



## Midwest Region of Nar-Anon Family Groups

### Tradition Two

February 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 Two:

For our group purpose 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.\*

#### Family Home Group

A group conscience is when we listen and share with one another as equals, seeking our Higher Power's will for the group.\*

#### Study Question as it pertains to FHG:

*How can we assure the group is given adequate time for members to consider their choices and contributions?*

#### Family

Bringing a calm and focused demeanor to a situation can help create a safe and loving environment.\*

#### Study Question as it pertains to Family:

*How do I allow the will of my HP to be expressed in family decisions?*

*Once I express my opinion, how do I let go of my expectation that I will get my way?*

*How does voicing my opinion in a calm, loving way help me to have healthier relationships?\**

#### Service

Nar-Anon is a fellowship of equals. We leave our backgrounds, education, and professions at the door.\*

#### Study Question as it pertains to Service:

*How is being in service to the group helping me in my recovery?\**