



Midwest Region of Nar-Anon Family Groups

Concept 4

April 2023

Nar-Anon Midwest Region & Nar-Anon Family Groups

The Twelve Concepts of Nar-Anon Service*

Just as freedom for the individual comes from the Twelve Steps and freedom for the groups springs from the Twelve Traditions, so freedom for the service structure flourishes from the Twelve Concepts.*

Concept 4:

Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.*

The trust in confidently delegating service authority is based on careful selection of trusted servants embodying, as much as possible, the following qualities of leadership:

- 1 - Humility: through the working of the 12 Steps the "servants" come to know their assets as well as their limitations. They know they will need help in the position and do not hesitate to ask. By exemplifying a humble attitude, they lead by example and invite respect.
- 2 - Integrity: by demonstrating the principles of honesty, open-mindedness and willingness, they show spiritual maturity knowing Higher Power is in charge.
- 3 - The practice of rotation of service, knowing when to step aside and allow others the opportunity of service.

Family Home Group & Service

Willingness, spiritual depth, responsibility and trustworthiness are demonstrated by those valued in leadership positions in Nar-Anon. Some positions may require specific skills, alongside communication & organizational skills that allow the fellowship to be of service today - tomorrow - into the future.

Study Question as it pertains to FHG & Service:

In your experience, in what ways do effective leaders demonstrate their accountability to fellowship and when do they ask for direction in service matters?

Why is it important to reflect a "whole person" in leadership positions, not just abilities to perform specific skills?

When have I realized that HP is in charge, and been willing to vacate a term in a service position and prayerfully consider another?

Relationships

Capable Nar-Anon leadership exhibits a full range of personality characteristics associated with "having had a spiritual awakening". These behaviors can help us to better personal leadership at home and in all our affairs. We do not know all that is entailed in any commitment or opportunity, but to be willing to be open and ready to learn. This is how growth occurs and respect earned, which in turn develops leaders,

Study Question as it pertains to Relationships:

How can I practice better leadership at home through using Group Consensus skills: listening respectfully to all, not demeaning other opinions, working on encouraging others and giving time to contemplate and listen to HP?

How does practicing tolerance, taking care of responsibilities, as well as remaining flexible with an open heart and mind carry over to service with family, friends and work associates? Give examples.

How has an elder-mentor-role model, whether at home or work environment encouraged you to explore, discover and grow your personal skills? Have you been able to pass that gift on to another?

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Text pulled from Nar-Anon literature*
Text created by Delegate & Alternate Delegate
Small sections pulled out for adaptation of application