



## Midwest Region of Nar-Anon Family Groups

### Concept 1

January 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 1:

To fulfill our fellowship's primary purpose, the Nar-Anon Family Groups have joined together to create a structure that develops, coordinates, and maintains services on behalf of Nar-Anon as a whole.\*

To do these primary tasks Nar-Anon has created a structure to help each member fulfill the purpose; work that we cannot do alone. The structure is developed, coordinated and maintained for the good of the order and our fellowship continues to review the health of the structure through ongoing service, inventory on a regular basis through business meetings on each level: Group, Area, Region and World.

Our 12 Traditions provide the means by which this is done.

"We can do together what we cannot accomplish separately." The GLS and GWS helps service volunteers to be aware of the responsibility of each position avoiding duplication, confusion and the wasting of resources.

#### Family Home Group & Service

According to our Tradition 5 our primary purpose is to help families of addicts. We do this by:

- Practicing the 12 Steps and the positive principles behind them
- Welcoming newcomers to our healthy meetings
- Giving comfort through sharing our experience, strength and hope
- Understanding our addicted loved ones by changing our own attitudes

All members and officers should be bound by Nar-Anon's Twelve Traditions and Twelve Concepts of Service.\*

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

*Is your Family Home Group familiar with the layout of Nar-Anon service?*

*Is your group aware of the Guide to Local Service - GLS and Guide to World Service - GWS?*

*How can service be introduced & discussed within your FHG?*

*How does awareness, reference and prudent plans of action in the service structure help me as a member to fulfill the primary purpose of helping families of addicts thus taking advantage of what others have done (not reinventing the wheel)?*

*How has allowing members to share the responsibility in service structure help me to be more effective in my role?*

## Relationships

Members can use the model of looking at the best for the family, work project, church, etc. We can look inward to ourselves, listen to others, discuss possibilities, accept the collective decision of the group and move forward. The ability to be of service by listening allows growth within myself, my spiritual relationship with my Higher Power and others I engage with.

### Study Question as it pertains to Relationships:

*How does being responsible for my own recovery by working steps and practicing positive principles allow me to distinguish my responsibilities from those of my addicted loved one? (to develop, coordinate and maintain the healthy structure of my life)*

*Do I have faith that using a service of listening will open possibilities unknown to me and others?*