



Narcotics Anonymous®

Self-Support

Principle and Practice

Being self-supporting is an important part of our new way of life. For the individual, this is usually quite a change.... We, who were unable to function as human beings, now find that anything is possible of us. Dreams that we gave up long ago can now become realities. Addicts as a group have been a burden to society. In N.A., our groups not only stand on their own, but demand the right to do so.

—Basic Text: Tradition Seven

The Principles of Selfless Giving and Self-support

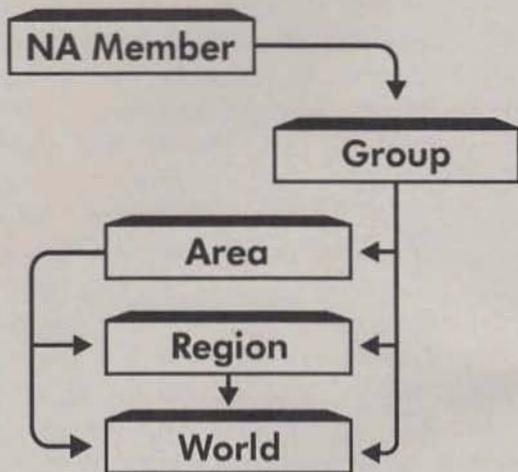
Gratitude in Action

A recovering addict reaches out to help a newcomer, and, through the therapeutic value of one addict helping another, kindles the spark of hope and willingness in that new member's heart as only a fellow-addict can. A newcomer helps clean up after a meeting, and begins to feel the sense of belonging and acceptance that come from helping other human beings in an act of selfless service. A member shares experience, strength, and hope in a meeting, seeing the nods of recognition and empathy— and hearing the grateful peals of laughter— evoked by their having opened their heart to others who know the sorrow, and the joy, of being addicts in recovery. A member who's been around a little while offers a newer member a ride, and unwittingly begins a friendship that will outlast the car in which they ride together to the meeting. Trusted

self-support means that we use what we need, and we pass along the rest to help others. This principle forms the basis of our way of life.

Q: *Is it OK for my area to donate to both the regional and world levels of service?*

A: Of course. Your area can donate to your region and to world services if it chooses to do so. As it says in *A Guide to Local Services*, "Narcotics Anonymous groups directly support area, regional, and world services from money left over after covering their own expenses. Area committees ...are encouraged to do the same with their surplus funds, sending it on to the other levels of the service structure." Here is a chart that demonstrates how funds can flow through our service structure:



Q: *How can an individual member contribute to our service structure?*

A: For individual members, there are many ways to be of service in NA. The first half of this booklet describes many of those opportunities to serve. In terms of donating money to NA services, many individuals find that NA birthdays are an excellent time to give something back. Some members make special individual "gratitude" donations on birthdays, contributing a dollar or more for each year clean. Other members like to present their home group with literature to be provided free to newcomers—the ways in which we can express our gratitude and support our members are limited only by our creativity.

You can donate to your local service community by your group deciding that a percentage of the money collected in your meeting's basket be passed on to the other levels of service.

If you would like to make a direct donation to world services, please send your donation in care of the:

World Service Office
PO Box 9999
Van Nuys, California 91409