



Midwest Region of Nar-Anon Family Groups

Concept 12

December 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 12:

In keeping with the spiritual nature of Nar-Anon, our structure should always be one of service, never of governance.*

Service in Nar-Anon provides us an opportunity to practice the principles we learned as we worked the 12 Steps and studied the 12 Traditions. As we faithfully attend meetings each week, we stay strong by listening to members share their experience, strength and hope as well as prayerfully offering our own shares for our recovery journey. Together we can stay strong with the help of our HP thus creating a firm foundation for service based on humility. We give of our time and talent for the good of the order and follow the guidance of the group membership. In service we represent our "we" fellowship in a spirit of mutual respect, support and trust.

Family Home Group & Service

Our groups have delegated service members authority to serve, not govern. This non governing nature calls for seeking advice from other service members, and cooperating in decisions affecting the fellowship. Being honest in communication nurtures the spirit of service.

Study Question as it pertains to FHG & Service:

Can you give examples of how respectful communication helps newcomers feel welcome as well as those members returning?

How can we foster the spirit of equality in our meetings? Give examples.

Relationships

Our service among families, friendships and workplace acquaintances is furthered by following the principles of the program including humility, honesty and integrity. We give of ourselves but not at the cost of the worth of others, remembering our primary purpose is to help family and friends of addicts.

Many in our lives are affected by the disease of addiction and we may not know to what extent. Mirroring the spiritual principles can allow others to take the high road and gain strength in their journey.

Study Question as it pertains to Relationships:

Give an example of how you have shown respect for others' opinions and listened with an open mind.

How does respectfully sharing and then leaving the outcome to God help in relationships?

*Midwest Region GSR Concept Study 12 - 2023
Text pulled from Nar-Anon literature*
Text created by Delegate & Alternate Delegate**
Small sections pulled out for adaptation of application*