



Midwest Region of Nar-Anon Family Groups

Tradition 9

September 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 9:

Our groups, as such ought never to be organized, but we may create service boards or committees directly responsible to those they serve.*

Family Home Group

Those of us affected by the disease of addiction often rely on the character defect of control in order to feel safe. Tradition 9 is there to give us excellent guidance.*** We require organization to facilitate and keep meetings and service positions healthy. Yet we do not organize helping one another or sharing our SESH.**

Study Question as it pertains to FHG:

*How does this tradition help keep the focus mentioned in Tradition 5?**

*How does holding regular group conscious meetings and rotation of service help continue to align us with this tradition?****

Family

In following Tradition 9 with the help of our Higher Power and Sponsor, we learn how to maintain humility in realizing we are not the only one to do a task. By not being a 'know it all' we earn trust and respect by being available as a resource.***

Study Question as it pertains to Family:

*How can I be a resource to others instead of forcing my ideas and ways of doing things?****

*Do I speak up when other's actions/words are unacceptable to me or do I allow their actions/words to continue as I am afraid of confrontation?****

Service

Those in service positions are 'trusted servants', a unique phrase in our fellowship (not found in organizations). They are elected and trusted with service yet responsible to those they serve, Service: the act of helpful activity***

There are many forms of service with Nar-Anon, from Family Home Groups to Regional Service to World Service Committees. Take some time to review: <https://www.nar-anon.org/service-literature/>, for the many opportunities to be of service.

Study Question as it pertains to Service:

How do members trust the ability of members in service to accomplish tasks?***

How are members in service accountable to those they serve?***

Does my Family Home Group discuss service above the Group level?***

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Text pulled from Nar-Anon literature*

Text pulled from 'Question of the Month August 2018-Tradition 9**

Text created by Delegate & Alternate Delegate***

Small sections pulled out for adaptation of application