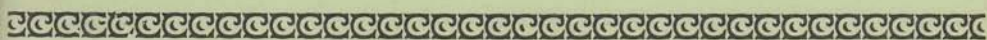


THE
VOICE





DOCTORS WE ARE NOT

After carrying the N.A. white booklet around in my pocket for a year and a half (not reading it, just carrying it around) I finally realized I had to take the first step HONESTLY or die. There really didn't seem to be much alternative in my life anymore. I got to this program after many overdoses and attempted suicides so I was pretty convinced that my higher power intended for me to live. But I could no longer accept the kind of life I was leading or the dreadful feelings of despair.

On the eve of my first day of sobriety (August 1973) I threw away all the pills I had left and asked my higher power to either take away the pain or give me the strength to deal with it. Many times in my sobriety I have had to pray the same prayer. I've had to remember that today drugs no longer hold any solution for me, that they are no longer the higher power that helps me make it through the day.

There came a day however, after six years of sobriety when drugs again came into my life, this time to save me. A couple of months after major surgery I developed a heart condition. The doctor told me that due to a malfunctioning heart valve, not enough oxygen was being circulated by the blood. According to my cardiologist I would have to take a heart stabilizer or the condition could become serious. For the first time in my sobriety I felt like I was being pursued by death. My program told me that I must maintain complete abstinence or die. The doctor was telling me I must take a pill to save my life. I was confused and scared. I sought help through the people of Narcotics Anonymous who had plenty of time and what I felt to be wisdom and did my best to turn my life and will over to my higher power. This is what I have been taught:

We in the program of Narcotics Anonymous are recovering addicts. As an addict I never had any respect for the dangers and grief that drugs caused me. We are not doctors therefore we hold no opinions medically speaking for we are not qualified physicians.

When I feel ill the important thing for me to do is to find out whether the cause is physical or emotional. I can only do that by first going to a doctor. I must be honest with him and let him know how I am feeling and also that I am an addict. I then have to stop playing God and Doctor and let him be the judge. I don't try to play the martyr. If I have an infection I follow his orders. (It also helps to keep on a daily contact with my sponsor). If what I am going through is due to nervousness or tension I try to remember first that what I am feeling will pass as long as I get to work with my program. (The program a lot of times is the only medicine I really need HOWEVER you can't read and work the steps only and expect a heart attack or disease to just fade away).

There seems to be a lot of opinions, sometimes dangerous ones, floating around at meetings. One guy I know of was told he could not take his Insulin and still be clean. Had he followed that advice he would be dead today. I know for me, it is extremely important not to give advice. I try and pray for honesty, especially in my own affairs. Most of the time I share what I am going through with another N.A. member. The feedback I get usually lets me know if I'm being honest or kidding myself.

A couple of times doctors gave me a mood-altering drug. These were extremely scary times. I called the doctor and said I felt he'd either have to find something else or only God alone would have to cure me. I ran to my sponsor in tears questioning if this was a slip. I think the best suggestion I ever got was this: "If there is any way possible that you can avoid having to take a medication you do so. If you must take it, don't play head games with it."

Follow the doc's orders exactly. Practice your third step. Remember also that while sometimes you must take a medication to live or get through an illness, your body knows no difference between a life-saving remedy or a slip."

Once you take a drug whether it be a slip or a necessary medical procedure your thinking can become drug-oriented.

Therefore, go to meetings, keep on a daily contact with N.A. members and don't make a major decision for thirty days.

I learned a long time ago that no one ever died from lack of sleep. I need no sleeping pills or tranquilizers in my life today. If I am in an emotional upheaval there is usually some thing or some person or some situation I am either resenting or not accepting. Only in trusting my higher power and practicing surrender can I achieve peace of mind and a calmness. Sometimes the combination of program and a qualified counselor or therapist can do wonders. I thank my higher power that I've been given many tools to live by. It is such a relief to know that I don't have to go through anything alone today, or ever again.

I don't know by what rare method,
But this I do know,
God does answer my prayer;
I don't know when He will send the word,
That tells me my prayer is heard;
I do know that it will come sooner or later,
My part is but to pray and wait.
I don't know if the blessing I seek
Will come in just the way I thought.
I leave all care with Him,
Whose will is always one of love.

ANONYMOUS.



AN ANGRY VOICE

I have been a member of Narcotics Anonymous for over 4 years and since that time I have seen the fellowship grow in leaps and bounds. I have been involved in service since 5 months clean and sober, anywhere from a secretary, treasurer to serving at the World Conference level. I am proud to be of service to N.A. after all the program has done for me what I could not do for myself.

It seems that we have forgotten where we came from and how well we seem to have become in regards to the area of service is beyond my comprehension.

What about the traditions?, like traditions 1,2,5, and 12. And what about the part in our white book, What is the N.A. program? We are supposed to be joining together to carry a message. Even through service we carry a message to the addict who still suffers. We show them that being involved with the business of N.A. we can fulfill certain goals and stay clean and sober.

We tend to forget about the newcomer and the addict who still suffers. I've seen us get caught up in money, people's personalities, places and situations that we forget what our primary purpose is.

I have seen us battle it out in Area meetings, Regional meetings, and the like. I have seen whole states fight over who was more powerful, who was right and who was wrong. Have we become so blinded by the power we seem to think we have? We are only servants to the fellowship as a whole. We answer to them. We do not dictate to them. We are responsible to N.A. as a whole.

N.A. UP FRONT

I emphasize "as a whole" because one of my goals is to see us function as a whole body working for one common goal. That is becoming a reality sooner than we expect and for some reason it seems like we cannot handle these responsibilities and situations. We bicker among ourselves and with members outside of our specific area. Have we become so egotistical that we have truly forgotten the sick and dying addict that walks through the doors of N.A.? I have heard it said that "The business meetings are a joke", "Is that all we can do is fight?" How come we never can get anything accomplished?" Frankly I have become so discouraged I have thought seriously about dropping out of the business end of the program. BUT I'M NOT GOING TO!! I am going to stand my ground and hopefully I will be able to help in my own way to carry the message we have all seem to have forgotten.

I believe that everyone's opinion is valuable and there is validity to those opinions, otherwise God would not have given us such gifts as thought and reasoning. But when these opinions do such damage as tearing people's characters down, character assassination, spreading rumors, causing us to become narrow minded, making us think we are the only one with the right opinion, then I begin to wonder if we have the right to have such gifts. There are people who feel a lot of frustration, possibly anger and resentment about these things I have spoken of but I have been feeling these very same feelings for some time now and I am not going to sit back and not be heard.

Like I said at the beginning of my letter, I thank God and the fellowship for doing for me what I could not do for myself. Hopefully I will have the understanding and compassion given to me by my higher power when someone else feels as I do.

S.I.,
California

I work at a drug recovery house. The same house in which I began my recovery in October of 1975. Few people, overall, had had the benefit of this experience although in Southern California, many of us presently clean in Narcotics Anonymous, started out just this way! Recovery houses are a controversial subject in our area, even among people who found the N.A. program through their exposure while residents in a rehab. program. Some of us seem to need a place to stop long enough to change direction and to get over some of our attitudes toward others and take care of our legal entanglements before we are able to "make it on the streets." Most addicts seem to be running very fast. The recovery house helps us put on the brakes. While I was a resident, I had a hard time with what I thought was a double message. I would go to my N.A. meetings, hear about freedom and then return to the House and feel like I was in a concentration camp. Although I heard over and over again the rehab program is not the N.A. program I still got the two mixed up. How could these people talk about the Steps and then seem so intent on controlling us? Well, I've had to write an inventory on my experiences and feelings while going through the House and this has brought me some clarity.

One of the things that struck me when I was a resident was that addicts with little time clean and no experience working the Steps were saying things like "turn it over," and "get powerless" (whatever that means - I was powerless). Also the way to gain power seemed to be to comply and appear to conform. That didn't fit with what I was learning about honesty. I thought then as I'm sure others did, that if I were running things it would be different.

When I left the House (after 5 months), I tried drugs once more and then gave myself completely to the program of Narcotics Anonymous. I slowly gained the singleness of purpose that I needed to stay clean and develop a personal program. I stuck exclusively in N.A. and I found a strength that I never knew

THOMAS J. B. M.

existed. I decided not to run here and there searching for sobriety. I believed it was others like myself who would help me the most, even if they had difficulty staying clean. I began sponsoring women from recovery houses, the rebels loved me! I did what I could on a volunteer basis to help other women find N.A. and to allow them to express themselves while living in a somewhat repressive environment (I'm being kind). I worked at regular jobs in regular businesses for 2½ years before I felt confident enough in my abilities and my motives to seek employment in the field of drug rehab. I had seen a lot of people go down the tubes who took this step prematurely. I was almost a casualty myself when I was clean one year and became "director" of a program for a month. I was well intentioned but had not gained enough knowledge about me. It was much easier to work on other people. Some people pursue this course for many years and find it painful to see. I feel good about myself and my work today. I am a Staff member in the program where I had such difficulty. I am in a position to help correct some of the problems that still exist. I do not confuse my work with the 12th Step but while at work as in the super market, "I am the message."

The recovery house brought me to N.A. where I found myself, a self which I have brought back to the recovery house so in a sense, I have come full circle, although it seems more like an upward spiral. Since I have been doing this work I have found it necessary to keep foremost in my mind "I am an addict" and to continue working my personal program and placing my sobriety first.

I am not fooled about rehab work and I hope my message is clear. Narcotics Anonymous works. I can say this with conviction because that has been my experience for 3 years and 7 months and I have become a happy person.

(Anonymous)

CONT'D from

last issue. Step Three

You can see that N.A. works, because you see the people it works for. You have admitted and accepted that you need help. That brings us to the Third Step.

All the time you've been an addict, your will, your life itself has been controlled by drugs. Your choices have always been determined by drugs. You've had to be where you could get them. You've had to be nice to whoever had them. You had to have the money to obtain them: in the case of the illegal drugs--quite a lot of money. Then, when you get your drugs and the search is over for a few hours or a few days you eat, drink, inhale or inject your drug. Then your mind, your body, your soul--your total being is dominated by that drug. For a while, it may be pleasurable, at least in the early stages of addiction but ultimately, the affect begins to wear off and the drug begins to show its other side. One of the strange facts about drugs is that the higher they get us when they come on, the lower they bring us when we're coming down. When our nerves begin jangling like a fire alarm, we have two choices. We can live through a period of discomfort or we can take more drugs. For an addict, at some point in their career, there is no longer a choice. We get more drugs. Can you see that whether you steal these drugs or buy them you are being controlled by them? Whether you are under the influence of drugs, trying to find drugs or leaving town because of something you did in your effort to stay loaded, your actions, your will and your very life are being directly controlled by drugs.

In the Third Step we snatch our life away from drugs and put it where it belongs. This is the Third Step of the N.A. program:

"We made a decision to turn our will and our lives over to the care of God, as we understood Him."

This is a giant step. But anyone can take it. You don't have to be religious. You don't have to believe in God. You have only to believe what you see with your own eyes in the transformed lives of N.A. members and have a desire to get well. That's all it takes--an open mind. If the word "God" bothers you--substitute recovery or Good or love or N.A. or peace--anything positive, just so you mean it.

None of these steps work by magic. You don't say the words of the steps like a stage magician pulling rabbits out of a hat. They work when they are lived. But they are easier to live by than the law of the needle or the law of the pill or the law of the bottle. If you want to get well, if you are willing to do the few simple things necessary, if you will be honest with yourself in this endeavour; it is guaranteed that you will recover.

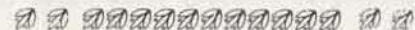
Nobody expects one of us to stumble into this program brimming with love, honesty or open-minded willingness. All that is required is that we try. If we give it our best go, it will work for us as it has worked for others.

The Third Step does not say "We turned our will and our lives over to the care of God," it says "We made a decision to turn our will and our lives over to the care of God, as we understood Him." We made a decision. Drugs did not make that decision. Our wife or our probation officer did not make that decision. We did. This is the first action we take in this program. For the first time, we make a decision for ourselves. If you understand God to be simply whatever keeps the rest of us clean and sober that's fine. Ask that power to take care of you as it cares for us--even if it makes you feel stupid. Go off by yourself and say silently, "God, I've made a mess of my life. I can't solve my problems so I'm asking you if you'll please take care of me and show me how to live a good, happy life."

If you honestly try it, it will work. Many of us start our day with that or a similar plea every day: "Thy will be done."

In this Third Step, we simply recognize that there is a force for good in the world and we cooperate with that force. We let good things happen to us. Every action we've ever taken in regards to drugs was taken in an effort to get comfortable. And it didn't work. Our way did not work. So we are going to try another way. We are going to try to let God, as we understand Him, care for and direct our lives.

If we have come this far in the N.A. program, we have already noticed some change in our lives. Of course, the change is probably not as fast nor as dramatic as we could wish. We turned to drugs in the first place because we were people who wanted instant happiness or instant comfort and the drugs seemed, for a time, to provide it. We may be impatient for change. Impatience may be one of our life problems. Many of us expect that as soon as we stop taking drugs, all of our other troubles are going to disappear. If you have been around long enough to get through the first three steps, you have probably discovered this isn't so. There are still bills to be paid, people to get along with or without, fears and ills to be dealt with. In fact, now that we are facing life without an anesthetic, these living problems may seem at first to be more difficult and painful than ever. They can appear to be impossible and overwhelming. That's why we have Step Four.



GOOD OLD CHARLIE BROWN SAYS.....

"A PHONE CALL FROM A FRIEND CAN BRIGHTEN UP YOUR WHOLE DAY."

AND

"A FRIEND IS SOMEONE WHO DARES TO DREAM YOUR DREAMS WITH YOU".

AND

"A FRIEND MAKES YOU FEEL SECURE AND LETS YOU BE YOURSELF".

LITERATURE & OUR N.A. EXPERIENCE

"We feel that our approach to the problem of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel...our way is practical, for one addict can best understand and help another addict."

TRADITION 1: Our common welfare should come first; personal recovery depends on N.A. unity.

Helping other addicts and maintaining unity within N.A.; these two ideas or processes go hand in hand in relationship to something I've been realizing lately.

Each day of our lives we probably do something to help someone who is still suffering or do something involving our growth in N.A., but these actions are usually confined to our immediate area or environment. As we grow up through practice of our twelve steps and traditions, we can also become aware of N.A.'s growth and of N.A.'s needs.

N.A. is growing, we are now international in scope. Watching this growth is both joyous and painful, for with the increase in fellowship and quality of sobriety there comes the old growing pains.

Areas or meetings become isolated, communications break down, shortage of literature causes resentments and other growth related sores arise. There is no one "easy" way of healing these pains but there are various simple remedies.

One of the ones which I see as being helpful is production of more literature to fulfill the needs of N.A.'s fellowship. I stress the phrase "N.A.'s fellowship."

Our fellowship requires its own books, pamphlets, newsletters, magazines, etc., to discuss, argue, coordinate, explain and describe "our" experience in the recovery from ADDICTION.

Other 12 step programs have had to rely on a few of its fellowship to produce its books. We in N.A. have the privilege to produce a literature unique to our experience.

Through the service structure of N.A., we have the means to collect ideas, stories, experiences in working and practicing the program and gathering the result into our own N.A. literature.

When will we, as members of N.A. stop and consider what a program of recovery we have, which goes beyond the substance to the very nature of our illness. If we as members of N.A. don't contribute to our literature then we fail to contribute to the helping of another addict who may die without reading about our recovery. We can contribute to the unification of N.A. through a common knowledge of N.A.'s experience.

Contributing to our literature is only one of many ways to help, but it is a way. Share and care.

Anonymous

NITTIES AND SOME GRITTIES.....

Doing nothing is the most tiresome job in the world because you can't stop and rest.

xxxxxxxxxxxxxxxxxxxxxxxxxxxx

When a man's mind is stretched by a new idea it can never go back to its original dimension.

Oliver Wendell Holmes.

xxxxxxxxxxxxxxxxxxxxxxxxxxxx

MAKING THAT DECISION



As addicts we seem to know that the extent of our powerlessness over our addiction leaves no part of our lives untouched. Not only are we faced with the inability to make a decision in our use of drugs but even ordinary commitments are by-passed and usual activities are set aside. We cannot keep promises we made to ourselves so how can we keep those we make to others. Here is where the making of excuses, for our failure to live up to our own promises, has laid out a pattern of action that skirts around decision making of almost every kind. Such indecision in the disorder of addiction causes many problems, we act defensively and place the blame on someone or something other than our addiction, thus excusing our inability to act with decision. It is seldom apparent to us that we are acting in ignorance of our own responsibility. The tired old myth that addicts never stop, except in very rare cases, often reinforces the apathy we feel and act out in our daily routine.

The making of a decision is essentially the same whether we have just realized we are addicted or whether we have gone progressively down the road to complete alienation and isolation. Decisions addicts make are based on many different sets of happenings. The most important one, is that made when we "Hit Bottom." Bottom for one person may be a single humiliating experience brought on by addiction, yet in another it may only come about by many years of escapades, jails, penitentiaries, hospitals, lock-wards and innumerable other events. It seems that the physical and mental suffering we go through plays only a small part in the final decision to stop using. The loss of spiritual, not necessarily religious, values in our lives seems to remove all support and basis for going on. We can no longer put up a front. We can see through ourselves and realize we have lost the most important things, without which life is not worth living. Self-respect is gone, there is no

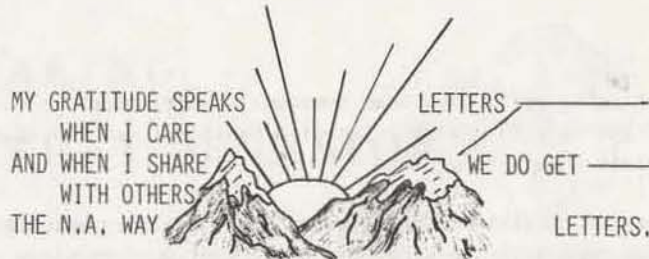
trust left, caring has been removed, unselfishness is only a word and love is a distortion of a beautiful quality that is inherent in mankind.

How is it possible to make an important decision when it is almost impossible to make even small decisions on minor matters. We can accomplish this because it is the only thing left to do in our condition. We have tried all the ways to control, all the ways to manipulate both ourselves and others; we have burnt out everything and everybody and down deep we know that we must stop or die. Most of us, at one time or another, have sworn great oaths that 'come tomorrow' we'll never, never, never use again; only to find that after some days or some hours we are on drugs again. Now is when the knowledge that we cannot do it alone moves us to seek help. We seem to have a little hope left, that by some miracle outside ourselves, we will find a way to be free of our addiction. This is when contact with Narcotics Anonymous and some of its members can give us faith and support and the knowing that, if they can do it then so can we. Even though we doubt that the obsession will leave us, we feel that drugs are no longer acceptable, addiction is no longer acceptable as a way to cope with living and we are no longer acceptable to ourselves as we have been.

Members of Narcotics Anonymous are facts that walk and talk. Facts who show not only freedom from drugs in their daily lives, but freedom from all kinds of limiting conditions, people who are spiritually, mentally and physically recovering and recovered.

From powerlessness and lack of decision we grow to become self-reliant persons who have found "A POWER" through the practice of the Twelve Steps and the principals of Narcotics Anonymous.

J-----



I just received a copy of the Voice and experience great joy at the improved format and readability. There is a new spirit waking up here in N.A. and I find such spirit in the new material I read from other areas. To think, a year ago I was saying that drug addicts in recovery can't write! Will the humility never end?

Our local literature committee is working hard to get all our groups registered to help update the World Directory for Georgia. We will also use the information to print local meeting directories and to be able to mail directly to group representatives for better communications. For instance, flyers on a planned event or activities can be mailed out to all groups, large and small. Hopefully this will minimize the hit or miss effect you get when you depend on word of mouth.

Anyway, I just wanted to congratulate you and the volunteers at WSO for the fine issue and send my love.

BO,
(Marietta, Ga.)

Dearest N.A.:

I was grateful for the starter packet of N.A. material you sent me several months ago. We used it in O'Neil Nebraska at Valley Hope, a treatment center to start the O'Neil Group. The last info I received from O'Neil, the group was going fine and that the group had grown. Most of the group is from the treatment center but the basic group is strong so their membership changes all the time as people come and go from Valley Hope.

I was given the privilege of chairing the first few meetings because I knew the ropes and am a member of the Kearney and Grand Island groups here in Nebraska. The reward in this program is great!

The main reason for this letter is that the Hastings people are wanting to start a group and I was asked to help. Hastings has a treatment center and a halfway house called Bridge for women. They've also asked me and the Grand Island group to help so if you would be so kind as to send me another Starter Kit it would be great for the new group. I'm sending some money of my own to pay for the cost of the material and wish no thanks from anyone. It's a pleasure to serve and my rewards are in being clean and happy and am grateful to God for the money I have to help those that don't have it and haven't found the program. Please send the material soon--the time is right and the people are ready and we need it.

Love,
Richard R.
(Ord, Nebraska)

Hey editor of our Newsletters:

How about hearing more of N.A.? I am tired of hearing about the P.T.A., O.A., S.A. (smokers Anonymous), A.A., Godfellows, and Oddfellows. Let's hear where we are all at now---N.A. all the way. Ya!!!!

K.T.
Long Beach

Mahim, Bombay, India

Dear Peter,

It certainly was a pleasure to hear from a brother addict from India. In recent years I have read so many different philosophies in my search for truth and I must admit that India is very close to heart. It is with great pleasure that I have the opportunity to make contact with you.

I read your letter with great interest, especially the part of seeking help from someone else to just stay clean that first day. I really relate to that inasmuch as that's what I had to do. As it states in our pamphlet, "having found no answers that we could use, in desperation we sought help from each other in Narcotics Anonymous." I also related to the part of first going to A.A. for help for that's how it happened for me. Today, I go exclusively to N.A. for I got the message. A.A. gave that to me - that there is a chance to survive a seemingly hopeless condition of body, soul and mind. But I must say that, being a drug addict, my recovery is in Narcotics Anonymous. All other fellowships just gave me the hope that somehow there was somewhere, a place for me too, and I am forever grateful that I found it in N.A.

In your letter you asked how you could effectively carry the message to other addicts. My friend, if I can be of any help I'd like to answer that question. Oddly enough for me, God has always placed, in my life, those people who need me, and I need them. I am sure you've heard it before. We always get what we need and that has always been true for me also. In short, above all I try to live in a manner - that is the manner of my message. With God's help, it is all possible, one day at a time.

In loving fellowship,
Your brother,

Doug F.

Sir,

I'm writing this letter first for me and second, for those who need help and haven't come to believe the concept of N.A. That it's possible to change and live life like real people, just for today.

Just for today, now while it's on my mind, (it's 3:30 p.m.) I want to help another addict, and more important, be helped by watching him or her grow, to share and care and be part of life.

Just for today, I want the guts to write and ask for help from the people who wrote or helped to write "our" N.A. pamphlet. I want to ask for a line of communication by mail or phone or whatever, from a heavyweight with more sobriety and cleanliness than I have.

I've almost got 13 months free from the streets and drugs and only 9 months from alcohol, but I believe I've the N.A. message, and I know I can keep it only by giving it away...

J. M.

Tarpon Springs, Fl.

Dear Sirs,

I'm Doug and I need your help if possible. I'm in the Army over here in Germany and I'm an addict. I've been sober for a short time. I'm going back home to Kansas City, Missouri on leave and was told at the meeting I attended in Frankfurt, that you could help me to find where my nearest meeting might be at. Could you please send me a list of close meetings to: P.S.: N.A. has really helped. I feel good at meetings and it's special.

(Ed. Note: We hope the meeting list we sent you helped.)

Doug
P.O. Box _____
Missouri

Dear W.S.O.:

Thank you for the literature and the support and concern in our group. After getting off to what seemed to be a slow start (it wasn't just our impatience) we are really having a good time and learning.

This last weekend we went down to Wichita for the First Annual Midwest Regional Campout. The people from Lincoln had the best turnout of all groups there, with nine people showing up. I just don't know how to express in words the feelings I have for this. It was my first such event and it was great!! It had personal meaning to me because Wichita is my home, and since I got out of treatment, I have been at this halfway in Lincoln. Thank God for that.

Well, I am just bubbling with good feelings now about N.A., so it's off to the meeting.

Love,

Sam
Lincoln, Neb.

OHIO

18 months ago we were introduced to recovery through the Double Bubble Group of N.A. at Gateway Rehab in Western Pa. For 9 months we kept coming back and finally got clean. Meanwhile Double Bubble had its 1st Anniversary, a dinner dance which was well attended, by addicts from all over this area. Soon meetings started in Butler, Pa., Washington, Pa. and Youngstown, Ohio. Several members from Western Pa. and N.E. Ohio went to the World Convention in Atlanta where we learned a lot: about N.A. service structure, how meetings were conducted in other parts of the country and why it took time to get literature. We all had a great time and came back inspired to help N.A. grow in this area.

Meetings started in Braddock, Pa. and Warren, Ohio and in the Beaver County Jail in Beaver, Pa. and in Sharon and New Castle, Pa. More are being planned.

Our first Area Service meeting was December 1st and we now have a person responsible for literature in our area. We plan to elect trusted servants at our 1st ASC Meeting in 1980.

There are now 10 N.A. meetings around here. Nine of them are regularly scheduled and one meets in people's homes. Some of us who are willing and able to go out of town get to several N.A. meetings a week.

In October we had a hayride. Some 50 addicts had a great time even though it rained on our bonfire. Our Christmas party was a success and we plan to have a great New Year's party next week.

Our meetings average 20-30 people and many are becoming involved in Public Information. N.A. is sure growing fast around here. We'd love to have more visitors from California.

J.M.

(An addict from Ohio)

Dear W.S.O.,

The Recovering drug addicts living in Seattle are writing to let our fellow addicts all over the U.S. and perhaps the world know of our excitement and extreme gratitude.

Excited to let you know that N.A. is starting to grow and take a strong hold in our city. In the last 2 months there have been three new meetings started in the greater Seattle area. The few people that felt there was a need for N.A. here, had their doubts

whether the meetings would work, but when matters are left up to God all works out well. If anybody knows, good old H.P. up there knows the desperate need for N.A.

We are grateful to have found a solid home; for those of us who felt like social rejects from the very beginning need the identification that N.A. can give us. Grateful also to see new people coming to meetings from the streets. There is nothing that compares to a new person freshly talking about the pain and the endless hassle that goes on out there.

We are also grateful to our neighboring N.A. fellowships in California, Oregon etc. There were people there who were of great support to us. Just knowing that we are a part of N.A. and the solution rather than the problem, gives us a feeling that cannot be put into words.

We hope to see more meetings starting here in the future and the fellowship of N.A. grow even stronger.

The Fellowship of N.A.
Seattle, WA



“OUT OF THE MOUTHS OF BABES”

Recently an N.A. member and her sponsor were discussing the aspects of honesty in relationships when her son walked by and handed them both a piece of paper. What had taken an addict hours of contemplation had been simply remedied by a child in a few simple words:

To lie is to lose the respect of others;
To trust someone is to have faith in them.

B.E. (Age 11 - California)

We Want You To Know ...

WE INVITE CORRESPONDENCE FROM OUR MEMBERS IN ALL KINDS OF INSTITUTIONS, YOU HAVE A VOICE IN THE AFFAIRS OF N.A. SO PLEASE LET US HEAR IT,
Dear N.A.,

I am writing this letter to you in the behalf of all the prison inmates here at the River Junction Correctional Institution, but most of all I would like to show great gratitude and have it publicized the thanks we all have and would like to show Miss Dawn _____ for bringing and helping make the N.A. to find its way into this prison. I myself am one of the prison inmates who at one time was on drugs. I never knew of N.A. but I always wanted help with this thing that drugs had over me, but then one day I got this letter from Dawn who told me all about N.A. and how it has helped her....

Dawn sent me papers and books on N.A. and I couldn't help but fall in love with it so I talked with a few of the inmates who also said we should have the N.A. here....

Johnny
Chattahoochee, Fla.

(Ed. Note: We hope you received our starter kit. We invite anyone wishing to correspond with Johnny via mail to forward letters and all inquiries to THE VOICE c/o The World Service Office Inc.)

.....
NITTY GRITTIES.....

BETTER TO ASK A STUPID QUESTION THAN TO MAKE A STUPID MISTAKE.
MANY OF US DISPLAY TEMPER BECAUSE WE LACK TALENT.
P.
P.



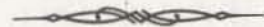
- I. To share our experience, strength and hope with the addict who still suffers.
- II. To better carry the message of recovery through the "VOICE" of conscience.
- III. To provide better communication with the written word.
- IV. To build up a source of information, that will provide material for future literature, based on a cross section of personal experience.
- V. To hopefully provide another means for personal and Fellowship growth through creative action.
- VI. C.A.R.E.N.A., the publishing arm of the World Service Office Inc. will carry your written message according to the full meaning of the name.

C - Compassion
 A - Action
 R - Responsibility
 E - Empathy
 In Narcotics Anonymous

MISCONCEPTIONS

THERE ARE MANY MISCONCEPTIONS ABOUT N.A. SO WE WISH TO STATE WHAT N.A. DOES NOT DO.....

1. N.A. DOES NOT operate detox units, recovery or half way houses and is not affiliated with such facilities; we do however, cooperate with those who cooperate with us.
2. N.A. DOES NOT crusade, solicit, advertise for members or try to persuade anyone to join us.
3. N.A. DOES NOT engage in or sponsor research.
4. N.A. DOES NOT keep membership records or case histories nor follow up on members or in any way try to control them.
5. N.A. DOES NOT make medical or psychological diagnoses or prognoses nor provide marriage, family or vocational counselling.
6. N.A. DOES NOT provide welfare or other social services.
7. N.A. DOES NOT conduct spiritual or religious services of any kind.
8. N.A. DOES NOT engage in education or propaganda about drugs.
9. N.A. DOES NOT accept money for its services, is not funded by any public or private sources or agencies. Accepts no contributions from non-N.A. sources.



"THE VOICE" SUBSCRIPTION ORDER FORM

ONE YEAR (4 issues) \$5.00 CHECKS PAYABLE TO:

THE VOICE
 BOX 622
 SUN VALLEY, CA 91352

SINGLE ORDERS.

NAME _____ STREET _____
 CITY _____ STATE _____ ZIP _____

GROUPS.
 ENCLOSED IS OUR CHECK FOR \$ _____ FOR _____
 yearly subscription (s).

GROUP NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

From

W.S.O., Inc.



It has been encouraging to see that areas and regions are starting to build up supplies of literature for their local groups. It will save a great amount of time to get necessary literature where it is needed most. Like most changes, however, this brings several more difficulties that can be corrected with ease.

The first is that starter kits should still be requested from, and registration forms sent to, the World Service Office Inc. of N.A. The second is that the areas and their Group Service Representatives be aware* of the need of updating their groups' and their officers' phone numbers and forwarding these to WSO so that our World Directory can be kept up-to-date.

We at the office receive calls and letters asking for help from all parts of the world. So, if it is possible to locate someone from a group registration form that is current, we may save addicts extra pain and suffering and perhaps their life.

Also, remember that we do have some loners who need to call or write to someone from 100-2,500 miles away for contact and support. We have people call the office from as far away as 7,500 miles.

Constant updating makes it possible for us to get our World Directory together so that the entire fellowship can benefit from this information.

Jimmy - '80

* See pages 11, 12 and 13 of the N.A. Service Structure.

CALENDER OF EVENTS



WORLD SERVICE CONFERENCE

MAY 2, 3 & 4, 1980

L.A. VALLEY COLLEGE - FULTON &
BURBANK STREETS -

VAN NUYS, CALIFORNIA

CONTACT: SUE I. (213) 892-7013

- | | | |
|-------------------|--|--|
| MARCH 21-23, 1980 | - SANTA ROSA, CA. | N.A. Convention
P.O. Box 2617
Santa Rosa, Ca. 95405 |
| MAY 23-25, 1980 | - PORTLAND, OR. | T.A.P.N.A.
P.O. Box 6531
Portland, Oregon 97228 |
| JUNE 27-29, 1980 | - LEWISBURG, PA. | 1st E.C.C.N.A.
P.O. Box 1521
Kingston, Pa. 18704 |
| SEPT. 4-7, 1980 | - WICHITA, KS
(<u>WORLD CONVENTION</u>)
(316) 263-9395 | Mark Z. - WCNA
205 N. Ash Street
Wichita, KS 67214 |
| OCT. 17-19, 1980 | - LONG BEACH, CA.
(<u>Queen Mary</u>) | Convention Comm. of N.A.
Box 3663
Van Nuys, CA 91407 |

NOTES

THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We 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 those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

THE VOICE

P.O. BOX 622

SUN VALLEY CA. 91352

RETURNED POSTAGE GUARANTEED