



THE
N.A. Way[®]
MAGAZINE

June 1990

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NA BEGINS
IN EGYPT...



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 these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Twelve Steps reprinted for adaptation by permission of Alcoholics Anonymous World Services, Inc.

THE N.A. Way

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The N.A. Way Magazine welcomes the participation of its readers. You are invited to share with the entire N.A. Fellowship in our monthly international journal. Send us your experience in recovery, your views on N.A. matters, and feature items. All manuscripts submitted become the property of World Service Office, Inc.

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Dreams

When our tour of duty ended, many wounds from the battle grounds of addiction were still evident in our lives, even though we got clean. In the *Who Is An Addict* chapter of our Basic Text it states "that drugs were largely responsible for having gotten us into our very worst predicaments. Some of us may spend the rest of our lives in jail for a drug-related crime or a crime committed while using."

For those of us who have reached the fellowship of Narcotics Anonymous, we are truly blessed. We have been exposed to a set of principles, which if applied properly, offers us freedom from active addiction—one day at a time. Our blessing is two-fold in that we are physically able to enjoy this freedom as we become acceptable, responsible and productive members of our society.

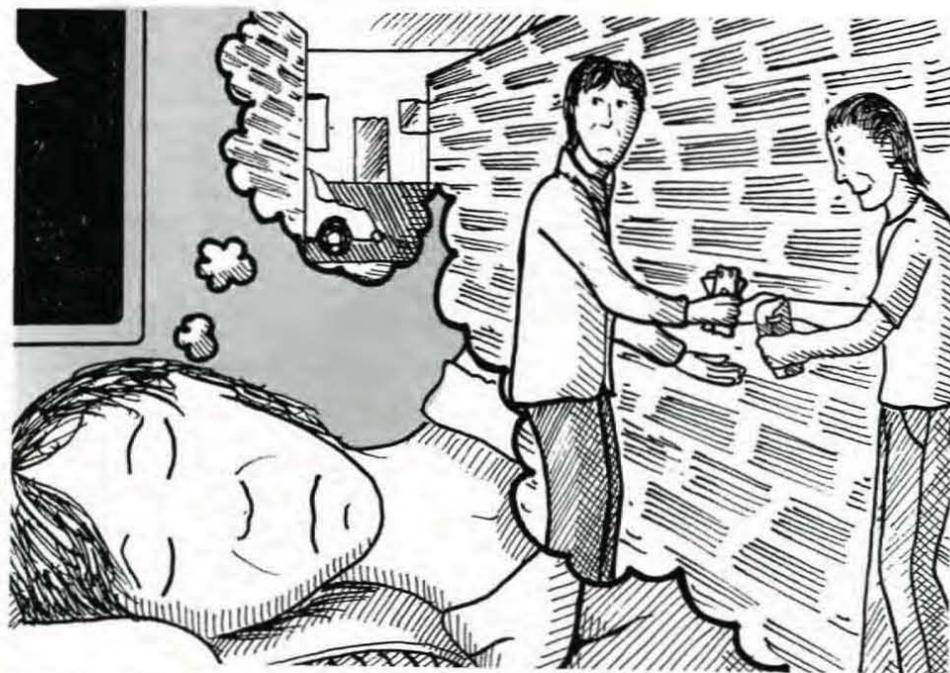
Who Is An Addict also states "We begin to treat our addiction by not using." It is important for us to remember that not using drugs is just the beginning of a treatment that will never end, for a three-fold disease that can never cured.

There are hidden complications that slowly become apparent to us as we continue to stay clean. Some of these may be corrected without a trace of the old addictive attitudes or

behaviors as we learn to live our new lives drug free. Other complications of our disease such as a physical defect, an irreconcilable marriage or complete loss of trust between family members or friends, may never be corrected. Our serenity prayer may serve us well in these instances.

Then there are those complications that linger and become better only with time and our desire to remain clean. One such complication that I have found common to many addicts, especially newcomers, are dreams... we dream we're getting high again!

When I awakened from my first such dream in recovery, I was relieved when I realized that I had not used and my clean time was not interrupted. I was a newcomer with less than ninety days clean at that time and didn't think it was necessary to share my dreams with anyone around the tables. After all it was just a dream, and I had no way to control what I dreamed. A short time later, I experienced another using dream. This time more intense and detailed. When I awakened from this dream, I was sweating and my body was still searching for the euphoria of the dream. This scared me. I began to think that my sub-conscience was telling me that there was no hope and that my clean days were numbered. It chose the quietness and isolation of my slumber to act out what I really wanted to do anyway. Still, I didn't share my pain with anyone. After all, it was only a dream. At five months clean, I experienced yet another. This time the focus of the dream was a practicing addict from my past. I awakened and dismissed it from my



mind as I was becoming accustomed to these periodic re-runs from my addiction. As fate would have it, when I left for work that same morning, one of the first people I saw was the addict in my dream; still in her addiction, getting, using and finding way and means to get more.

I was terrified at the thought of returning to the scene of my addiction. I was so terrified, that I shared my pain at a meeting that same day.

Let me share this with you. At seven months clean, I reflect daily on the guidance and hope I received from that meeting. It is my proof that better things are in store for me if I just stay clean one day at a time.

An Addict shared with me that he too had a dream. He dreamed that he was at a Narcotics Anonymous meeting and because of the enthusiasm and loud sharing at the meeting, they

were asked to discontinue their meeting and leave the building. He then turned to me and shared that the point of his dream is that after three years clean in this fellowship, the focus of his dreams are recovery, meetings, and sharing with clean addicts.

But at five months clean, he said that his dreams were about getting high, just like mine. He also said that then he didn't know enough about anything else to dream about anything else. He told me that I was not unique and that if I just kept coming back clean, even this hidden complication of my addiction would eventually pass.

I knew that if this miracle worked in the life of that addict, it would also work in my life.

James C., Detroit.

Slugg's return

Dear N.A. Way,

BRING BACK SLUGG!

Ted C.,
Concordia Theological Seminary

Dear N.A. Way

Bring back Slugg!

I am an addict and I definitely would like you to bring back the "Home Group" comic strip.

It's great to get a little humour into my life while I read the comic. It helps "keep the grass green" for me.

Like they said in the April issue, "please bring back Slugg." I really enjoy it.

Anonymous
Greensburg, PA

Dear N.A. Way,

Bring back Slugg! How I've missed him these past months. The first thing I turn to at the arrival of every issue is Slugg. What a relief it is to laugh at ourselves!

In spirit and love,

J.D.,
Springfield, Mo.,
P.S., The N.A. Way is wonderful. Keep up the excellent work.

Dear N.A. Way,

The first thing I do when I receive my N.A. Way magazine is flip through to find the Slugg in your "Home Group" comic series...that face! I read it and share it with my husband. We get a big kick out of Slugg and the things he puts himself through! My husband and I have a big laugh together.

J.F., Kansas

Dear N.A. Way,

Please, bring back Slugg. Shalom!

Larry L.,
Tel Aviv, Israel

Dear Sirs,

Bring back Slugg.

W.M.,
Hopewell Junction, N.Y.

Editor's note:

Alright, alright! We'll bring him back! The half dozen letters re-printed above are just part of the response we've received from around the world requesting that Slugg and the "Home Group" crew return to the N.A. Way. It will take a month or two to get Slugg, Marge and our other alter-egos to participate, (they seem to kind of like their isolation, you know) but this kind of outcry from the fellowship won't be ignored. You can help by noticing what's happening in your home group, roughing out the idea, and mailing it to us. We'll credit ideas used.

My most valuable coin

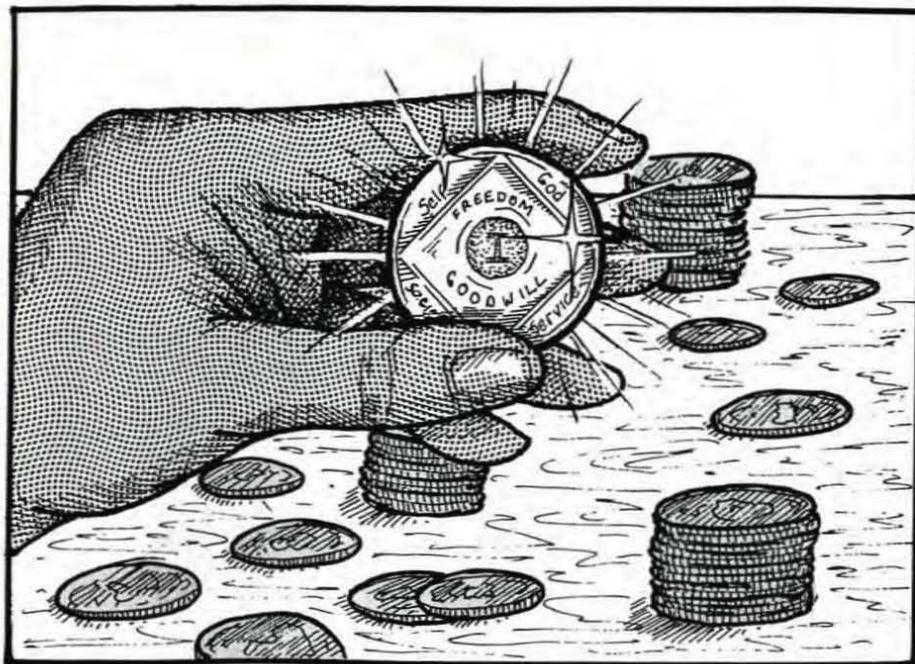
I've collected coins for as long as I can remember. Relatives always knew what to get me for Christmas and birthdays. My first collection went for my second car when I was seventeen years old. By eighteen my parents wanted me to go for "treatment." I wasn't ready. I needed seventeen more years of "practice." No collection lasted long while practicing, experiment-

ing, and substituting one chemical after another as my disease progressed.

It took five years and four tries to get my first N.A. chip for thirty days clean. Last month I got my one year "coin" with a lot of blood, sweat and tears and the H.O.W. (Honesty, Open-mindedness and Willingness) of the N.A. program.

At six months clean I had finally told my parents that I was in recovery, as the fear of failure had been replaced by practicing my Third Step. After receiving my one year medalion I called my mom and told her that N.A. gave me a coin for celebrating one year clean. Her response was "How much is it worth?" N.A. has given me a life worth living today. That coin is the most valuable possession I own.

R.P., Pennsylvania



Getting the Message

I'm a grateful addict. The reason I say grateful is because if I were not an addict I would not have found the program and a true loving Higher Power whom I choose to call God.

I come from a middle class family in a small town in Missouri. While growing up I felt like I was different. In grade school I didn't think I was liked by anybody too well. I guess my addiction began at a real young age.

I started drinking in grade school. It made me feel like a big person and that I fit in somehow. I continued to drink and when I was a freshman in high school I started smoking pot. The results were the same as drinking beer.

By the time I was a senior I was using cocaine and heroin. I got busted for pot one time and the judge told me that if I came back before him for anything within the next year that he would throw the book at me.

I went into the air force to get away from my predicament, but got back on cocaine. They sent me home on a medical discharge, and I continued to use for the next ten years.

One evening (April 28, 1987) I was sitting at home with the TV.. going and the stereo blasting when some-

thing told me I'd better get some help or I'd never live to see my birthday.

The next day I went to work clean for a change. I talked to a friend there. Her husband was in the N.A. program. They took me in for three days and two nights and took me to my first N.A. meeting. I was scared I would not "fit in." I found out different. I found that no matter where I went to meetings I was loved and accepted.

I kept going to meetings and tried to work the program the way everyone said I should work it. I knew that my life was unmanageable and that I was powerless over my addiction. I learned that a power greater than myself could restore me to sanity, and I choose to call that Power God.

It was easy for me to turn my will and life over to His care because the way I was trying to run things wasn't working. Later I got honest and did a good Fourth Step. I got it all out and really felt good about it. The Twelve Steps have become a very important part of my life, and I continue to work them.

I have found peace, happiness, and serenity. I have a loving family that supports me in every way. I would still be in a living hell if I had not found the N.A. program. Thank God for N.A.

B.L., Missouri



All kids at heart

I was seventeen when I went to my first N.A. meeting. There was only one other teen beside myself. Every one else seemed prehistoric to me.

After the meeting I went out for coffee with some of them. I was surprised to find out that they were all kids at heart. I have never before seen people (older people) have such a good time just sitting around drinking coffee.

That wasn't all. When I went to my first recovery celebration with them I was shocked to find that they had more energy than I did, I couldn't keep up with them.

I loved it. I had finally found the people I was searching for all my life. They showed me that I could change and be who I wanted to be. They reached out in hope that I wouldn't have to make more mistakes.

Recently, I have seen too many teenagers come in the doors and go right back out. Just because we are younger doesn't mean we are any different. Stick with the winners, they won't do you wrong.

Today, I am grateful that I gave myself a break. I feel true love for myself and towards others. I have hope today. I am not the same person that walked through the doors a year ago. I've changed, and the feelings I have today are real. I don't have to put a chemical in my body to make me happy.

N.A. has given me the tools to live and, if I use them, I have nothing to fear, not even myself.

S.C., Illinois



Notes from down under

I hope you can read this, and don't mind it being written on the back of something else. I did my back in this morning, running for a train. As always when I'm in pain, I feel like I need a meeting.

Seeing's how I'm on a train from Melbourne to Sydney (8 ½ hours to go!) that's really not an option. I was re-reading a back issue of the *N.A. Way* when I ran across the article from an addict on methadone (September '89, reprinted from Australia's *Clean Times*) newsletter.

Well, I put in my two bobs worth when the "drugs and sharing" issue came around my group conscience, but I'd also like to put some of my thoughts and experiences on paper now and maybe get some feed-back.

When I came around I was a screaming mess, (so what else is new, hey?). I was on psychiatric medication (amongst other things) and it took me six months to get clean. But there was this one little meeting (never more than six or seven people) where they used to let me share once in a while. Chairperson would ask me if I wanted to share. I'd say "Hi," my name, "I'm an addict and I'm not clean," (all prepared to say nothing more) and they'd hold a little "eye-contact group conscience" right then and there.

Sometimes I got to share. I'd weep with gratitude everytime. I never said very much-it was just good to be accepted as I was a trying-real-hard-but-still-not-clean-miserable-little-addict!

Now, I suspect that dynamic only worked because the meeting was so small and everyone knew each other

so well, but if it hadn't been for that meeting, I don't know for sure I'd be clean today. Who knows, maybe there's a couple of those loving little meetings still scattered around today. I hope so!

Now, closer to present-times, there's a dear friend of mine who hung himself a few months ago. Until a couple of weeks before he died he'd been clean (by my books) for about three years. As a teenager he was clinically diagnosed as manic depressive. He was prescribed lithium. Last year was his second attempt (in recovery) to live without it. (The first attempt ended up in a lot of blood, stitches and another stay in the psychiatric hospital). This guy wasn't, I believe, under a lot of pressure to stay off the lithium.

Everybody recognized his clean-time, and that's good. But I suspect that for him, his not taking his lithium was some kind of bust. We talked about it at some length, in the last few months of his life, and he said that the lithium took the uppermost

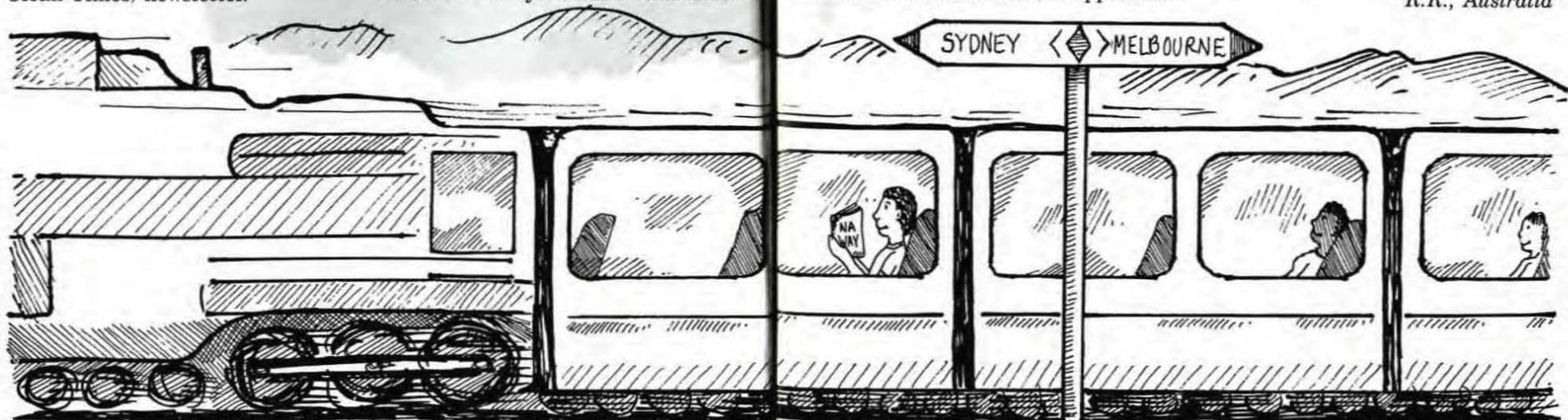
curve off his highs, as well as the lowermost curve off his depressions. He said he wanted the highs, and to that end, was willing to take the risk of the lows. Well during that last "low" he died. First he picked up, then he hung himself. I'd really like to hear from other manic depressives in recovery, and find out what other addicts think about this experience.

'They'd hold a little
"eye contact"
group conscience
right then
and there'

Thanks N.A. and H.P. for this voyage of self-discovery. And thank you, *N.A. Way*, for the opportunity to share. I am one grateful addict.

Post Script, I think the subscription department has lost my address..."hey guys-it's on the top of this letter!"

R.R., Australia



Request for compassion

I can't be on the committee anymore, my friend told me.

"How come?" I responded, "I thought you loved it."

"Well, because I just got out of a detox," he told me, his voice lowering to a whisper.

I felt that familiar ache and fear I always feel when someone relapses. It scares me, my skin turns cold. Trying not to let my fear stop me from being supportive, I told him that I was glad he had the courage to come right back.

I just got too far into service, even though I resented going to service meetings," he said. "Pretty soon I started resenting recovery meeting, too."

After we hung up, I got to thinking about how long I've carried resentments that I developed from service work.

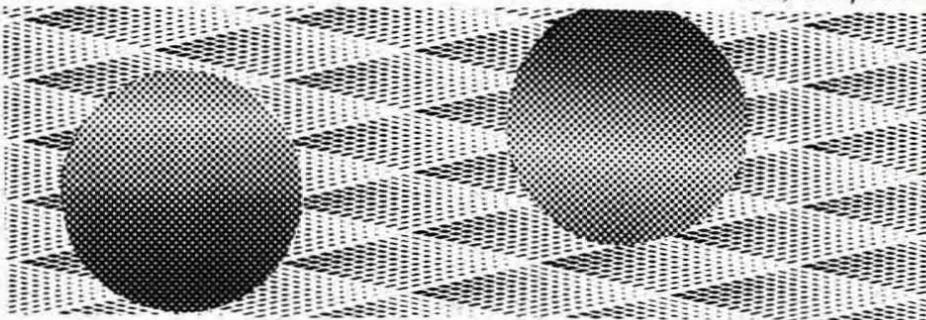
I realize there's no such thing as a justified resentment, so I'll let go. I promise. But I wonder sometimes...how well am I serving my fellowship by allowing myself to indulge in ridiculous discussions?

Why do we fight with each other so much when supposedly, we're all working toward the same goal?

I don't believe that a group of recovering addicts with a common goal are intentionally mean to each other. I think we sometimes just forget about sensitivity and caring and where we all come from.

Perhaps whenever we see this happening in our fellowship, we can try to make a difference. I don't know whether kindness is a spiritual principle or not, but if not, it should be. Let's face it. Narcotics Anonymous is the place we have all come to for help, the place we go to when we want to be hugged and see the smiling faces of our friends. We have a fellowship here. I think we should try to put that word into practice with companionship, compassion and understanding for each other.

C.S., California



The process of self-acceptance

It's easy to share about honesty, hope, freedom and feelings if I generalize and don't add any specific experience of my life. I would like to share experience that isn't so easy to talk about yet, but it's getting better.

I grew up in a small town and went to a religious school. All my life I was told or given a message that certain things were good and others were bad.

I thought I was unique and felt out of place. I started using when I was young and proceeded to run and hide through drugs till I was twenty. I didn't know how to feel or have hope. N.A. found me that way. I was sick and tired so I did what I was told, or at least tried. At last! "Home" and friends, people who were like me.

Wait a minute. Honesty?. Okay, I will try to be honest. Not only had I learned that I was a 'bad' person for being an addict, but I had felt I was a bad, sinful person if I didn't like girls. Today I can say without much of a problem that I'm gay.

The program of N.A. made me feel at home, but there was much to be revealed. The problem was I felt there

was no one I could talk to about this for fear that all I had, the N.A. Fellowship, would be taken from me. The one thing in my life I loved so much, and I was afraid it would be gone.

I talked to a counselor to help me with this part of my life. He told me I was OK, but that I needed to give myself permission to be who I am. I saw that counselor three times before I realized that you people in N.A. could do that job for free and with a lot more love.

I have been amazed with your love and acceptance. I go to N.A. meetings,

'The program made me feel at home, but there was much to be revealed'

and am involved in group and area service work.

I have realized some important things. I'm a human being with the disease of addiction. More has been revealed and the beauty of this program is that it is limitless.

I urge that no one hide their feelings, let them out and live. We have such a great gift in this program. Use it. Thank you all and of course the N.A. Way. We Do Recover!

M.J., Minnesota

Watching the signs

A thousand thoughts cloud my mind. I'm so worried about doing everything right that I become obsessed with thinking instead of doing. Doing one thing at a time to the best of my ability is a major accomplishment for me. Taking my day one hour (sometimes one minute) at a time is the only way to feel sane. It's a big revelation when I'm driving down the road and suddenly remember all I have to do right now is be aware of what's going on around me and drive cautiously. I'm usually "miles away" from the present moment.

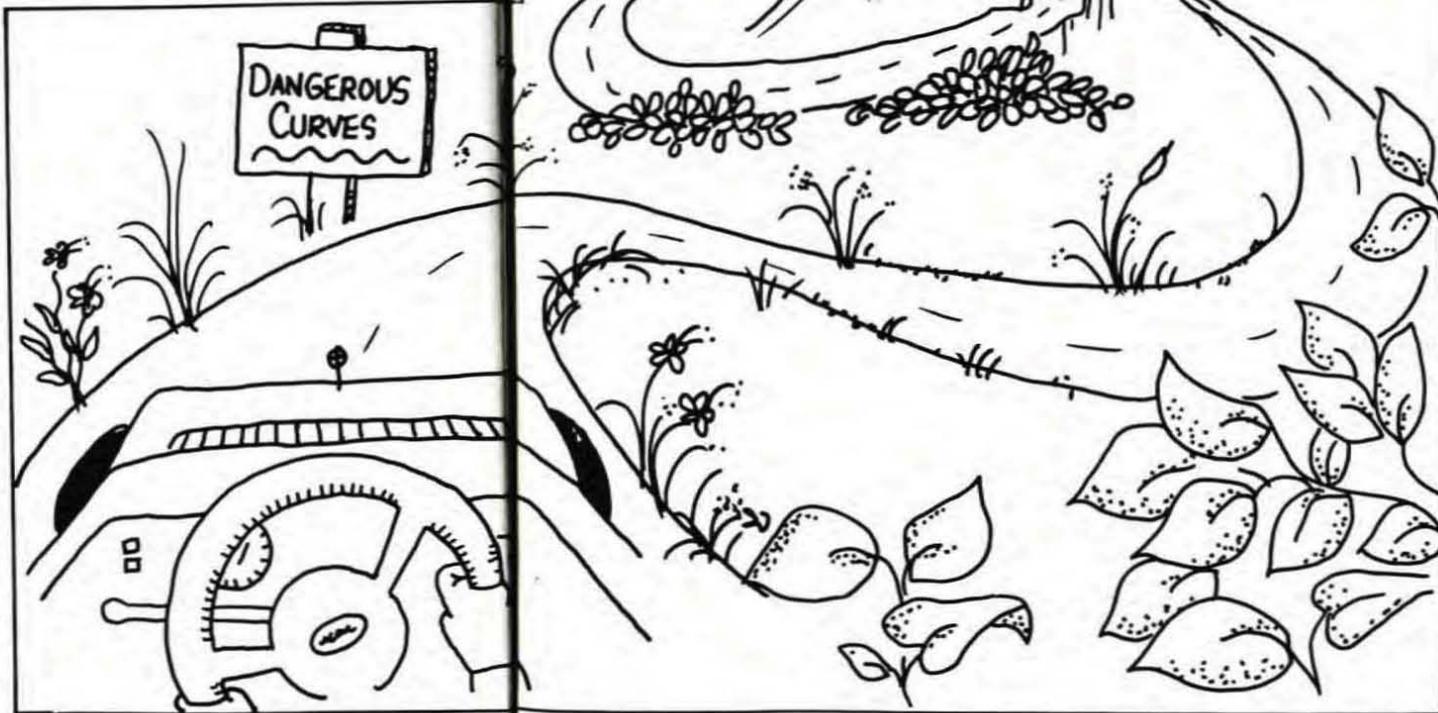
I have the disease of addiction and using drugs is a major symptom of my disease. I haven't used drugs for the last thirty-five months, and I am very thankful to N.A. and my Higher Power for that fact. Sometimes I do, however, continue to use my ego to avoid looking at myself honestly.

When I don't turn my life and will over to my H.P. my ego assumes the right to take control of me, and everything and everyone, in my life. The insanity of it is clear to me now. Admitting and changing it is not always so clear.

I recently worked a Fourth and Fifth Step with my sponsor. In working a Sixth and Seventh Step, I'm realizing that in order for me to be willing to let God remove my character defects, I need also to be willing to recognize them as they are revealed. I trust my sponsor when she says "You're right where you're supposed to be." It's a learning-process, not a know-it-all process. I've been sharing at meetings, and I don't feel so alone when I do that.

I'm on a road to recovery. I am not the driver. I don't make the road signs. I am the passenger reading the map, trying to follow directions. The bumps that were on the old road help me to appreciate the smooth ride on the new one.

F.S., California



N.A. kids are great!

I am a recovering mom with two daughters aged eight and five. I've been a member of Narcotics Anonymous for almost two years.

My daughters are a big part of my recovery. They watched and suffered with me in my active addiction. They are now sharing the road of recovery with me. They have attended almost as many meetings as I have. We go on N.A. outings, dances, they're even been to the World Convention. They love N.A. We are all recovering from the disease of addiction.

One of the first steps in getting responsible for my recovery was to get responsible for my kids behavior at meetings. I quickly realized that they could not be still and/or quiet for an hour to an hour and a half. Being part of the solution seemed like the thing to do! We went shopping and got plastic tote bags, each girl picked out

coloring books, crayons, and reading books. We call these bags "meeting bags" it took a little while and was a process like everything else in recovery! Now we can go to meeting and be quiet and productive. Our N.A. friends seem to enjoy the "refrigerator art" the girls give them. My oldest designed and made a shirt that says "N.A. kids are great." We have been accepted as a family into meetings. We are a package deal! I am forever grateful to the members of N.A. in our area for their support. Now instead of three souls lost to addiction we are three whole humans living and enjoying life the N.A. Way. Thank you.

C.G., Maryland

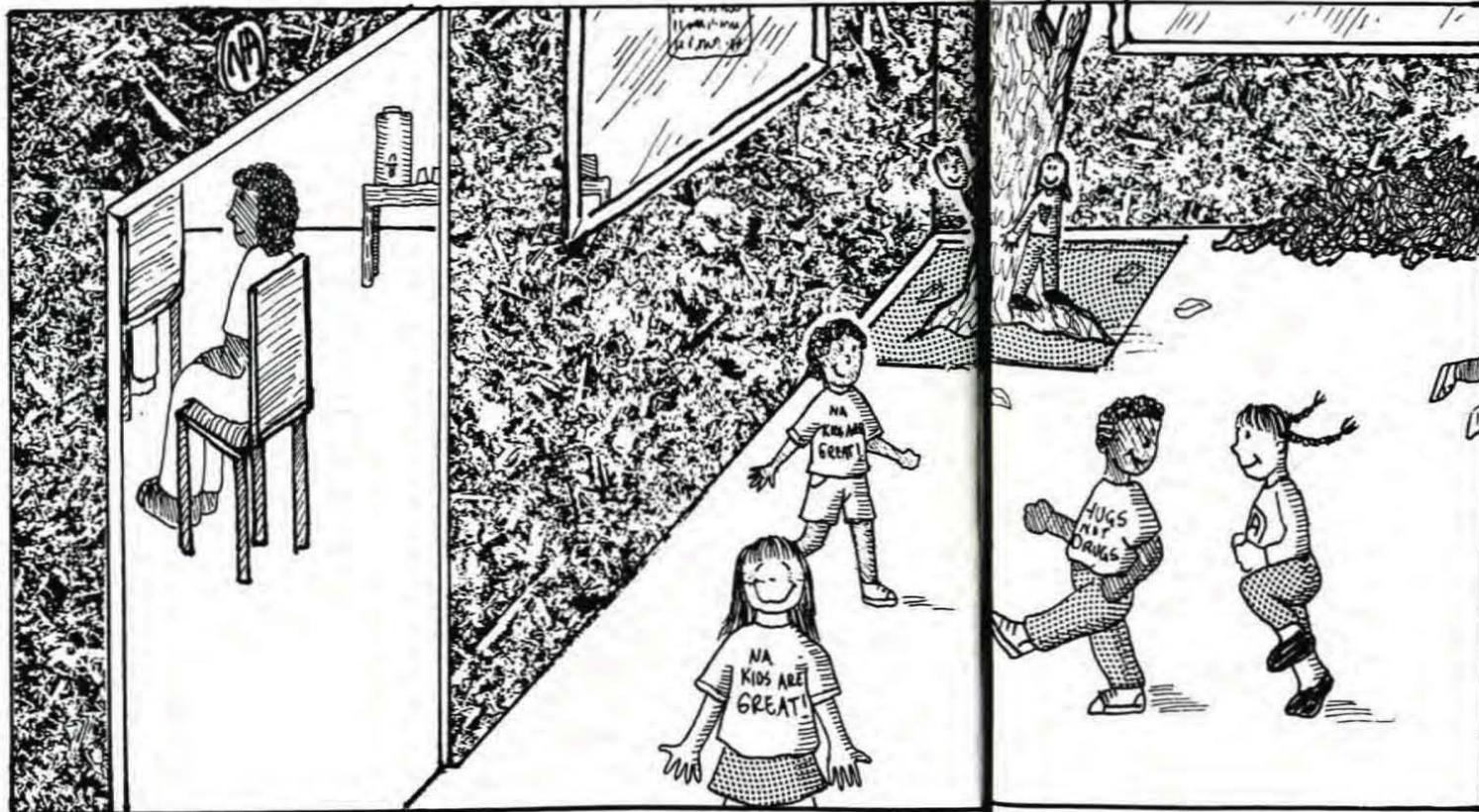
Living the words

Today my whole life and thinking is centered around recovery, the getting and using and finding ways to get more recovery. Although there are days when I feel like I am not recovering, but just staying clean, that's okay, because the people I'm with, the places I go, and the things I do, most of the time, are very 'therapeutic' to the process. Today I know that part of this process means that I will sometimes make mistakes, but because of the principles I have in my life today, I remain grateful, responsible, and open-minded, and most of all, clean.

I recall sharing this feeling with someone and they told me I was right where I was suppose to be. That hadn't made much sense either, but in spite of my confusion I kept coming anyway. Somewhere along the line my spirit came out of a deep dark sleep, and I realized I finally belonged to something that was actually positive.

Very simply I am an addict who's recovering today.

L.G., New Jersey



But for a fleeting glimpse

My life was distraught and full of anger... all around me and within myself. To be around people made me uneasy. Trust was far from being close, for my feelings, and my despair. I felt as if my life was going to come to an end soon, because it was the foremost thought in my mind for months at a time. Came close to pulling it off a few times, but the picture of my son was the only thing to stop me from this mistake. I felt deep inside he deserved more out of me as a mother than committing suicide slowly, or with a gun, knife or a wreck. I needed to take a closer look at myself with this type of thinking.

Through the eyes of mind-altering drugs, life looked glum and totally a mess. I looked a mess. The feelings of insecurity flowed through me. No stability at all within.

Spending the night in a jail cell, in a cave of disillusion, my life rushed before my eyes, and I asked myself "do I want this kind of life?" To never be able to accompany my son, or ever start a new life for myself.

My safety of life and soul depends on my attendance at N.A. meetings, and being around the people there. It's my life. I have hopes of making my life

more secure as a result of my attendance to these meetings, and needless to say it has become a reality to which I have built truth for myself.

I am at this point closer to living the life I only dreamed about, saw on TV. or read about in books. The reality of life, love, honesty and new capabilities are at hand, or at least closer than ever before.

I believe if we decide to change our lives, and the people, places and playgrounds in our lives, it is possible to be happy, or happier to a greater extent.

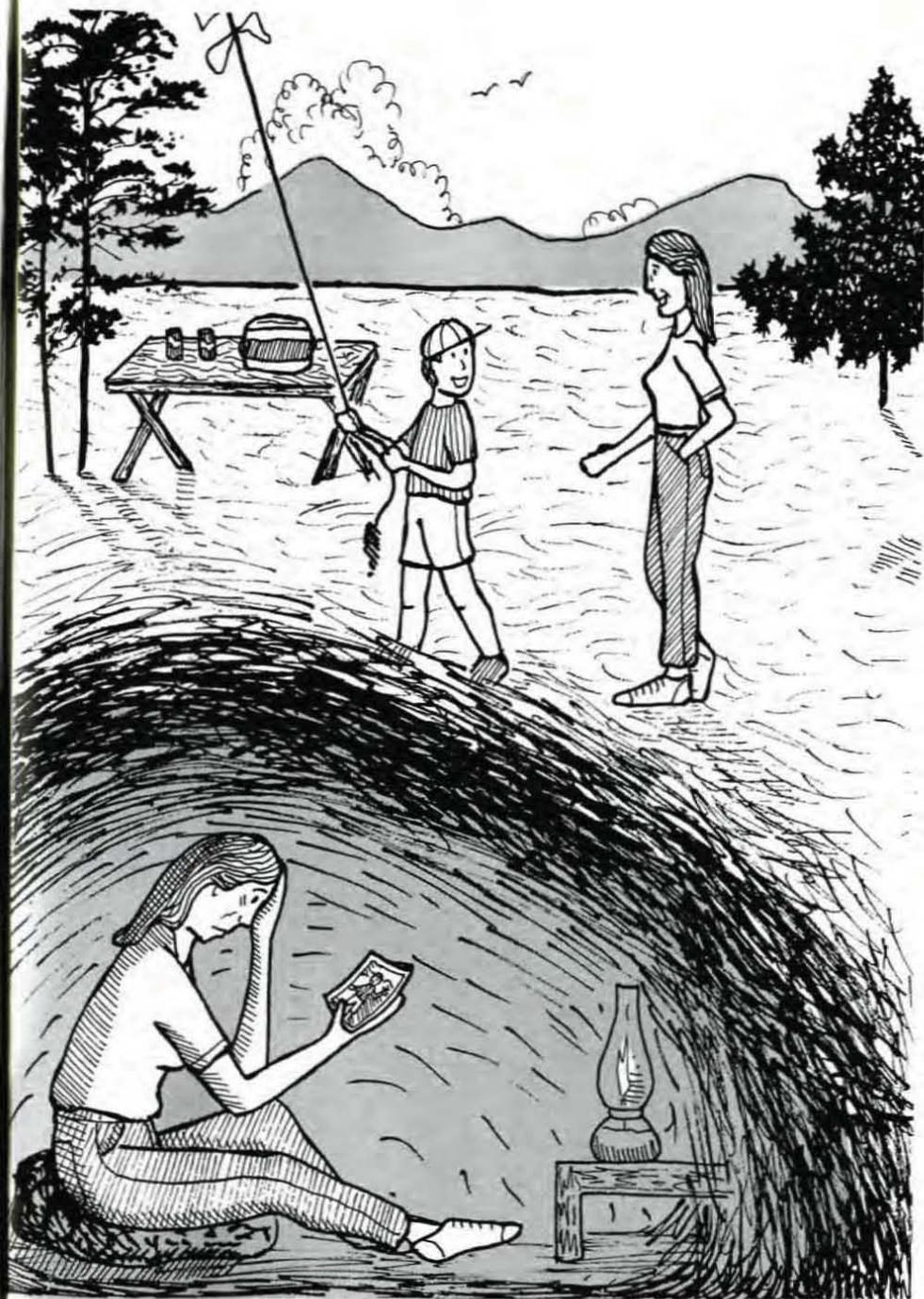
My purpose in life used to be to live and let live for others, not me. I thought people were suppose to be unhappy because my life was so unhappy, and the people around me were also using, and abusing one another, I figured this was the way of life. For years this was what I thought, but I've found out that life wasn't that way at all.

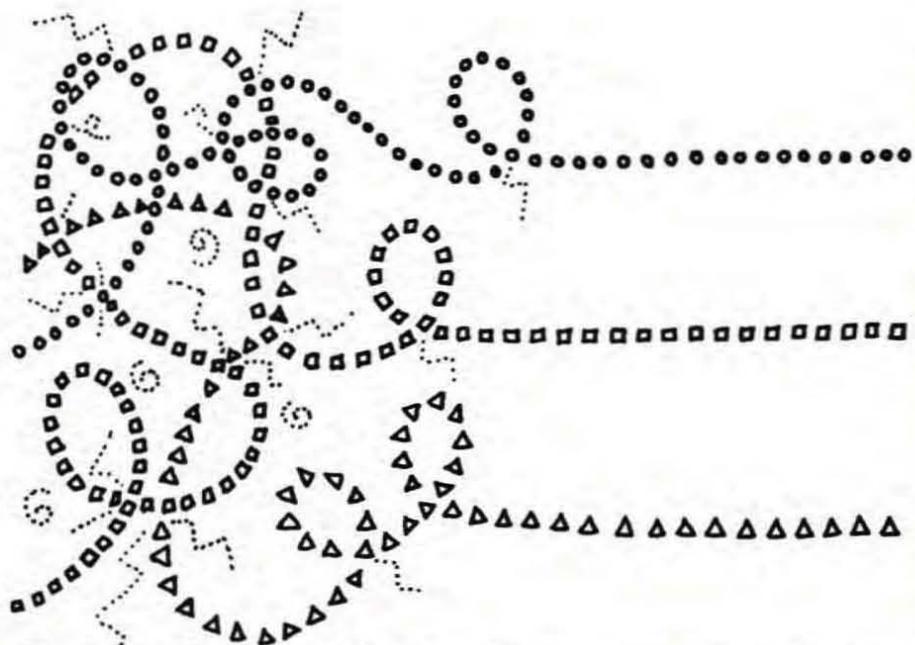
You may think that if you change your life for someone else everything will be all right, but you must do it for yourself. Nobody else can do it for you, that's for sure.

This program only works if you let it work, and work it for yourself. Many times I tried to change because I thought if I changed, they would, if they loved me. Not real. If you change you change for yourself. We have to be selfish for ourselves, and others will watch and make their own conclusions about their lives.

I really have to give thanks for this reality. I hope everyone gets as much out of this program as I do. I keep coming back!

E.R., Utah





A turning point

As I reflect back on my last year of recovery, I see a lot of turmoil and anger, but also a lot of growth. Somehow I expected that when I got five years clean things would all fall into place and that I would finally "be there." When I took my five-year cake, it didn't happen. I waited for a bit and still nothing happened. Life just kept going on except that I was more painfully aware of my defects than ever before. I got angry at God, at the fellowship, at my sponsor, at service, at my family, at school, at everything. Where was my reward for all my faithful observance of the principles of recovery? Where was the recognition I deserved for having been such a dedicated trusted servant? In others words, where was my perfect life that

I had earned by doing all that stuff? I had written many inventories, made amends, prayed and meditated, promptly admitted it when I had been wrong and on and on. I had worked a "perfect" program and deserved a "perfect" life and that was that.

It's only after much more pain that I realized that maybe I had not worked such a perfect program after all. I was still trying to control a lot. Letting go and trusting were not my strong points. That was especially apparent in a relationship. I still believed that if only he would change certain things, all would be well. It was easier to work on his defects than mine. I actually used that relationship to keep the focus off me and that kept me in a state of self-righteousness. I can get real self-righteous when I'm focused on someone else's defects.

Service has also been a way to escape dealing with me. I was often elected to service positions that kept me in the limelight and I liked it. It meant a lot to me to know that I was doing a good job and that I was appreciated, but it also made me feel "better than," at times, as well as giving me a sense of power. Our recovery text warns us to "tread carefully into areas that expose us to ego-inflating experience, prestige and manipulation..." and for good reasons.

All my life, I had looked for outside sources of validation in order to feel good about myself because I believed there was nothing good inside. Now, I had to start uncovering the good and that has been tough. I realized at a convention last year that I could rattle off thirty defects in thirty seconds but that I was hardput to find one asset after five minutes. I needed to start nurturing that inside so that it could bloom. I had to come to believe that I wasn't the worst or the best but that somewhere in between lay the real me.

Another thing happened after my fifth anniversary: I didn't want to be an addict anymore. I wanted to be a regular person who could enjoy a nice glass of white wine on a balmy summer afternoon after work or on weekends. Yes, that sounded real appealing to me and I had learned my lesson now, I knew that I couldn't use heroin or cocaine anymore, but surely I could handle alcohol... I was smarter than most or so I thought, and with all the knowledge I had now, it seemed impossible that I could relapse. I started going to only one

meeting a week. After all, since I was practically 'recovered,' I didn't think I needed the fellowship much anymore. I needed to take that time away from meetings to go on to bigger and better things.

Seeing the program as limiting prevented me from really getting on with my life instead of helping me to do so. I thought all I needed to do to become really successful was to leave that stupid program behind.

That's how my thinking went. Fortunately, I still prayed, reluctantly, but I did it anyway. And I kept going to that one meeting and kept in touch with my sponsor. I truly believe that without those elements, I wouldn't be writing this article today because addiction would have been successful at convincing me it didn't exist.

At last I came to see that if I had stayed clean for five years, it was because I had worked my program to the best of my ability, not perfectly but to the best of my ability, and that I had to keep doing just that if I wanted to keep on staying clean. I gave up on perfection and settled for being human, it's much more comfortable.

The way I see things today is not the same as before. And the way I will see them next year will also be different. That's what growth is all about.

I feel a lot better now than last year or than ever before in recovery. I am grateful for the growing pains and for renewed enthusiasm for the means of achieving recovery.

When I celebrated six years I was just grateful for another year clean.

Anonymous

Notes on WSC 1990

A relatively small but evidently dedicated band of representatives, mostly from the eastern coast of the United States, were authors of over 100 new motions presented during the opening hours of the 1990 WSC. The mood expressed in the impromptu package of motions was dissatisfaction with world level service activities and various processes of accountability. Guidelines for the development of works-in-progress and election procedures were also among targets of the proponents of the package.

The motions were not heard *in toto*, but their mere presence and the parliamentary debate they incited was sufficient to dramatize the concerns of their makers.

The conference was temporarily thrown off the expected schedule of business, but the majority of the assembly appeared to remain as open as possible to the meaning of the minority voice.

By mid-week, through individual committee attention and the use of extended open forums and Committees of the Whole, the "Order of the Day" came back into focus; and the 17 motions on the original action item list sent out to the fellowship got most of the attention they required.

The re-focusing of the conference at mid-week coincided with several tangential gatherings of RSRs (mostly from non-U.S. regions,) in the stated interests of maintaining a more universal than factional perspective.

A line in a proposed resolution: "There are no foreign languages in a world body," appeared to sum up the assemblies' awareness of its responsibility to the fellowship as a whole, in addition to the concerns of autonomous regions.

Motion number **One** of the Conference Agenda Report, which stated "That the Ad Hoc Committee on N.A. Service continue work on *The Guide To Service* until it is completed, and a final draft is distributed" was approved by a vote of 61 yeas, 13 nays and 6 abstentions.

The Committee on N.A. Service developed a 95-page working-draft, and presented the conference with a report suggesting a three-year plan of workshops and review.

Though a great deal of concern was expressed with failed substitute motions and impassioned debate on the subject of some costs equalization plan for travel by regional representatives to the annual WSC, motion number **Two**, submitted by the Joint Administrative Committee as directed by last year's conference, failed to gain a majority of support.

The motion, in the form of a resolution, would have created a standing line item in the conference budget for the travel costs, and included a general outline of how those funds might have been allocated.

Perhaps related was the late Friday passage of a motion submitted by the

Administrative Committee to include in the 1990-1991 "Optimum budget" a line item of \$15,000 "...for the provision of non-written translation services...to facilitate the participation of non-English speaking regions at WSC 1991."

Motion number **Three** of the C.A.R. was returned to the J.A.C. for further study. It would have altered the Temporary Working Guide to the Service Structure to reflect greater latitude of world level boards and committees in updating their own guidelines.

Late Wednesday night motion number **Four**, a J.A.C. suggested substitute for H&I Committee motion number **Seven**, was approved and effectively paved the way for the publishing and distribution of the booklet *Behind The Walls*. The substantial booklet is directed toward addicts beginning and/or maintaining their recovery while incarcerated.

Adoption of the substitute motion resulted in a waiving of some of the restrictions placed on such documents that would have been in force had the simpler version, motion number seven, been approved.

Motion number **Five**, which was a J.A.C. substitute attempt for the WSC Literature Committee's motion number eleven, was defeated.

Motion **Eleven** was carried by a two-thirds voice vote and changes paragraph 6-G of the literature committee's guidelines to allow the use of special workers in the production of draft material for the committee. Motion five was basically the same as motion eleven, except that it did not require special workers so employed also be N.A. members.

Motion **Six**: "To continue the Traditions portion of *It Works: How and Why* under the management of the Board of Trustees without any of the requirements of the World Literature Committee guidelines. The adoption of this motion will supercede any previous motions regarding the Traditions portion of *It Works: How and Why*" was approved by a standing vote of 59 yeas to 16 nays.

Motions **Eight**, **Nine** and **Ten** from the WLC replaced the outdated Group Starter Kit with a new package.

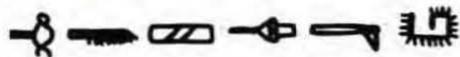
Motions **Twelve** through **Fourteen** were carried, allowing changes of the WLC guidelines concerning review and approval timetables. The new wording for those sections of the guidelines gives the WLC more latitude to suggest periods of times for review processes tailored to specific pieces rather than the generic, one-size-fits-all approach of the past.

The approval of motion **Fifteen** established (1) The Steps portion of *It Works, How and Why*; (2) *For Those in Treatment*; and (3) *In Times of Illness*; as the A list for the WLC during the 1990-91 conference year.

Approval of motion **Sixteen**, from the Policy Committee, clarified some wording in the TWGSS that was believed to be misleading about committee chairperson's voting rights.

Motion **Seventeen**, advanced by the World Convention Corporation and carried, allows the WCC some flexibility in establishing the dates for N.A. World Conventions.

The Ad Hoc Committee on Isolated Groups was directed to continue its work during the coming year.



N.A. in EGYPT

The Basic Text is translated into Arabic, and the fellowship is born in Egypt—a report from the WSO Administrator for International/Fellowship Services



Our first contact concerning Egypt was received at the WSO in early 1987, when an American working with the Egyptian government on an agricultural project wrote to us. He had come into contact with a young psychiatrist who administered a hospital in Helwan for the mentally ill. Dr. Loza also treated addicts.

The American continued to correspond with us through 1987 and into 1988, requesting N.A. group starter kits and updating us on his efforts in Northern Africa. Although most of those efforts were centered in Egypt, he also managed to see that N.A. material was carried into Libya and Morocco by U.S. embassy health officers.

We heard from Dr. Loza in early October 1989, when the doctor asked how he should go about translating the Basic Text into Arabic. We responded to the inquiry with a short explanation of the critical points to be considered in translating N.A. literature. We also carefully noted that our literature was copyrighted, and that anyone doing translation work should seek permission from the World Service Office before moving ahead.

We received another communication from Dr. Loza in late October 1989, when he sent us a copy of the Arabic translation, already complete, in a somewhat revised form. We phoned the doctor and thanked him for his work and discussed development of the translation and production of the book. We suggested that Arabic-speaking N.A. members in London review the manuscript, pro-

vide suggestions, and determine if there were any major problems. He agreed that this would be helpful, and informed us of an upcoming trip he'd been planning to the United Kingdom.

It was decided to meet Dr. Loza in London with our Arabic-speaking members, along with a member of the World Service Board of Trustees. I would go on to Egypt, since that leg of the trip was mostly to discuss production of the Basic Text.

Meeting in London

On Friday, January 26, we gathered at the European Service Office in London. At the meeting was Omar, an Egyptian N.A. member living in London; Arafat, a Palestinian member; Dr. Loza; Danette, a trustee; Lizzie, an ESO employee; Jorge, an N.A. member from Portugal; and myself. The night before, Omar had alerted me to several conceptual problems with the translation. I encouraged him to bring them up at the meeting, which he did. The translated text used an Arabic word for "recovery" which meant "cured." There were questions about how the Power greater than ourselves, in the Second Step, and the concept of God *as we understand Him*, were represented in the Arabic language. Despite these concerns, it was Omar's opinion that, overall, the translation was excellent. Dr. Loza accepted the suggestions from Omar graciously.

It was during this discussion that we discovered there were N.A. meetings going on in Cairo, being conducted by a handful of Narcotics Anonymous members. We discussed

this after Dr. Loza left, and concluded that someone should accompany me to Cairo. Lizzie seemed to be the best choice, and, after further consultation, the trip was set.

Cairo

We arrived late Wednesday, were met at the airport by a U.S. embassy customs expediter, and were whisked through to a waiting car.

On Thursday morning, we were taken to Dr. Loza's psychiatric hospital. His grandfather had founded the private facility. We spoke with Dr. Loza more about the translation, and then were given a tour of his facility.

The grounds were very beautiful, more like a spa than a hospital. One of the hospital's other physicians accompanied us and explained the different programs for the patients. The addicts in this facility were segregated from the other patients, which was an exception to the way things were done in other facilities. The first thing we were shown was the electric-shock room—boy, did that send chills up my spine. After that jolt, we met with the addicts residing in the hospital, speaking with them through an interpreter.

Two things became apparent. Addiction treatment in Egypt was about thirty years behind U.S. standards, and there were no women in treatment. There were no counsellors, and very few nurses; either you were treated by the doctor, or supervised by security personnel. It seemed obvious why people were so anxious to get N.A. started in Egypt.

We returned to the hotel, and got ready for a P.I. presentation to be

held at the U.S. embassy that night. Lizzie and I talked about our presentation and how we would handle questions from the audience.

We arrived early at the embassy. Our liaison informed me that he was not sure how many people would show up. While we were waiting, I did a ten-minute radio interview for the English-language station in Cairo. When I finished that, I came out to an audience packed with Egyptian doctors, government officials, journalists, and other interested members of the community. The presentation went very well. There were many questions from the audience about our steps and traditions, and the experience of N.A. in other countries. It turned out to be a good thing that Lizzie was there from the U.K. Because of her presence, the audience could see we represented more than just the United States. After about three hours, and a bit of healthy argument between attending professionals, we spent some time with various officials from the Egyptian Health and Social Services Ministries.

With group members

We left the embassy accompanied by three members of the local N.A. group, and spent the evening becoming acquainted. We found out they had been meeting since November 1989, with two regular meetings a week and two held in hospitals. They told us they had been using parts of Dr. Loza's translation to conduct the Arabic-language meetings in the hospitals. The regular meetings were conducted mostly in English. Two members had three months clean, one

had seven months, and Hamad, who got clean in Australia, had two and a half years.

Friday in Egypt is like Saturday in the States, so we spent more time that day with the members discussing a variety of subjects. We found out more about the culture, the activities of the group, and talked a lot about personal recovery. They were very eager to learn more about the steps, and about how things were done in different countries.

The addiction problem in Egypt has surfaced only in the last ten years. Heroin is the primary drug in Egypt. It is easily attainable, but somewhat expensive by their economic standard. Hashish and alcohol are also

'N.A. cannot afford to toss aside its traditions of self-support and non-affiliation'

available, but are not widely accepted as drugs of abuse. We suspect there is a good deal of abuse of prescribed drugs, too, but it is not identified as such by those who are referred to treatment. Most addicts who get to treatment are from the upper class of the population. Egyptian laws concerning drug abuse are strict. However, those laws are beginning to change as the result of a massive campaign to deal with this national problem.

Friday evening, we met with Dr. Loza again. That discussion concerned our mutual desire to somehow

support the N.A. members in Egypt. The doctor was prepared to provide whatever assistance was necessary to help keep N.A. alive in Egypt, as were others. He so strongly believed that N.A. is the solution to Egypt's addiction problem, he told us, that he would do almost anything to see it survive.

I told him I understood his frustrations with treating addicts, but also told him that N.A. cannot afford to toss aside its traditions of self-support and non-affiliation. I suggested to him that he could best help by making others in his profession and in the community aware of Narcotics Anonymous. When we ended the conversation, Dr. Loza was somewhat perplexed, but better informed.

At an N.A. meeting

Saturday evening, we went to the group's N.A. meeting. It was much like any meeting I have attended, except for the mixture of Arabic in with the English. There were two newcomers, and a total of six members attending the meeting. A young woman from New York with seven months clean had just relocated to Cairo. The meeting was an hour and a half discussion of the Twelve Steps. All of the N.A. members speak English, and took turns translating English discussions for the newcomers. After the meeting, we went out for coffee to talk about their relationship with Dr. Loza and their involvement with reviewing the translations.

They all had a good deal of respect for the doctor and the help he has offered them. They had also reviewed the translation of the text, and had

furnished suggestions for modification. They brought up many of the same points we had discussed in London. I told them they should review the content after the most recent changes, and send the revised manuscript to London for review by the Arabic-speaking members there.

Hamad and I spoke about the pressure they felt to answer all the requests for help they received. I simply shared with him some personal experience in this area, and how important it was for them to remember their own personal recovery. He smiled with obvious relief.

Parting

Sunday evening, we had our final meeting with Dr. Loza and the group members. Dr. Loza agreed to contact his printer and have a bid for the typesetting, printing, and production work forwarded to the World Service Office. We went on to discuss a variety of issues related to the text and the fellowship.

As we got ready to leave, I told him that we were very appreciative of his efforts, and that I was personally grateful for his dedication to helping addicts. That brought a tear to his eye; it was a poignant moment. We shook hands, and he departed.

The rest of the guys insisted that we spend the rest of our time experiencing the local customs. So off we went to the local eatery—a pizza hut, no less. After dinner, we went to sample the local entertainment: a Swedish belly dancer in a disco.

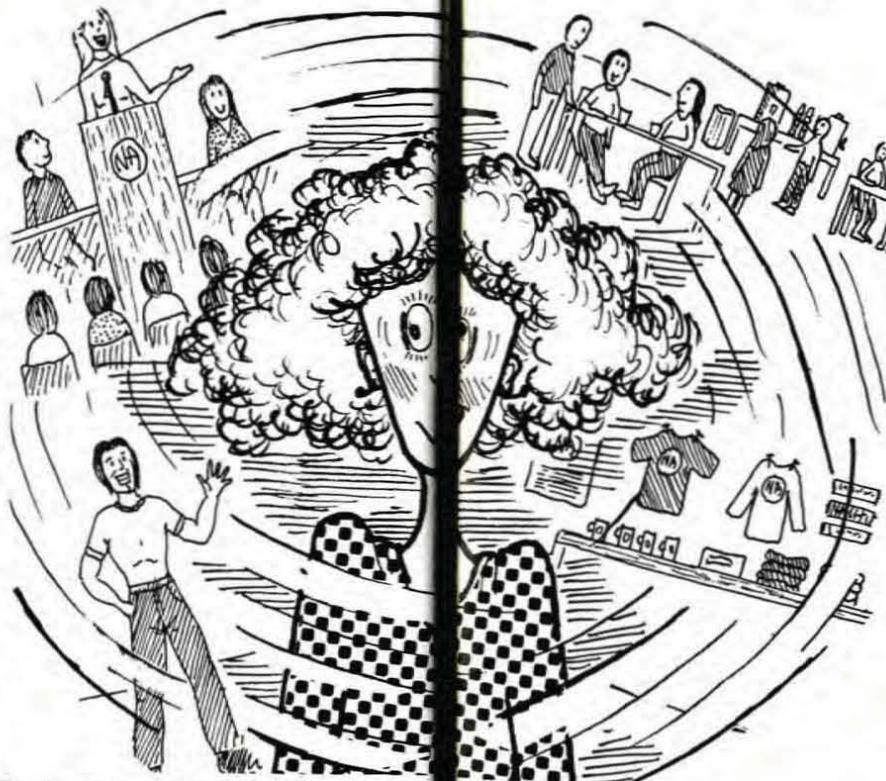
Only in Narcotics Anonymous.

Surviving conventions

All members should polish up their coping skills before attending any large gathering of the fellowship. The following quiz is designed to help you prepare for situations you may encounter while attending a Narcotics Anonymous convention.

- Upon arrival at the hotel, campsite, or conference center, do you:
 - Check out the program to see which meetings you will attend?
 - Check out your accommodations, noting the free sewing kit, shampoo and lint brush?
 - Check out who's single and available?
- When deciding which meetings and events to attend, do you:
 - Decide which topic you would like to learn more about?
 - Decide which dance you would like to learn more about?
 - Decide which speaker you would like to learn more about?
- When 2:00 a.m. rolls around, are you:
 - Already asleep?
 - Prowling through the hospitality room complaining because there's no coffee?
 - Trying to convince a beautiful stranger to listen to balalaika music in your room?

- When asked to chair a marathon meeting, do you say:
 - Certainly.
 - Well, gee. I'm not sure. You want me to do it? Well, okay.
 - Can't do it, man. I'm busy then. Oh, you didn't tell me the time. Well, I'm always busy.



- During meetings, are you:
 - In the front row, hanging on to every word of recovery being shared?
 - In the back of the room snoring?
 - Shopping?
- When the hotel restaurant presents you with a complimentary glass of champagne, do you?
 - Very politely refuse?

- Choke on your appetizer and panic, running out of the restaurant screaming?
- Throw the glass at the waiter?
- After spending the evening with an exciting stranger, you receive an invitation to listen to balalaika music in the stranger's room.

- Do you:
- Tell him or her that you'd like to get to know them better, exchange phone numbers and addresses, then go to your room.
 - Tell him or her that your sponsor said not to listen to balalaika music during your first year in recovery?
 - Tell him or her that you hate

- balalaika music, but would love to go to their room?
- If you are attending the banquet, do you wear:
 - Quiet, tasteful clothes?
 - The same jeans and t-shirt you arrived at the hotel in yesterday?
 - Tie-dye G-string?
- At the Sunday morning meeting, are you feeling:
 - Grateful?
 - Exhausted because you haven't slept since you arrived?
 - Desperate because the conventions almost over and you haven't yet found a relationship to get into?
- When the convention is over and you're at home, do you:
 - Write a story for your area newsletter on how moving the event was?
 - Call your sponsor to find out the meaning of life?
 - Brag to all your friends about the terrific two-minute relationship you had?

Scoring

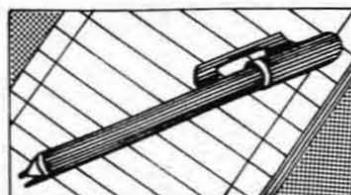
Mostly As: You can handle anything, but watch out for complacency. Perhaps you should be sponsoring more newcomers, just to shake up your program a little.

Mostly Bs: You're slightly shaky, but likely to be honest, open-minded and willing. Spend at least four hours deep in prayer and meditation before departing.

Mostly Cs: Keep coming back!

C.S., California

Viewpoint



More on outside sponsors

I wish to respond to the Viewpoint article in the *N.A. Way*, Jan., 1990, issue. The topic of the article is N.A. members who use A.A. sponsors, which is something the writer opposes. Before I share my ideas on this subject, I will tell a little about myself.

Like many others, I got my start in another program. This was in Maryland. Within a very short time, I was going to N.A. as well, regularly traveling fifty miles or more to get to an N.A. meeting. The sponsor I had at that time mostly attended A.A., and he helped me in learning to use the steps and, in the beginning, my recovery. Eventually I moved back to Massachusetts. There were no N.A. meetings where I was, so for a while I went only to A.A. Then I learned about an N.A. meeting that had started about forty miles away.

As my recovery progressed, I eventually found that I wanted to attend only N.A. I no longer attend other fellowships, not because anything is wrong with them, but because I am

a recovering addict and N.A. is right for me. I have an N.A. sponsor. I am telling you all these things so as to put my following remarks into perspective.

Let me address some of the points that the writer makes. He says "it [N.A. members having A.A. sponsors] creates more problems than it solves." He never cites one specific problem. I have never heard of one. He goes on to say that "we can all agree. . . that there are many complex issues involved in the question of A.A. sponsorship of N.A. members." I'm not sure what they are—I do know that addicts have the ability to take something fundamentally simple and make it complex. He further asserts that he doesn't "believe finding an N.A. sponsor is an insurmountable problem for anyone." He then goes on to offer three solutions: long-distance sponsorship, being sponsored by someone with less clean time, and finally "faith that an N.A. solution will emerge." I myself have a long distance N.A. sponsor. I am one of the people the writer referred to as "[those who] live in a part of the world where there aren't any other recovering addicts with the appropriate amount of clean time to sponsor them." I have eight and a half years clean, and the only other person who regularly attends N.A. around here with more clean

time than I have is my wife, and I certainly won't let her sponsor me ("Today you must vacuum the living room—it's part of your Third Step"). My sponsor lives hundreds of miles away. Our only contact is through the telephone and meeting each other at N.A. conventions. This is working for me but this does not necessarily work for everyone. Secondly, the writer asserts that "other members grow spiritually to the point where they realize that they can learn about recovery from people who have less clean time than they do." No argument there, but as a sponsor? To me a sponsor is someone who helps you work the Steps in depth. I got my present sponsor because my previous sponsor has only one month more clean time that I do, and I found that I needed someone with much more. If the writer says that he has found that someone with less clean time than he has can successfully be his sponsor, I'll take his word for it, but that hasn't been my experience. Nor has it generally been the experience of other people I know. For the third solution, the writer says that "Others maintain their faith that an N.A. solution will emerge to an N.A. problem, and their patience is eventually rewarded." I submit that the writer could not possibly know that.

I think that where the writer touches on the heart of the matter, is where he says, "While I derive much assistance in my personal program of recovery from many people outside the N.A. program, I do not refer to them as my 'sponsors'. . . How would N.A. members react if I began to call my local minister or a therapist my

'sponsor?'" I think most of us would be surprised and puzzled—I know I would. I think most N.A. members would agree that a sponsor is like a guide into the unknown territory known as recovery, which primarily mean learning to use the steps—"the principles that made our recovery possible."

People talk about the "N.A. steps" and the "A.A. steps," but I don't make that discrimination. In both programs the basic wording of steps 2 through 11 are the same. I think step 12 is fundamentally the same. The only fundamental difference in the brief form of the steps is in step 1. The statement "We admitted we were powerless over alcohol. . ." is much more limited than "We admitted we were powerless over our addiction. . ." I believe most members of Alcoholics Anonymous have broadened their interpretation of their 1st step to include all mood-altering, mind-changing substances. Many of them used drugs other than alcohol. For them, and even for those who didn't, understanding can go beyond "the level of apparent symptoms" and enter that "deeper level of emotions or feelings, where empathy becomes a healing therapy for all addicted people."

At one time I attended both fellowships—thank God no one pressured me to make a decision before I was ready. As my recovery evolved, I found myself naturally choosing N.A. Again, this is what works for me.

The one place where I found the writer most moving and convincing comes in his final paragraph, where he says "I have a sponsor who has surrendered to his disease of addiction,

who carries the message of N.A. recovery. . . my sponsor's belief in the N.A. program has strengthened my own belief, and has immeasurably enhanced my own recovery." That's exactly the way I feel. So why am I writing this response? Because I believe we must respectfully and lovingly allow everyone to find their own way in recovery—as our Basic Text says, "We share experience, strength and hope instead of preaching and judging." Our island had its first N.A. convention two years ago. The banquet speaker said that he was "always delighted to hear that anyone, anywhere, had gotten clean, no matter how they did it." That's beautifully put, and right on.

J.F., Massachusetts

A plea for principles

I have been clean for almost five years. During these years I have come to have a deep love for the meaning and purpose of Narcotics Anonymous. N.A. teaches me that in order to get clean and stay clean there are changes that have to be made in my life. I can't just quit using drugs, think everything will be alright, and continue to live my life the way I used to. Where I was irresponsible I became responsible, and where I was physically and mentally 'dirty' I became physically and mentally clean. All of me had to change, including how

I felt about and treated others in my life.

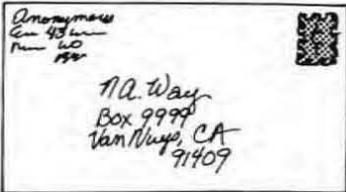
This fellowship is a big part of my life. It's almost a family to me, because I spend some of the best parts of my life with people in N.A.. They are the friends that replaced my old friends from an old life. Service work helps to insure that no addict need ever die from this disease. Our primary purpose is to carry the message to the addict who still suffers. I think we need to add "in and out of the room."

I have been to service meetings where the steps were hung on the wall and the basic text was laying on the table, but the people were talking with hate in their voices, arguing, jealous of each other, not paying attention and so on. I have been one of these people. I had to quit service for a while in order to get the primary purpose back in my life. These meetings are to help people, not to hurt them, and when we have negative feelings we hurt ourselves and others. Narcotics Anonymous tells us to get clean by using the love of a higher power, the Twelve Steps, and the fellowship of addicts who have a common, undeniable love for each other, and work the steps to the best of their ability.

There are both newcomers and long-standing members at stake. Let's all bond together and help suffering addicts get the help they need. After all, that's our primary purpose. Personalities over principles can hurt Narcotics Anonymous if something is not done by every member of N.A., including myself.

S.M., Mississippi

From our readers



On the "God part"

I am writing in regards to a Viewpoint that I read in the December 1989 issue of the N.A. Way. I would like to share my personal feelings on the issue of religion. I too, like others in Narcotics Anonymous, had a problem handling the "God" part of the program until I sat down with my sponsor and she shared her view. What I believe today is that spirituality and religion are two separate things. To me spirituality is my personal relationship with my higher power, whom I choose to call God. Religion is a system of belief.

At times, I complicate the issues, and make things harder on myself. Also, on the prayers, I believe that the meetings were set up this way many years ago for a reason, and it has worked and made a difference in so many lives, so why argue about it or change it if it works?

B.S., Kansas

Panama N.A.

I am very glad to send this letter to you to share with you our feelings of joy about our recovery, and this wonderful fraternity of God.

I think that you have notice of all the hard times lived by us here in Panama, but thanks to this wonderful program we are not only alive, but clean and serene, and with energy to keep going on service work.

We have to specially mention that this magazine is a highly valuable resource for our recovery here in Panama, because we have an area committee now that is working monthly on translating the wonderful material that you put in the magazine. Then we put it together with our local articles and activities reports to make an area bulletin that reaches the recovering people around our country. Doing this we contribute to our growing as a fellowship, and have more unity through literature.

Thanks for the magazine and keep up the good work.

S.A., Panama

Growing

Through the years of being clean I have grown, much. But it was hard, at first, to even know if I was changing or not. During my early recovery. I basically slept from couch to couch around town and was 'baby-sat' by many N.A. friends. They cared, and loved me till I could love myself.

One day at a time was hard for me to live clean, so I broke it down to five minutes at a time. In working towards my birthday of one year clean I just went to work, hit two meetings daily, and went home. I kept much to myself and hardly attended any N.A. dances, camp-outs, etc. I had known since the age of about sixteen I was mess, and I 'covered up' growing up by

using lots of drugs. In my second year of being clean, I felt I was losing my mind, what was left of it. I had tried many years on L.S.D.

Today I have faith that my god, "J.C.", loves me, and has much patience for me. I resisted letting go of the old me, a lot. At almost four years clean, I got married, to a fellow N.A. friend who had just got clean. It ended in a divorce. Looking back at that marriage still hurts, but I learned much about myself, and how I needed to let go of old ideas then, but I didn't, so I paid a heavy price. I have been working a lot on the areas of sex, love, being kind to myself, and others. I know I will continue to grow, for I know my areas of fault now. Through N.A. meetings, the Twelve Steps and having a loving god, many N.A. friends, and doing service work, and being in the spirit of love, I will grow daily.

S.S., Oregon

My service keeps me clean

When I first came to Narcotics Anonymous I wondered what I would do with all of my spare time, the time that I used to fill with getting high. I thought that my life would become incredibly boring. Boy, how wrong I was!

There are so many ways of being of service in N.A. These are some of mine. First, I am of service locally at the personal and meeting level. I stay in touch with other suffering addicts via the telephone and going out for coffee. At meetings I have been elected to the positions of Group Service Representative and Secretary. As G.S.R., I am responsible for going to our area's monthly meeting and vot-

ing (for my group) on various N.A. matters, picking up supplies and bringing back to my group information about what's happening in our area.

As Secretary I am responsible for picking someone to lead the meeting each week and basically making sure the meeting takes place.

My last local, personal, service position is that of sponsor. I can tell of no better way to stay clean. I get a direct chance to give away what I have. I help myself recover as I help another.

On the area level of service I have become a member of our activities committee. This is the service in which I have the most fun. Each month we plan and work at the area dance. We are also responsible for all other area activities, i.e., miniature golf, baseball games, beach parties, B.B.Q.s, camping retreats, N.A. learning days, and basically just about anything we can come up with.

I have not only had some great times being of service to N.A., but I've met some wonderful friends and it has helped me stay clean. There are many ways of being of service, I have only mentioned a few. For instance, you can be a group treasurer or coffee-person, join H&I (Hospitals & Institutions), the phonenumber, literature review, public information, or just be of service by helping to clean up after meetings or listening to a fellow addict who might need an ear to bend.

My service keeps me clean, and I know it can do the same for others. Thanks for letting me share, and thanks for letting me be of service.

G.R., California

Comin' up



LET US KNOW!

We'll be happy to announce your up-coming events. Just let us know at least three months in advance. Include dates, event name and location, N.A. office or phonenumber number, and a post office box. (Sorry, but we can't print personal phone numbers or addresses.)

The **N.A. Way**
MAGAZINE

P.O. Box 9999
Van Nuys, CA 91409.
(818) 780-3951.

ALABAMA: June 30, 1990; Openminds and Miracles 12 year Anniversary; United Rubbers Workers Union Hall, Madison, Al.; Openminds & Miracles, P.O. Box 1632, Decatur, AL 35611

2) Aug. 17-19, 1990; Celebration of N.A. History; Ramada Inn, 8716 Highway 20 West, Madison, AL.; rsvn.s (205) 772-0701

ARKANSAS: Jun. 29-Jul. 1, 1990; 2nd Central Arkansas Area Convention; Arlington Hotel, Park & Central, Hot Springs, AR 71902; In State rsvn.s (501) 623-5771; rsvn.s 1-(800) 643-1502; Registration, P.O. Box 24223, Little Rock, AR 72221

AUSTRALIA: Sep. 28-30, 1990; Sydney Combined Areas Convention; Enmore Theatre, 116 Enmore Road, Enmore; tel. 61-202112445; CAC-90, P.O. Box 1376, Darlinghurst, NSW, Australia

BRITISH COLUMBIA: Jul. 20-22, 1990; British Columbia N.A. Rally; Beban Park Rec. Complex, Nanaimo

2) Aug. 24-26, 1990; 11th Annual Regional convention; Nanaimo Curling Club; rsvn.s (604) 756-2351 or (604) 753-1294; B.C.N.A., P.O. Box 107, Drawer 1300, Nanaimo, BC V9R 6J8

3) Oct. 26-28, 1990; 13 Annual Pacific Northwest Convention; Delta River Inn, 3500 Cessna Drive, Richmond, BC, V7B 1C7; rsvn.s (604) 278-1241; PNWCNA -13, P.O. Box 43018, Burnaby, BC, CANADA, V5G 4S2

CALIFORNIA: Jun. 29-Jul. 1, 1990; CMFRCNA 1 In the Spirit of Unity; 164 Block Stone Avenue, Suite 139, Fresno, CA 93701;

2) Aug. 10-12, 1990; South Lake Tahoe Campout; Camp Richardson; rsvn.s (916) 541-4100; South Lake Tahoe Campout, P.O. Box 7121, South Lake Tahoe, CA 95731

3) Nov. 2-4, 1990; 11th So. Cal. Regional Convention; Bonaventure Hotel, 404 S. Figueroa Street, Los Angeles; rsvn.s (213) 624-1000

4) Aug 17-19, 1990; Set Em Free Campout; Oakwood Lake Water Slides and Campground, Manteca, CA; For more information call (408) 688-5817

CANADA: Oct. 5-7, 1990; 3rd Quebec Regional Convention; Grand Hotel, in downtown Montreal, next to Square Victoria, metro station; C.R.Q.N.A.3, Station B, P.O. Box 1871, Quebec CANADA, H3B 3L4

COLORADO: Jul. 27-29, 1990; 3rd Annual "Standing on Higher Ground" Weekend; Viking Hotel, Telluride, Colorado; rsvns (303) 728-6621; hotline (303) 728-6094; NA Retreat, P.O. Box 10, Telluride, CO 81435

2) Oct. 26-28, 1990; 4th Colorado Regional Convention; Holiday Inn, 425 West Prospect Road, Ft. Collins CO 80526; rsvns (303) 482-2626; Colorado Reg. Convention, P.O. Box 5183, Englewood, CO 80155-5183

CONNECTICUT: Jul. 13-15, 1990; 5th Annual N.A. Campathon; Seaport Campgrounds, Old Mystic, CT.; rsvns (203) 536-4044

FLORIDA: Jun. 28-Jul. 1, 1990; 9th Florida Regional Convention; Deauville Hotel, 6701 Collins Ave., Miami, FL 33141 RSO (305) 563-4262;

GEORGIA: Aug. 3-5, 1990; Marietta Area Convention; Raddison Hotel, Courtland Street, Downtown; rsvns (404) 659-6500; MAC, P.O. Box 81677, Atlanta, GA 30366

ILLINOIS: Jul. 20-22, 1990; 2nd Basic Campout; Okaw Bluff Group Campsite, Lake Shelbyville, IL; phoneline (217) 373-2063; New Beginnings Area, P.O. Box 689, Normal, IL 61761

INDIANA: Jun. 29-Jul. 1, 1990; Campout Retreat; Crawfordsville, IN.; helpline - 1 (317) 634-5463; Central Indiana ASC, P.O. Box 661, Indianapolis, IN 46206

2) Jul. 27-29, 1990; 6th Mid-Coast Convention; Hilton at the Airport, 2500 S. High School Rd., Indianapolis; rsvns (800) 445-8667 or (317) 244-3361; send speaker tapes; MCC-6, P.O. Box 47462, Indianapolis, IN 46227

IOWA: Jun. 29-Jul. 1, 1990; 7th Iowa Regional Convention; Holiday Motor Lodge, Clear Lake; rsvns 1(800) 528-1234; IRCNA-7, P.O. Box 256, Mason City, IA 50401

KANSAS: Jun. 22-24, 1990; 2nd Annual Southeast Kansas Area; Mirror of Miracles Campout, Elk City Lake, Independence, KS

2) Jul. 5-8, 1990; 12th Mid-America Regional Campout; helpline (913) 232-LOVE; Fellowship For Freedom, P.O. Box 873, Topeka, KS 66601

3) Aug. 10-12, 1990; 3rd Just For Today Campout; Thunderbird Marina, Rolling Hills Area of Milford Lake; phonelines (913) 776-9933 or (913) 762-3861

MICHIGAN: Jul. 5-8, 1990; 6th Michigan Regional Convention; Valley Plaza Inn, Midland; RV park avlbl.; rsvns (800) 825-2700; RSO (313) 544-2010; send speaker tapes w/clean dates; MRC-6, P.O. Box 597, Bay City, MI 48707

MINNESOTA: Aug. 4-6, 1990; Southern Minnesota Area Recovery Blast; rsvns (507) 345-7551

MISSOURI: Jun. 15-17, 1990; 5th Show Me Regional Convention; Holiday Inn Executive Center, 2200 I-70 Dr., Columbia; rsvns (800) HOLIDAY; phoneline (314) 635-0271; SMRC-5, P.O. Box 373, Columbia, MO 65205-0373

NEBRASKA: Sept. 14-16, 1990; Holiday Inn, North Platte, NE 69101; NCRNA VII, P.O. Box 2254, North Platt, NE 69101

NEW BRUNSWICK: Jul. 13-15, 1990; A Celebration of Recovery; Fredrickton, N.B. CANADA; International ACC, P.O. Box 20064, Fredrickton, N.B., CANADA, E3B 6Y8

NEW JERSEY: Jun. 22-24, 1990; 11th East Coast Convention; William Patterson College, 300 Pompton Rd., Wayne NJ 07470; phoneline (201) 761-6646; ECC-11, P.O. Box 22091, Newark, NJ 07102

2) Aug. 17-19, 1990; 2nd Unity Convention; Summertime Serenity; Parsippay Hilton, 1 Hilton Court Parsippay, Troy Hills, NJ, 07054; rsvns (201) 267-7373

NEW YORK: Jun. 15-17, 1990; 6th Greater New York Convention; Concord Resort Hotel, Kiamesha Lake, 12751; rsvns (914) 794-4000 or (800) 431-3850

2) Jul. 13-15, 1990; 4th Recovery in the Woods Campout; phoneline (716) 878-2316; Buffalo ASC, P.O. Box 64, Buffalo, NY 14207

3) Jul. 27-29, 1990; 5th Northern New York Regional Convention; Wells College Campus, Aurora, New York; NNYRCNA, P.O. Box 142, 2604 Elmwood Ave., Rochester, NY 14618

NEW ZEALAND: Oct. 26-28, 1990; New Zealand Regional Convention; Victoria University, Kelburn, Wellington; NZRSCCC, P.O. Box 12-473, Molesworth Street, Wellington,

NORTH CAROLINA: Jun. 29-Jul. 1, 1990; 11th Annual Regional Convention; Stouffer Hotel, Winston-Salem; CRC-11, P.O. Box 26782, Winston-Salem, NC 27103

OHIO: Jul. 13-15, 1990; 6th Columbiana County Campvention; Chaparral Campground, 10136 West Middletown Road, Salem; Campvention, P.O. Box 451, Salem, OH 44460

OREGON: Aug. 30-Sept. 2, 1990; WCNA 20-The Journey Continues; Host Committee, (503) 230-1196 WSO; P.O. Box 9999, Van Nuys, CA 91499-4198; (818) 780-3951

PENNSYLVANIA: Jun. 30-Jul. 1-4, 1990; 2nd Annual York Area Spiritual; Cedar Lake Campgrounds; Helpline (717) 848-9988

2) Sep. 7-9, 1990; 9th Little Apple Area Birthday Celebration; George Washington Motor Lodge, Rt. 22 and 145, Allentown, PA; L.A.A. Sub. Comm., P.O. Box 4475, Allentown, PA 18105

3) Nov. 23-25, 1990; Beehive Area Thanksgiving Convention; Sheraton Crossgates Hotel; rsvns (717) 824-7100; phoneline (717) 283-0828; send speaker tapes; Beehive ASC, P.O. Box 291, Wilkes Barry, PA 18703

PORTUGAL: Jul. 27-29 1990; 7th European Conference and Convention; Colegio Pio XII, Av. Forcas Armadas, Lisbon; VII E.C.C.N.A., Apartado 21644, 1137-Lisboa Codex,

PUERTO RICO: Jul. 27-29, 1990; Primera Convencion de Puerto Rico; Hotel Caribe Hilton, P.O. Box 1872, San Juan PR 00902; reservacion (809) 721-0303; Comite de Convenciones, P.O. Box 10524, Caparra Heights Sta., PR 00922

SWEDEN: Jun. 22-24, 1990; 2nd Mid-Summer Convention; Hola Folkhogskola, Prastmon, Sweden

TENNESSEE: Nov. 21-25, 1990; 8th Volunteer Regional Convention; Hyatt Regency Hotel, 623 Union Street, Nashville, TN 37219; rsvns 1 (800) 233-1234; VRC VIII, P.O. Box 121961, Nashville, TN 37212

TEXAS: Jun. 29-Jul. 1, 1990; 7th West States Unity Convention; Westin Paso del Norte, 101 S. El Paso St., El Paso; rsvns (915) 534-3000; WSUC, P.O. Box 12746, -324, El Paso, TX 79913

VERMONT: Nov. 9-11, 1990; Champlain Valley Area Convention; Ramada Inn, South Burlington; rsvns (800)-2-RAMADA or (802) 658-0250; CVACC, P.O. Box 64714, Burlington, VT 05406

VIRGINIA: Oct. 5-7, 1990; 4th Almost Heaven Area Convention; 4H Center, Front Royal, VA; AHA Convention Committee, P.O. Box 2462, Hagerstown, MD 21741-2462fsaf.

N.A. Way

M A G A Z I N E

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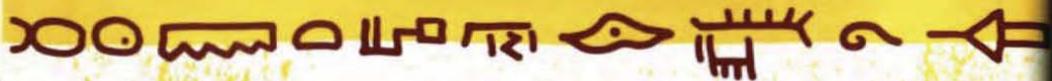
3TEA

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 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 nonprofessional, 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. Narcotics Anonymous 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.



*My gratitude speaks
when I care
and when I share with others
the N.A. way*



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 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 belong to N.A.—there are no dues or fees. The only requirement for membership is a desire to stop using drugs. 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 N.A., see your local phone directory, or write us at the address inside.