



Midwest Region of Nar-Anon Family Groups

Tradition One

January 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 One:

Our Common welfare should come first;
Personal progress for the greatest number depends on unity*

Family Home Group

Tradition One gives us our first glimpse into the heart of the group and how it beats. It helps us realize we are part of something bigger than ourselves, the concept of placing we before me.*

Study Question as it pertains to FHG:

*How can limiting our sharing, so others have time to share, benefit the health and welfare of the group?**

Family

Tradition One can be relevant in our families and our homes, and begins with our care and concern for the common welfare of the family. When we make decisions, we must consider the family as a whole. Personal progress for each depends on unity.*

Study Question as it pertains to Family:

*How can I change the way I communicate to be considerate of other family members?**

Service

Service creates a feeling of belonging and a sense of worth. It requires a commitment to our common welfare and our personal progress. Member participation is needed to steer the ship of recovery for us all. When we are elected to hold a service position, we are trusted to honor the Twelve Traditions and Twelve Concepts of Nar-Anon.*

Study Question as it pertains to Service:

*How do I encourage members to serve?**