

# NorCal Nar-Anon Messenger

## *Growth Through Recovery, Summer 2024*

### Letter from the Editor

Hello All,

Welcome to our Summer edition of the NorCal Nar-Anon Messenger. In this issue, our topic is **Growth Through Recovery**. Presented herein are 16 short stories from participants of the Northern California Region Convention held on March 30th.

**What Does Nar-Anon Cost?** Nar-Anon has no dues or fees. Each group is self-supporting and collects donations that are used for expenses. A *Prudent Reserve* is the amount of money groups set aside for future expenses. Please check with your group, area, or region treasurers to learn whether the amount above the prudent reserve is being sent on to the next level.

#### **If you like to give literature to newcomers...**

Nar-Anon now has an electronic version of the Newcomer's Packet. This update is called the Newcomer's Booklet, it can be found at [Nar-Anon Electronic Literature](#).

Lastly, see a summary of the 2024 first ever Interim World Service Conference AND the calendar for the 2025 World Service Conference.

Please submit your stories regarding your experience, strength, and hope regarding next issue's topic:

#### **Sponsorship**

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Articles are due by Sept., 30, 2024.

Respectfully submitted,  
Newsletter Coordinator,  
Tracy C.

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## **Nar-Anon Convention - *Growth Through Recovery* – March 2024 Members' Writings From the Workshop (stories below)**

*All stories written anonymously*

Friday, last week, I went to my first NA meeting. My partner's best friend was coming to our apartment to visit and had mentioned she wanted to go to an NA meeting. I am in AA, CMA, and Alanon. I had never been to an NA meeting, and I definitely qualify.

My new friend came to us from her hometown with a balding tire on her car. Her extensions were showing and by God she was loud and had a lot of energy!

My growth and recovery are coming as I am reaching out to friends asking for meetings to go to for my new friend. We found one in an hour and it was occurring that evening. We accompanied her to the meeting. We loved it! She was not having it. We believe it showed her a bit of how she behaves, and she was aghast.

This week I was closely working with my boss. At the end of the day, yesterday, he asked what I was doing this weekend. He let me know about the convention. Once he told me about it, I knew I would be here.

I am so excited to be here. I remembered our friend and reached out to her but as expected she couldn't travel because she was having a "blue." Turns out it's a mood stabilizer that she mentioned she takes with a margarita. I worry for her. I dread her drinking. She talks to us, and it breaks my heart.

I found myself, Saturday, at the convention looking for the Spanish meeting room and my Higher Power guided me to Nar-Anon. I can't believe it's my first convention, my first NA meeting and now my first Nar-Anon Meeting.

Little did I know I would get to do this exercise. Thank you for sharing about the healing power of writing. Thank you for the note pad and the pen. I am grateful to be here in my growth and recovery.

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

## Stories Continued:

Growth came when I accepted that the addict was an autonomous human being, not an extension of me or my needs for validation. More growth came when I realized I had no right to try to shape his life to the image of my perfect soul mate. I had no right to shape anyone but myself. His life was his own to live, to screw up, to fix, to be whomever he chose to be. It was a hard lesson, but learning it freed me from resentment and bitterness, and made more room in my heart for gratitude.

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Growth through recovery means to me a new start in the journey of life. I have been attending meetings for over 5-years and now I chair a meeting in my area. I was in my relationship for a long time dealing with the addict's addictions for too long.

My relationship was very toxic and caused me a lot of pain and suffering. I felt sick all the time. Finding the meetings has helped open my mind to changes and helped me recognize issues in my life. I am happy to be of service in my meetings and grateful for the friendships I have made.

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In the beginning, which felt like the end to me, I was lost, confused, and not myself. My qualifier had become selfish. Growth through recovery helped me focus and feel like I've been reborn. I've never been more clear-minded in my entire life and I thank Nar-Anon for that.

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I had a little homemade sign on my refrigerator inspired by an older member at my Nar-Anon meeting. *"Don't do something for someone who is capable of doing for themselves."* When my son, the addict saw this sign he was furious. He screamed at me, *"those people are brain washing you! I am coming down to your meeting and setting those people straight"*. I was scared about him coming to my meeting and humiliating me. He never came.

The sign has remained an important idea within my growth and recovery.

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When I first came into Nar-Anon I didn't even know what boundaries were. Now, I know what boundaries are, and how to use them. I used to be in constant fear of being homeless. I was sure I was going to end up that way. I learned to trust my Higher Power and now I don't panic when I think I am going to run out of money. I know my Higher Power will provide for me and looking back, always had.

Growth in recovery means taking on responsibility for my own joy and accountability for my time in a way that is encouraging to me. I've been seeking outside help and one of the things we've been discussing is my time. Lately, I've been over-booking myself and it felt like I've been cramming boulders in my jar and it's not working. As if fitting in a jar: my boulders include priorities like sleep, food, work, and self-care. My pebbles include things like relationships and such. My sand includes things like hobbies and luxuries.

Growth is recognizing all this and doing something about it.

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What recovery means to me.... Recovery means smiling for real and to not hide the pain.

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Growth to me means staying in my lane and my own recovery and staying out of my qualifier's program.

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Growth in Recovery means a continuing process of maturation closer to the truth of who I am in partnership with my Higher Power. Nar-Anon supports me to continue this growth day by day so I can maintain my peace and serenity and move toward a life of freedom, confidence, and joy.

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I came to Nar-Anon on the recommendation of my therapist. I had been a member of another 12-Step group for many years. My qualifier was also a member of that 12-Step program and I had no idea he had relapsed and had been using for a few years.

When I came to Nar-Anon my life felt so out of control. After several years of regularly attending in-person and on Zoom meetings, working my program, working the steps with my sponsor, and choosing to be of service, my life has definitely gotten better. I am grateful for Nar-Anon and the family I have made in these rooms.

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My service is largely to my group(s) and as a sponsor. The relationships with sponsees help me to strengthen my own recovery. They remind me of where I've been and where I am. As I listen to a sponsee share, a slogan or principle comes to mind, and I can share it with a sponsee. They may or may not be prepared to hear and accept it, but it lets me look at how it applies to my life. I always need to work on my recovery from my disease of codependency. If I'm not working on my recovery I'm slipping deeper into my disease. I'm never standing still! Thank you to those who facilitate this work.

## Stories Continued:

Today is a good day. Some are better than others. Each day it's a choice, dwell on the past or live the life my recovery has given me. The growth I have experienced came from the pain that I felt for many years, and I am incredibly grateful for that period of time because it has made me a much better person. My path through recovery has saved my life. The Nar-Anon program is the basis for my serenity.

Nine years ago, I felt I would have been better off dead. Nar-Anon found me! They said keep coming back, I did, and I got better! I felt I knew it all and was about to leave and a fellow member asked if I was willing to help her start a new meeting. That was seven years ago. Last Thursday's meeting had 17 attendees, with six newcomers! I'm so grateful. I am able to give back what was so freely given to me, in grateful service.

My recovery, after being in Nar-Anon for 17 years, has given me back my life.

Growth is staying in the present moment.

End

*Thank You Convention Participant Writers!*

## Please Contribute to Nar-Anon

In keeping with the Seventh Tradition of self-support, because literature sales have not bounced back from the pandemic and new electronic literature sales have not yet filled the gap, our fellowship needs our help.

If each member contributes an anniversary or birthday donation – for example, join us in sending \$ for each year of personal recovery.

Also, please check with your group, area, or region treasurers, to learn whether the amount above the prudent reserve is being sent to the next level.

In the Guide to Local Services (GLS), page 6-5, *The region will make regular donations to WSO of all funds over its established prudent reserve. Page 9-1 Although it is appropriate to ensure funds are available to carry out the normal tasks of groups, areas and regions, these entities should avoid the accumulation of funds in excess of their immediate needs (prudent reserve). Excess funds should be contributed to WSO for the benefit of Nar-Anon as a whole.*

Go to **(click link)** [Contribute-to-Nar-Anon](#)

**-OR- Hover your phone's camera over the QR Code, go instantly to the WSO Contribute Website:**



## BIRTHDAY SHOUT-OUTS

June 1, 1980	Oakland, Monday, 44 years old
August 1, 2017	Walnut Creek, Friday, 7 years old
September 2, 1980	Concord Tuesday, 44 years old
September 7, 2009	Roseville Monday, 15 years old
September 10, 2015	Martinez, Thurs., "Strength & Unity," 9 years old
September 2, 1997	SF Tuesday, "Circle of Compassion" 27 years old

## Then One Day

My life changed in a blink of an eye. One day, I thought we were the perfect, happy little family. The next day our life experienced a drastic turn. We found out our daughter was using drugs. Fast forward three months, her life was spiraling down. I was also spiraling down. She continued to use and I continued to be crazy. I was desperate and in constant fear. I woke up in the middle of the night to check the computer for "Jane Does." I once called airlines to see how much it would cost to bring a body back on the plane. I checked her location when the phone was working. I sent money even though I told my husband I didn't. Her addiction consumed every waking minute of my life. Her addiction was causing me some sort of insanity. My marriage was struggling. My husband begged and pleaded for me to get counseling. It affected my job. I was barely functioning.

Then one day I received a phone number from a family member. I called it, having no idea what it was about. I was told I could come to a meeting; I did the very next day. I had NO clue what I was in for, but we read from a little blue book. I wasn't in the room more than 10 minutes when we read the Twelve Steps. I almost fell out of my seat, there it was, the first step, "***We admitted we were powerless over the addict — that our lives had become unmanageable.***" My life was wrapped up in one sentence. I was not longer in control of her. I had NO power over what she did. That was the day I decided I NEED to get off that crazy train.

Before attending that first meeting, I thought I would go and hear what they have to say and never return. But I walked out of that meeting and something inside me started to spark. I felt a little less heavy. My burdens were there but I gave myself the grace to continue. What is this? What is this place? When I left and definitely felt a bit more free, my shoulders were lighter. I knew I needed to hear more. I came back for the next week, and the week after that. I committed to 6 meetings, because that is what they suggest of you when you first arrive. I knew I was in a special room. I was becoming part of something big. My life was beginning to change, even though my addict's life was not.

After three months, I was asked to become secretary for our meeting, it was a scary transition for me. It kept me coming back and it was exactly what I needed. I sit here now 6 years into my program and I love what it has done for me and so many people. I will keep coming back! I will continue to serve, and I will NEVER go back to the crazy life. I refuse to allow addiction to take me there. When I feel like I am starting to spiral even a little out of control, I turn to my program, friends, literature, and sponsor. Then I am quickly reminded that I am no longer alone.

I do not have to do it by myself. I have Nar-Anon to thank for that. I am forever grateful.

By: Michele S.

## NorCal Website Updates & World Service Website Updates

### NorCal Website Update:

- Keeping your meeting or committee up-to-date on the Nor Cal website is important for those newcomers or service members who are looking for your meeting.
- Did you change locations, change the day you meet, change the time you meet, or is your meeting closing for a holiday? Please let us know, we will make the changes on our 'meeting finder' on the Nor Cal website.
- Also send private, non-public, info i.e., GSR, Alt-GSR, or other private contacts and service position, including email and phone.
- Just send an email to [meetingupdate@naranonnorcal.org](mailto:meetingupdate@naranonnorcal.org) let us know what you need changed

### World Service Website Update:

- Send group update, GSR, Alt-GSR, or other contacts info to World Service website <https://nar-anon.org/edit-group>

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

## Special Announcement about Literature

### If you screen share...

Many groups screen share literature during virtual meetings. Nar-Anon world service has created new screen sharable literature so there will be consistency. This way the selection of literature and the look of the screen will be the same as members go from one meeting to another. If you would like a free PowerPoint with the literature that is available to screen share, go to the Nar-Anon world service website, look under members, and click on "[Virtual Literature](#)." That page has a brief explanation, a link to explain some limitations, and a link to the request form.

### If you like to give literature to newcomers...

Nar-Anon now has an electronic version of the Newcomer's Packet. This update is called the Newcomer's Booklet. It is available in the eBook section in the Nar-Anon webstore. It includes the pamphlets from the Newcomer's Packet along with the Blue Booklet. The intent in making this version electronic is to allow groups to give literature to newcomers during the meeting. Before this booklet was created, you could only give the Newcomer's Packet and the Blue Booklet to a newcomer by mailing literature to their physical address. Now you can just ask the newcomer for their email address, and immediately "gift" a copy. The following links explain the "gifting" process for eBooks.

[The Amazon process for giving someone an eBook](#)

[The Apple process for giving someone an eBook](#)

[The Google process for giving someone an eBook](#)

[The Barnes & Noble process for giving someone an eBook](#)

Or, if you prefer print literature, Nar-Anon now sells [Gift Cards](#) which you can purchase and then give to a friend or newcomer.

### If you read eBooks....

The eBook page in the Nar-Anon webstore has been completely updated.

<https://nar-anon-webstore.myshopify.com/pages/ebooks>

More eBooks have also been added, including the Newcomer's Booklet, and the Magic of Sponsorship. Work is underway to create an eBook version of all Nar-Anon Conference Approved Literature (CAL), so keep checking back to see the progress and buy a few to help support the effort.

You might also be interested in checking the [literature page on the Central California Regional website](#).

### Don't forget the pamphlets...

There is a new electronic collection of all of the Nar-Anon Pamphlets for Recovery. It is available from [Amazon](#), [Apple](#), [Google](#), and [Barnes & Noble](#). This brings a great collection of wisdom into one simple eBook. Work is also underway to bundle all the service and outreach pamphlets into another eBook that will be available later this year.

From Robert P, Chair, Central California Region



## Interim World Service Conference Summary Report 2024

For the first time, the Nar-Anon Family Groups held an Interim World Service Conference (IWSC). Supported by a Tech Team of 12 members the virtual conference was held from April 19 – 21, 2024. Forty-four regions from around the world gathered in service and unity.

Conference participants heard 17 presentations from the World Service Board, World Service Office, 4 Ad Hoc Committees, and 11 World Service Committees. Each presentation allowed time for the delegates and alternate delegates to ask questions and have their concerns addressed.

The voting members of the conference unanimously approved two new pieces of recovery literature: The Nar-Anon Fourth Step Workbook: A Collection of Inventories and "Tradition Four" for inclusion in the Nar-Anon 36. In addition, one Conference Approval Track (CAT) piece of Service Literature was approved, Suggestions on Starting a Virtual Group. The Conference Approved Literature (CAL) will be available for purchase in the coming months and the CAT piece will be available for download on <https://www.nar-anon.org/service-literature> soon.

The Delegates voted to elect one World Service Board Nominee into the World Pool. Once in the World Pool the World Service Board (WSB) voted to seat the Nominee as the newest Board Member.

During the WSC 2023 a new concept was born – Common Welfare Topics! The WSB, WS Committees, and regions submitted suggested topics. Three topics were chosen Finances, Conference, and Legal Entity. Each topic was discussed for 90 minutes using the 3 A's Awareness, Acceptance, Action. Participants took turns sharing their experience, ideas, suggestions, and concerns. Others asked questions and offered solutions. An additional 30 minutes was spent discussing what actions, if any, to take.

Two Common Welfare Topics resulted in the creation of two Ad Hoc Committees. All Nar-Anon members are welcome to join either committee. Sign up to join the 7<sup>th</sup> Tradition Vision Committee or simply receive emails on the committee's progress [click here](#). A second Ad Hoc committee, Service Structure Development Committee, meets virtually on Sundays at 6:00 PM EDT. For more information or a link to join the discussion, email [delegate@naranonrm.org](mailto:delegate@naranonrm.org).

Nar-Anon Interim World Service Conference 2024

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

## 2025 World Service Conference

April 3, 2024	Deadline to submit motions that propose to change the Guide to World Services or the Guide to Local Services to the World Service Policy and Guidelines Committee for review.
June 30, 2024	WSC Committee informs each region of equalized expense amounts.
July 2, 2024	Deadline for the World Service Policy and Guidelines Committee to send the motion maker(s) a written response.
August 1, 2024	Deadline to submit Conference Agenda Report (CAR) motions in draft form to the WSC Committee.
October 7, 2024	Deadline for CAR motions to be in final form to the WSC Committee.
November 26, 2024	CAR available and distributed to regions.
December 26, 2024	Deadline to submit Common Welfare Topics (CWT) to the WSC Committee.
December 31, 2024	Deadline to inform WSC Committee of region's intention to attend the WSC 2023-2025 and submission of equalized expense sum by each regional treasurer. Deadline for WSB members and world service committee chairs to inform the WSC Committee of their intention to attend the conference.
January 25, 2025	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 committee reports, regional reports, world service Ad Hoc committee reports, and regional assembly minutes showing election or continued endorsement of delegate and/or alternate delegate.
March 26, 2025	Deadline to submit replies to the CWT poll to the WSC Committee. Agenda for WSC 2025 distributed to all attendees.
April 25 – April 28, 2025	World Service Conference 2025 - Torrance, CA

### Location

#### **Virtually Accessible for Attendees**

Hosted from the World Service Office  
Nar-Anon Family Groups Headquarters, Inc.  
23110 Crenshaw Blvd. Suite A, Torrance, CA 90505