
REACHING OUT

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Welcome

We would like to welcome all of you to the WSC H&I Newsletter. We hope that the contents of this simple newsletter will assist you in your recovery or H&I efforts throughout the Fellowship of Narcotics Anonymous.

FROM THE INSIDE

Dear *Reaching Out*,

My name is N---, and I'm fairly new to this great thing, N.A. I'm presently incarcerated at _____. Doing a two to six years sentence and just barely into it. How I became an inmate was due to my addiction to drugs. I began my involvement with drugs at thirteen years old. The story for the next twenty four years that followed, is basically the same as, for literally thousands!

That last comment is what I'm writing about, "I'm not alone." Being a bona fide loner, whether in the streets or in jails, that realization had a very big impact on me. Unfortunately, the impact was quickly out-weighted by situations. You see, when I first came up-state to the prison system, I was sent to a minimum work camp. It was there that I was "told" to go to N.A., by an order of the court. At my first meeting, the impact came and grew, then stabilized as the months passed. I was involved as a co-chairman and all other ways possible. During all these months, I had

"personal problems" going on at home, also in the camp with my counselor. And as the old feelings of frustration, sadness, loneliness and despair grew within me, so did my self-alienation, one of the strong components of my disease. I forgot, "I wasn't alone!" To make a long story short, the rest of my disease came into play. Irrational thinking, the "hell with it" attitude, the "now" problem solver, I'll deal with "later," later! And so with insanity in full bloom again, I relapsed, actually drove-off, with a facility pickup truck! Any "child" could have done it. Two days later I was back in the system, only this time a maximum prison. I was promptly put in "the box," not as drastic as it sounds. But what was, was the fact I now had the same "problems," some more grave new ones, and I was truly "alone!" From the facility I received, one year-keep lock, (23 hours a day in the cell, everyday), loss of all privileges! The "loneliness" was now a forced issue too! All my belongings were "lost," by my previous facility, except for some books, which after three weeks were finally given to me. They were seven novels and...one N.A. Way magazine and my N.A. 4th edition book. Upon seeing the last two items, a rush of emotions overwhelmed me, ranging from joy to anger. I finally broke down and silently cried. And as I did, I also thanked God for the N.A. literature. I consumed every word in book and magazine, over and over. Now, my situation wasn't any better in prison and as of this writing I still have new charges pending in court, but I began to feel a peace within myself. Something totally new to me. And with that came the old realization: "I'm not alone." I won't lie, especially to myself, I'm still hurting, obviously worried over all my problems, but today I'm dealing with it. A few weeks ago, I was down, so I wrote a letter to the World Service address, that I saw on the back of my N.A. way. Sure enough, I wasn't alone! I received today, a letter and a Reaching Out Newsletter and so I decided to write to say: "Thank you to everyone, for letting me know, I'm not alone, this time I won't forget!"

N---

New York

Dear *Reaching Out*,

Hi my name is S---- and I'm a grateful recovering addict thanks to N.A. today. My story starts when I was nine years old, I grew up around drugs. My father was a member of a very popular motorcycle club and always had anything I needed to get high on. I went to jail for the first time when I was fourteen years old for drug

possession and ended up doing six months in juvenile detention center. After that it seemed that everything went the same way until at the age of twenty one, I was arrested for attempted murder. I was so high that when I woke up three days later I didn't even realize what I had done. I never knew anything about N.A. until I was turned on to it in prison. One of the inmates in my housing unit explained to me one night how N.A. had changed his life and how he was looking forward to getting out and living a clean life. He explained how long it took him to hit his bottom and what it took to get there. He also explained to me about his Higher Power. Right then I started thinking, "Oh no, another religious freak." Anyway by the time lock down came around I agreed with him to go to the meeting at the prison, I figured, what the hell at least it would look good for the state. I went for about two weeks (two meetings a week) and it started to get to me. I started relating my experiences with some of the other inmates and started seeing my addiction for the first time in my life. After about the 7th meeting a guy from H&I approached me and told me his name and just told me he loved me and if I ever needed to talk that he would listen. At this point I was really confused and was really frustrated so I started talking with this man. By this time I was crying and admitted for the first time I was powerless and needed help. That was almost three years ago now and I'm going home in about two months. I know that without the help of N.A. that I would of either ended up back here or dead. I try to carry the message to other addicts in the system and share with them my experience, strength and hope so that they can be blessed with the feeling of recovery. I explain that the only way this program works is if you work the program. I just take it one day at a time and each night I thank my higher power for keeping me clean one more day. I want to make a special thanks to the H&I committee in the Daytona Beach Florida Area for bringing the message of recovery in to the prison and jails for without them, I might have never made it to where I am today.

S----

Florida

Dear *Reaching Out*,

My name is J----, and I'm an addict. I felt the need to write this letter to express my love and gratitude to the Program of Narcotics Anonymous, and its members. I believe the H&I Newsletter is an excellent means for addicts, like myself, who are in

prison to let others know, and to remind each other that a personal recovery program can be practiced regardless of where we find ourselves to be. The Narcotics Anonymous Program taught me that I have choices. I have a choice how I react to the disease of addiction. I also have a choice how I react to my surrounding conditions. I am never alone unless I choose to be. There are many situations I have never encountered clean before. One was coming to prison, after being clean for two years. With the help and love of my Higher Power and the Program of Narcotics Anonymous, I hope to celebrate my fourth year clean in May of 1989. It's a wonder and an ongoing miracle. I often get my needs confused with my wants. However I'm constantly amazed that my Higher Power always provides for my needs, and I make it through another day clean.

I'm learning how to live and be comfortable with myself, regardless of where I am by maintaining a personal recovery program that offers growth. A lack of acceptance, surrender or humility can make my stay even more uncomfortable and difficult. I try to practice and experience these spiritual principles we read about in our literature, and share about in our meetings.

I don't want to use, and I don't want to run, anymore. I have choices today. There are people who care and are willing to help me in my recovery regardless of the difficulties I may be facing. I'm learning to trust and depend on my Higher Power daily for the courage and strength I need to face my fear of the unknown. In reality I am exercising my faith in the N.A. Program. My ongoing recovery is dependent on the Twelve Steps of Narcotics Anonymous. I'm careful not to focus only on what I have lost, but focus also on what I have gained. Today I have hope. I must stay in close contact with other N.A. members at all times or old thinking and acting patterns will return and my disease may progress without taking any drugs. Our lives are dependent on sharing. We are not responsible for having the disease of addiction. However we are responsible to deal with the consequences of our past actions by practicing the Twelve Steps of Narcotics Anonymous. N.A. helps us create a new past, one day at a time. We cannot deny others the freedom to be sick, anymore than they can deny us the freedom to recover. Have faith and trust, being in prison is a temporary situation. It's part of the process of our recovery. Never let the spirit, die. Thanks again N.A.

J----

Dear *Reaching Out*,

In March of 1988, I was involved in a single car accident. I was on my way home from out of town. I rolled the car four times. I walked away with only a burn on my chest. I was charged with D.U.I.

It wasn't the first time I'd gotten myself in trouble with the law.

I started using when I was thirteen. At first I didn't use much. Then I was using several times a week. I started skipping school when I was a freshman in high school. Me and my buddies would go out and get high. The school finally caught up to me after one month of missing school. I went to court and got six months probation. I continued to use about the same for the next year. I skipped school again for one month. This time I ended up with six months probation and moving to live with my grandma. Three months after I moved in she found drugs in my room. She was hurt really badly by that. She entered me into an outpatient counseling so I wouldn't miss school. I went to this for a period of six months. Twice a month. I wasn't interested and didn't care about what these people had to say. I wanted to keep on using. During that time I went to a few N.A. meetings. I didn't feel the desire to quit, so I didn't work the steps or participate willingly. Eight months ago I quit using one drug, only to substitute it with another. I moved back home, where I live with my mom and her fiancé. I gained another six months probation for my D.U.I. A couple months after the sentence my probation officer gave me a urinalysis test. It came back showing positive. I went to court and was given a choice of going to reform school or getting intensive treatment. Of course I chose the treatment.

I was checked into a hospital unit three weeks ago. This time I'm really serious about getting clean and starting a new life for me.

I'm learning about my addiction and the problems it has caused me and my family.

I go to N.A. meetings two to three times a week, willingly. From these meetings I've learned there are people with the same problems I have. I know I'm not alone. It really helped me to find that out. I'm serious in working the steps this time. I'm finding out they really do work. I'm on step three, it's going to be a while before I reach the twelfth. I'm not going to quit like I've done in the past.

N.A. is starting to mean something for me. It works. After I'm out of the hospital I plan to graduate with my class and go on to college. Today I'm willing to face life on life's terms. But I can't do it without the help and support of other addicts. Today I have that support.

L--
Idaho

Dear *Reaching Out*,

Hi, my name is T____, and I'm an addict. I'm sure that my story is like many others, but I want to share it with the rest of my brothers and sisters.

I guess you could say that narcotics just helped to bring my addictive nature to light. All of my life I have had an "addictive attitude".

When I was fifteen I ran into the law for the first time. That successfully ended my relationship with the third family I had had. I was sent to a reform school for fourteen months, and then to a foster home. My foster father was the assistant D.A. for the county, so I had to keep my act straight. I spent my whole senior year of high school oblivious to the "real world". I threw away three scholarships to college, and moved to a nearby town to be with my girlfriend. My usage still hadn't gotten me into any trouble. Yet! My girlfriend (who was still in high school) and I got engaged that summer. Within two months the engagement, and in fact the whole relationship came to an end. I could never figure out why her and her family couldn't forgive me for a couple times of infidelity. By the end of that year, I had gotten back together with her, and promised to quit drinking. No one in her family knew about the other drugs (including her) so I didn't have to give up everything. In the next six months everything went to pot (excuse the pun) Our relationship went on and off like a neon light, and I was getting fired or quitting ten minutes before I was fired everytime I turned around. I went through nine jobs in one year. I was "laid off" twice. All this really meant was that my boss liked me as a person, and fired me, but said that I could put "laid off" on my job applications. Both of these times I was out of a job for two months. Finally I landed a job as a restaurant manager. That job lasted three months, and then I "quit." I became a delivery man for a local laundry. My paycheck wasn't supporting my habit, and it sure wasn't paying my rent, so I turned to crime. I had always thought of myself as too smart to get caught. I was wrong. I got

nailed on four felonies. After I finally got out on bail, I went back to work. The second day back on the job I was evicted from my apartment. I was at the end of my rope. I got wasted while at work, and tried to kill myself. Fortunately, I was too far gone to do it right. I only ended up with a back injury.

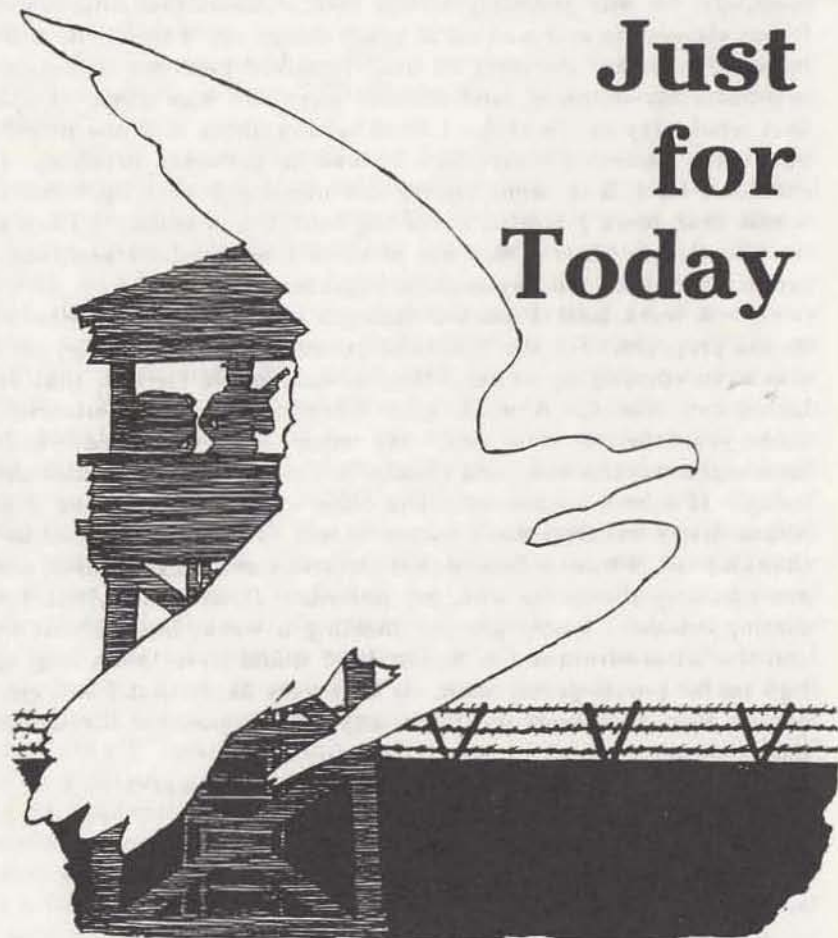
I used heavily for three more weeks, and got sick and tired of being sick and tired. I found the group. The next three months I fluctuated between using and the fellowship. I still couldn't live without my drugs. Then a guy in the program took me under his wing. He helped me get a job, and when I missed more than two meetings, he was pounding on my door. About this time my ex-fiance showed up and wanted to patch things up. I tried, she didn't. It ended with her cheating on me. I walked past her house early one Saturday morning, and another guys car was there. I spent that whole day at the club. I tried talking about it at the meeting, but when someone said that it was a personal problem, and shouldn't be talked about during the meeting I shut up. For the whole next week I bottled all of the hurt I was feeling. Then the next weekend, while I was out of town I relapsed. I kept that a secret. I couldn't tell anyone how I had screwed up.

A week later I started dating a very special lady who was on the program. For the first time in two years I was happy, and I was even opening up to her. But, as fate would have it, that only lasted two weeks. A week after Christmas, I was sentenced to three years in the state pen. My whole world collapsed! It has been eight months now, and thanks to the program I am still clean today. It hasn't been easy. The other cons are suspicious if you refuse drugs but they don't matter to me. Today I have a lot to be thankful for. I have a family that stretches around the world, and I am patching things up with my parents. It isn't easy, but I am coming around. I only get one meeting a week, but without that and the letters from my N.A. family, I would have fallen long ago. I go up for parole pretty soon. It isn't very likely that I will get it, but as long as I keep the faith, anything is possible through my higher power.

I am, just for today, a grateful recovering addict.

T--
Wisconsin

Editor's Note: As a result of recent editorial changes, we will print original artwork submitted by our readers. We invite the submission of such original artwork to Reaching Out, c/o H&I Coordinator, WSO, P.O. Box 9999, Van Nuys, CA 91409-9999.



Just for Today

Editors Note: This section is dedicated to aiding H&I subcommittees to gain a world-wide perspective of H&I activity. In future issues, this section will reflect input received from H&I subcommittees and may address specific issues of interest to members in their H&I efforts, as well as personal experiences obtained through carrying the N.A. message of recovery to addicts who are unable to attend regular meetings. Therefore we are requesting members and H&I subcommittees to submit input to the section to the H&I Coordinator at the W.S.O., P.O. Box 9999, Van Nuys, CA 91409-9999.

FROM THE OUTSIDE FROM WSC H&I What Is The Panel System?

Experience has shown that utilizing a Panel System in H&I meetings is more consistent and constructive in carrying the message than is a regular discussion meeting format. H&I needs to be intimately involved in the development and implementation of meetings and their formats in various institutions and hospitals. In this way the H&I subcommittee serves its true purpose to carry the message of Narcotics Anonymous to the addict who still suffers.

In most regions H&I meetings are still open to the fellowship and these meetings are treated as any other N.A. meeting. Our experience has shown that this type of meeting structure is not as effective as is a panel meeting in carrying the message and in fact defeats the purpose of an H&I subcommittee.

The panel system consists of a panel leader chosen by the H&I subcommittee. The panel leader reports to the subcommittee once a month to provide updates on how well the meeting is going, problems with the facility, etc. The panel leader chooses members from the fellowship and from the H&I volunteer list to serve on the panel. This method insures that the message of N.A. is being carried into a particular facility. The panel leader acts as a liaison between the subcommittee and the host facility to provide an open line of communication between the two, concerning policy and procedures of both the subcommittee and the facility.

In short our experience has demonstrated that the panel format has been the most effective way to carry the message and to insure that no addict seeking recovery need die without having had

a chance to experience the fellowship of Narcotics Anonymous and see that it works.

R--S.

Note: For additional information, please refer to the H&I Handbook.

NEWS FROM REGIONAL AND AREA H&I SUBCOMMITTEES

From the Hawaii Region

I am a very grateful addict who has a tremendous amount of joy and love for N.A. In my surrender to recovery, I've been taken to levels of experiencing life that I never knew were possible.

I'd like to share one area of my recovery with you that has brought a great deal of gratitude to me. That is H&I service.

The Hawaii region is isolated from the mainstream of N.A. The way our region extends to different islands, we even find ourselves isolated within our different areas. We have two areas on Oahu, and then each island - Hawaii, Maui and Kauai. All are different areas. We cannot just drive to a meeting in another region or area. Flying makes it more expensive, and not as accessible as living on the mainland, where people can experience N.A. and H&I in other areas.

We have had H&I in the prisons for over four years now. I remember signing up to get cleared, even going down to go in, and we couldn't get in. About a year later someone said, "Hey, your name is on the list to come into the meeting". This was about three years ago. I was really intimidated. I had never done any jail time, and felt I had nothing to give. I went to mens' prison on Monday night. I believe Maui got one going shortly after that also. We started a meeting in the womens' prison then, and later the Big Island started in the jail in Hilo.

After that first meeting, something said to go back, which I did every week after that, hardly ever missing one for the next year and a half. There were only a few of us going. We really never knew if we were doing it right. We read some guidelines in the H&I handbook, but we couldn't take in panels or different speakers because we didn't have the support from the fellowship to make that feasible. There was no real communication between the different areas here, let alone the other regions. Telephone was really the only way of communicating. We just kept showing up.

Then the person who was the H&I chairman left for another island, and I was elected as H&I chairperson. We started passing

around lists at meetings for people interested in going into the prisons to be cleared. Within that next year, we got two more meetings going on in the mens' prison on Oahu, and more of the fellowship involved.

We still had no idea if we were doing it right or not. About a year ago I was told that our region could elect someone to the WSC H&I committee, so that April, I went to the WSC conference with the nomination from our region to be on that committee. For the past year I have been a pool member of the WSC H&I committee.

I thought when I went last year that it would be a great opportunity to bring us out of isolation and learn what other regions do in H&I. It has helped our region, I believe, but unfortunately most of what being a member means is reading and reviewing literature and sending feedback, which I consider a real weak point of mine. Yet, I am totally willing to serve Narcotics Anonymous H&I in any way I am led to.

Even though we have fumbled our way through things here in the past four years, H&I is carrying the message inside the prisons throughout our regions. We have made mistakes, we have been frustrated with the bureaucracy, we have felt burned out, thinking, "I can't go in again this week; what do I say, how do I get them to listen?" It hasn't been easy. The one thing we have done is to be consistent; we just keep showing up.

Our fifth annual Gathering of the Fellowship is this February. We will be having an H&I learning day there; the first time H&I has participated in the Gathering. (*Note: The Gathering occurred in February of 1989*)

Two weeks ago, I was in a meeting in Kailua, and four of the members there had been released from prison at different times within the past six months. One had just gotten out two days before. They were all clean, working steps and had sponsors. There was so much joy within to see that!

An inmate that I had sponsored in prison and worked through the twelve steps while in prison was released a week before Christmas and paroled to Seattle, Washington. I called him Christmas Eve. He had called N.A. when he got there, and had been to a meeting every day. That was the best gift I received for Christmas.

H&I is working in Hawaii. We are growing tremendously here, and the more contact we have with other regions and areas,

the more we learn. H&I has been a very fulfilling part of my recovery, and has given me so much gratitude.

T--

Hawaii

From the Connecticut Region

I live in a small area and it is hard to get help for H&I. One of the ways to attend one of our presentations was as a guest of an H&I panel. Many addicts in our area have sought exposure to H&I. They attend so as to see what we are all about. This seems to reduce some of the fears or anxieties of walking into a jail or hospital for the first time.

Learning Days also help in getting H&I members. We hold two Learning Days a year with emphasis on policies and guidelines. This format gives us an opportunity to answer questions as well as sign up new members. They are also a great source for future guests of our panel.

I was given the message of hope by the Area H&I Committee. I was living in a mental hospital at the time. I remember thinking how strange all the stuff they talked about was, but they planted a seed. After I got out of the hospital, I started doing the things they suggested.

I was about six months clean. A friend who was sharing the H&I panel asked me whether I would like to attend. I had a great deal of fear and I had always got around the panel system, but I went. After about five months of talking with the inmates, I realized that the addicts were the same as me and other addicts on the outside. I got really grateful, even more so when I walked out and was on the outside. I attended the following week and I did so every week for about a year. I was one of those who got involved with a little experience. That first committee and many that have followed have helped me with my personal recovery. Firstly, in helping me maintain a high level of gratitude, and secondly, it reminded me where I came from. I believe it will never do me any good to forget that. Lastly, carrying the message of recovery into facilities with very tough living situations, lets me know just how good I have it. I can come and go as I please; talk to my sponsor whenever I want; and attend as many meetings as I want. All the experiences with H&I have been rewarding and learning ones for this addict.

J.K.

Connecticut

MEMBERS' PERSONAL EXPERIENCES WITH H&I WORK

Dear *Reaching Out*,

My introduction to N.A. was through an H&I meeting, while I was in treatment center. Even though I was detoxing, I could feel the unconditional love for comfort from those addicts. I felt a lot of hope for the first time in my life.

I started supporting the H&I subcommittee early in my recovery so I could feel a part of N.A. I also felt like I owed H&I for my life and maybe I could repay my debt. It wasn't always easy. Sometimes there wasn't very much support at H&I meetings. There are always more meetings to carry than there are people to carry them. It's hard to carry the message to the addict that doesn't care about recovery and those places are the easiest places to start meetings. We have to try the hardest to get H&I meetings started in places where there are usually people who want what we have to offer, and those places are jails and prisons.

Sometimes we have to sacrifice fun and fellowship to keep an H&I meeting going. By keeping an H&I commitment to myself it has allowed me to grow in all areas of my life. I've learned how to be on time, to be responsible, to love unconditionally, to be patient and to accept people for what they are, and how to be caring and sharing. All these things help me to life during all times of the day. To me this is strange, because I've received all these things free, as a bonus, for just making a commitment to H&I. I started out owing H&I, so I gave back, and now I feel like I owe even more. I can't figure it out but I'm very grateful. One thing more, when you're at your next H&I meeting, please save me a seat.

H&I Guy

Tennessee

Dear *Reaching Out*,

Once upon a time there was an addict who had two years clean. The chairman of the local H&I committee kept bugging him to attend the meeting at the local maximum security prison.

"But I was never in prison man, I've got nothing to offer those guys....."

"No matter, they just want to hear how you stay clean on the outside. They need you".

He asked his sponsor, who said, as he always said, (didn't he ever have anything original to say?) that service was good for an addict.

"But I'm already involved in Service, how could I not be, with you reminding me since I was a still-smoldering toxic waste dump? I was chairman of the convention committee, and GSR, and secretary of my home group....."

"Yes, but what have you done for me lately?" asked his sponsor. So he did it. He made the connection with the proper authorities, filled out the proper paperwork, and reluctantly waited for the orientation that the state required all prospective volunteers to attend.

When the big night came, he did what any self-respecting recovering addict with Two Years Clean would do when faced with an uncomfortable reality: he blew it off and stayed home.

So....time passed and pretty soon our addict with Two Year's Clean miraculously became an addict with three years clean, and he really hadn't done anything in service recently, and he didn't need his sponsor to tell him that, so he decided to give it another try. He contacted the proper authorities, he filled out the proper paperwork, and once again he reluctantly waited for the orientation. This time he went! Now he was a full-fledged, bona-fide volunteer, and verily, he felt good about his Willingness.

But he had one more trick up his sleeve: he went one time, decided he had given it his best shot, and never went again. Right on.

Our addict with Three Years Clean was looking pretty bad about now, but he stayed clean, and, recovery being what it is, he even matured a little. He decided to make One More Go At It. And guess what?

Today he is the N.A. coordinator for that maximum security prison. In addition, he is just finishing up a year as H&I chairman of his area. Guess what else?

When he goes up to an addict with Two Years Clean and asks him to sign up, and guy flakes out, or starts spouting mealy mouth, or does the "I doan wanna" shuffle, he just smiles and says "keep coming back".

Cause you just never know, do you?

Anonymous

Dear *Reaching Out*,

My name is D---- and I am definitely an addict. It is with great pleasure that I write you this letter to you, in the hopes that some suffering addict may get a glimmer of hope from these words. The Lord only knows that you people were here for me when I

stumbled into these doors, helpless, hopeless, and more dead than alive.

I have had the honor and privilege to be around this fellowship for a few twenty four hours now, and I can honestly say that I have never had a bad day in recovery. This was not the case before I decided to give myself a chance and show up for life. Before coming into the fellowship of N.A. I thrived on complete chaos and confusion in my life, today there is a measure of peace and serenity.

My active addiction lasted for twenty-four years, and in that time I used any and everything I could to alter my mood and to change the way I felt about myself. I found that I had a Jekyll/Hyde personality. When I didn't use I was a pretty nice guy, but when I did use anything was subject to happen, and for the most part it did. I ended up where I didn't want to be a lot of times, and I've spent a total of fifteen years all told in reform schools, prisons, reformatories, institutions, and Federal Prisons across country.

Today I am here to report that this program does work. If I don't pick up I won't use! If I don't use I won't steal anything! If I don't steal anything I won't go to jail! I have to keep it just that simple today, and it suits me fine. I am square now. I go to meetings, to work and home. I have a social life now, and the only people I associate with are people who are doing the same thing with their lives I am doing with mine.

The service structure of N.A. has been a vital part of my recovery, and it is on going with me. I am a trusted servant of the D.C. Area H&I Committee, I chair a meeting in a long-term inpatient treatment facility, I share with others on a regular basis, I go to meetings, and I work the Steps.

Never has life been better. In two months I will finish a parole term of nine years. I am growing up, learning to love myself, becoming a responsible parent and husband, and I couldn't have done it without the Grace of God and his power working through people. Keep up the good work with the Reaching Out Newsletter.

D-----

NOTE FROM THE EDITOR: As many of you know, we have been in the process of reformatting the *Reaching Out*. Any of you who have comments about or suggestions for the new format, please send them to the H&I Coordinator at the World Service Office, P.O. Box 9999 Van Nuys, CA 91409-9999.

If you are a recovering addict who is housed in a correctional or treatment setting, let us hear how Narcotics Anonymous has helped you in your life. Many times the articles that we receive cannot be used because they concentrate on using and not on how N.A. has helped addicts to recover. If you are a member of an H&I committee, let others hear how you or your committee have carried the N.A. message of recovery. We would like to thank all of the members who have sent in articles and other written contributions to the newsletter. We all have a responsibility to the suffering addict, and to ourselves as recovering addicts, to do our best in carrying the N.A. message of recovery--to participate by sharing with others what we have been freely given.

GET INVOLVED AND HELP US CARRY OUT OUR FELLOWSHIP'S PRIMARY PURPOSE!!

**MY GRATITUDE SPEAKS
WHEN I CARE
AND WHEN I SHARE
WITH OTHERS
THE N.A. WAY**
