

Nar-Anon New England Region Mini Convention

Nar-Anon Nuggets

May 2, 2026

Wolcott Youth Center 48 Todd Road, Wolcott, CT 06716



Registration is \$15 at the door. (Cash only.)

BRING YOUR NARANON NUGGET (See suggestions on page 2)

Bring your own Blue Book

Tentative Program

9:00 am	Registration Opens
9:00 – 10:00 am	Social Hour – Get Reacquainted
10:00 – 12:15 pm	Meetings
12:15 – 1:00	Lunch **** BYO Lunch****
1:15 – 2:15	NA/Nar-Anon Speaker Meeting
2:30 – 4:45	Meetings
4:45 – 5:00	Countdown and Nugget Exchange

Lunch will be “bring your own.”

Water, coffee, tea, and snacks will be provided at the Social and throughout the day.

For more information, contact JimW (jimwivell@yahoo.com)



The 2026 NE Region Nar-Anon Mini-Convention Committee is Trying Something New!

The convention committee has taken a group conscience and have decided we will not be having raffles at this year's mini convention. In making this decision, we considered two functions that the raffles served in the past; to provide us with funds and fun.

Funds - The generous amount of money spent on creating the baskets in the past, far exceeds the amount of money the raffle ticket sales generate each year. In lieu of the raffles, there will be convention jars in which you may wish to put a donation in.

Fun - Rather than a few people (the basket winners) leaving the event with a gift, we are proposing an alternative fun way for every attendee to leave with something. We will be sharing Nar-Anon Nuggets.

What is a Nar-Anon Nugget?

It is something related to your journey of recovery in Nar-Anon that you value and want to pass on to another Nar-Anon member.

Examples:

- Write a nugget down on paper, roll into a scroll, fold, or fold into an origami shape. It can be a thought, a sentence, or a slogan and how it has helped you in your recovery.
- It could be an excerpt from your journal or your step or tradition study writing.
- It can be a prayer you wrote for yourself or a prayer you have modified to help you the most.
- It could be a small item you've made or bought that you feel is important to pass on to help another member in their recovery.

Instructions:

- Wrap your nugget up in a small box or bag.
- We ask that you put your first name and contact information on a card or paper inside.
- Please put the name of your meeting on the outside of the gift since it is our hope that this gift may act as a seed from which new Nar-Anon friendships may grow.
- After the last meeting of the day, each member will be invited to take a nugget from the table to take with you as you leave.
- There will be paper, pens and bags available for anyone who wasn't able to create a nugget prior to that day.
- Anyone leaving the convention prior to the official exchange, will simply pick one from the table as they depart.
- Questions? Contact the mini-convention committee by emailing Jim at jimwivell@yahoo.com.