

Serenity Prayer

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

12 Steps of Nar-Anon

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 became willing to make amends to them all.
9. Made direct amends to such people wherever possible except when to do so would injure them or others.
10. Continued 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 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

12 Traditions of Nar-Anon

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 NA 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.

12 Traditions of Nar-Anon

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 centers may employ special workers.
9. Our groups, as such ought never to be organized, 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 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 NA members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

Nar-Anon Preamble

The *Nar-Anon Family Groups* are a worldwide fellowship for those affected by someone else's addiction.

As a twelve-step program, we offer our help by sharing our experience, strength, and hope.

We carry the message of hope by letting others know that they are not alone, by practicing the Twelve Steps of Nar-Anon and by changing our own attitudes.

We will respect your anonymity.

Our program is not a religious one, but a spiritual way of life

HAL Mission Statement

The *Hope After Loss* (HAL) Nar-Anon Family Group is a worldwide online fellowship for those affected by the loss of an addicted loved one.

As a twelve-step program, we offer our help by sharing our experience, strength, and hope. We carry the message of hope even after loss to those affected by the addiction and death of someone close to them.

We will do this by:

- Assuring each person they are not alone
- Encouraging participation in HAL meetings at all stages of grief and healing
- Spreading the message that in spite of our loss, we belong in Nar-Anon
- Practicing the Twelve Steps and Twelve Traditions of Nar-Anon
- Encouraging growth through service
- Making information about HAL available worldwide to individuals, groups, institutions and websites, including other Nar-Anon groups and Nar-Anon World Service