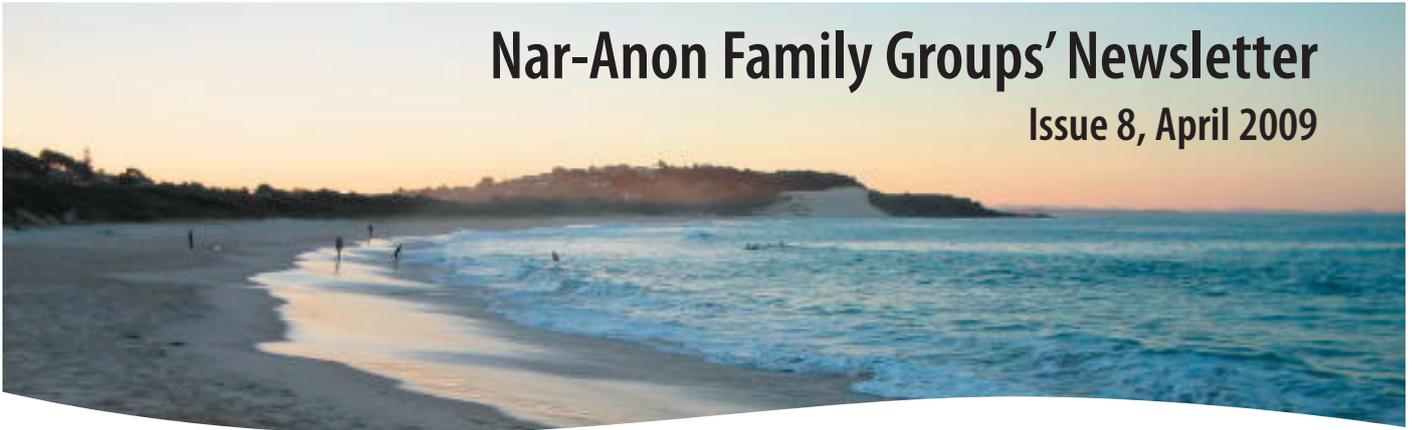




# Relatively Speaking

## Nar-Anon Family Groups' Newsletter

Issue 8, April 2009



## WE'RE BACK!

**A**s we glimpse the last of the beach days, we are finally issuing a new newsletter which is posted on our Nar-Anon Family Groups' web site.

We have a small committed band of helpers who do the work behind the scenes to keep our organisation ticking along, and at this time, we are having a struggle to maintain the current meetings that are in place.

We absolutely know there is a big need in the community for Nar-Anon's existence, but we need help and without that help, there is a real danger that Nar-Anon may fade away.

If you are a struggling family member, perplexed and not knowing what to do next, come to a Nar-Anon meeting and find the ongoing support you have been searching for or find a way out of the difficulties you are experiencing.

If you have found help from Nar-Anon, then we know you can give help to others and this is where Nar-Anon needs your help too. We need new and enthusiastic people to come on board to invigorate our great organisation and start new Nar-Anon Groups in their areas, so we put out this call to you.

So many families bear the brunt of trying to manage with a family member who is suffering the illness of drug addiction. From our own experience and from the stories we hear while sharing in our meetings, we know what a burden it can be. We also know that by attending Nar-Anon meetings and working the Twelve Step Program, we have found balance can be brought back into our lives. We have also found paradoxically, that the lives of our addicts are improved because of this.

We realise we must find a way of disentangling ourselves from our addict in a way that gives us new strength, hope and personal power to continue on. It is only in this way, can we actually be of more constructive use to our addict. In fact, it is only then that changes in the addict's life can come about.

### On Line Store

We are pleased to announce that our On Line Literature Ordering System is working well and we encourage you to go to our **On Line Store** when you are in the web site **[www.naranon.com.au](http://www.naranon.com.au)**. Click on the menu to go straight there. In fact, add this site to your "favourites" to go there quickly. You will find photos of the books and pamphlets available and easy ways to pay through the secure and reliable Pay Pal system. We keep our prices low, to cover the cost of printing, and there are some excellent pamphlets and books to give hope and inspiration.

### Stories

On our web site, you will also find a section to read people's stories and to post your own story or experience. We find that this is a way for sharing when you are perhaps unable to attend a meeting or just wish to be in touch with others in a similar position. It is a good way to look for ways to go forward and find strength through reading how others approach their situations.

### Contact

There is a Nar-Anon Help Line available for people to call for help and information about meetings 24 hours a day. The number is: **(02) 9418 8728** and then follow directions to get the numbers of the volunteer members.

### New Meetings

We are thrilled to announce a new meeting in Canberra on Mondays 7:30pm and 2 new meetings in Sydney: Surry Hills on 2nd Sunday of the month at 6:30pm and Rozelle starting on Saturday May 2nd at 2:00pm. *Come along and lend your support!*

Yours in Service,

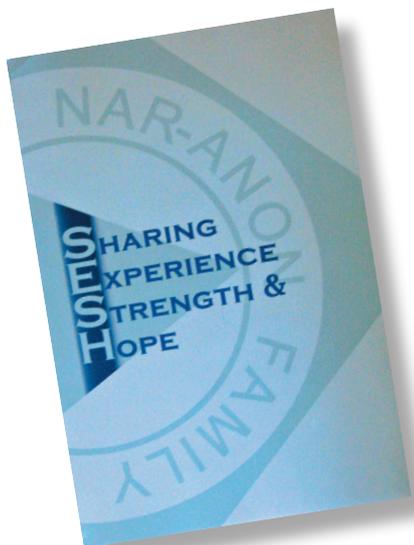
*Lynne*

Secretary, Nar-Anon Family Groups

# WHAT'S NEW!

Nar-Anon Daily Reader—  
Sharing Experience, Strength  
and Hope

\$30.00



## Roundup 2001 - Joy in Recovery

2 CD set of the  
2001 Roundup  
conference held  
at Nar-Anon's  
Australian headquarters  
at Lane Cove, NSW. Sharings by  
Nar-Anon and NA members. \$15.00



Over 9 other roundup CDs also  
available.

Next  
Roundup  
November 11  
Stay tuned for more  
details!

**NEW MEETING at  
Rozelle, starting  
Saturday May 2**  
Please come along and  
lend your support

**Q:** What is a Roundup?

**A:** A Roundup is just what it sounds like. The coming  
together of NA and Nar-Anon members for a day of sharing  
and encouragement. A morning and an afternoon session  
with lunch in between. **An inspiring day not to be missed!**

*A Message for Today*

*Life is short  
Break the rules  
Forgive quickly  
Kiss slowly  
Love truly  
Laugh uncontrollably  
And never regret anything that  
made you smile.*

*Life may not to be the party we hoped for,  
but while we're here we should dance.*

God grant me the  
*Serenity*  
to accept the things  
I cannot change.  
*Courage*  
to change the things I can  
and  
*Wisdom*  
to know the difference.

## GROUP NEWS

### Brisbane

The Brisbane group has 5 permanent members and over the last 12 months we have seen about 6 new members come and go even though they appeared to derive a real benefit from the meetings. Some of the newcomers have returned up to 4 times before dropping away. We did an extensive mail out to D & A Counsellors, rehabs, hospitals etc about 18 months ago and were disappointed with the results. When asked how they found us, newcomers mostly were not referred from those on our mailing list.

We know that there are many other services out there which are less demanding than the Nar-Anon 12 step program. We also know and convey to the newcomer that the program focuses upon ourselves and we are the ones who must do the work. This is still a major obstacle for many newcomers and to complicate matters, when our group is so small, it makes it easy for them to feel that they have heard all we have to offer after 1 or 2 visits and they then drop out.

We will continue to encourage the newcomers to stick with it and try to make our meetings as welcoming a place for them as possible.

### Newcastle

This is a report from Newcastle Group. Our apology for not being able to attend the last area meeting.

Newcastle group is going well at the moment. I have received a few phone calls over the last few weeks. I received an email from Lynne about a lady needing help in Cessnock so I was able to help her, and an email from Teena from a Mother who sadly had lost her son, so I have been in contact with her through email. We have had 3 new members come to the meetings. We will continue with the meetings, as changing to the 1st and 3rd Wednesday of the Month has helped and our members to want to continue with the meetings. Denise is recovering well after her knee surgery and is doing a lot better now.

I have just done a letter box drop to all the Services, Hospitals, Rehabs etc, Maybe this will help too. Perhaps you could have another meeting in Newcastle. We send our Love and Best Wishes to all the Nar-Anon Groups.

Yours in Service, Judy

### Surfers Paradise

The group meets every Friday night @7.30p.m. Our venue is rent free, but we have informed them of our 7th tradition and that we will make a donation whenever possible. The group has had 3 meetings and we have printed 900 copies of our meeting, and have been doing P.R. work with them in person. We have had a great response from rehabs, community health and help groups, local police, probation and parole etc. Hence our donations are not that flash yet, but we are hoping that will grow with the group. Many thanks to the area from the group for the starter kit and support in general. We will endeavour to pay the area for costs incurred a.s.a.p.

In relation to using Al-Anon literature at our meeting, newcomers have found it very off-putting reading and changing the language to suit a Nar-Anon meeting. A couple of traditions are been fractured doing this. Tradition 6 in the long form touches on this when it talks about discrediting the fellowship, endorsing, non-affiliation and name lending. To endorse is to sanction, approve or recommend. We would love to make our meeting one of attraction not promotion of another fellowship. It will be fantastic to have a copy of the Nar-Anon daily reader, many thanks to the area for that.

Y.I.S Joe

### Who are we?

Nar-Anon Family Groups are self-help support groups for families and friends of people who are compulsive drug users.

Members meet anonymously to gain an understanding of the user's behaviour and how to cope with it. Sharing in the experiences of others can provide guidance in coping with day to day crises

You will be among friends who understand and who offer their support. We share our courage, strength and hope to aid our recovery from our distress.

This can lead to a degree of serenity and peace of mind.

## GROUP NEWS

### *Horsham, VIC*

The Horsham Nar-Anon Group is still in existence but we are really struggling at the present moment with members having many commitments with work and family.

Glenda, Kate and Sue are regular attendees at meetings...

Glen, Marg and John attend occasionally.

Mavis, Charmaine, Joan, Dick, Margaret and Leonie have moved on either geographically or emotionally at this stage of their recovery. Some people come, get what they need and move on. It would be great if they could put something back into the Nar-Anon Group for the next person who is in need of support but that is not always possible.

Sometimes it is hard to keep the meeting open when both Glenda and I are unavailable to open up the room for a meeting. Last week was the first time the meeting did not go ahead because we were both away. On Monday Glenda and I met for a meeting.

It is difficult to see the many people we know in this small country town struggling with a loved one suffering from addiction and not have them come to a meeting but we keep advertising in our local paper and hope the higher power will eventually lead them through the doors!

The Horsham Group would like to work more on getting our details out to the local health services so this is something we will plan out over the next few meetings. We have information at the local hospital and at Palm Lodge Rehabilitation and Counselling Centre. One idea is to attend and speak at the Neighbourhood Watch meetings held in this area. Maybe we also need to put information at the Police Station and the local Courthouse for families to read. Anyway over the next few weeks we will endeavour to come up with an action plan.

There is not much publicity re Nar-Anon in Victoria. It would be great to see a television add like the one Al-Anon runs to bring the organisation to the public notice more. Television advertisements are very expensive...

Kate

March 17, 2009

### *Kogarah*

The Group continues to meet every Friday night. Usually the attendance is about 4-6. A number of new members have come this year and some have continued to attend. Jane recently organised an article in the local paper and we are getting ready for a meeting notification to local hospital and Rehabs. We had a visit from Selma from Merrylands Group and also from Lisa, a former member who now lives away from the Sydney area. Unable to make a donation at this time as money went to rent and literature purchases.

Bob.

### *Perth, WA*

Nar Anon WA is progressing well. We have had 9 new members 3 of whom have become regular attendants. Our free ad in the local newspaper appears weekly and has helped towards the added interest in our group. Our average attendance is 4. Numbers were down over Christmas/New Year and 1 permanent member has relocated to Melbourne.

Jen

### *St Leonards*

St Leonards continues with a dedicated small core number of members. Our members are very active with Vicki publishing the Newsletter; Jill is an active committee member; Lynne sends out literature orders, is secretary and assists with starting new groups and liaising with Community Groups and Phil is the current Chairperson & Treasurer of Nar Anon Family Groups. Donation given to Area office from basket.

Lynne

### *New Groups*

If any members know of anyone who would like to start a new Group, or if anyone feels they could start a Group in their area, I would love to hear from you. It is not a difficult thing to do and the rewards for the community are great.

Lynne

Secretary, Nar-Anon Family Groups

## sharing

Sharing can be thought of as a journey towards freedom. Freedom from fear, freedom to focus our energies on ourselves and freedom to discover a better way of living with the help and guidance of a God of our understanding.

The beginning of the journey is the realisation that we are not alone. As we listen to others share we become aware that our experiences and dilemmas are not unique.

When we begin to share, we voice our thoughts, thereby giving them less power over us, stopping endless "mind talk" and releasing pent-up tensions. Our feelings are validated. The listening members' smiles show us with empathy and love that they have been there too. The next party of the journey is giving back some of the knowledge and hope we have gained whilst listening to others and sharing ourselves at meetings. Through letting others know the way in which we use the Nar-Anon program in our lives, we are passing on the spiritual message of the Fellowship and also ensuring our own recovery. In sharing with others we open ourselves to the combined consciousness and understanding of the Group and create a forum in which the wisdom of the Higher Power can become apparent.

The journey to freedom is an ongoing process. Most of us come to our first Nar-Anon meeting with our hearts imprisoned behind a locked door, which we think protects us from the hard knocks life has dealt us. As we let go of fear and learn to trust within the Group, we find we are able to unlock the door and open it wider and wider until we are ready to let others in. When we do, our hearts are filled with love. Love of our fellows, love of our Higher Power and finally love of ourselves. We share our love and so help others along their path to freedom in Nar-Anon.

**"Simply share experiences with others on the same journey."**

## I am grateful for Nar-Anon because ...

We are so grateful to Nar-Anon because before we found this little group to share with we felt so alone. Having a son as an addict was something that we never thought we would have to face - it only happens to "other people". We didn't know who to turn to so I surfed the "Web" and discovered the great website for Nar-Anon and we attended our first meeting a couple of weeks later.

That was nearly 4 months ago and although we can't make it every week, when we go we are just made to feel so welcome, it is like visiting the special people in your life. The people in the group have given us encouragement to go on and live one day at a time. It never ceases to amaze my husband and I that you can get so much from somewhere that you do not get direct advice or any counselling, but are allowed to bring your sorrows and joys along and simply share experiences with others on the same journey. We will be thankful for Nar-Anon for the rest of our lives.

Mike and Kerri-Ann (Wentworthville NSW)

## Excerpt from Day by Day: *Seeking Happiness*

Happiness is not a goal for us, it is the result of following the Twelve Steps. If we make happiness an object of pursuit, it will only lead us on a wild goose chase. We know this because whenever we sought happiness out of a bottle, needle, or pill, it always eluded us.

When we are following our true purpose, we often find the happiness we never dreamed possible staring us in the face.

When we work the Steps, help others and go to meetings, we can't help but have the happiness presented to us. It is a real result.

The sooner we stop seeking happiness for itself, the sooner we realise that it's the by-product of our new life.

Have I stopped chasing rainbows?

Higher Power, help me see happiness as the result of the way I live.

## WANTED

### Contributors for our next newsletter!

Do you have a story, letter, verse, joke, article, comment, quote, photo, drawing, or anything else you feel you would like to share?

Sharing your experiences may help others, so please email to: [naranon@primus.com.au](mailto:naranon@primus.com.au) or post to: PO Box 1189, Lane Cove NSW 1595

The stories and opinions expressed in this newsletter are made by person/s who gave them and not necessarily of Nar-Anon as a whole.

*Take what you like and leave the rest.*

## MEETINGS LIST EFFECTIVE APRIL 2009

### SYDNEY & SUBURBAN

#### DEE WHY

Friday 7pm  
St Davids Uniting Church (lower hall)  
St Davids Ave  
Contact: 0412 217 509

#### KOGARAH

Friday, 8.00pm  
Room 2, Uniting Church,  
Gray St (opp Fire Station)

#### MERRYLANDS

Monday, 7.00pm  
Merrylands Community Health Centre  
14 Memorial Avenue  
(next to post office, ring doorbell)  
Tel: (02) 9632 4033

#### ROZELLE

1st Saturday of month, 2pm  
Broughton Hall, cnr Wharf & Church Sts,  
(entry into estate via laneway Church St).  
Contact: 0412 217 509

#### ST. LEONARDS

1st Sunday of month, 4.30pm  
Block 8, D & A Clinic, RNS Hospital  
Herbert Street (runs parallel to railway line,  
press buzzer on left hand side of building)  
Tel: (02) 9948 5491, Mob: 0412 217 509

#### SURRY HILLS

2nd Sunday of month, 6.30pm  
Mission Australia Building  
Cnr Denham & Campbell St's  
Behind Taylors Square  
Tel: 0412 217 509

### WENTWORTHVILLE

Tuesday, 7pm  
Northside West Clinic  
(lower level therapy room)  
23-27 Lytton Street  
Tel: 0419 900 291

### N.S.W. REGIONAL AND COUNTRY

#### NEWCASTLE

1st & 3rd Wed of month, 7.30pm  
St Stephens Church,  
Brunker Rd, Adamstown  
Tel: (02) 4958 5589

### ACT

#### CANBERRA

Monday 7.30pm  
St Lukes Anglican Church  
Newdegate St, Deakin  
Contact: 0415 837 808  
Email: mysticalflifx@hotmail.com

### VICTORIA

#### MELBOURNE

Tuesday, 7.00pm  
Suite 16 / 20 Commercial Road  
Tel: (03) 9804 5757

#### HORSHAM

Monday, 8.00pm  
Community Day Care Centre,  
rear Horsham Hospital,  
entry by Arnott Road

### QUEENSLAND

#### BRISBANE

Thursday, 7.30 pm  
"Steps Group"  
3rd Floor, Biala Centre,  
270 Roma Street

#### GOLD COAST

Friday 7:30 pm  
Surf City Church, Surfers Paradise  
Cnr Monaco St & Gold Coast Hwy.  
(enter via rear door)  
Contact: Joe 0407 065 849

### WESTERN AUSTRALIA

#### PERTH

Mondays 7.15 pm  
12-Step Meeting House,  
88 Bawdan St, (via Horn Place)  
Willagee  
(enter room via east side of building in the lane  
behind "Potters House" sign)  
For more details phone:  
Jen (08) 9339 8002, Sue (08) 9245 2297  
Lyn (08) 9377 2438

### NEW ZEALAND

#### CHRISTCHURCH

1st & 3rd Wednesday of Month,  
7.30 pm  
126 Bealey Ave

#### LOWER HUTT

Thursday, 6.00 pm  
Welltrust  
Level 2, 14 Laings Rd

*As times & venues are regularly updated  
please contact office or check our web  
site for the latest information.*

NAR-ANON Family Groups [Australia] Inc.

PO Box 1189 LANE COVE NSW 1595

Web: [www.naranon.com.au](http://www.naranon.com.au)

E-mail: [naranon@iprimus.com.au](mailto:naranon@iprimus.com.au)

**SYDNEY [02] 9418 8728**

**BRISBANE [07] 3030 8403**