



Midwest Region of Nar-Anon Family Groups

Tradition 7

July 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 7:

Every group ought to be self-supporting, declining outside contributions.*

Family Home Group

There are two types of instructions within this tradition.

Conditional: There are times, especially in the beginning, when a group needs financial assistance.

Absolute: Declining outside contributions: paying rent for meeting location or use of Virtual meeting platform.**

Study Question as it pertains to FHG:

*How do members of my group contribute to the Seventh Tradition?**

*Why does accepting contributions, even non-monetary ones, from outside entities violate our Seventh Tradition?**

Family

Self-supporting is taking responsibility for ourselves and our decisions. When we make a choice, we accept the consequences. As many of us have learned with boundaries, we do not have to keep making the same choices. By being open-minded and willing, we can make a different choice that may lead to a better outcome.**

Study Question as it pertains to Family:

*How does practicing Tradition Seven help me to find my own purpose and worth?**

*How does my family work together to support each other as a family unit?**

Service

We give back to the program through money, time and service so Nar-Anon is there for others, today and into the future. Holding regular Group Conscience and Inventories helps us to follow Tradition Seven by practicing the maintenance of a prudent reserve, supporting service positions throughout the Nar-ANON structure and contributing excess funds.**

Study Question as it pertains to Service:

How can we encourage service and financial support beyond the group level to assure there are enough members and funds to carry out the Nar-Anon message?

How can sharing our experience, strength and hope through writing contribute to the fellowship?*

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Text pulled from Nar-Anon literature*
Text pulled from 'Question of the Month June 2018**
Small sections pulled out for adaptation of application