**Question of the Month**  **Feb 2019** **Tradition 2**

**“For our group purposes there is but one authority- a loving God as He expresses Himself in our group conscience. Our leaders are but trusted servants- they do not govern.”**

Each of us has a conscience, that quiet voice that guides us. When our personal relationships are in turmoil, we may lose trust in that internal quiet voice. We may even have a disturbed sense of right and wrong. We may seriously question our ability to make decisions at all.

In Nar-Anon we find a place of welcome, acceptance and understanding. Despite our individual personalities, a spirit of love and concern for each other brings us together in unity and provides a sense of belonging. We are no longer alone. This feeling of unity and belonging depends on our willingness to keep coming together from a place of love and acceptance, even when that feels like the hardest thing to do.

How do we bring that same willingness to keep coming together from a place of love and acceptance to our family unit? How do we stop looking at family issues as something to either win or lose?

Outside of Nar-Anon we are not bound by the traditions, but we can still use the 2nd tradition when we relate to others in our families. We can practice being “part of” instead of “apart from.” We can be willing to serve and cooperate rather than govern. We can approach our personal relationships like we approach our relationship with our Higher Power- to show up and do our part in a spirit of shared common goals.

Bringing our Higher Powers into our relationships becomes about learning to love, to trust, to be open-minded, to be present and to be willing to develop, with others, a group conscience. Doing so will serve everyone in the household, and to another level, everyone in the family.

**Q. Can you set aside your ego and bring your Higher Power with you into family discussions and decisions?**

Theresa C.