

# Newsletter of the Nar-Anon Family Groups'



THE SERENITY CONNECTION

## Anonymity and Virtual Meetings

### One member's thoughts in the midst of a pandemic



The coronavirus pandemic has shifted the landscape and the world has been responding. For Nar-Anon Family Groups, the shift from face-to-face to virtual meetings and events has been rapid. Meetings on internet platforms make it possible for members to “get together,” stay connected and support one another during this difficult time. It can be an easy shift and I choose to make it mindfully.

What does this mean? I let program principles guide my choices. Traditions Eleven and Twelve speak directly to the internet and anonymity. I read and reflect on the wisdom of these traditions.

What can I do? In setting up virtual meetings or events, I spend time researching online platforms. I

identify those offering tools to maintain anonymity and I use them. I let participants know what is being done to protect anonymity, i.e., disable video,

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“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.” Nar-Anon Tradition Twelve

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first-name-only screen name, no screen sharing, no recording, etc. I remember “anonymity is the spiritual foundation of all our traditions.”

I look to program principles to guide my choices. Walking my talk in this

way strengthens my program and the unity of Nar-Anon Family Groups.

## Financial Statements

According to the bylaws of the Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.), an annual financial report must be furnished to all trustees, and published on the Nar-Anon website and in the newsletter. Financial statements for the year ending December 31, 2019 can be found on **pages 6 and 7**.

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### Did you know...

- the articles published in the Serenity Connection can be used as topics in a meeting?
- there is new literature for fellowship review on the WS website?
- there is a procedure for new literature?
- you should not be posting any recovery literature on any website?
- that your writings need to be original?





Our  
Members  
Share

## Working the Program During the Lockdown

There are currently no English-speaking Nar-Anon meetings where I live in Spain. Nevertheless, given these tough times, I have taken advantage of the situation to virtually travel the globe to attend many different meetings. I had the great fortune to attend a Nar-Anon meeting out of South Africa. It really helped broaden my horizons to hear the stories of others experiencing the quarantine, confinement, and pandemic in ways that are different from mine.

Fortunately there are also regular Nar-Anon online meetings from the UK so it has been lovely to connect with the fellowship there.

I am really thankful for all the amazing technology that allows me to connect to other members. I can't imagine how I would be coping with this crisis without the program. Thanks to Nar-Anon, I am doing my best to live one day at a time. The Just for Today card gently reminds me that I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.\* That wonderful lesson helps keep me working on me, minute by minute, hour by hour, and reminds me that I don't have to project into the future or wor-

ry about when all of this will end.

A part of me enjoys being confined to my home, except to go out for food and pharmaceuticals, since my life has become rather simple. I am not feeling pressure that I 'should' be out and about, doing more things, being more productive. I enjoy relaxing at home, particularly during weekend mornings. Thanks to this experience, I am learning to feel more comfortable in my own company, a real blessing.



When the pandemic kicked off, I was in the midst of working Step Eight with my wonderful Sponsor. I am now well into Step Nine and, in spite of the confinement, I have been able to make direct amends. It is an extremely healing, humbling process, especially when I clean my side of the street and take responsibility for my actions. I make no attempt to explain or justify them and merely hear the other person out. These are true amends in my eyes.

I went through the stages of awareness, acceptance, and action when I found out we were on lockdown. It was a process that began with shock but has transitioned into understanding and acceptance of the situation. I now do my best to work hard, eat healthily, exercise, stay clean, dress well, keep my flat clean and tidy, have fun, and maintain a daily routine. This helps keep me sane. Staying in touch with family and friends and attending regular meetings is vital for my well-being.

Each morning when I wake up, I meditate, pray, read the Just for Today card and a daily reader. Going to bed after enjoying the day's *Sharing Experience Strength and Hope* story helps me rest well with great words of wisdom from the program. I am grateful in the knowledge that this too shall pass, and I have plenty of homework in the form of step work to keep me focused on myself. Step One reminds me I am powerless over the pandemic, but I know I am not helpless over my actions, behaviour, and attitude, thanks to the help of a Higher Power.

*\*Nar-Anon Blue Booklet*

Thanks to Nar-Anon, my fear has changed to acceptance; my chaos has turned to serenity. I found spirituality with a Higher Power of my understanding and that Power is also my friend. My weakness has turned to strength and my scattered thoughts have been channeled into a new direction. The peace and serenity that the program offers has given me a new life.

*SESH, January 3*

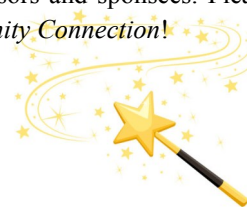
## The Sponsorship Page



This new section is designed to offer insight into that special relationship we call sponsorship. It will be an opportunity for you to share your sponsorship experiences and gain insights into the experiences of other sponsors and sponsees. Please send your writings to [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org) and visit this page in each new issue of *The Serenity Connection!*

## The Magic of Sponsorship

### Sponsorship



What does it mean to work the steps? This question is often asked at Nar-Anon meetings. Year after year, day after day, members silently wonder how it works.

The work of the twelve steps is in the understanding and application of them. Rarely will the study of the steps alone bring about a spiritual awakening. It is through our experience of applying the steps that we come to understand them fully and awaken spiritually. When we commit ourselves to the necessary work, we are amazed to find the

steps worked us. We have changed but are unable to explain how. The mystery is part of the journey. Spiritual awakenings come to us as the result of practicing the principles in all our affairs.

To achieve the spiritual awakening mentioned in Step Twelve, we work the steps in order and with a sponsor. We read, study, and answer the questions in the *Nar-Anon 36* book to understand the steps. We follow the suggestions of our sponsor to apply them to our everyday lives.

### Step Work Application

#### Begin each week with a new slogan

The slogans are the handrails to the steps. Applying the slogans while we are working the steps helps to keep us steady and moving forward.

#### ACTION:

- Choose one slogan to apply for the week. Use the slogan for everything that happens. Use the slogan until it becomes second nature.

Example: "One day at a time." No matter what happens, we remind ourselves to live in the now. We take it one hour, one minute, one second at a time. When the mind wanders into the future or past, bring it back by saying, "One day at a time. Tomorrow is not here yet. Be here where my hands are." We look down at our hands to keep our minds and hands in the same location. Do this a thousand times if need be. We watch to see if our mind is in the past, future, or present. Watch for worry, fear, and obsession.

**Step One:** *We admitted we were powerless over the addict - that our lives had become unmanageable.*

In the first step, we admit our problem is our lack of power to influence or control the behavior, thoughts, words, character, and development of the addict. Not having power is our main problem. Therefore, an action for step one is to admit all of the things we are powerless over. We consider how we lack the power to produce a change in the addict, in ourselves, and in our life.

#### ACTIONS:

- Make a list of ALL the things in the past I have been powerless to change or control.
- Make a list of ALL the things I currently do not have the power to change or control.

The second part of step one suggests "that our lives had

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## The Magic of Sponsorship: Step Work Application

...continued from Page 3

become unmanageable.” It may be difficult to see how we are unable to manage our lives or the life of the addict. Denial is a symptom of the family disease of addiction. We keep an open mind and are willing to see our life from a different perspective.

**ACTION:**

- Make a list of everything I tried to manage and did not get the outcome I sought.

If we struggle to understand what it means not to be able to manage life, we consider what successful management is and then compare it to what is happening in our lives.

### The Family

To accept we have the same problem as other Nar-Anon members, and that we too can change by working the steps, is essential. To help us identify and relate to the experiences and trials of others, we ask ourselves “Have we felt, thought, and acted the same way?” “Have we had the same experiences?”

**ACTION:**

- Read *The Family* on page 4 of the *Nar-Anon Blue Booklet*, taking note of the similarities. Write one page each on my experiences with fear, guilt, obsession, anxiety, and denial.

**Step Two:** *Came to believe that a Power greater than ourselves could restore us to sanity.*

If Step One is the problem, then Step Two is the door to the solution. Step Two has many actions depending on where we are when we start. We can begin by choosing our own concept of God. We can explore the possibility that God can do for us what we cannot do for ourselves. We can deepen our relationship with a God of our understanding by using a God jar daily.

**ACTIONS:**

- Think of your favorite people and your most enjoyable relationships. Write a list of the qualities of those relationships and the qualities of the people involved. Examples: They are always there for me. They let me

be myself. They laugh with me. They are kind and support me.

- Write a hundred “Came to believe that a Power greater than myself...” such as
  - \* could do for me what I could not do for myself
  - \* cares for me
  - \* could protect me
  - \* could protect the addict
  - \* will provide me with everything I need
  - \* KNOWS BETTER THAN I
  - \* has a plan and it’s not mine
  - \* could bring happiness into my life
- Create a God jar to use daily. Write down your troubles on a piece of paper and physically put them in the jar. Resist the urge to get them out again and read them. You may place as many pieces of paper in a day as you wish. Try it to the extremes – use it all the time, then rarely use it. If you remember the trouble during the day, remind yourself, “God already has it” or “I already gave that to God.”

**Step Three:** *Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Step Three can be intimidating. What are we turning over? Will we ever get it back? We are asked to let go entirely and come to terms with the truth that self-will can only take us so far. Step Three is the decision to allow God to help us recover. The decision to rely on a Power greater than ourselves is made many times during the day. Turning over the outcomes of our actions is the work of the third step.

**ACTIONS:**

- Look up in the dictionary the words “will” and “life.” Then make a list of your will: what you want and what you think. Also, make a list of your life: past, present, and future. The list should include people, career, material items, hobbies, passions, dreams, desires, wants, and goals. Afterward, find a quiet place to sit, reflect, and pray. The list is your will and your life. Are you now ready to turn it all over to the care of God, as you

*Continued at the bottom of Page 5...*

## World Service Committee Corner



### Outreach Committee



A reminder on the calendar says it is time to look ahead to the fall and begin planning for a September focus on recovery. Annually, communities across the county set this time to celebrate recovery and raise awareness of resources for individuals and families coping with substance use disorder.

As the national media highlights stories of hope and recovery, Nar-Anon groups, areas, and regions can ride the wave to focus on outreach in their communities. Look online for information about activities and events that offer outreach opportunities. Is there a place where a Nar-Anon outreach booth or table might be set up? Consider

extra efforts to post Nar-Anon flyers and posters, contact treatment centers to share information, or run a Nar-Anon Public Service Announcement during an event. For downloadable information and tools to support these efforts, go to the Outreach page of the Nar-Anon website ([www.nar-anon.org/outreach](http://www.nar-anon.org/outreach)). Check the Outreach Opportunities section for a step-by-step guide on how to reach out to the community through special local events. Another great resource is The Outreach Handbook. Recently released for Fellowship Review, it is also available for download from the Outlook page.

If you have questions or need help with an outreach effort, please email [outreach@nar-anon.org](mailto:outreach@nar-anon.org)

### **Reminder!** **Newsletter Mailing List**

In adherence to Nar-Anon Concept 11, “Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly,” the World Service Newsletter Committee will remove recipients from the mailing list if they have not opened the notification

email for 5 consecutive issues. **This policy began in January 2020.** Recipients will be removed without notice and will need to re-enroll if they wish to continue receiving email notifications. If you have questions or concerns, please contact the World Service Newsletter Committee at [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org).

### **The Magic of Sponsorship: Step Work Application**

*...continued from Page 4*

understand God? When the answer is yes, place everything including yourself into the hands of God.

- Start each day with this prayer, “Higher Power, Guide me on my journey to peace and serenity. Help me to let go of self-will and turn my life over to your care.” When things get rough during the day, repeat the

prayer again and again. When things do not go your way and you find yourself stressed, angry, worried, or frightened, say the prayer. When your mind wanders into the future or the past, say the prayer. Even if you do not mean it, say it. Before you know it, you will come to mean it.

#### **Newsletter Submissions**

Articles are welcomed from all Nar-Anon members. Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit articles to [newsletters@nar-anon.org](mailto:newsletters@nar-anon.org). Each submission must be accompanied by a signed [Copyright Release Form](#) before it can be published.

**\*\* Next Issue Submission Deadline: July 20, 2020 \*\***





# Financial Statements

## Nar-Anon Family Group Headquarters Profit and Loss

January - December 2019

### INCOME

3100 Literature Sales	272,732.50
Total 3100 Literature Sales	\$ 272,732.50
3200 Shipping & Handling	51,830.58
3270 EBooks	5,026.56
3300 Subscriptions-Newsletter	750.00
3460 Royalty Income	
Brazil	1,733.11
Iran	100.00
Russia	1,333.00
Total 3460 Royalty Income	\$ 3,166.11
Total 3500 Contributions-U.S.A.	\$ 57,832.66
Total 3510 Contributions-International	\$ 5,816.06
3550 Contributions-Individuals	2,448.53
Discounts/Refunds Given	-356.80
<b>TOTAL INCOME</b>	<b>\$ 399,246.20</b>

### COST OF GOODS SOLD

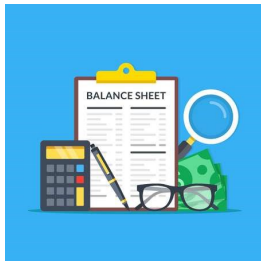
4000 Cost of Sales - Production Dept	
4010 Purchases - Paper/ Supplies	27,744.71
4012 Resale Purchases	8,071.64
4020 Equipment/Copiers	68,019.34
4030 Wages	18,045.44
4032 Payroll Taxes	2,933.83
4034 Insurance	124.50
4038 Postage/Shipping	49,485.69
4040 Rent	8,475.00
4048 Repairs	531.02
4052 Utilities	1,499.97
4062 Newsletters	255.00
Total 4000 Cost of Sales - Production Dept	\$ 185,186.14
Cost of Goods Sold	-12.20
Total Cost of Goods Sold	\$ 185,173.94
<b>PROFIT AFTER INCOME/DONATIONS</b>	<b>\$ 214,072.26</b>

### EXPENSES

4100 Payroll Expenses	
4150 Salaries and Wages	101,838.66
4196 Workers Comp Ins	145.84
4197 P/R Tax ER	7,759.78
4198 Payroll Processing Fee	173.25
Total 4100 Payroll Expenses	\$ 109,917.53
4200 Operating Expenses	
4210 Accounting and Legal	11,486.00
4212 Bank Charges	437.81
4216 Depreciation Expense	644.00
4225 Office Equipment Lease	729.46
4230 Insurance Expense	5,940.06
4240 Office Expenses	5,208.39
4242 Office Supplies	626.70
4244 Outside Services	17,133.45
4250 Postage Machine	1,668.90
4260 Rent	51,600.00
4266 Stripe Fees	10,617.22
4270 Taxes & Licenses	1,370.52
4276 Telephone	3,893.22
4278 Utilities	2,367.00
4280 Web Expense	1,370.00
Total 4200 Operating Expenses	\$ 115,092.73
4600 Travel-Executive Director	1,709.57
<b>TOTAL EXPENSES</b>	<b>\$ 226,719.83</b>
<b>NET OPERATING INCOME</b>	<b>-\$ 12,647.57</b>
<b>OTHER INCOME</b>	
3560 Insurance Certificates	651.00
3599 Miscellaneous Income	22.19
4510 Interest Income	14.43
<b>TOTAL OTHER INCOME</b>	<b>\$ 687.62</b>
<b>NET OTHER INCOME</b>	<b>\$ 687.62</b>
<b>NET INCOME (LOSS)</b>	<b>-\$ 11,959.95</b>

★ See Page 5 for details

# Financial Statements



## Nar-Anon Family Group Headquarters Balance Sheet

As of December 31, 2019

**ASSETS**

<b>Current Assets</b>	
Bank Accounts	
1001 Checking - Gen Account	121,374.33
1050 Prudent Reserve Account	20,000.00
3265 WSC Account	12,700.00
<b>Total Bank Accounts</b>	<b>\$ 154,074.33</b>
Other Current Assets	
1004 Prepaid Expenses	3,660.68
1009 Deposit-Rent	10,442.27
1010 Inventory	21,227.00
1020 WS Conference Deposits	1,000.00
<b>Total Other Current Assets</b>	<b>\$ 36,329.95</b>
<b>Total Current Assets</b>	<b>\$ 190,404.28</b>
<b>Fixed Assets</b>	
1014 Office Furniture & Equipment	
1016 Furniture and Equipment	11,237.25
1018 Less-Accumulated Depreciation	-10,593.25
<b>Total 1014 Office Furniture &amp; Equipment</b>	<b>\$ 644.00</b>
<b>Total Fixed Assets</b>	<b>\$ 644.00</b>
<b>TOTAL ASSETS</b>	<b>\$ 191,048.28</b>

**LIABILITIES AND EQUITY**

<b>Liabilities</b>	
Current Liabilities	
Credit Cards	
2020 Bus Credit Card -	4,179.85
<b>Total Credit Cards</b>	<b>\$ 4,179.85</b>
Other Current Liabilities	
2402 CDTFA Statewide	519.69
2510 Conference Deposits	11,700.00
<b>Total Other Current Liabilities</b>	<b>\$ 12,219.69</b>
<b>Total Current Liabilities</b>	<b>\$ 16,399.54</b>
<b>Total Liabilities</b>	<b>\$ 16,399.54</b>
<b>Equity</b>	
3900 Retained Earnings	186,608.69
Net Income	-11,959.95
<b>Total Equity</b>	<b>\$ 174,648.74</b>
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$ 191,048.28</b>



**3500 Contributions-U.S.A.**

Arizona	375.00
California-Central	756.04
California-North	3,107.72
California-South	4,076.08
Colorado	885.00
Connecticut Region	500.00
Florida	1,154.43
Georgia	693.41
Illinois	168.00
Indiana	85.00
Kansas	130.38
Maryland	445.00
Michigan	11.00
Minnesota	75.00
Nevada	113.00
New Hampshire	21.72
New Jersey	508.44
New York	875.00
North Carolina	420.00
Ohio	347.66
Pennsylvania - Eastern Region	1,221.44
Pennsylvania - Western Region	325.75
Rhode Island	75.00
South Carolina	100.00
Tennessee	75.00
Texas	340.00
Virginia	244.00
Washington	1,852.58
Uncategorized	38,851.01
<b>Total 3500 Contributions-U.S.A.</b>	<b>\$ 57,832.66</b>

**3510 Contributions-International**

Brazil	666.89
Canada - Eastern	357.00
Canada - Western	350.00
Costa Rica	1.00
Ireland	369.10
Russia	1,030.00
Trinidad	25.00
Uncategorized	3,017.07
<b>Total 3510 Contributions-International</b>	<b>\$ 5,816.06</b>

## Appeal!

Dear Worldwide Fellowship Members,

Our fellowship is struggling financially through this unprecedented worldwide pandemic. Tradition Seven states "Every group ought to be fully self-supporting, declining outside contributions."

Our financial appeal is going out to all worldwide Nar-Anon members, groups, areas, and regions to request the donation of all surplus funds. Keep in mind the need to retain a prudent reserve for your respective needs.

Please send your donations in one of two ways:

1. Online at: <https://nar-anon-webstore.myshopify.com/products/donate-to-nar-anon>
2. Make out a check to **Nar-Anon FGH, Inc.** and mail it to:  
Nar-Anon FGH, Inc. 23110 Crenshaw Blvd. Suite A,  
Torrance, CA 90505 USA

Thank you for your help. We are all in this together.

Nar-Anon WSO

**MAKE A DONATION**

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## Coming Events

Click on event titles for details or go to the [Events page](#) on the WSO website.

### [Nar-Anon Tools House Party](#)

**June 6, 2020 11:00 am to 5:00 pm EDT**

Click here for [ZOOM LINK](#)

ID: 554-734-2496 PASSWORD: 8CsFa4

Questions: [nynfgsec@gmail.com](mailto:nynfgsec@gmail.com)

### **Southern California Region 30th Annual Narathon**

*Fear to Faith*

**September 12, 2020**

Rose Drive Friends Church

4221 Rose Drive, Yorba Linda, CA 92886

Information [SoCalRegion@Nar-Anon.org](mailto:SoCalRegion@Nar-Anon.org)

### [Nar-Anon Central California Region 2020 Narathon](#)

**September 12, 2020**

St. Williams Catholic Church

6410 Santa Lucia Rd,

Atascadero, CA 93422

*Save the date!*

### [East Coast Convention 7 \(ECC7\)](#)

*On the Road to Recovery*

**Rescheduled + New Location**

**September 25-27, 2020**

The Wyndham Garden Philadelphia

Airport 45 Industrial Highway,

Essington, PA 19029

Contact: [ECC7chairs@gmail.com](mailto:ECC7chairs@gmail.com)

### [The New York-New England 2020 Nar-Anon Convention](#)

**October 9-11, 2020**

Crowne Plaza Danbury

18 Old Ridgebury Road,

Danbury, CT

*Save the date!*



**Nar-Anon Family Groups**

**Nar-Anon World Service  
Headquarters**

**23110 Crenshaw Blvd. #A**

**Torrance, CA 90505**

**Website: [www.nar-anon.org](http://www.nar-anon.org)**

**Email: [wso@nar-anon.org](mailto:wso@nar-anon.org)**

**Phone: (310) 534-8188**

**or (800) 477-6291**

## Share Your Events

Did you know there is a page on the Nar-Anon website where you can share information about upcoming events? Go to <http://www.nar-anon.org/events> to see a list of upcoming events. Or send a PDF to [events@nar-anon.org](mailto:events@nar-anon.org) if you have a flyer you would like to share.

