Question of the Month: March 2018

Tradition 4: “Each group should be autonomous except in matters affecting other Nar-Anon family groups or NA as a whole.”

As individuals we are encouraged to seek our personal recovery autonomously. We are allowed creative freedom to find what works for each of us- and we are provided with tools to help us- the steps, the slogans, the spiritual principles, the serenity prayer, the SESH book, our home group meetings, Nar-Anon events, sponsors, etc. Additionally, we do our own personal work of reading, thinking, praying, meditating and practicing what we are learning.

In family groups we have the autonomy to make decisions about how we “run” our group. We decide how long the meeting will last, how often we will meet, how often to have guest speakers, if at all, how we will conduct outreach, what special events we want to host, how and when we order literature, when and why we hold Group Conscious meetings, etc. This is autonomy. However, our actions do affect others. We rely on all 12 traditions to serve as a double check system for our decisions. Tradition 6, endorsing outside enterprises, and tradition 12, practicing anonymity, are commonly compromised.

As service bodies, we are NOT autonomous. We do a lot of work. That work is authorized by the family groups of the region. The service bodies serve the family groups. The primary purpose of Nar-Anon is to help families of addicts. Help is a very broad term. We want all members of Nar-Anon to grow in their personal recovery and in their use and comprehension of the program in their daily lives, not just with their addicts but within all of their relationships.

These are the Questions we will be discussing on the GSR call:

1. Are we helping our groups be autonomous or are we helping our groups be dependent by encouraging leaning on service bodies and service leaders?
2. Are we sharing our experiences and tools for how to serve well?
3. Do we change the people in our service positions, locally and regionally as recommended?

Looking forward to your input. Thank you,

Theresa, Alt Delegate