



**NARCOTICS
ANONYMOUS**

FOREWARD

This booklet is an introduction to the fellowship of Narcotics Anonymous. It is written for those men and women, who like ourselves, suffer from a seemingly hopeless addiction to narcotics and sedation. There is no "Cure" for addiction, but "Recovery" is possible by a program of simple spiritual principles. This is not meant to be comprehensive, but it contains the essentials; that in our personal and group experiences, we know to be necessary for recovery.

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APPROVED



LITERATURE

N. A. World Service Office, Inc.
P.O. Box 622
Sun Valley, CA 91352

SERENITY PRAYER

GOD . . . Grant me the serenity to accept the things I cannot change . . .

The courage to change the things I can . . .

And the wisdom to know the difference.

WHO IS AN ADDICT?

Most of us do not have to think twice about this question. WE KNOW. Our whole life and thinking is centered in drugs in one form or another, the getting and using and finding ways and means to get more. We use to live and live to use. Very simply an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions and death.

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovered addicts who meet regularly to help each other to stay clean. This is a program of complete abstinence from all drugs. There is only "One" requirement for membership, the honest desire to stop using. There are no musts in N.A. but we suggest that you keep an open mind and give yourself a break. Our program is a set of principles, written so simply, that we can follow them in our daily lives. The most important thing about them is that "They Work."

and most of all I have a personal relationship with my God, which has made all these things possible. I am able to feel good, to feel joyful, blissful and to feel serenity, even when things are not as good as they might be.

There is no question about it, I owe my life to the Narcotics Anonymous fellowship and God. I can only extend my hope that if you, too, are suffering, as I once was, that you will practice the principles of Narcotics Anonymous, and find freedom from pain and a meaningful, prosperous life.



My gratitude speaks . . .

When I care

And when I share

With others

The N.A. way.

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