**Q of the Month May 2018**

**Tradition 5:**

**“Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.”**

Tradition 5 is about the loving nature of Nar-Anon, in both our words and our actions. In working the 12 Steps, we learn that the answer to recovery is not only to love and accept the addict, but to love and accept ourselves. In Step 1, we learn that we are powerless, not only over the addict, but over all other people.

In our program we are encouraged to: Stop fighting with our addicts. Let go of resentments. Share our message of hope and healing to those who are suffering. Support a newcomer or a member in crisis. Provide information about our program through outreach, and change our attitude.

We attend Nar-Anon meetings for different reasons: to see our friends, to study the literature, to attend a class, to share a success, to receive support. The flavor of each meeting is different, but the message is the same. The purpose of helping families of addicts does not change.

We are ALWAYS examples of recovery in action, whether we choose to be or not. People will look to our actions and listen to our shares to understand how, and if, the program works. People will see our experiences as a resource. Are we sharing our experience, strength and hope? Are we sharing our war stories, wounds and defeat? What we say will be held up and examined. Others will determine if we are spinning our wheels and complaining, or if we are truly working to change our relationships with our addicts and ourselves.

We often share the message in broad terms- hope, faith, a new way of life, the 3 C’s, etc. The experience of getting the message, however, is often noted in small ways- a sense of belonging, a share that feels like someone is reading your mind, a warm welcome, hearing people we can identify with, or sometimes, the long awaited release of tears instead of anger.

Our meetings are communities in themselves. The bond becomes greater than the sum of its parts. Each one of us who choose to recover is a miracle. It can take a lifetime to believe we are loved and valued. This is also true for the addicts in our lives. Fighting solves nothing. We know this. But, what to do with the hard lump in our throat or our gut? We share the burden, we break apart the burden, we let go of the burden. Some of us understand communication non-verbally, in the heart. Others need concrete information. Still others need to see to believe.

**Q. Do I practice the 12 Steps? Do I encourage and understand my addict? Do I give comfort to families of addicts? Where can I do better?**

**Q When addressing challenges in our groups, do we consider the impact on our families first?**

**Q When I share, do I connect my experience with the message of and spiritual principles of Nar-Anon? Do I take my role as a member of Nar-Anon seriously?**

Prepared by Theresa C, Alt Del MWR. Sources: SESH p 142, 360 Guiding Principles p 81-95

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