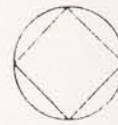


Just for TODAY



Dear Fellow Members,

Presented here are the proposed graphics for the Daily Meditation Book (hopefully to be titled Just For Today) along with a list of suggested topics and additional information.

The Just For Today project has been in progress since Jan. 1983. To date, we have received only a few months of input from the fellowship for this project. However, we are excited to tell you that the input received so far has been very enlightening and highly recovery oriented. Our biggest problem right now is lack of input.

We invite any and all N.A. members to share in the development of this long awaited and much needed piece of N.A. literature. We can't make this MIRACLE HAPPEN without your help...we need you to share your recovery with us.

We are working in close cooperation with the WSC Lit Com. and this project is recognized by the World Service Conference. Also, the World Service Office has aided our efforts by printing and distributing flyers and letters about the Just For Today book. Clearly, our Service structure is with us in this project, but now we need you the members of N.A. to get involved in this project.

Please review the material presented here, share it with fellow members, and share your experience, strength and hope with us. Thanks for sharing,

Send input to:
Mid-Coast RSC
P.O. Box 26096
Indianapolis, IN 46226
Attn: Lit. Sub-Com.

OR

World Service Conf. Lit. Com.
c/o W.S.O., Inc.
16155 Wyandotte St.
Van Nuys, CA 91406

List of Suggested Topics...

We ask that if input is written on one of these numbered topics, please indicate which topic (by number) so we can file it accordingly. If you would like to write on a different or more specific topic than the suggested topics here, feel free to do so. Since this is a book written by and for N.A. members, all material submitted must be original. Thank you... Also feel free to develop any of the topics below.

- | | | |
|-----------------|---------------------|---------------------------------------|
| 1. Anonymity | 34. Envy | 67. Responsibility |
| 2. Recovery | 35. Lust | 68. Perfectionism |
| 3. Unity | 36. Impatience | 69. Caring and Sharing |
| 4. Service | 37. Sex | 70. The Written Message |
| 5. Fellowship | 38. Clean Time | 71. Unmanageability |
| 6. Honesty | 39. Commitment | 72. Character Defects |
| 7. Sponsors | 40. Belonging | 73. Admission vs. Acceptance |
| 8. Newcomers | 41. Participation | 74. Spiritual Awakening |
| 9. Oldtimers | 42. Depression | 75. Peace of Mind |
| 10. Relapse | 43. Self-pity | 76. Unselfishness |
| 11. Humility | 44. Worry | 77. Willingness to Try |
| 12. Growth | 45. Trust | 78. Miracles Happen |
| 13. Happiness | 46. Acceptance | 79. An Addict Alone... No More! |
| 14. 12 Stepping | 47. Higher Power | 80. Hugs not Drugs |
| 15. Forgiving | 48. Faith | 81. Keep Coming Back |
| 16. Freedom | 49. Courage | 82. A Day at a Time |
| 17. Friends | 50. Prayer | 83. Taking it Easy |
| 18. Gratitude | 51. Serenity | 84. Live and Let Live |
| 19. Compulsion | 52. Wisdom | 85. Clean and Serene |
| 20. Addiction | 53. Surrender | 86. Principles Before Personalities |
| 21. Membership | 54. Love | 87. 12 Steps - Each Taken Separately |
| 22. Disease | 55. Sanity | 88. Application of the 12 Traditions |
| 23. Amends | 56. Meditation | 89. Today, I Live |
| 24. Inventory | 57. Progress | 90. An Addict Alone is in Bad Company |
| 25. Tolerance | 58. Patience | 91. 13th Stepping |
| 26. Temptation | 59. Sincery | 92. Misconceptions |
| 27. Ego | 60. Tolerance | 93. Hope |
| 28. Resentment | 61. Priorities | 94. Self-Acceptance |
| 29. Guilt | 62. Goals | 95. Dreams |
| 30. Pride | 63. Powerlessness | 96. Involvement |
| 31. Remorse | 64. Openmindedness | 97. Listening |
| 32. Anger | 65. Procrastination | 98. Understanding |
| 33. Complacency | 66. Projection | 99. It Works... If You Work It! |

Guidelines for Preparing Input...

1st Part — 70 to 80 Words Maximum 2nd Part — 60 to 70 Words Maximum
Please be consistent with the "We" and "I" styles as indicated on the format example.
Submit all input typewritten on 8 1/2 x 11" paper, please (preferably double-spaced).

CarryTheMessage.Com
Source: Danny M.

There are a few items that we wish to emphasize regarding the Daily Book:

- 1) All material must be original.
- 2) If members wish to quote, please limit quotes to N.A. material. All quotes should be accompanied by the source, edition, chapter, page # or I.P. name and #. (Example - "N.A. Book, 1st Edition, Chapter 2, page 8" or "I.P. #1, Who, What, How & Why".)
- 3) Any material which is submitted and is of a "personal nature" must be accompanied by a release form (copy enclosed). "If you feel the material could be used to identify an individual, that constitutes personal. Basically, Release forms are necessary when a person shares their own personal story or experience. If the input is real general and not of a personal nature, you don't need to bother with a release form."
- 4) Any material submitted, with or without a Release form, is subject to editing, performed by the MCRSCNA Literature and Communications Sub-Committee, and later on, if necessary, by the WSC-Literature Committee.
- 5) The most important point of all is that this project and the book was originally, and is still, intended to be "by addicts and for addicts". We feel that all N.A. members have valuable insights and experiences to share. We also feel that this book will aid addicts, whether they're newcomers or old-timers, in their Daily Recovery.

This brings us to the packet. Enclosed, you will find several pieces of information which will aid any member who decides to contribute to the Daily Book project. First a list, then an explanation; An information sheet of details about the Daily Book; Two Workshop flyers, one sample and one blank; One 2 page copy of Recommended Procedures for Literature Workshops; One 3 page copy of the Release Form to accompany material of a "personal nature". All of this is self explanatory, except for the Recommended Procedures for Literature Workshops. The Recommended Procedures are included solely as a source of information for anyone who can host a Literature Workshop. They needn't be followed to the letter, but are meant to give ideas and aid in organization. We have made some notes on the guidelines as may apply to a Daily Book workshop of this type.

In closing, we wish to thank all the members who have submitted input already, anyone who may submit input in the future, anyone who is instrumental in hosting a workshop, and anyone who took the time to read through all of this. Remember, this is OUR project, and WE can make it a useful reality. Thanks for your cooperation and support.

Questions? Contact-

Ginni S., Chair
WSC-Lit. Subcommittee
16155 Wyandotte Street
Van Nuys, CA 91406

or

Mid-Coast RSC-IC

4709 North Meridian Street
Indianapolis, IN 46226

In loving service,

Danny K.
Danny K.

Chairman, Mid-Coast Literature &
Communications Sub-Committee

Ginni S.
Ginni S., Chair

WSC-Literature Subcommittee

PROPOSED GRAPHICS/GUIDELINES FOR PREPARING INPUT

(Need Feedback on the Examples Below.)

Please submit all input typed on 8-1/2 x 11" paper, preferably double-spaced.

Send input to MCRSC, P.O. Box 26096, Indianapolis, Indiana 46226. Thank You.

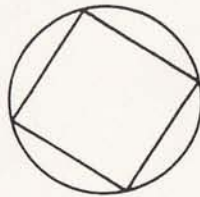
World Literature Committee

16155 Wyandotte Street

Van Nuys, CA

91406

Just for TODAY



COVER

PREFACE

The contents of *Just for Today* are derived from the experience, sharing and caring of recovering addicts.

In our recovery, we believe the value of one addict helping another is unparalleled. These pages reflect that belief and reach out to share hope with addicts everywhere who are seeking recovery from the encompassing disease of addiction.

This daily book was once only a dream. Through faith, unity in service, and a dedicated desire to carry the message of recovery, the efforts of the N.A. Fellowship as a whole has made *Just for Today* possible.

Dedicated to the addict who still suffers, with hope that they may find what we have found through N.A.

PREFACE PAGE

(As is? Change? Rewrite?)

JANUARY 12

Accepting Bad with Good

When we accept the good things that happen to us as we grow in the N.A. program, we need to be willing to accept the negative as well. As a power greater than ourselves acts ~~out~~ in situations in our lives, we often don't realize the spiritual principles in the bad instances. These too are lessons in living and are as important as the rewarding feelings of experiencing the good.

For Today...

Please let me better understand the meaning of that which confuses me. With Your help, I shall gain a new depth of perception in this day's experiences. With the negative, may I be patient until the positive is revealed in order to help me better understand.

**JUST FOR TODAY...
I DON'T HAVE TO USE!**

PAGE FORMAT

Input: 1st Part - 70 to 80 words maximum.

2nd Part - 60 to 70 words maximum.

Please be consistent with the "We" and "I" styles as indicated.

ATTENTION MEMBERS! YOU CAN HELP.

Please submit input for a Daily Reference Book for Our Fellowship!

Dear Fellow Members* ...

We are excited about a new literature project. A growing number of addicts throughout greater N.A. share a common dream of writing a "daily book" for N.A.... hopefully entitled "Just for Today". This project will be a large one and we need to have as much worldwide participation as possible to truly reflect our Fellowship as a whole!

We plan to work closely with WLC in gathering and categorizing input, as well as helping to prepare the material for Fellowship distribution and approval. We have initiated this work and have volunteered to aid WLC as a clearing and checking point for the work on this project.

We are currently working on a method to divide the necessary work among as many different RSC Literature Sub-Committees as possible, who are able to participate in writing input and going over the input received. Our Region is tentatively planning a Literature Conference for late Summer of 1984 which will be dedicated to working on this project.

Please review the information below regarding graphics, format, etc. Any ideas or suggestions are welcome. We request as much involvement and communication from as many Regions, Areas, Groups and Members as possible. Thank you and hope to hear from you soon!

In Unity, Fellowship & Service
M.C.R.S.C. Literature Sub-Committee

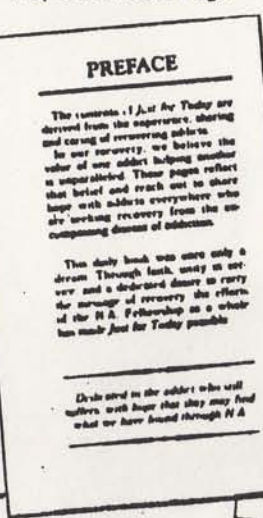
Proposed Format... Actual Size is Approximately 3" x 5".

Please submit feedback, ideas, suggestions, etc. on these examples below.

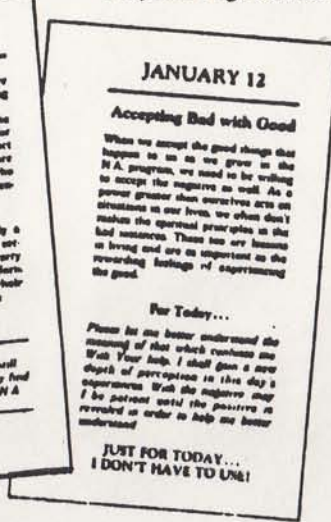
Proposed Cover Design and Title. Need suggestions on cover and ink colors.



Proposed Preface Page.



Proposed Page Format.



List of Suggested Topics...

We ask that if input is written on one of these numbered topics, please indicate which topic (by number) so we can file it accordingly. If you would like to write on a different or more specific topic than the suggested topics here, feel free to do so. Since this is a book written by and for N.A. members, all material submitted must be original. Thank you... Also feel free to develop any of the topics below.

- | | | |
|-----------------|---------------------|--|
| 1. Anonymity | 34. Envy | 67. Responsibility |
| 2. Recovery | 35. Lust | 68. Perfectionism |
| 3. Unity | 36. Impatience | 69. Caring and Sharing |
| 4. Service | 37. Sex | 70. The Written Message |
| 5. Fellowship | 38. Clean Time | 71. Unmanageability |
| 6. Honesty | 39. Commitment | 72. Character Defects |
| 7. Sponsors | 40. Belonging | 73. Admission vs. Acceptance |
| 8. Newcomers | 41. Participation | 74. Spiritual Awakening |
| 9. Oldtimers | 42. Depression | 75. Peace of Mind |
| 10. Relapse | 43. Self-pity | 76. Unselfishness |
| 11. Humility | 44. Worry | 77. Willingness to Try |
| 12. Growth | 45. Trust | 78. Miracles Happen |
| 13. Happiness | 46. Acceptance | 79. An Addict Alone... No More! |
| 14. 12 Stepping | 47. Higher Power | 80. Hugs not Drugs |
| 15. Forgiving | 48. Faith | 81. Keep Coming Back |
| 16. Freedom | 49. Courage | 82. A Day at a Time |
| 17. Friends | 50. Prayer | 83. Taking It Easy |
| 18. Gratitude | 51. Serenity | 84. Live and Let Live |
| 19. Compulsion | 52. Wisdom | 85. Clean and Serene |
| 20. Addiction | 53. Surrender | 86. Principles Before Personalities |
| 21. Membership | 54. Love | 87. 12 Steps - Each Taken Separately |
| 22. Disease | 55. Sanity | 88. Application of the 12 Traditions |
| 23. Amends | 56. Meditation | 89. Today, I Live |
| 24. Inventory | 57. Progress | 90. An Addict Alone is in Bad Company, |
| 25. Tolerance | 58. Patience | 91. 13th Stepping |
| 26. Temptation | 59. Sincerity | 92. Misconceptions |
| 27. Ego | 60. Tolerance | 93. Hope |
| 28. Resentment | 61. Priorities | 94. Self-Acceptance |
| 29. Guilt | 62. Goals | 95. Dreams |
| 30. Pride | 63. Powerlessness | 96. Involvement |
| 31. Remorse | 64. Openmindedness | 97. Listening |
| 32. Anger | 65. Procrastination | 98. Understanding |
| 33. Complacency | 66. Projection | 99. It Works... If You Work It! |

Guidelines for Preparing Input...

1st Part — 70 to 80 Words Maximum 2nd Part — 60 to 70 Words Maximum
Please be consistent with the "We" and "I" styles as indicated on the format example.
Submit all input typewritten on 8 1/2 x 11" paper, please (preferably double-spaced).

Send Input To:
MID-COAST R.S.C.
P.O. Box 26096
Indianapolis, IN 46226
Attn: Lit. Sub-Committee

For Further Info, Contact:
Danny K..... (312) 423-8633
Jaye B..... (312) 880-5283
Donna K..... (312) 422-7417
Carole S..... (312) 448-9344

And World Literature Committee
16155 Wyandotte St. Van Nuys, CA 91406

INPUT WORKSHOP SAMPLE FOR SAM TODAY

AN AREA LITERATURE WORKSHOP TO HELP DEVELOP
A DAILY REFERENCE BOOK FOR OUR FELLOWSHIP

DAY: Any Day That's Convenient

TIME: Any Time That's Convenient

PLACE: Any Place That's Convenient

Include Address!

HOSTED BY:

Your Service Committee
or Concerned Group

Contact
Numbers

.....

AREA SERVICE COMMITTEE

**NEW N.A.
LITERATURE
IN
PROGRESS**

**HANDLE
WITH
CARING
AND
SHARING**

INPUT WORKSHOP JUST FOR TODAY

AN AREA LITERATURE WORKSHOP TO HELP DEVELOP
A DAILY REFERENCE BOOK FOR OUR FELLOWSHIP

DAY: _____

TIME: _____

PLACE: _____

HOSTED BY:

AREA SERVICE COMMITTEE

**NEW N.A.
LITERATURE
IN
PROGRESS**

**HANDLE
WITH
CARING
AND
SHARING**

INTRODUCING THE RECOVERY HOUR

Recovery... Never before has one word meant so much to so many addicts. Through the steps, principles, and success of the N.A. fellowship, recovery means alot of different things to alot of different members. For some of us, recovery has at times been a struggle while for others, it has been simple to adapt our lives to the N.A. Program. In any event, recovery is a shared experience of thousands of addicts today.

In January, 1983, work began in the Mid-Coast Region on a Daily Meditation Book for N.A. members, hopefully to be titled Just For Today. Since that time, we have received only a small amount of input from members of the fellowship. Also, we have received material from the (Marietta Georgia)Daily Meditation Book project. In all, we have got only a few months worth of input from the fellowship to work with. In order to make this dream a reality, we need your help.

The Recovery Hour is an idea being presented to the members of the N.A. fellowship by the members of the Mid-Coast Region Literature & Communications Sub-Committee. The recovery Hour is our latest idea which will not only benefit the Daily Book Project, but it will also benefit you, the members who decide to partake in this exercise of recovery and sharing.

To explain it briefly, the Recovery Hour is a little time each week which we encourage you to take for yourself. In this time, we hope that members will reflect on their recovery: the progress; the growth; the lessons learned; the spiritual foundation and development; and the effect of the Steps, Principles, and Traditions of the N.A. Program in your life. We inspire you to take a look at how far you have come, whether you have been around for several years or several hours, we believe that we all have something to share.

Following this reflection or meditation, we ask that members take a few minutes and write down their original thoughts in regard to their recovery. We are including a small format example for you to inspect in order to get an idea of the present Just For Today format. The first section should be between 70 and 80 words, and the second section "For Today...", should be between 60 and 70 words. If necessary, you may deviate from these figures but please keep input within the 150 word maximum. Also, please be consistent with the "We" and "I" styles as indicated in the format example.

As mentioned earlier, we feel this will benefit both the participating members, and the Daily Book itself. The members can benefit in 2 ways: 1) The member will have an opportunity to take a close look at his or her recovery and come in touch with his or her recovery progress. (Maybe even experience some gratitude attacks). 2) The member can feel the satisfaction of contributing to a long awaited, much needed and worthwhile literature project. The Daily Book itself will benefit because in this way we will hopefully receive input from a large cross section of the fellowship, sharing a variety of themes in recovery. Remember, we only have a few months worth of input collected so far, and you cannot share too many pieces of input with us, there is no dead line, WE NEED YOUR RECOVERY.

If you decide to partake in this exercise in recovery and sharing, please mail input to:

Mid-Coast RSC		World Service Conf. Lit. Com.
P.O. Box 26096	OR	c/o W.S.O., Inc.
Indianapolis, IN 46226.		16155 Wyandotte St.
Attn: Lit. Sub-Com.		Van Nuys, CA 91406

Thanks for the input and enjoy your recovery.