



Midwest Region of Nar-Anon Family Groups

Tradition 8

August 2022

Nar-Anon Midwest Region & Nar-Anon Family Groups

The Twelve Traditions of Nar-Anon Family Groups*

Our Group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions.*

Nar-Anon Literature

'Our Traditions: Principles for Groups and Beyond'

[Our Traditions - Principles for Groups and Beyond - NEW - Nar-Anon Webstore \(nar-anon-webstore.myshopify.com\)](http://nar-anon-webstore.myshopify.com)

Tradition 8:

Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.*

Family Home Group

Yes, service is a commitment. Our fellowship encourages service work at all levels because it is the right thing to do. We are asked to share in the responsibility of keeping our group healthy and growing. Eg. At group level whether in person or virtual we all share in helping to maintain the meeting and all that entails.

*As a group of non-professionals, we are all equal.***

Read GLS for explanation of Area and Regional service opportunities being mindful that we are called to serve by HP and we do our best with the HP's guidance and a service sponsor/mentor. When we agree to take on a position with do so with the understanding that it is voluntary; our fellowship depends on members stepping up and doing their best. We all support one another in our endeavors.

Study Question as it pertains to FHG:

*Why is it important that our Twelfth Step work remains non-professional?**

*How can we recognize if we are bringing our professional self into a meeting?****

Family

Each family member has skills that they can bring into the family to support their needs. Some skills or even time constraints require outside assistance, by hiring a professional.*

The primary goals in relationships are love, trust and communication. The principles of the program can guide me towards a balanced life. Should I need expertise beyond my ability, I can seek professional help.

Study Question as it pertains to Family:

*What can occur when a family member does not recognize their inability to handle a situation or task?****

How can trying to solve all problems: my own and others, create difficulty?

How can seeking skilled help from specialty workers help me keep balance in my life?

Service

While it is tempting to hire someone outside of the Nar-Anon family to lead committees or boards, our Twelfth Step message is best carried by those who are practicing these principles with skills that align with tasks & time to devote. There are special workers that are hired and paid through our Seventh Tradition because they require a special skill set or have become a full time job.* We are asked by the program to take turns and take breaks from service so others have the opportunity to serve and grow.**

Study Question as it pertains to Service:

*What tasks do service centers provide and why might we hire special workers?**
Is my Family Home Group supporting special workers by donating up the funds collected through the Seventh Tradition?
*How can practicing Tradition 8 guide me towards gratitude for the special skills and talents of others in service as well as myself?****

At the Regional level this October we will have openings for Outreach Coordinator, Secretary and Webmaster as those trusted servants have or will move on after serving well. Please pray about these opportunities as well as any service needs going forward that may come up in the WI Area.

Midwest Region GSR Tradition Study Eight August 2022
Text pulled from Nar-Anon literature*
Text pulled from "Question of the Month August 2018-Tradition 8**
Text created by Delegate & Alternate Delegate***
Small sections pulled out for adaptation of application