 30, has struggled with drug addiction since she was 13. She has never wanted children or even really liked kids. We thought we would not become grandparents from her. We prayed that someday we would be blessed with grandkids. However, God had a different plan in mind.

We lost contact with our oldest daughter as she was living on the streets. We were worried sick not knowing if she was alive. We made a plea on social media asking if anyone knew her whereabouts. We received news that she was alive and almost 7 months pregnant! Oh, dear God no, this is not how we wanted to become grandparents.

I went into "Mommy Warrior Mode" and with the help of a few human angels on earth, we encouraged her to get help, if not for herself, for this innocent little one! My daughter understood she was in no way able to care for a baby and my husband and I couldn't or wouldn't be able to take it on.

Our hearts were breaking at the thought of not being able to be grandparents to this precious baby. We knew firsthand what the best plan for her was: adoption. Both

of our precious daughters were adopted from birth by us. It is such a selfless and loving decision when a birthmother realizes that her circumstances prevent her from being a parent.

My daughter agreed and we were able to find an adoption agency that handles open adoptions which was definitely what we felt was best for everyone. An open adoption is when both the birth family and the adoptive family agree to be in contact throughout the child's life. It can just be pictures, letters, phone calls and/or both families agreeing to visits and being part of each other's lives.

We were adamant that we wanted the most contact possible in this situation. We definitely hit the jackpot with the family my daughter chose. Our beautiful granddaughter will be turning one soon and is healthy and happy. We have that coveted title of Grandma and Grandpa!

Watch out what you pray for because it can happen in the most unexpected way. It is still a rocky road and making the decision to place her daughter for adoption was hard. Being adopted herself she knew it was the right thing for her daughter. She looks forward to having another child someday when she is stable and in a healthy relationship.

Being an unexpected Grandma is the best thing ever! My heart is full and grateful that my daughter was strong enough to make that decision.

~Kris A.

### Region's Alt-Delegate's Service Story

Early in my recovery, I was told that if I wanted to 'get better', I needed to 'get into service'. Have you heard the slogan, "we can't keep what we have, until we give it away"? For me, giving back to our fellowship is not only healing but rewarding too. I stay in service so that I can give back to the program that literally saved my life. Would you like to feel better? Please consider joining us in service at the Region level.

Our Region needs the following service positions filled: Chairperson, Vice Chair, Secretary, and Treasurer. If interested, please contact us (Linda T. and Ed H.) at: [delegation@naranonnorcal.org](mailto:delegation@naranonnorcal.org)

We are also looking for several members to help plan our next Convention. There is an opportunity to have a convention in Santa Clara March 30<sup>th</sup>, 2024, but we have no volunteers (yet) to plan this event. Would you like to help? Please contact us at: [delegation@naranonnorcal.org](mailto:delegation@naranonnorcal.org)

Linda T. Alternate Delegate, Norcal Region

My daughter who was in active addiction and living-on-the-streets asked me to accompany her to her first obstetrician appointment to determine whether she was pregnant. I was **certain** she wasn't pregnant; I knew the drugs were messing with her mind. I wondered how she would react when this was confirmed. After all, I had prayed for God to bind her womb during her addiction. When I saw the new life on the ultrasound screen, I was in complete shock, numb and this prohibited me from speaking. My daughter had secured a spot in a residential rehabilitation for women and babies. After the appointment, I drove her there.

During the next several months, my anxiety was through the roof. I intently worked on my Nar-Anon program. I was grateful that my prayers had been answered that she was in a rehabilitation program. I hoped it would arrest her addiction and help me handle my grief. However, I was not feeling secure at all. I know that she could walk out the door of the program at any time resulting in her baby and her being back on-the-streets, addicted and her baby possibly ending up in a broken foster care system. This caused me great concern as I had volunteered for this system. I continued to work my program and struggled to keep myself in "today," trusted in God and prayed for the safety of my daughter and "our" unborn child.

One Saturday morning, I called my daughter and learned that she had left the program. For a moment, I felt that I would completely fall apart. I didn't! I leaned into God's loving kindness and meditated on my Nar-Anon literature. I had plans to go out-of-town that day and was able to do so. My faith and program gave me strength and comfort and allowed me to realize that staying home would do nothing but make me sick and wallow in something of which I had no control.

My Nar-Anon recovery allowed me to implement appropriate boundaries. When my daughter asked me if she could come home, I was able to lovingly respond, "no." I knew if I allowed this, it would be a bad decision for all of us.

After two weeks, my daughter called me and said, "Mom, I think I want to go back to the residential program." I was able to calmly respond, "Well then, you call them and see if you can return." I was able to lovingly respond without rescuing and taking on a mistaken sense of responsibility. I let go and prayed. The rehab program people allowed her to return. She completed the 6-month program, and my beautiful grandson was born. Thereafter, my daughter and grandson moved on to a sober living environment (SLE) for the next four years. Glory to God for Nar-Anon.

~Sandi, A Grateful Grandmother

## I Miss Her

**I miss her...** I feel very fortunate that my daughter is not actively using. I was terrified she would get pregnant and it would make a horrible situation even worse, as if that were possible. Little did I know, having a child would be the one thing that would get her sober and back on the right track. Today, she holds down a full-time job and cares for her toddler. But she is still an addict... She doesn't work any type of a 12-step program, still thinks like an addict, doesn't keep regular contact like an addict, and is self-centered like an addict.

**I miss her...** My mother's intuition tells me there is some kind of mental illness going on. Something about the way she relates to the world is just a little bit off.

**I miss her...** We had a disagreement. I had some concerns over the way she was handling something with her toddler. I tried not to sound accusatory and was trying to just ask questions to get a better understanding. She interpreted it as me saying she's a bad parent and became verbally abusive. I calmly ended the video call. She texted me and asked me why I hung up and I told her she wasn't going to talk to me the way she was. She hasn't talked to me since except for liking one picture I posted on my social media.

**I miss her...** I continue to work my program to the very best of my ability. Reading Nar-Anon literature every day, doing service wherever I can, going to meetings, staying in my lane, doing lots of self-care like watching TV, reading, cleaning or anything that allows me to feel like I am moving forward in a positive direction. My sponsor reminds me that I have no control over how my daughter responds. I know my sponsor is correct. I know this too shall pass. Yet, nothing can make me totally forget and it's always in the back of my head.

**I miss her...**

~Jersey

In my opinion, hopelessness is one of the most dangerous feelings. It can lead to relapses, suicides, and deep depressions. The absence of having hope for a situation to get better can be an emotion often seen in addicts. It's also an emotion the addict's loved ones have as well; hope lost for their addict to get better, for life to go back to normal and to be happy again.

Of course, hope can happen again. We come to Nar-Anon for the fellowship of stories and to hear about common struggles, the highs and lows. Nar-Anon also has recovering addicts come in and talk about their experience. Every time I heard a recovering addict speak at Nar-Anon, NA, or AA meeting, hope was planted, even if as small as a mustard seed. I had hope that my addict could recover, and that I could be happy regardless of his sobriety.

When I ventured into Nar-Anon three years ago, I stored my hope in a box deep in my heart, so no one could see it. My addict was in rehab and I was angry. With every relapse I lost more hope. With every meeting I attended, every page I read from the SESH (Sharing Experience, Strength & Hope), seeds of hope began to grow. Change is taking place, a healthier detachment separated me from my addict's recovery. I'm more self-aware and ensure my controlling behavior no longer mandates his sobriety. I began to have hope for myself for the first time in a long time. I wake up not hurting as bad. I smile and laugh authentically, no longer for the purpose of deceiving others.

Family members of addicts can often be afraid of their addict's recovery as much as the addiction itself. Lurking behind the corner of every sobriety period is the fear they will use again, we will find money missing, or not be able to contact them for hours. The price of having hope means we have a great deal to lose. Although life is a revolving door of highs and lows, we begin to see that hope is something we can hold onto, it is not a lost cause. The beauty of hope is that it is rooted in thanksgiving, abundance, and potential. When we choose to wake up every day thankful for something as small as taking our first breath, our existence is a miracle.

Every day I have hope my addict will choose sobriety and enter rehab. When the day closes, and I realize he didn't go to rehab, I can be grateful he is still alive and wake up the next day with renewed hope for his sobriety. It's why I keep coming back, because it works, and I'm worth it.

~Anonymous

## Meeting Take-Back

### 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](mailto:meetingupdate@naranonnorcal.org) and WSO at <https://www.nar-anon.org/edit-group>
  - a) 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](http://www.nar-anon.org), or send a check to WSO 23110 Crenshaw Blvd. Suite A, Torrance, CA 90505.
  - b) Latest News: A snapshot of the latest financial information can be found on the Nar-Anon.org landing page. <https://www.nar-anon.org/naranon>



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

## A Grandma's Story

In 1998, my son and his girlfriend had a little girl. She is the kindest person ever to grace a family! Born on a Saturday, she worked hard at school and now...as the poem goes *"works hard for her living."* My Granddaughter is a delight in every facet of our family and our community.

My son is an addict. When my granddaughter was little, I desperately wanted my son and my granddaughter to know each other and form the father-daughter bond that proved so important in my own life. So, I controlled it. I set up and managed time for them to spend together. Sometimes, they were happy times. Mostly, they were disappointing; he had to leave early or sleep. The incident I share is an instance of a dangerous time. This was me finding my bottom.

I planned for my son and his 3-year-old to spend the night. She slept with me; I did not know if he slept. Of course, I knew what time he needed to be at work, I had already negotiated to drive him to his job in Oakland in the morning. I was good at making sure all details were ironed out before he arrived.

In the morning, I knocked lightly before opening the door to find him asleep. I gave my usual calm good morning wake-up with a verbal timeline reminder. He roused and gave a thumbs-up. I heard him in the shower. I relaxed a bit. He's awake and aware. I can stand down. But he stays in the shower and bathroom for an extraordinarily long time. Worrying me while our little girl is up, eating her breakfast and dousing me with sunshine and love.

He comes out of the bedroom noisily hopping down the hallway into his shoes, frantic to get to work. In a split second he is a chaos monster. He cannot find his belt or wallet. His shirt is stained. It's the end of the world, he's going to be late, he's going to be fired. He hustles us out the door to my car. I scramble to put the baby in her car-seat. Baby in her seat, he is in front of me, swearing loudly and demanding my keys. He cannot trust my driving; it will make him even more on edge. I give him my car keys and get in with the baby.

He drives from Concord to Oakland screaming at the other drivers while pounding his fists on the steering wheel. Pushing cars down the freeway by tailgating and changing lanes. Zooming through the 2-lane tunnel, speeds reaching 90 miles per hour. I knew enough to look forward, stay silent, pray, and not turn around too much to check on the baby. I pray for the highway patrol. I pray for our lives. He parks in front of his job; I exhale and move quickly over to the driver seat. He darts into his work without a backward glance.

From that experience and my recovery work my resolve to protect HER has held. My boundaries around HER remain invincible... without a backward glance.

~Anonymous

### WINTER BIRTHDAY SHOUT-OUTS

#### Nar-Anon Group Birthdays

October 14, 2014 Novato Nar-Anon Meeting (Tues Night)	9 years in 2023
October 18, 2015 Chico Hope Starts Here	8 years in 2023
December 16, 2019 Stockton Family & Friends of Addicts	4 years in 2023
January 3, 2019 Pacifica Nar-Anon Family Group	5 years in 2024
January 7, 2017 Galt United Nar-Anon Family Group	7 years in 2024
January 12, 2012 Elk Grove United Family Group	12 years in 2024

Let us know when your meeting has an upcoming birthday!  
Email Tracy at [newslettercoord@naranonnorcal.org](mailto:newslettercoord@naranonnorcal.org)

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



**NAR-ANON FAMILY GROUPS / INTERIM WORLD SERVICE CONFERENCE 2024**  
**INTERIM WORLD SERVICE CONFERENCE 2024 CALENDER**

June 30, 2023	IWSC Committee informs each region of equalized expense amounts to attend the IWSC 2024.
Nov 21, 2023	Interim Conference Agenda Report (ICAR) available and distributed to the regions.
Dec 21, 2023	Deadline for regions, world service committees, and World Service Board to submit Common Welfare Topics (CWT) to the IWSC Committee.
Dec 31, 2023	Deadline to inform IWSC Committee of region's intention to attend the IWSC 2024 and submission of equalized expense sum by each regional treasurer. Deadline for WSB members and world service committee chairs to inform the IWSC Committee of their intention to attend the Interim Conference.
Jan 20, 2024	Conference Approval Track (CAT) material available and distributed to regions. The Common Welfare Topics (CWT) poll is sent to the WSB, world service committees, and the regions. Deadline for world service ad hoc committee reports and regional assembly minutes showing election or continued endorsement of delegate and/or alternate delegate.
March 20, 2024	Deadline to submit replies to the CWT poll to the IWSC Committee. Agenda for IWSC 2024 distributed to all attendees.
April 19 – 21, 2024	Interim World Service Conference 2024 - Torrance, CA

**PURPOSE**

The IWSC 2024 will include discussion of:

- Common Welfare Topics (CWT) *\*2024 is the first-ever Interim conference held by the Nar-Anon fellowship. Delegates/alternates, regional representatives, World Service Board, World Service committee chairs plus one other committee designee will each express the conscience of their constituencies in 3 facilitated Common Welfare Topic (CWT) sessions. Per WSC 2023, Motion #14 2023. Excerpt NorCal Assembly Minutes, 11/04/23, your group service representatives will bring the CWT to your meeting for group conscience.*
- World Pool voting: *\*The WSB elects two-thirds of the board members from the World Pool as provided in our bylaws. The election of board members at the IWSC will be conducted by secret ballot in a closed session for conference participants only.* Excerpt from Guideline World Service (GWS), page 20
- Approval of Conference Approved Literature (CAL), if any available: *Recovery Literature*
- Approval of Conference Approval Track (CAT) material, if any available: *\*The CAT contains materials defined as non-recovery literature, such as handbooks, outreach literature, project proposals, and other service-related literature that have been sent to all regional delegates by the WSC Committee for review.* Excerpt from GWS, page 11
- Reports on motions committed/referred by World Service Conference 2023
- Discussion and the possibility of writing motions to submit to the Conference Agenda Report (CAR) for World Service Conference 2025

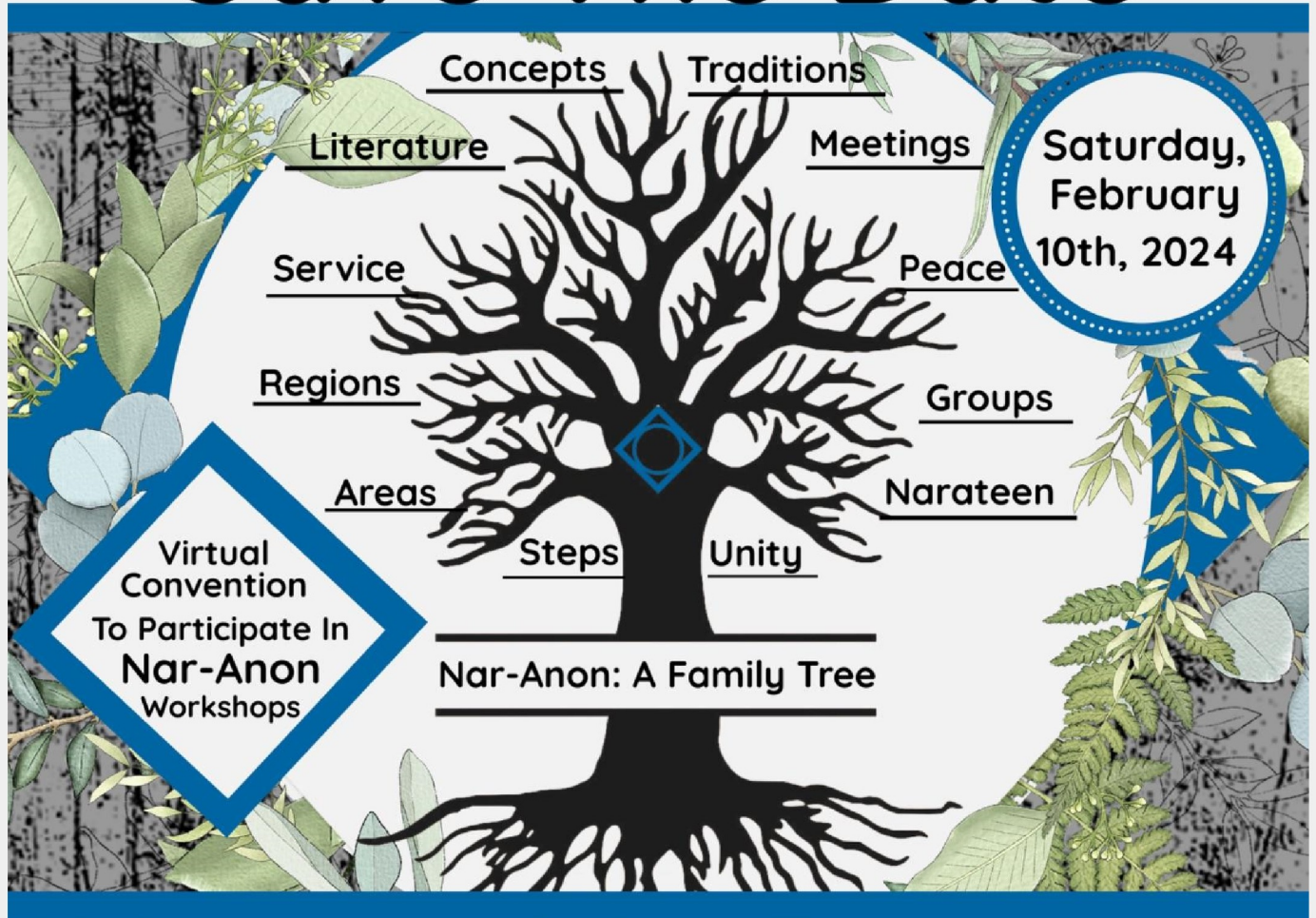
**LOCATION: VIRTUALLY ACCESSIBLE FOR ATTENDEES AND OBSERVERS** Hosted from the World Service Office Nar-Anon Family Groups Headquarters, Inc.

*\*The italicized light grey font-color is further explanation from the Newsletter Subcommittee Members. To learn more about the Interim Conference use this link <https://www.nar-anon.org/world-service-conference>*

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

Western Regions NFG.

# Save The Date



Saturday,  
February  
10th, 2024

Virtual  
Convention  
To Participate In  
Nar-Anon  
Workshops

Nar-Anon: A Family Tree

# “Rooted In Service”

All Regions are welcome.

[Click here for more info](#) and/or email us at [WRCNFG@gmail.com](mailto:WRCNFG@gmail.com)