

2015 Alternate Delegate report

In 2013 I was elected the Alternate Delegate for the Midwest region. The role of the Alternated Delegate is to support the Delegate and serve the region as best the person is able in that role. The role of Delegate and Alternate Delegate are defined in the Guide to Local Service, GLS. The delegate is the person who carries the voice of our region to the World Service Conference which is held biannually in CA the home of the WSO, World Service Office. All Delegates in the USA are charged the same fee to attend regardless of how far they travel because the voice of everyone is important. The Delegates are the voice of the fellowship and the delegate is the one who reflects the spiritual group conscience of the region they serve. The WSC is where the future action/direction of the Nar-anon program is determined. The voice of the recovering is vital to the future of the program. The Higher Power of this program works through people. New Conference Approved Literature (CAL) is amended, accepted or rejected to reflect the recovery program which has transformed so many lives. The guides to local and world service are amended to support, unity, order and the growth of our fellowship. Decisions about the focus of service efforts are made in order to provide for the common welfare of groups everywhere and their members. At the last conference a priority list for the literature committee was determined by the voting members present.

Priority One

- Steps Ten - Twelve
- Traditions One - Twelve
- How to Deal with the Death of A Loved One
- Narateen – 31 Days
- Boundaries

Priority Two

- Concepts One - Twelve
- Parents of Addicted Minors
- Why CAL?
- Seventh Tradition pamphlet
- Fourth Step Workbook

Priority Three

- Adult Children of Addicts
- What Now? (When active addiction ends)
- Why Are We Here?
- Pamphlet for Men
- Addiction in Marriage

The first WSC was in 2006. I did not see a list of participants. Nar-anon delegates from all over gathered to set the framework in place for Nar-anon WSCs and service. In 2008 there were a Board of trustees and delegates in attendance totaling 26 voting members. The year I attended as Alternate delegate there were 29- total; 11 members of the board of trustees and 18 delegates from all around the world. In 2008 there were World Service Committees established with few or no members. Today these

committees have members and are doing the work for the good of Naranon as a whole. A lot of progress has been made in the past 10 years.

In the Nar-anon program, being spiritual in nature, groups make decisions based on group conscience when we gather, discuss and vote on WSC motions or the way our group functions. These decisions are guided by our common conscience. Our groups are autonomous and not controlled by the WSO or our region . We submit to guidelines developed through WSC group conscience to keep our meetings healthy and a place for recovery from the family disease through the Nar-anon program. Each individual person, as they seek recovery, develops spiritually and brings their growing recovery perspective, conscience to the group and discussions. As we seek our Higher Power's will in these group decisions, circumstances and discussions often a spirit of unity and concern for the common welfare of the group emerges. It does not mean we always agree but it does mean we all respectfully listen and consider everyone's thoughts and perspective. In my recovery I have often found the unity place in between, it is the place we want to be; a place of acceptance and respect.

This is the 5th assembly I have attended. I celebrated 6 years in recovery on September 5th. Our region as we know it today became established in October 2009.

I attended the assembly in Springfield in 2010 with the Elmhurst GSR at the time. In 2011 and 2012 I was the GSR for the Elmhurst group. In 2013 I was asked to be the alternate delegate. At that time I was attending multiple weekly meetings, involved in service at rehab centers and working on practicing my own recovery.

Since beginning my own recovery the trajectory of my life has changed. Trajectory may be defined as "The path of life that a person chooses", "an object moving under the action of given forces", "A chosen or taken course"

I was very aware of my tendency to overdo, volunteer, rescue and over extend myself all the time. Even early in my recovery I was living in a much more balanced manner from the beginning when I stopped raising my hand... I realized not everything I could do was something that was correct for me to do. I was cautious about over doing and getting caught in the doing trap again. Working a program takes time, quiet and effort. I needed to have the only service I did be showing up, listening and sharing what I was learning. It was enough. As opportunities to carry the message arose I took them grateful for the opportunity to share my story, my recovery with others who were struggling. My service has been unfolding and I have found that it comes with a feeling of peace after I choose to serve where my Higher Power wants me, the details tend to work out peacefully as well, like my Higher Power's confirmation of my decision. Today I am doing all the things I though being the alternate delegate would distract me from doing, perhaps in some ways because of that choice. I have grown in ways I was unaware of needing to grow. Recovery and service it is all part of the plan. God helps me all the time do my part, it is enough.