

NorCal Nar-Anon Messenger

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Spring & Summer 2025

Letter from the Editor

In this edition, our theme is on **CHANGE**. You will read several articles on how our fantastic program gives us the tools to make changes in our lives. Sometimes, those changes give us the strength to make tough choices we are forced to make, from time to time.

We have an article on the World Service Conference (WSC) that took place in late-April 2025. We also have an article on our Regional Convention held in Sacramento at the Hyatt Regency Hotel mid-April 2025.

In our next edition of the newsletter, we are looking for articles on “**Keeping It Simple**” and/or your “**Experience Strength and Hope.**” We look forward to receiving your articles. Please email your written share by August 17, 2025.

As a committee we decided by group conscience, to exercise the principle of anonymity, articles herein and henceforth will be printed without author names.

Respectfully submitted, Newsletter Coordinator, Tracy C.
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A Courage to Change Story

I remember the first meeting I attended. I was instructed to walk through the hospital cafeteria and proceed behind a door that was labeled, "employees only". As I stood there uncertain as to whether I should go through that door or not, a woman behind me said, "are you looking for Nar-Anon?" When I said "yes", she said, "come on in", and swept me through the door.

I am so grateful today for the A.A. hot line that gave me the information about Nar-Anon. I am grateful to the person who met me at the door and swept me in. I will forever be grateful to her for the welcome I received that day. It was the beginning of a new life for me. Thanks to everyone in Nar-Anon who show up and carry the message.

Changing the Things, I Can

- From enabling to taking care of myself
- From controlling to releasing with love
- From fearing to having faith in my Higher Power
- From projecting to living one day at a time
- From hating to loving, "Love is the Answer"
- From observing to serving. (**Join a service committee and see how your recovery will accelerate.**)

Using these principles in all our affairs will assist us in changing stumbling blocks into steppingstones.

For meeting updates and to find virtual meetings, go to www.naranonnorcal.org/meetings

Change Is Not A Sign Of Weakness

Change is a challenging concept for me. It often feels like admitting defeat or validating someone else's perspective. However, I've come to realize that change is essential for my growth and recovery as a parent of a child who struggles with addiction. In my journey, I've struggled with the need to control every aspect of my child's life. My program has taught me that "control is an illusion." The only path forward is letting go of harmful behaviors and embracing change.

Change isn't easy, but it's necessary for my well-being and the ability to love my addict. Seeking serenity is crucial for me to change my reactions in difficult times, some days are harder than others. Through my experience, I've learned that change allows me to:

- Let go of toxic patterns and behaviors;
- Develop healthier coping skills;
- Improve my relationships, communication and;
- Focus on my own recovery and growth.

Change is not a sign of weakness, but a sign of strength and willingness to adapt. By embracing change, I'm taking care of myself and setting a positive example for my child. I'm working on accepting that change is a process. With each small step, I'm moving closer to serenity and a more peaceful life.

A Nar-Anon Poem

Meetings! Meetings!

Incredibly real,

The more we go, the better we feel!

Members, dishing up wisdom like a meal!

Suit-up, show-up

Commence to heal!

Change

Whether I want it or not, change will happen. I used to fear change. I think of my path to recovery as the winding road in the children's game of Candyland. I would choose a card; it tells me to take five steps forward. I compare these steps to my real life of getting a promotion at work, getting proper sleep, going to my meetings, and getting along with my addicted loved ones.

Then, I would get the dreaded card that reverts me back to the start of the game. Just like in my real life, when I relapse, I feel like I am destroying the progress I have made in my program. As a result of my relapse, I began to skip my meetings, tried to take control of my addicted loved ones, and did not go to work because I was depressed. I thought the steps I was taking backwards were my personal failures.

I have since learned that Nar-Anon suggests that going backwards is as necessary as going forward. Each time that I stepped back, it helped me to gain perspective. I am learning to be patient and accept how things are. I have stopped trying to control outcomes and have turned my expectations over to the care of my Higher Power.

My husband brought me to the rooms of Nar-Anon. Off he went to a rehab while I stayed behind. This was one of the bleakest moments in my life, I didn't feel like I wanted to go on. Then someone turned the lights on for me by suggesting I attend a Nar-Anon meeting. At first, my progress seemed slow. I thought that the love from my addict was validation of my identity. His active addiction prevented him from taking care of himself, much less me.

I kept coming back to Nar-Anon. I embraced my program by hosting meetings, writing articles for the newsletter, doing outreach, serving on the convention committee, and speaking at conventions. I strengthened my boundaries. I stopped missing work and got a promotion, filed for divorce, and now I am involved in a new and healthy relationship. I moved into a "cute as a button" home with my mom and 16-year-old son. With all these changes, I can now say, I am happy with my life.

Sometimes, the hardest part of change is that it can simultaneously be full of sorrow and joy. As part of my journey, I found my Nar-Anon Group. They are my chosen family. I love them more than I could ever put into words. I have discovered a resilience and strength I didn't know I had. The changes in me are ongoing as I continue to work my program. Change can be painful. I have faith there's a better way to live. This is why I keep coming back!

Please Contribute to Nar-Anon

In keeping with the Seventh Tradition of self-support, we suggest each member contribute an anniversary or birthday donation - for example, join us in sending \$1 for each year of your personal recovery.

Also, please check with your group, area, or region treasurers, to learn whether the amount above the prudent reserve is being sent to the next level. This is a member supported organization which provides what is needed to the fellowship through our members' contributions. Once money is contributed at the group level, it belongs to the fellowship and should be donated to the next level. (Area, Region, or WSO)

In the Guide to Local Services (GLS), page 6-5, *The region will make regular donations to WSO of all funds over its established prudent reserve.* Page 9-1, *Although it is appropriate to ensure funds are available to carry out the normal tasks of groups, areas and regions, these entities should avoid the accumulation of funds in excess of their immediate needs (prudent reserve). Excess funds should be contributed to WSO for the benefit of Nar-Anon as a whole.* **Go to (click link) [Contribute-to-Nar-Anon](https://nar-anon-webstore.mysite.com)**

-OR- Hover your phone's camera over the QR Code, go instantly to the WSO Contribute Website.



For meeting updates and to find virtual meetings, go to www.naranonnorcal.org/meetings

NorCal Website Updates & World Service Website Updates



NorCal Website Update:

- Keeping your meeting or committee up-to-date on the Nor Cal website is important for those newcomers or service members looking for your meeting.
- Did you change locations, change the day you meet, change the time you meet, or is your meeting closing for a holiday? Please let us know, we will make the changes on our 'meeting finder' on the Nor Cal website.
- Also, please keep us up to date on your contact information for your group, i.e., service emails, private contact emails, GSR and Alt GSR emails and phone numbers.
- Just send an email to meetingupdate@naranonnorcal.org let us know what you need changed.

World Service Website Update:

Send group update, GSR, Alt-GSR, or other contacts info to World Service website.

<https://nar-anon.org/edit-group>

Birthday Shout-Outs

January 3, 2019	Pacifica, Thurs., 7pm,	6-years
January 7, 2017	Galt United, Sat., 9:30am	8-years
January 12, 2012	Elk Grove, Wed., 6:30pm	13-years
March 5, 2020	Sacto-Wyndham, Th., 7pm	5-years
April 7, 2022	Lodi, Thurs., 5:30pm,	3-years
May 7, 2024	Yuba City, Tues, 7pm	1-years
May 17, 2019	Oakland, Thurs., 4pm	6-years

Congratulations on another year!

Our Region needs you!

Our Region needs the following positions:

- Vice Chairperson
- Treasurer

[Click Here for GLS, Descriptions of Duties](#)

For meeting updates and to find virtual meetings, go to www.naranonnorcal.org/meetings

Convention, April 19, 2025 - Wrap-up

On April 19, 2025, the Greater Sacramento Area hosted the Northern California Region Nar-Anon Family Groups (NCRNFG) Convention in conjunction with the Northern California Region of Narcotics Anonymous (NCRNA) Convention at the Sacramento Hyatt Regency Hotel.

Our theme this year was “The Past is Done, The Future Unknown, Live in the Moment.” We are overjoyed by the many positive comments we received and we want to say thank you to everyone who attended.

Our speakers were amazing! The first three speakers spoke on our convention theme: The past is done, the future unknown, live in the moment. They were followed by a panel consisting of three double-winners, affectionately dubbed “Double Winner Chicken Dinner,” (BTW-no chickens were harmed during the share). They spoke about their triumphs and challenges as double-winners, meaning they currently work a Nar-Anon program alongside another twelve-step program. Our speakers were dynamic, bravely honest, and vulnerable. Their stories brought experience, strength, and hope to us all.

We were fortunate to have West Coast Audio record our speakers. If you are interested in obtaining a thumb drive or CD's, please contact West Coast Audio @ www.westcoastaudio.net.

Our merchandise table was very successful, it was abuzz with excitement. We had a wide variety of recovery items available and there were even cookies for those with a sweet tooth! Many attendees bought items for themselves as well as purchasing gifts to take back to their meetings and share with their fellow members.

One new element we added this year was an outreach table at the Convention Center, where the NCRNA conference was being held. Nar-Anon volunteers staffed the table, along with outreach material and CANDY! It was very gratifying to see people we had spoken to make their way to our rooms.

The committee graciously thanks all members, meetings, and areas that contributed time, service, merchandise, gift cards and money. It takes a village to put on a convention, but the rewards are many. The hope, joy, and gratitude that we experienced in being of service, benefits us in our program and in our lives. All proceeds will be contributed to the NCRNFG.

P.S. The Region Newsletter Sub-Committee extends our gratitude to the Region Convention Committee for its dedication, excellence, and service in providing one of the most successful conventions! Thank You.

WSC 2025, “Service without Borders,” Delegate Report

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by Linda T., delegate and Linda H., alt delegate.

The 2025 World Service Conference (WSC) “Service without Borders” was the largest conference in our Nar-Anon history. We had 51 Regions that represented 16 different countries as well as over almost 200 observers from our fellowship who logged in to observe this 4-day event. The delegates discussed and resolved all 35 motions from the Conference Agenda Report (CAR).

Summary of motions:

22 motions passed, **5** failed, **7** motions were withdrawn by the motion maker, (We withdrew our motion regarding the removal of tie breakers on the last day of the conference. We will address this again at the next conference). **1** motion was ruled out of order, and **3** motions were referred to the Policy & Guidelines (P&G) Committee.

Results:

- We have several pieces of new literature including adding Traditions 5 and 6 to our NFG 36 Workbook, several new interactive outreach posters, and a new outreach letter to professionals. We have a new Narateen Safety Policy & Guidelines, plus several more pieces of literature for Narateen and there is a new Outreach ‘Service Learning’ PowerPoint available to members.
- We have one new World Service Board (WSB) member.
- The Literature Priority List was completed and will be posted on www.nar-anon.org in the coming weeks. It will be printed in the World Service Serenity Connection Newsletter. Please consider submitting writings to our World Service Literature committee at litcom@nar-anon.org.
- We discussed only one Common Welfare Topic (CWT), “Service”. We ran short on time and did not discuss CWT of “Growth”. The Western Region Committee (WRC) is planning a Roundtable to discuss ‘Growth’ on August 9, 2025. All members are encouraged and welcome to attend. Please join us.
- The complete [minutes from the conference](#) can be found on www.nar-aon.org, under member-world service conference.
- A spreadsheet summarizing the CAR motion results can be found in our [Google Drive](#).

It was an honor to represent our Northern California Region in this worldwide conference. Thank you for giving us the opportunity to serve.