

THE
N.A. Way[®]
MAGAZINE

October 1991

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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.

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THE N.A. Way[®]

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The invitation

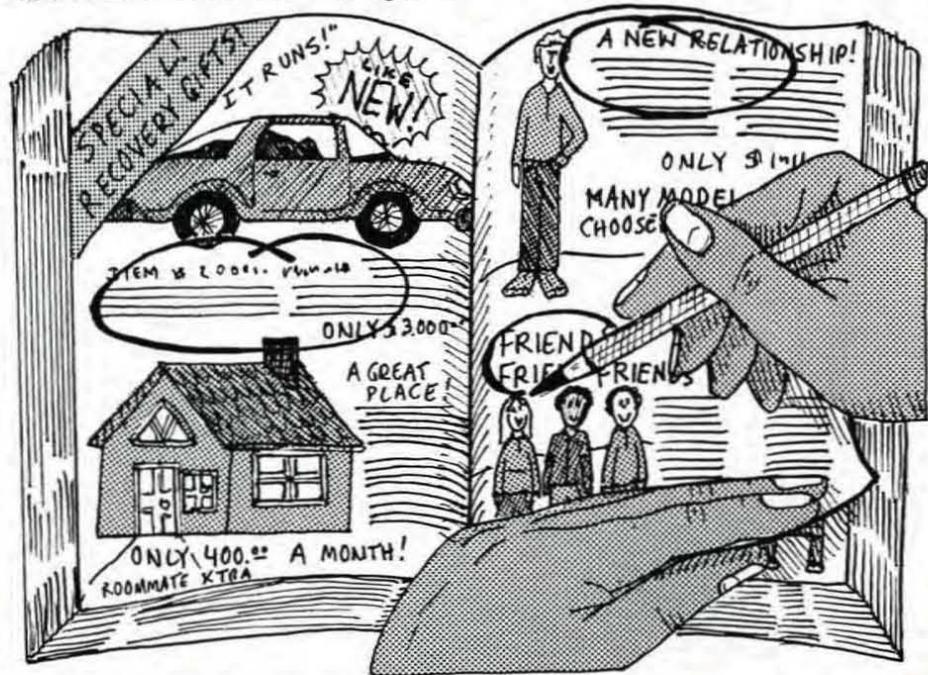
They say that your first year in recovery is a gift. I know mine was. It came to me like a mail-order catalog!

That catalog was thick with possibilities. The pages were glossy and slick, with full-color pictures of how rich my life could soon be. Sometimes, thumbing through those pages, I would get real selfish and want it all right now. Other times, it seemed too many items were jumbled on the same page and I'd get real frustrated and couldn't read their descriptions

because of my tears. But the older members in the fellowship kept saying, "That's O.K. Remember, easy does it. Keep coming back." And somehow. . . I believed them.

My first year I thought my recovery was made-to-order. I'd breeze through that catalog, put my finger on what I wanted and wait for overnight delivery. Magically, most of the time, it came! When it didn't, I would complain to my sponsor and she'd seem to consult my catalog and order me a sufficient substitute.

Then, four days before my first N.A. birthday, something very different happened. I began to get honest. I've heard it called the fading of the pink cloud, but for me, it was as if my full-color recovery became deadly serious. If my first year was a gift. . . my second year it seemed like I was expected to pick-up the tab! Daily! The bills started pouring in.



Encouraged by the fellowship, I decided I'd try this thing called "responsible living" (And from it, I got a gift that wasn't even featured in that old, worn-out catalog. . . self-respect). It wasn't easy. No one threw me a party just for getting out of bed and going to work. They didn't hold a parade in my honor when I took a treasurer's position. And not even one person said "congratulations" for not stealing the fellowship's money! Instead, I heard things like, "The newcomer is the most important person at any meeting," and, "We can only keep what we have by giving it away."

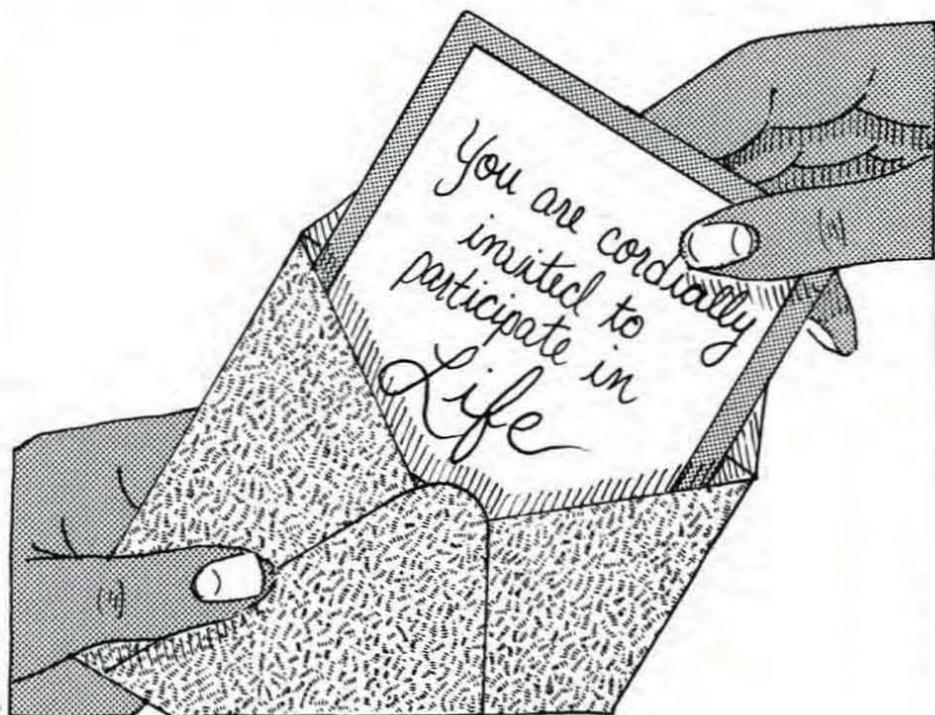
I began to feel tired and discouraged; overwhelmed and confused. But the older members of the fellowship kept saying, "That's O.K.

Remember, easy does it. Keep coming back." And somehow. . . I believed them. It was my dues I was paying—the reward was becoming a responsible, productive member of society. (Pretty boring stuff, except for the periodic treat of a spiritual awakening when my H.P. would lovingly pick-up the tab.)

I thought this was it then. This was how life would be from here on out. Routine. Every day I'd wake-up, pray and meditate, and then open the bills. I'd struggle with the amount I owed, go to a meeting, work the steps, call my sponsor, surrender, and in this manner, (with a varying degree of gratitude), make my payments. My second N.A. birthday came and went, but the bills kept coming.

Then, a few months into my third year, something very different happened. While sorting through the bills, I came across a strange looking letter. The seams of the envelope seemed to have a gold lining. My name was scrolled lovingly across the front and the envelope was stamped "personal" and "confidential." I

to do anything—all that was requested of me was my presence. My self-pity, self-will and self-preoccupation wasn't mandatory. I was not only powerless over my disease, but also over my recovery. No matter how much I did or didn't do; said or didn't say; paid or didn't pay; tried or didn't try; I'd get it when I got it and no



opened it slowly, and pulled-out a single, plain looking card. Embossed on the front were the words; *An Invitation* and inside it simply read; *You are cordially invited to participate in life.*

The moment I read it, I knew I no longer envied the newcomer. I knew I no longer "owed" any more dues. I knew that what I held in my hand was a golden opportunity. It suddenly occurred to me that I didn't have

sooner! I now had an invitation to *live.*

They say that your first year is a gift. I know mine was. But now I feel like I am just beginning to reap the benefits of recovery. And still the older members in the fellowship are saying, "That's O.K. Remember, easy does it. Keep coming back." And somehow... I believe them.

G.G., Tennessee

Call of the wild

Just prior to my sixth year clean, I made my annual Twelve-Step call on my old connection. This man played a big part in my addiction, always making sure that I stayed fixed, even when I didn't have any money. After I got clean, each year at Christmas I would visit his mother's house to leave him literature and a meeting list. Each year he would be spending another Christmas in prison. I never thought to take anyone with me; I've always been a loner, even in my recovery. Without thinking, I violated that cardinal rule of Twelve-Stepping—never go alone.

No one answered my knock. Just as I was turning to leave, my old friend answered the door. The first thing I noticed was how much he had aged. The second was how swollen his hands were from fixing.

After we hugged, he asked me what was happening. I told him that I had been clean almost six years. "Well," he responded, failing to understand that I wanted to be clean, "You won't be. Come inside."

He opened the door wide, and I looked beyond him to his bedroom where we had used together so many, many times. My heart fell to my feet. My sponsor had warned me that there would come a time in my recovery

when the only thing that stood between me and that first fix was God. That time had come.

There was a moment of silence that seemed to last an eternity. A thousand thoughts went through my mind. "No one will know," I thought. "I can fix just this one time," my mind told me. Then I asked myself, "When have I ever fixed just one time?"

I knew what to do. I asked my Higher Power for the strength to get out of there clean. I gave my friend the literature I was clutching and told him, motioning toward his swollen hands, that he didn't have to live that way any longer. I kissed his cheek, and told him that while he would always hold a special place in my heart, I had to go. Then I went home, and called another addict in recovery.

Through this experience, I truly understand that my disease can reactivate at any time. I have only a daily reprieve from my addiction, a reprieve that is contingent on my spiritual condition. I hope and pray that someday he will find the Fellowship of Narcotics Anonymous, but until that time, I cannot be a part of his life.

Our Basic Text tells us that "We never know when the time will come when we must put forth all the effort and strength we have just to stay clean." Because of this experience, I have a new respect for the power of addiction. I also have a new perspective on my Higher Power, for the grace of God is all that kept me from relapsing that day.

N.G., California



That was then, this is now

Hi, I'm an addict. I feel fairly disappointed that I'm the only one to show up here today. But it's been really good to read "Fearful Mother" from the Basic Text. Mine is very similar in parts, quite different in others. I too, thought an addict was a person who used hard drugs. So I didn't start to think that I might be one till I was using powders (even though that only came about in the last couple of years of my using). I wanted to be a good mother, lover, friend and wanted to be accepted as a part of society, but I never felt a part of it. I remember my daughter (five, at the time) coming home from school, looking down at me (forever sitting on the floor) and saying, "When are you going to get better, Mum?" And me (with a fresh wave of tears) saying, "I don't know sweetheart. I don't know." And she would get me a glass of milk and stand over me till I drank it (I wasn't able to feed myself at the time) and empty my ash tray and go buy more cigarettes.

I kept using another two years after that "bad patch." In the end there weren't any O.K. bits between the "bad patches," it was all just the

same. I updated my will again (not because I had anything to leave, but because I wanted to provide for guardianship for my daughter). I moved a lot. Whenever I had been anywhere for six to nine months, I would start getting paranoid about what the neighbors were thinking, that I didn't ever talk to them. What the teachers were thinking, that I didn't ever go to parent teacher interviews. So I'd move interstate. Staying in youth hotels or on other addicts lounge room floors, quite often giving my daughter correspondence lessons. By the time I hit my first year clean, my daughter had been to seven different schools (in her first five years of schooling) and had moved twenty-four times (not counting youth hotels and lounge room floors). She was nine years old. I was about to turn twenty-seven. It seems incredible to me now, that I actually found it easier to move or farm out whole house holds of furniture and pull my kid out of school than to communicate with people! Such is the nature of my disease!

I have now been living in the same house for over four years; definitely a record—the longest I've ever lived in one place since I was sixteen! Higher Power willing, I'll turn five years clean this November. My daughter started high school this year and I've gone back to study part-time. My relationship of five and a half years folded at the start of this year; and I didn't attempt suicide (oh I had trouble eating for a couple of days, and I couldn't face housework for a month or more—but that's nothing to how I was when I first came around). So things have definitely improved!

Just at the moment, it's important for me to remember that. I had a really rough twenty-four hours this week. Some of these old feelings came back. I didn't seem to be upset about anything in particular; just everything in general. Money, parenting an adolescent, loneliness, tiredness, anger and seriousness (thanks to H.P., I didn't forget to eat: I didn't enjoy it, but I did it anyway—like it was a chore!) I cried myself to sleep and I woke up crying the next day. I felt bereft of hope, dreams or faith. But I got up, had a bath, read some literature, prayed, accepted a call from a sponsee, wrote a gratitude list, washed my hair, studied, dealt with officialdom, talked to my sponsor, talked to another friend in the program, pulled some weeds, ate at all the appropriate times and went to a meeting. And it got

better. And I remembered it was that particular form of depression I suffered chronically in my early teens; the one I've always been so scared of, because the only way I'd ever found to climb out of it was to take an overdose of drugs or commit an act of violence against myself. Today I can say that I've been there and I didn't have to use or hurt myself to come back. And I don't have the answers. There doesn't seem to be space for a lot of joy in my life at present. I do live in poverty. I do work too hard—and my daughter is one of the most vengeful people I've ever encountered when she's in a bad mood. (Why not, she learned from an expert), but I'm clean. The sun is shining and today I trust my H.P. to make whatever repairs are necessary in my life. Thanks for letting me share.

R.R., Australia



Creative controversy

They say Narcotics Anonymous is a spiritual fellowship; therefore what is good will stay and what is bad will leave. In the twelve years I have been clean there has always been controversy in our fellowship. I am making an effort to surrender to the belief that controversy is good.

Several years ago I gave up thinking that "internal controversy" was bad. I believed that the reason why we keep discussing the same issues and remaking the same decisions was that it provided trusted servants a chance to meet together and see that our similarities were greater than our differences. Briefly. To decrease the paranoia that someone was running something in a manner that did harm. There have been times though that the controversy became destructive, feelings were hurt and lives were threatened.

I am coming to believe that controversy can be creative, if we stick to some basics:

1. Clearly define the issue or controversy.
2. Relate the issue to either our primary purpose or our common concerns.
3. Allow everyone affected by a decision to have the opportunity to participate in making it.

4. Respect the persons (and never impugn the motives) of those who differ with us on the issue.
5. Taking personal responsibility for the process—as well as the content—in the discussion (don't dopefiend it).
6. Distinguish between facts and opinions when speaking (tell on ourselves).
7. Use reason rather than coercion or threat.
8. Come from a place of love rather than fear.
9. Seek consensus rather than majority rule when possible.
10. Accept responsibility to live with the shared decision until it is changed by the proper procedure.
11. Remember that the moment we break faith with one another the sea engulfs us and the light goes out (personal recovery depends on N.A. unity).
12. Have patience. Fast decisions are not necessarily good decisions.

Now it is time for confession. Although I have never directly threatened someone's life, I have indirectly harmed others by my self-centered pursuit of my own perceptions of what is best for N.A. in my service work.

The key for me is that I can not wait for you to apply these principles to your life. I need to put them into action in my life immediately. I cannot afford to continue to act in a manner that is destructive to another addict after I have been made aware of the consequences of my behavior.

Craig P.W., California

Positive

When I first came into N.A., I was scared, angry and resentful at having to be there. I was also pregnant and just released from the county jail on drug related charges. People smiled at me and hugged me. It felt good and for the first time in many years, (perhaps ever) I felt safe.

Women gave me their phone numbers and I began to use one phone number. She became my sponsor and no matter what was going on with me, she loved me and listened to me.

After I gave birth to my daughter (I had ninety days clean at the time) the hospital contacted me. They told me I was HIV positive. I had gone for the test, while I was at one of my doctors appointments. The nurse suggested it being I was an IV drug user for years. I was devastated. I felt that I had stopped using, had been going to N.A., had a sponsor, etc. This shouldn't happen. I was scared and felt alone. I called my sponsor. She told me God wasn't going to bring me this far to drop me. I was mad at this statement. This was her faith. I informed her I didn't have the faith she had. She replied "yes you do, you have

it through me." That was good enough for me.

I went to a meeting and another recovering addict called me to the side asking me what was wrong? Something I thought would have to be my "secret" forever was now shared. He hugged me and told me he loved me unconditionally.

I have been clean for three years now (September 1)! I share my experience, strength and hope at meetings regularly, on being a recovering addict living with HIV. I am not alone. By sharing, I have been able to show people that we can stay clean one day at a time no matter what. In my area, many recovering addicts are living clean and free and HIV positive.

By sharing my "secrets," it has allowed me the freedom to go on through the Twelve Steps and Twelve Traditions with honesty, open-mindedness and willingness. My love for N.A. couldn't be described in words in this short article. Today, I have a loving relationship with my three children and my Higher Power. My daughter has tested negative. I "came to believe" is putting it mildly. I have found a freedom beyond words, simply by living through spiritual principles found in Narcotics Anonymous.

K.P., New York



Sharing on the point

Today I have real hope.

Today I can feel that real hope within me.

I have always wanted to have real hope.

I have never had real hope like that of this feeling.

I have before believed that I've wanted to have and feel real happiness, yet before I've always lost my little hope.

Today I have surrendered.

Before I had not ever fully surrendered.

Possibly today I have not yet fully surrendered.

I have been asking truthfully for help from a power greater than myself.

I ask my Higher Power each morning to help me stay clean.

I truthfully thank my Higher Power for His help and guidance at the close of each day.

I on occasion need fully ask Him to remove my obsession of craving.

I have felt my Higher Power working for me in my life now.

Right now I am clean.

Now I trust my need to continue my hope.

Today I believe in a Power greater than myself and feel a true need to ask for help from this Higher Power.

Today I have many brothers and sisters within the fellowship of N.A. that truly care for me, yet not fully knowing me.

I make it to meetings regularly, this is necessary in my recovery.

Today I learn from other fellow addicts within N.A.

Today I believe the saying, "We can do together the things we can not do alone."

My Higher Power has placed a special recovering addict in my life.

I am growing to truly trust this recovering addict.

This particular addict is my sponsor.

Today I am thankful for the fellowship of N.A. and my Higher Power.

Today I feel a sense of something called trust.

Just for today I will stay clean.

Today I began to live.

L.D., Texas

Celebrating service

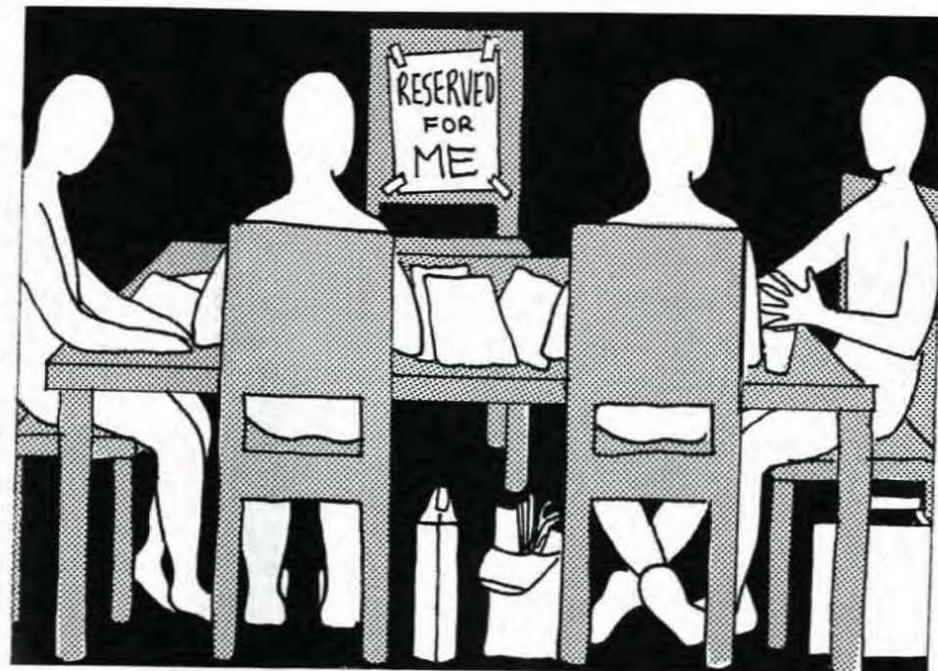
I began service work as I began my recovery, with fear and anxiety about whether I would fit in or not. I learned that it is a growing process just as my recovery has been, and I'm still growing in both areas.

My first service position was as my home group's treasurer. We were in desperate need of someone to buy the coffee, literature, and make sure we had keytags. I opened the group meeting for the first time and had no prior experience in making large quantities of coffee. Well, needless to say, I made the world's (at least in this area) strongest pot of thirty cups of coffee! I didn't know that it brewed differently than an automatic drip coffee maker! So, I am famous at my home group for the coffee that rocks your socks off.

Ironically enough, I became involved in the activities committee making coffee, selling chips, and setting up pop. I got comments on my coffee, but as I stated at an area service committee meeting, I would appreciate those who do not like my coffee to get involved in helping to make it. Oddly, nobody has complained since. I really wanted to learn about recovery. I know this is the key to all parts of life, I feel I learned this through my experience in service work.

About three months after I got involved with activities, the chairperson resigned. He called me up and asked me how I felt about him nominating me for the vacancy. I told him I thought I could do it and jumped right in. I had eleven months clean, and by the next area service committee meeting I would have the required clean time. I was voted in and I have been serving our area as activities chairperson for six months. I am an enthusiastic person, and feel this has helped me to get other people involved. This is the first real activities committee in a really long time, or at least that's what the people who have been around for a while have told me. This tells me that unity is the ultimate principle in service work.

From the beginning I wanted to make things work, I wanted to see events happen. I thought that because it was something that I wanted, it wouldn't be possible. But I trusted in my H.P. to help us, and things have been great! H.P.'s will, not mine, is what has gotten the committee to be successful. We have a lot of things in the process, and some of them don't look so promising, but it's okay, we aren't the concert authority nor are we a professional production company, so we do the best we can. Our area is doing great and the other subcommittees are doing good too. See, our activities committee is our fundraiser, and we also have a retreat committee that helps to support our area, so we are doing good enough to be able to help out our region, and I know this in turn helps to carry the message of recovery.



The many rewards of service work in any committee or group are endless. We have had newcomers at the dances that never thought they could have fun and party without using some kind of mind-altering substance, and found out they had more fun with recovering people. It's very rewarding to have someone say how happy they were, or that they got a message out of the speaker, or just that it was better than the alternative places to party that didn't involve recovering addicts.

Service work is offered all the time. There are many positions to be filled, but the committees themselves need more than just trusted servants positions filled, they need people who believe in voicing their opinions or ideas to have the committee function at a "we" level. It was a scary thing for me to attend my first home group busi-

ness meeting, thinking I really didn't belong or that I couldn't possibly do the group any good. I found out that I am a member of it, and because of all the "me's" in this world, Narcotics Anonymous is here and available, so that no addict seeking recovery need ever die.

Unity is the key to making any part of Narcotics Anonymous work. I once was alone in this big world, and now I am a part of N.A., and I'll never be alone again! I am doing what I can to help carry the message to the addict who still suffers, and by being a part of the activities committee, I can help to show others that you really can have fun in recovery, clean. But most importantly that it really does work when you work it, steps and traditions!

My gratitude speaks. . . .

R.O., Michigan

The stand

When spirituality becomes too much and it all goes to my head, I remember a simple idea— this is a program about feet. We all have a pair.

The foot of God somehow or other manages to carry me through another day clean.

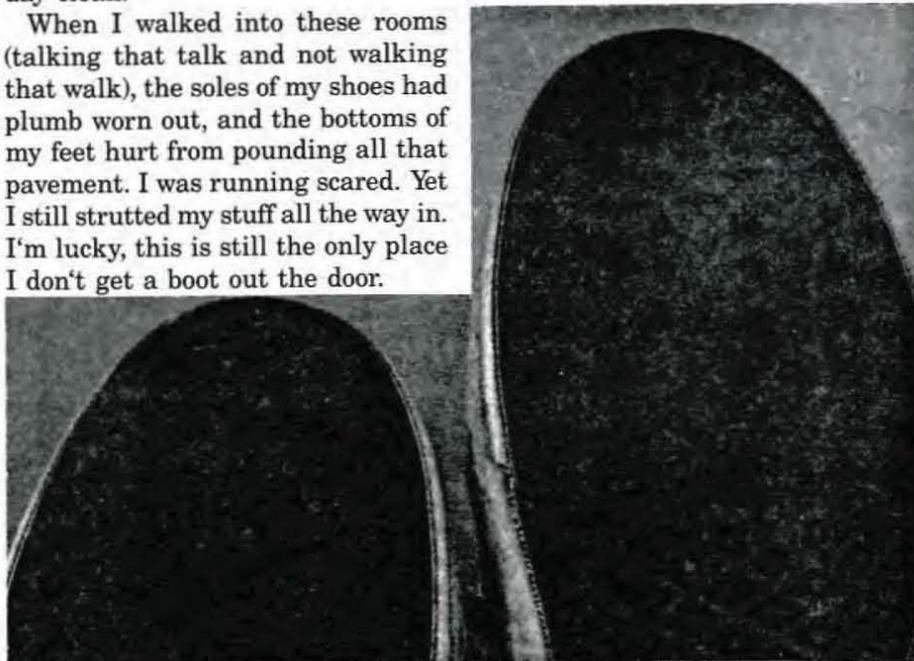
When I walked into these rooms (talking that talk and not walking that walk), the soles of my shoes had plumb worn out, and the bottoms of my feet hurt from pounding all that pavement. I was running scared. Yet I still strutted my stuff all the way in. I'm lucky, this is still the only place I don't get a boot out the door.

My first meeting I sat staring at my feet, and when anyone tried to talk to me, I bolted for the door. I came back, however, tripping over my two left feet. Things got a little better though. I met others who (in the process of my sticking my foot in my mouth), told me, "If the shoe fits, wear it."

I really wanted to plant my own two feet somewhere on the ground, but in all the shuffle I could barely see to put one foot in front of the other. Every-day clean I became more able to crawl a little forward, and started learning tools of working the steps. I stumble a lot, learning to stand straight and still must watch my step.

I've begun to do some footwork in recovery, and am discovering the necessity to step lightly. I'm not constantly waiting for the other shoe to drop, and some days can even think clearly on my feet.

S.B., Colorado



Home Group

Slugg's Sixth Step part one



The broad perspective

The first "N.A. Way Magazine Workshop" happened in Las Vegas, Nevada, Aug 24, 1991. The workshop was among those offered during the Fifth Southern Nevada Regional Convention, and was billed as a "writing seminar."

Production of the workshop was a growing experience. Its content grew well beyond tips on writing. The presentation will be honed and elaborated as it is moved from place to place, depending on the input of participants. For this, the first (more workshops will likely have occurred by the time you read this) showing, several handouts were produced, and the first exposure of the idea of "N.A. Way Magazine networkers" came into focus.

Workshop content

The managing editor of the N.A. Way facilitated the event, and opened with a few general remarks on the purpose and perception of the N.A. Way. Those remarks lead into an examination of the first "handout," a

copy of the May, 1990 edition of the magazine. That issue contains a lengthy feature titled "The N.A. Way, Yesterday, Today, and Tomorrow."

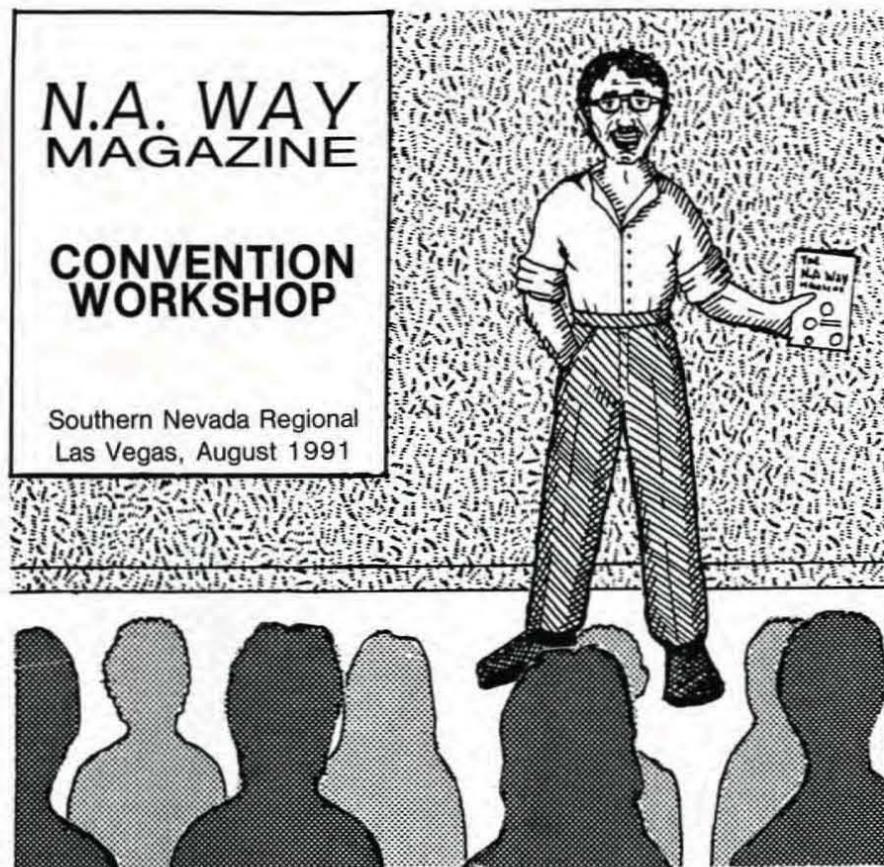
Through the article and remarks, participants were able to learn about the magazine's origins, evolving production processes, review procedures, and consider thoughts on where we might go from here.

Copies of the portion of the *Temporary Working Guide to the Service Structure* that sets forth conference-approved guidelines for the production of the magazine were included in the participant's packages, and mention was made of some of the perceived assets and liabilities of those guidelines.

For attendees who really did want tips on writing for the magazine, copies of an article titled "Building a story," October 1990 N.A. Way were included and briefly described.

Another important part of the presentation was a one-page questionnaire which participants were asked to complete and return. General questions like "Is the magazine useful?" and requests for suggestions about increasing or decreasing the space allotted to particular compartments of the magazine were asked. The questionnaire provided opportunity to make suggestions for bettering the workshop itself, included a section for trial subscriptions, and a place for the names and addresses of participants who wish to become established in their home communities as representatives of the N.A. Way.

Half the 35 attendees completed the questionnaire and returned it. A heartening eighty percent of those



folks completed the section for recognition as N.A. Way Networkers, and have begun receiving materials and communications as regular networkers. Because the workshop was presented at a major convention, participants were visiting from many other states. The results are that networkers have been established in two very large California communities and several smaller ones, and in the states of Nevada, Washington, New York, Minnesota, Indiana and South Carolina. All from one, one-hour, event!

Networker newsletter

Participants were presented copies of the "Networker Newsletter," which will come monthly to individuals who desire to become representatives of the magazine. The newsletter regularly contains opportunities to participate in location and development of articles for the magazine and materials for gathering and beginning subscriptions from their areas.

To learn about, or become, an N.A. Way Magazine Networker, please write or call the magazine.

Oklahoma WSC workshop

Matters of policy, money, and the production of a new book captured much of the attention of participants in the mid-August WSC workshop in Tulsa, Oklahoma.

Passionate discussion in the policy committee's sessions, as those folks debated the nature of the issues they might put before the 1992 WSC, precipitated some "session-hopping" by board and committee people who had the opportunity to stop in. The policy committee has, for several years, been charged with developing some kind of criteria by which the WSC might be guided in its acceptance of new regional participation. Policy Chairperson Mitch S., stationed for much of the weekend by a small blackboard on which he inscribed, erased, and replaced language for potential motions, entertained suggestions for everything from a kind of moratorium on recognition of new regions to the es-

tablishment of an "admissions committee." (For more detail on the WSC Policy Committee, see below.)

A hopeful but cautious response followed WSC Treasurer Tom R's report that fellowship Seventh Tradition donations during June and July were markedly higher than the during the same period last year. Tom warned against interpreting the situation as a "trend" and allowed it was possible the \$47,000 two-month figure is the result of an earlier-than-usual annual response.

Agreement in Tulsa by the World Literature Committee on the proposed contents of *An Introductory Guide to Narcotics Anonymous* paved the way for its appearance as a new inventory item available from the WSO. Final mock-ups for printing purposes are being examined as this is being written (early September) and the *Introductory Guide* may already be in stock as you read these words. The *Introductory Guide* includes foundational readings from various IPs and the Basic Text, and is Inventory Item #1200. Costs \$2.50.

Interim committee

More than a score of visitors were present as the interim committee, serious, but displaying admirable serenity and solidarity, sorted through the requests for funding presented by the various boards and committees.

A bit of friendly haggling was voiced as the session began, with the idea that the conference might "owe" a debatable number of dollars to currently bare WSO coffers for copying

and postage in years gone by. That matter (not on the agenda, and not formally presented for reimbursement) served as the only contended bone, and seemed to release whatever tensions might have existed about which budgetary requests might be met with approval or disapproval.

The four-member interim committee, made up of the chairpersons of the WSC, the WSB, and the WSO BOD, and the WSC treasurer, was created by direction of the WSC 1991 to "... make necessary decisions affecting N.A. World Services when the World Service Conference is not in session, mindful of priorities previously established by the World Service Conference."

Bottom line of the interim committee's five-hour session was the decision to approve spending a little over \$80,000 during September, October, and November, 1991. All current projects and efforts appeared to get most of the funding they requested, though much activity is being supported in month-to-month or quarterly fashion.

Large-ticket items being funded include:

- About \$4,000 for H&I literature distribution efforts;
- \$8,500 for a full meeting of the WLC in November;
- \$3,300 for a WSB Traditions Ad Hoc Committee meeting scheduled in October;
- \$9,700 for two meetings of the WLC Steps Ad Hoc Committee;

- \$5,500 for two meetings of the Ad Hoc Committee on N.A. Service;
- \$3,700 for representation in the International Federation of Non-Governmental Organizations Conference in Manila.

Garth P. will make this trip and save a bit by making arrangements from Australia. Re-newed contact with addicts in Hong Kong, Malaysia and Singapore will be a part of this effort.

- \$3,700 was allocated for expenses of a meeting of the WSC Translations Committee;
- \$3,000 was approved for the making of a presentation by WSC P.I. in Montreal in September;
- \$2,000 was set aside for expenses of having world services representatives attend the convention of the Colombian N.A. Fellowship in November.

Plans for Multi-National Development Forum #2 at the 1992 WSC garnered \$15,000 seed money. The interim committee indicated a larger portion of the expenses for this event may be funded, if monies are available in the spring.

Among the responsibilities assigned the interim committee by conference motion was the charge that it "... offer recommendations on a permanent process by which decisions can be made when the World Service Conference is not in session." Some elements of discussion of such a "permanent process" were heard from interim committee members following the budget discussions in Tulsa.

The BOD chairperson expressed concern that the development of a permanent "Budget Review and Utilization Committee," according to the profile published in last year's Conference Agenda Report, might have unforeseen snags.

Bob M., asked to elaborate after the meeting, noted a belief that the prediction of budgetary realities so far ahead (approximately a year and one-half) might prove impractical, and pointed to the vulnerability, under the current BRUC proposal, that relatively lower-priority (but easier-to-accomplish) projects, might impact funds needed for longer-lasting but higher priority undertakings later in a budget-year.

WSC Chairperson Barbara J. said "I think what we've done this year has worked real well in the short term," and said she appreciated "How much information and access we've had to all the different facets of world services."

Other remarks from the WSC chairperson included, "No other option that has occurred to me has seemed like a better idea" and, "I'd like to see the interim committee continue for another year."

WSB Chairperson Jack B. said, "I think I see the conference already directing the office through the board," noted he was aware of a suggestion of redundancy in the BRUC proposal, and stated, "I suggest we all review the BRUC document."

WSB vice-chairperson Becky M., commenting on the effects of budget review mechanisms, urged awareness that, "We are committing office resources as well as the conference,

these are considerations we need to think about."

The WSO director of Support Services reiterated a need for a financial impact projection to be included in the plans of boards and committees published in the Conference Agenda Report, whereupon the WSC chairperson responded that "... might set a precedence for regions that are 'with it.'"

Policy committee

The policy committee seemed to be calling the question of what criteria for WSC participation best serves the world N.A. community, as the Tulsa sessions ended.

The WSC has, for at least a half-dozen years, directed or acquiesced policy committee work on proposals for its recognition of regions.

An extensive nine-point proposal for the "Seating of new regions" was presented to WSC 1991, and received without adoption. A vote of confidence for the policy committee to continue working on such parameters was adopted late in the conference.

In his Conference Summary Report, released in June of 1991, Chairperson Mitch S. said "At last year's conference (WSC '90) direction was given for concrete guidelines for the seating of regions. The action of this year's conference (seating five new regions without any guidelines) has confused the WSC Policy Committee. Do we need any guidelines? If so, how restrictive?"

Committee members and visitors, including WSB Internal Committee members who are networking with

policy, looked at a wide range of ideas that could be offered for fellowship consideration. For several hours Saturday facetious remarks included reference to the "four lights of Tulsa," an allusion to some pronouncements that seemed for a while to have a chance to become main motions or a policy committee resolution. Had the piece survived the test of the weekend's scrutiny, the four points would have included references to committee members' support of the establishment of a U.S. national conference, a moratorium on new U.S. regional seating in the WSC, an urging for the development of a transition plan to some new form of WSC configuration, and an "interim plan" comprised of the first six items included in last year's proposal for the seating of new regions.

After prolonged discussion the committee decided to scrap the "four points," unanimously agreed to ask the WSC if it wants participation to be based on national/zonal/continental representation, and *not* to ask the WSC to commit funds to develop such plans.

After concluding Sunday that such was the appropriate nature of the question to address to the conference, plans were laid for a policy working group to develop a narrative accompaniment; and to consult with other World Services boards and committees on the narrative's proposed content.

Though the conference historically exercises its right to ignore, or to act upon, committee suggestions, the Tulsa policy committee session, and concomitant brainstorming, seems likely

to dramatize an appeal for the conference to more clearly take responsibility for its constitution.

Hospitals and Institutions

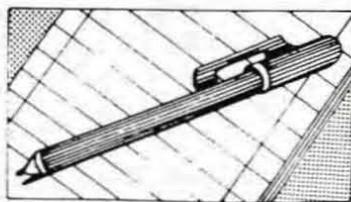
Describing the H&I committee Tulsa sessions Chairperson Ivan F. said "In that one weekend we really caught up." Seven working groups of H&I committee members met to themselves on such matters as suggested changes in the *H&I Handbook*, Learning Day events, External matters, and the multi-national aspects of H&I.

On the *Handbook*, discussions advanced on sections that might be devoted to working with forensic and psychiatric oriented facilities.

An April deadline was established for the completion of work on a long-standing effort to produce a tape of a mock H&I panel presentation, the hope being to include the tape as a part of the *H&I Handbook*. As part of the committees' efforts to get more done for less money, the panel presentation tape development project has been assigned to members who can get together in neighboring states rather than depending on full committee meetings.

In a matter related to the H&I efforts, the newsletters *Reaching Out* and *Meeting By Mail* are carrying requests for members who have had experiences with isolated meetings in facilities to contact the WSO H&I or Admin coordinators. Something of a cooperative effort is being undertaken to locate and support isolated meetings/groups.

Viewpoint



“My loving God”

Some time ago after a meeting on our “Higher Power,” someone shared that they had heard at a regional service committee meeting that an I.P. may be in the works concerning the concepts of a Higher Power.

My mind was flooded with a tremendous desire to write to ya’ll at that time, but fear held me back. Not the type of fear that has us paralyzed by wondering whether what we have to share is “good enough,” but a situation that merits much thought, as how best to try to share my concerns about the core of my recovery, which is the understanding of God, for me.

We, as addicts, being dysfunctional in so many of the areas of higher consciousness, seem to struggle with acceptance more than any other area. Whether it be to accept me or to try to accept you, there is still a great

degree of fighting before I let go.

Discretion is not one of my strongest suits. I resorted to “brutalness” in the early, foundation-building time of my journey into this new way of life. Such honesty was a tool that was developed to replace the cunning and deceitful lies that active addiction had formed in my behavior. I wanted what you folks had who were here before me. I heard that “honesty was the antidote to our diseased thinking.” Having lived as an animal for so long, my only way of responding to getting clean and becoming honest, was to begin to *practice* doing so, by whatever means were available.

I couldn’t make a sentence when I got here. Slowly that is changing into the discovery of a talent that is leading me, today, into the ability to approach the issue at hand.

Folks, I feel that our sharing about our Higher Power in this fellowship can be either as specific or vague as we choose. Freedom is what this fellowship has given me. The God-given ability to bring my experience, strength and hope out into the light, hopefully, into the breeding ground of truth.

Some years ago, mid-morning of a cloudy and cold winter day, this addict found himself riding down an old, deserted, country road; crying, begging and pleading to God to please lift

the pain from me. This time was different. This time, at the end of the road, my tears stopped and a bright light came on inside of me, and all around me. Then all at once I felt really light, as if a world of hurt was being taken from me. I could go on and on about this spiritual awakening, as therein lies a wonderful experience for me that I love to share. It was so visual, that I’m still not sure how much of it was real and how much could have been induced by twenty-five years of abuse. One thing I am sure of, and that is my prayer was answered that day in a mighty way. There was hope given to me that day by a super-natural power. God gave me a chance to live that day. I believe He led me to a Twelve-Step meeting that night and by His grace I, along with other recovering addicts, am still here.

I’ve said all that to say this. I’m a recovering addict today whose life has been turned over to the care and will of God, who I believe is Jesus Christ.

I pray that you’ll hear me out, as I have been stuffing this for awhile now. I think there is a growing need to open our fellowship’s discussions of a Higher Power, to include the Christians’ views of God. The time to feel disqualified as an addict seeking recovery needs to be over with, on account of how some of us are developing in the spiritual arena. If a rock is o.k. for some, the group for another and if God can be a woman, then please forgive those of us who are so excited about the promise of our idea of a Christian God, that we choose to share it with others.

I hope that we Christian addicts, who have grown closer to the God of our understanding, will soon be led to a more acceptable way of sharing our joy.

I recognize the vital importance of our fellowship’s guidelines into spirituality, that usher us along toward an understanding of a Higher Power free from religious dogma and am supportive of these guidelines.

I am no literary genius. Ideas such as these will no doubt need the touches that those at the WSO. have in abundance. I just felt the concern for myself and others like me in Narcotics Anonymous, whose spiritual growth has led us to a sometimes unpopular and difficult area of our recovery to share. I thank the God of my understanding for you people, and thank you for letting me share.

K.D., North Carolina

This God stuff

Spirituality in recovery has been a difficult, yet rewarding, journey for me—a recovering agnostic and addict in Somewhere, Oklahoma. Narcotics Anonymous members have taught me open-mindedness when they have shared their experience, strength and hope at meetings.

However, I remain troubled concerning certain rituals which we continue to practice as a fellowship. I am talking specifically about the Lord's prayer, which we use to close many meetings in my region.

Looking back, I can recall being extremely uncomfortable at my first N.A. meetings when we ended with the prayer. Yet, I enjoyed the fellowship as a whole and I decided to go along because I sensed N.A. might be

I write this article to offer hope for addicts like myself— the recovering agnostic.

the only thing that could save me from myself. Later, however, I stopped participating in the closing. Naturally, my action or non-action stirred attention from others. They were concerned, yet confused, with my behavior. They asked questions and I put up a wall of silence. I was alone again, except this time I was in recovery.

The pain of loneliness eventually forced me to communicate with my sponsor. Consequently, I was also forced to communicate my limited understanding of a Higher Power (Step Two) at the time. Ironically, I realized I was not totally closed to the "Lord's Prayer" or to Christian beliefs, but that I was not motivated enough to

experiment with the doctrine. I explored and I found some relief.

Yet today, I continue to feel uncomfortable with our closing. I have talked to many others who feel likewise. I have several years clean and I have continued to expand my understanding of a Higher Power. I remain willing to experiment—to learn. Our literature suggests a spiritual rather than a religious program. Step Three grants us the "God stuff," freedom to choose a God of our own understanding. I believe this God is in our hearts and in our meetings—not a prayer.

I write this article to offer hope for addicts like myself—the recovering agnostic. Ironic as it may seem, I'll end with a prayer which I offer to anyone who wishes to use it. It is an alternative. It is from the heart.

Our Father (or, Power greater than ourselves) whom we have found in recovery, may we always remain teachable.

Grant us this day clean, with courage and strength for another. Help us to accept our imperfections as well as those of others.

Free us from active addiction and carry us in the spirit of recovery. For this we are grateful.

B.H., Oklahoma

Request for understanding

I humbly write to you in reference to the *N.A. Way* June, 1990, issue. I know this is today, but I am compelled to answer the story, "Notes from down under," RR, Australia.

I am a manic-depressive with psychotic tendencies. I have stayed clean now for eight years, nine months and eighteen days, by living the N.A. way of life. I utilize and apply the Twelve Steps in my life on a daily basis.

I never got "addicted" to being manic, like I believe so many manic-depressives do.

I would get manic for a period of days and then I would suddenly become depressed, which would make me suicidal, and give me a "nervous break down."

The last nervous break down I had made me go temporarily insane, and because of this I found Narcotics Anonymous.

I had a hard time the first three years of my recovery. At group level young addicts, and there was a few of them that were there, didn't understand why I had to take medicine (drugs). This caused me a lot of guilt and shame because I knew my life depended upon them.

I know today I am understood. I am under a doctor's care. I believe I will be all my life, as the Basic Text says on page 99. If I had a choice I would not be on medication. Unfortunately that is not the case.

I am completely grateful to my God and N.A. for giving me my life. I am now ASR for my area and working with others. Thank you, more will be revealed.

T.D., Washington

On basic respect

The first time I sat at a convention banquet with well over a thousand other recovering addicts I was overcome with gratitude to be clean, and overwhelmed to feel that I wasn't alone. The feeling of love that filled the room was all encompassing. I had never before been in the company of so many other recovering addicts. A solemn hush filled the room as the chairperson called people to the podium to read aloud from our Basic Text. The mood was serious as each individual had the chance to reflect on their own personal thoughts as our steps and traditions were read. One addict reached out and put an arm around another. Someone else wiped a tear away. As a newcomer with less

than sixty days clean, the total quiet in the room held for me implications of importance, and seriousness as the foundations of our recovery were read aloud. As long as I'm alive I'll never forget the feeling of love I felt at that moment. I had finally come home.

Since the first convention, I've had the privilege to attend many others in my region, as well as other regions, and each time I sit at the banquet meeting and our steps and traditions are read, I have a feeling of sadness. Sad that the newcomer is being robbed of the wonderful experience I had at my first convention. Sad that I don't get that same feeling of gratitude and love as when our steps and traditions were once read in respectful silence. I ask myself, why is it that we can't sit in respect as the very foundations of our recovery are read aloud? True, our conventions are celebrations of our recovery—and pool-parties, fun, dancing and fellowship are very much a part of that celebration, but at this point we've taken things a bit too far. When we sit and take cheap shots at our own steps and traditions we've crossed the line into apathy and blatant disrespect.

Recently I was sitting at a banquet meeting and was once again appalled at the disrespectful behavior as our steps and traditions were read. I looked around the room and knew that I wasn't the only one embarrassed and ashamed. I saw many others grimace each time the shouts interrupted the reading. At times the shouts were so loud and numerous that the meeting was totally lost. As I sat there I wondered

what the newcomer must be thinking. So many people laughing and shouting, is this all a big joke? We stress the importance of our steps to the newcomer, while at the same time we show such total lack of respect when they are read. This gives new meaning to the term "mixed message" we so often use. And what must the non-addict and the press think during this show? I would be uncomfortable to have my family or non-addict friends present during such a spectacle.

I propose that we each individually take a look at ourselves concerning this issue. As recovering addicts and members of Narcotics Anonymous, it is our responsibility to stand up for our steps and traditions. Sometimes this may involve speaking out to another addict who may not have stopped to consider the implications of this type of behavior. Those of us who remain silent are as guilty as those who participate in the behavior. Our Twelfth Tradition and serving this fellowship has taught me this. Most importantly, the principles set forth in our steps and traditions are the very foundation upon which our recovery is built. What does this say about the program we live if we laugh and joke as they are read, or if we sit in silence and allow it to happen?

D.P., Florida

Non-smoker, but . . .

On the pro-smoker/anti-smoker article, I think I'd qualify as an anti-smoker. But I don't agree with the writer of the article against smoking, which appeared in the January, 1991, *The N.A. Way*. I am troubled greatly by smoking when I am near it. So I try to stay away from it. I don't try to make others stop smoking. When I am around smoke (and many other things), my sinuses plug up. Campfires do the same thing. If I am where there is cigarette smoking, dust, or at a campfire meeting, or around hair spray, bug spray, etc, I either get away from it. . . or I sniff a lot. It hasn't been too bad. I've been around a few twenty-four hours and have learned the difference between changing myself and controlling others.

Hold on there! Who says those of us who are bothered can simply go to a non-smoking meeting? In this little town, two, three or four of us are struggling to have one meeting. It happens that smoking is not allowed in the building where we meet, which of course, suits me fine. However, if smoking was allowed, I would still go to the meeting. And I would keep my mouth shut about the smoking and I would sniff a lot. And my nose would

be plugged up the next morning. But my discomfort is offset by the fact that maybe just one addict may have heard the message and started on the road to recovery, without having to give up smoking as well as narcotics right off the bat.

I don't know if tobacco is a drug or not, and I don't care. Alcohol is a drug. But we are Narcotics Anonymous, not Drug Users Anonymous. We are not Overeaters Anonymous, Alcoholics Anonymous or Smokers Anonymous or Healthy Anonymous. We *are* Narcotics Anonymous. Many of us use drugs to keep us alive, as prescribed by our doctors. Especially if we live long enough to be seventy-one, as I have.

Although I agree that it is a great idea not to ingest or inhale anything that is unhealthy for our bodies, I think it is not my business, nor do I think it is N.A.'s business, to go around checking up on other areas of healthy or unhealthy well-being of members. My business in N.A. is to stay off narcotics and help others do the same. N.A.'s business is to help me and others stay away from narcotics. Nothing more and nothing less.

J.M., Montana

Unity is the answer

I'm an addict who loves N.A. I was amazed when I first got here. Everyone was so nice. I had never felt this welcomed anywhere before. This was a brand new feeling for me.

Like so many addicts before me had shared, I felt alone in a crowd. The first time I ever used was to fit in, and I continued to use for the next twenty-eight years to fit in, or to fix the feelings of being "less than."

When I went to my first N.A. meeting I was shocked when people came up to meet me. Never had I seen such a diverse group of people mix so well. All races, sexes, rich, poor, young and old, in unity. When you see a rich person and a poor person, or a black person and a white person, hugging and caring about each other, you know you are a part of something wonderful. I can't tell you how fantastic it felt to be a part of this. I used to get a kick out of watching people in restaurants when we would all start hugging each other. Some of the looks we got were pretty funny.

But for the last year or so something has happened in N.A. in our town. It's so very sad, it breaks my heart.

Before I go on I want to say I speak for myself and this is my opinion, not

N.A., or a group's opinion. I don't know if any other groups have this problem. I'm pretty sure it's not an isolated problem.

The problem we have here is a "clique." This clique goes out dancing in bars, parties all the time. Life is a giant party for them. It's party, party, just don't use. It's not unusual for this group to come to the meeting house and sit in the other room for the whole hour, making plans, and never come into the meeting. I think if someone in this clique uses, they will hide it from those of us who aren't in that group.

Newcomers are attracted to this fun-loving crowd. If they are accepted it appears to me they rarely will work the steps. Not if they plan to have the busy social life called for to be a part of the clique. It seems once a person is in this clique, they don't have anything to do with anyone who isn't in that group.

Then you have the newcomer who isn't accepted for whatever reason. This may be the story of his or her life. They may feel like N.A. is just like any place else, or that they are less than other members. I can't imagine how that would have felt, to not feel welcome when I was first trying to stop using. Even if we hold out our hands to them, it could be too late.

Remember, I am just one addict, and I am speaking for myself. But this is how I feel. There is no place in N.A. for cliques that discriminate. And shame on you if you have made one person in N.A. feel unwelcomed. I feel if we spend half the time we spent on having fun on working the steps, we

could not be a part of this kind of thing. You know that saying, change play grounds, play mates and play things. I think they are talking to us all. Bars are not any safer in a group of people. "Virgin" drinks are dangerous play things. It's really sad that the newcomer who went out bar hopping on Saturday used on Tuesday. I guess she wasn't ready for the program or maybe she wasn't ready to go to the old play grounds. Think about it.

I've always thought of *Never Alone* as a place I could feel welcome. There shouldn't be any big I's or little you's in N.A. If what I've wrote sounds like you, maybe it is time to change. If it isn't you, be grateful.

To: *N.A. Way*. It's ok if you can't print this. I know it's pretty controversial. I just had to write my feelings. Today I am feeling lonely in a crowd, and I'm working on that. I'm also doing a whole lot of praying. I know I can't change others so I've been praying to accept them and change me. But it's hard. They make me feel like a nerd or geek. I'm so intimidated by the "clique" that I rarely talk in our meetings. I hate the way I feel, I'm scared of these feelings. And I can't blame "them" for my sickness. Like I said, I won't feel hurt if you don't print what I wrote. But please pray for me. In September I will have seven years, and never have I felt this scared about my program.

I'm sorry this is handwritten. I usually have someone type and edit every thing I write. One of the many gifts N.A. gave me was a high school education. I was told all my life I was

retarded. When I was thirty, I was told to go back to school. I took the Twelve Steps to school. My Higher Power and I graduated with honors.

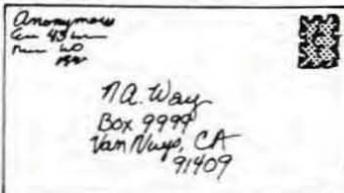
Anonymous

To Viewpoint

I would like to respond to "In Recovery's" letter in the July, 1991 issue of *Viewpoint*. In answer to his question, "Have any of you ever spoken to an addict and not heard these words (four letter words) used in conversation?" The answer is YES!!! As my recovery has progressed I have found it no longer necessary to use "four letter words" to express myself. I am not alone, I have sat through many meetings and have not heard that type of language used. "In Recovery" should get real and realize that this change in addicts is a natural part of becoming a responsible member of society. I work in a hospital that subscribes to the *N.A. Way* and leaves copies available in the waiting room for visitors to read. I would be embarrassed for someone to read a publication from our fellowship filled with offensive language. We must remember that the *N.A. Way* is read by many people outside our fellowship. I support your staff in editing language, if necessary. In closing, I would like to say to "In Recovery," we're not "prudes or schoolmarms"—WE ARE RECOVERING!

J.A., Tennessee

From our readers



It Works in South Africa

I am a recovering addict and I'm very grateful to be a member of Narcotics Anonymous. I look forward to *The N.A. Way Magazine* every month. To have a meeting in print has been a gift from my Higher Power.

Our group here in Johannesburg is very young, but we have a core of people who are working the program and are staying clean.

After years of addiction and believing that I'll always be an addict and that I will die an addict, it is lovely to feel and experience recovery and to know that it works!

I do a lot of work in our local rehab centers, and when I see addicts still in active addiction it reminds me where I've been and what I am. It really helps me in my recovery to share with addicts, because I can so easily become proud and arrogant.

People are starting to take notice of N.A. around here. In the past there was always a question mark on the faces of professional people, but lately they can't deny that addicts in N.A. are staying clean.

Things are changing in South Africa. People of all races are sharing and caring. The same goes for N.A. over here. It is lovely to see so many people from different parts of the world together at an N.A. meeting.

When I read about all the conven-

tions, campouts and get-togethers you have, I can't help but dream that our turn will come!

Thanks for all the support. We are very grateful.

Iyasebenza! (It Works!)

L.W., South Africa

An Eleventh Step miracle

My wife and I just had a beautiful baby girl. Life as we knew it is gone. There was no need in the past to coordinate who was going to a meeting. If we had no prior commitments, it was assumed when one of us was not home, that we were probably at a meeting.

With life changing so quickly, I have really needed meetings to try to regain my balance. I was barely juggling recovery, work, school and family before. I see most parents at meetings nod when I speak of needing another hand or a couple more hours. One solution was to take my daughter with me to meetings. If my recovery depended on it that is what I would have done.

But I had some fears. Smoking meetings are out because I didn't want my baby to smell like an ashtray. I live in Southern California. We clap for everything, so the baby would constantly be startled and awaken, which means tears and

screams. Our meetings run from 8-10 p.m., and that means night air for the baby. There is also the issue of profanity. At local meetings profanity is used to express rage, to create emphasis and often as punctuation, like a coma. Prior to parenthood, such concerns would have seemed to me to be evidence of confused priorities. Life is different now.

When not changing, bathing, rocking, walking, singing, etc. I have found moments to sit quietly and practice my Eleventh Step. While praying only for knowledge of God's will for me and the power to carry it out, I got a phone call asking me to come to speak at a new "Eleventh Step" meeting, Sunday nights.

What I found was a non-smoking, non-clapping, non-religious meeting where profanity was kept to a minimum, that ran from 7-8:30 p.m. This is a meeting I can bring my baby to without fear. At a time when I needed some relief, God came through for me, again.

Our baby girl (named Hope) has changed our lives. I thank God for the miracle of her life; and the courage, the power, and the recovery I need to enjoy her.

C.P.W., California

Our smallest voices

I recently spoke at an anniversary for one of my sponsees who was celebrating three years' clean. She brought her two children with her, as well as other proud members of her family. It was a celebration of life, a life given back to her by Narcotics Anonymous.

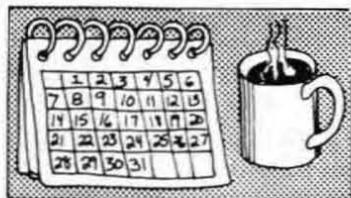
Many women, myself included, have no choice but to bring our little ones with us to meetings. It is hard for us, as well as some members who are intolerant of the noise and distractions they sometimes cause. I continually hear "those who keep coming to our meetings regularly stay clean." This is why we are here. I believe our children are recovering with us, and many times I'm more frustrated at the noise they're making than anyone else!

I am willing to go to any lengths to stay clean, and if that means bringing these kids with me, that is what I must do. I've seen older members reach out and even take my daughter outside so I could listen to the message and start to recover. This to me is unconditional love of one addict helping another. Please, let's pray for tolerance and lend us a hand instead of a sharp look.

We need these meetings, and most of all, we need you.

K.P., New York

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, 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.

BAHAMAS: Nov. 1-3, 1991; 4th Bahamas Regional Celebration; Wyndham Ambassador Beach Hotel, Cable Beach, Nassau, Bahamas; rsvn.s (809) 327-8231; Celebration IV, PO Box N 3849, Nassau, Bahamas

CALIFORNIA: Nov. 1-3, 1991; 12th Annual Southern California Regional Convention; Wyndham, Palm Springs; info (714) 544-7943

2) Nov. 8-10, 1991; 5th Annual Western States Public Information Learning Day; Hosted by the San Diego Imperial Region; Hotline (619) 584-1007; W.S.P.L.L.D., PO Box 16505, San Diego, CA 92176

CANADA: Nov. 8-10, 1991; 5th Annual Al-sask Regional Convention; Inglewood Community Association Hall, Calgary, Alberta; N.A. Convention, PO Box 30086, Station B, Calgary, AB CANADA, T2M 4N7

COLORADO: Oct. 18-20, 1991; 5th Colorado Regional Convention; Breckenridge Hilton, Breckenridge, CO; info 421-2303; CRCNA V, PO Box 2115, Englewood, CO 80150

FLORIDA: Nov. 14-17, 1991; 10th Serenity in the Sun-Recovery; Ramada Hotel Resort, 603 Clearwater Park Road, West Palm Beach, FL 33401; info (407) 844-7726; Palm Coast ASC, PO Box 3151, West Palm Beach, FL 33402

IOWA: Oct. 26, 1991; Iowa Regional Service Committee 10th Anniversary; Saint Alphonsus School; 2626 Boise Avenue, Davenport, IA; info (319) 326-4254

IRELAND: Nov. 8-10, 1991; 7th Irish Convention "Living Free"; Hotel Kilkenny, College Road, Kilkenny, IRELAND; info 353-056-62000; fax 353-056-65984; Registration, PO Box 1368 Sheriff St, Dublin, IRELAND

KANSAS: Oct. 18-20, 1991; 2nd Annual Dodge City Roundup; VFW Hall, Dodge City, KS 67801; Info (316) 227-2211; Roundup Committee, 2009 Thompson, Dodge City, KS 67801

MASSACHUSETTS: Nov. 8-10, 1991; 1st South Shore Area Convention; Plymouth, Massachusetts; info (617) 447-5725; S.S.A.C.N.A., PO Box 3442, Campello Station, Brockton, MA 02401

NEW YORK: Oct. 11-13, 1991; Heart of New York Area "If You Want It" Fall Retreat, Vandercamp Cleveland, NY; info P.O. Box 224, Syracuse, NY 13214

OHIO: Nov. 29-Dec. 1, 1991; 1st Greater Cincinnati Area Convention; Cincinnati Marriott, 11320 Chester Road, Cincinnati, OH 45246; rsvn.s (800) 228-9290; G.C.A.S.C.N.A., PO Box 8257, Cincinnati, OH 45208

2) Dec. 27-29, 1991; 3rd Central Ohio Area Convention; Radisson Hotel Columbus North; rsvn.s (800) 333-3333; info (614) 297-7472; COACNA III, PO Box 0944, Columbus, OH 43209

PENNSYLVANIA: Nov. 15-17, 1991; 9th Tri-State Regional Convention; Pittsburgh Hilton Hotel and Towers; rsvn.s (412) 391-4600; TRSO Inc., PO Box 110217, Pittsburgh, PA 15232

QUEBEC: Oct. 11-13, 1991; 4th Quebec Regional Convention; Auberge des Seigneurs, 1200 rue Johnson, Saint-Hyacinthe, CANADA; info (514) 652-0175; CRQNA IV, Boite postale 23, Varennes, Quebec, CANADA, J3X 1P9

SOUTH CAROLINA: Nov. 7-10, 1991; 9th Serenity Festival; Landmark, Myrtle Beach, S.C.; rsvn.s (800) 845-0658; SFPC, PO Box 1198, Myrtle Beach, SC 29578

TENNESSEE: Nov. 27-Dec. 1, 1991; 9th Volunteer Regional Convention; River Terrace Resort, Gatlinburg, TN 37738; rsvn.s (800) 251-2040; VRC 9, PO Box 90203, Knoxville, TN 37990

TEXAS: Nov. 1-3, 1991; 4th Best Little Regional Convention; Holiday Inn South, 6624 Avenue H, Lubbock, TX 79408; rsvn.s (806) 745-2208; info (806) 763-6632; Convention Committee, PO Box 175, Lubbock, TX 79408

VERMONT: Nov. 1-3, 1991; Champlain Valley Area Convention; Ramada Inn, South Burlington, VT; info (802) 658-2795; helpline (802) 862-4516; CVACC, PO Box 64714, Burlington, VT 05406

WASHINGTON: Oct. 18-20, 1991; 14th Pacific Northwest Convention; Sheraton Tacoma Hotel, 1320 Broadway Plaza, Tacoma, WA 98402; info (206) 572-3200; PNWCNA -14, PO Box 88, Olalla, WA 98359

WEST VIRGINIA: Nov. 8-10, 1991; True Colors IV; Cedar Lakes, Ripley, WV 26502; rsvn.s (304) 372-7000; Mountaineer RSC, PO Box 2381, Westover, WV 26502

WISCONSIN: Oct. 11-13, 1991; 8th Annual Wisconsin State Convention; Paper Valley Hotel, Appleton, WI; rsvn.s (800) 242-3499; WSNAC VIII, PO Box 1902, Appleton, WI 54913

N.A. Way

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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.

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What is Narcotics Anonymous?

N.A. is a non-profit 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. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break.

Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.



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