



OUTREACH NEWS

Florida Region Nar-Anon Family Groups

February 2019

Message from Outreach Chair

Firstly, thank-you for reading our initial Outreach Newsletter and for sharing it with your group members. We hope that the information in this newsletter will support and strengthen your current outreach activities and provide helpful suggestions for future activities. THANK-YOU for the time and effort that you spend to increase awareness of our life-changing Nar-Anon 12 Step Program. Sincerely, Kim F.

Florida Region Outreach Committee holds monthly conference calls on the first Monday at 6:00 pm EST.

Outreach Challenge

At every weekly meeting during announcements, encourage members to each take 5 or 10 "Nar-Anon Offers Hope" Brochures to carry our message to the community. After the meeting, quickly discuss who will take the brochures where. **Possible Literature Placement Locations:**

- Libraries
- Doctor's offices
- Local Health Department
- Movie Theater's bulletin boards
- Hair Salons
- Barber Shops

A complete list of possible Outreach Locations is listed on the Florida Region Nar-Anon Family Groups Website, www.naranonfl.org.

A Regional Outreach member shared that their family group affixes a mailing address label to the back portion of the Nar-Anon Offers Hope Brochure that includes their local meeting details. A good rule of thumb is to include a "Date Printed" note when sharing meeting details to prevent old information from being shared.

Remember Outreach white literature to support your outreach efforts is downloadable tools and can be found on the World Services webpage, <https://www.nar-anon.org/outreach/>

Carry the Message

Get your meeting details on Craigslist and in local papers. Area groups can band together to come up with a plan to get every meeting in your particular area on Craigslist under the Community—Groups section. Also, get your meetings in your local newspapers (Don't forget about small community newspapers).

Find tips on how to...Run a Newspaper Ad for Nar-Anon Area Meetings, from Nar-Anon Guide to Local Service "**Free Listings in Newspapers, Paid Ads, and Meeting List Directories**" in Section 11-1:

Local newspapers and publications may offer a free posting of group/meeting information in a Public Service Announcement (PSA) section, e.g. Community Calendar, Day Book, Community News.

Utilize a web address whenever possible – Nar-Anon Family Groups website and/or Florida Help Line: 1-888-947-8885 and Florida Website: www.NaranonFL.org

If your group does not already have a member on our Outreach Committee, we encourage you to find a willing participant who can attend our monthly conference calls and bring the information back to your group.

The Committee acts as a resource to groups and members in their efforts to carry the Nar-Anon message. This Committee acts as a vital link between individuals seeking help and Nar-Anon members who share their experience, strength, and hope.

Please contact the Florida Regional Outreach Committee via email at outreach@naranonfl.org.

Outreach Tools

Available for download on the world website:

<https://www.nar-anon.org/outreach/>

Outreach Flyer(O-415FR)

Download pdf file and customize with your meeting information.

Always keep Nar-Anon Traditions in mind when doing Outreach.



January 2012

FLORIDA



REGION

Volume 5 Issue 1

A Message from the Nar-Anon Florida Outreach Committee

I am sure most of you feel as I do when I say how grateful I am to have found Nar-Anon. Personally, my life has changed in the most amazing ways and I have Nar-Anon to thank for that. I am so thankful that someone was willing to share information with me about Nar-Anon. This is why I am so passionate and excited about paying it forward and spreading the word about Nar-Anon as well.

In an effort to keep all the Florida Groups involved, we will be sending out a monthly email to your Group Service Representative to keep you up-to-date on our outreach efforts here in sunny Florida. We will also be including a monthly outreach challenge, which we hope will encourage you to get involved.

To fill you in on what's been happening with the Outreach Committee, we have been very busy over the last couple of months. Many members of the committee have reached out to local law enforcement, school boards, treatment centers and other government agencies, etc., letting them know about Nar-Anon by sharing their stories and giving them our local and state meeting lists.

We also now have an Outreach Information Form, which is on the Nar-Anon Florida website under the Outreach link. This one page, easy to fill out, form can be completed and submitted online by any Nar-Anon member to record their outreach efforts in a manner that will be helpful to other members.

As an added bonus of being on the outreach committee, the committee members are able read all the completed forms and bring back that information to their groups. We currently have ten completed outreach information forms that can be utilized in this manner.

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A Letter From the Editor...

I had planned to get this issue out last month but as they say, "The best laid plans..." The extra time has taught me some things about myself. When I've made a commitment, I get resentful if I have a hard time fulfilling that commitment. I get frustrated that I don't have help and start blaming others. "Self pity blocks effective action. The more we indulge in it the more we feel that the answer to problems is a change in others or the world, not a change in us. Thus, we become a hopeless case." (Helping-Nar-Anon Blue Book). Thanks to Nar-Anon I have learned to see my part in things. I have choices.

The first choice I thought of was to resign my position, and free myself of this responsibility. The next was to suck it up and do it. I didn't have a very good attitude about that choice but it's the one I went with. As I began to put this issue together my attitude changed. I read the article on page three, "Hiking is the Essence of Life," (by Susan B) and it reminded me of all my HP has put in the world for me to enjoy. On page six my attitude was further adjusted as I read "Gratitude, Part One," in a new series of articles called "My Toolbox." (by Carol R). Completing this issue I realize the missed opportunities to grow relationships by asking for more help. I can learn from this experience and make different choices in the future.



Thanks to all those who have helped by contributing to this issue.

Your humble Servant.

Margee C ~ Florida Regional Newsletter Chairperson

Defining Step One

Step 1: We admitted we were powerless over the addict — that our lives had become unmanageable.

admitted (verb-implies action on our part)

1 a : to allow room for : PERMIT <a question that admits two answers> b : to make known usually with some unwillingness <admitted that he really didn't know> <admit a mistake>

2 : to allow entry : let in <admit a state to the Union>
synonym see ACKNOWLEDGE

powerless

1 : lacking power, force, or energy
2 : lacking authority to act

Definitions from Merriam-Webster Student Dictionary online,
www.wordcentral.com.

Tradition 1: Our common welfare should come first; personal progress for the greatest number depends on unity.

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.

"Quotes"

Take the first step in faith. You don't have to see the whole ladder, just take the first step.

- Martin Luther King Jr.

"The journey of a thousand miles begins with a single step."

- Lao-tse

"The world cannot be discovered by a journey of miles...only by a spiritual journey...by which we arrive at the ground at our feet, and learn to be at home."

- Wendell Berry



HOSPITALS & INSTITUTIONS NAR-ANON MEETING AT DACCO, TAMPA

Mondays 7:00 to 8:00 pm
Nar-Anon 12-Step Meeting
Informational beginners meeting
DACCO-M Residential III Facility
3107 N. 50th Street, Tampa

Wednesdays 6:00 to 7:00 pm
Nar-Anon 12-Step OPEN Meeting
DACCO
Room B-156 (thru main entrance)
4422 E. Columbus Drive, Tampa

NEWCOMERS MEETING OCALA

Tuesdays 6:00 to 6:30 pm
St. Marks United Methodist Church
1839 NE 8th Road, Room 6
Regular Meeting to follow
from 6:45 to 7:45 pm

HIKING IS THE ESSENCE OF LIFE

Huffing and puffing as I near the crest of this part of the trail, my lungs gasping for air, my heart beating loud enough for the world to hear, I realize again how hiking imitates life.

Hiking is about doing what you love. It's about goal setting; it's about planning. It's about accomplishing what seemed impossible just a few hours earlier.

As I set out on this cool, cloudy morning, I think how the hardest step is that first step out of bed at dawn and just getting out the door. I think more about my aches and pains and my ill-tied boots than my destination. I think about my warm jacket, wooly ski cap and gloves and wonder if I am overdressed and will end up stuffing my backpack with the excess. But I have planned well. I have water, a sandwich and apple for my lunch, which, no matter how humble it may sound, tends to be a delicious reward when I reach today's hiking goal. I have my whistle, bear spray, compass and rain gear. I pack limited first aid supplies. I bring my cell phone, although I doubt that it would do me any good in this wilderness. I let someone know where I'm headed and to call the rangers if I'm not back by dark. All the stuff that makes sense, but like any precaution and preparation, seemingly useless and overboard...unless I should need them.

Since moving to Western North Carolina, I have been excited and humbled by the beauty and remoteness of the many areas I have visited. Of the difficulty reaching the crest of the next long uphill. And I think about the process of hiking and the process of goal attainment; and, at the same time, knowing that the journey is the memorable part.

As I finally reach the top of another crest, I look out far beyond, the fog is lifting and I am overheating. It's time to stop to allow my heart rate to settle to a less thunderous pound. I remove one layer of clothing and immediately feel more comfortable. I stuff my daypack, drink some water and am totally ready to move on.

Then the thought again returns. Hiking is so much like life itself. Life has many challenges. Starts and stops. Deadlines. Overwhelming obstacles. Meaningless steps. Pain. Beauty. Accomplishments. Rewards and defeats.

The trail to my goal is difficult. I have chosen this goal knowing it was difficult. I know that no matter how rough

or steep the terrain; it's always one step at a time. I have learned this both in hiking and in life. I pick my next step carefully. I don't always take the easiest or safest. I look to find a path that others have taken. I look ahead often. It's important to see the top in the distance. Then I just concentrate on each step. When I focus on the next stop, I stop thinking about the steepness or the large rocks and tree trunks that are waiting to trip and discourage.

After many hours, the day has cleared. I marvel at the tall dark pines against the deep blue sky, at the beauty that I alone witness at this point in time and place. My destination is finally in sight. I feel proud and in awe of myself. As I reach the end, I join many others who have hiked before me. They have passed me on the trail, because their pace was faster. But, no matter, we all got here. They welcome me into a temporary club of sorts. We exchange pleasantries. We enjoy our humble snacks. But most of all, I see the valleys and mountains in the distance. My heart bursts with the beauty that is before me. I give myself a mental slap on the back and an "atta girl!"

Before long it's time to start back. As in life, reaching my goal today is only half of the trip. Retracing my steps and returning to the beginning of the trail, I marvel at how different the return hike is...same trail but looking at it from a very different perspective. So, in essence it's a whole other journey. A new challenge. Another adventure.

And so, life moves on.

~ Susan B



A MESSAGE FROM OUR CHAIRPERSON

Hello Friends!

I want to thank everyone for your dedication and for the Service you are giving to your meetings and your Region. Service is an important part of recovery. Likewise, service helps our meetings to grow and become healthier.

Step 12 suggests we carry the message.

What better way than volunteering for one of the many committees available to you on the Region level. Have you not joined because you are worried you cannot give enough time? The answer is, give what you can, no one will judge you. You will reap many benefits from doing Service.

My goal is for us to unify the Region.

We can accomplish this by...

- More members becoming involved in Service.
- Increasing attendance to the monthly teleconferences and the face-to-face meetings.
- Focusing on our common goal, to carry the message.

Two way communications is essential.

The Region Service Committee welcomes your ideas and your willingness with open arms. Let's think outside the box! As long as we are not breaking a Tradition, Concept or Principle we can do anything we want to further our goal. No idea is wrong. Creativity is needed to grow our fellowship. We need new ideas. We need to explore a new way of doing something that may be better than what we do now. Bring your ideas to me, email me or call me. Let's discuss them. With Trust, Humility, Compassion and Dedication we can come together in Unity for the greater good of all Nar-Anon members and those we hope to find. Leadership is needed to further grow our Region. The Region Service Committee is dedicated to improving our Region. We are here to help you, to guide you, to find possibilities that work for you, your meeting, and your region. Use us! Help us! Join us!

Service saved my life.

It was the thing I needed to take the focus off my addict and my problems. It gave me a sense of belonging. It allowed my mind to become open, to realize that I had a voice and a choice. I encourage all of you to find a Region Committee that interests you and volunteer. Or just start by doing service in your own home group. Chair a meeting, give the topic, make coffee, put chairs away, all of these service tasks are important to you, for your recovery. For a program that has given me so much, so freely that spending a few hours a week doing service is the least I can do. I am a grateful member of Nar-Anon. I hope you will join us in furthering our goal to enrich this Region with Hope, Compassion, Humility and Unity. And to reach out a helping hand to those in need.

Until next time.....

Kathy B – Florida Chairperson
FLRegionChair@gmail.com

Next face-to-face
Florida Regional meeting
is scheduled for Saturday,
February 11, 2012



At Highlands Hammock State Park in
Sebring, FL

Schedule:

9:00 - 10:00 am	Gather
10:00 - 12:00 pm	Workshop
12:00 - 1:00 pm	Lunch break*
1:00 - 4:00 pm	Business meeting

*Lunch is on your own. Most pack a lunch and drinks. There is a restaurant on site and plenty of options outside of the park.

“We only Keep What We Have by Giving it Away”

Have you ever wondered why long time members seem to have a certain level of serenity that you want but can't seem to reach? You're going to meetings and calling other members. You may even have a sponsor and started working on the steps. If you are wondering what they are doing differently it may be time to get involved in service. I don't mean making the coffee or chairing a meeting. That's a great start. But if you feel like you are standing still in your recovery it's time to make a commitment to YOUR recovery and get involved in service on a deeper level. True Serenity comes from being of service to others. Still not sure if your ready to take that step? Go to the heading *Service* in the index of the Nar-Anon “SESH” book for more information.

Ready to get involved in Service?

Find a Sub-committee you like and contact the chairperson. It's that simple.

Here is a list of the Regional Sub-committees:

Convention

Co-Chairperson: Alina – Lutz
e-mail: alinaag@hotmail.com

Co-Chairperson: Ginny Y – New Port Richey
e-mail: ginnyyanson@gmail.com

Literature

Chairperson: Heather – Port Richey
e-mail: hthrcrtn84@gmail.com

Nar-Ateen

Co-Chairperson: Kristy S – Palm Bay
e-mail: jsqtpie33@aol.com

Co-Chairperson: Lauren P – Palm Bay
e-mail: Laurenliz28@hotmail.com

Newsletter

Chairperson: Margee C – Palm Bay
e-mail: FLRNFG_Newsletter@yahoo.com

Outreach

Chairperson: Lynne K – Palm Harbor/Crystal Beach
e-mail: outreachflchair@gmail.com

Web-site

WebMaster: Melanie S – Dunnellon
e-mail: WebmasterFLNarAnon@gmail.com

Website Assistant: Michelle L – Palm City
e-mail: smart_dogs@att.net

“It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.”

-Leonardo Da Vinci

Checklist for SEBRING

- An Open Mind & Unity of Spirit
- Nar-Anon's Traditions & Concepts of Service
- Nar-Anon Family Group's Guide to Local Services
- Robert's Rules of Order
- Lunch

To download and print a copy of *The Nar-Anon Family Groups' Guide to Local Services* go to the world service web-site: www.nar-anon.org

For a copy of *Roberts Rules of Order* visit the Florida Regional web-site: www.naranonfl.org

If you do not have a copy of *The Nar-Anon Family Groups' Guide to Local Services*, please contact Karen via e-mail: karen@nar-anon.org, so that we can have them available for you at Sebring. We will refer to and use the guide in the meeting.

The actual address for those of you that have GPS: Highland Hammock State Park
5931 Hammock Road, Sebring, FL, 33872
(located off of Highway 27, Sebring, FL)

Admission Fees are as follows:

\$6.00 Per Vehicle (limit 2-8 people per vehicle)
\$4.00 Single Occupant Vehicle
\$2.00 Pedestrians, bicyclists, extra passengers, passengers in vehicle with holder of Annual Individual Entrance Pass

MY TOOLBOX, A SERIES PART ONE: GRATITUDE

I've been in the practice of cultivating an attitude of gratitude - taking a moment to focus on the people and things I am grateful for. If I wake up in the morning and I don't feel well, or if something comes up that causes me to change my plans I can decide to wallow or I can decide to have a good day. I choose the good day!

When I find myself in a negative slump I remind myself about what is good. There are days that the only thing I can think of is that I'm grateful to be breathing. That's OK. It's a start.

Gratitude is contagious; once I start to think about what I am grateful for, the list grows.

This positive attitude carries me over from one day to the next, and even rubs off on those around me. I feel happier, in general - shortly after I begin to remind myself of the good things around me I observe a sense of calm within myself. Little annoyances that used to disturb me no longer matter. The more I practice the more I notice so many things for which I am grateful.

When I'm grateful, negative thoughts fall by the wayside. It is quite difficult to let negative thoughts or situations overwhelm me when I'm focusing on positive thoughts. Gratitude gives me perspective on my life, and brings me to the present moment. Sharing gratitude can help me when I might otherwise tend to isolate, such as when I'm not feeling well physically. I find myself genuinely happy for someone else's joy, even if something personal isn't working the way I want it to. I can share without fear of being criticized or judged for my thoughts.

Carol R - Satellite Beach

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THIS MONTH'S CHALLENGE

At every weekly meeting during announcements, encourage fellow members in your group to each take 5 or 10 local or state meeting lists. After the meeting, quickly discuss who will bring their lists where. Below are a few examples of places to bring meeting lists.

- Libraries
- Doctor's offices
(in the waiting room)
- Restaurant bulletin boards
(Panera Bread has one)
- Supermarket bulletin boards.*

If your group does not already have a member on our Outreach Committee, we encourage you to find a willing participant who can attend our monthly conference calls and bring the information back to your group.

Our next Outreach
conference call is on
February 25, 2012
@ 12:00 pm
(218) 844-0840
passcode 368151

If you or a member of your group would like to be placed on our Outreach email list, please contact Donna C at: dmc1264@gmail.com. Come and check it out!

Donna C - Secretary
Nar-Anon Outreach Committee

*For more ideas, please check the Nar-Anon Outreach Guide.

*** CALENDAR OF EVENTS ***

February 4, 2012

**Space Coast Area Convention Fundraiser
GARAGE SALE**

8:00 am-1:00 pm

120 Ocean Spray Blvd.
Satellite Beach, FL



Rain or Shine

3rd Annual Multi-Family Yard Sale. Money raised will be used for the Space Coast Area of Nar-Anon Family Groups Annual Convention.

February 11, 2012

**Florida Regional Semi-Annual Face-to-Face
GROUP SERVICE REPRESENTATIVE ASSEMBLY**

9:00am-4:00pm

Highland Hammock State Park
5931 Hammock Road
Sebring, FL 33872



Schedule:

9:00 - 10:00 am Gather
10:00 - 12:00 pm Workshop
12:00 - 1:00 pm Lunch Break
1:00 - 4:00 pm Business meeting

Admission Fee:

\$6.00 per vehicle. Limit 2-8 people per vehicle.

\$4.00 Single Occupant Vehicle.

March 30, 31, and April 1, 2012

**Space Coast Area Nar-Anon Family Groups
CONVENTION, *Tides of Change***

New Location!

The Crown Plaza Oceanside Resort
2605 No. A1A, Indialantic, 32903

RESERVE YOUR ROOM NOW!

(321)777-4100, Rooms \$119 per night

Use Code: NAR for group rate available until 3/9/12

Group rate is applicable from March 28 to April 3, 2012

VOLUNTEER OPPURTUNITIES AVAILABLE!

For more information contact:

Kristy S-jsqtpie33@aol.com

April 19 - April 23, 2012

**Nar-Anon WORLD SERVICE CONFERENCE 2012
*HUGS, HELPING US GROW STRONGER***

Crowne Plaza Los Angeles Harbor Hotel
601 South Palos Verdes Street
San Pedro, CA 90731

For more information call: Nar-Anon World Service Executive Director, Cathy K, at the World Service Office 1-800-477-6291 or visit the World Service Website, www.nar-anon.org

July 6-8, 2012

**Florida Region Nar-Anon Family Groups
CONVENTION, *Riding the Road to Recovery***

Crown Tampa Marriott
Waterside Hotel & Marina
700 South Florida Ave, Tampa, FL 33602
(888) 268-1616 or (813) 221-4900

When making reservations mention Narcotics Anonymous or FRCNA

For more information contact:
Alina-alinaag@hotmail.com or
Ginny Y-ginnyanson@gmail.com

August 3-5, 2012

**NFG East Coast CONVENTION 4
Sailing the Seas of Recovery
Atlanta, Georgia**

Mail Donations to:
Nar-Anon East Coast Convention
PO Box 326,
Morganville, NJ 07751



More information to come.

**For more information or to submit
upcoming EVENTS & NEWS,
e-mail Margee C @
FLRNFG_Newsletter@yahoo.com**

TO ALL FLORIDA MEMBERS:

If you are a member of Nar-Anon and live anywhere in the state of Florida, we invite you to join us. Every member has a voice but only Group Service Representatives (GSR's) have a vote at the Florida Regional Semi-Annual Face to Face Service Assemblies and the Monthly Telephone Conferences. Please refer to the booklet entitled "Nar-Anon Family Groups' Guide to Local Services" for information on how your group can elect a Group Service Representative. To purchase a guide contact Karen at the FL Literature Depot, Karen@Nar-Anon.org or contact World Service Headquarters, www.nar-anon.org

A FREE digital version of the booklet, "Nar-Anon Family Groups' Guide to Local Services" is available for download from the World Service website, www.nar-anon.org.

To go directly to the FREE digital version, copy and paste the following link into your browsers address bar: http://www.nar-anon.org/Nar-Anon/Nar-Anon_Literature_files/NFG%20Guide%20to%20Local%20Services%20-%202010-09-21.pdf

Refer to Section 4-2

FLORIDA REGION OF NAR-ANON FAMILY GROUPS SERVICE COMMITTEE

Chairperson

Kathy B – Lakeland
FLRegionChair@gmail.com

Vice Chairperson

George T – Melbourne
energy_ind@msn.com

Treasurer

Mickey S – Largo
fltreasurer@gmail.com

Secretary

Stephanie W – Winter Haven
diamonddoll_2001@yahoo.com

Delegate

Rand M – Ft. Walton Beach
rand-mueller@cox.net

Alternate Delegate

Sheryl H – Lakeland
sdh21@tampabay.rr.com

Outreach Chairperson

Lynne K – Palm Harbor/Crystal Beach
outreachflchair@gmail.com

Newsletter

Margee C – Palm Bay
FLRNFG_Newsletter@yahoo.com

Convention Co-Chairpersons

Alina – Lutz
alinaag@hotmail.com

Ginny Y – New Port Richey
ginnyyanson@gmail.com

Nar-Ateen Co-Chairpersons

Kristy S – Palm Bay
jsqtpie33@aol.com

Lauren P – Palm Bay
Laurenliz28@hotmail.com

Literature Chairperson

Heather – Port Richey
hthrcrtn84@gmail.com

Literature Depot

Karen M – Tampa
Karen@Nar-Anon.org

WebMaster

Melanie S – Dunnellon
WebmasterFLNarAnon@gmail.com

Website Assistant

Michelle L – Palm City
smart_dogs@att.net

REMINDERS: Committee Chairpersons & GSR's

Please submit your monthly report and any motions or agenda items two weeks prior to conference calls and face-to-face assemblies.

E-mail your report to both:

FL Regional Secretary, Stephanie, diamonddoll_2001@yahoo.com and
FL Regional Chairperson, Kathy, FLRegionChair@gmail.com

Thank you for your cooperation!

NEXT NEWSLETTER ISSUE

DUE OUT 5-19-2012

SUBMIT ITEMS FOR THE NEXT ISSUE TO:

FLRNFG_Newsletter@yahoo.com



August 2011

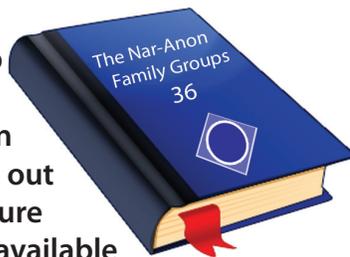
FLORIDA REGION

Volume 4 issue 2

Photo by Kristy S. -Melbourne, FL © 2011

Coming Soon, *The Nar-Anon 36*

As a member of The World Service Literature Committee I want to take this opportunity to remind everyone that two volumes of the Nar-Anon 36 text have been released for review. Our literature review process asks for fellowship input prior to sending the volumes to the next World Service Conference being held in April, 2012. You will see more volumes sent out within the next few weeks as the WS Literature Committee continues their efforts to make available as much as possible for this conference cycle.



Keep in mind this is for fellowship review purposes only and should not be used during a meeting. You may want to organize a literature group in your area to go through it together. The committee is not looking for praise or grammatical corrections. If you were going through this with a sponsor or sponsee, would you find it useful? Does it help you better understand the step?

The deadline for fellowship input is September 30, 2011 but earlier responses would be helpful. If you did not receive either of the first volumes (Step One and Step Three) and would like to receive a copy via e-mail please contact me at the address below. Please send your feedback to The WS Literature Committee at the e-mail address listed below.

In service,
Sheryl D

Florida Regional Alternate Delegate/WS Literature Committee Member
Sheryl: Sdh21@tampabay.rr.com
Literature committee: litcom@nar-anon.org

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A Letter From the Editor...

This issue seems to be all about change, which seems fitting. Step 8 (Below) is all about being willing to change. The article, Rain, Citizen Kane and My Higher Power, (Page 3) talks about recognizing change as a good thing. The Region is once again changing. At our next Face to Face Conference we will be electing a new Regional Service Committee. (Page 4) The current committee has worked for their term to help grow our region and I think they have succeeded. Our Region put forth the motion at Nar-Anon's World Service Conference to change our symbol. This committee with the help of all our actively participating groups and their representatives showed that Florida has a voice and cares about this program. We come together to share a common purpose, to help the friends and families of addicts. I am proud to be a part of this service body.



Margee C ~ Florida Regional Newsletter Chairperson

Defining Step Eight

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

willing

- 1 : feeling no objection : READY <willing to go>
 - 2 : prompt to act or respond <willing workers>
 - 3 : done, made, or given by choice <a willing sacrifice>
- synonym: voluntary

amend

- 1 : to change for the better : IMPROVE
 - 2 : to change the wording or meaning of : ALTER <amend a legislative bill>
- synonym: correct

Definitions from Merriam-Webster Student Dictionary online, www.wordcentral.com.

Tradition 8: Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Concept 8: Regular, two-way communications are essential to the fulfillment of all these concepts, and to the integrity and effectiveness of our services themselves.

“Quotes”

“Friendship that insists on agreement on all matters is not worth the name. Friendship to be real must ever sustain the weight of honest differences, however sharp they be.”

-Mahatma Gandhi

“Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.”

- William James



LUZ NAR-ATEEN MEETING STARTS OCT 4TH

A new NarAteen Meeting for 10-19 year olds, starts on Tuesday October 4th, 2011.

Meeting time is 7-8pm.

The 'Serenity for Youth' Meeting will be held at the Hope Church in Lutz, FL located at 5107 Lutz Lake Fern Rd. There is a Nar-Anon Meeting at the time and same location but in a different room.

DUNNELLON MEETING STARTS 8/24/11

A new meeting starts on Wednesday August 24, 2011 in Dunnellon, FL at 6:45pm.

The 'Together We Grow' NFG meeting will be held at the Dunnellon Presbyterian Church located at 26041 Chestnut Street, Rm 204 in Dunnellon, FL 34430.

Use the rear entrance across from the Memorial Garden.

RAIN, CITIZEN KANE & MY HIGHER POWER

As I was driving the other day, it started to rain. I hate driving in the rain. I typically will not drive in rainstorms unless I absolutely have to be somewhere. This rainstorm caught me off guard. It was not raining when I left. But as we all know, in Florida, rain could be at your house all day and not a drop could land across the street.

When I am driving in the rain, my options are always the same two; pullover & wait for it to pass or just proceed with caution. I have driven in worse rainstorms, so I carried on, double checked that the kids were buckled & behaving, lights were on, windshield wipers at the right speed, keeping my distance, staying alert, ect. We had a long road trip that day.

Most of my "stinking thinking" usually occurs in the car. I am assuming this because that is where I hear my kids frequently saying "Mom, did you hear me?" or "Mom, are you even listening?" I blame my lack of attention to them on the fact that I am concentrating on my driving, but we all know the real reason. My kids have had to correct me quite a few times that I missed the turn to drop them off at school. I had to take back a few things that I have agreed to during car rides, as well.

So as I am driving in the rain, I started thinking back to High School English class. Junior year we studied a lot about English Literature and the hidden and underlying meaning of things. Our teacher had us watch the movie *Citizen Kane* during this class. Now in honesty, this class was the last period of the day. I missed the maximum number of days allowed, but was always able to pull an "A." I know I never saw the whole movie or learned all that I wish I had learned back then. But the one thing I have always remembered from that class and that movie was about symbolism and rain.

"RAIN" is deliberately put into works of film and literature to signify "change." It is a conscience thought of the writer to add rain. Rain is not there just to have a special effect in a movie. I have always, even to this day, watched for it when I read a book or watch a film. I like knowing that for that brief moment and before anyone else that something is going to CHANGE. I remember even giving away that little secret to my husband during a movie once.

In a movie or book, the meaning of the rain does reveal itself, thanks to the writer or director. It is probably the

mostly widely used form of symbolism and can be used to mean a number of different things. The movie *Citizen Kane* has extensive use of symbolism. It is also the type of movie that if you do not pay close attention you can miss a lot of the important details and miss out on the clues in the movie.

I am wondering if I should nickname my Higher Power Orson Welles, "Rosebud," maybe? So far in my life, rain pretty much determined what I was or was not going to do that day. That day, the rain felt a little different. That day, the rain changed. Maybe that day, my head was "program thinking" and not "stinking thinking." I was wondering what the rain meant to me that day. I knew a change was coming. I knew our destination. But I also knew it was not going to be anything bad. I knew everything was going to be alright. I felt that at least. I felt my Higher Power. And that was enough comfort for me as the rain abruptly stopped.

I think of my Higher Power when it rains now. He chooses for it to rain on me. I have to choose what I want to do with the rain. Stay in bed or go do something? Pull over or drive on? In life, I will not always know what the rain will mean. I am not the writer, my Higher Power is. I know he is telling me something. It is my choice how I want to see it. I do not have to interpret it. I can try. Sometimes it is just not for me to know. It may reveal itself later.

I know from the movie *Citizen Kane* that I really have to pay attention, or I can miss out on those little details. As I begin to change my "stinking thinking" into "program thinking," I begin to see things differently. I can see them every day, even through the rain, if I so choose. I have tried re-watching *Citizen Kane* since high school, but I never seemed to get through the whole thing. HMMMM.... wonder why? I bet I could try again.

Melanie G. ~ Crystal
Beach Morning Meeting



GSR- FLORIDA REGIONAL FACE TO FACE CONFERENCE

Hello Friends,

WE are quickly approaching our next Face to Face Florida Regional meeting on Saturday, **September 17, 2011**. As in the past, this meeting will be held at Highlands Hammock State Park, Sebring, FL.



Meeting start time is

10:00am. Join us earlier for donuts and coffee. Most of us are there by 9:00am. Lunch is on your own. Most pack a lunch and drinks. There is a restaurant on site and plenty outside of the park. We will have a full day. We have lots to do!!

Some Highlights:

- ~Elect New Officers of the Regional Service Committee
 - ~Complete and Approve next year's budget.
 - ~Elect new Committee Chairs
 - ~Prepare Florida Motions for the World Conference.
- The deadline to submit motions is October 6th, so we need to complete any motions at this meeting.

WE need input from ALL Florida Groups.

1. Nominations for Chair, Vice Chair, Secretary, Treasurer please email your nominations to me.
2. Motions for the CAR due Oct 6th. WE will help you write the motion correctly at the Face to Face, just send us your ideas.
3. If you are on a committee, or a committee chair, please help Lynne by sending in your budget needs for next year to her no later than August 20th....not just a total amount, but a line item budget. If you need help, contact Lynne, myself, Sheryl, Ed,Rand...we are all willing to help.
4. Any new business you would like to discuss please send us a quick email so we can place it on the Agenda.
5. Any motions (other than CAR motions) you plan to make at the meeting, please send us a quick email so we can place it on the Agenda.

I know this a lot of information to take in, but it is necessary for the health of our Region. Please share this information, print it out, speak to your groups, take a group conscious on nominations and motions.

The actual address for those of you that have GPS:

Highland Hammock State Park
5931 Hammock Road, Sebring, FL, 33872
(located off Highway 27, Sebring, FL)

Admission Fees are as follows:

\$6.00 per vehicle. Limit 2-8 people per vehicle.
\$4.00 Single Occupant Vehicle.
\$2.00 Pedestrians, bicyclists, extra passengers,
passengers in vehicle with holder of Annual Individual Entrance Pass.

Things to Bring With You:

- ~ An Open Mind
- ~ Unity of Spirit
- ~ Nar-Anon's Traditions & Concepts of Service
- ~ The Nar-Anon Family Group's Guide to Local Services
- ~ Robert's Rules of Order

To download and print a copy of *The Nar-Anon Family Groups' Guide to Local Services* go to the world service website: www.nar-anon.org

For a copy of *Roberts Rules of Order* visit the Florida Regional website: www.naranonfl.org

If you do not have a copy of *The Nar-Anon Family Groups' Guide to Local Services*, please contact Karen via e-mail: karen@nar-anon.org, so that we can have them available for you at Sebring. We will refer to and use the guide in the meeting.

For your convenience, below are the e-mail addresses for the Current Regional Service Committee.

Chair: Ed L - NarAnonChairFl@aol.com
Vice Chair: Kathy B - Kingcole110196@hotmail.com
Secretary: John M - flsecjohnM@yahoo.com
Treasurer: Lynne K - darlynn@aol.com

We thank you and value your willingness to serve and look forward to seeing all of you in Sebring. Together we can grow our Region. WE are all available and willing to help with any questions or concerns.

In Service and Gratitude,

Kathy B,

Florida Regional Vice Chairperson
e-mail: Kingcole110196@hotmail.com

Why I Volunteer - The Gift of Service

I was lucky enough to grow up in the town where the revolutionary war started. In April 1775, Thirty-five volunteers stood up against 500 British soldiers. It might not have been the easiest thing to do but it was the right thing to do. They were willing to serve their new country and volunteer to protect others who could not protect themselves. Now, there are about 100 volunteers in the Florida region and they stand up for and serve the family and friends of addicts. It might not always be the easiest thing to do but it is the right thing to do.

There are positions opening up in the Florida region that require very little work and with one exception, there are no prerequisites. These are not difficult jobs.

The state **Chairperson** presides over teleconferences and face to face meetings of the GSR's. In addition, the chairperson puts together an agenda for GSR meetings. The Chairperson represents the region but is not a delegate at World Service Conferences. The Chairperson should be at GSR meetings but does not have to be there. (See Vice-Chairperson)

The **Vice-Chairperson** presides over GSR meetings, teleconferences and face to faces, when the Chairperson cannot attend. The only other duty is to rule in matters of procedure. For instance, what is an acceptable motion and what is not acceptable.

The **Secretary** calls the role call at each GSR meeting and records and types up the minutes. From experience I can tell you this is not a hard job and takes a minimum of typing ability. It requires about an hour a month.

The **Treasurer** role does require some knowledge of book keeping. If you do have any knowledge of this kind your talent will be very much appreciated and there will be many people to help you. There is a bank account already set up and the budget for 2011-2012 will be set before the elections.

All Florida Nar-Anon members are welcome to attend. All Florida GSR's carry their groups votes. If your GSR can not be present you can have another group member represent your group by submitting a substitution form to me, your Regional Secretary. These forms can be found at the back of the "Guide to Local Services," which is available for purchase and can be downloaded free of charge in PDF format through the World Service Office website; www.nar-anon.org.

Yours in service,

John M

Florida Regional Secretary

FLSecJohnM@yahoo.com

Farewell Letter

Yes, it has been three years since you voted in the present board. Before being elected, none of us had held any offices in Nar-Anon. We were asked to serve, and we all said yes, because it is in giving back that we all gain in this program. I don't believe that any of us realized just how much we would get back at that time, but I can say personally that I have gained greatly by being the chairperson. I have visited as many groups as I could afford to get to, or had the opportunity to get to; I have seen the implementation of the Regional Infoline, the newsletter, our outstanding web site, the posse, a budget every year, outreach to schools. We have grown from approximately 27 groups to 54, and in early October we will start our first Nar-Ateen program in Hillsborough County plus we have a few more that are finishing up the paperwork to start more Nar-Ateen groups. That is a lot to accomplish in 3 years, but we have to thank many many other people also, all of the committee chairpersons, everyone that has volunteered to be on a committee, and all of you for your suggestions, your support and your prayers. It has been a quick three years, we would have liked to accomplish more than we did, but I have to accept the fact that we accomplished exactly what our higher power planned on us accomplishing. So, I would like to thank each and every one of you, and I know that Kathy B. the vice Chairperson, Lynne K, the Treasurer, and John M. our Secretary would also like to thank you for all you have done for us these last three years.

Ed L - Florida Regional Chairperson

INDEPENDENCE DAY IN RECOVERY

Over the July 4th weekend about 50 Naranon members from all over Florida celebrated the Patriotic Holiday and their recovery at the FRCNA convention in West Palm Beach. Rhenda, our main speaker, (Toronto, Ontario), shared Canadian Flag Pins on July 1, as it was Canada Day. Rhenda shared her story of learning to live with addiction and her adventures in developing the strength to recover. Rhenda inspired us.

In 2012 the next FRCNA Convention will be in Tampa, FL over the July 4th holiday.

The Florida Convention Committee would like to thank those who came. You made our efforts worth it. We thank those who volunteered to help put the convention together and enable it to be effective. Especially we thank our speakers who led meetings, those groups and individuals who contributed gifts to raffle, Michelle (Port St. Lucie) for leading the team that handled Registration, Lynne (Palm Harbor) for handling the Treasurer's functions, Ginny (Wesley Chapel) for organizing the Literature Table, Sheryl (Lakeland) for coordinating the Gift Basket Raffle, Kathy B (Lakeland) for putting together a program that brought us speakers who motivated us to continue our journeys of growth. In 2012 the next FRCNA Convention will be in Tampa, FL over the July 4th holiday.

Hope to see you there.

Dan C
Florida Convention Committee

Cooperation for Recovery

May 28th 2011 Nar-Anon members from Lantana, Fort Lauderdale and Cooper City hosted 2 meetings and ran a literature table at the Gold Coast Convention of NA at the Bonaventure in Weston. We met some new family members, received many words of appreciation from NA members for our presence. A discussion began about the pros and cons of a South Florida NA region to see if we can strengthen the recovery atmosphere in South Florida as many groups have not been participating in our Florida Region's activities. A follow up discussion is planned for Aug 20th at the same hotel where we have been generously given a room in cooperation with the members of the South Florida Regional Convention of NA. We have meetings and a literature table planned for that Saturday also and are working on a presence at the Mid Coast NA Convention at the end of September. I think the experience of cooperation between the Naranon and NA families

*We are working on a presence at the Mid Coast NA Convention at the end of **September**.*

has been very rewarding for many of us and encourage all of you in other areas if the state to seek out the same. We are using the white literature packet with which we were generously provided by the Florida Region. Let's join our loved ones in our own recovery and work to attract more family members to the program that helps us restart our lives.

Joni ~ Lantana

*** CALENDAR OF EVENTS ***

Saturday, 9/10/11

YARD SALE
517 Crystal Beach Avenue
Palm Harbor, FL 34681



We are looking for donations of items that members are looking to get rid of to sell in the yard sale, put on by the Crystal Beach homeowners Association. With this project, we are raising money for our local school outreach project which will enable us to put our local meeting list in the hands of every School Resource Officer and Guidance Counselor in the middle and high schools in Pasco, Pinellas and hopefully Hillsborough County.

August 3-5, 2012

SAILING THE SEAS OF RECOVERY

NFG East Coast Convention 4
Atlanta, GA



SAVE THE DATE

More information to come.

Saturday, 9/17/11- 10:00am

FL REGION F2F AT SEBRING

ATTENTION ALL GSR'S!

Highland Hammock State Park
5931 Hammock Road
Sebring, FL 33872



Please review the info on Page 4, print it out, speak to your groups, and take a group conscious on nominations and motions.

Please submit upcoming
EVENTS & NEWS to:
FLRNFG_Newsletter@yahoo.com

Saturday, 10/1/11 - 9:00am to 7:00pm

SERENITY ON SATURDAY – FACNA

Come join us!

Embassy Suites
3705 Spectrum Boulevard
Tampa, FL 33612
(Room # pending)

*Serenity
on
Saturday*

Saturday, 10/15/11 - 5:30pm

CHILI COOK-OFF

First Christian Church of Melbourne
2010 S Babcock Street
Melbourne, FL 32901

\$5.00 Bottomless bowl of Chili



Donations used to help fund the 2012
Space Coast Area Nar-Anon Convention.

The "Day of Serenity"

in Palm Harbor scheduled for October 1st has been canceled due to a conflict with FACNA (Funcoast Area Convention Narcotics Anonymous) on the same day.

Local Nar-Anon groups within the Funcoast area will support FACNA. More info will be forthcoming. Save the date!!!! This will be a one day convention. This particular area of NA only has a convention once every two years.

Two years ago Nar-Anon had 53 members in our room! Let's support this convention and make it 55 MEMBERS OR MORE in the room this year!! It will be a day of fun and fellowship.

FL REGION NFG SERVICE COMMITTEE

Chairperson

Ed L – Largo
NarAnonChairFL@aol.com

Vice Chairperson

Kathy B – Lakeland
kingcole110196@hotmail.com

Secretary

John M – Largo
FLSecJohnM@yahoo.com

Treasurer

Lynne K – Palm Harbor/Crystal Beach
darlynnne@aim.com

Delegate

Rand M – Ft. Walton Beach
rand-mueller@cox.net

Alternate Delegate

Sheryl H – Lakeland
sdh21@tampabay.rr.com

Hospitals & Institutions

Roy B – North Tampa
rbranner@tampabay.rr.com

Public Information

Position Open

Newsletter

Margee C – Melbourne
Margaret.carrella@att.net

Conventions

Dan C – Lakeland
wawawou@live.com

Website

Melanie S – Ocala Forest
MyJonquility@aol.com

Literature Depot

Karen M – Tampa
karen@nar-anon.org

Nar-Ateen

Kristy S – Palm Bay
Jsqtpie33@aol.com

Lauren P – Palm Bay
Laurenliz28@hotmail.com

NEXT NEWSLETTER ISSUE DUE OUT 12-19-2011

THIS IS WHAT KEEPS ME COMING BACK

What keeps me coming back to Nar-Anon is feeling that I'm helping others by sharing what brought me to Al-Anon and then Nar-Anon. I have learned over the past 11 years, that life is like a soap opera; the episode that initially brought me in the rooms has passed and life keeps me coming back. Someone in the rooms told me that my words are so kind, my spirit is healing for them and my support helps to keep them going. I believe that when we share our pain - whether it's current or past - it helps us to heal and if it helps others as well, then that's a bonus. When I was in the thick of the pain, it was like there was no way of ever feeling I could overcome it, but with the love and understanding of others who had been through very similar pain, it helped me to overcome. Now I just enjoy giving back and doing whatever I can to brighten someone else's day - just listening at 2:00 in the morning, having tissue ready during the meeting for the tears, calling, texting or e-mailing someone who I had no idea desperately needed to hear from someone at that particular moment because they were in crisis.

Jacquelyn B-Jacksonville

PUBLIC OUTREACH TO PUBLIC SCHOOLS

Hillsborough, Pasco and Pinellas area have made it our mission to get our local Tri-County meeting list into the hands of every guidance counselor and school resource officer in the public middle and high schools in our area.

Currently, at the end of the last school year, we were successful in accomplishing this goal in Pasco County. We will be dropping off our local meeting list in Pinellas for this school year next week and are hopeful to be successful in Hillsborough as well.

On a personal note, some of the local area meetings are doing this in the memory of Jamie Lynne Church, who was taken by the disease of addiction recently and whose mother is Lynne K., the regional treasurer and a longtime member of Nar-Anon.

**SUBMIT ITEMS FOR THE NEXT ISSUE TO:
FLRNFG_Newsletter@yahoo.com**



April 2011

FLORIDA REGION

Volume 3 issue 4
Photo by Kristy S.-Melbourne, FL © 2011

• • • URGENT BULLETIN • • •

Dear Nar-Anon Members,

Recently, the Board of Trustees has been dealing with a serious situation that poses a threat to all Nar-Anon Family Groups as a whole. The Michigan Region developed, approved and printed a book, which they are selling to Nar-Anon groups. While the book states that it is for use in the Michigan Region by the Michigan members and pending conference approval, it has never been submitted to the World Service Literature Committee, WSO or the World Service Conference (WSC) for review and approval.

Here are some of the many concerns with the content of this book:

- Copyright infringement
- Plagiarism
- Religious content
- Promotion of outside literature
- The Traditions listed are outdated
- Inaccurate history of Nar-Anon presented
- Past and present service members' names listed
- Using other fellowships' literature without acknowledgement or permission
- 167 "slogans" – many of which are inappropriate and do not reflect Nar-Anon's message of hope



It is the Board of Trustees' responsibility to act as guardians of the fellowship between WSCs. Chief among our concerns with the Michigan book are the dilution of the Nar-Anon message and the legal repercussions that can arise from plagiarism. The WSC has designated WSO as the sole publishing agent for Nar-Anon to help ensure the program message remains consistent throughout the world. While we are keenly aware of the need for our own literature, it is important that we work together in unity to produce and approve literature that is acceptable to the worldwide fellowship. When an individual region publishes and sells their own literature, it will inevitably spread to other regions, as the book in question did when it made its way to Canada last November. The Board's many attempts to resolve this concern with Michigan have been futile.

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A Letter From...



Thank you for electing me as your new Newsletter editor. When April announced that she was stepping down I thought Newsletter would be a good fit for me. I have big shoes to fill but I am happy to have this opportunity and look forward to working with you all. This is your newsletter. I am at your service, so please send me all your news, announcements, anniversaries, questions, topic suggestions etc. Thanks for all those who contributed to this edition.

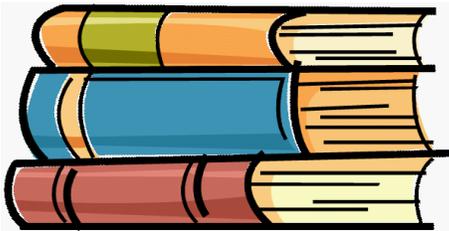


~ *Margee E., Melbourne*

Quotes

“You can trust yourself. Other people’s opinions are driven by their needs and emotions- not by magical insights about your worth.”
~*Unknown*

“If you find a path with no obstacles it probably doesn’t lead anywhere.”
~*Frank A. Clark*

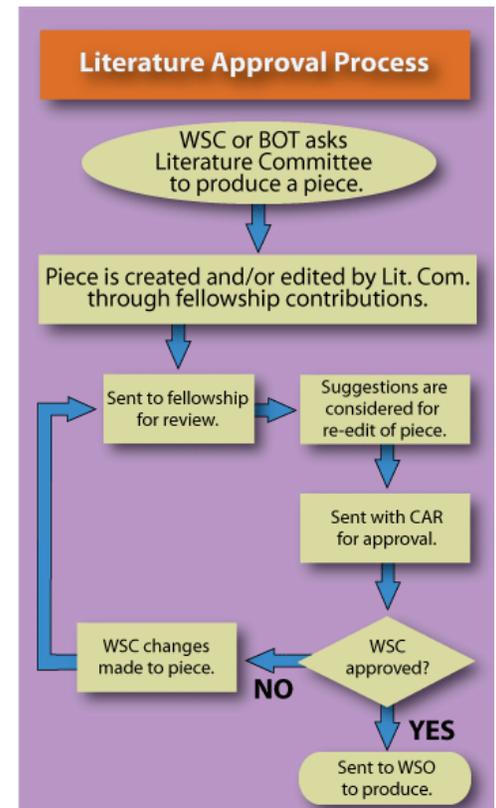


Writing Workshop Planned

Did you know that the World Service Literature Committee is working on a 12-12-12 (or Nar-Anon 36)? What is a 12-12-12 you might ask...well that will be our fellowships’ Twelve Steps, Twelve Traditions and Twelve Concepts. Members from all over the world have contributed stories and text. The

committee is working on editing, formatting and checking the content of each piece that is submitted. Hopefully, some of it will be ready for approval at the next World Service Conference in 2012. This is just one of the many pieces of literature the committee is working on and each item will go through the process before it is ready for publication. Each piece of literature that we have in our meetings from the pamphlet on “Detachment” to our very own SESH daily reader is a result of the work of our literature committee. However, it all begins with our members who submit writings. When you put your trust in me as your Alternate Delegate I was told I could join a World Service Committee, after some consideration I chose the Literature Committee. This July 4th weekend during the FRCNA convention we are planning a writing workshop. I have asked a member from another region who will be joining us at the convention to help with the workshop as this is something I have never done before. There are many pieces the committee is currently working on that need more personal stories and/or text. I know we have some really talented members in Florida and I am excited to see what we can do to help the process. That said, if you or your group have an item you feel could be a new piece of literature for our fellowship, let’s talk about it. Together we can do what we could never do alone.

In service,
Sheryl H., Alternate Delegate & WSO Literature Committee



Changing Myself

Nar-Anon has given me the power to change my life. When I started I believed that I was in control, that I had to control every situation that arose, at work and within my family. I believed that I had the answers to everyone's problems. I was the fixer, able to handle everything, even when no one asked for my help. This was exhausting and left me resentful and angry all of the time. I didn't sleep or eat well, I was anxious all the time waiting for the next big crisis. During all of this I had lost ME completely.

After one of my first few meetings someone asked me a simple question that changed my perspective completely and started me on a path to recovery. "How are you doing?" Sounds simple enough to answer... I started rambling on about my children, my work, etc. She listened intently, nodded and asked again, "but how are YOU?" I can only imagine the look on my face because I truly believed that I had just answered her. Then the light went on, my aha moment. I realized that I didn't say anything about me.

I started reading the "SESH" book everyday, made a commitment to myself to attend meetings twice a week and started a daily journal. When a crisis arose I had to examine my motives and decide what was best for me and if it was truly my responsibility to fix or someone else's. The "SESH" book has several readings for every emotion I was feeling and offered great insight into the Nar-Anon experience. Meetings helped me by hearing other's experiences. I was amazed that they were laughing and seemed happy. The stories I heard mimicked my own and they survived and thrived. I regained hope.

April 23rd will mark my second year in the program. I contribute almost daily to an e-mail gratitude list that helps keep my focus on me and the positive things happening around me. Crisis still arise, my addict son is currently in jail, his choices lead him places that I don't want him, but now I understand that his path is different than mine. Today I have found peace, serenity and hope.

Cynthia F. ~ Cocoa

FOCUS ON THE FOURTH

Step 4 - Made a searching and fearless moral inventory of ourselves.

Tradition 4 - Each group should be autonomous except in matters affecting other groups or NarAnon as a whole.

Concept 4 - Effective leadership is highly valued in NarAnon. Leadership qualities should be carefully considered when selecting trusted servants.



WINTER HAVEN, FL
Tuesday meeting
CLOSED



LARGO, FL
Tuesday 8:00pm

The Tuesday evening Largo meeting that currently meets at St Dunstan's church in Largo will be moving effective 4/26/11 (next Tuesday). The new meeting location will be as follows:

Temple B'nai Israel
1685 S Belcher Rd
Clearwater, FL 33764-6594

FOR MORE INFORMATION CONTACT:
Dawn at dawn.ezell@gmail.com



LAND O'LAKES, FL

Starting: June 2, 2011
Thursdays, 7:00PM
Our Lady of the Rosary Church
2348 Collier Parkway - Room E
Land O'Lakes, FL

FEB 2010 SEMI ANNUAL FLORIDA REGIONAL CONFERENCE

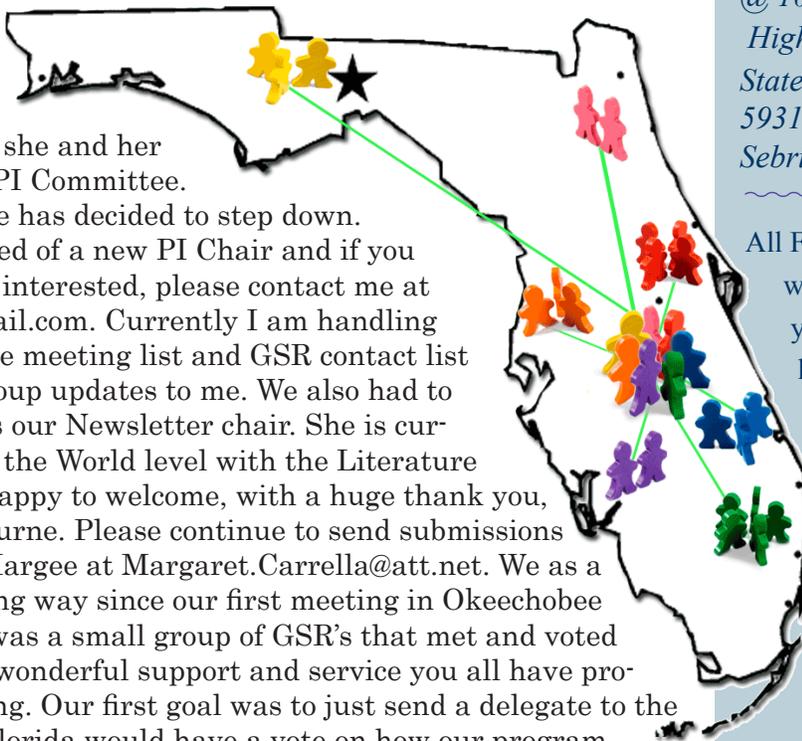
Hello Friends,

I would like to thank everyone for attending the Face to Face Florida Region Meeting in Sebring. We had a great turn out. We are looking forward to our meeting in September. Please make plans to attend as it is time to reelect your board. The position of Chair, Vice Chair, Secretary and Treasurer are all up for reelection along with all the Committee Chairs. This is an important time for all of you as your groups vote is important. Remember, the Region is here to serve the groups. So over the next few months please discuss with your groups who your group would like to nominate for the open positions. We will discuss this more on our monthly telephone conferences. Next teleconference is the 4th Sunday in April however that is Easter Sunday so we may need to discuss changing the time; more on that later in an email. I would like to extend a huge thank you to Robyn for all the work she and her committee did for the PI Committee.

We will miss her as she has decided to step down. We are currently in need of a new PI Chair and if you or anyone you know is interested, please contact me at kingcole110196@hotmail.com. Currently I am handling the updates to the state meeting list and GSR contact list so please email any group updates to me. We also had to say goodbye to April as our Newsletter chair. She is currently volunteering on the World level with the Literature committee. But I am happy to welcome, with a huge thank you, Margee C. from Melbourne. Please continue to send submissions for the newsletter to Margee at Margaret.Carrella@att.net. We as a Region have come a long way since our first meeting in Okeechobee 4+ years ago. Then it was a small group of GSR's that met and voted to form a Region. The wonderful support and service you all have provided has been inspiring. Our first goal was to just send a delegate to the World Conference so Florida would have a vote on how our program was run, developed, and maintained. We met that goal and have moved on to having a board in place for the past two and a half years. WE are all still learning and appreciate your devotion to this program. Tradition one speaks of Unity and the greater good for all. My hope is that we can all pull together and serve as one in the name of Unity and for the greater good of Nar-Anon. I invite you to voice your wants and needs for this program. Nothing changes if nothing changes and your ideas, opinions count. Please get involved. This program gave so much to me so freely and without the members and newcomers it will cease to exist as those that came before us recognized. I look forward to seeing you all in person in September and hearing you on our phone calls.

In Loving Service,

Kathy B, Lakeland - Fla. Vice Chair



Regional Reminders

- **Next GSR Telephone Conference**

is scheduled for:

Sunday, May 1st, 2011

@ 7:30pm EDT

Call: 218-844-0840

enter access code 368151



- **Next GSR Face to Face Conference**

is scheduled for:

Saturday, Sept. 17th, 2011

@ 10:00am EDT

Highlands Hammock

State Park

5931 Hammock Rd

Sebring, FL 33872



All Florida Nar-Anon members are welcome to attend. In order for your group to have a vote please have your GSR submit a Group Service Representative Registration form to the Regional Secretary. If your GSR can not be present you can have another group member represent your group by submitting a substitution form to the Regional Secretary. These forms can be found at the back of the "Guide to Local Services" which is available for purchase and can be downloaded free of charge in PDF format through the World Service Office website; www.nar-anon.org.

Please contact your Regional Secretary for more information.

John M. ~ Largo

FLSecJohnM@yahoo.com

H.O.W. I do Service

H.O.W.=Honest, Open Minded, Willing

When doing service with a group of Nar-Anon members I try to remember a few things:

- *"Principles Above Personalities"*
We are united in a common purpose, everyone getting involved in service wants to help and cares about Nar-Anon & the newcomer.
- *"Keep an Open Mind"*
We are all different. This means that people will have ideas and opinions that are different than mine. I need to consider that my way isn't the only way & different is okay.
- We invite God into our group conscience. Our Higher Power knows what is best for the group and the individual. He (She, It) has the power to work His will through the group.
- *"Agree to disagree"*
We don't have to join every argument we are invited to. Just because I am right does not make the other person wrong.
- We are here for a common purpose and should use our traditions to guide us, not as a weapon to hurt or hinder one another.
- *"Say what you mean, mean what you say and don't say it mean".*
It doesn't just apply to home situations.
- We are all volunteers. That means we share responsibilities and support one another in our efforts to be of service.

(((HUGS)))

Margee C. ~ Melbourne

ELECTIONS

Please join us!

Your group vote counts!

Saturday, September 17th, 2011
@ 10:00am EDT



*Highlands Hammock State Park
5931 Hammock Rd
Sebring, FL 33872*

Accepting Nominations for the following positions:

Regional Service Committee

- *Chairperson*
- *Alternate Chairperson*
- *Secretary*
- *Treasurer*

Regional Sub-committees

- *Website*
- *Newsletter*
- *Conventions*
- *Hospitals & Institutions*
- *Public Information*
- *Nar-Ateen*

Please submit your nominations by August, 6th, 2011 to:

Kathy B. email: kingcole110196@hotmail.com

For a description of the duties and responsibilities of each position please see "The Guide to Local Services", section 6, pages 1-10.

MIRACLES DO HAPPEN! NEEDS GROUPS SUPPORT

The FRCNA Convention is coming up on July 1st to July 3rd. This years theme is Miracles Do Happen! The convention is being held in the Palm Beach Convention Center and is expected to be well attended. We are lining up a host of inspiring speakers for Nar-Anon, and all who come will enjoy an enriching experience in new thoughts, new friends and renewing friendships with those we have met before. Book your reservations now, and send in your Nar-Anon registration. Registrations are available on the Florida Regional website and World Service website. We look forward to seeing you. Excitement is building about the interesting items that are raffled off at the FRCNA Nar-Anon Convention. We ask each group to please consider contributing to the success of the convention by donating an item for raffle. Some meetings have already committed to putting together a basket of items. We have already heard that a hand carved necklace will be donated for the raffle, or for silent auction. Handcrafted items, and other gifts are very well received at the auction. The proceeds of the raffle, and auctions are to financially support the Florida Regional Nar-Anon Convention. Please talk with your meeting about participating.

**Nar-Anon @ FRCNA 2011
Miracles Do Happen!**

July 1st-3rd, 2011

West Palm Beach, FL

**For More Information contact:
Dan C. at, wawawou@live.com**

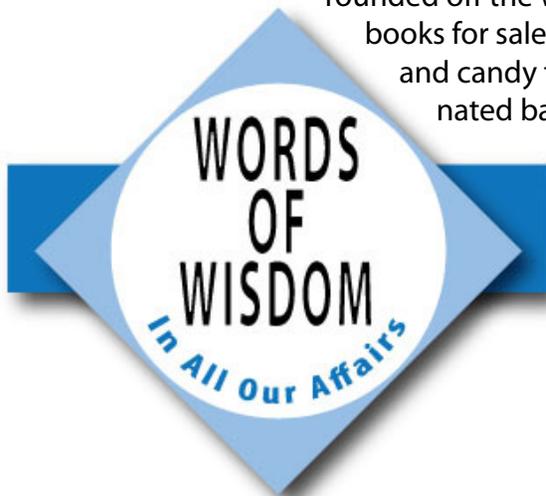
Sincerely, Dan C. ~ Lakeland

YOU MIGHT NEED A NAR-ANON CONVENTION IF....

.....you missed out on this year "SPACE COAST FAMILY GROUPS CONVENTION"; Words of Wisdom in All Our Affairs. It was super charged and full of energy to boost anyone in need of some good experience, strength and hope. The Convention was held at the International Palms Resort in Cocoa Beach Florida, April 1st-3rd, 2011. Friday night we started off with a topic meeting with "Jeff Foxworthy" type humor called " You might need a Nar-Anon meeting If....". We heard a lot of good ones and had some good laughs as Darryl(Melbourne) helped break the ice, by being our "Jeff Foxworthy". We next had Jackie(Melbourne) do a workshop on gratitude. This helped pave the way for our positive weekend enriched by the following speakers and topics; Boundaries- Michelle (Palm City), Illusions- George (Melbourne), Tools of the program- Alina (Lakeland), Denial- Cynthia (Palm Bay), Sponsorship- Sheryl (Lakeland), Slogans- Ann(Melbourne), Affirmations- Kristy (Palm Bay) and A Universal program- April (Lakeland), which rounded off the weekend perfectly. We had T-shirts, gratitude pens, journals and SESH books for sale. Hospitality of course was bursting with lots of good food, coffee, soda and candy to keep us going. Our Silent Auction was a big success with several donated baskets, and artwork. We had a total of 42 registered guests and a few pop ins. We will soon be having a Convention wrap up meeting to decide on several donations we will be making and to set in motion some plans for next year. Yes!! next year, we are still so charged that we are humming with ideas for next year. I would like to personally thank all of you for supporting the Convention and for the Committee for all their hard work and time, and many thanks to the many volunteers.

In loving service,
Kristy S

Space Coast Nar-Anon Family Groups Convention Chairperson



Here We Grow Again



Cocoa Meeting

We had thirteen people at the first Cocoa meeting, eight were newcomers. The meeting was great, no uncomfortable quiet times and a lot of sharing. Although I was nervous I was able to chair the meeting and share.

I am hopeful this new meeting will offer me a chance to give others the peace, strength, serenity and hope that this program has given me. "We only keep what we have by giving it away."

Cynthia F. ~ Cocoa

NEW MEETINGS

Starting April 19th, 2011

"Beachside Serenity"

Tuesday's, 12:00-1:00pm
Our Father's House
535 Cassia Blvd.
Satellite Beach, FL 32937

For More Information:

Carol R.
CRyesky@cfl.rr.com

"Hope for Serenity"

Monday's, 7:00-8:00 pm
First United Methodist Church
825 Forrest Avenue
Cocoa, FL 32926

For More Information:

Cynthia F.
tenae93@bellsouth.net

Courage to Change Palm City Group Growing Stronger

The Courage to Change group in Palm City, Florida is growing stronger and healthier. Our first meeting was on May 4th, 2010 where there were 25 people attending! On November 16th, 2010 we hosted a regional workshop that drew 36 attendees plus our Florida Region Officers. And on January 25th we elected our first Courage to Change Group Officers. Maureen S. is our Chairperson, Debbie is our Treasurer, Lynn L. is our Secretary, and Michelle L. is our GSR. We also created the office of Greeter. Time and again we heard how welcomed newcomers felt when they entered our meeting. The importance of having someone there at the door with a smiling face can't be underestimated. And the two people with the biggest smiles are Carl A. and Donna F.; our Greeters. By following the 12 Traditions and 12 Concepts of Nar-Anon we have now found ourselves to be a firmly

established Nar-Anon Family Group on the Florida Treasure Coast. It has been a wonderful experience to be one of the founding members of this group and witness the transition from being a newbie to seasoned veteran of the Nar-Anon way of life. In the beginning our folks would come to our meeting desperate for help, hoping somehow to learn to cope with their heavy burden of worry, anxiety and desperation. Our faces were care-worn and our stories were filled with worry and anxiety about our loved ones. Now we have many smiling faces that have learned the meaning of the 12-steps and the concept of sharing experience, strength and hope. We have found the friendship and understanding we need in our Courage to Change Family Group. We welcome the newcomer with compassion and understanding. We support each other and remind each other to not be alone – use the phone!

Michelle L., Palm City GSR

Courage to Change

Tuesday's, 7:00pm – 8:00pm
Immanuel Lutheran Church
Sr. High Classroom
2665 SW Immanuel Drive
Palm City, Florida 33490

For More Information:

Michelle, GSR
michelle_lively@bellsouth.net

One Year Anniversary

Join us as we celebrate.

Tuesday,
May 3rd, 2011

Cake and coffee will be provided.



*** CALENDAR OF EVENTS ***

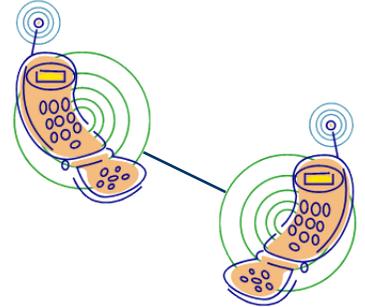
May 1st, 2011

@ 7:30pm EDT

Next GSR Telephone Conference

Call: 218-844-0840
Enter access code 368151

For More Information Contact:
Ed L. at NarAnonChairFL@aol.com



May 3rd, 2011

Join the "Courage to Change" group as we celebrate our,

One Year Anniversary

Palm City, Florida
Cake and coffee will be provided.

For More Information Contact:
Michelle at michelle_lively@bellsouth.net



July 1st – 3rd, 2011

Nar-Anon @ FRCNA - Miracles Do Happen!

Regional Convention

West Palm Beach, FL

For More Information Contact:
DAN C. at wawawou@live.com

Registration form available online at www.naranonfl.org



*** CALENDAR OF EVENTS ***

September 1st-4th, 2011

Bridges to Recovery

Nar-Anon 2011 World Convention

San Diego, CA

For More Information Contact:

Dan C. at worldconvention@nar-anon.org



September 17th, 2011

@ 10:00am EDT

Regional Elections at Face to Face Conference

Highlands Hammock State Park
5931 Hammock Rd., Sebring, FL

For More Information Contact:

Ed L. at NarAnonChairFL@aol.com



SAVE THE DATE

August 3rd-5th, 2012

Sailing the Seas of Recovery

East Coast Convention 4

Atlanta, GA

For More Information E-mail:

Nfgecc4@gmail.com



TRUSTED SERVANTS

Chairperson

Ed L – Largo

NarAnonChairFL@aol.com

Vice Chairperson

Kathy B – Lakeland

kingcole110196@hotmail.com

Secretary

John M – Largo

FLSecJohnM@yahoo.com

Treasurer

Lynne K – Palm Harbor/Crystal Beach

darlynn@aim.com

Delegate

Rand M – Ft. Walton Beach

rand-mueller@cox.net

Alternate Delegate

Sheryl H – Lakeland

sdh21@tampabay.rr.com

Hospitals & Institutions

Roy B – North Tampa

rbranner@tampabay.rr.com

Public Information

OPEN

Newsletter

Margee C – Melbourne

Margaret.carrella@att.net

Conventions

Dan C – Lakeland

[wawou@live.com](http://www.wawou.com)

Website

Melanie S – Ocala Forest

MyJonquility@aol.com

Literature Depot

Karen M – Tampa

karenwso@hotmail.com

Nar-Ateen

Kristy S – Palm Bay

Jsqtpie33@aol.com

Lauren P – Palm Bay

Laurenliz28@hotmail.com

URGENT BULLETIN, Continued from Page 1

We reached out to the officers of the Michigan Regional Service Committee (RSC) and asked that they stop distributing the book. The RSC refused and declined our offer of a face-to-face meeting. In order to protect the interests of the Nar-Anon fellowship, the Board then utilized its legal counsel to write to the regional officers again requesting they cease printing and distributing the book. The RSC refused this request as well. The Board then wrote to each of the 26 Michigan groups informing them of the situation. We have since learned that they have indeed reprinted and continue to sell this book in spite of our efforts. The Michigan Region has repeatedly accused the Nar-Anon Board of Trustees and WSO of dictatorship, when in fact our actions protect the fellowship as a whole and affirm the group conscience as expressed at the World Service Conference.

We are calling upon you, Nar-Anon members around the world, to voice your views on a region that chooses actions contrary to decisions made by the fellowship by publishing a book that is not appropriate, has religious content, is inaccurate, and has material taken from other fellowships leaving Nar-Anon in danger of legal action by them.

Please send your comments to the Board of Trustees at feedback@nar-anon.org. All opinions and concerns expressed will be forwarded to the Michigan Region. Your anonymity will be maintained. We will not forward any email addresses, but we would like a first name, group name, city, and state/country.

In service,
Board of Trustees
Nar-Anon Family Groups

Nar-Ateen, for members ages 12-20



Photo by Kristy S. - Melbourne © 2011

Has Nar-Anon Helped You? Would you like to give that gift to your child? Nar-Ateen is a fellowship for young people ages 12-20 that have been affected by a loved one's abuse of drugs. The meetings, patterned after Nar-Anon ideas, Nar-Ateen can help kids learn how others in their peer group have coped with family addiction and have let go of trying to control others. They learn that addiction is a disease, and that it is not their fault. By changing their way of thinking, kids can find a new way to live. Nar-Ateen meetings are usually held at the same place, day and time as Nar-Anon meetings. They are sponsored by Nar-Anon members who use the steps, traditions, and concepts to guide members in establishing a group's structure, election of officers, planning programs, administering funds, and ordering literature. Please visit www.nar-anon.org for meetings in your area. If there are no existing meetings, and you would like to start one, please contact the World Service Office (WSO) for more information: naranonWSO@gmail.com or 800-477-6291.

Jonnie G. ~ California

Note: This article was originally published in the Northern California World Service Region Biannual Newsletter, "Nor-Cal Notes and News", June 2010 - #8, and has been reprinted here with the author's permission.

Our Regional Delegate, Rand M. is also serving on the WSO Nar-Ateen Committee and the FL Region recently formed a Nar-Ateen committee with Kristy S. and Lauren P. acting as co-chairs.



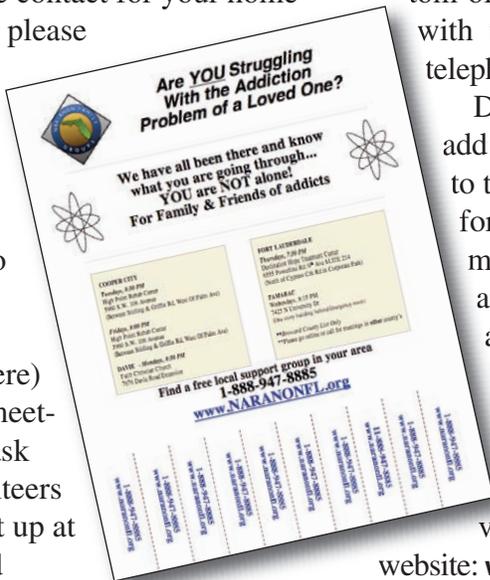
DECEMBER 2010

FLORIDA REGION

Volume 3 Issue 3

NEW PUBLIC INFORMATION FLIER

The Public Information committee has been busy! We are asking YOU, the contact for your home group, to please bring a copy of the new PI flier (sample of how to list your meetings shown here) to your meeting and ask for volunteers to hang it up at approved places. This flier is designed to bring awareness to the public of our program and help those interested in finding a meeting. We made a master sheet for



each group to fill in with a list of meetings in your local area. The bottom of the flier has tear-off tabs with the website and helpline telephone number.

Don't have time or a way to add the meetings in your area to the flier? We'll gladly do it for you! Just tell us what meetings are in your area and we will make your flier and send it to you. If you do make a flier for your area, we ask that you send us a copy so we can save it.

To download the master version, go to our region's website: www.naranonfl.org, click on the **Hospitals & Institutions / Public Information (H&I / PI)** link on the right side and follow it to the documents that are available. *Special thanks to Robyn M, Ft. Lauderdale ~ PI Chair*

In This Issue...

Letters From...

How Sponsorship Has Changed Me

Face To Face - Sebring

Convention News

A Toast To... Choices

Upcoming Events

Guidelines For Healthy Meetings

In Service

And More!

FROM THE EDITOR

“Service is a wonderful way to give back to the program for the peace and serenity members receive when using the tools of Nar-Anon.”

*The Nar-Anon Family Groups' Guide to Local Services
Conference Approved*

Greetings,

By the grace of a power so much greater than myself (and a little honesty, openmindedness, and willingness on my part), I've been in recovery for quite a few 24 hours. However, it's been a long while since I took on a service position. When Chair of the Nar-Anon Newsletter opened up, it seemed like a natural fit, considering I've also been in the field of graphic design for even longer than my time in recovery. Already, it's been a delight, and I hope that shows in this, my first recovery newsletter layout.

Of course, I couldn't present this oh-so-plump offering to you without the generous support of all those who contributed. The input was so plentiful, that I gleefully had to add a page more than planned (hence the odd number...in the old days of printing strictly off a press, this would have bollixed up the whole ball o' wax, as layouts for press are in "signatures" of four pages each). Today, I welcome such "trouble"!

As you read through the abundance within, please keep this in mind: the little time it took for the authors of these articles to give back what has so freely been given them has multiplied in what we receive. That's the way it works in this program. Little by little, we grow so much.

Our fellowship is in its fledgling years. For your indelible part in its growth, I thank you. For what you are now considering as your "little time" to contribute to the future of this fellowship by way of our newsletter, I am already so grateful. Coming and going, this is an awesome train to ride.

Here's to momentum, growth, and being of service!



~ April G. LAKELAND



VOLUNTEERS NEEDED FOR THE HELPLINE

As many of you are aware, the Florida region implemented a toll-free statewide helpline about a year ago. It has been doing quite well and is getting more popular over time. Volunteers are needed to answer the incoming helpline calls. We wanted to explain to everyone how it works.

> Someone in need of a meeting calls the toll free helpline:

888-947-8885

> An automated system answers and asks the person to hold while trying to connect to an available helpline person.

> The person is then put on hold and hears only music.

> At that point, the system will try calling the first person scheduled for that time slot on the helpline list. If that person is unavailable, it will roll over to the second person scheduled for that time slot only. If there is a third person, it will roll again. If, however, nobody is available to answer, it will go into a voice message system and the caller can leave a message. We are then notified via email that there is a message waiting on the helpline and somebody will call them back asap.

> If somebody calls during a time when nobody is scheduled, it will go into voicemail and we will call them asap.

> The caller NEVER knows who you are, where you are, or your phone number – this is completely anonymous.

> We are there to help the caller find the closest meeting. We are not to give advice or meet the person, etc. We simply state that the best thing for the caller is to get to the next meeting and they will find the support they need.

Shifts are available in the morning or afternoon. Volunteers can pick up as many shifts as they feel comfortable with. If you want to try one shift to get started and pick up another when you are ready, that would be great as well.

For more information, contact Robyn M at robymb75@bellsouth.net.

How Sponsorship Has Changed Me

When I first worked the steps with my sponsor, I was amazed how it changed my life – the steps made so many things so much clearer for me; my life changed immediately as we worked each step.

But the real change in my life came when that first person approached me and asked if I would be their sponsor. It may sound like a very simple sentence, and a very simple request, but it is so much more. What that person is saying is, will you be my friend, will you help me to be a better person, will you teach me how to make my life better, would you mind if I tell you my life story, good and bad, and help me sort it out so that I can understand it and go on to live a happier, better more serene life?

It was an amazing transformation for me. As I worked the steps with that first sponsee, I worked them myself again, deeper this time, each step becoming clearer and more meaningful as we went along.

And then it happened again, and again – more men asking me, each person being a gift from my Higher Power, to help me understand suffering, happiness, serenity, pain, anger, every emotion and personality trait you can think of...and I continued to grow.

Each sponsee is different. Every sponsee is sent to me for me to learn something else. I am so lucky, I am a sponsor.

Ed L, Largo - Fla. Chair

THINGS TO REMEMBER

*GSR Monthly Conference Call
218-844-0840, access code 368151*

*GSR F2F Meeting / Sebring
February & September*

Thank you to everyone that attended the Semi-Annual Face To Face Meeting in Sebring on September 25th. I admire your dedication and willingness to serve your Florida Region and Nar-Anon as a whole. This program works because of the willingness of our members to serve the membership.

As many of you know, Tradition One is my favorite. Our common welfare should come first; personal progress for the greatest number depends on unity. All who attended the meeting are working for Unity. I have applied Tradition One in many areas of my life with great success. Read the words and apply them to your own life, your home life, your work life and your spiritual life. I hope you are as pleasantly surprised as I was with this wonderful tradition.

We covered a lot of material during the meeting, but the most important business item we addressed was the election of our new Delegate and Alternate Delegate, along with all new committee chairs. I want to take this time to give a heartfelt and grateful "thank you" to our first Delegate, Susan, for her unwavering belief in our program. Her devotion and ability to apply Tradition One is inspiring. The Florida Region was wonderfully represented by her, and I hope you will join me in sending our sincere appreciation for all her hard work and dedication.

I also want to thank Rand for his willingness to serve our Florida Region. Rand has been there since the inception of the Region, along with Susan. Rand brings an insight that is unique and his experience, strength and hope always gives me a new perspective on situations I may be dealing with. He is objective and plays the peacemaker role very well. He, too, is an inspiration. The Florida Region has been blessed with the gift of these two, and we appreciate you very much.

The outgoing committee chairs also

deserve our gratitude and thanks for a job well done. Jeani published our newsletter and what a wonderful job she did. She is very creative and has a wonderful sense of humor and her willingness to serve is appreciated. Anne published our meeting list and GSR contact list and helped with the website. Her enthusiasm for this program has been evident from the first convention she attended in Tampa. Melanie revamped our website and added her own creativity and inspiration to make it a very informational resource – one we can be proud of. Sheryl was our convention co-chair along with Margee. A huge thanks goes to these girls. Planning a convention is a lot of work. I watched from the sidelines and there are many details to attend to, yet they both pulled it off as if it was nothing! Kerri started off being our

HI/PI chair two years ago. Unfortunately she became very ill and was unable to continue. I want to acknowledge Kerri's devotion and her enthusiasm. We

have the hotline today because of her belief in helping others. Thank you, Kerri – we miss you. Angie in Lake Park took over the HI side of the committee and her committee drafted letters that went on to the World Literature Committee and now are available in a package for the entire world to use in outreach. Each one of you deserves our gratitude. As always, I want to give thanks to the board with whom I so willingly serve.

Our new committee chairs are listed on the back of our new meeting list and the last page of this newsletter. To them, we extend our appreciation and support. Their willingness to serve is so valued. Because they will all be hailed for their unique contributions in subsequent newsletters (and because space here is at a premium!), let it suffice to say now that we are very fortunate as a region to have each of them serving us.

Our Face To Face meetings are not



continued on page 8

ST. AUGUSTINE CONVENTION

While sitting on the beach this Spring with a couple of program friends, I got word that a call had been placed to WSO concerning an upcoming convention. So, from my chair on the beach, I made our first contact with a young woman from NA who was requesting to have Nar-Anon at their convention the weekend of September 17-19. Needless to say, I was very excited. The First Coast region of NA is a region that we have never been invited to before, and they called looking for us! We exchanged phone numbers and I gave her my email information.

As many of you know, September is a busy month for the Florida region. We have our semi-annual Face To Face meeting during the month, so we were concerned about how many would be able to attend the convention. But even if only a few were able to attend, this was an opportunity to carry our message that we couldn't pass up. And when the time came to set up, we received a warm NA welcome and a great room in which to hold our meetings.

We were few in number, but the right people were in the right place at the right time. Like the member who had

extra "little blue books" in his brief case, and the newcomer who, when he read the first page, said tearfully, "Finally, a book written for me." One of our members sold that same newcomer her own husband's SESH book. Then there was the young woman from NA who approached the registration table with her sponsor and her mom, asked a couple of questions, and when a member shared some of her own story, that young woman registered her mom for our meetings and spent the rest of the weekend with us. And then there was the mom who had been in the rooms of NA for many years and was now looking for answers, as her child was struggling with addiction. Nar-Anon was there for it all, thanks to that invitation.

I'm grateful for that phone call and the opportunity we were given to carry our message. The First Coast region of NA has invited Nar-Anon again in 2011.

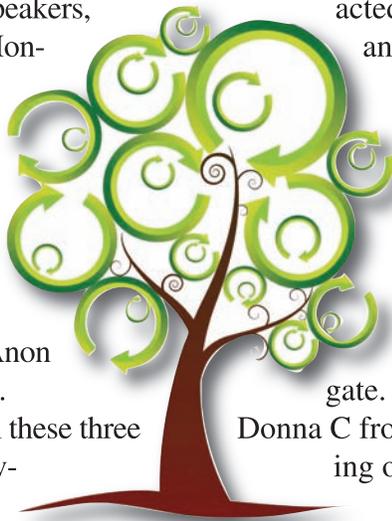
I would like to say thank you for all the opportunities for service and all the support I have received these past two years.

In love and service,
SHERYL H. Lakeland
Alternate Delegate



TOGETHER WE HAVE THE COURAGE TO CHANGE

Together, we do have the courage to change. This was the theme for a recent Nar-Anon Family Group workshop held in Palm City on November 13th from 9:30 AM to 4:00 PM. The workshop was the result of three southeast coastal area groups coming together to host a full day of special topics, guest speakers, and fellowship. The Monday Night Road to Serenity Group meets in Palm Beach Gardens, the Tuesday Night Courage to Change group meets in Palm City, and the Thursday Night Nar-Anon group meets in Port St. Lucie. Members from these three groups set out with several objectives



in mind: to gain better understanding of how Nar-Anon works, foster the growth of new Nar-anon meetings in the area, and learn from others' experiences so that we, as individuals, may also grow in Nar-anon.

The workshop was supported by our new Florida Region Officers who acted as our panel experts and shared their experience, strength and hope. Officers attending were Ed L, our Florida Chairperson, Kathy B, our Florida Vice-chairperson and Sheryl, our Alternate Delegate. Guest speakers were Donna C from Palm Harbor sharing on the topic of Fear to Faith, and Denise K

from Palm City sharing on the topic of Self Care.

Attendance was better than expected for our very first attempt at a mini-convention/workshop/Day of Serenity, with 36 registered attendees. The day was filled with topics starting at 10:00 AM and continuing until 4:00 PM. Everyone felt free to ask questions, share experiences, and listen to stories of hope and encouragement. It was a wonderful chance to put faces with names, get to know each other better, and learn that our Florida Region Officers really are our TRUSTED SERVANTS and here to serve.

Will we repeat this event next year? I think so!

~ Michelle L, Palm City GSR

A TOAST: TO HOLIDAY CHEER...AND CHOICES

The holiday season, for many, is a joyous, beautiful time. For others, it can be very challenging, even dreadful. Research has shown that cases of depression, suicide, domestic violence, and drunk driving accidents all increase during the holidays. As friends and family of those in the grips of the disease – or even in recovery – we may be all too aware of this darker side. But each of us are the captains of our own ships, and we can choose whether we are brought down or lifted up by the people and circumstances in our lives. We can also choose what we bring to the holiday table.

While family gatherings can be emotionally stressful and can trigger unhealthy coping mechanisms, loved ones of addicts, in or out of recovery, can provide essential support to help avoid emotional pitfalls, deal with cravings, and find joy in the holiday season. We can't make decisions for anyone but ourselves, but we can take away some of the excuses we might otherwise hear.

Only the addict can choose how they show up (at gatherings and life in general), but a little planning ahead by those that love them can go a long way to help avoid relapses, hurtful situations, and tragic consequences.

Here are some suggestions for those who wish to positively contribute to healthy holiday gatherings:

- Take the focus off of alcoholic beverages. Downplay alcohol consumption and emphasize other ac-

tivities like talking, music, games, or sports.

- Provide non-alcoholic alternatives, and avoid calling attention to the fact that someone isn't drinking alcohol. You may not know the whole story.
- When cravings hit, try eating something sweet. Sugar can help satisfy the part of the brain that triggers cravings for alcohol and opiates. May negate some of your New Year's resolutions, but let's deal with one holiday at a time ;-)
- Consider taking a friend who has achieved long-term recovery with you to gatherings. This person will understand your situation and be able to provide effective support during tough moments.
- If you are feeling stress or overwhelmed, take some time out. Go for a walk with a friend, take a quick nap. Being tired can deplete your energy and ability to cope with stressful situations.

And here are some suggestions on what NOT to do:

- Do NOT fool yourself into thinking you have covered all the bases...the most you can do is control your own contribution. Plan, don't expect.
- Do NOT buy into any drama the addict may bring to the festivities...you deserve to enjoy the holidays, and you can insist they behave or be on their way.
- Do NOT mistake reaching out in support with enabling...let them "do"

for themselves – love and understanding are verbs, too.

- Do NOT collapse your fair boundaries just because it's a special occasion...you have worked too hard to get to where you are in recovery to sacrifice it now.
- Do NOT engage in verbal (or other) combat with your addict... maintain your own serenity as the precious gift it is in your own life.

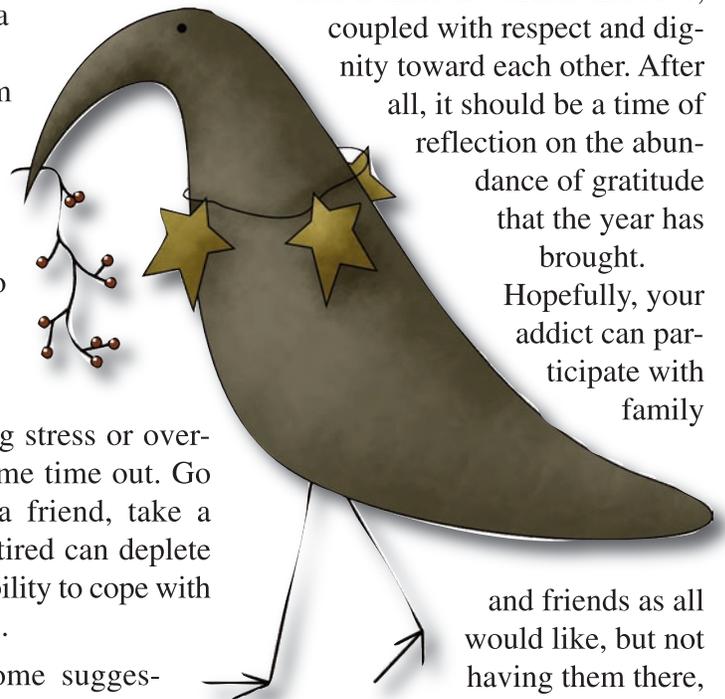
Holidays can be wonderful and fun. But they are certainly more enjoyable if there is warmth and love, coupled with respect and dignity toward each other. After all, it should be a time of reflection on the abundance of gratitude that the year has brought.

Hopefully, your addict can participate with family

and friends as all would like, but not having them there, if they cannot honor you as you do them, is indeed an option. We all make our own choices.

May you and your loved ones know the true spirit of the holidays, with all its joy and peace.

 APRIL G.
LAKELAND



Space Coast Convention - April 1-3, 2011

At a recent business meeting for Space Coast Serenity, it was agreed that that group will take on the planning efforts of the convention in Cocoa Beach, scheduled for April 1-3, 2011. It will be held at the same hotel (we will probably have the same room as last year):

International Palms Resort on A1A in Cocoa Beach

In the near future, the group will announce the Convention Committee meeting inviting all the local Nar-Anon groups so there can be a multi-group conscience. Among other business, elections will be held to fill the convention committee positions. It is customary that the officers and sub-committee chairs from last year come to at least the first meeting to trade information and any tools they might want to share with the newly elected officers and sub-committee chairs.

Here are each position's duties for consideration:

Chairperson: Coordinates all sub-committees and officers, sets agenda for business meeting, sets date/time/place for business meetings, conducts business meeting to keep it flowing and moving forward. Additionally, this position creates sub-committees as needed.

Secretary: Takes notes (minutes) at business meeting, sends out reminders for business meetings, types minutes and makes copies available for the rest of the committee, reads minutes at next meeting for approval, makes fliers and distributes to WSO, Region, and other Nar-Anon groups, conducts voting at

business meetings, and keeps track of all motions made by the committee.

Treasurer: Creates a budget, reads budget at business meeting for approval by the group, keeps track of all income and expenses, types a report of convention committee finances, makes report available for the rest of the committee, reads report for approval at business meetings and makes a final report at the close of the convention.

Registration: Collects registration forms and payments, gives payments to the treasurer, keeps a list of all people registered, comes up with ideas for items to include in registration bags, puts



registration bags together, makes or purchases name tags and pens for all registrants and coordinates volunteers to collect on-site registration and hand out name tags and registration bags.

NA Liaison: Acts as contact and representative for the local Nar-Anon convention committee, requests a room at the local NA convention committee, reports to our group any questions or information from NA and reports to NA any questions or information from our group.

Hospitality: Gets quote for banner, upon approval of a design and quote, orders a banner, coordinates pick up

and payment of banner, prepares a list of hospitality items needed for the convention, like decorations, coffee, sugar, paper products, etc., purchases items, sets up items at convention, provides donation jars for hospitality table at convention, and coordinates volunteers to help keep hospitality table stocked at the convention.

Merchandising: Comes up with ideas for items to sell at the convention, like hats, shirts, mugs, etc., gets quotes to purchase items and suggests a sale price, makes an inventory list of items to be sold including the name or description of each item, sale price and amount of each item in inventory, makes a form to track all sales at convention, and coordinates volunteers to work the merchandise table at the convention.

Programming: Creates a suggested list of topics for meetings and workshops, comes up with workshop ideas and a list of items needed, creates a schedule of meetings from Friday to Sunday, coordinates volunteers to chair the meetings, lead the workshops and speak on topics, coordinates with literature depot to make sure information pamphlets, books, and meeting lists are available, creates a written program to be printed and distributed in registration packets and at registration table, and set up taping of speaker meetings.

All of the above positions are fulfilled with the help of the group and with convention funds. YOU ARE NOT ALONE!

Please watch your email and listen for group announcements for the date of the next convention committee meeting.

For more information, contact
Margee C, Melbourne
321.745.0348
margee32905@earthlink.net

GUIDELINES FOR HEALTHY MEETINGS

It is important to keep our meetings as healthy as possible so that we continue to grow and help new members.

Here are some guidelines for a healthy Nar-Anon meeting:

- Start and end the meetings on time
- Read the steps and traditions at each meeting
- Read only from conference approved literature (CAL)
- Hold step & tradition study meetings
- Hold regular business meetings
- Become familiar with the Guide to Local Services
- Encourage sponsorship
- Respect each member's viewpoint

To understand how to have a healthy group, we need to be aware of what leads to unhealthy meetings:

- Crosstalk – This typically means questioning or interrupting the person who is currently sharing, giving direct advice to others who have already shared, speaking directly to another person rather than to the group, or telling another member how to think, act or feel.

- Advice – Telling someone else what to do deprives them of the chance to find their own solution. We can suggest that listening at meetings, finding a sponsor, and working the steps will help them find the answers they are seeking. We can only share our experience, strength and hope.

- Outside speakers – The purpose of Nar-Anon is personal growth through applying the Twelve Steps and sharing our experience, strength, and hope. Outside speakers may divert the focus from our recovery.

- Dominant personalities – When one person is allowed to dominate a meeting by doing all of the talking, it hinders other members from sharing their own experience, strength, and hope. We find that it works best when the chair leads with a pre-planned topic and each member has the opportunity to share on the chosen topic. Meetings should be flexible enough that a member can share on something else if they feel the need.

- Focus on the addict – We come to Nar-Anon for our own recovery not to discuss the addict's problems. Sharing our feelings and how we acted about a situation with the addict is different be-

cause we are speaking about ourselves.

- Outside literature – At Nar-Anon meetings and events, we use only the literature found on our order form to keep our program consistent throughout the world. Reading from outside literature can be confusing to the newcomer.

What can we do to change our unhealthy meetings? In a group business meeting, members can identify areas to work on using *Taking a Group Inventory*. All members should be able to express their concerns without fear of reprisal. It is of the utmost importance to treat each other with respect during this process. Keeping an open mind is critical. We learn by listening to one another and by trying to understand each other's viewpoint.

With every situation, there is a solution. Reading the *Guide to Local Services* and our CAL may help. Members can call for a group conscience guided by their Higher Power to remedy the problems they have identified. There may be more than one answer.

When we set aside our self-will, we can discover the best solutions for the group.

Excerpts from
*2010 Conference Track Material
Guidelines for Healthy Meetings*

NAR-ANON BOOTH @ AARP CONVENTION

One of my new roles as a Trustee for Nar-Anon is to chair and be an active member for the World Service HI/PI/Outreach Committee. Our mission is to carry the message, improve our brand and stop being the best-kept secret in the 12-step world.

Just recently (Sept. 30-Oct 2), Nar-



Sheryl H and Kathy B

Anon had an exhibit booth at the AARP 50+ Convention held in Orlando. Our booth, which was located in the Non-Profit/Government section, was among over 375 other exhibitors from all different areas. The last attendance count for the event that I received was 26,752. Wow! Imagine if only 1% of them showed up at one of our meetings. There were also other 12-step Fellowships exhibiting there, but I did notice that every day they had the same two volunteers working in the booth. I am proud to say that certainly wasn't our case. We had 2-3 volunteers there working 4-hour shifts, and only rarely did we have the same people. At one point, there were too many of us! We were also able to display the new



Sheryl H, Karen M, and Kathy B

poster-size 12 Steps, Traditions, and Concepts in the booth, along with the new Nar-Anon posters. These items are now available through WSO and the Florida depot (of course!!! – gotta take care of my fellow Floridians).

I want to thank all those who helped to make this event go so smoothly.

In service,

Karen M, Tampa

From Our Florida Chair

HAPPY HOLIDAYS!!!

How often have we heard that in the past and had a less than polite response on the tip of our tongues?

For many years, the holidays were anything but happy for me; there was rehab, jail, the psych ward. There were years I didn't even know what field he was living in - I think those years were the worst. But now I realize that the unhappiness was my own doing.

The holidays can be anything you want them to be. They can be unhappy, unbearable, horrible, insane, terrible, or...they can be happy. When we work our program, we learn to not have unrealistic expectations. If I plan a get-together and I decide to invite my addict, I now know that I can have no expectations that he will arrive nicely dressed, or be coherent, or polite, or not fall asleep in his mashed potatoes - or that he will show up at all!!! My program tells me that I don't have to invite him if I do not want to deal with the uncertainty or the insanity.

My program tells me that my happiness is my responsibility. It should not be based on the actions or feelings of others, or how we wish things were. It should be based on accepting life as it is and focusing on the good things in my life, not dwelling on everything else.

So, I wish you all a very happy holiday season, as I am going to work hard on my program to have a happy holiday season myself.

Ed L. Largo

continued from page 3

all business. We do take time to have fellowship in the morning before the meeting starts, and also again at lunch. The location lends itself to many options for personal choice at lunch, and we usually provide coffee and donuts in the morning. I understand it is a long drive to attend. However, the location was chosen as the most central in the state from the north, south, east, and west for the majority of attendees. For those who come from northern Florida, we so appreciate how you are always there, making the longest drive to serve our fellowship. The commitment everyone shows is incomparable.

I recently asked the question at a meeting for which I was a guest speaker, "What price are you willing to pay for your own recovery?" I am willing to drive 2½ hours to a meeting. I am willing to devote one full day every six months to my region. I am willing to speak at other meetings, conventions, and express my experience, strength, and hope in the newsletter. That is what I am willing to do for my recovery. If none of us gave back, if none of us cared enough, then Nar-Anon would simply cease to exist. That would be a sad event. I want and need these rooms. They saved my life and I am passionate about my program. I apologize to anyone I have offended with my overzealous attitude, but I will not quit. I only wish I had more time to devote to service.

I encourage you to open yourself to the idea of service. The rewards are wonderful. The friendships are uplifting and a source of never-ending support. The personal self-esteem I have gained only helps me to move forward with the changes in my life. Service reminds me I am never alone and my wish is that no one ever feels alone.

Our next Face To Face meeting is in February. Details will be sent out when we get closer. I hope all of you will make the effort to attend. Remember, you do not have to be a GSR to join us. The meeting is open to all members. After all this is YOUR program.

In loving service,

Kathy B, Lakeland - Fla. Vice Chair

SESH GROUP HOLIDAY PARTY

**Destination Hope Treatment Center
6555 NW 9th Ave/Powerline Rd - Suite 214
Fort Lauderdale
December 16 • 7:30 PM**

HELPLINE 888-947-8885

8

WEBSITE www.naranonfl.org

TRUSTED SERVANTS

Chairperson

Ed L – Largo
NarAnonChairFL@aol.com

Vice Chairperson

Kathy B – Lakeland
kingcole110196@hotmail.com

Secretary

John M – Largo
FLSecJohnM@yahoo.com

Treasurer

Lynne K – Palm Harbor/Crystal Beach
darlynn@aim.com

Delegate

Rand M – Ft. Walton Beach
rand-mueller@cox.net

Alternate Delegate

Sheryl H – Lakeland
sdh21@tampabay.rr.com

Hospitals & Institutions Chairperson

Roy B – North Tampa
rbranner@tampabay.rr.com

Public Information Chairperson

Robyn M – Ft. Lauderdale
robymb75@bellsouth.net

Newsletter Chairperson

April G – Lakeland
underdog@graphics911.com

Convention Chairperson

Dan C – Lakeland
wawawou@live.com

Website Chairperson

Melanie S – Ocala Forest
MyJonquility@aol.com

Literature Depot Contact

Karen M – Tampa
karenwso@hotmail.com

REGIONAL COMMITTEES NEED VOLUNTEERS

We are always in need of willing members to be on all the committees. Please consider these opportunities to be of service to this fellowship.

The Regional Service Committee (RSC) may establish subcommittees to carry out the work of the region. These subcommittees shall include, but are not limited to, HI/PI (Public Outreach), Literature, Convention and Events. Subcommittee chairs shall be elected at the assembly.

Once a chair is chosen, the committee may elect its own officers. Regular meetings are usually held in central locations. Each committee submits written reports of their activities and finances at RSC meetings and at the assembly. An itemized budget is to be prepared by the committee to submit to the RSC for approval.

Hospitals and Institutions (HI)

This subcommittee acts as a resource to groups and members in their efforts to carry the Nar-Anon message into hospitals and institutions to those who may not be aware of Nar-Anon, keeping in mind the Twelve Traditions.

Public Information (PI)

This subcommittee acts as a vital link

between individuals seeking help and Nar-Anon members who share their experience, strength, and hope. Its mission is to provide information regarding Nar-Anon to agencies and the public, following the HI/PI guidelines. PI is responsible for keeping the region's meeting directory current with information provided by the ASRs.

Literature

This subcommittee meets regularly to develop new ideas and new literature proposals to be submitted to the World Service Literature Committee. Its mission is to be an instrument to produce literature for the Nar-Anon fellowship as a whole, thereby helping the overall unity. In an effort to involve all members, the subcommittee may hold workshops at conventions or other Nar-Anon events.

Conventions/Events

This subcommittee plans, organizes and hosts region conventions and events. It also encourages and supports area conventions and events.

For more information, contact the chairs of these committees (see list at left). They will gladly welcome your volunteer interests.

MEETING UPDATES

items in **BOLD** are the changes

WINTER HAVEN TUESDAY
NAR-ANON FAMILY GROUP

Tuesday **6:00 PM**

St. John's Methodist Church
1800 Cypress Garden Blvd
Winter Haven, FL 33884
Contact Bonnie W
863.676.9509
or 863.514.9795

LIVING MIRACLES

Friday 8:00 PM

"The Place"

5540 Park Blvd

Pinellas Park, FL 33781
(entrance to parking lot
on 56th St and 72nd Ave)

Contact Annette B
727.546.6957

Florida Region Nar-Anon Newsletter



Volume 3, Issue 2 June, 2010

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Meeting will be in the enclosed air conditioned shelter.

We really need everyone to attend so your group will have a voice.

IS YOUR GROUP HAVING AN EVENT?

Please let us know if your meeting is having an anniversary event, a guest speaker or any other celebration.

NAR-ANON BOOTH AT AARP CONVENTION

See article on Page 6

Sign up for the event at the AARP website.



WOULD YOU LIKE TO CONTRIBUTE A STORY TO THE NEWSLETTER?

We could use your contribution. Write a story that will inspire others. Tell us about how your members give back. Write a poem. Send your contribution to the Editor at FL_Jeani@yahoo.com.

INSIDE THIS ISSUE

1	Next Scheduled GSR F2F Meeting
1	Is your group having an event?
2	Calendar of Upcoming Conventions and Events Information Help Line GSR Conference Calls
3	New Meetings Around Florida Anniversary Meetings Nar-Anon Events Around Florida
4	Let's Get the Word Out, Ed L
5	Letter from our Florida Region Alternate Delegate
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Learn from the Experiences, Strength, and Hope of others how they deal with their addicted loved ones and how they have been able to restore serenity in their lives.

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Here is the schedule for the remaining monthly conference calls for Group Service Representative's. All members are welcome to join the call.

The call in number is 218-844-0840. The access code is 368151#. All calls begin at 7:30 p.m. on a Sunday and generally less than one hour. Please join us so you can convey your group's voice in matters affecting the Florida Nar-Anon Family Groups.

July 25th

August 22nd

September 25th F2F

October 24th

November 28th

December 26th

Here we grow again!

*New Meeting in
Florida*

Palm City

Emmanuel Lutheran Church

2655 SW Immanuel Drive

Tuesdays, 7:00 PM

First Meeting: May 4th, 2010

We have a new meeting that started in

Palm City, FL on Tuesday

May 4th, 2010, from 7:00 pm-8:00 pm

The meeting location is: 2655 SW
Immanuel Drive Palm City, FL 34990.
Palm City is south of Stuart and Port St
Lucie.

Michelle L. will be leading this group.

**Anniversary Meetings in Crystal
Beach**

In May, the Crystal Beach Monday morning 10:00 a.m. meeting, "A New Beginning", and Monday 7:00 p.m. meeting, "Stepping Up to Recovery", celebrated their 1 year Anniversary. The meeting was well attended and the cake and other goodies were wonderful. Who doesn't like cake?

**Nar-Anon Events from
Around Florida**

The Lutz Meeting, "Finding Hope", at Hope Church, 5107 West Lutz Lake Fern Road had a 6th Month Anniversary and Speaker meeting on Tuesday, June 29. They had a guest NA speaker. Cake and iced tea was served. There was a record turnout of approximately 40-50 members and guests. Please support the meetings in your area.

The North Tampa Group, "Moving Forward on Mondays", celebrated their 2nd Anniversary in April. The group meets at the Marge Porter Resource Center on Sheldon Road in Tampa on Mondays at 7:00 PM. They had a guest speaker from NA. The meeting was well attended.

We need your help!

We would like volunteers in your groups to hand out meeting lists at different locations in your area such as libraries, Laundromats, restaurants, etc. There is a link titled "[Meeting List Drop-Off Locations](#)" on our site. This will have all locations where the meeting lists were dropped off and currently have copies of the latest lists. Please send an email to the Florida website, NarAnonFL.org, letting us know where you have placed your meeting lists. Then we will put them on the website!

Thanks!!!

Let's Get the Word Out

How many times a week do you stop by a public place that you could leave a meeting list for Nar Anon? For some of us, it may only be 1 or it could be 10.

How many times have we asked each other, "Why aren't there more meetings in this area?" We can solve that dilemma; talk to your group, establish a plan to take meeting lists and approved letters to different locations around your area. Panera's Bread stores have a community bulletin board in the back of the store....take a thumb tack with you and tack a few to the board. Every time I do that locally, they are gone the next time I go by to check. Have someone in the group go to the local public library; ask the librarian if you can leave the lists, I have never heard of an instance where they said no, then be sure to go back and check to see if they need more. When you go to the Dr, just when they call your name, leave one on the table with the magazines, in the dentist's office, in Laundromats, restaurants. Be creative; try leaving them at bail bondsman's offices. Contact your local drug court, or juvenile authorities. Contact the Region and we can put you in touch with our H&I chairperson who can help you with approved letter to send to local mental health counselors.

I recommend to all groups that they copy the meeting list, not just for members and the newcomer, but to get it to the public. We never know when a small action on our part will make a big difference in someone else's life.

I wish I had seen a Nar-Anon brochure years ago, it could have saved my lots of worry, frustration, anger, heartache, pain and money. It would also have helped me find my best friends sooner, and I would have been very grateful for that.

Don't be afraid to call me, or E mail me with any questions or if you just want to talk this idea over, if I can get to you by car within a couple of hours, I will come talk to your group, or we can get someone to come talk to your group. But please, don't just forget about this idea, you never know who is out there, still hurting, still wondering what they did wrong, what they haven't tried to make their addict well. Be that person that does that one small thing; that person that saves someone's life.

Ed L

Chairperson FL Region,

Nar-Anon Family Groups



GREETINGS TO EVERYONE

Having returned from the World Service Conference in April, I wanted to share a few impressions and thoughts with you. Firstly, wow what an experience. There is a true sense of history, as the fellowship grows and develops. Delegates came from all over the U.S., from Canada, Mexico and Brazil. Trustees came from the same countries. The epicenter of activity took place in one room where we ate, read, studied, discussed, voted, joked, and toiled for up to 14 hours a day. Emotions ran the gambit from anxious anticipation, to tears, to joy, to exhaustion. Let me share with you that the Trustees are members of the fellowship just like you and me, except they are indefatigable (unrelenting) titans 100% committed to helping the fellowship move forward. This is a relatively small group of people doing an amazing job and they are very grateful for the wave of Delegates and Alternate Delegates bringing new blood into all the world service committees. The committee chairs are results oriented and desirous for help from anyone in the fellowship, not just Delegates willing to exert the time and effort necessary to move things forward.

The current committees are: Fundraising, HI/PI (Hospitals & Institutions / Public Information), Literature, Newsletter, Policies & Guidelines, Website, World Pool, World Service Conference, and as the result of a motion by groups in Iran ... the newest committee: Narateen. Susan, our own Delegate serves on the HI/PI committee. And I have volunteered for the Literature committee, and as father of 4, the Narateen committee.

This brings up a significant need. Just as the 12 Steps help each individual order their lives, and the 12 Traditions help groups, the 12 Concepts provide guidance for service beyond the group level. Concept 4 states: Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.

We have all seen Nar-Anon members comfortable with just coming to meetings year after year. When we follow this path there may be a little change gradually inching its way into our lives improving a little here and a little there. And, just as there is little growth for the individual, the fellowship too is deprived of life giving growth and energy. Meetings wholly comprised of complacent members languish and stagnate. But when groups pitch in, electing a full set of trusted servants including a GSR, Alternate GSR, Secretary, Treasurer and program Chair; when the group does the footwork for HI/PI and gets the message out; when members get sponsors and sponsors direct their sponsees into service; when the group opens additional meetings or spawns other groups; and when the group holds special events, fund raisers, anniversary speaker meetings, and supports nearby conventions; then the entire fellowship in that area is energized and leaders begin to emerge in the service structure.

As terms expire, it is only natural for trusted servants to look to provide service at the Area and Region levels. What great support we have all received from the Florida Region. The impact of Florida's growth has been felt not just here in Florida, but at the World Service level and beyond! Everybody wins and lives change. Let's give back what we are so freely being given. Let's develop leadership at all levels of service. Let's staff up our meetings, expand out our agendas and fully embrace service in the fellowship.

I hope to see many of you at FRCNA. My love to you all.

Your servant, friend and fellow sojourner on the path to recovery,

Rand M.

Florida Region Alternate Delegate

Third Quarter Letter From Chairperson, FL Region

It is getting closer to the middle of summer and that usually means two things; hurricanes and very hot weather. It is 99 in my backyard right now, and it is only the beginning of June. They say we can expect a hotter than normal summer and the prediction for hurricanes is more than usual.

Now none of this is good news, but it is just that, news. We can sit in a dark corner of our mind and find the worst case scenario, a massive Cat 15 storm with winds over 230 mph and the next day the temperature is 110.....no water, no electric, clothes are wet, roof is gone, one of the dogs blew away in the night....and we can keep that thought all summer long, until November rolls around and it cools down a bit.

Or we can live each day for what it is, get out early before it gets too hot, and get our chores done, or enjoy the early morning breeze. When a hurricane comes, we can be prepared to either leave, or settle in to ride out the storm. In either case when November rolls around it is probably going to cool down a bit. And we will be dealing with whatever the summer has handed us.

It doesn't matter if we are beating ourselves to death with worry over the weather or our addict, it is still worry, and the results are the same.....

What is my plan for the summer weather? I am going to stay in the air conditioning, and if a storm does come our way I have a plan on to get out of the path of the storm.

What is the plan for my summer with my addict? I am going to meetings, they are always air conditioned. And if a storm blows up, I know where to go... out of the path of the storm. I learned that in meetings. So I wish you all a quiet and mildly warm summer, and hope you have a plan.

Ed L

**Chairperson FL Region,
Nar-Anon Family Groups**

NAR-ANON BOOTH AT AARP CONVENTION

Karen M from Tampa has arranged for Nar-Anon to participate in the AARP 50+ 2010 National Event & Expo to be held in Orlando at the Orange County Convention Center, September 30th - October 2nd. Don't miss out on three action-packed days of celebrity speakers, interactive exhibits, concerts, educational forums, and endless fun. Registration is \$25 if you are an AARP member and \$35, if you are not. We have a limited number of opportunities for volunteers to work the Nar-Anon booth (and not attend the other events going on). We will need other volunteers, so if you plan to attend please volunteer to work a shift in our booth.

Speakers

The program for Orlando@50+ includes an interesting mix of experts and celebrities, addressing topics important to you! In addition to topic experts, celebrity speakers include Dave Barry, Cesar Milan (Dog Whisperer), Martina Navratilova, and Peter Greenburg.

Entertainment

AARP presents some of the best artists in concert during Orlando@50+. This year B.B. King, Gladys Knight, Los Lobos, Gloria Gaynor, Crosby, Stills & Nash, Judie Collins, and Richie Havens will be appearing.

It will be an amazing event and Nar-Anon will be there.

Sign up for the event at the AARP website.



Florida Region Nar-Anon Newsletter



Volume 3, Issue 2 June, 2010

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I hope to see many of you at FRCNA. My love to you all.

Your servant, friend and fellow sojourner on the path to recovery,

Rand M.

Florida Region Alternate Delegate

Third Quarter Letter From Chairperson, FL Region

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Or we can live each day for what it is, get out early before it gets too hot, and get our chores done, or enjoy the early morning breeze. When a hurricane comes, we can be prepared to either leave, or settle in to ride out the storm. In either case when November rolls around it is probably going to cool down a bit. And we will be dealing with whatever the summer has handed us.

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Ed L

**Chairperson FL Region,
Nar-Anon Family Groups**

NAR-ANON BOOTH AT AARP CONVENTION

Karen M from Tampa has arranged for Nar-Anon to participate in the AARP 50+ 2010 National Event & Expo to be held in Orlando at the Orange County Convention Center, September 30th - October 2nd. Don't miss out on three action-packed days of celebrity speakers, interactive exhibits, concerts, educational forums, and endless fun. Registration is \$25 if you are an AARP member and \$35, if you are not. We have a limited number of opportunities for volunteers to work the Nar-Anon booth (and not attend the other events going on). We will need other volunteers, so if you plan to attend please volunteer to work a shift in our booth.

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The program for Orlando@50+ includes an interesting mix of experts and celebrities, addressing topics important to you! In addition to topic experts, celebrity speakers include Dave Barry, Cesar Milan (Dog Whisperer), Martina Navratilova, and Peter Greenburg.

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It will be an amazing event and Nar-Anon will be there.

Sign up for the event at the AARP website.



Florida Region Nar-Anon Newsletter



Volume 3, Issue 2 June, 2010

Next Scheduled F2F GSR Meeting

There will be a face to face meeting open to all Nar-Anon Group Service Representatives or any Nar-Anon member on **Saturday, September 25th at 10:00 am** **At the Highlands Hammock State Park in Sebring, FL**

Meeting will be in the enclosed air conditioned shelter.

We really need everyone to attend so your group will have a voice.

IS YOUR GROUP HAVING AN EVENT?

Please let us know if your meeting is having an anniversary event, a guest speaker or any other celebration.

NAR-ANON BOOTH AT AARP CONVENTION

See article on Page 6

Sign up for the event at the AARP website.



WOULD YOU LIKE TO CONTRIBUTE A STORY TO THE NEWSLETTER?

We could use your contribution. Write a story that will inspire others. Tell us about how your members give back. Write a poem. Send your contribution to the Editor at FL_Jeani@yahoo.com.

INSIDE THIS ISSUE

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2	Calendar of Upcoming Conventions and Events Information Help Line GSR Conference Calls
3	New Meetings Around Florida Anniversary Meetings Nar-Anon Events Around Florida
4	Let's Get the Word Out, Ed L
5	Letter from our Florida Region Alternate Delegate
6	Third Quarter Letter from the FL Region Chairperson
6	Nar-Anon Booth at AARP Convention

**Nar-Anon @ FRCNA XXIX
"Growing in Recovery"**



July 2-4, 2010

**Hyatt Regency Jacksonville Riverfront
Hotel**

**225 East Coastline Drive
Jacksonville, FL 32202**

**Nar-Anon @ FCACNA X
"Growing in Recovery"**



September 17-19, 2010

**The Renaissance Resort at World Golf
Village**

**500 South Legacy Trail
St. Augustine, FL 32092**

*Don't forget the
Nar-Anon Information
Help Line!*

1-888-947-8885

We will respect your confidence and anonymity.



Learn from the Experiences, Strength, and Hope of others how they deal with their addicted loved ones and how they have been able to restore serenity in their lives.

GSR MONTHLY CONFERENCE CALLS

Here is the schedule for the remaining monthly conference calls for Group Service Representative's. All members are welcome to join the call.

The call in number is 218-844-0840. The access code is 368151#. All calls begin at 7:30 p.m. on a Sunday and generally less than one hour. Please join us so you can convey your group's voice in matters affecting the Florida Nar-Anon Family Groups.

July 25th

August 22nd

September 25th F2F

October 24th

November 28th

December 26th

Here we grow again!

*New Meeting in
Florida*

Palm City

Emmanuel Lutheran Church

2655 SW Immanuel Drive

Tuesdays, 7:00 PM

First Meeting: May 4th, 2010

We have a new meeting that started in

Palm City, FL on Tuesday

May 4th, 2010, from 7:00 pm-8:00 pm

The meeting location is: 2655 SW
Immanuel Drive Palm City, FL 34990.
Palm City is south of Stuart and Port St
Lucie.

Michelle L. will be leading this group.

**Anniversary Meetings in Crystal
Beach**

In May, the Crystal Beach Monday morning 10:00 a.m. meeting, "A New Beginning", and Monday 7:00 p.m. meeting, "Stepping Up to Recovery", celebrated their 1 year Anniversary. The meeting was well attended and the cake and other goodies were wonderful. Who doesn't like cake?

**Nar-Anon Events from
Around Florida**

The Lutz Meeting, "Finding Hope", at Hope Church, 5107 West Lutz Lake Fern Road had a 6th Month Anniversary and Speaker meeting on Tuesday, June 29. They had a guest NA speaker. Cake and iced tea was served. There was a record turnout of approximately 40-50 members and guests. Please support the meetings in your area.

The North Tampa Group, "Moving Forward on Mondays", celebrated their 2nd Anniversary in April. The group meets at the Marge Porter Resource Center on Sheldon Road in Tampa on Mondays at 7:00 PM. They had a guest speaker from NA. The meeting was well attended.

We need your help!

We would like volunteers in your groups to hand out meeting lists at different locations in your area such as libraries, Laundromats, restaurants, etc. There is a link titled "[Meeting List Drop-Off Locations](#)" on our site. This will have all locations where the meeting lists were dropped off and currently have copies of the latest lists. Please send an email to the Florida website, NarAnonFL.org, letting us know where you have placed your meeting lists. Then we will put them on the website!

Thanks!!!

Let's Get the Word Out

How many times a week do you stop by a public place that you could leave a meeting list for Nar Anon? For some of us, it may only be 1 or it could be 10.

How many times have we asked each other, "Why aren't there more meetings in this area?" We can solve that dilemma; talk to your group, establish a plan to take meeting lists and approved letters to different locations around your area. Panera's Bread stores have a community bulletin board in the back of the store....take a thumb tack with you and tack a few to the board. Every time I do that locally, they are gone the next time I go by to check. Have someone in the group go to the local public library; ask the librarian if you can leave the lists, I have never heard of an instance where they said no, then be sure to go back and check to see if they need more. When you go to the Dr, just when they call your name, leave one on the table with the magazines, in the dentist's office, in Laundromats, restaurants. Be creative; try leaving them at bail bondsman's offices. Contact your local drug court, or juvenile authorities. Contact the Region and we can put you in touch with our H&I chairperson who can help you with approved letter to send to local mental health counselors.

I recommend to all groups that they copy the meeting list, not just for members and the newcomer, but to get it to the public. We never know when a small action on our part will make a big difference in someone else's life.

I wish I had seen a Nar-Anon brochure years ago, it could have saved my lots of worry, frustration, anger, heartache, pain and money. It would also have helped me find my best friends sooner, and I would have been very grateful for that.

Don't be afraid to call me, or E mail me with any questions or if you just want to talk this idea over, if I can get to you by car within a couple of hours, I will come talk to your group, or we can get someone to come talk to your group. But please, don't just forget about this idea, you never know who is out there, still hurting, still wondering what they did wrong, what they haven't tried to make their addict well. Be that person that does that one small thing; that person that saves someone's life.

Ed L

Chairperson FL Region,

Nar-Anon Family Groups



GREETINGS TO EVERYONE

Having returned from the World Service Conference in April, I wanted to share a few impressions and thoughts with you. Firstly, wow what an experience. There is a true sense of history, as the fellowship grows and develops. Delegates came from all over the U.S., from Canada, Mexico and Brazil. Trustees came from the same countries. The epicenter of activity took place in one room where we ate, read, studied, discussed, voted, joked, and toiled for up to 14 hours a day. Emotions ran the gambit from anxious anticipation, to tears, to joy, to exhaustion. Let me share with you that the Trustees are members of the fellowship just like you and me, except they are indefatigable (unrelenting) titans 100% committed to helping the fellowship move forward. This is a relatively small group of people doing an amazing job and they are very grateful for the wave of Delegates and Alternate Delegates bringing new blood into all the world service committees. The committee chairs are results oriented and desirous for help from anyone in the fellowship, not just Delegates willing to exert the time and effort necessary to move things forward.

The current committees are: Fundraising, HI/PI (Hospitals & Institutions / Public Information), Literature, Newsletter, Policies & Guidelines, Website, World Pool, World Service Conference, and as the result of a motion by groups in Iran ... the newest committee: Narateen. Susan, our own Delegate serves on the HI/PI committee. And I have volunteered for the Literature committee, and as father of 4, the Narateen committee.

This brings up a significant need. Just as the 12 Steps help each individual order their lives, and the 12 Traditions help groups, the 12 Concepts provide guidance for service beyond the group level. Concept 4 states: Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.

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Florida Region Nar-Anon Newsletter



Volume 3, Issue 1 January 2010

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Or any Nar-Anon member on
Saturday, February 20th at 10:00 am
At the Highlands Hammock State Park in
Sebring, FL

Meeting will be in the enclosed shelter

**We really need everyone to attend so
your group will have a voice.**

Helping, the 5 E's

*Created for the Palm Coast
Convention Workshop, 2008*

1. Enabling is doing for the addict,
directing, advising, controlling. Don't do,
be.
2. Exhaustion results when we live in the
past and the future. Stay in the Now!
3. Expectations take no thought for the
future actions of others.
4. Evolution - We are all changing, give
others credit for progress. Judging is
not helpful.
5. Encouragement replaces dominating
behavior. Guide, don't drive.

By Carol

Restore Us to Sanity, Lantana

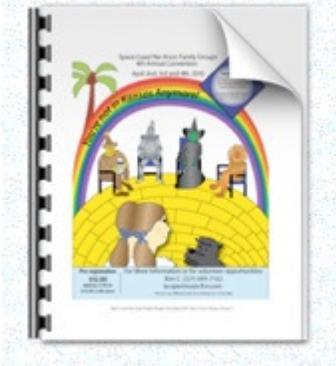


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4	Poem - In Gratitude, Carol C
5	Someone Was There - By FL Region Chairperson, Ed L
5	Letter from the Editor: "Carrying the Message of Hope" Barcelona, Spain
6	Third Quarter Letter from the FL Region Chairperson

April 2nd - April 4th, 2010

Space Coast Nar-Anon 4th Annual Convention



Holiday Inn Ocean Front Resort
1300 North Atlantic Avenue
Cocoa Beach, FL

For more information, contact:

Kim C at (321) 693-7162

Or email kcopertino@cfl.rr.com

April 23 - April 26, 2010

Nar-Anon World Service Conference

"Together We Can"



Crowne Plaza Los Angeles Harbor Hotel
601 South Palos Verdes Street
San Pedro, CA 90731

We Need Your Help!



FL Region Information Line Sub-Committee Phone Conference

The Florida Region of Nar-Anon now has an information line. For it to be fully operational we need volunteers to answer the phone line.

We are having a conference via telephone to discuss the information line. If you think you might be interested in helping or for more information ...

JOIN US: Saturday, January 23, 2010

@ 10:30 A.M.

PHONE: (218) 844-0840

PASS CODE: 368151 #

(Follow voice instructions and enter pass code when prompted.)

GSR MONTHLY CONFERENCE CALLS

Here is the schedule for the remaining monthly conference calls for GSR's before our Fall Face to Face. All members are welcome to join the call.

The call in number is 218-844-0840. The access code is 368151#. All calls begin at 7:30 p.m. on a Sunday and generally last no more than an hour. Please join us so you can convey your group's voice in matters affecting the FL Nar-Anon Family Groups.

January - 24th

February F2F

March 28th

April 25th

May 23rd

June 27th

July 25th

August 22nd

New Meetings around Florida

Lutz

Hope Church

5107 West Lutz Lake Fern Road

"Finding Hope"

Tuesdays, 7:00PM

First Meeting: January 5th, 2010

Delray Beach

Crossroads Club

1700 Lake Ida Road - Rooms C & D

"Recovering Together"

Mondays and Fridays

11:15 AM-12:15 PM

Lake Park

Recovery Resources Coffee Club

450 Northlake Blvd

Fridays, 7:00PM

St. Petersburg

Rebos Club

6766 54th Avenue North

"Sober Recovery"

Fridays, 8:00PM

News from the Space Coast NFG

We will be having a fundraiser for the Space Coast NFG Convention. It is a Yard/Bake Sale Saturday, January 23rd, 2010 from 7:00 a.m. to 3:00p.m. @ 359 Norwood Ave, Satellite Beach, FL. For more information call: Carol (321) 610-8085/email: beachsideserenity@cfl.rr.com

Our group is celebrating our 2nd year anniversary on Saturday, February 13th, 2010. We invite everyone to attend. We will be having a potluck dinner @ 5:30p.m. We are looking for someone that is willing to speak @ 7:00p.m. @ First Christian Church, 2010 South Babcock St, Melbourne, FL. For more information call: Margee (321) 745-0348 or email: margee32905@earthlink.net.

We will be having another fundraiser for the Space Coast NFG Convention. It is a spaghetti dinner, Saturday, February 6th, 2010 @ 5:00p.m. @ First Christian Church, 2010 South Babcock Street, Melbourne, FL. We are looking for someone willing to speak @ 7:00p.m. For More information call: Louis (321)604-5557/ email: kcopertino@cfl.rr.com.

The Space Coast NFG 4th Annual Convention. April 2nd, 3rd & 4th, 2010. @ Holiday Inn Ocean Front Resort, 1300 North Atlantic Avenue, Cocoa Beach, FL.

Pre-registration is \$12.00 and must be mailed by 3/19/10. (\$15.00 registration at the door.)

We need volunteers to chair meetings & workshops, and we need speakers. For more information call Kim (321) 693 7162/email kcopertino@cfl.rr.com.

IN GRATITUDE

I came in despair.
You gave me hope.

I felt defeated.
You gave me courage.

I felt alone.
You gave me understanding.

I felt bruised.
You gave me care.

I was in denial.
You gave me truth.

I felt lost.
You gave me direction.

I felt weak.
You gave me strength.

I felt numb.
You gave me feeling.

I was sad.
You gave me joy.

I was afraid.
You gave me faith.

I was obsessed.
You gave me peace.

When I seek answers,
You teach me to listen.

When I am controlling,
You teach me acceptance.

When I am angry,
You teach me forgiveness.

When I am arrogant,
You teach me humility.

When I am judgmental,
You teach me compassion.

When I am uncertain,
You teach me boundaries.

When I feel victimized,
You teach me to choose.

When I stray,
You teach me to focus.

When I am exhausted,
You teach me patience.

When I am negative,
You teach me gratitude.

When I am arrogant,
You show me humility.

When I am angry
You teach me forgiveness.

When I am controlling
You show me freedom.

When I am unfocused
You teach me boundaries.

When I am anxious
You show me balance.

When I am judgmental
You teach me compassion.

When I miss my addict
You teach me to live in the day.

When I feel victimized
You teach me courage.

When I ease up on self honesty
You teach me to grow.

When I feel trapped
You teach me about choices.

When I am selfish
You show me service.

When I search for answers
You teach me to listen.

When I am exhausted
You teach me patience.

When I stray
You show me acceptance.

My deepest gratitude to my friends as we travel
this road seeking serenity, courage, and wisdom
together.

Carol C.

"SOMEONE IS THERE"

A new person walks into a meeting.

Someone is there with a smile to greet them.

Someone makes coffee for the meeting.

Someone makes the announcements to the group of what is happening at the Region.

Someone leads the meeting.

Someone shares their experience, strength and hope.

Someone is there after the meeting with encouragement.

Someone is there to take that call when a caring ear is needed.

That someone was there for each and every one of us at one time or another.

Be that someone today.

Ed L

Chairperson FL Region,

Nar-Anon Family Groups

LETTER FROM THE EDITOR

To My Dear Nar-Anon Friends,

This summer, I had the privilege of attending the Nar-Anon World Convention, "Carrying the Message of Hope", in Barcelona, Spain. Held in conjunction with the Narcotics Anonymous World Convention, we had members from over 14 countries. It was so astounding to know that NA had attendees from 68 countries. It was an extremely inspiring event. Hearing stories from Nar-Anon members from a variety of backgrounds and family situations, made me realize once more that all our stories are similar and can be shared despite our differences and because of our similarities.

Addiction knows no boundaries due to race, color, creed, language, country of origin, family economic position, gender, or social status. As one member said, "we belong to a club we never wanted to join". But thank God for that club. Nowhere else can we truly share the trials and problems we face when a loved one is addicted to drugs. Nowhere else can we speak the truth. Nowhere else can we cry tears of remorse and know that someone cares and has "walked that lonely road".

The experience, strength and hope that we share with all new comers, shows in the way we care for each other. There were people there who had never been to a Nar-Anon meeting. There were people there who shed tears because someone was there who understood. There were people there who had someone translating each word into their native tongue. It was an amazing experience to stand in a circle, hold hands and listen to the Serenity prayer being said in so many different languages. I am so grateful I was able to attend, to share the opportunity and experience with others from around the world. I will always treasure the memories of this trip.

Jeani M

Largo Meeting, Dare to Begin, GSR

Third Quarter Letter From Chairperson, FL Region

Well, it is the end of September, and in many places, the end of summer. We in Florida hope for a cool breeze sometime in November so we can run outside in a parka.

Again we have had a very good quarter. In July, at our face to face meeting at the FRCNA convention, we voted to have our face to face meetings away from our conventions and have them 2 times a year in Sebring. Well, we met in Sebring this month, and we passed a budget for the year. Each committee is funded. We have a prudent reserve, and now we have something to go on each year when it comes time to plan for the next budget. We also worked on motions for the World Wide Conference to deal with changes the Florida Region would like to see passed. We had an enjoyable day, little rain in the morning, but that kept it cool, and no sun in the afternoon, to keep it from being unbearable. Our next face to face will be February 20, 2010, in the temperature controlled pavilion. We are building a strong foundation for the Florida Region.

We also voted in a 1-800 help line, to be answered 24/7 by volunteers from all of the groups. We need volunteers. We should have the phone number in October and will be training people as soon as all of the paperwork is finalized. An 800 number will do so much for us in helping our groups grow, and to help us start new groups. The 800 number is another part of that strong foundation.

We accepted as ours, the website, www.NarAnonFL.org, where we will be placing meeting lists, with Google maps to the locations, the Steps, Traditions, and Concepts. We can place the minutes on the web site, our budget, and this newsletter. The opportunities are almost endless. Please visit the web site and if you have any suggestions, just let us know.

Between the 800 line, the budget and the website, we are now standing on a strong foundation for our Region. The only thing left is for all of us to participate in the Region. If you feel you can best serve by dropping off brochures to mental health clinics or Dr Offices, let your group GSR know. If you would feel comfortable making coffee, join in and help. Be a greeter at the door welcoming people to the meeting.

Continued:

Maybe you would like to be part of the web site committee, or the Public Information committee, there are so many things you can do and allow as much time as you wish. You can even just attend another meeting a week in another location. We need to help support our groups. I know I am the exception, but I drive as many as 60 miles to get to a meeting. And as much as each meeting is alike, they are all so different; I think you will be pleased with being in another room of Nar-Anon friends. I know I started to get better faster, once I got involved in other groups and service. And I am deeply grateful for all of the great friends I have made through service in Nar Anon.

I want to thank the Budget Committee, Lynne the Chairperson, Tom from Tampa, and Jeani from Largo for all of their hard work on the budget. I also want to thank Kerri from Largo for all the work she did to get the 800 number information to us and ready to go. And I want to thank Darryl and Anne who are working so closely so we will have the very best web site in any Region of Nar Anon.

I am also pleased to announce that the second printing of the SESH books has arrived. I have been spending a lot of time driving around dropping off books to members and groups. I have made more stops than a Greyhound bus this week! But I love it, and I know that I am blessed to be healthy, and have my serenity.

Thanks to each and every one of you; without you, I wouldn't have my serenity, and I would be sadder for it.

Take care of yourselves

Ed L

**Chairperson FL Region,
Nar-Anon Family Groups**