
What is Nar-Anon?

Posted by BobT - 2007/10/17 01:57

Thinking that some people viewing this forum are will not know what Nar-Anon is all about, I decided to include the opening reading of a typical meeting. This reading is provided by the Nar-Anon Family Groups World Service Organization located in Torrence California. You can get more detailed information at their web site at www.nar-anon.org. Here is the reading:

The Nar-Anon Family Group

The Nar-Anon Family Group is primarily for you who know or have know a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and found the answer with serenity and peace of mind.

When you come into the family group, you are no longer alone but among true friends who understand your problem as few others could. We will respect your confidence and anonymity as we know you will respect ours. We hope to give you the assurance that no situation is too difficult and no unhappiness is too great to be overcome.

Our program, which is not a religious one but a spiritual way of life, is based on the Twelve Steps for Nar-Anon. We have found that the working of these steps will bring solution to practically any problem. We urge you to take this program and its twelve steps seriously. It has been as helpful to us as the Narcotics Anonymous program is to the addict. We only ask for the wisdom and courage to see ourselves as we really are, to do something about ourselves with the help of a Higher Power as we understand this, and for the grace to release our addicts with love and cease trying to change them.

Keep an open mind and attend as many meetings as possible. Feel free to share and ask questions after the meeting. You will soon make new friends and will feel very much a part of the group.

With the understanding that addiction is a disease, and the realization that we are powerless over it, as well as over other people's lives, we are ready to do something useful and constructive with our own. Then, and only then, can we be of any help to others.

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Re:What is Nar-Anon?

Posted by Ken P. - 2007/10/17 12:05

Bob,

We have the perspective to comment here about the paucity of Nar-A-Non meetings vs. AI-Anon. For example, in the metropolitan Houston area there are at the moment no Nar-A-non meetings, but over 200 AI-Anon meetings.

Ken

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