

Sponsorship

Sponsorship may be a new concept or idea to the newcomer. The importance of sponsorship is something you will learn about in our program. It is not a requirement to have a sponsor; however, it is a helpful tool in the recovery process. A sponsor is a Nar-Anon member who has a similar story or has been in the same situation as you, or a member you feel a connection with or feel close to. A sponsor is someone you can talk with between meetings, and who knows your story so you will not need to repeat it from the beginning each time you talk. A sponsor will be there for you when you are going through a difficult time or are in a crisis. Your sponsor will work with you on your recovery by guiding you through the Twelve Steps of Nar-Anon. For more information on sponsorship please read our booklet *Questions About Sponsorship*.

Voluntary Contributions

The 7th Tradition states: *Every group ought to be fully self-supporting, declining outside contributions.* As all contributions are voluntary, members may give what they can afford when the basket is passed. Group funds are used to purchase literature, pay rent for their meeting place, and make periodic donations to their area, region, and World Service Office (WSO). A group may also decide to purchase refreshments and serving supplies.

Group Service

Members can be of service to their group by arranging the chairs, setting out literature and refreshments, and cleaning up when the meeting is over. After you have attended meetings for a while, you may want to lead a meeting, or serve as group secretary, treasurer, or group service representative (GSR). We have found that doing service work has been helpful in our recovery.

Take a moment to write down a few phone numbers. Members who give their phone numbers will be glad to talk with you between meetings.

First Name

Phone Number



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INFORMATION FOR THE NEWCOMER



MISSION STATEMENT

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program, we offer our help by sharing our experience, strength, and hope.

***Nar-Anon is a twelve step program
for families and friends of addicts.***

INFORMATION FOR THE NEWCOMER

We welcome you to the Nar-Anon Family Groups and hope you will find comfort and support in our meetings. We believe that by sharing our experience, strength, and hope, we can learn from each other how to deal with the pain and heartbreak that comes with loving an addict. This pamphlet will explain how our program works. If you have questions, please ask them before or after the meeting.

We encourage you to attend at least six meetings before deciding if Nar-Anon is right for you. You will hear stories from our members, which are similar to your own. You will find it helpful to read our literature between meetings. As you learn about our program, you will gain strength by realizing you are not alone. There are many tools that can be used to help during this difficult time. Not everything you hear or read will apply to your situation, so take what you like and leave the rest.

As you work the Nar-Anon program, you will come to appreciate the widely divergent ideas expressed here. In Nar-Anon, as in life, we all come from different backgrounds, bringing with us our own thoughts, ideas, and instincts. We are striving to be the best individuals we can be. We learn we can work this program in our own way and in our own time.

There are no professionals or experts in our meetings, only other members who have struggled with the addiction problem of someone they love. No one will tell you what to do or how to do it. We can only share our experience, strength, and hope so we might

learn from each other in order to make decisions that are right for us.

Emphasis on Anonymity

In any discussion of Nar-Anon, particularly outside the four walls of our meeting place, we urge you to respect the confidence and anonymity of each member, and especially to guard the anonymity of Narcotics Anonymous members. What you hear here, let it stay here.

A Spiritual Program

Nar-Anon is a spiritual program. This means we accept the idea that we are dependent upon a Higher Power for help in solving our problems and achieving peace of mind. A member's individual religious beliefs are a personal matter, and we make it a point to avoid discussions regarding any specific faith.

Conference Approved Literature

Each meeting will have a literature table with information about Nar-Anon. We suggest you read the literature in your newcomer packet and visit the literature table. Remember, our literature can guide you as you recover and continue to work the program. It is not intended to fix all your problems; it is to help you on your journey.

Types of Meetings

Since each group is autonomous, they can decide, by a group conscience, how their meetings will be conducted. However, this is always done in accordance with Nar-Anon's Traditions. Meetings can be held by having group sharing, step and/or tradition studies, topic meetings, or speaker meetings.

Group Participation

At Nar-Anon meetings, only one person speaks at a time. Anyone may express an opinion during their sharing. We do not

engage in dialogue, debate, or crosstalk during the meeting. We do not comment, correct, or judge others as we share. What is true for one may not be true for another. Those who would rather listen are free to do so. Remember, we are not here to talk about the addict's problems but to keep the focus on ourselves and our own recovery. If you have questions, you are encouraged to stay after the meeting to speak with others, or you may want to use your phone list during the week.

Chair/Leader

Some groups elect a program chair/leader for three months; others invite a different member to lead each meeting. The leader acts as a group facilitator who does not give advice, make comments on what is shared, or answer questions during the meeting. The leader usually selects a topic and most often will begin the meeting by sharing a personal story of experience, strength, and hope on the chosen topic.

Nar-Anon Spoken Here

You may notice Nar-Anon members have a language all their own. This is one reason we ask members to keep coming back. At first the new words and phrases you hear may seem foreign to you. This may be a little overwhelming to the newcomer. You will learn about the steps, traditions, and slogans, and find helpful information in our Nar-Anon literature. Sometimes you may wonder why the same readings need to be repeated at each meeting. As you continue to attend meetings, you will find that those readings and slogans will become a part of your everyday recovery.