**Midwest Region of Nar-Anon Family Groups **

**Assembly 2020 SESH**

**Cathy C**

My journey began on June 6, 2013. I crawled into the room of Nar-Anon in Fountain Valley, CA.

Show: ‘Information for the Newcomer’ pamphlet. My first meeting date is on the back page, along with members names & cell numbers. I keep in my book and love to pull it out and review the names. It brings back their faces, words and actions that have touched me. I was GSR for this group for a few years.

Moved to Illinois

- Volunteered to be GSR for Elmhurst Family Home Group

- Volunteered at Assembly to take Nar-Anon MidWest Region Secretary - Currently Alternate Delegate for Nar-Anon MidWest Region

***‘Higher power, guide me on my journey to peace and serenity. Help me let go of self-will and turn my life over to your care.’***

**Service means: Fear to Change TO Faith to Thrive**

Why can I tackle some fears to change, that allow me to embrace faith to thrive, while others are more difficult?

- I do not want fear of change to overtake my faith to thrive

- I must work my faith muscle, so it gets stronger than my fear muscle - I practice ‘Me Power Time’ daily - preferably in the morning

Overall focus as I journal

- Remind myself of how fear can present itself to me

Letting go of God’s hand

Not trusting myself that the unknown is a powerful gift of self

exploration and growth

Looking backward, regretfully instead of embracing my

accomplishments

- Remind myself to focus on

Acknowledging my day with mindful awareness and loving

kindness

Knowing God has my hand and heart

Living in the present with an eye toward the future

Be mindful of my actions and words as both touch others

As I work my faith muscle within myself and have God by my side, I can see progress. I must move forward with actions against the fear I uncover. Setting myself up for accomplishments --- little by little. My faith grows and fear diminishes.

Getting more comfortable with my fear to change, is part of my life. - Facing it and not hiding from it

- Knowing that faith can be a larger piece of my life than fear

- Knowing focus will allow me personal growth in my life’s journey - Nothing can be changed until it is faced

Aiming to face less fearful days, everyday, every hour and every minute. **CALM - CLARITY - FAITH - BOUNDARIES**

**PROBLEMS = OPPORTUNITIES**

**Leanne B**

Tools for Change

Change is a word many of us struggle with allowing to happen. Most of us were comfortable in our lives of daily routine, school, work, church and family. Then the big “punch in the gut”

My qualifier is my son. His addiction journey lasted 27 years. He was 14 years old when he went to treatment for the first time. I attended everything I could for family members so I could learn how to “fix” our family. Sound familiar?

However during my recovery journey I learned to utilize the many tools we learn about in our family groups. I read many books; “Co-dependent No More” by Melody Beatty and “The Lost Years” are my 2 favorites. In my office at work – I had many different sticky notes with a variety of slogans. “One Day at a Time” is the one I utilize the most. However, there are many slogans for us to use on a daily basis.

Change is so great – we learn to take care of ourselves and work on finding “Joy” again. Utilize the tools and positive affirmations for yourself daily.

Our family began a new chapter 9 years ago – my son chose sobriety – we continue to share our experience, strength and hope to help other families.

When you are struggling – use the SESH book, slogans, Serenity Connection or call a family group member. “It works if you work it and you are worth it!”.

Thanks for letting me share.

**Nela**

Through the Nar-Anon program I have learned several things. I've learned about the 3 C's, I didn't CAUSE it! I can't CONTROL it! I can't CURE it!, I've learned with the step work that I do not have the right or the responsibility to run someone else's life, and I have learned the difference between enabling and helping. I've learned how protecting someone from the consequences of their actions was not only disrespectful but by doing so, I was standing in the way of their recovery. I needed to get out of the way and let things happen, despite my fears. I had to learn to trust something greater than myself. I had to learn to trust that by letting go of my loved one, serenity was available for me. The slogan "Let Go and Let God" comforts me in my recovery and reminds me that my loved one has a Higher Power, and it is not me.

One of my go to pieces of Nar-Anon literature is in the Nar-Anon Blue Booklet on page 15. NAR-ANON "If I am willing to stand aside and let God's will be done, I free myself from personal anxiety and a mistaken sense of responsibility."

A page in the SESH book that I really get a lot from is: page 195

**Theresa C.**

\*We rotate service positions because we are ALL responsible for the healthy functioning of our groups- locally, regionally, globally.

\*We are but trusted servants, we do not govern. We do not stay in service positions beyond our term limits. We do not coerce others to serve. We go without if there are no volunteers. Assistance and mentoring are available if you wish to try a service position but are uncertain of your skill level. We are all just amateurs trying to make it work.

\*Trust the voice of your Higher Power to nudge you when the time is right for you to step forward in service.

The Steps teach me to live with myself

The Traditions teach me to live with others in a family or a group

The Concepts teach me to live in the outside world.

"Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you." L.R. Knots