

WELCOME TO



NARATEEN
VIRTUAL MEETING

**Who you see here,
What you hear here,
When you leave here,
Let it stay here.**

GOD
Grant
ME THE
Serenity
TO ACCEPT THE
Things
I CANNOT CHANGE
Courage
TO CHANGE
The Things
AND I CAN
Wisdom
To Know The
DIFFERENCE

THE NAR-ANON/ NARATEEN PROGRAM

The Twelve Steps of Nar-Anon/Narateen are only suggested as a means to provide a framework in which the groups and individuals can find a common ground to build a foundation for recovery. As we seek out our own understanding of a Higher Power, it reveals a way of life for all regardless of their various beliefs or unbelief. Here is the answer to the question” How have we found serenity and peace of mind even though challenged with a loved one’s addiction?”.

In a very simple fashion:

1. We admitted we were powerless over the Addict - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked him to remove our shortcomings.
8. Made a list of all persons we had harmed, and become willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continue to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening, as a result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS OF NAR-ANON FAMILY GROUPS

Our group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions

1. Our common welfare should come first; personal progress for the greatest number depends on unity.
2. For our group purposes there is but one authority, a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.
4. Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or N.A. as a whole.
5. Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.
6. Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Nar-Anon Twelfth Step work should remain forever non-professional, but our service centres may employ special workers.
9. Our groups, as such, ought never to be organised, but we may create service boards or committees directly responsible to those they serve.
10. The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all N.A. members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

SLOGANS

Easy does it	First Things First	THIS TOO WILL PASS
Listen and Learn	Let Time Take Time	Live and Let Live
JUST FOR TODAY	Think	How Important Is It?
Keep An Open Mind	<i>One Day At A Time</i>	Keep It Simple
Take What You Like And Leave The Rest		

THE TWELVE CONCEPTS OF NAR-ANON SERVICE

Just as freedom for the individual comes from the Twelve Steps and freedom for the group springs from the Twelve Traditions, so freedom for the service structure flourishes from the Twelve Concepts.

1. To fulfil our fellowship's primary purpose, the Nar-Anon/Narateen Family Groups have joined together to create a structure that develops, coordinates, and maintains services on behalf of Nar-Anon as a whole.
2. The final responsibility and authority for Nar-Anon services rests with the Nar-Anon/Narateen Family Groups.
3. The Nar-Anon/Narateen Family Groups delegate to the service structure the authority necessary to fulfil the responsibilities assigned to it.
4. Effective leadership is highly valued in Nar-Anon/Narateen. Leadership qualities should be carefully considered when selecting trusted servants.
5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.
6. Group conscience is the spiritual means by which we invite a loving Higher Power to influence our decisions.
7. All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.
8. Regular, two-way communications are essential to the fulfilment of all these concepts and the integrity and effectiveness of our services themselves.
9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.
10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.
11. Nar-Anon/Narateen funds are used to further our primary purpose to carry the message and must be managed responsibly.
12. In keeping with the spiritual nature of Nar-Anon/Narateen, our structure should always be one of service, never of governance.

THE FAMILY

Addiction is a family disease. It affects the relationships of those close to the addict: parents, spouse, siblings, children, long-time friends, and employers. We who care the most suffer from the addict's erratic behaviour. We try to control and are ashamed of the scenes caused. Soon, we begin to think we are to blame and assume the guilt, fears, and responsibilities of the addict. Thus, we become sick, too.

It is painful to watch our loved ones slowly kill themselves with drugs. We see them deteriorate before our eyes and are powerless to stop them. If the addicts are spouses, we may watch as our finances slip down the drain. When the addicts are our children, all the hopes and dreams we may have for them begin to fade. When the addicts are our parents, we may never have had a childhood because we assumed parental responsibilities at an early age. We may cover up for addicted siblings, friends, and employees; we may blame them or may excuse their unacceptable behaviour. We worry, we take on their responsibilities, we make excuses, and we try to cover up for them. This is our anxiety, and as a result, we become enablers.

The obsession of the family becomes apparent when we try to control the addicts' using. We become detectives and search the premises and their personal belongings for drugs and drug-related items. We become obsessed with where they are, what they are doing, and how we might control their addiction. We want to believe the problem can solve itself even though our gut feeling tells us this is not so. We want to believe the addicts' promises, but common sense tells us there is something wrong. We become victims of denial.

In our despair, we have searched for an answer. We have come to Nar-Anon because we are burdened with responsibilities and feel we are alone. We come here to change the behaviour of the addicts, but soon find that our own thinking and attitude must change if we are to have relief.

We find people in Nar-Anon who understand what we are going through and are ready to share their experience, strength, and hope to help us. In Nar-Anon, we learn how to live one day at a time; we stop projecting. We learn how to deal with our feelings of fear, guilt, obsession, anxiety, and denial. We look at ourselves and put our energy where we have some power over the choices in our own lives.

CHANGING OURSELVES

Addiction is like a chain reaction. It is a disease which affects the addict as well as the family members, friends, and co-workers. We try to control, cover up, and take on the responsibilities of the addict. The sickness spreads to those of us who care the most. Eventually, we begin to feel used and unhappy. We worry, lose trust, and become angry. The addict blames us, and we feel guilty. If only something or someone would change! When we discover Nar-Anon/Narateen, we find others with the same feelings and problems. We learn we cannot control the addict or change him. We have become so addicted to the addict that it is difficult to shift the focus back to ourselves. We find that we must let go and turn to faith in a Higher Power. By working the steps, following the traditions, and using the tools of the program, we begin, with the love and help of our Higher Power and others, to change ourselves. As we reach out for help, we become ready to reach out a helping hand and heart to those in need of Nar-Anon/Narateen. We understand. We do recover. Slowly, new persons emerge. Change is taking place.

ABOUT ADDICTION

We have learned that addiction is an illness. It is a physical, mental, and spiritual disease that affects every area of life. It can be arrested but never cured. We have found that compulsive use of drugs does not indicate a lack of affection for the family. It is not a matter of love, but of illness. The addicts' inability to control their use of drugs is a symptom of the disease of addiction. Even when they know what will happen when they take the first drink, pill, or fix, they are likely to do so. This is the insanity we speak of in regard to this disease. Only complete abstinence from the use of drugs, including alcohol, can arrest this disease. No one can prevent the addicts' use of drugs. When we accept that addiction is a disease, and that we are powerless over it, we become ready to learn a better way to live.

Third Step Prayer

Higher Power, guide me on my journey to peace and
serenity, help me to let go of self-will and turn my life over to your care.

HELPING

Our role as helper is not to do things for those we are helping, but to be things, not to try to train and change their actions, but to train and change our reactions. We can change our negatives to positives:

- fear to faith.
- contempt for what they do to respect for the potential within them.
- rejection to release with love.
- not try to make them fit a standard or image, nor expect them to measure up to or down from that standard but give them an opportunity to develop the best within them, regardless of what that best may be.
- dominance to encouragement.
- panic to serenity.
- false hope, self-centred, to real hope, God-centred.
- the rebellion of despair to the energy of personal revolution.
- driving to guidance; and
- self-justification to self-understanding.

As we change in such ways as these, we change the world about us and all the people in our world for the better.

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.

Exhaustion is the result when we use energy in mulling over the past with regret, or in trying to figure ways to escape a future that hasn't even come yet. Likewise, setting up an image of the future and anxiously hovering over it for fear that it will or won't come true, uses all our energy and leaves us unable to live today. Yet living this day is the only way to have a life.

Take no thought for the future actions of others, neither expecting them to be better nor worse as time goes on. For in such expectations, we are really trying to create. This is God's job, not ours. Love alone can create. Love and let be.

Remember all people are always changing. When we judge them, we judge on what we believe we know of them, failing to realize that there is much we do not know, and that they are constantly changing as they try for better or worse to cope with life. Give others credit even as all of us struggle; give them credit for attempts at progress, even if their changes are not apparent, and above all give them credit for having had many victories which are unknown. We are all the same cloth, though of a different cut.

Remember we too are always changing, and we can direct that change consciously if we so desire. Ourselves we can change. Others we can only love.

JUST FOR TODAY

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appal me if I felt I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, “Most people are as happy as they make up their minds to be.”

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Just for today I will exercise my soul in three ways. I will do somebody a good turn and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests, hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially, I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me.

NARATEEN (CAL) LITERATURE

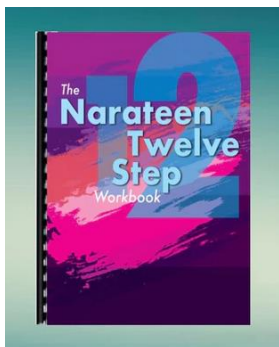
Another tool of recovery is the reading of approved Narateen literature. This enables us to move out of the problem and into the solution. Aided by a Higher Power, we can have our thoughts directed from negative thinking to a more positive outlook. Narateen literature is a readily available tool that keeps us in touch with our new way of thinking and can be obtained, at a nominal cost, from the literature representatives within your home group. This literature can also be used in meetings

Should you wish to purchase literature please contact the members below:



Blue Book*
Contains all the
Preambles used
in Meetings

**FREE TO
NEWCOMERS in
SOUTH AFRICA**

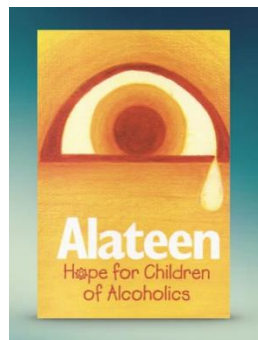


Narateen
12 Step Workbook

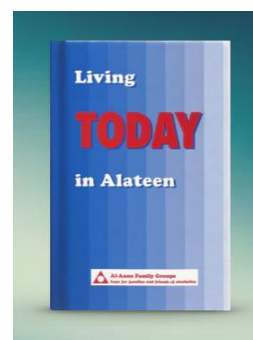
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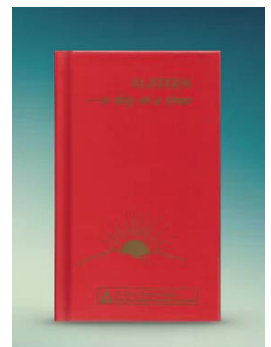
SESH
Yearly Daily Reader
with Index in the
Back
R 260.00



Alateen
Hope for Children
of Alcoholics.



Living Today in
Alateen.



Alateen
A Day at a time

**This Alateen Literature can be
purchased from your local
Al-Anon Store.**

7th TRADITION

Every group ought to be fully self-supporting, declining outside contributions. This is the reason for the request for donations. Contributions are used for the payment of monthly subscriptions and to make donations to service areas beyond the online group level. This includes the hosting of Nar-Anon/Narateen Online Zoom meetings. Donations are also used to help realise the Nar-Anon/Narateen vision of carrying the message of hope throughout the world.

If you would like to contribute to Nar-Anon South Africa Service Areas the banking details are available below:

Nar-Anon South Africa

7th Tradition

Acc. Holder: Nar-Anon

Bank: Standard Bank

Branch: Pinelands

Branch Code: 036309

Account No.: 375328653 Acc. Type: Savings

Reference: "Group Name" or "Your Name"

CLOSING THE MEETING

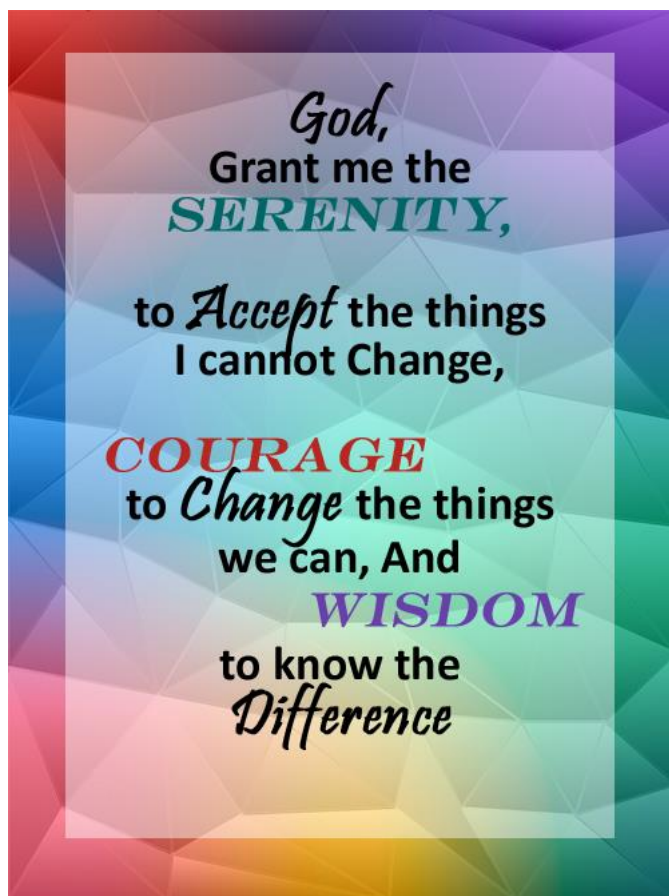
In closing, I would like to say that the opinions expressed here are strictly those of the person who gave them. Take what you like and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. A few special words to those of you who haven't been with us long - whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help.

We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll love us in a special way - the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead let the understanding, love and peace of the program grow in you one day at a time.

We now close the meeting with the Serenity Prayer using the word God as you may understand the word God. A moment of silence for the still suffering addict and family members.



KEEP COMING
BACK,
IT WORKS,
IF YOU WORK IT,
SO, WORK IT,
YOU'RE WORTH IT