



Midwest Region of Nar-Anon Family Groups

Concept 6

June 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 6:

Group conscience is the spiritual means by which we invite our Higher Power to influence our decisions.*

Family Home Group & Service

'Through our individual conscience, we become aware of our deeply held moral principles, we are motivated to act upon them, and we assess our character, our behavior and ultimately our self against those principles.' from Stanford Encyclopedia of Philosophy. In Nar-Anon we use our collective GROUP conscience to spiritually guide us to make decisions within our FHG & Service by: praying/meditating, sharing, considering our Traditions & seeking direction from our Higher Power/God. By carefully considering, we are moving toward unanimity and not just majority. Sometimes no vote is needed as our group conscience is apparent. Other times one or multiple votes are needed to develop a collective decision.

Study Questions pertaining to FHG & Service:

*How can taking regular Group Inventories help FHG develop/exercise their group conscience?
What impact can each of us, as individuals - when using the Nar-Anon Steps/Traditions/Concepts
in our daily lives - have when we share our SESH with other members?*

*Developing a collective group conscience by praying and meditating together can bring us closer
to unanimity, overcoming self-interests, mis-trust, fear and control. How do you see this process
as a way to strengthen our family home groups and other service structures?*

Relationships

Our conscience has been affected by the disease of addiction. We can apply the spiritual principles as a result of working the Steps. In particular, Step 12: "Having had a spiritual awakening as a result of these steps" (working them diligently with a sponsor and HP) , "we tried to carry this message to others" (in our recovery in service to family and friends) " and to practice these principles in all our affairs". (The spiritual awakening we have is manifest in our experience with Group Conscience.)

Study Questions pertaining to Relationships:

I am not in charge of anyone nor is anyone in charge of me. We came to believe that our Higher Power is in charge. (There is a God and it's not me)

How has trusting the God of your understanding helped to smooth things in our issues at home, at work and in all our affairs?

How can "asking for input ahead of time" help in facing family decisions? Do others in family and groups appreciate and work together with good will as a result of including all in decision making?

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