
REACHING OUT

VOLUME 5

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World Service Office, Box 9999, Van Nuys, CA 91409

Welcome

We would like to welcome all of you to the WSC Hospitals & Institutions 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 P---, I am an addict. Last night at chow, I received a card in the mail. I went back to my cell here in the county jail, where I am serving a ten-year sentence for a drug-related crime. (Penitentiaries are over-crowded.) My one year birthday card was signed by many recovering addicts in the fellowship. Some I only know as pen pals, a few I met at the workhouse, where this miracle all started.

I am clean today only because of the Narcotics Anonymous program, the fellowship, my sponsor who has been invaluable to me, and most of all my higher power whom I choose to call God, as I understand him. He has relieved the obsession and the desire to use one day at a time. It has turned into 365 days.

I was at the workhouse because I couldn't make bond. I thought I was happy drinking julep and using, figuring I would become a dealer and a success. This was my insane thinking trying to make up for my dealing failure that got me arrested. After all, I was forty seven years old and addicted since the age of thirteen.

I know now that I used because I am an addict with a disease. I used to ask myself, "Why? Why do I do this?" I wake up sick, my car is wrecked or I am packing to change cities once again on the run, or I may be getting married, divorced, or changing shack-up partners, getting arrested and all the rest of the insanity that goes with our disease.

My life became a drug-addicted success, only to turn around and become a disaster. I used my way to spiritual, emotional and financial bankruptcy. Ended up, as the Narcotics Anonymous program tells us, in jail, an institution or dead. Fortunately for me, I got arrested and for the first time in my life couldn't beat the case.

After breakfast one year ago today, looking for something to read, I came across a textbook. Inside the cover it read in part, "If you are an addict and have found this book, please give yourself a break and read it!" I started reading from the first page. I saw me on every page. I ate lunch, returned and continued to read, ate supper, returned and continued to read, galloping from page to page, amazed to see my whole life in print in a book I just came across. Now I heard the familiar voice say, "P---, how many joints do you want?" I answered. "None, thanks, I am off drugs for today."

I asked my cell mate to sign me up for Narcotics Anonymous. Two weeks later I got to a meeting. At the end, I asked one of the free world members if I could buy a text. They gave me one. I also took one of each of the pamphlets from the display rack. I went back to my bunk, got my hi-light pen, started reading and hi-lighting, really looking forward to the next meeting. The following Wednesday I had an attorney visit and missed the meeting. Then came court appearances and a doctor's appointment. I went eight weeks without a meeting. During that time I wrote in the front of my text, "This book works as my sponsor, my Higher Power. Being in this cell it is something I wouldn't give up, for without it I would have nothing. 8-28-88".

I would get my legal pad and pen and have my own meeting every day. Started out with "How it Works." I also had the pamphlets which were a big asset to me, especially "Living the Program." I started filling out all the answers daily on my pad.

Writing on each chapter in the text, one a day. Next, I got into the steps. At this time I was able to attend meetings and five or six from the free world would come in and share. I listened, asked a few questions, tried to share and return to work with my text.

I wrote eighteen pages of legal pad paper as a fourth step. Not all at one time, but always with my Higher Power I call God. Don't forget, fellow addicts, I had plenty of time to read and write, also I had thirty-five years of inventory to do. The text said don't stop here and put your inventory in a drawer or a box, get on with it and do the fifth step. The next meeting I asked how to go about doing this fifth step. After the meeting, a man from the sheriff's department, a recovering addict, said he could arrange it if I had someone to do it with. It didn't matter that I didn't know anyone from the town. I picked a member from the fellowship who was dedicated to helping us addicts who were in jail, because he had a lot of clean time and was at every meeting. I asked and he agreed. We went into a private room the next week. What a relief to get that done. Then I asked him to be my sponsor. He told me he would let me know. September 28th he said okay. September 15th I received my ten-year sentence; a month later I moved to where I am now, the County Jail. We had one Narcotics Anonymous meeting here but jail bureaucracy works it out so no free world people from Narcotics Anonymous can come in. They call our meetings "Drug Class." They are mostly about using, instead of how to stay clean. Here again I got a hell of a break by having a sponsor. He got a bunch of the recovering addicts from the town to write and share how they stay clean. He explained how I could write and share what I do to stay clean.

When the phone is working, I call my sponsor for a few minutes, it always helps me and the best part for me is he says I am helping him to stay clean also.

Now I am trying to get together with God to pray for his help and asking him to help me get rid of these years of defects of character and shortcomings. I need to unlearn my wrong ways and habits so that I can go on with these new ways to live which God and the Narcotics Anonymous program have given me.

Today I am a happy addict, a grateful addict with peace of mind and a long ways to go, one day at a time. Thank you, Narcotics Anonymous.

P---
Tennessee

Dear *Reaching Out*,

My name is O---, I'm a recovering addict. I'm serving twenty-five years, without the possibility of parole.

While I was out, I went to various Narcotics Anonymous meetings, because deep down I knew that I was going off on a dangerous tangent that would end only one way, prison--if I weren't killed first. I just couldn't go on playing the game, pretending I was in charge and feeling fine. So much hurt and pain had built up in me, there wasn't a day that went by that I didn't take some drug to dull that ache. You can't move your life forward when you're gripped by physical or emotional pain. I felt helpless, caught up in an unstoppable, self-destructive vortex, unable to recoup and regain perspective. Once again, I'm behind prison walls, trying to create a balanced, drug-free lifestyle. I acknowledge that without N.A., I would only end up in another place like this if I'm not killed. I had the privilege of attending my first N.A. meeting while in prison, and made a commitment that I will allow N.A.'s positive influence to help me create a balanced, drug-free lifestyle. I am aware in order for me to take action, I have to face the truth about things that center around my drug addiction.

O---

Tennessee

Dear *Reaching Out*,

I just received the *Reaching Out* newsletter and would like to thank you. *Reaching Out* is a part of my recovery, but like they say, to keep it you have to give it away. So I would like to share my experience, strength and hope as a grateful recovering addict. My name is J---, and I am an addict. I'm also a prisoner serving five to ten years, as a result of my drug addiction. I'm a four time loser. I've been coming to prison for the past fifteen years. I started doing drugs at the age of twelve and by fifteen, I was using to live and living to use. I don't want to go into a lot of war stories, but right before I came to prison, I was walking the streets alone; I hated myself; my wife and kids had left me. I lost my job and apartment. My insides were crying. I couldn't stop getting high. I was frustrated, angry and lonely. I wanted to kill myself. I was finally arrested for robbery. I remember being in the county jail, awaiting trial. They had a Narcotics Anonymous meeting, I started going and got close to the outside guest. With all the problems I had, Narcotics Anonymous gave me hope. Finally I surrendered

and became willing to listen. The first prison I was sent to, I started a Narcotics Anonymous group. Today I believe that my higher power sent me there. That was three years ago. I'm still working the program, a day at a time. I graduated from college this year. Today I like myself and take good care of myself. I love this fellowship, Narcotics Anonymous. You guys loved me until I was able to love myself. Today I'm willing to face life on life's terms, but I can't do it without the help and support of addicts. Today I have Narcotics Anonymous, and for that I am grateful.

J---

New York

Dear *Reaching Out*,

Sometimes while lying in my bunk in my cell, in jail again for what I can now acknowledge as drug addiction, I think about how I swore one drug wouldn't take me back down again. well, it did. I always seem to think I am stronger than a drug, but because I have been in the program before and in treatment before, I can no longer ignore that I have a problem. The guilt sets in right after the first hit and I wake up with the same guilt. But still I thought I could handle it and I kept using, thinking I'd be okay, till one night I drank and ended up committing two burglaries because I felt the need for some excitement, something I would have never done sober. It's not my first time in jail or in treatment, and I have been here twelve months now. It's taken another trip here and having my freedom taken away again to show me, "Hey, wake up and smell the coffee," 'cause unless I stick with this program, I will keep coming back and screwing up and probably end up dead. This program has opened my eyes when nobody or nothing else could. To spite the counselors, the law, the humiliation, the pain, the hell that drugs and drinking has put me through, I still kept on going back, but now I know what I have to do and I know this program will accept me and welcome me back and support me as long as I keep coming. I know I have a long way to go and I know what I have to do, and unless I keep going, and listen, and ask for help, I will go out there again and who knows, I may not make it back. I am sick and tired of being sick and tired. I have had a taste of the life in the program, the feeling of being clean, and the reality of being alive, and hopefully this will be the last time for me behind the walls. There is a life out there without drugs and alcohol, and I want it.

J---

Dear *Reaching Out*,

I first got introduced to the halls of Narcotics Anonymous in jail in 1984. The first meeting I attended was just to drink coffee and talk to friends who I saw only at these meetings. After the 3rd or 4th meeting, I started to see people cry as they talked about what drugs had done to their lives. I said to myself, "Wow, the same things have happened to me too." I started going regularly. I never thought anyone had experienced the same things I had. Now I've been in the program five years and truly know that my life was totally unmanageable and the grace of God saved me from destroying my whole life. It marvels me to know that there is someone with a power greater than I to help restore my sanity. I will, as each day passes, thank God for giving to me his sufficient grace, the halls of N.A. for being there when I needed them the most, my sponsor who has given to me all the program has given to her. I am grateful today for being forced to stop messing up life and sent to jail, because I had the opportunity to do what so many people today need to do, "look at the woman in the mirror and see she needed to change."

The part of the program which I feel I most benefited from was Step 1 and Step 4 and 5. These steps showed me that I was out of control and that I had hurt many people, but God's grace helped me make amends, something I never did in my using.

So as I end my story, let me say to any recovering addict who may read this: 1) Go to a meeting willing to listen and God will allow the message to reach you the way you need to be reached. 2) Be honest to yourself; if you're not ready to be honest with anyone else be honest to yourself. Doing this first, you're well on your way.

D---

Dear *Reaching Out*,

My name is B---, a recovering addict, who is very grateful to have discovered your program. In my thirty years of addiction I've been through many programs, jails, prisons and institutions, and this is the one that works!

I'm not going to start from the beginning because I could write a book from my experience of drugs, women, money, etc.

I'll start from August 1988; my last incarceration and my largest sentence, twenty years, plus I was facing forty to life. But

by the Grace of Allah (my higher power) and my lawyer (bless her) I've had the latter disposed of.

As I entered the system, I was court ordered to receive drug treatment, for which I was sent to a unit for a twenty-eight day seminar of N.A. and A.A. This is where my life did a three hundred and sixty; thanks to my counselor and Allah/God. After completion of the twenty eight day program, I was returned back to the institution. The case worker here asked if I would help get a N.A. meeting started, because they only had A.A. and it was getting too large. At first I was reluctant to do so, being the quiet, shy person I am, then I said what the hell, it may help. I was voted secretary, but later moved up to co-chairman. Now we are in our fourth month and steadily growing.

I have only been clean for eight months, and a member of N.A. for six months, but I've never felt so good about myself. I just started on the Twelve Steps, simply because I am just starting to find myself and God. Thanks to N.A.

Continue your great work. We appreciate all the material you send. Please continue to send the *Newsline* and *Reaching Out* as they are printed.

B----

North Carolina

Dear *Reaching Out*,

Hi, my name is B---, and I'm an addict. At this time I'm doing a 2 1/2 year bid. I'm only nineteen years old. I've been putting in time for seven years now. I'm a user of most drugs, but I've found a way to stop this time from getting me. With Narcotics Anonymous, I have a chance in this wild world.

I'll tell you a little about myself. I'm the only boy of four children. My father is an alcoholic, as is my mother and step-mother. As a child, I was always around booze and other drugs. I started to use when I was ten years old. I did it so I didn't have to worry about anything. At age 11, I began to run away from home. That did me no good because I only got into trouble. I think it was the third time that I got put into a boy's school. There I fought and ran away more times than I can count. But I changed, because then I began to steal. I started to steal because I had to pay off my uncles so they wouldn't snitch me out. I gave them money for drugs and everything was cool. As time went by, the drugs began to take over my life. I would steal and sell drugs for the next seven years, which got me in and out of jails and group homes.

I could go on forever about the things I did and the things I went through, but I'm sure you know how it goes--downhill. I found out about Narcotics Anonymous while I was in jail, but I thought it was fake.

Well, I was wrong, and for once in my life I'm glad I was wrong. Narcotics Anonymous showed me the way of life that I want. I've been clean for thirteen months now, "one day at a time." I work the program because it works. I use my higher power instead of drugs. The Twelve Steps play a big part in my life, because I'm not just an addict but also a person with lots of problems. I'm happy today and I'm doing okay.

B---
Connecticut

Dear *Reaching Out*,

My name is T-- and I am an addict. I would like to express my gratitude to the Narcotics Anonymous program for all of the literature I received from the last institution I was at, and for all of the Narcotics Anonymous members who come in from the street to share with us prisoners.

I am now 29 years old and have been using drugs, ruining my life for the last 15 years. In fact, the drug culture I have involved myself in for most of my life has seemed so much a part of me, that I at times become lonely and afraid and wonder if I can lead a responsible life and not use.

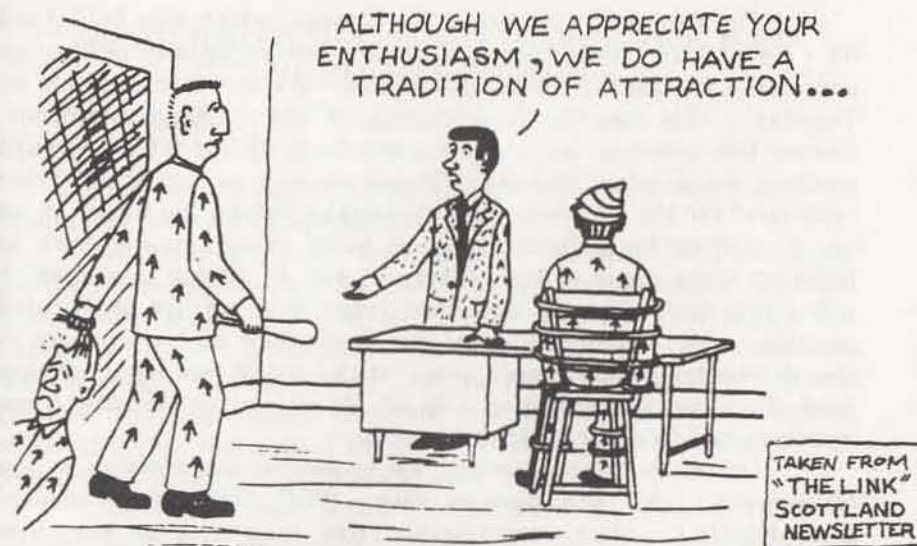
The Narcotics Anonymous program helps me to realize that responsibility is most useful and works best on a day-to-day basis, that the rest of my life is not as important as today. There is certainly something in the fellowship of recovering addicts that gives us strength.

I can reflect on how I felt whenever I tried Narcotics Anonymous on the street. I felt out of sorts, I was not like them, I hadn't been in prison. Just the basic cop-outs. Well, now I don't have any reason to doubt I am an addict, because it has led me to prison, and I feel this is an important time for me to get acquainted with myself and the program. I am sure there are others here who may be missing out on an important chance to realize the hope that there is a better way.

So I extend my gratitude for all that you people have brought to me so far, and I hope that we will be extended some more good help.

T-----

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.



Editors Note: This section is dedicated to aiding H&I subcommittees to gain a world-wide perspective of H&I activity. It reflects 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 asking 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

The recent World Service Conference, which was held April 24 - 28 in Van Nuys, CA, was a very rewarding and productive experience for the WSC H&I Committee. We met in committee on Tuesday. This was the final meeting of the outgoing committee. During this meeting, we heard reports from all the ad hoc groups working on on-going projects. These projects include the "roving reporters" for the *Reaching Out*, the booklet *Behind the Walls*, an ad hoc on scripts for a future tape on panel presentations, work to clean up some areas of our guidelines, and an ad hoc group which will serve as a resource to a Conference level ad hoc on isolated meetings. More information on this Conference ad hoc appears in this newsletter in the editor's notes, at the end of this issue. Please read them as we need the help of all of you to identify these meetings and to understand their needs.

On Wednesday morning, we presented our motions to the Conference. All the motions from WSC H&I were adopted unanimously. Most importantly, this means that the new Handbook for H&I is now Conference approved. We were all pleased that the Conference saw fit to approve our work. We are grateful to all the individuals, and the area and regional H&I committees who worked on the Handbook over the years and helped to produce such a quality product.

Our Thursday Committee meeting consisted of filling Committee positions and reassigning members to the above ad hocs. The Conference re-elected me as H&I Chairperson and elected Pete C., as Vice Chairperson. We were able to fill our 21 member goal with qualified members from our nominee pool and welcomed many new members to the pool. If you would like more information on

WSC H&I membership, please contact the H&I coordinator at the WSO.

We reaffirmed our intention to focus on attending multi-regional and regional H&I events, such as Learning Days and Workshops. We have realigned our budget to allow us to do more of this. If you would like to have WSC H&I participation at an event, please contact the the H&I coordinator at the WSO.

We look forward to a busy and productive year during which we hope to hear from more members involved at the area and regional level and be of service to them. Thank you for the opportunity to serve.

Barbara J.

WSC H&I Chairperson

NEWS FROM REGIONAL AND AREA H&I SUBCOMMITTEES

From the Ohio Region,

Our 5th Annual H&I Awareness Day was held inside the Maximum Security Penitentiary in Lucasville, Ohio.

We used the ever faithful panel system for each topic, having a chairperson and between 3 to 5 panel members. Several panels had "outsiders," who are directly involved with H&I. The substance abuse coordinator, counselors, and other professionals were invited to attend so they could become more familiar with our policies and guidelines, therefore establishing a better line of communication throughout the entire Ohio Region, on what we can and cannot do in our H&I work at their facility.

We chose 6 main topics for discussion: 1) What is H&I? 2) Psych. Units and Treatment Centers 3) Prisons and County Jails 4) Lines of Communications 5) Do's and Don'ts 6) Adolescents.

We chose chairpersons for each topic that were most familiar and experienced with that topic. They in turn chose the panel members to sit in with them.

This was the first year we chose to use a hotel close to the penitentiary to have a Friday night meeting, as well as our annual dinner, speaker meeting, auction and dance. My Higher Power has given me the gift of being O.R.S.C.N.A.'s H&I chair during this Awareness Day, and I was more than a little apprehensive as to the outcome.

That morning, I asked my Higher Power for the strength to make it through the day. I was the first person to process and enter the facility, so I was able to witness over eighty addicts and ten professionals enter the penitentiary. Our day-long event was devoted to the How's and Why's and the Do's and Don'ts, that we must observe while we strive to carry the much needed message of recovery in Narcotics Anonymous, through our Hospitals and Institutions subcommittee.

Through the series of events that day, I feel that all the questions about why we were involving "outsiders" have been laid to rest. They need to understand what we're about, and allow us to conduct ourselves as necessary through our guidelines and policies. We feel that they are now more aware of how we function as a subcommittee and understand why we do things as we do them.

Many newcomers to H&I and experienced members alike asked questions, and we feel that they were answered to the best of our ability. We had members of the WSC H&I committee and some WSC H&I Pool members in attendance that day. Much experience, strength and hope was shared that day among fellow Narcotics Anonymous members, along with huge amounts of love and understanding. Those "outsiders" experienced that love, and they know inside their hearts that Narcotics Anonymous is the answer to that age old dilemma of addiction. H&I is a very effective tool that our fellowship uses to carry our message, that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live--a message of hope and the promise of freedom from active addiction. We have been given a way out of our self-image prisons, the Narcotics Anonymous way. Our Higher Power has given us these principles, and in order for us to stay healthy and grow we must share them with suffering addicts everywhere.

All the feelings from that day are still fresh in my heart, so this is not hard to write. The rewards and benefits of fulfilling this commitment have greatly outweighed the effort, as this has truly been "a labor of love." I know that God reached out and touched us all that day and I hope to share that feeling with everyone, just as it's been shared with me. Surrender and Acceptance are the key.

Jr. F.

Ohio Region

MEMBERS' PERSONAL EXPERIENCES WITH H&I WORK

Dear *Reaching Out*,

When I first came to Narcotics Anonymous, I heard "winners" say that service kept them clean. I was desperate enough and sick enough to do everything suggested, so I promptly jumped into service, at first setting up chairs, dumping ashtrays, and making coffee. Since I was at most every meeting in our Area each week, it was not hard for me to stay busy. At first I felt kind of dumb doing the tasks, but I had an ulterior motive, I figured if I dumped enough ashtrays it would only be a matter of months before I was on the speaker circuit! Well, the speaker circuit didn't happen in my first year. What happened was that I kept putting 24 hours together without using.

I became a meeting secretary and I also fell in lust. The guy I lusted for was doing H&I work, so with six months clean, I began going to the H&I committee meetings. I figured if I showed up there and got involved, he would lust back! Needless to say, I was not the most reliable member of the committee at the time, but I did help the effort as much as I could. I spoke at meetings, I filled in for people who couldn't secretary their regular meetings and I helped take care of details like copying material for the committee, etc.

In addition to participating in the H&I committee I continued to do service throughout the fellowship. In my second year I was secretary of a regular meeting, secretary of the area, treasurer of the H&I committee, on the hotline, and a regular volunteer at our service office. I reached a point where I began to resent service and everyone in it. I finally saw that one service commitment was too many for me and a thousand was never enough. At that point I dropped everything but the hotline commitment, and spent my third year of recovery doing service for myself. I saw that by overloading on service I wasn't spending any time with me. I wasn't working on the spiritual foundation that had been the miracle in my life. I was gritting my teeth and doing service when I didn't want to. I was getting too tired, I wasn't going to enough regular meetings because I was substituting service for recovery, and I began to get those old restless feelings when I was alone. I had to take an inventory of how the service commitments had affected me and what my real motives were.

Was I doing service because our primary purpose was to carry the message, or was I doing service to look good? It was humbling when I realized that my motives were less than honorable. But I also realized that the messages and the feeling good with me came from the real simple straightforward kinds of service like the hotline and H&I. I don't do well with what I call "high profile service." I don't stay centered trying to take care of Narcotics Anonymous business at the area level. I stay centered when I am carrying the message of recovery. I stay centered when my energy is focused on the ways and means to carry the message to people who otherwise wouldn't get it.

So at the beginning of year four, I returned to H&I. My sponsor said I was ready for service again. I must admit I had some fear. I had fear about getting overloaded again, fear about feeling those old resentments, fear that I was going to burn out again. But it was different this time. I began by accepting two meetings, a prison and a treatment program. I learned that by practicing the 5th Tradition in its truest sense, I was getting the rewards. I also began to see that, for me, it is important to keep it real simple. I made a commitment to carry the message to these facilities. My responsibility was to find speakers who shared about recovery, take them to the facilities, be open to questions and concerns of the inmates, and then go home again and thank God for the miracle in my life that made it possible for me to do this work.

Today I have accepted the position of H&I chairperson in our area. Once again, my sponsor said I was ready and once again the fears came up. What has happened for me is that I see I have finally reached a place in my recovery where I do have experience to share. When I see someone trying to take six meetings and volunteer for every little thing, I can take them aside and share my experience. When someone questions why we go to facilities where everyone seems hostile to the message, I can point out that it is only important that we be there for the addict who is still suffering and might hear the message. It doesn't matter if we know who that addict is, only that they hear it.

My responsibility as chairperson doesn't feel high profile. It feels as it should. H&I is a way for me to use what I have gained in this fellowship to do God's work. I came to this fellowship totally bankrupt in all areas. I got loved back to life by other addicts who cared about me. I learned that I don't have to go to any more jails, treatment centers or hospitals as an inmate. It is important not only to carry the message back to those places but also to make

those amends to myself. When I walk out of a prison and hear the gate clang shut behind me, I get that good feeling all over again that it doesn't have to be me inside. "There but for the grace of God and this program" is a constant phrase for me when I am doing H&I work. Thank you, Narcotics Anonymous.

Anonymous

Dear *Reaching Out*,

The thick steel door slams shut. The heavy, oversized tumblers turn in the lock with a loud clank. And the door, secure in every way, is the only way to get out. These all-too-familiar sounds still raise the hair on the back of my neck. But this time I'm not going to be here a year, a month, or even overnight. Just an hour, maybe two, and then I get to go home and sleep in my own bed. This time I'm here by choice, not because I did or didn't do something. This time I'm here for me, not because someone else wants me off the street. I'm here because it keeps me clean. It keeps me off the street, and out of the hospitals and institutions that I don't want to be in. I'm talking about H&I service work. Plain and simple. Going back to these places lets me remember the past. Reminds me where I come from. To me, carrying the message is the foundation of this program. The people in hospitals and institutions won't listen to the counselors, the jailers, or even the doctors. They think, "Question Authority! Don't trust anyone over thirty!" These people listen to themselves, their peers, and their drugs. But to another addict? Another sloppy drunk? People who used to be their peers, people who used to be dealers. These people strike home, they are from the same walk of life. But they've changed, they don't continue to pump their bodies full of chemicals. They talk of recovery, happiness, and quality of life. Maybe we can get through. Maybe they'll listen to us.

If one person gets out and goes to a meeting, one person starts to recover. All our effort was worthwhile. Even if no one gets it. It has helped us. We tried, that's what's important. It makes us feel good about recovery. It helps us sleep in our own bed.

A---

NOTE FROM THE EDITOR: During this last WSC, a new ad hoc committee was created to look into status of N.A. meetings/groups located in correctional and long term treatment facilities, that do not have support from a local H&I committee. If you are a member of such a group or have knowledge of such a group, please write a letter including where it is, how it is run, and a possible contact person, and mail it to the WSC Ad Hoc Committee on Isolated N.A. Meetings/Groups, c/o the WSO (see complete address below). Such input is essential if we are to be able to assist members of such isolated groups to share in the loving unity of our Fellowship.

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 Narcotics Anonymous 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 Narcotics Anonymous 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 Narcotics Anonymous 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**
