

APRIL
1986

VOLUME 4

NUMBER 4

**My Gratitude Speaks
When I Care
And When I Share
With Others
The N.A. Way.**

JAPAN N.A.





THE INTERNATIONAL
JOURNAL OF THE FELLOWSHIP
OF NARCOTICS ANONYMOUS

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What is Narcotics Anonymous?

N.A. is a worldwide Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other to stay clean. It doesn't matter which drugs you used, or what you have done in the past. We are concerned only with how we can help addicts recover. It costs nothing to be a member of N.A.—there are no dues or fees. The only requirement for membership is a desire to stop using. 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*. For more information about the N.A. groups nearest you, write us at the address below.

All members of Narcotics Anonymous are invited to participate in this "meeting in print." Send all input, along with a signed copyright release form, to: The N.A.Way; World Service Office, Inc. P.O. Box 9999; Van Nuys, CA 91409

THE TWELVE STEPS OF NARCOTICS ANONYMOUS

- 1 *We admitted that we were powerless over our addiction, that our lives had become unmanageable.*
- 2 *We came to believe that a power greater than ourselves could restore us to sanity.*
- 3 *We made a decision to turn our will and our lives over to the care of God as we understood Him.*
- 4 *We made a searching and fearless moral inventory of ourselves.*
- 5 *We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
- 6 *We were entirely ready to have God remove all these defects of character.*
- 7 *We humbly asked Him to remove our shortcomings.*
- 8 *We made a list of all persons we had harmed, and became willing to make amends to them all.*
- 9 *We made direct amends to such people wherever possible, except when to do so would injure them or others.*
- 10 *We continued to take personal inventory, and when we were wrong promptly admitted it.*
- 11 *We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.*
- 12 *Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.*

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CLICHÉ COLLECTION

A few years ago I was running around like a chicken with my head cut off. From the crack of dawn till the dead of night I raised hell, and I tried to paint the town red. Drunker than a skunk and high as a kite was the only life I knew. It seemed I was facing a fate worse than death. I found myself up to my neck in hot water, because all hell was breaking loose.

I was mad as a wet hen when I was sent to a treatment center. The naked truth of the matter is it was a blessing in disguise, a gift from God. It was not a bed of roses, nor was it a barrel of laughs. I was truly in the depths of despair sitting on my pitty pot crying my eyes out. Like a bolt of lightening I jumped to a conclusion to change my evil ways.

Today, beyond a shadow of a doubt, I am the best me I can be. I remember the good old days but I don't dwell in the past. I have a new freedom, a freedom from bondage. I've learned to let go and let God run my life, because I'm powerless over people, places and things. I have to live and let live one day at a time. Sometimes I try to get ahead of myself, and I have to remember easy does it. Living clean and serene is not a piece of cake, but like they say, "no pain no gain." Today I'm not what I want to be, and I'm not what I ought to be, but I thank God I'm not what I used to be. I strive for progress not perfection. Just for today I'm happy, joyous and free.

R.C.
Florida

Regardless of Age...



A Growing Concern

I would like to express a growing concern in our area. We have a fairly large area, with a whole bunch of newcomers coming in every day. A large number of these newcomers are adolescents; scared, lonely, unsure about being an addict at such a young age. Again and again I see these members shunned, not supported, and basically not given the chance they deserve.

I first came into N.A. when I was fifteen. I had totally bottomed out, and I believe that the pain I went through was just as real and devastating as the older "heavy caliber dope

fiends." Yet, countless times the older members would come up to me and say, "It must be *sooooo* much easier to quit while you're young; at least you didn't have to go through the pain I went through."

Well, while I still have a lot of "yets," I know I never have to experience the hell I went through again. I would like to remind people all over, that young people DO suffer as much as the strung out, "hope to die dope fiends." I urge everyone to support these young people. Sponsor them, reach out to them, but most of all LOVE them. Some meetings in our area are run by teenagers with nobody in the room with over ninety days clean. These meetings need guidance. Even though they can be noisy, talkative and even disruptive, don't give up. So many people (and I am guilty of it too) say that they do not want to be around the kids because of the above mentioned reasons. Please remember that no one makes it here by mistake. These young people are a great benefit to our Fellowship, they are the Narcotics Anonymous foundation for the future.

V.E.
California

Addiction Does Not Discriminate

I was guided to this Fellowship fifteen months ago. At that time I was a scared, lost, lonely, desperate, and sick sixteen year old girl. Many miracles have happened in my life since then, and I am forever grateful to the Fellowship of Narcotics Anonymous.

I would like to share my experience on something I see and hear about a lot within our Fellowship. The subject is, "How do we treat the young newcomers?" That's very simple; treat us the same way that you would treat a 25, 35, 45, 55, 65, 75, 85 or 95 year old newcomer!

All newcomers, regardless of age, should receive some special treatment, because "the newcomer is the most important person at any meeting." However, don't give us special treatment or feel sorry for us because we're young. That only feeds into our disease and enables us to remain sick. Get in our faces and tell us to go to meetings, work the steps, get a sponsor, and change our whole lives!

So often I hear, "It's so hard for a young person to go to school every day and stay clean." Malarkey! That's a poor excuse. We are the only ones who can make ourselves use or keep ourselves clean. We all have a choice today, and each individual has to make that choice for himself or herself.

So, you see, we are no different. We all have a common disease, and, through the grace of our Higher Power, we can recover. We don't need special attention, special meetings, or special conventions because we're young. Those things only build walls, cause controversy and disunity within our Fellowship. That's certainly not the primary purpose that our Fifth Tradition talks about.

On a closing note, I would like to say two things:

1. To the young people in the Fellowship I would like to say that we are no different. We have felt the same helplessness, hopelessness, and desperation that everyone else in our Fellowship has felt. Now we can go the same meetings and live the same Twelve Steps and Twelve Traditions that everyone else does.
2. To those people in our Fellowship who don't consider themselves "young people," I would like to say that addiction does not discriminate; we are not "too young to be addicts." Please remember that it doesn't matter how old or how young we are, where we come from, what or how much we have done. We are all addicts reaching out for help and searching for a new way of life.

That is the message of Narcotics Anonymous. *Any addict* can come to our meetings, stop using, lose the desire to use and find a new way of life. That is very special, and no one should be denied the chance to find out for himself or herself. I love you all.

J.D.
Ohio

Loving Oneself



I am a grateful recovering drug addict. I have been clean for a little over two years, but to say that I truly love myself

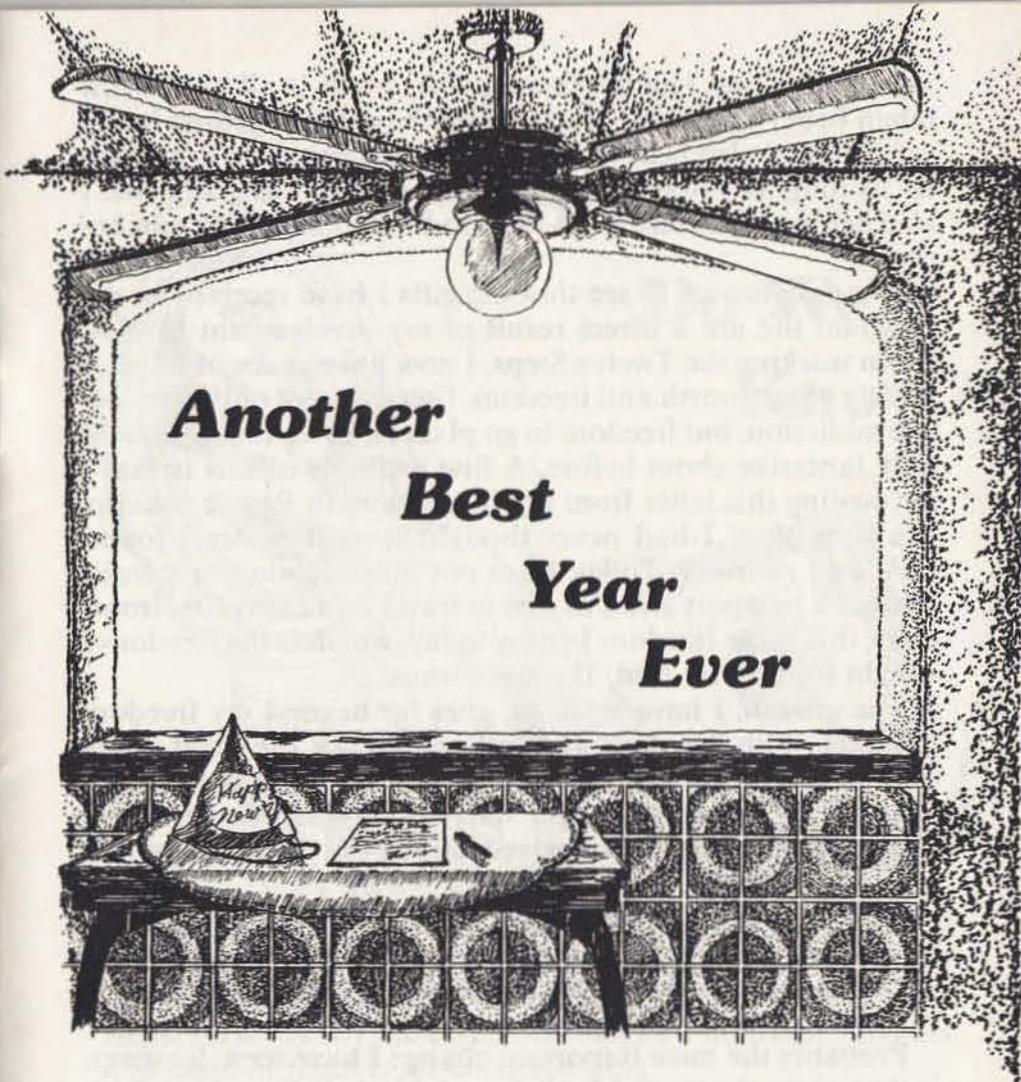
would be hard. For so many years, I really thought I at least liked "me," but how could that be when I used and abused drugs so much that I ended up having a car accident, killing another person and almost killing myself. I was so deep into my addiction that I continued my using, and it even got worse.

I would let men abuse me, I didn't eat right (if I ate at all), and I just looked and felt pitiful. I thought that drugs were the only answer for having fun and having friends and for being accepted. All this came to an end the day I went to court for vehicular homicide and I received five years to serve in a women's prison. I knew then that my world was over. I hated myself and everyone around me. I was going to prison, and it was time to get tough and to show no feelings for anyone or anything.

Once, a few years before, I had been to a few N.A. meetings and I knew in my heart that it could work if I really wanted it to. Instead of being one of the "tough chicks" in prison, I began to be soft, and I started to get a real relationship with a Higher Power, which I choose to call God. It started to work! I began feeling better about myself and I started an N.A. meeting in the prison. I was actually trying to carry the message that I hardly knew anything about to the addicts who still suffered. People came to me asking about the program, and they wanted to change the way that they were living. It was the perfect chance to get out of myself and help someone else. It felt great!

I got my release papers one year early. My first day out I went to the closest N.A. meeting and I was able to share what was in my heart and in my head. These addicts loved me until I could love myself. Then they loved me some more. I still have a problem with being tough, and it's still hard to share what's going on with me—honestly. But as long as I stick around and work the Twelve Steps, and do what the beautiful people in Narcotics Anonymous tell me to do, I will continue to get better and maybe, just maybe, one day I can love myself all on my own, because I'm worth it.

A.T.
Georgia



Tonight is New Year's Eve, and as I prepare to go out for the evening, I thought I would pause to write a little bit. It seems all afternoon I have been catching myself looking back over the past year and counting my blessings. I vaguely remember doing the same thing a year ago. I remember a year ago I was thinking how good the previous year in recovery had been to me. I remember thinking that it had been my best year ever. Tonight I am celebrating a new and better "best year ever."

From last New Year's to this one, it is easy to see yet further improvement and growth in virtually every area of my life. A year ago, feeling pretty satisfied with my life, I was asking

myself (and my Higher Power) where will it all end? How much better can it get? Well, my life hasn't quit getting better yet. Today, I also believe that my life will continue to get better as long as I practice the principles N.A. has given me. I also believe that there is no limit to how good my life can become.

It is easy for me to see that the gifts I have received in my personal life are a direct result of my involvement in N.A. From working the Twelve Steps, I now have peace of mind, a feeling of self-worth and freedom. Freedom not only from active addiction, but freedom to go places and do things I could only fantasize about before. A fine example of this is that I am writing this letter from my hotel room in Rio de Janeiro, Brazil, a place I had never thought to visit before I found N.A. and recovery. Today I am not on probation or parole, I've got a passport and I'm free to travel and enjoy life. Ironically, this is the freedom I enjoy today, which is the freedom I sought (but didn't find) through drugs.

The growth, I have realized, goes far beyond my freedom to travel. With the skills and self-confidence I learned doing N.A. service work, I got up enough faith and courage to make a couple of investments and start a business this past year. This is something I fantasized about but could never do when I was using.

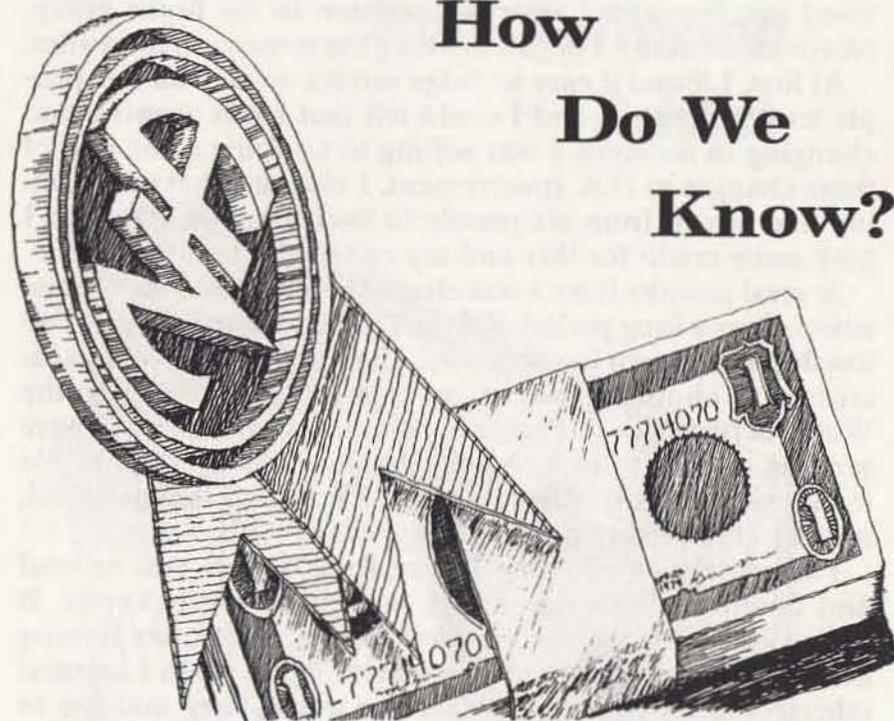
Service work has also taught me the organizational skills to better plan my time so that I am able to work full-time, do N.A. service work, attend meetings, go to college part-time, to work on my relationship and I even have time for myself.

Probably the most important change I have seen, however, is the spiritual growth I have found. My beliefs and my faith run deeper than I ever dreamed possible. To think that all I wanted when I got to N.A. was to find out how to stop using! I guess this just tells me that I really can't begin to guess what the coming year holds for me. But, I have every reason to believe that I will continue to grow endlessly if I continue to practice the same principles that got me this far.

Thanks to God and N.A., I am alive and clean today.
HAPPY NEW YEAR.

R.W.
Michigan

How Do We Know?



How do we know when our service work has any value? Does anyone tell us? Do we earn prizes, medals, or money? Do we get promoted? Can we put less effort into working the steps? As is usually the case, there can be a thousand answers and none of them is all-encompassing.

In my recovery thus far, I have embraced several different viewpoints regarding N.A. service work. Recently I overheard a conversation which brought some clarity to my thinking. The conversation ended with someone saying, "If any addict ever finds recovery in N.A. through our service efforts, it is all worthwhile!"

I recall thinking that same basic thought at one time or another. How easily it can get buried in all the details, ego involvements, and conflicts which we can encounter along the way!

It was not until about eighteen months clean that I gained my first awareness of any possible connection between serv-

ice and recovery. That time had all been spent with worry, anxiety about the next day, and various other forms of self-centeredness. With strong suggestions from some people who loved me, I accepted a service position in my home group. Not coincidentally, I began working the steps soon thereafter.

At first, I found it easy to judge service work. You see, people had faith in me and I could tell that I was growing and changing in recovery. I was willing to attribute some part of these changes to N.A. involvement. I also saw that our meeting had grown from six people to twelve people! Quietly, I took some credit for this and my ego began to grow.

Several months later, I was elected to a regional service position. Over a long period of time, I noticed that our local Fellowship had grown in every way. The number of meetings increased, a phonenumber began, we sent a representative to the World Service Conference, and some treatment centers were sending addicts to N.A. Again, I felt personally responsible for these wonderful developments. I began to feel powerful, in control, and very proud of my part in it all.

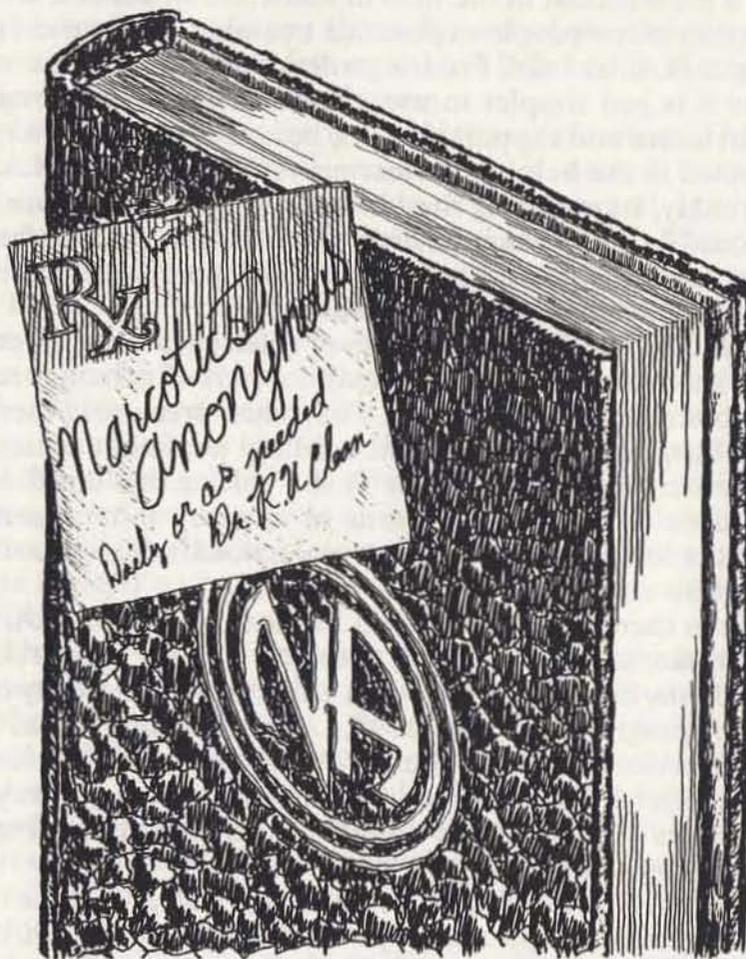
Fortunately, those same loving friends were still around and confronted me on several aspects of my behavior. It seems that not only was my proud attitude of power coming across, but my resentments were showing up when I accused others of not doing enough service work! They told me to please not do anything for them because they didn't like where it was coming from. Further, they asked me how my relationship with my sponsor was going.

I am grateful to those recovering addicts, and very happy to say that I worked through that mess without using! Honesty dictates that I confess to you all a certain selfishness today. You see, I seem to only work the steps diligently when I stay involved in service work! It is just that way for me.

Our Basic Text describes spiritual recovery as the process of becoming more God-centered and less self-centered in our thinking and behavior. Through N.A., my Higher Power, and other recovering addicts, I was given an opportunity to experience this firsthand. I look forward to more!

S.S.
California

Reaching the Still-Suffering Addict



My name is T---, I'm an addict. I am a member of Narcotics Anonymous and have grown to love this Fellowship. I came to N.A. via another twelve step program, as I was unaware of N.A. in my initial stages of recovery. The initial inter-

vention on my disease came as a result of a judge, as my addiction led me into criminal behavior. The judge believed I needed help, so as part of my sentencing, he sent me to a treatment center for "chemical dependency." The treatment experience was a great help. Even though I know that alone, it would not have been enough, I'm not sure I could have made it without it. One of the rewards I obtained as a result of staying clean and active in N.A. is a career.

I am a professional in the field of addiction treatment, and I know that many people experience treatment without even hearing of N.A., as I did. From a professional's point of view, it seems it is just simpler to use another Twelve Step Program's literature and support services, because N.A. is not very well known to the helping profession. As a member of N.A., quite frankly, I am getting tired of hearing how "immature," "irresponsible," or "unsupportive" N.A. is. I hear this frequently among professionals, and in the past these statements may have had some creditability.

Today, I believe N.A. is capable of offering people a new way of life. I think that it is an essential part of personal recovery to carry this message, and what better area could there be than hospitals that treat addicts. Many treatment centers don't even know about the Basic Text! I believe that it is time to introduce ourselves as a means of recovery to treatment centers, doctors and other helping professionals that come in contact with addicts.

I believe there is a special need in these places for N.A. I will continue, as a professional, to utilize N.A. for support of our residents, but believe me when I say that the majority of treatment programs do not use N.A. literature or N.A. as a support service for their clients. As a treatment services director, I feel I can safely say the professionals are always seeking ways to improve the quality of their treatment programs and continuing care services.

In the spirit of "keeping what we have," let's give some of our experience, strength and hope to a treatment program, or to an individual about to enter the mainstream of life.

Anonymous

AN INNER PEACE

I have thought of writing many times, but was afraid that whatever I said might come out sounding foolish. I finally figured out that whatever I might say, so long as it comes from the heart, will be okay.

There are many things I could talk about regarding what N.A. has given me. If I were to list all of them this letter would turn into a mini-novel!

I have been unhappy through most of my childhood and on up until the past few months. I believe my disease was there even before I started using.

I began using heavily by age thirteen or fourteen. This continued until recently. I am twenty-six now. I have been hospitalized several times for depression and suicide attempts. One time I was hospitalized for a year. Throughout all of this I thought that I was crazy, worthless and hopeless. When I found N.A. I still felt hopeless. Gradually, the self-pity of hopelessness turned into hope. I found N.A. about a year ago. I have been closed-minded and stubborn through about eight months of being a member of N.A., and as a result, I have about four months of clean time. Even through all the relapses, N.A. has given me more than I could have ever hoped for. I am able to feel a little now, which is a very beautiful gift. I know that one day at a time, I will grow (despite myself) so long as I remain honest, open-minded and willing.

Showing my gratitude has become very important to me recently. I used to cry after gratitude meetings because I knew I should be grateful but I didn't feel it. I decided that even though I didn't feel it, I could practice it. I became very involved in H&I work as a result. H&I work has given me so much. The feelings are really indescribable! Somehow, through all of this, I had had glimpses of what gratitude feels like. It brings tears to my eyes to think of it. Gratitude certainly tops my list of feelings!

Anyways, thanks to N.A., I'm no longer worthless and hopeless. Thanks to other addicts, I'm learning (finally) how to live.

D.G.
Georgia

SPECIAL FEATURE

N.A. IN JAPAN



Just over a year ago, here at the World Service Office, we received a meeting list in the mail. That's not too unusual. But this one was somewhat different. For one thing, it was a kind of map showing where the meetings were rather than simply a list. But still that wasn't too strange. What was really different, and caused us to pass it around among ourselves with great interest and excitement was that we couldn't understand a word of it. It was written in Japanese.

We have since learned that N.A. had begun in Japan in earnest about five years ago. We have had little contact with them, because—guess what—they speak Japanese and we speak English. That is not an insurmountable barrier, but perhaps just a big enough one to have kept us from really reaching out to one another. Well that has changed.

In Philadelphia this year at the World Service Conference Workshop one of those strange N.A. "coincidences" happened. A member of the Japanese Fellowship (the only one fluent in English) "happened" to be visiting Philadelphia that weekend. He had visited Hawaii on the way over and "happened" to run into an N.A. Trustee who told him of the WSC workshop going on during the time he was to be in Philly.

He showed up for the workshop, and a link to N.A. World Services and the Japanese Fellowship was built. Japan N.A. members had been in contact with members in Hawaii previous to that, and had attended their annual "Round-Up." As 'so often happens when a HIGH-YAH POW-AH gets His fingers in the pie, one thing led to another...

What follows are two articles written for us by Japanese N.A. members and some excerpts from a recent letter from them both. The first article was written in Japanese and translated by their English-speaking member; the second was written by that English-speaking member, who was also the one we met in Philly. We have also included a page from the Japanese White Book that contains the Twelve Traditions, and a copy of that first meeting directory we got. We know you will get as much of a thrill out of all this as we have. The family is growing.

N.A. REACHES OUT TO JAPAN

With next to no English under my belt, I arrived in Hawaii in September of 1981 looking for the outstretched hand of American N.A. I wanted to know how to begin an N.A. group in Tokyo, Japan.

Prior to this first visit to the Islands, I had had wrong impressions of N.A., from hearsay only. I thought that the N.A. Program was nothing at all like the A.A. Program, which had already been active in Japan since 1975. I was afraid that N.A. meetings were so closed I wouldn't be allowed to attend. I also had the fear that illicit drug dealers hang around meeting places.

With these doubts eating away at me, I sat down and wrote a letter in my broken English to the A.A. Central Office in Hawaii. I asked them to introduce me to an N.A. member. I immediately received a letter from an N.A. member. It was the beginning of Hawaiian N.A. love reaching out to me and to the Orient.

I was taken to my first N.A. meeting in Hawaii that day I arrived. I was filled with wonder to see with my own eyes that many drug addicts were recovering in N.A. I couldn't understand very much of the words, but I knew that, for the first time, I was really *among my own*. The happy and open atmosphere of that and other meetings was like a spiritual awakening for me.

After the meeting, one N.A. member invited me to his home where he shared his experience with me. He gave me ideas on how I might begin an N.A. group in Tokyo. This encounter with Hawaiian N.A. gave me the determination and

the courage to do what my Higher Power seemed to be leading me to do. My fears passed. Even now, recalling the impact of this great Fellowship on me brings tears to my eyes.

Two months later N.A. was born in Japan. But the first two years were rough going. Very few A.A.'s regarded us as a different Fellowship. And even for some N.A.'s it was difficult to distinguish between the two Fellowships. I suppose a lot of people just saw N.A. as another specialized A.A. group. There were also people who strongly suggested that N.A. would not be helpful to "cross-addicted" A.A. members or other drug addicts.

I suffered very much during this time. I wanted N.A. to succeed, but the difficulties seemed insurmountable sometimes. However, during the New Year holidays of 1984, thanks to my inner struggle with these conflicts, I was blessed with a second spiritual awakening.

It was true that we addicts were being discriminated against and being treated with suspicion. But, that was "their" problem, not ours. A personal inventory was in order. I discovered that my own pride and laziness were getting in the way of my own growth and of N.A.'s growth.

Instead of blaming others for our problems, as we tended to do while we were using, we had to find solutions ourselves. I knew that I could not live without N.A. So I did my best, because I wanted to live.

I no longer stayed home on Sundays as I used to. Instead, I spent the day for N.A., for the still-suffering drug addict. That took care of the laziness once and for all, for in the past four years I have missed hardly any N.A. meetings, nor have I ever refused a Twelfth Step call.

I spent almost all my free time with newcomers who had just been discharged from hospitals. I went to A.A. meetings on the days when there were no N.A. meetings. The number of newcomers who came to join us increased slowly.

I also realized that I had been acting like the "boss" of N.A., rather than just an N.A. member. I have tried to change that, as best as I and my Higher Power could do.

As time went on, one recovering drug addict joined us from the northernmost Japanese Island of Hokkaido. He had been recovering from addiction for three years through the A.A. Program in the city of Sapporo, which is about 1,000

kilometers (625 miles) from Tokyo.

He came to Tokyo in order to work in a rehab facility for alcoholics. Through his influence, they began admitting drug addicts into their program; and last year he himself set up a halfway house for drug addicts, the first of its kind in Japan. From that time newcomers to N.A. have increased rapidly. We have enough steady members now even to have our own N.A. softball team.

This past year has been a very important and wonderful year for N.A. Many A.A. members have begun to understand N.A. as a separate Fellowship; and we are now trusted. And this year in February we had our second annual N.A. "Workshop," and six Tokyo Japanese-speaking N.A. members were able to attend Hawaii's N.A. Roundup.

Since my first visit to Hawaii four years ago, my way has never been an easy one. But I am grateful for the support and love of many people. The staff of the A.A. Japan Service Office gave me a lot of help, and much understanding.

One addict who was an A.A. member began to accompany me to a hospital for Twelfth Step work. Then others who had previously thought that N.A. would not be useful for them began wending their way to our meetings. These new people gave us the strength and motivation to keep up our N.A. way of life.

An N.A. member from Hawaii once told me something that was a big encouragement for me: "When N.A. first started in Hawaii, A.A.'s here also looked on us with suspicion. But after three years it was all O.K." Many American N.A.'s have encouraged us and have given us the stamina to continue on. And I have come to believe that if I do what I'm supposed to do and continue to use the Steps and Traditions, tools that N.A. has given me, my (and our) Higher Power will see to it that everything will turn out O.K.

I am really grateful to the members of Hawaii N.A., who shared their experience, hope and unity with me. I am thankful to be a member of N.A. For I can now feel the healing love of the Fellowship of Narcotics Anonymous, not only within Japan, but as an international Fellowship.

K.O.
Japan

「もう一度言って下さい」！？！

SAY THAT AGAIN (Moo ichido itte kudasai)

I am an American, but I am a "made-in-Japan" drug addict and N.A. member. And, although English is my first language, everything I've learned has been in Japanese.

I have lived in Japan for the past twenty years. During that time I have come to see that whenever the Japanese do anything that is worth doing, they really go all out. So in 1981, when one, then two, then a few more Japanese drug addicts began accepting the life-giving challenge of N.A., they didn't stop at half measures.

The Oriental interpretation of, approach to, and practice of the spiritual program of N.A. is a marvel to behold. With a copy of the Twelve Steps grasped in one hand and the Twelve Traditions in the other, they (we) have come up with a clean way of life that is holding a lot of us addicts together with a lot more than a smattering of spit and glue.

Our "slanty-eyed" Higher Power (pronounced HIGH-YAH POW-AH in Japanese, since we can't pronounce the English "er" sound over here) has done a fine job of getting this Fellowship going on a steady basis. The foundation has been established on solid rock.

If I sound over-enthusiastic in my praise of Japan N.A., I shan't apologize. When the Japanese took me on as an N.A. newcomer they were taking on a sad specimen of addiction. Addiction—to anything—was my way of life. The only thing I was never addicted to, even as a child, was sucking my thumb. (I squinted instead!)

Recently someone asked me, "Was the Japanese language a barrier in your N.A. recovery from drug addiction?" "Yes," I answered without hesitation, "at least in the very beginning. I didn't know what was going on." But in retrospect I would say that my not understanding the Japanese language perfectly was, and continues to be, a definite plus. Yes, another N.A. paradox!

Let me explain. This apparent handicap turned out to be a three-fold plus.

When I found there was so much I was missing at meetings, I thought it was a "language problem." I blamed the difficult Japanese language. I didn't realize that I was part of the problem. Thanks to a thorough Fourth Step inventory, I came to the sudden realization one day (like "SATORI," or spiritual awakening oriental-style) that the problem wasn't just the language. I had a listening problem. I discovered that I don't listen in English either! I have always been so taken up with my own ego, I was more interested in what I had to say than in what other people had to offer.

The second plus is this: The very fact that I have difficulty understanding what is said at meetings means that I have to try harder than others. Any handicap that makes me try harder has really been a big help in my recovery and growth in the program. "My weakness is my strength."

The third plus proved to be a lifesaver from the beginning. If I had understood everything at the start, after about three months I would have said, "Well, now I know all the details. I'm all set!" And so I would have stopped listening. I would

●NAの12の伝統

1. 第1にすべきは共同の善である。個人の回復はNAの一体性にかかっている。
2. われわれのグループの目的のための最終的権威は唯一つ、われわれのグループの良識の中に御自身を現わされる、愛する神である。われわれのリーダーは、奉仕を要されたしもに過ぎず、彼らは決して支配しない。
3. NAのメンバーになるために要求されることは、薬物をやめたいという願望だけである。
4. 各グループは自律でなければならぬ。但し、他のグループまたはNA全体に影響を及ぼす事柄においては、この限りではない。
5. 各グループの目的は唯一つ、まだ苦しんでいる薬物依存者にメッセージを届くことである。
6. NAグループはいかなる関係ある施設にも、外部の企業に対しては、融資や融資やNAの名前を貸すことをしてはならない。金銭や所有権や名声の問題が、われわれを大率な目的からそれさせる恐れがあるからである。
7. すべてのNAグループは外部からの干渉を断絶して、自立しなければならぬ。
8. NAはどこまでも非商業的でなければならぬ。しかし、サービスセンターのようなところでは専従の職員をおくことができる。
9. 素晴らしいので、NAは決して組織化されてはならない。ただし、事任される人々に対して責任を負うサービス理事会または委員会をつくることはできる。
10. ナルコティクス・アノニマスは、外部の問題に対しては意見を持たない。したがってNAの名は、公けの論争において、ひきあいに用いられるべきではない。
11. われわれの広報活動は賛助することよりも、ひきつける魅力に基づき、新聞、電報、映画の分野で、われわれはいつも個人名を伏せるべきである。
12. 無名であることはわれわれの伝統全体の重要な基礎である。それは各個人よりもNAの原理が優先すべきことを、いつもわれわれに思い出させるものである。

have set out on the dangerous path of trying to become the teacher of the "less intelligent" (as it were). I'd be all mouth; I would not be doing the Steps. I'd be too busy analyzing the program. I'd have had my own version of the Twelve Steps rewritten to suit my own sick fantasy world. I would know exactly how other people should be working the Steps. Thank God for the language problem! I have enough trouble trying to change myself, let alone attempting to changer other people.

I am grateful to be clean—I feel great. And I'm thankful for my language handicap,

for it has become a source of strength to me. It's great for my Seventh Step humility, too.

My language handicap has taught me (1) how to listen, (2) how to try harder, and (3) that leaving my analytical brain at home and bringing the bod to meetings, was and continues to be, my N.A. salvation.

R.A.
Japan

And as we were preparing this Special Feature, a letter from R.A. arrived at the WSO. Here is an excerpt:

Greetings from Japan N.A.!

After a moving week in Hawaii with Oahu N.A. and the February 14-16 N.A. Round-Up with up to 250 clean N.A. members (it was a spiritual awakening for me!), I am renewed in more ways than one.

While in Hawaii I was strongly advised by several members to bring my bod to the World Service Conference, not only for the sake of Japan N.A., but for the benefit of the Fellowship worldwide.

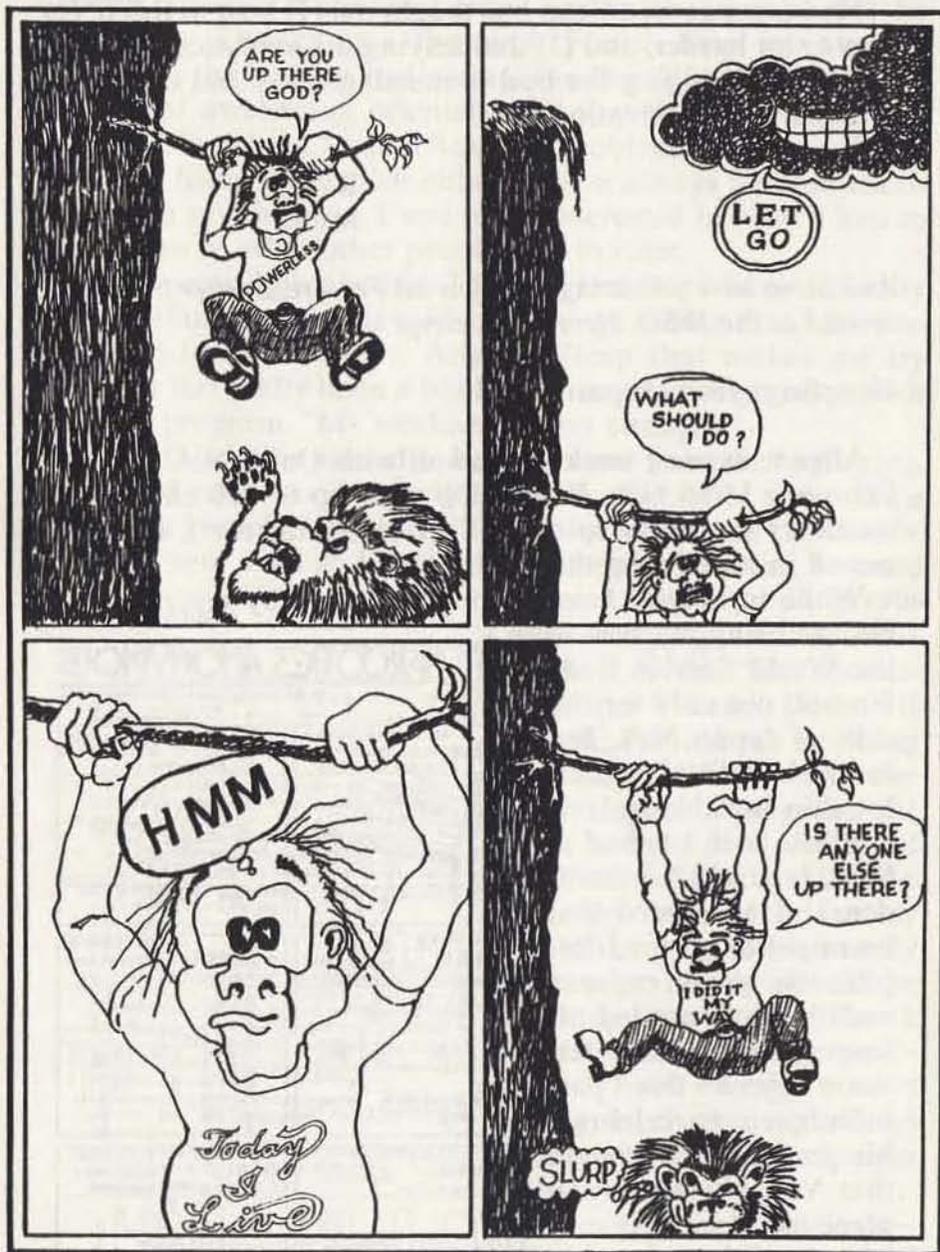
While at it, I talked to K.O., Japan N.A.'s founder, and we agreed that he ought to go too, despite the great expense and the time needed off from work. He has ten years clean this past month, so to celebrate his gratitude he thought that Van Nuys was the place for him.

R.A.
Japan N.A.

(NA) NARCOTICS ANONYMOUS

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REFLECTIONS BEETLECTIONS

I was driving to a meeting on my way to take a cake for my anniversary and was reflecting on my recovery, which has now passed the amount of time I had used drugs. I tried to come in contact with my Higher Power to get in touch with what I truly was grateful for. It came to me that it was not the "things," or even the simple fact that as a result of this program I have not died in the streets, I was not in jail or in an institution one more time—all of which I am grateful for. But, what was in my heart was the manner in which I was given to live.

I have grown to using the steps and traditions in my affairs both within the Fellowship and outside. I am deeply grateful to the men and women who have carried the message of recovery to me by example. They have truly demonstrated per-

sonal integrity as they applied these steps in their personal lives and in service to Narcotics Anonymous. When personal integrity fell short, they did not attempt to disguise it, but owned their wrong and demonstrated the actions to change via the steps and their Higher Power.

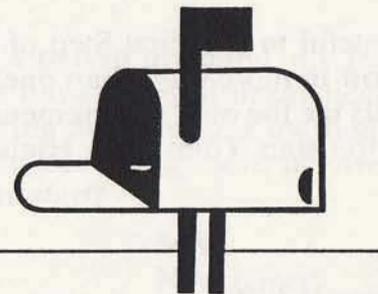
I've been involved in service throughout my recovery. I watched the group at times try to find means and avenues to avoid following the traditions, or to focus on what is the *intent* of the traditions to rationalize their avoidance. I—and the group—have always found, when we are truly concerned with the addict who still suffers and with preserving the integrity of Narcotics Anonymous, that the traditions mean what they say. We were able to understand the book where it says, "the traditions are to the group what the steps are to the individual." I've found that groups that have been deeply involved in struggle eventually worked the traditions to preserve their existence, or in time they cease to exist.

I am truly grateful that by remaining clean, I have gained the message through the individuals who did stand up for the traditions. And as I learn and continue to demonstrate personal integrity in my life and relations, my ability to carry the message to the addict who still suffers falls well within what my Higher Power would have me do. At the same time, if I fail to demonstrate in my life the caliber of integrity called for by the traditions, my ability to serve Narcotics Anonymous greatly suffers. As a result of the traditions, I am able to relate to the world with all the integrity that the traditions imply, and let anyone know that there is recovery for the addict and that they have an honorable and safe place in time of need.

On my anniversary, I would like to express my gratitude to those who have touched me in the true spirit of this program and have allowed me to live the last thirteen years clean and proud to be a member of Narcotics Anonymous. I will continue to carry this message to the addict who still suffers as it was carried to me, and I consider myself privileged to serve the Fellowship whenever asked. Thank you for my life Narcotics Anonymous!

S.T.
California

Letters from Our Readers...



Dear *N.A. Way*,

Just want to tell you thanks so much for printing what I've sent to you. Really gives me a happy feeling. Also, I'm proud to be part of N.A.

I'm doing so great since I first wrote you last August while in "treatment." I got out, (completed the program) November 1 and have been living at home with my son since then. The 29th of this month, Higher Power willing (and me!), I'll be totally and truly clean 11 months.

I hope this finds you all healthy, happy and clean. For years, I heard it, now I believe it, **THIS PROGRAM WORKS!** (if you let it).

Aloha and have a great day.

C.L.
Hawaii

Editor's Note: Happy one year, C—!

Dear *N.A. Way*,

SWEET SURRENDER

Two and a half years ago I walked into an N.A. meeting which consisted of two or three addicts. I was given some back issues of the *N.A. Way*. I wasn't much of a reader, but the magazine attracted me. The first article I read was inspiring, I was not alone anymore. Little did I know that this was the beginning of surrender for me. Up until this time I had been nine months abstinent and miserable as hell. I was treated differently, so I told myself I was unique and believed it. This article had showed me that its not about age, sex or where we came from, etc. What a relief, I wasn't unique or special!

The people at these meetings showed me more in the way they lived than in the way they talked. They didn't treat me "different." Today I am an addict recovering in N.A. and am

grateful to the First Step of N.A., which has allowed me to grow in more ways than one; and the Third Tradition which tells me the only requirement for membership is the desire to stop using. Thank you Higher Power, thank you N.A.

An Addict
Ohio

Dear N.A. Way,

GIVE ME A BREAK

Please do not take me wrong. I know for myself my recovery lies in the N.A. Program. However, I was upset by the article published in the N.A. Way in January 1986: "'Clean and Sober,' What does it mean?"

I have respect for both the N.A. and A.A. Fellowships. There is no doubt I am an addict. However, I realize that when I must attend a meeting at the other Fellowship, out of all due respect, and because the requirement for the other Fellowship is primarily alcohol, I need to identify myself accordingly. Because I did not drink a lot, and alcohol was not my drug of choice, I at times need to remind myself out loud that alcohol is too a drug.

Sometimes out of habit the word sober slips out—not out of disregard for N.A. At such times, I do not like or appreciate being ridiculed.

I also realize there are those who wish to continue using alcohol; therefore they hide in an N.A. meeting. For them, hearing the word alcohol or sober just might plant a seed.

So please give me a break.

M—
Louisiana

Editor's note: Recently our Trustees published an article in the Newline which shed much light on this subject. Anyone who wants a reprint of this article may write to the N.A. Way and request the article on A.A. We'll send you a copy.

Dear N.A. Way,

I must say I look forward to the N.A. Way coming to my house every month. I read the letter on "Jokes" in recovery in the February issue and agree its a wonderful idea. I have submitted one I enjoy. (I have more). Maybe you can find an

artist to redraw it. When I had a pen in my hand, my forte was not as an artist. But things have changed dramatically because of this program of sharing and caring. I try to give back when I can and have been becoming more involved. When do the jokes and cartoons start?

M.W.
New Jersey

Editor's note: Thanks, M— The cartoon idea was used by our artist, and appears on page 22. Keep them coming!

Dear N.A. Way,

This is just a short note to say I think you are all doing a great job putting out this publication. The artwork and headlines are snappy and make me want to read the stories. Many of those stories have been excellent and have said something I needed to hear right then. I especially appreciated the reprint, "Reservations, No Matter What They Are" in the January 1986 issue.

Keep up the good work.

J.P.
Kansas

COMIN' UP

This space has been reserved for coming events anywhere in N.A. If you wish to list an event, send us a flier or note at least two months in advance. Include title, location, dates, contacts.

CANADA: May 3-4; 2nd French Conv; Info: District 04, Box 31, Grand-Mere P. Quebec, Canada G9T 5K7; (819) Ginette 537-9448; John 537-6429:

2) June 27-29; BCNAR Recovery in Motion; Cloverdale Fairgrounds, 6050 176 St., Cloverdale, B.C.; FVASC; 1176 Johnston, White Rock, B.C. V4B 3Y6

COLORADO: July 4-6; WSVC 3, Stouffers Concourse Hotel, Denver, Box 816, Boulder 80306; (303) Janice 388-4777; Pam 893-0580; John 642-3273; Gary 830-2640

FLORIDA: July 3-6; FRCNA V; FRCNA V, Box 14738, Orlando, FL 32857-4738; (305) Richard 677-7426; Karen 281-7307; Tim or Lisa 830-0140

ILLINOIS: May 2-4; Little Egypt Area 2nd Campout; Campout, Route 1, Box 36, Nashville, IL 62263; (618) Alicia 548-5785; Stan 478-5749; Peggy 533-0450

KENTUCKY: April 26; 4th Birthday Lexington Kentucky; Unitarian Universalist Church, 3564 Claysmill Rd., Lexington, KY; Hotline 278-6262

LONDON: Aug 28-31; World Convention-16, Wembley/Conference Center; Registration in the U.S.A., Vida (818) 780-7951, P.O. Box 9999, Van Nuys, CA 91409; Registration outside U.S.A., P.O. Box 667, London, England NW8-7JW

MICHIGAN: Jul 3-6; RCNA of Michigan; Freedom II; Troy Hilton; Alan Prather 78 W. Ferry #36, Detroit, MI 48202

MISSISSIPPI: Apr 4-6; MRCNA IV; Hilton, Biloxi, MS; Lisa (601) 392-7267; Renee (601) 362-0897; Donna (601) 862-7334

MISSOURI: June 6-8; SMRCNA-I; Henry VIII Hotel, 4690 N. Lindbergh, St. Louis, MO 63044; Show Me Region Conv. Comm., Box 596, St. Charles, MO 63302

NEBRASKA: May 23-26; 6th Annl NA Run For Fun, Campout; Alexandria State Rec Area, Alexandria, NE; (402) Mike 475-8985 Gary 475-4853

NEW JERSEY: May 9-11; 1st Unity Weekend; The Berkley Carteret, Sunset and Ocean, Asbury Park; (201) Kandi 988-9451; Gary B. 774-4846; Bob H. 742-3566

NEW YORK: Jun 27-29; 1st Annl Northern New York RCNA; Wells College Campus, Aurora, NY; Mel (315) 548-3610; Ilga (607) 273-8884

2) June 13-15; 2nd NYRC Freedom II; Stevensville Country Club, Swan Lake, NY; (718) Susanne 646-4433, Greg 435-0156, Barry 238-3492

NORTH CAROLINA: April 25-27; Charlotte Area Conven.; Marie Gibson, 5101 Park Rd, #143, Charlotte, N.C. 28204; (704) Andy 892-3286; Brett 535-3865

OHIO: May 23-25; ORCNA IV Conv; Hollenden House, E. Superior; ORCNA IV, P.O. Box 29517, Cleveland, Ohio 44129; (216) Joe 671-3316 Tommy 352-2042

2) Apr 5; ORCNA IV Fundraiser; ORCNA IV, P.O. Box 29517, Cleveland, Ohio 44129; (216) Joe 671-3316; Tommy 352-2042

3) July 18-20; 2nd Annual Columbiana County Camp-Vention; 340 S. Fairfield Ave. Apt. A1, Columbiana, OH 44408; (216) Jo 482-3292; Shawn 385-7508

OREGON: April 11-13; 1st OSIRCNA; Portland Airport Holiday Inn, 82nd St & I-205 Columbia Blvd. Exit, Portland, OR; (503) 775-5319

PENNSYLVANIA: Jun 20-22; 7th East Coast Convention; Bloomsburg Univ ; 7th ECCNA, Box 211, Taylor, PA 18517; (717) Ron 457-0587; Rich B. 457-9751

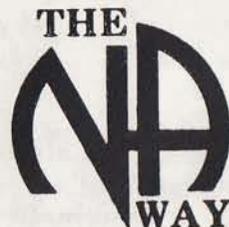
2) April 4-6; 4th Grtr. Phil. Reg. Conven.; Phil. Centre Hotel, 1725 Kennedy Blvd., Phila., PA; (215) Steve 925-7766; Sheryl 624-8516

WASHINGTON: Oct 24-26; 9th Annual Picnic; Everett Pacific Hotel; Everett WA; PNWCNA #9, P.O. Box 5393, Everett, WA 98201; (206) Mike S. 672-6848; Russ F. 259-4904

WEST VIRGINIA: May 9-11; West Virginia Conv for N.A. III; Cedar Lakes Conference Center, Ripley; (304) Paul 342-7506, Danny 925-7088, Phil 292-0896

WISCONSIN: Oct 24-26; 3rd Wisconsin Conv; WSNAC III, P.O. Box 3305, Madison, WI 53704; (608) 258-1747 (phoneline)

WORLD SERVICE CONFERENCE: April 28/May 2; Airtel Plaza Hotel, Van Nuys; Registration: Vida (818) 780-7951, PO Box 9999, Van Nuys, CA 91409



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THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

- 1 *Our common welfare should come first; personal recovery depends on N.A. unity.*
- 2 *For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.*
- 3 *The only requirement for N.A. membership is a desire to stop using.*
- 4 *Each group should be autonomous, except in matters affecting other groups, or N.A. as a whole.*
- 5 *Each group has but one primary purpose--to carry the message to the addict who still suffers.*
- 6 *An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.*
- 7 *Every N.A. group ought to be fully self-supporting, declining outside contributions.*
- 8 *Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers.*
- 9 *N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*
- 10 *N.A. has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.*
- 11 *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*
- 12 *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

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