

# Nar-Anon Service

## Rowing The Boat



Shared by  
Brittney J.,  
David G. and  
Marilyn T.

Group Service	Examples
	-Greeting Members as They Arrive -Setup & Break Down Room (Face to Face)
	-Provide Welcoming Information (Blue Booklet, Pamphlets)
	-Share Literature and/or Links (Blue Booklet, SESH, 31 Days in Nar-Anon, Nar-Anon 36)
	-Share information about Nar-Anon websites and meeting lists (physical and virtual).
	-Share during the Meeting
	-Chair a Meeting (Topic Leader) 1. What is The Topic or Point Your Making? 2. What are Your Feelings / Experiences with the Topic/Point? 3. What Program Tools, Slogans, Steps, Principles, etc... led to the solution?
	-Offer your contact information as a Nara-Buddy (program friend).
	-Regularly Attend and Participate in Group Conscience Meetings
	-Serve as a Meeting Secretary, Treasurer, Group Service Rep (GSR), IT Host, Announcer, Format Reader or on a Meeting Committee.
	-Work Steps and Sponsor Others
Region Service	Examples
	-Attend and Participate at Region Service Committee (RSC) Monthly Meetings and Assemblies
	-Serve on an RSC Ad Hoc or Standing Sub-Committee (Outreach, Hope Line, Technology, Convention, Events, Day of Sharing, Narateen, Property Coordinator)
	-Serve as a Region Officer (Chair, Vice-Chair, Delegate, Alt Delegate, Secretary, Treasurer) -Serve as a Region Subcommittee Chairperson
	-Attend and Participate at Region Events and Activities (House Parties, Speaker Meetings, Carry the Message Events, Sponsorship Workshops, Day of Sharing, Convention, Events in Different Regions, etc...)
World Service	Examples
	-Attend and Participate at Board of Trustee Sponsored Events
	-Join a WSO Committee (Outreach, Newsletter, Literature, Narateen, Budget & Finance, WSC Conference, Website, and Policy & Guidelines)
	-Serve as a WSO Committee Chair or in another Committee Service position.
	-Contribute recovery writings to Newsletter and/or Literature Committee.

