

# NA

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POP INTO THE  
CONVENTION

## THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. We admitted 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 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 these steps, we tried to carry the message to addicts, and to practise these principles in all our affairs.

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## Australian SPEAKER TAPES

1. "Freedom in Recovery" Garth.P & Mario.T N.Z. 1989
2. "Growth in Service" Garth.P & Mario.T "
3. "Growth in Service" Chris,Red,Sheryl,Dave "
4. "Primary Purpose" C.S.A.C. The Gift 1989
5. "I.D./Fellowship" "
6. "Opening meeting.Gratitude" "
7. "Closing meeting/Gratitude" "
8. "Speaker meeting-Part 1" R.C.N.A.5 Into the Light
9. "Speaker meeting-Part 2" "
10. "Spiritual Growth meeting" "
11. Roy.S/Nick.Y Balmain speaker meeting 1990
12. Tom.R/Sharyn.R "
13. Anna.H/Dennis.A "
14. Kerry.A "
15. Mario.T/Garth.P "

AVAILABLE NOW FROM FSO-NEW TAPES APPROVED ALL THE TIME!  
(Generous discounts for bulk orders)

## Need a job? F.S.O needs you!

The position of Office Worker at the Fellowship Service Office will be vacant early 1992.

This permanent part-time position involves:  
literature production and distribution  
clerical and book-keeping duties  
word-processing  
accounting  
sales to the public

Knowledge and experience in office duties and computer skills are essential.

Anyone interested in this position please apply in writing to the: Fellowship Service Office  
Board of Directors,  
P.O. Box 710,  
WOLLONGONG EAST 2500

## FUN IN RECOVERY



Life a little on the grey side, a tad dull. a bit flat? No fun. no joy any more? What happened to those early days in recovery when a laugh was just a disorganised sentence away. when your sides would ache from the worst joke in the world - is your tax form more important than your Beano comic? Would you rather tear your hair out than laugh at your own mistakes? Does it seem as if your funny bone has been partaking of major tranquilizers - and what's worse. you don't particularly care? Well. try the Captain Sensible principle!  
The CAPTAIN SENSIBLE PRINCIPLE, the no-fuss. starch-free. fully-guaranteed rudiment of comic relief.  
The CAPTAIN SENSIBLE PRINCIPLE - the sure-fire cure for self-obsession. isolation. and taking yourself too seriously - also works well on denial too. Respected medical authorities and evolved newcomers report that a laugh a day. often coupled with

a meeting. aid in LOW BLOOD PRESSURE. decreasing incidence of PROBLEMS WITH THE HEART, retard and dissolve insecurities and generally enhance. strengthen. and improve recovery.  
The CAPTAIN SENSIBLE PRINCIPLE - the easily applied. ageless. sexless. raceless remedy.  
\* will enable you to put on a chicken suit and attend a friend's wedding.  
\* laugh at yourself in the mirror.  
\* give you the unbelievable ability to get out of your own head!  
How do you achieve these outstanding results. you ask? How do you apply the worldwide-patented CAPTAIN SENSIBLE PRINCIPLE? How do you stop disappearing into the interior of your own mind?  
!!!!!!!!!!!!!!!!!!!!!!  
STOP TAKING YOURSELF SO SERIOUSLY. and begin a life of FUN IN RECOVERY. Remember. the only thing you need to take seriously is staying clean!!!!



# YOU DON'T MISS YOUR WATER TIL YOUR WELL RUNS DRY

I got off the plane in Hobart a bit over five years ago. I was scared stiff. Thanks to NA I had been straight for nine months. After 5 months rehab I had been going to two meetings a day in Sydney. I had a great sponsor, and had made a great many friends. I suddenly realised how safe and secure I had come to feel in Sydney. I remembered a favourite old Tai Mahal song: "You don't miss your water til your well runs dry".

I had lots of good reasons for returning to Tassie. A wonderful partner of ten years, three kids, a business. I had also done a lot of damage to myself and others through fifteen years of active addiction. One of the last things said to me in Sydney was "don't forget to take your Higher Power with you on the plane".

Not being terribly familiar with the nature of the Higher Power I was not sure at that stage whether it had successfully made the journey. I did have three NA banners and a heap of literature in my bag. To survive in Tassie I had to have NA and to have NA I would have to kick it off myself.

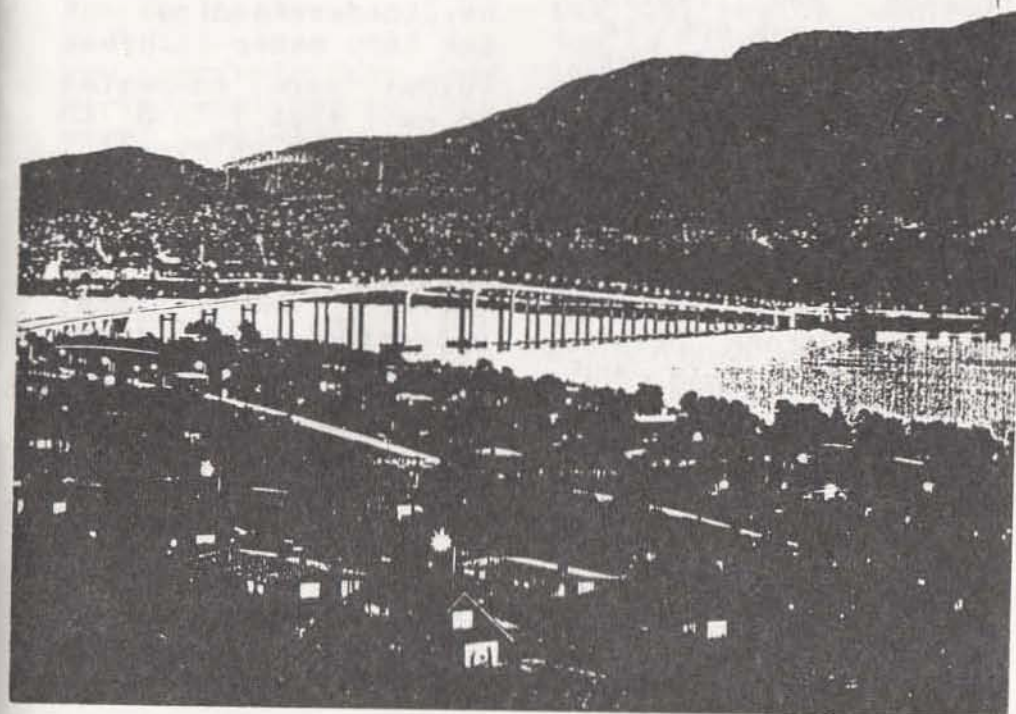
I need not have worried. Fear IS lack of faith. Soon after arriving I met another guy who was equally keen to see NA start, and NA Hobart kicked off soon after.

Those early days were amazing for us. We spent endless hours in detoxes and rehabs carrying the message like evangelical baptists. We learned a lot about carrying the message, how not to first, naturally! Eventually a few people stayed and slowly a small strong

supportive fellowship has grown.

In the process I have learnt a great deal without the strength of the fellowship in Sydney to rely on I was forced to develop a much stronger, more direct relationship with a Higher Power. I had to take much more responsibility for finding the solutions to my problems in the Steps of the program - usually by trial and error.

I believe I am getting what I need in the process. It has been hard but it has felt right. That sums it all up for me. Recovery had often seemed hard - I feel like a slow learner - with a very cunning, baffling and powerful disease. But it has always felt right to be in NA, recovering a day at a time. Thank God for the Fellowship.  
Dave





# ME, MYSELF AND I

Hi. my name is Fred and I am an addict. As far back as I can remember I was always getting myself into troublesome situations. I used to ask myself why this was always happening. Wasn't I happy just to be taking drugs. robbing people. manipulating those around me. including friends and family? The answer was not me. all I wanted to do was be nice. loving. caring. comfortable, at peace. raise a family. white house, even a white picket fence ... not what I managed to get for myself. Her Majesty's Motel. big. sandstone brick. even higher walls and lots of uniformed servants to open and close the doors. Only one snag - we had to stay there until the lease ran out. Sometimes I'd sign the lease for years. It had to come to an end. I had to confront

myself and arrest the disease that was leading myself astray. Someone said "Drop the drugs. and whatever happens. DON'T PICK UP ONE DAY AT A TIME. tell yourself to go to a meeting and get yourself a sponsor." And finally. I said to me. myself and I. we had to pray to a God of our understanding. A lot of other things (nice) were suggested to me that I had to get to work on myself. I looked at myself. and didn't like the rejection in the mirror. A look of horror and total rejection at all those nice suggestions. But I had had enough of myself. his destructive ways. the next stop was death. I had to pull the reins and surrender to my disease that makes me myself and I so unmanageable and ask a Higher Power to restore a simple sanity

of living into my life. Now I take myself to meetings. I make myself sit and listen. stand up and share, get up and mix with others in recovery. we stay away from places where we might get tempted to sign another lease. I think me. myself. and I are enjoying the

freedom we have now. White house and picket fence - even that's possible one day. but not today - today we go to an NA meeting and share about finding myself to be OK.

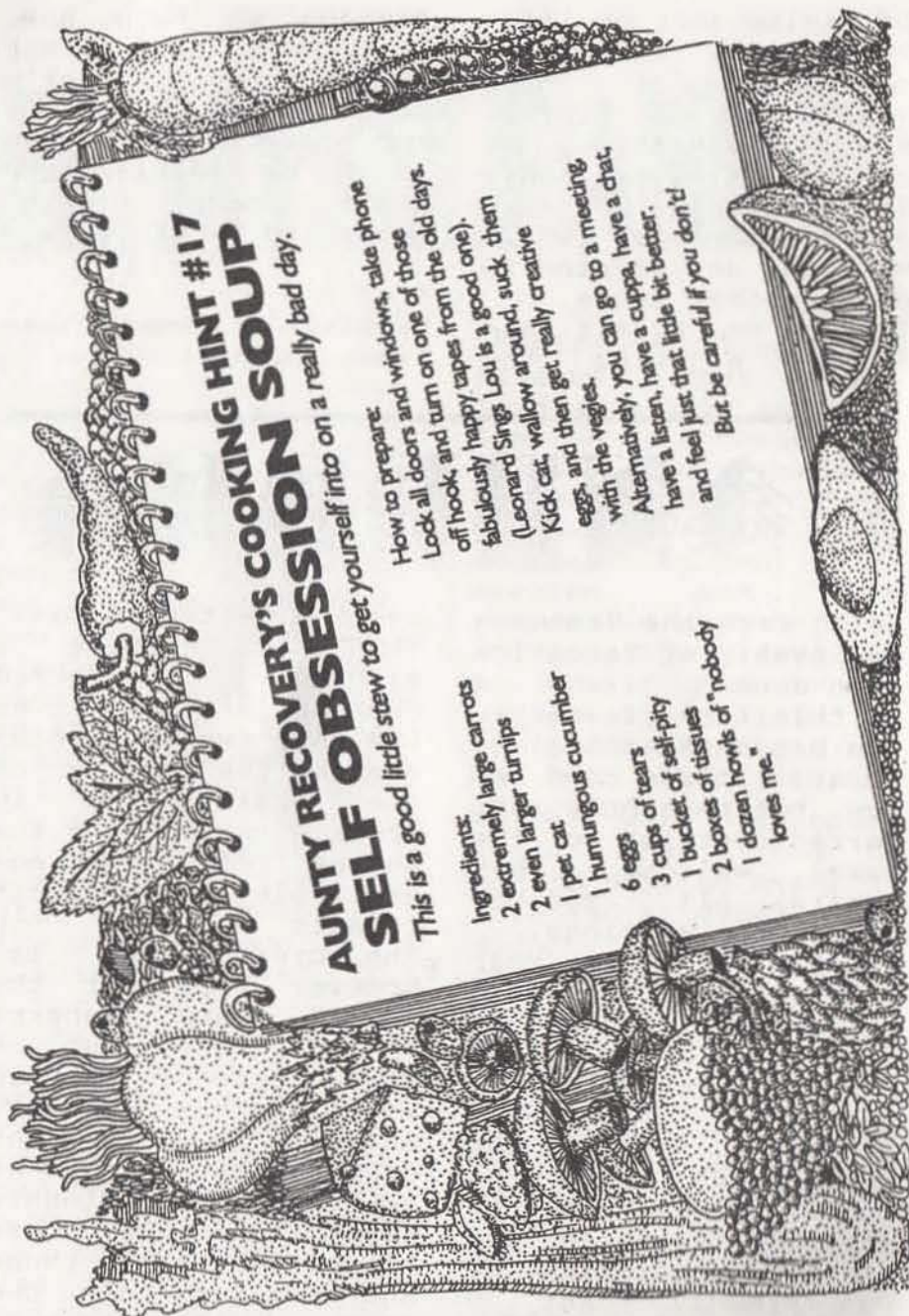
Fred S.  
Reprinted from Clean Times. Perth

## CANBERRA

Hello from the Canberra fellowship of Narcotics Anonymous. At this time of year in the nation's capital it is still often cold and icy. but this only adds marked contrast to the warm welcome that awaits all addicts inside our meetings. In July of this year the Canberra fellowship celebrated its 8th birthday. For our first few years weekly meetings fluctuated between 2 and 3. but over recent times the number of meetings has steadily increased and at time of writing we can proudly boast a meetings a week. giving every newcomer the opportunity to do at

least a meeting a day. This is despite a seemingly marked decline in numbers over the past twelve months due to the policy of the local rehab in greatly restricting the number of meetings available to their clients. The great news is. however. that over the past 8 years Canberra NA has built up a strong core of members with longterm recovery and a vibrant groundswell of newcomers who anxiously await (and are best placed to help) those who come "of their own free will seeking recovery".





## AUNTY RECOVERY'S COOKING HINT #17 SELF OBSESSION SOUP

This is a good little stew to get yourself into on a really bad day.

- Ingredients:**
- 2 extremely large carrots
  - 2 even larger turnips
  - 1 pet cat
  - 1 humungous cucumber
  - 6 eggs
  - 3 cups of self-pity
  - 1 bucket of tissues
  - 2 boxes of "nobody loves me."

**How to prepare:**  
 Look all doors and windows, take phone off hook, and turn on one of those fabulously happy tapes from the old days (Leonard Sings Lou is a good one). Kick cat, wallow around, suck them eggs, and then get really creative with the vegies. Alternatively, you can go to a meeting. Have a listen, have a cuppa, have a chat, and feel just that little bit better.

But be careful if you don't!

## Greetings from BYRON BAY

Our fellowship has a consistently strong membership with a steady trickle of new members, some of whom are staying around. We have 5 meetings a week, and have started a new Women's meeting which has been well supported. The local rehab attend 1 or 2 meetings a week, and it's encouraging to see many of them staying

clean. Members have been playing touch footie with rehab residents and all have enjoyed the occasion. Anyone passing through or holidaying in the area are more than welcome at meetings as it is always good to hear members from other areas and see old friends. We are all looking forward to coming down for the World Convention! Deborah

## Greetings from ADELAIDE

Hello and thank you for allowing me to share. My name is George and I'm a recovering addict, living in Adelaide SA. I've been here for just over a year now, and must say that the NA welcome and support have been wonderful. There were lots of changes to be made with my move from the US, and the help of God through the Fellowship has made the process one of love and low-anxiety growth.

Working the Steps, going to meetings, and following the suggestion of my sponsor to "be of service" has made my recovery a blessing, and given the opportunity to open the door to new challenges. The NA spiritual community is here for me, just for today, just as it was here seven and a half years ago when I came in and asked for your help. Hope to see you all at "The Gift"!



# NEW

## TALES FROM NZ

After agreeing to write an article - I ask the deadline and what topic - 5 days and any topic comes the reply. HELP! That means making a decision. A beloved sponsee suggests the topic of "PARENTHOOD" - oh no. I exclaim! It already engulfs such a major part of my life. I'm still coming to terms with it all. Perhaps I need to share - so here goes - my new and limited experience. I'm a mother of a 5 month old. very busy boy. Since his birth. my life has changed 360

degrees. Before this. I was committed to living an independent life of career and travel. I enjoyed financial independence. basically only looking after me: I sponsor lots of women and do service, but I could still claim my time. I've been through a lot of grief over this change in life. The first big shock came when I realised I hadn't left the house for 14 days after the birth. that the bath seemed to be my only quiet time. My daily trips to the local cafe were limited. Instead

# ZEALAND

of starting my day at 10am. it started at 6am and the biggest challenge of the early days was getting the house orderly and the washing dry. FREAK! Here was the little boy who wasn't going to change our lives! I find myself out now. adorned in safety pins instead of jewels. I can't escape and do one of my favourite hobbies - retail therapy - without being interrupted just when I'm about to blow the budget. I haven't had more than 3 hours sleep between feeds for 5

months. and wake up some mornings just wondering how I will get through. Of course I do. because this program gives me the tools and gifts of recovery. My needs are always met. This program tells me I can't cope alone - it says I need to be humble enough to ask for help. I always need to learn new ways to prioritise my needs. I've learnt again that when I change my thinking. and stop fighting my acceptance of my reality - I find the answers.





## WELCOME TO OVERSEAS AND INTERSTATE ADDICTS

BE EARLY ON THE FRIDAY  
THE QUEUE WILL BE **LARGE**  
IT OPENS AT 10 AM

1st MEETING ON FRIDAY  
AT 10.30 AM IN NOVOTEL

HARBOUR CRUISE: FRIDAY at NOON

THE PLAY: SUNDAY 8 PM

GONG and HOOK SHOW: SATURDAY 8 PM

DANCE PARTY: FRIDAY 10 PM and  
SATURDAY 10 PM

**GET READY TO RECEIVE YOUR "GIFT"**



## FRENCH ■ ■ LETTER

# *Paris, s'il vous plait*

It's funny how you can spend a lifetime walking around with barriers and brickwalls designed to protect that frightened little child within. Every now and again a little something happens that makes all the walls seem to just melt away. Paris can do that. A city for lovers, of wide tree-lined boulevards. The burlesque of Pigalle. the students of the Left Bank and the bustle of the Champs de Elysee. These are the things that make Paris exuberant - alive.

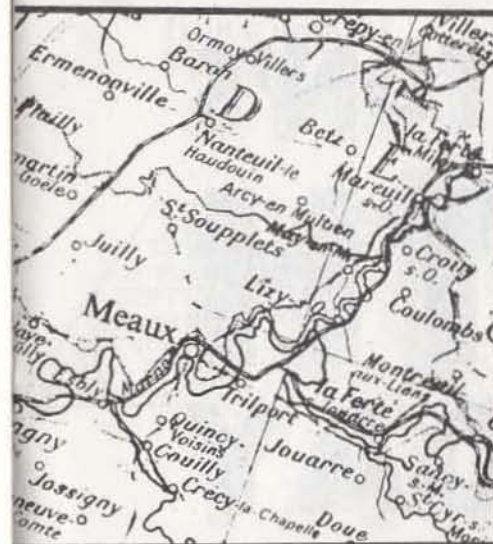
It was nearly three months since I'd been to a meeting without an interpreter speaking in broken English and Paris had two English speaking meetings a week. They were tucked away in a small church just down from the Arc de Triumph, looking more like a scene from a Victor Hugo novel than a setting for a meeting of addicts. Not going to meetings is one of those things I can never understand. There doesn't seem to be any advantages yet people continue to do it. If I don't go to





meetings I notice that my general acceptance of life seems to turn to a mild hostility. then the self pity begins culminating in a resentment of everyone and everything because the whole world is travelling better than me. You are allowed to laugh at this point because I'm sitting in a beautiful hotel room in the heart of Paris and feeling sorry for myself. I was looking forward to the meeting not to share my experience, strength and hope, not to talk about my wonderful new way of life. but I thought I'd finally have a captivated room trapped by the social

conditioning of courtesy and doomed to listening to an all out whinge session from yours truly. I headed to the meeting on a day when there didn't seem to be much laughter in Paris and for some reason the sky seemed to have a grey oppressive colour to it. Something unusual for this time of year. Comfortably seated and as soon as the first speaker started I felt it washing over me. That energy and feeling of hope that exists inside meetings of Narcotics Anonymous. Speaker after speaker and it felt like my first meeting. That meeting where I



realised that maybe. just maybe, there was a way out from this disease. Every speaker seemed to say something I'd never heard before and the 90 minutes raced by. A quick serenity prayer. a lot of hugging and it was time to head back to the hotel. I wandered out of the building and noticed something. There seemed to be a lot of laughter in Paris and. another thing, the sky was the brightest blue. a carefree sort of colour. Then again Paris is always like that this time of year.

Next issue: Hold on to your kilts. we're off to Scotland!

# NAGONY COLUMN



Dear God:  
Now I have a bit of time up. aren't I supposed to be more well than this? I tried walking on water at Pondi the other day and only embarrassed myself. And when I speak at meetings. am I supposed to tell the truth all the time, or pretend to be really together when I'm having a bad day to try to help newcomers? Also I'm still not rich (although admittedly having food and a roof over my head and no cops after me is an improvement on the old days). But I still find being human a bit weird sometimes. Is this normal?  
Signed, Puzzled

Dear Puzzled:  
Go to a meeting.

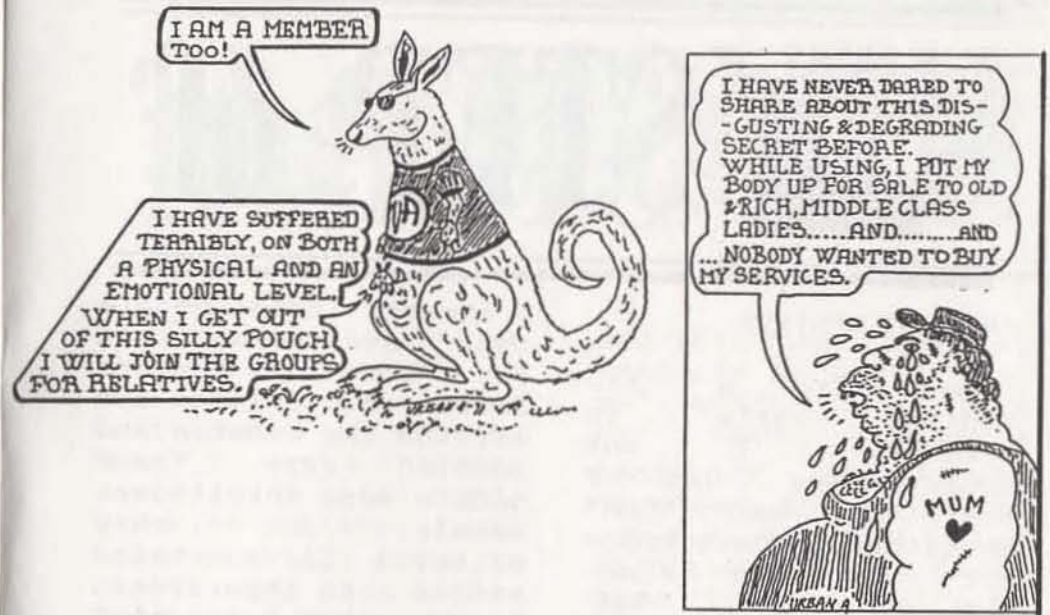


# PADDINGTON'S TENTH BIRTHDAY

On Wednesday the 21st August, the Paddington group of Narcotics Anonymous celebrated their tenth birthday. It was a significant occasion for the fellowship in Sydney because the Waverley group, now moved to Paddington, was the first group to be set up in this city with the express intention of strictly following the traditions and becoming part of the World Service Organization. Until that time a few groups had sprung up from time to time but they often lacked direction and any addicts who were serious about recovery tended to drift off to the A.A. fellowship. The establishment of the Waverley group marked a new beginning and the wisdom of their firm adherence to the principles of N.A. was soon demonstrated by the success of the group and the others that

soon followed their lead. Some of the speakers on the night referred to the storms of controversy that the group weathered in the early days - such as whether stoned people should be encouraged to attend-YES- and if so should they be allowed to speak-NO. Others which now seem like non-issues because the conclusions we reached seem so obviously right - such as the policy of alternating female and male speakers - are now forgotten.

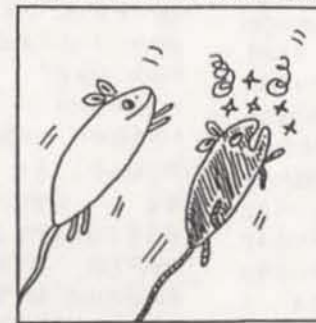
On the night the usual suspects were rounded up - including the three founding members, all still clean - proving, if nothing else, that God helps those who help themselves - and the current secretary of the group, never backward in coming forward, celebrating her seventh birthday.



TWO MICE FLYING  
HIGH TOWARDS  
THE MOON.....



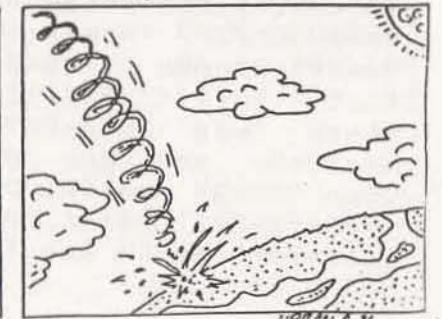
....ONE IS HIGH ON DRUGS,  
THE OTHER HIGH ON N.A.  
LIFE AND GOD.....



....ONE REACH ABOVE  
THE SKY.....



....THE OTHER ONE FALLS,  
AND IS SQUASHED LIKE A FLY.







# STEP of

## CAMP TO RELIEVE

Like quite a few addicts early in recovery. I got goosebumps when I heard the word "God" mentioned. I was ready for everything else, but not that. "God, just don't give me any of that GOD stuff." Like with most things in life, I wanted to do the program my way. I knew better. I had been a rebel my whole life - in total opposition to everybody and everything, so it was natural for me not to accept all of the program at first. A bit here and a bit there, which resulted in that I got stuck on Step One. Admitting powerlessness wasn't that hard. Still, there was something missing, and one day when I was feeling my resistance kind of loosening up a bit, I had a thought.

I thought, these people that have been clean for a long time and are doing the steps are working the program and looking happy. These people were intelligent people, and they believed in something higher than themselves. How was that possible? I thought about it for a while, and then decided to give it a try. I could always go back to "my way" if it wasn't working. And this thing about Higher Power, it wasn't God, it was something different, and I liked to be different, so I became willing. And then I started the hunt for my Higher Power. I didn't know where to find this Higher Power, so I went looking. First in churches. There I found people who seemed more intolerant than myself, plus I couldn't stand the talk about "heaven and hell, which

# the MONTH

way to go?" "I've already been there". I thought, so I never went back to church. Then I went climbing various mountaintops, thinking a higher level would probably bring me closer to a Higher Power, and guess what? Right. It also didn't work. Finally somebody told me to stop analyzing and thinking, and start feeling instead, and so I did. And the search ended. Inside myself I found my Higher Power. He was a part of me. And now the next step, what to do with this Higher Power once I've found it? So I started praying. A bit now and a bit then at first. Also, here, I couldn't just hand it over just like that. I had to make packages. "This problem is for you, this one for me, here is a small one for you.

and this huge financial headache is surely for me". and so on. I was my Higher Power's secretary, and I was dividing the problems between us. That also didn't work. One day I had this splitting headache from worrying, and I was fed up. I went home, folded my hands, and prayed: "I can't handle anymore, please take care of this mess". And it worked. Fantastic, my headache disappeared on the spot. I felt lightheaded, I felt free, and I fell in line with Step Three. Total surrender. Since that time I always carry Step Three with me in my back pocket, it gives me a feeling of security. I'm in good hands.

Monica A. Norway  
Reprinted from  
NA Way Magazine



# VOX POP

CLEAN AND SERENE... or are we?

WE ask for it at every meeting - some of us say we've had it. most of us say we want it. Everyone knows we need it - SERENITY.

An esoteric concept or a workable reality?

Whether you're trendy or tacky, dappy or Darlinghurst, stuck on the 3rd or hung up on the 5th, you all say you aim for it - SERENITY.

So what does serenity mean to YOU? NA TODAY's raving reporter put this question to some Sydney members.

"Serenity means having lots of money," says Thomas J. over 4 years clean, from Edgecliff. "Don't ever let anyone tell you cash is cold and hard - it's not, it's warm and soft and lovely."

David A. from Maroubra, back in the firm after a brief holiday, has another idea of serenity.

"For me, it means freedom from

self-obsession and the ability to be spontaneous." says David, 11 days clean.

"And then there's the obvious inner peace and lack of turmoil or inner fighting."

Welcome back, David. For Sandra T. of Double Bay, serenity is a central issue.

"Serenity ... it's like that base or centre which is clarity," says Sandra who's been clean for 3 years, 8 months.

"It's where we can move from in life. A departure place for the soul."

Sandra believes serenity is the best space from where to "respond not react."

John J. has mixed feelings about the issue.

"Serenity means feeling comfortable about what I can do," says John, who has been clean for over 8 years.

"It means that what I do is alright by me - it's OK by my standards."

But serenity has other meanings for him too.

"Actually, it means free sex ... and lots of it. Can I say that?"

Deborah C. from Darlinghurst, who just celebrated her 4th birthday, says serenity is a difficult thing to grasp.

"It's an elusive notion," she says.

"But I could get all serious and say it's about inner peace."

"I'm serene when I'm not angst-ridden, and when I feel OK about what I'm doing," she adds.

"It's when I feel confident - not ego-based, and I'm rolling with the punches."

"Serenity is something

I know nothing about" Deborah concludes.

David O. from Glebe, says serenity is a state of mind.

"Equanimity - peace of mind, and not trying to control my life is my definition of serenity," says David, who has been clean for 7 years and 3 months.

"It's about not forcing my will onto life and surrendering to the whole process of change. It means not being afraid."

So there you are, serenity seekers. Whether its central or sexual, serenity is the state we're all aiming for - but we take different routes for getting there.



## THE LOOK NOT GOOD...

TAKE A CLOSER LOOK

LIVE WITHOUT DRUGS

NARCOTICS ANONYMOUS 24 HR PHONELINE

SYDNEY	(02) 212 3444
ADELAIDE	(08) 231 42 33
PERTH	(09) 227 8361
CENTRAL COAST	(043) 25 0524
WOLLONGONG	(042) 77 2398

MELBOURNE	(03) 417 6472
CANBERRA	(062) 57 48 55
BRISBANE	(07) 391 5045
HUNTER VALLEY	(049) 69 6767
TASMANIA	(002) 34 8087



# COMMON MEETINGS

I will give a brief history and the reasons why Common Needs meetings in Australia have been established and why they remain an important part of the fellowship.

A Womens meeting commenced in Sydney in 1984. At the time the fellowship consisted of approximately 10 identification meetings. The numbers of men attending and recovering from active addiction at these meetings far outnumbered the numbers of women in recovery. It was not uncommon at those meetings for women to decline any opportunity to share their experience and hope. Despite these issues the suggestion of a Womens meetings was met with general disapproval and concern. There was a perception that female

members of the fellowship did not have the strength of recovery to enable the establishment of a womens common needs meeting and there was little understanding of the need to build a peer group within the fellowship.

In 1985 a need was addressed by the establishment of a gay and lesbian meeting. At the time the fellowship was flourishing but

considering that Sydney has the second largest gay and lesbian population of any city in the world, the success of the fellowship attracting and supporting these addicts was abysmal. Comments were occasionally made by a heterosexual male about their "rock bottom" being when they had slept with a

# NEEDS MEETINGS

"faq/poof". With the establishment of both of these meetings, premonitions of doom abounded about the fate of the fellowship. Some members wondered when common needs meetings would stop (would there be a black differently-abled womens meeting?). There were lengthy discussions concerning the first tradition and other issues concerning the unity of the fellowship.

These common needs meetings were joined by a Mens meeting, an Illness in Recovery meeting and a Parenting meeting over the past couple of years.

As opposed to some fears of members these meetings have provided a forum that enables new members to be introduced into "mainstream" Narcotics Anonymous. It allows

members who may not feel comfortable about sharing in mixed forums about topics such as sexuality, sexual

preferences, living in recovery with the HIV virus, sexual assault and other sensitive issues in an atmosphere of mutual acceptance and increased confidentiality.

These meetings are an essential component of the Australian Fellowship, supporting the fellowship service structure, regional and area conventions and Narcotics Anonymous as a whole.

Conventions have been held in Australia for the last eight years. Common needs meetings have been part of the conventions programs for the last six years. They are an accepted and expected feature of conventions in Australia.



# REGIONAL NEWS

**WORLD CONVENTION:** If you want to be in the talent showcase send tapes or written description of your act to us c/- FSO. We have been working hard everything appears to be on schedule EXCEPT we have serious cashflow problems as most Australian merchandise suppliers will not extend credit - PLEASE REGISTER ASAP OR THE CONVENTION MIGHT NOT HAPPEN ...

**H&I:** In collaboration with PI committee we are bringing out a newsletter to improve communication between areas.

**PI:** TV Public Service Announcements are done, & are being distributed to Australian Areas on request. ASRs please contact us through FSO if you need a copy.

**LITERATURE:** Currently reviewing "For Those In Treatment" - "Steps 1, 2, & 3": "Traditions 1 to 6" and a huge number of Daily Meditation books. We would be please if Area Literature committees would like to be part of the review process.

**FSO:** Currently breaking even, working on being granted general sales tax exemption as a charity (now granted). discussions with NZ about finalising accounts: and how to cover costs for NA Today newsletter.

**NA TODAY:** Having trouble fitting meetings list in (current computer format incompatible with NA-Today-sized pages). will investigate alternatives. Also meeting with FSO to standardise cost, number of pages, etc for the next year's issues.

## from the June RSC Area Reports

**OUTREACH:** Currently 8 active groups, 9 presumed inactive, 5 confirmed inactive, 5 handed over to local fellowships/H&I. Our loner penpal system is working well (for people who physically can't get to the nearest meeting - sometimes hundreds of miles away). MALE letter-writers urgently required to answer letters we have on file from guys out there who need NA contact.

**SYDNEY WEST:** Currently 38 meetings, including 4 in the Blue Mountains. At the moment we're pretty broke but trying to save money for our annual Christmas convention.

**SYDNEY EAST:** Old Area quorum of 50% GSR attendance wasn't working; new members don't seem to be committing to group service positions. We are organising a regular service workshop with emphasis on the group. Our recent fundraiser/audition/talent/dance night was a fun night and also made a small profit!

**SOUTH AUSTRALIA:** Outreach and Literature going well, recent workshop on Parenting in Recovery produced some useful suggestions, which are included in the Regional Minutes - ask your ASR for a copy (it will also be reprinted in the next issue of NA Today). The recent 3rd SA Area Convention was a resounding success. We were never short of billets and would suggest that next year you might like to see recovery, Adelaide style, as our guests.

**SYDNEY SOUTH:** Since the last RSC the South has put on a Service Workshop, and two new meetings have started.

**QUEENSLAND:** World convention forms have been distributed and have generated much interest around the fellowship. PI, H&I, Literature and Pally committees all active.

NA TODAY Page 25



VICTORIA: We have 43 meetings: 30 in Melbourne, 7 in the country, and 6 H&I. We have also organised a bus to ferry people to the SA convention, planned a weekend Spiritual Retreat, and a learning and fellowship day for September twenty-second.

WESTERN AUSTRALIA: We have had some fundraising events for our February 199. Convention: all welcome! Still having difficulty getting new people authorised for jail H&I meetings, but we're working on it. Also we put out a special edition newsletter called Clean Times - everyone is welcome to reprint anything - and thanks again to the members who put it together.

HUNTER VALLEY: Bit of a lull lately: some meetings are without secretaries: however we have faith that this will improve soon. Phoneline, PI. H&I, Literature and Office committees still running (some with a chairperson alone).

SYDNEY NORTH: Recent "Spiritual Banquet" night was a great night and fundraiser. Still positions vacant on our ASC - ASR has been visiting all meetings to try to generate some volunteers - time will tell!

PSR REPORT: Latest WSC (World Service Conference) involved 100 hours attendance over 6 days: intense and exhaustive. WSO finances again in difficulties: the conference was asked to prioritise projects above and beyond essential services. There are now 16,000 meetings in the US, and 2,100 more in 64 other countries. Each of us must assure our responsibility for the continued spiritual operation of NA everywhere.

NOTE: For anyone planning overseas travel, an international meetings list is available from WSO if you write to them well in advance. Address is: NA WORLD SERVICE OFFICE, PO Box 9999, Van Nuys, CA 91409.

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Still looking for that easier, softer way?  
Had enough of that same old time-tested direction?

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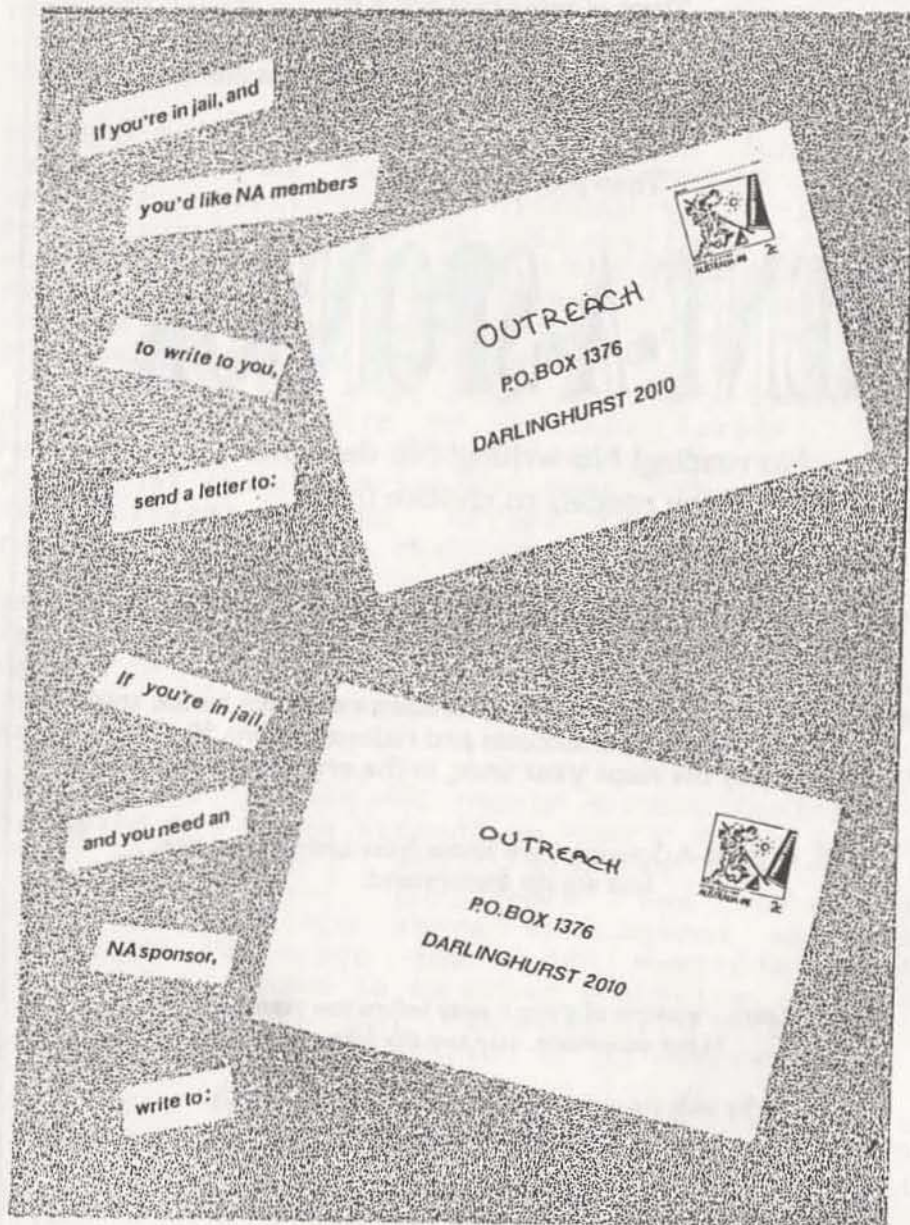
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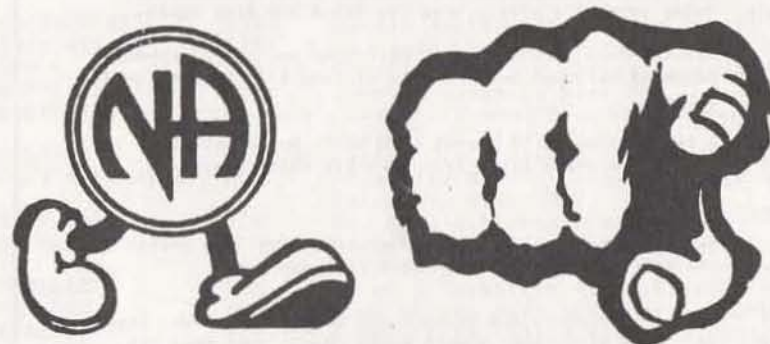
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# NA

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**NA TODAY**  
**PO BOX 1376**  
**DARLINGHURST 2010**



# \* WANNA BE A STAR \*

♈  
ARIES

You will experience inner satisfaction this month, as some external difficulties become less important. Prayer will add to your feeling of well being.

♉  
TAURUS

Let go of the past and the future - live in today. Reality is here and now, and your richest fullest day is today, if you choose it.

♊  
GEMINI

A time to make amends - denial only works temporarily. True freedom is guaranteed when you practise honestly doing your HP's will : read the 8th & 9th step again.

♋  
LEO

Develop your intuition - it will keep you out of trouble. Remember rational behaviour is different to rationalised action.

♌  
VIRGO

A few lessons to be learnt this month. Be prepared. If you thought recovery was a fait accompli think again.

♍  
SCORPIO

Shower love upon yourself and others today, and relish the growing sense of self worth that emerges.

♎  
SAGITTARIUS

Complicated plans and schemes are bogging you down. Keep it simple with three simple steps. Don't just read the instructions, follow them!

♏  
CAPRICORN

Opportunities this month for opening up - being honest and vulnerable. Face the fear and feel the joy of closeness and love with others.

♐  
AQUARIUS

If you have been wondering "is this all there is?", it is unless you are prepared to take some emotional risks and feel the growth.

♑  
PISCES

A time to slow down, relax. Life is to be relished, not just another task to be completed. Stop & smell the roses.

♒  
LIBRA

Back to basics - meetings sponser, friends. Practise prayer, honesty, openmindedness and WILLINGNESS; with these you can enjoy life again.

♓  
CANCER

Some rough patches recently, but make the most of it - pray, reach out to others. Pain gives us the opportunity to learn and others a chance to give.

## AUSTRALIAN REGIONAL MEETINGS LIST

September 1991.

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2nd floor, 9-15 Kippax St,  
Surry Hills (02)2112445

P.O. BOX 1376,  
Darlinghurst 2010  
N.S.W. AUSTRALIA

SYDNEY METROPOLITAN AREA 24 HR PHONELINE (02) 212 3444

Note: An \* denotes that these meetings sign gaol attendance forms

### MONDAY.....

WENTWORTHVILLE	11AM	Behind Uniting Church, Station St. I.D.
*EAST SYDNEY	12MD	St. Pauls Church, Stanley St, East Sydney
BONDI	5.30PM	Community Health Centre, Landaaf St.
SURRY HILLS	7PM	Swanton Lodge, 11 Hunt St
MERRYLANDS	7.30PM	Community Health Centre, Memorial Ave
		Basic Text study group.
MOSMAN	7.30PM	Parish Ctr, Bardwell Rd, LIT.DISC/REC.
BLUE MOUNTAINS	8PM	Community Health Centre, Waratah St,
		Katoomba. STEPS MTG.
EAST SYDNEY	8PM	St. Paul's Church, Stanley St.
DOUBLE BAY	8PM	Uniting Church, 1st floor, cnr Cross
		& Transvaal Sts. STEPS MTG
*ROZELLE	8PM	Rehab 1, Kirkbride Block, Rozelle Hosp.
NEWTOWN	8PM	St. Stephens Hall, 189 Church St. REC
MIRANDA	8PM	Comm. Ctr, Karimba & Kiora Rd. BEGINNERS
*BLACKTOWN	8PM	Blacktown Hosp, Community Health Unit
(MAROUBRA JUNCTION)	12.30MD	222 MAROUBRA RD.

### TUESDAY.....

DARLINGHURST	12MD	St. John's, 120 Darlinghurst Rd
BONDI	1PM	Seagull Rm, Bondi Pavillion, WOMENS MTG
*ROZELLE	1PM	McKinnon Unit, Glover St, I.D/DISC
SURRY HILLS	5PM	106 Bourke St. STEPS 1,2&3.
DARLINGHURST	5PM	Bldg 25, East Sydney Tech, STEPS 1,2&3
GLEBE	6PM	Community Hall, Mitchell St. ILLNESS IN
		RECOVERY
*MOORE PARK	7PM	Langton Ctr, South Dowling & Nobbs Sts.
MONA VALE	7.30PM	Uniting Church, Barrenjoey Rd. I.D
SUTHERLAND	7.30PM	34 Merton St. WOMEN'S MEETING
*RIVERWOOD	7.30PM	Comm. Ctr, Belmore Rd North, I.D/TOPIC
*ST LEONARDS	8PM	Norman Nock Bldg, R.N.S.H, Pac. Hwy. DISC
ANNANDALE	8PM	Victory Hall, 81a Johnston St
KINGS CROSS	8PM	Kings Cross Comm. Ctr, Fitzroy Gardens,
		Macleay St. MEN'S MTG
CABRAMATTA	8PM	Church Hall, 42 Cumberland Rd
STANMORE	8PM	61a Albany St, LIT.DISC MTG

### WEDNESDAY.....

BURWOOD	12.30PM	45 Belmore St, Community Welfare Ctr. REC
REDFERN	1PM	Round Rm, Rachel Foster Hosp, 1 Pitt St.
KINGS CROSS	5.30PM	C.H.C, Macleay St. WOMEN'S MTG
*EASTWOOD	6PM	Rear Uniting Ch, 16 Lakeside Rd. STEPS
		1,2 & 3.



*SURREY HILLS	6PM	Swanton Lodge, 11 Hunt St
CAMPERDOWN	7PM	Basement 82, RPAH, I.D./SPEAKER
BLUE MOUNTAINS	7.30PM	Community Health Centre, 8 Station St, Katoomba, DISCUSSION MTG.
*BONDI	8PM	Meetings Rm (upstairs) Bondi Pavillion, Queen Elizabeth Drive.
NARRABEEN	8PM	Behind Baby Health Ctr, 1393 Pittwater Rd. LITERATURE DISC.
*PADDINGTON	8PM	St. John's, Cnr Oxford & Newcombe St. I.D.
BLACKTOWN	8PM	Blacktown Hosp. Comm Health Unit. SPEAKER
BANKSTOWN	8PM	Baptist Ch. Hall, Stanley & Leonard Sts
ENMORE	8PM	St Lukes Hall, 11a Stanmore Rd STEPS MTG
BANKSTOWN	8PM	Baptist Church, Cnr Stanley & Leonard St. I.D./TOPIC

#### THURSDAY.....

MARRICKVILLE	12MD	89 Petersham Rd. WOMEN'S MEETING.
*MOORE PARK	1PM	Langton Ctr, Sth Dowling & Nobbs Sts
*SURREY HILLS	3PM	703 Bourke St
KINGS CROSS	7.30PM	St. Canice's, 28 Roslyn St. WOMEN'S MTG
KOGARAH	7.30PM	Pacific House, Kogarah Hosp., South St
SURREY HILLS	7.30PM	William Booth Inst. Albion St REC MTG
GLEBE	7.30PM	St. Johns Church Hall, St Johns Rd, SPEAKER MEETING
DARLINGHURST	8PM	St Johns Hall, 120 Darlinghurst Rd, STEPS MTG
*ANNANDALE	8PM	Victory Hall, 81 Johnson St. CLOSED MTG
*DEE WHY	8PM	C.H.C., 17 Pacific Pde (upstairs)
CARINGBAH	8PM	C.H.C., 126 Kareena Pde.
*PARRAMATTA	8PM	2nd fl, Lifeline Bldg, 119 Macquarie St. STEPS MTG.
EAST SYDNEY	9PM	Uniting Church, cnr Francis & Hargrave.

#### FRIDAY.....

WOOLLAHRA	12MD	All Saints Church, 85 Ocean St. HOW YOU GOIN' GROUP
NEWTOWN	5.30PM	Neighbourhood Ctr (opp. station) REC
ST LEONARDS	7PM	Herbert St. Clinic, Herbert St. I.D
WESTMEAD	7PM	Lecture Theatre 4, Westmead Hosp. LIT. DIS
BLUE MOUNTAINS	7PM	Lawson CHC, Honour Pde. I.D
BALMAIN	7PM	Cnr Nelson & Darling Sts. STEPS MTG
RANDWICK	7.30PM	193 Avoca St. STEPS MTG
DARLINGHURST	7.30PM	St Johns Church Hall, 120 Darlinghurst Rd. ID TOPIC TAG MTG
KINGS CROSS	8PM	St. Canice's, 28 Roslyn St.
*GLEBE	8PM	Parish Ctr, St James Lane off Wooley St
*HORNSBY	8PM	6 Dural St, STEPS/TOPIC DISCUSSION MTG
CANTERBURY	8PM	Catalina Club, next station, C'bury Rd SPEAKER MTG

#### SATURDAY.....

NORTH BONDI	12.30PM	cnr Warner & Nublick Sts. CLIFFHANGERS MTG
DARLINGHURST	1PM	Edward Eagar Lodge, 348 Bourke St opp. St Margarets Hosp. RECOVERY/ID
*MARRICKVILLE	2PM	Cnr Illawarra & Warren Rds PRIMARY PURP
BLUE MOUNTAINS	4PM	Lawson C.H.C. Honour Pde, Lawson. I.D.
DARLINGHURST	4PM	St Johns Hall, 120 Darlinghurst Rd. DISCOVERY IN RECOVERY
GLEBE	4.30PM	Comm. Hall, Cnr Mitchell St & Glebe Pt Rd WOMENS STEPS MTG
MANLY	5.30PM	91 Pittwater Rd
LIVERPOOL	5.30PM	Old Court House, Cnr Biggs & Moore Sts
ST LEONARDS	6.30PM	Northside Clinic, 2 Greenwich Rd SPEAKER
PADDINGTON	7PM	St Francis' Church Hall, 459 Oxford St. FIRST 30 DAYS
PARRAMATTA	7PM	Wisteria Hse (Ward 17) Cumberland Hosp. TOPIC
*LEWISHAM	8PM	Oznam Village, West St. RECOVERY MTG

#### SUNDAY.....

ENFIELD	10AM	St. Joseph's, cnr Baker & Liverpool Rd. TOPIC/RECOVERY MTG
*MOORE PARK	12MD	Langton Ctr, Cnr Sth Dowling & Nobbs Sts SPIRITUAL GROWTH
REDFERN	3PM	Police Boys Club, Cnr Elizabeth and Phillips Sts. RECOVERY MTG
GLEBE	3PM	Community Hall, Mitchell St. GAY/LESBIAN
INGLEBURN	3PM	Area Health Ctr, 59 Cumberland Rd. (rear of Mirtle Cottage) ID MTG.
*MARRICKVILLE	4PM	Cnr Illawarra & Warren Sts. STEPS 1, 2 & 3/RECOVERY MTG
WOOLMOOLLOO	5PM	Matthew Talbot Hostel, 2-22 Burraphore Place
BALMAIN	6PM	Nelson & Darling St SPEAKER MTG
MOSMAN	6PM	Parish Ctr, Bardwell Rd. STEPS & TRADS.
BONDI JUNCTION	6PM	Comm. Health Ctr, Llandaaf St
WESTMEAD	7PM	Marist Bros. School, Darcy Rd, STEPS 1, 2 & 3
MOORE PARK	7.30PM	Langton Clinic, cnr Sth Dowling & Nobbs

#### NSW SOUTH COAST P.O. BOX 1850 WOLLONGONG 2500 Helpline (042)722 398

WARRAWONG	SUNDAY	2PM	Community Ctr, Green St. I.D.
BOWRAL	MONDAY	8PM	Bowral Health Comm. Bdg, Bong Bong St. RECOVERY GROUP
WOLLONGONG		7.30PM	Migrant Resource Ctr, 3' Rawson St, Recovery Group.
BERKELEY	TUESDAY	8PM	Kedesh House, 303 Flagstaff Rd. I.D
WOLLONGONG	WEDNESDAY	7.30PM	Behind Wesley Church (Soup kitchen) Crown St, Wollongong. 11TH STEP/I.D
NOWRA	THURSDAY	11AM	Neighbourhood Ctr, Kinghorn St. TOPIC.
WOLLONGONG		7PM	Behind Wesley Church (at rear), Crown



WOLLONGONG SATURDAY 11AM St. STEPS  
St Francis Xaviers School Hall, cnr  
Crown and Harbour Sts. Recovery Mtg.  
CLOSED MEETING (addicts only)  
NOWRA 6PM Westley Ctr, Cnr Berry & Junction St

NSW CENTRAL COAST. P.O. BOX 249 GOSFORD 2250. TEL: (043) 250524

KINCUMBER SUNDAY 10.30AM Community Ctr, Avoca Drive.  
GOSFORD MONDAY 8PM St. Andrew's Presb. Church Hall, Mann St.  
GOSFORD TUESDAY 12.30PM Anglican Church Hall, Mann St.  
GOSFORD WEDNESDAY 8PM Anglican Church Hall, Mann St.  
GOSFORD THURSDAY 12.30PM Anglican Church Hall, Mann St.  
GOSFORD FRIDAY 7.30PM Health Services Bldg, Racecourse Rd.  
Gosford District Hospital

NSW HUNTER VALLEY. P.O. BOX 2051 DANGAR 2309.  
24 HR PHONELINE: (049) 696767.  
OFFICE: ROOM 10, 13 DENISON ST, NEWCASTLE WEST.

CARDIFF SUNDAY 5PM Primary School Canteen, cnr Main  
Rd & Newcastle St. Recovery Mtg  
ISLINGTON MONDAY 5.30PM St Marks Church Hall, cnr Shedden  
and Norfolk Sts. Beginners Mtg  
N'CASTLE WEST TUESDAY 11AM Rm 10/13 Denison St. I.D.  
(Hunter Valley Service Office)  
HAMILTON 6.30PM Baptist Ch Hall, cnr Highfield &  
Honbury Sts. BASIC TEXT STUDY GRP.  
COOKS HILL 7PM St. John's Church Hall, 77 Dawson  
St. STEPS  
NEWCASTLE WEDNESDAY 8PM Watt St, Above the Wilson House  
Detox Unit  
NEWCASTLE THURSDAY 11.30AM Rm 10/13 Denison St (Service Off.)  
THE JUNCTION 8PM St. Joseph's School, Farquar St.  
TOPIC.  
CARDIFF FRIDAY 8PM Primary Sch. Canteen, cnr Main Rd &  
Newcastle St. SPIRITUAL GROWTH  
NEWCASTLE WEST SATURDAY 5.30PM Sacred Heart Church, Hunter St. ID

NSW FAR NORTH COAST. P.O. BOX 495 BYRON BAY 2481.

BYRON BAY SUNDAY 5PM Byron Community Ctr, Johnson St.  
BANGALOW MONDAY 7PM Church Hall, Ashton St.  
NAMBUCCA HEADS 8PM Rear Catholic Church, Mann St.  
LISMORE 12MD Life Resources Ctr, 60 Hindmarsh St.  
WOOLGOOLGA 8PM St. Augustines, Scarborough St.  
MULLUMBIMBY 7PM C.W.A. Hall, Tincogan St. STEPS.  
COFFS HARBOUR 8PM Neighbourhood Ctr, 12 Earl St..  
MACLEAN WEDNESDAY 7.30PM Pres. Church, Church St.  
LISMORE THURSDAY 12MD Student Support Ctr, Lismore Uni.  
(only during semester)  
LISMORE FRIDAY 6.30PM Richmond Clinic, Lismore Base Hosp.  
BYRON BAY 7PM C.W.A. Hall, Byron St.  
YAMBA SATURDAY 5PM Pres. Church Hall, Church St  
BYRON BAY 6PM C.W.A. Hall, Byron St. TOPIC/DISC

# LONER GROUPS

ORANGE (NSW) SUNDAY 7PM Boardroom, Base Hosp.  
Sale St Entrance.  
BEGA (NSW) MONDAY 12MD 10 Canning St. I.D.  
TOWNSVILLE (QLD) 8PM General Hosp./Health Resource  
Ctr, Ayr St, North Ward I.D.  
BEGA (NSW) WEDNESDAY 10.30AM Nurse Education Unit, Eden St  
Bega Hosp. I.D./DISCUSSION  
TAREE (NSW) 7PM Church of Christ Hall, Queen St.  
(opposite Town Hall) Wingham. I.D.  
DUBBO (NSW) 7.30PM Oxley House, Bultje St.  
GOULBURN (NSW) 8PM Living Skills Ctr, Auburn St.  
TOWNSVILLE (QLD) 8PM Townsville General Hosp.  
TAMWORTH (NSW) THURSDAY 8PM Community Health Ctr, Peel St  
CAIRNS (QLD) 8PM 211 Lyons St, Westcourt.  
MACKAY (QLD) 8PM Pink Rm, Mackay Base Hospital.  
NAROOMA (NSW) FRIDAY 5.30PM Community Health Ctr,  
3 Marine Dr., BEGINNER'S DISC  
GRIFFITH 7.30PM Griffith Base Hosp. TOPIC/DISC  
WARRNAMBOOL (VIC) 8PM 5 Hider St  
FORSTER (NSW) 8PM Community Health Ctr, Little st.  
ARMIDALE (NSW) 8PM Neighbourhood Ctr, Rusden St. STEPS

NORTHERN TERRITORY PO BOX 2596, DARWIN 0801.

DARWIN MONDAY 7.30PM Uniting Church Hall, Cummins St  
Nightcliff.

# NSW CANBERRA.

AINSLIE SUNDAY 7PM Community Hall, Corroboree Park,  
Patterson St. CLOSED MTG.  
LYONS MONDAY 6PM Church of Christ, Melrose Dr. &  
Launceston St.  
CIVIC TUESDAY 5.30PM Rm 3, Griffin Ctr. MENS MTG.  
CIVIC 5.30PM Studio Rm, Griffin Ctr. WOMENS MTG.  
CIVIC WEDNESDAY 12.30PM Rm 3, Griffin Ctr, Bunda St.  
REID 8PM Uniting Church, 56 Coranderrk St.  
BEGINNERS.  
YARRALUMLA THURSDAY 8PM St Peter Chanel Church Hall,  
Weston St.  
AINSLIE FRIDAY 8PM Comm. Hall, Patterson St, Corroboree  
Park. I.D.  
TURNER SATURDAY 8PM Unit 3, Havelock House, Moore St

VICTORIA G.P.O. BOX 2470V MELBOURNE, VICTORIA. HELPLINE (03) 4176472.

ST. KILDA SUNDAY 12MD St Kilda Comm. Health Ctr. 18  
Mitford St. SPIRITUAL GROWTH.  
ASCOT VALE 3PM 7 Roxburgh St.  
ST KILDA 7PM St Kilda C.H.C. 18 Mitford St.  
Main Bldg. SPIRITUAL GROWTH  
WERRIBEE 7.30PM Comm. Ctr. Cottage, 4 Synnot St.



ROSEBUD MELBOURNE	MONDAY	8PM 12MD	Extension. 2 Murray Anderson St(Yth Ctr) St.Francis RC Church.Cnr cnr Lonsdale/Elizabeth St.
ST KILDA		7PM	St Kilda Comm Health Ctr. 18 Mitford St.STEPS 1,2 & 3
PRESTON FRANKSTON BALLARAT MELBOURNE	TUESDAY	8PM 8PM 12MD	Pleasant view Ctr.131 Wood St. 5 Kelso St. St Francis RC Church.Cnr Lonsdale/Elizabeth St.
FITZROY ST KILDA SALE MELBOURNE	WEDNESDAY	6PM 8PM 8PM 12MD	165 Brunswick St.WOMEN'S STEPS 67 robe St. THEME Wesley Hall,Cunningham St.DISC. St Francis RC Church. Cnr Lonsdale/Elizabeth St
MELBOURNE		7.30PM	St Francis RC Church. Cnr Lonsdale/Elizabeth St
MELBOURNE		8PM	Seamans Mission,Flinders St.Ext REC/STEPS/THEME
MELBOURNE	THURSDAY	12MD	St Francis RC Church. Cnr Lonsdale/Elizabeth St.
FITZROY FOOTSCRAY		5.30PM 7.30PM	Smith St Clinic,7 Smith St. St Andrew's Uniting Church. Cnr Geelong Rd/Barkly St.
DANDENONG TOORAK PRAHRAN MELBOURNE	FRIDAY	8PM 8PM 8PM 12MD	7 Oldham lane 230A Williams Rd,GAY/LESBIAN MTG Task Force,165 Greville St. St Francis RC Church. Cnr Lonsdale/Elizabeth St.
MELBOURNE		8PM	Wesley Central Mission.148 Lonsdale St.(4th Floor) STEPS.
PRAHRAN		8PM	Comm.Health Ctr.240 Malvern Rd REC/GUEST SPEAKER
MELBOURNE	SATURDAY	12MD	St Francis RC Church. Cnr Lonsdale/Elizabeth St.
PRAHRAN		4PM	Task Force,165 Greville St. WOMEN'S/REC MTG.
MELBOURNE		6.30PM	Wesley Central Mission. 148 Lonsdale St.(4th Floor)
DANDENONG PRAHRAN		8PM 10.30PM	7 Oldham Lane C.H.C,240 Malvern Rd.REC/GUEST SPEAKER

#### VICTORIAN COUNTRY MEETINGS:

BALLARAT	MONDAY	8PM	St Patrick's Hall,Dawson St.
SALE	TUESDAY	8PM	Wesley Hall,Cunningham St
CASTLEMAINE	FRIDAY	8PM	C.H.I.R.P. Myring St.
WARRNAMBOOL		8PM	Drop-In Ctr,5 Hider St
GEELONG	SATURDAY	7PM	Church of Christ,Church St. Manifold Height

## THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate 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 only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or N.A. as a whole.
5. Each group has but one primary purpose - to carry the message to the addict who still suffers.
6. An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centres may employ special workers.
9. N.A., as such, ought never be organised, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the N.A. 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, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.





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