



Narcotics Anonymous®

South Broward Area
P.O. Box 816313
Hollywood, FL 33081
954-967-6755
1-866-517-9997

Foreword

This booklet is an introduction to the Fellowship of Narcotics Anonymous. It is written for those men and women who, like ourselves, suffer from a seemingly hopeless addiction to drugs. There is no cure for addiction, but recovery is possible by a program of simple spiritual principles. This booklet is not meant to be comprehensive, but it contains the essentials that in our personal and group experience we know to be necessary for recovery.

Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Who is an addict?

Most of us do not have to think twice about this question. *We know!* Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

What is the Narcotics Anonymous program?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

game. I bounced around the country and ended up in penitentiaries and jails. This was the beginning of the end; not only was I a compulsive overeater and remained fat, but I was also addicted to the drugs I was using.

Somebody told me about the Fellowship of Narcotics Anonymous when I was in the complete stage of degradation and desperation. Having no place to go, I walked into this fellowship feeling as low as a person can feel, like there was no way out. I was completely and totally morally bankrupt. I knew nothing about spiritual values. I knew nothing about living. Life ultimately was nothing but pain on a daily basis. All I knew was to put something in me—food or drugs—or to abuse sex to feel good, which just didn't do it for me anymore. I just couldn't get enough of anything.

When I came to this program, I found something that I had never experienced before—total acceptance for who and what I was. I was invited to keep coming back to a fellowship that told me there were no fees or dues—that I had already paid my dues via my past life—and that if I kept coming back, I would find total freedom and a new way of life.

Today, many years later, I find that I am free from addiction and compulsive overeating, and I have status in the community. I have a nice home and family, an executive position, and most of all I have a personal relationship with my God, which has made all these things possible. I am able to feel good, to feel joyful and blissful, to feel serenity, even when things are not as good as they might be.

There is no question about it, I owe my life to the Narcotics Anonymous Fellowship and God. I can only extend my hope that if you too are suffering as I once was, you will practice the principles of Narcotics Anonymous, and find freedom from pain and a meaningful, prosperous life.

Twelve Steps and Twelve Traditions
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World Service Office
PO Box 9999
Van Nuys, CA 91409 USA
Tel. (818) 773-9999 Fax (818) 700-0700
Website: www.na.org

World Service Office—EUROPE
48 Rue de l'Eté
B-1050 Brussels, Belgium
Tel. +32/2/646-6012 Fax +32/2/649-9239

World Service Office—CANADA
150 Britannia Rd. E. Unit 21
Mississauga, Ontario, L4Z 2A4, Canada
Tel. (905) 507-0100 Fax (905) 507-0101



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