

The background image is a composite of two contrasting scenes. The top half shows a dark, stormy sky with heavy, dark clouds and a bright, jagged lightning bolt striking down from the left. The bottom half shows a calm body of water reflecting a vibrant sunset or sunrise. The sky in the bottom half is filled with warm, golden-orange and yellow light, with soft, wispy clouds. A small sailboat with two sails is visible on the right side of the water, its reflection clearly visible below it. The overall composition suggests a transition from a difficult or stormy situation to a peaceful and hopeful one.

“ALL IS WELL”

Annual Assembly of the Midwest Region
Zooming Together 2021
Take 2 virtual...

Nar-Anon 12 Steps

1. We admitted we were powerless over the addict — that our lives have become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs

Twelve Traditions

1. Our common welfare should come first; personal progress for the greatest number depends on unity.
2. For our group purposes there is but one authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants — they do not govern.
3. The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.
4. Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.
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.
6. Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such ought never to be organized, but we may create service boards or committees directly responsible to those they serve.
10. The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet and other forms of mass media. We need guard with special care the anonymity of all NA members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

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Twelve Concepts

- 1. To fulfill our fellowship's primary purpose, the Nar-Anon Family Groups have joined together to create a structure that develops, coordinates, and maintains services on behalf of Nar-Anon as a whole.**
- 2. The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.**
- 3. The Nar-Anon Family Groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.**
- 4. Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.**
- 5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.**
- 6. Group conscience is the spiritual means by which we invite a loving Higher Power to influence our decisions.**
- 7. All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.**
- 8. Regular, two-way communications are essential to the fulfillment of all these concepts, and to the integrity and effectiveness of our services themselves.**
- 9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.**
- 10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.**
- 11. Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly.**
- 12. In keeping with the spiritual nature of Nar-Anon, our structure should always be one of service, never of governance**

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October 2021, Family Group Meeting Counts by state....

	2021	2020
NW Arkansas	1	1
Illinois	33 (*2)	32
Indiana	16 (*1)	16
Kansas	11 (*1)	15
Missouri	16 (*1).	15
Wisconsin	19 (*4)	19
Midwest Region Total	96 (*9)	98

*temporarily closed meetings

Virtual and Hybrid meetings Midwest Region 25

Life Boat

Serenity Connection Newsletter, September 2021

Before I came to Nar-Anon, I was floundering in a sea of anger, fear, shame, and guilt. When I walked into that first meeting, I started listening to the shares. For the first time since we found out our son was an addict, I felt I was in the right place. I had been picked up by a life boat. When we first come to Nar-Anon, we may feel as though we have been given a gift. We get hauled up into that lifeboat and lie there. We need help, and there is someone to look after us; give us a blanket, something hot to drink, a piece of literature, a phone number to call, a share we can relate to.

If we take a moment to look around the lifeboat, we might notice some people rowing. There is someone handing out food. Some people are planning where to steer this recovery lifeboat. Someone is organizing the literature, and looking after the seventh tradition donations, and setting up the chairs, and there is a Group Service Representative (GSR) who connects our lifeboat to a fleet of life boats.

Our Nar-Anon lifeboat is a precious thing. But like any boat being tossed about on the sea of pain and fear and despair, it can capsize at any time. I hope you have found refuge from that sea in your life- boat. But take a moment to look around it. Are you ready to take a turn at the oars of Nar-Anon service? You can help keep the boat moving forward, picking up other souls that desperately need a place to feel safe and understood. Just like rowing a real lifeboat will strengthen your arms, I can promise you that being of service will strengthen you in your own recovery. Give it some thought, and when you're ready, ask how you can be of service to your group, area, region, or world service. Let's all keep this precious Nar- Anon lifeboat afloat.