

JUST FOR TODAY

20:17 Minutes

This video explains what NA is by recreating NA meetings and following an addict, Mary, from her introduction to NA into her recovery process with NA. In the meetings, many other stories about addicts, their addiction and their recovery with NA are shared.

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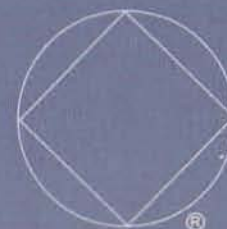
WSO Item No. 8000, ISBN 1-55776-227-9

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Anonymous

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VIDEO USER'S GUIDE



This video has been designed to offer a brief introduction to Narcotics Anonymous (NA). It is primarily intended to reach those in treatment or educational programs though it may also prove instructional to individuals working in those professions.

This video cannot fully cover every aspect of NA; however, several important aspects of the program are presented. One of these is the universal appeal of NA to the full diversity of those suffering from addiction. You may notice the appearance of both genders as well as representatives of several ethnic and age groups. It is unlikely that you will experience this diversity in any one meeting; however, the program, as with the disease of addiction, is made up of, and appeals to, individuals of all groups despite other factors that may tend to prevent them from normally interacting.

You may also note the discussion of "spirituality" in the video. We hope to portray a distinction between spirituality and religion, as NA is not a religious organization and is not affiliated with any religious group or dogma. Our intent is that NA appeal to all people regardless of their faith or a lack thereof.

Another key element in the presentation is the distinction of NA's First Step, *"We admitted we were powerless over our addiction..."* It is important to recognize that NA does not deal with any specific drug(s), but rather the more expansive "disease of addiction." The collective experience of Narcotics Anonymous members has been that addiction is more than our drug-using behavior but is also the related attitudes and belief systems that had formerly doomed us to failure.

The anecdotal accounts related by the characters in the video may appear to indicate that newcomers, once exposed to their first NA meeting, remain abstinent from drugs the rest of their lives. While this is true for some, for others it may require continued attempts coupled with ongoing involvement with NA. Relapse, of course, can be a reality, and this fact will either have grave consequences, or conversely, lay the groundwork for com-

plete freedom. We have found through our group experience that those who attend NA meetings on a regular basis are more likely to remain abstinent. Although abstinence does not necessarily equate with recovery, we believe it is the best foundation for personal growth.

It should be noted that this video makes use of professional actors rather than members of NA. This is in order to maintain the anonymity of our members. Although we believe the actors presented the process of recovery well, only recovering addicts can adequately convey the joy and freedom which recovery brings. For that reason, we would recommend that you and/or the addicts in your care visit an open meeting of Narcotics Anonymous to gain the NA experience first hand.

The video runs approximately twenty minutes in length. We would recommend that an equal or greater amount of time be reserved for a group process after the video presentation. If questions arise, you may want to contact a local Narcotics Anonymous service committee via directory assistance, or NA's World Service Office at one of the following addresses:

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WSO Catalog Item No. 9115 11/94

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RECOMMENDED READING MATERIALS FOR FURTHER STUDY:

Narcotics Anonymous: The Basic Text of NA.

It Works How and Why: a discussion of the Twelve Steps and Twelve Traditions of NA.

Just For Today: one year of daily meditations about recovery issues.

Introductory Guide To Narcotics Anonymous: an inexpensive handbook outlining the principles of NA.

The NA Way: a monthly periodical about recovery.

NA: A Resource In Your Community: an informational pamphlet directed at professionals.

NA Update: A Newsletter for Professionals.

For a free literature catalog and order information, just write or call us.