

THE N.A. Way[®]

M A G A Z I N E

February 1992

\$1.75



conference agenda . . .

p. 20

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[®]

M A G A Z I N E

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Basic reflection

Recently I have been going through a lot of soul searching in my recovery. I've been searching for that feeling of faith that "Everything is going to be alright" that I had in the beginning of my recovery. In a meeting last night I recognized an example of how that works. I have been told I am "Right where I am supposed to be," coming up on five years.

When I first got to Narcotics Anonymous I just wanted to learn how to live without using, one day at a time, and as that time progressed I used the tools of the program to simply do just that. I was then taking my first baby steps, learning to walk all over again, without the use of chemicals in my life. I shared the fear and heard that by having faith in a power greater than myself "It will be ok." This was how basic my life was in the beginning of my recovery. As time progressed so did my faith. There were many major milestones in my recovery, such as learning how to be a mother, my first car, my first job, my first checking account and, later on, marriage.

A Narcotics Anonymous meeting is the only place I know of that I can go, at the age of thirty-five, and say,

"Guess what? I opened my first checking account!" without people thinking I'm a little crazy.

My life became full with service commitments, sponsoring people, working full-time, marriage to another recovering addict and raising two teenage girls at home. My life is not boring!

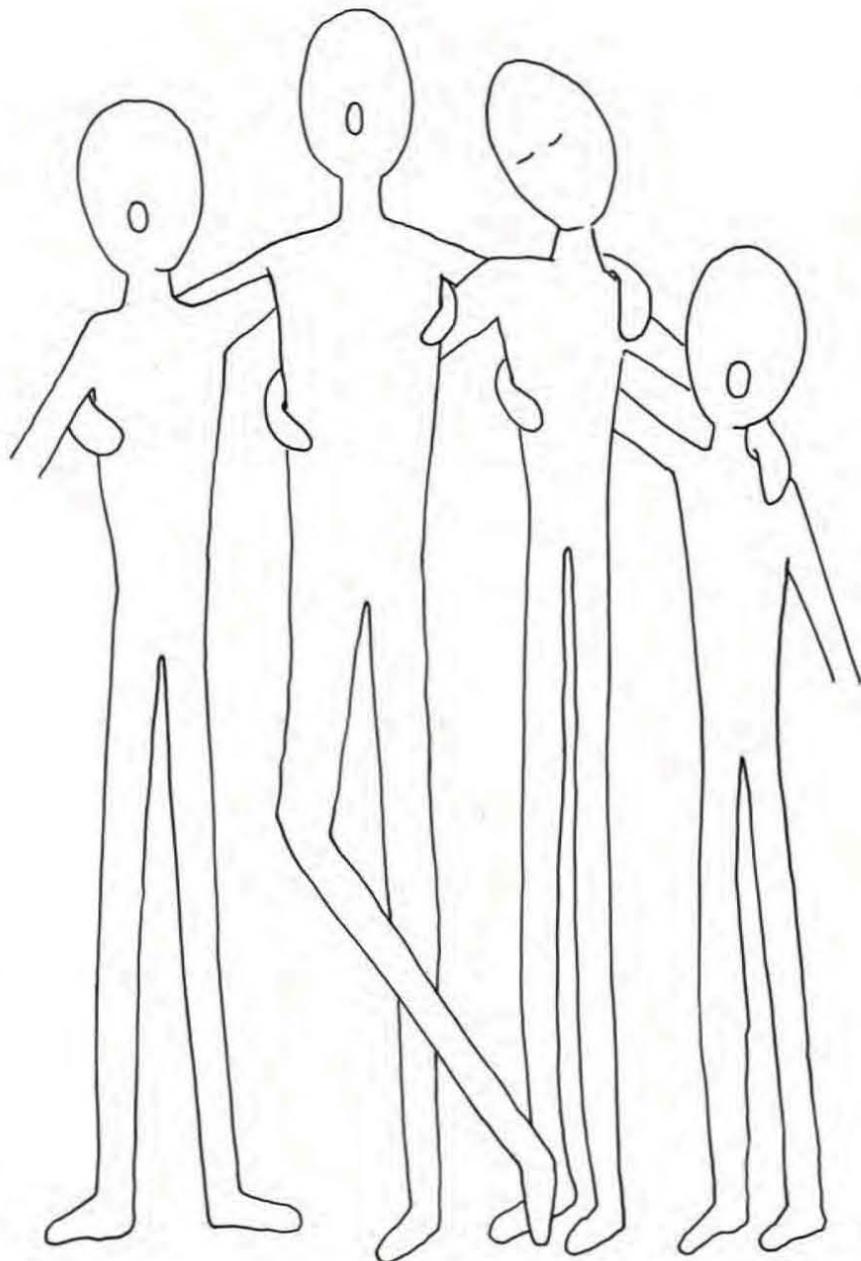
Sometimes, with all this going on, I forget what being new is like. Until I get to a meeting and hear a newcomer share their story, and watch them, week after week, taking those first baby steps into recovery. How excited I am for them!

In my home group we get a lot of newcomers. At the end of the meeting one of the newcomers was asked to read "Just For Today," and lead us in the Serenity Prayer. He expressed to me that he was afraid, that he didn't know the "Serenity Prayer," and what should he do? I let him know *it was going to be ok*, told him to take his time, and when it got to the prayer all he had to do was hold my hand and the next person's hand and just say "God. . ."

When it was time we all stood up and the newcomer took my hand. The person next to him took his hand. He glanced at me with a frightened look in his eyes. I nodded and whispered "*It will be ok*," and he said "God. . ." As you can probably guess we all followed with the rest of the prayer.

About my own soul-searching for what it was like when I got here? My experience in that meeting last night told me what I need to do . . . get back to the basics!

Angie G., California



On avoiding complication

After two-plus years of clean time I decided that the focus of Narcotics Anonymous was too narrow for my needs. It wasn't about staying clean anymore, the desire to use has left me. I was trying to practice principles, doing service work, working with newcomers, still making meetings (not nearly the amount I had been), but something deep inside was keeping me miserable! Being an educated individual, I surmised it had to do



with early upbringing, too much sugar, something...It wasn't until I met with my sponsor at a recent convention did I consider it was still the disease of addiction and the solution was the Twelve Steps and Traditions of NA.

The Basic Text warns us of cockiness and complacency, however I was ill-prepared for the insidious ways that the disease overwhelms us. Two years clean and the prospect of attending different fellowships and or specialized therapy did not appeal to me. Working with my sponsor I realized that by practicing the spiritual principles in the steps I could once again experience freedom as I had when I stopped using. The concept of honesty that I had learned in the first step required a re-examination. It meant I had to go beyond just owning up to drugs and the damage they had caused, and I needed to examine some deep feelings associated with that damage. Issues from my childhood surfaced, and patterns were becoming apparent. The thought of powerlessness was humbling, but the serenity, which comes with surrender, comforting.

I argued with my sponsor that relationships were a particularly difficult area, wouldn't it seem then that it goes beyond "narcotics." I learned (once again) about how devastating self-obsession can be. Practicing the principles in the traditions would be my liberation. I began to explore the idea of being "a part of rather than a-part from." It soon became clear that my personal recovery depended on this. I pondered the idea of an ultimate authority and my relationship with such an entity. After all, whose will was being challenged?

Leaving the convention I felt renewed. I realized, as the problems lie with me, so does the solution. The direction from my sponsor was simple: work the steps!!! Today I realize that no matter how healthy I get, the freedom and serenity I seek lies in just one set of Twelve Steps and Twelve Traditions and they belong to Narcotics Anonymous.

T.P., Texas

Learning together

You know how the book suggests that if you get in a slumpy time to make a gratitude list? Well, today my daughter turned five years old. I haven't been a part of her life for the last four years, so I guess the following story was obtained by trying to maintain an attitude of gratitude.

I'm an addict. I wish I could say when I came to NA I wanted to quit drugs, but I didn't. I just didn't want to continue living the way I was living.

I was so paranoid I couldn't see straight. I lived for oblivion and believed no one understood. I thought everyone was out to get me, including my seven year-old son. At that time I thought he was a pain, a thorn in my side. It seemed he didn't allow me the freedom I needed to be myself. I needed my drugs to maintain sanity and living, and, instead, I had to do things like buy him clothes, food and pay for his condemned home.

Things were so crazy. My son was the adult, and I, well, I was lost. I was working, being a single parent and maintaining my being as a drug addict. Didn't anyone realize I needed

breaks! I couldn't help the fact that I'd get lost, and when I found myself, it was days later.

There was no trust, no hope, and, most of all, no love. There was only fear, devastation, embarrassment, isolation, and hate. Usually there wasn't anything from me because I was too numb.

When I got to NA, after listening to you all, this wild, neurotic, psychotic addict had a lot of work to do, but I became willing and ready. You gave me hope, especially when I realized drugs weren't the problem. Drugs were my solution, and they stopped working. So I needed new solutions to the same problems. "Any lengths," you said, and that's exactly what I did.

I didn't have a license, but I always had a ride. My son went to every meeting with me. Somewhere around sixty days, he was misbehaving at a meeting. I let him know, in no uncertain terms, that my first priority had to be NA. I let him know that without NA I'd lose him, because I'd go back to the hell I was in before. I really didn't want that. I haven't had a bit of trouble since. Today he shows other kids good behavior—there is hope!

I got a sponsor. As a matter of fact I chose one who knew me before NA. I had gotten turned in to Child & Family Services for neglecting my son for three days. My sponsor had told me all about NA when she was a parent-aide. There was no pulling punches with this lady, she knew me better than I knew me. I started working these steps to the best of my ability. I wrote constantly, and so did my son. I learned how to be an adult, and,



long with my son, we learned how to be healthy kids. I started practicing principles in my affairs, and so did he.

Some of my anger went away, and some of it was released by bustin' TVs and telephones. My son got real angry when, after three months of arranging for him to spend a summer with his sister, brother and dad, he

My Higher Power hasn't done me any injustices since I've honestly applied this program in my life. As a matter of fact it seems to me I've received too many gifts. I don't always know what to do with them.

Because you loved me, I've learned to love me, and you. I've had to learn how to trust and, on a daily basis, it

. . . it seems to me
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I don't always know
what to do with them.

couldn't go. He wrote his feelings in a letter, and when the letter was returned, said he'd decided not to write anymore. Amazingly, my son was teaching me, through his actions, how to let go!

About six months ago our home was broken into. The only thing stolen was my son's video games. I came totally unglued. He just said, "You know, mom, it could have been worse—they could have taken the TV." A week later he was nailed in the head with a rock. When the cops arrived I was hysterical, and one was the same officer who had come the week before. He looked at my child and said "Well, son, it really doesn't look like your luck is running very good." The boy's reply was, "I know its gonna get better." What a "program" this kid works.

gets easier and easier. I am learning how to apply new, appropriate solutions to problems.

My son is one of my greatest teachers today. I am learning acceptance, understanding, tolerance, and most of all *love!* All because of this beautiful child. We communicate our feelings and, next to my Higher Power, he is my best friend. He doesn't ask, "Are we going to a meeting?" anymore. He asks, "Where's the meeting tonight?" And now that I have a license, and a vehicle, we drive ourselves. Sometimes we get to pick up other people, too.

Thank you, Narcotics Anonymous, for teaching me how to take chances, and become vulnerable. It's been worth it. Keep coming back. I need you, so does my son.

N.P., California

Foundation revealed, rebuilding begun

I just want to share some of my thoughts about NA, God, spirituality, and my life today. When I first got to NA, I was a mess. My marriage was falling apart and I was pregnant. I had no future in the job I was working. I was emotionally and geographically alienated from my family (which had both positive and negative aspects). I had some friends, but they were mostly the "what-have-you-got-and-where-can-I-get-some?" type. Nothing deeper.

I have, at various times in my life, been addicted to lots of things. I'm an addict. I'm grateful that drugs fit my personality type so well. The nature of chemicals is that they worked hard and fast to do their thing, and the bottom I hit was just as hard and fast. It may not have happened as quickly for some, but twelve years of active drug addiction can put a person through a lot of changes. I feel some people prac-

tice socially acceptable addictions in our country. I also feel that because the manifestation of their disease is socially acceptable, a lot of them struggle for years with that feeling of "if I just had (whatever), I'd be okay!" Because drug addiction brought me to a life-or-death point, I was forced to face myself and my disease head-on several years ago. I truly feel that if it weren't for my disease, NA, and God, I wouldn't have the quality of life that I have today. I don't want to settle for a mediocre life. The life I've found—a life of change with the fellowship and program of NA,—is anything but mediocre.

For me, NA has become a way of life. I've been given the privilege and honor of serving other addicts on several different levels, beginning with opening a meeting and making coffee. Every bit of service work I've ever done has given me more rewards than I feel I deserve, according to the effort I put in. Recovering addicts are truly the greatest weapon against this disease I've ever seen. Today I can freely share gut-level feeling honestly with others and they freely share with me. What a miracle! A lot of that sharing goes on during service commitments.

For me, NA is also about freedom. Not just freedom from, but freedom to. It has even given me the freedom to use or not use. I never had that before, I didn't have a choice. I had to use. Today, as long as I don't pick up, I have freedom of choice. (Paradoxes seem to be a great part of my life and my reality today.)

NA has given me the freedom to do things I only dreamed of before. I wanted to be acceptable, responsible, and productive. I wanted to actively care for and nurture my children. I wanted to care about the environment and recycle. I wanted to go to school, and keep a journal. I wanted to watch my diet, exercise, and quit smoking. I wanted to develop a relationship with God and other people. I wanted to be physically, mentally, spiritually, and emotionally healthy. The only problem was, I spent so much time "getting and using and finding ways and means to get more," or getting over a run, I didn't have much time to do any of those other things.

I don't endorse any of the above things in an NA meeting, but the ability to participate in all those things and more is part of what recovery has given me. I can go to counseling and actually make (painful) progress. And even be glad to feel the pain. I get upset when I hear recovering addicts put other recovering addicts down for seeking help through counseling, or even other twelve-step programs. If that's where they are today, and that's what they need to do to get better, why not? As long as they don't trash our traditions in a meeting, for me, it's okay. This program is not about limits, it's about being able to do what we need to do to fulfill our God-given potential. We are a powerful force for positive change in our world. One person can touch a lot of lives directly, and we're all intertwined. We don't need to bash each other.

Nothing in my life but the meetings and the program has remained the

same since I came to NA. My oldest child is still with me, and another one was added to my life as I got clean—and even their lives have changed immensely. I'm no longer married, live in a different place, drive a different vehicle, and even have had no vehicle or license, at times, since getting into recovery). I'm working on a career today in nursing. I also went through the pain of losing all those things, but my children, at some point in my recovery. A lot of pain. There were times when I wanted to use, or die, or both. And I'd say, "God, is *this* what I got clean for? Why is this happening?" I've been through more than one suicidal phase while clean (but fewer than when I was using). I may experience them again when I go through another crisis. I'm a master at the easy way out, and sometimes suicide seems that way. The only reason that I've kept from it, at times, is that I feel life is the greatest gift we possess, and I feel it is wrong to take existence away from myself or another person. And if I'm working Step Three, it becomes a moot point. Today I believe the reason I went through all that is because my Higher Power tore my life apart and then gave me a foundation, and He's building something solid on it. And, as our Basic Text says, "Not only is this way of life better than the hell we have lived, it is better than any life we have ever known." There has always been something better on the other side of the pain and the problem, if I'm willing to walk through it. Today I trust that it's in God's hands, even when I screw up. He can make lemonade out of my lemons.

I'm constantly amazed at the depth of the steps. Just when I think I've figured something out, a new aspect is revealed and I see things in a different perspective. I guess the program needs to be that way, because our disease is that way. Just when I think I've got a handle on it, it jumps out and kicks my behind. It knocks me to me knees, and I learn about surrender all over again. What a concept!

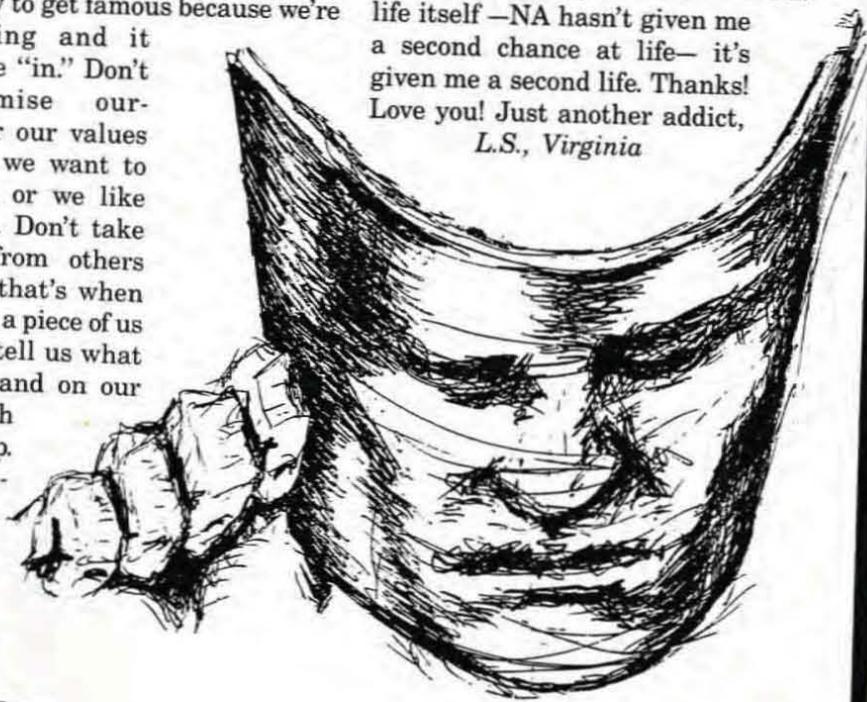
I'm ashamed to admit how little I understand our traditions. They seem to be pretty much common sense (is that why I have trouble?)—simple, but not easy. . .

Stick together, don't give our power up to anyone. Don't worry about what's in it for us. Don't shut out anyone who wants the help we can give. Don't try to get famous because we're recovering and it might be "in." Don't compromise ourselves or our values because we want to be liked or we like someone. Don't take money from others because that's when they own a piece of us and can tell us what to do. Stand on our own with God's help. Remember why we're here and stick to the subject—

it's less confusing. And remember that underneath, we're all the same.

That's about my level of understanding of traditions. And so long as I stay clean I have a lifetime to learn and grow. It's not a race. I heard something recently at a convention that blew my mind. I've heard for a long time that, "It's not the destination, it's the journey." I was still having a hard time with that, and someone shared with me (and about seven-hundred others of us) that there is no destination. And that's kept me thinking for a while. Almost as long as "Don't pursue and don't resist."

Thanks for letting me share. This program and you people are the greatest gift I've ever been given—besides the ability to receive it. And life itself—NA hasn't given me a second chance at life—it's given me a second life. Thanks! Love you! Just another addict,
L.S., Virginia



Driving principle

Trying to find a yardstick with which to gauge one's recovery can be difficult at best, and self-defeating at worst. I cannot claim to have discovered any secret of measuring serenity, but in recent months I have noticed one particular aspect of my life that directly reflects the degree of effort I put into my program. This is when I am behind the wheel of a motor vehicle. I have heard many other addicts comment on this very same thing.

"I drove like a madman, cutting off four old ladies, running under six yellow lights, and ignoring two stop signs, to get to the meeting ten minutes early, so that I could pray in the parking lot," is a comment I have heard at meetings. "I had about ten minutes to make a twenty-minute drive because I didn't want to be late to tonight's meeting," another addict has said. "At least I didn't have to worry about eating my stash when the cop pulled me over to issue the speeding ticket." "I don't believe myself sometimes," yet another addict admits, "I get behind the wheel, and my program goes out the window."

What is this phenomenon that obsesses us so? Why does it come up so often in the, "Does anyone have any problems with their recovery that they would like to share" portion of the meeting? Is this a program of staying clean, or driving sensibly?

The answer to the *first* question is—*control*. Many causes and results of addiction revolve around a control issue in one form or another. If we can control what's going on around us (like the flow of traffic), then, I believe, we are better able to ignore what's going on inside of us. Among us addicts, this is a typical emotional defense mechanism. Having surrendered some measure of self-esteem and pride in admitting powerlessness, the automobile is a wonderful device to help recapture a few shreds of that lost power. I drove a delivery truck in New York City for four years, using, and another year, clean. As a victim of post-traumatic stress syndrome, I was able to practice my "hyper-vigilance" under the guise of "defensive driving." With a single key and a couple of pedals, I was in sovereign possession of several cubic feet of space. That space belonged to me, and Lord help the ones who dared to obstruct my grand plans for its movement from one place to another.

I maintained a basically mellow attitude toward traffic, when I was high, even in Manhattan. But after I got clean my driving became much more aggressive. So did, unfortunately, my attitude.

To the *second* question, I have discovered some interesting things within me that were freed when the prison of active addiction was opened—one of these was *the conscience*. When I was driving to my connection to cop my bag of whatever, I felt nothing about my actions or the rest of the world. All was fair in love and war and buying drugs. Traffic laws were but a slight inconvenience, and were mainly for the other guy. But a restoration to sanity meant a new acceptance of responsibility. Suddenly, I was rediscovering morality, a sense of right and wrong. Abstinence from dope was but the first of many bad habits I needed to shed. I found that my driving habits were dangerous to myself and others. Sounds like a familiar cycle being repeated, doesn't it? It is little wonder, then, that recovering addicts might experience pangs of conscience about the way they drove on a certain day, and feel that it might help to talk about it at the meeting.

The answer to the *third* question is, in my opinion—*both*.

That NA is a program of staying clean goes without debate.



If I use one of those drivers' secret hand signals (you know, the ones that say so much with so little effort) when he or she passes me, and then forget about it forever, then I know that being clean has its advantages. But when I throw my coffee at the offender's windshield and insanely proceed to follow three inches behind his bumper, hoping to find out where

the space in my life, and become the aggressive maniac I used to be (and still am, at times). When I'm living in my disease, everybody is a potential threat and hyper-vigilance is my survival technique. But when I allow my Higher Power to set the course of my life, when I ask only for direction, and the gas to get me there, anxiety completely leaves me. I arrive at my

Whether being a sensible driver is part of the program depends on your point of view. As the operator of a motor vehicle, I am the pilot and navigator. After almost four years of recovery, I have learned that, without conscious effort, it is still difficult to separate my emotions from my driving practices. If I've been having a bad day, my driving reflects it, unless I remain aware of my program and deliberately try to stay mellow. If I've been having a good day, then there is usually no need to rush things, and my driving almost automatically reflects whatever serenity I might have at the moment. There is, however, life to contend with. When that jerk cuts me off or steals the right-of-way or tailgates me or honks to remind me that the light has turned green, one of two things can happen, both of which reflect my recovery in a proportionate degree.

the driver lives so I can burn down the garage, well, then I know that I'm just as sick as I ever was.

But being behind the wheel of a car isn't the only place I find myself. I am also behind the wheel of my recovery. In this case, however, I should never be more than *pilot*. My Higher Power should be the *navigator*. With a single key-thought I can assume complete control of the few cubic feet of

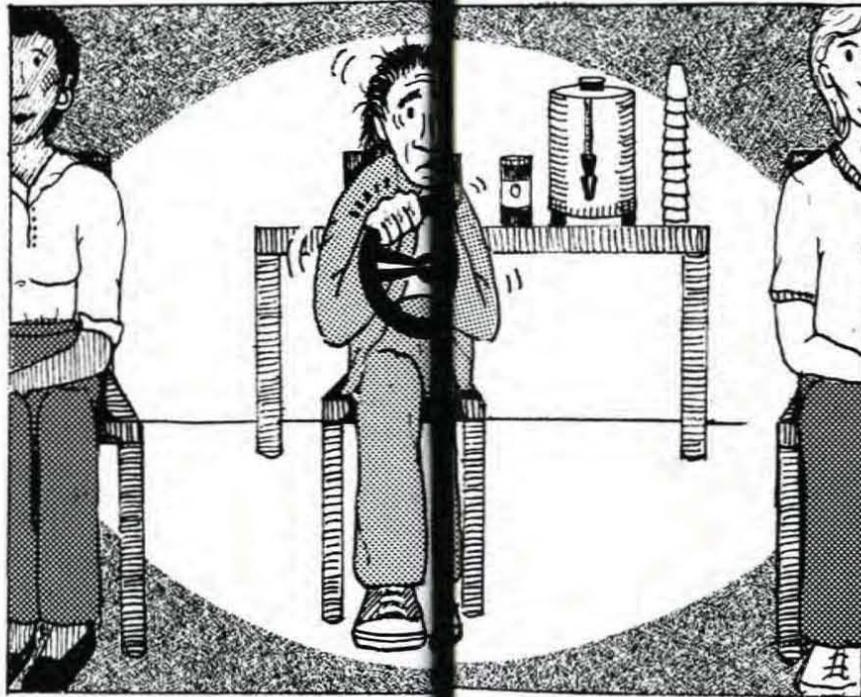
destination safely, and with a clean conscience.

The whole thing works in reverse, as well. Not only can I allow my mood to be reflected in my driving, I have found that changes in my driving behavior can, in turn, affect my mood. If I'm having a bad day, or if I am late for an appointment, work or a meeting, I've found that if I purposely drive with consideration of the traffic

around me, my attitude becomes better, it become less important whether I'm running late or not, and I don't feel as stressed out when I get there. If I happen to be experiencing one of those extreme moods that recovering addicts are prone to on occasion, and I act with consideration towards other people, whether they're the (indirect) source of my anxiety or not, I get along with them better.

It really makes me feel good about myself when I can give another person the right-of-way with a smile, let the kid on the bike go on across the intersection, wave the mailman through, or let the little old lady with the shopping cart get to her car without making her sprint across the parking lot. And when my driving forty in a thirty-five zone isn't fast enough for the guy behind me, I can say to his tail lights as I let him pass me, "There, but for the grace of God, go I."

Slowly recovering in Kent, Ohio



Dropping the mask

My name doesn't matter right now, but I hope my story will help someone else. I am twenty-one years old and I have been using for the past five years of my life.

Right now I am sitting at home, alone, putting all the things I never had enough strength to say in a meeting, down on paper. That's where my story really begins.

On May second I entered a treatment center, not for drug addiction, of course, because I didn't think that was my problem. I was wrong. While in "treatment" I received a lot of addiction-counseling from the people who were there and knew where I was. I took all of this to heart, but I was still in denial.

After I was released from the hospital I thought that life would turn around, and it did, for the short time I worked a Twelve Step program. For five months I attended my NA meetings and other meetings and I felt good (great) about everything. I felt too good! I began to think I could do it alone and that I was different than

the other people in these meetings. I cut my meetings down from one a day to one a week. I lost contact with everyone involved with the program. I stopped calling my temporary sponsor and eventually I ended up using again.

Today is November twenty-seventh and I am clean and for that I am extremely happy. I'm still not on the right track all together, but I am clean and I know that today is all I have. One of the things I learned from relapsing is that things don't change out there no matter how much I want them to. They never get better when I return to using, they only get worse, and a lot worse than before. Another thing I learned is I can't lose faith in NA or the people in NA. My denial took me to a new bottom, a place that I never want to be again.

I hope that this made sense to someone out there, maybe someone who wants to try the old ways. Do what I didn't do: call your sponsor, go to a meeting, talk in the meeting, but please don't use.

P.S. Keep coming back, it works if you work it and it won't if you don't!

Anonymous



Home Group

Slugg's higher power



The broad perspective

A "news" feature providing a skeletal rendition of the 1992 *Conference Agenda Report* commences on the next page, so perhaps a little overture is in order.

First, it makes no pretense of supplanting the *CAR*. The *CAR* is a weighty matter, both physically and mentally.

Second, the *CAR* itself contains many reports, publications, and other addenda absolutely necessary to effective understanding of the issues and conference actions.

The following sketch was gleaned from the document right before it was mailed to RSCs and participants, so, though it is very unlikely, there could have been last minute additions or deletions.

Subscription price

The WSO Board of Directors approved a motion in early January to implement a ten percent increase in the price of all WSO inventory items, effective February 1, 1992.

After discussion the BOD determined such items as *The NA Way Magazine* and the H&I publication *Reaching Out* are considered "subscription items" in the WSO inventory, and are exempted from the price increase currently being implemented for other products.

"Network news"

Another dozen NA Way Networkers came on line as result of a well-attended magazine workshop in Virginia last month, and these lines are a welcome to them.

Networkers (now numbering about 50) are being sought in every NA community to serve as liaisons for passing on manuscripts, letters, subscription material and ideas. With the growth of the networker team to several hundred members it is believed the staff and review groups will have more beneficial and equitable input with which to fashion issues progressively more in sync with the hopes, fears and interests of the NA Fellowship.

A workshop is already planned for San Diego in March, and we'll consider any other opportunity.

Networkers receive monthly packages of sample magazines, subscription materials, and the Networker Newsletter.

Trustees in Montreal

The next meeting of the World Service Board of Trustees is set for February 13-16 in Montreal, Canada (the first-ever WSB meeting outside the US). This meeting, which includes an open forum all day Saturday, will be conducted by newly-impaneled chairperson Becky M, who is succeeding Jack B.

Among items likely to be reviewed in Montreal are the trustees' papers and reports on: Participation and Decisionmaking at WSCs; Seventh Tradition and Fundraising; Direct Group Contributions; Prejudice In NA; the Literature Trust Document; and Trustee Guideline.

WSC AGENDA

1992

The 1992 World Service Conference *Agenda Report* was mailed to RSCs and conference participants in late January. Additional copies may be purchased (Item #1140, \$11 each) from the WSO. The 1992 WSC will take place in Dallas, Texas, April 25 through May 2.



A preliminary copy of the introduction to the *CAR* makes mention of at least two new regions that will likely be asking to be seated this year, and includes:

"While the reports, motions and addenda are fairly straightforward, this year's agenda differs from previous conferences. . .

"It is hoped that all relevant motions or amendments can be discussed during panel sessions so we may resolve our differences and reach compromises whenever possible before we go into business sessions where we are restricted to parliamentary procedure.

"All *Conference Agenda Report* motions from either regions, boards or committees, and any amendments to these motions, may be made during old business sessions of the appropriate board or committee. Old business, new business, and elections will all take place within each board or committee's business session. . ."

Board and committee motions

The *CAR*, roughly divided into sections by board, committee, or regional actions, and including several addenda, includes the following list of motions.

According to the WSC Admin Committee report "There were several motions committed to WSC boards or committees at the 1991 annual meeting for which their recommendation is 'no action' at WSC '92. In most cases, the intent of the motion has already been accomplished or is being addressed by another process. The annual reports of each WSC committee or board will be published at the end

of March and will contain detailed discussion of these recommendations."

From the Administrative Committee:

Motion #1, "Be it resolved that regional service representatives have the same access to the Conference Report as do all conference participants. All material submitted for publication in the Conference Report is subject to the same editorial review by the chairpersons of the WSC Administrative Committee, the World Service Board of Trustees, and the WSO Board of Directors." Motion #1 is described in the *CAR* as a response to two 1991 regional motions.

From the Translation Committee:

Motion #2, "To approve the implementation of Addendum 1, "World Services Translation Committee and Policy," for an additional year; and to direct the Translation Committee to bring its recommendations concerning both its status and its guidelines to WSC '93."

From the WSC Ad Hoc Committee on NA Service:

Motion #3, "To approve the booklet, "Twelve Concepts for NA Service" (Addendum 2), (additional copies may be ordered from the WSO, item #1162, \$1.65.)

Motion #4, "To continue the WSC Ad Hoc Committee on NA Service for the 1992-93 conference year, its task to be completed by WSC '93."

From the Administrative Committee:

Motion #5, "That the chairpersons and vice chairpersons of the WSC standing committees be funded to at-

tend a minimum of two World Service Board of Trustees meetings each conference year."

Motion #6, "To dissolve the Joint Administrative Committee and delete from the *Temporary Working Guide to our Service Structure* the following paragraphs (1991 edition, pp. 21-22: . . ." (Full TWGGS text describing the JAC is reproduced at this point in the wording of Motion #6) and the motion is concluded with ". . . and all other references in the *Temporary Working Guide to our Service Structure* to the Joint Administrative Committee."

From the Interim Committee:

Motion #7, "That the fiscal responsibilities for the World Service Conference be assigned to the Interim Committee. The committee shall be composed of seven members:

- World Service Conference treasurer, in an advisory capacity;
- World Service Conference chairperson and (first) vice-chairperson, as voting members;
- World Service Board of Trustees chairperson and vice chairperson, as voting members; and
- WSO Board of Directors chairperson and vice chairperson, as voting members.

"Further, the Interim Committee shall make necessary decisions affecting NA World Services when the World Service Conference is not in session, mindful of the priorities previously established by the World Service Conference. The Interim Committee shall report its actions throughout the year in the Conference Report."

From the Board of Trustees:

Motion #8, "To approve Addendum 3, 'The Fellowship Intellectual Property Trust.'"

Motion #9, "To delete the section identified in the 1991 Temporary Working Guide to our Service Structure (pp. 13-16) as 'The Board of Trustees,' and to replace it with the procedures shown in Addendum 4, 'World Service Board of Trustees Operational Procedures,' which will become policy of the World Service Conference. Any change to these procedures must be made by the WSC and requires a two-thirds vote."

Motion #10, "To adopt Addendum 5, 'Dual Membership Proposal for WSB and WSO Board for Conference Year 1992-93,' for a one-year period."

Motion #11, "To approve Addendum 6, 'World Service Board of Trustees Internal Guidelines.' Any changes to the WSB Internal Guidelines would be reported to conference participants in the next scheduled issue of the Conference Report. The WSC may reverse any such change by a majority vote."

From the WCCNA:

Motion #12, "To remove the following statement from the Convention Guidelines (4/88 version, pg. 26):

'What about special interests? To what extent should special meetings or activities be provided at the world convention?'

'NA world conventions are many things to many people, but most NA members would agree that the world convention is primarily a celebration of our shared recovery, a living testimony to our worldwide unity, and a pub-

lic statement of our common purpose—to help the addict who still suffers.

'We believe that NA world conventions are not an appropriate place for special interest meetings of Narcotics Anonymous. Unity, however, is something that can always be increased or enhanced. World conventions offer an opportunity for recovering addicts from different backgrounds and lifestyles to learn about each other and, by doing so, break down any remaining barriers between us. The more we know about each other, the more we can help each other.

'It is recommended, therefore, that world convention committees be particularly sensitive to the differences in backgrounds of NA members and be careful to select speakers who represent a variety of experiences and lifestyles and who carry a message of commonality and unity in recovery.'"

From the WSC Literature Committee:

Motion #13, "To approve the booklet, In Times of Illness (Addendum 7)."

Motion #14, "To approve *Just For Today: Daily Meditations for Recovering Addicts* (Addendum 8)."

Motion #15, "To approve the following as the WSC Literature Committee's "A" work list for the 1992-1993 conference year:

- 1) The steps portion of *It Works: How and Why*.
- 2) The step writing guides."

From the Policy Committee:

Motion #16, "To adopt the Procedure for Seating of Regions at WSC and the Admissions Panel policy (Addendum 11)."

Motion #17, "To delete certain por-

tions of the statement of purpose contained in the Policy Committee guidelines (TWGSS '91, pp. 40) as follows:

~~"The purpose of the Policy Committee is twofold, the first of which is to evaluate suggestions in the conference policy or procedure and proposed changes or modifications to the service structure. The second purpose of this committee is to compile information on requests for the addition of regions within a state, province or country, according to the need for improvement of services and/or communication with the local structure. This information is to be included in the Conference Agenda Report."~~

Regional motions

From the ALSASK Region:

Motion that the WSCLC produce an information pamphlet entitled "Seniors in Recovery."

From the Buckeye Region:

Motion that the WSC adopt a popular vote tally procedure to accurately reflect the true Fellowship conscience about issues sensitive to the Fellowship.

Motion that the WSC Literature Committee restructure its guidelines to eliminate the use of a "select committee."

Motion that the WSC Literature Committee return to the practice of conducting "Literature Conferences."

Motion that the conference treasurer produce a financial definition of: A) How many groups or members are represented by each voting participant of the conference; and, B)

How much money is spent in services to each country or region from the WSC.

Motion that the WSC stop funding all travel from foreign countries.

From the Carolina Region:

Motion to move the WSO to the Carolina Region or, if this is not possible, that the WSO BOD explore the possibility of moving the WSO to a location in the eastern or southeastern area that would be more cost effective.

From Chicagoland:

Motion that WCNA no longer supply free coffee.

Motion that no changes be made in Narcotics Anonymous literature without the approval of the NA Fellowship as voiced through the normal NA literature approval process.

From the Greater Illinois Region:

Motion to delete sentence 4, paragraph 1, of page 1 from the IP "For those In Treatment." (WSO Catalogue item # 3117)

From the Indiana Region:

Motion that the WSC return to the fellowship the motion that the WSO produce a low-cost version of the Basic Text, Narcotics Anonymous, Fifth Edition, utilizing measures detailed in the related 1991 WSO report, for action at WSC 1993.

Motion that only RSRs or their duly elected alternate be the voting participants at the WSC.

Motion that non-voting participants may make motions and/or address the conference, provided that said motions are seconded by an RSR or duly elected alternate.

Motion that the WSC send out a referendum/questionnaire to all registered groups asking the following question: "Does your group feel that the Fellowship as a whole is represented at the WSC, and, if so, is your group willing to financially support the decisions that are made there?"

From the Iowa Region:

Motion that future WSCs be held during the last week of May and that the CAR be published 120 days prior.

From the Louisiana Region:

Motion that a committee of RSRs be formed to receive and (with Admin Committee) organize regional motions in the CAR.

From the Mid-America Region:

Motion the WSC develop a system whereby a seated region could adopt a different multinational region and assist in getting the basic necessities of recovery, to include but not limited to, funds for local translation of our literature, items not currently in a group starter kit, and any other mechanisms to further assist the adopted region's ability to carry the message.

From the New Jersey Region:

Motion that the WSC adopt guidelines stating that the members of the WSC Board of Trustees have one (1) vote collectively at the WSC expressed through their chairperson or vice chairperson, with all other conference participation privileges left intact.

Motion that the WSC adopt guidelines allowing all members of the WSO Board of Directors a seat on the

floor of the WSC. Except for voting, all other conference participation privileges will be granted.

Motion that the World Service Conference be renamed the "United States National Assembly", and the Multi-National Development Forum be renamed the World Service Conference.

Motion to include the IP #6, "Recovery and Relapse" into the next printing of the *Introductory Guide to Narcotics Anonymous*.

Motion that the WSC strongly recommends to the WSO Board of Directors to look into the formation of an electronic bulletin board computer system for the expressed use of the Fellowship and reports back with their findings.

Motion to insert in *The Group Booklet* under the section "How Can Our Groups Solve It's Problems?" page 17, 6th line from the top, after the sentence ending "... in all our affairs." the sentence that states, "When we collectively apply the insight received from that spiritual awakening to our group's problems, we call that *group conscience*."

From the Northern New York Region:

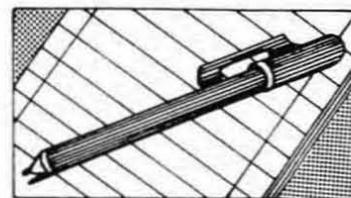
Motion to establish a standard price for all literature sold to the fellowship.

From the Wisconsin Region:

Motion that the WSO produce braille versions of literature, specifically, the White Book.

Motion the WSC create a transition plan that participation at WSC will be based on national/zonal/continental representation; such plan to be included in the CAR '93.

Viewpoint



Whose God anyway?

As concerned members of the fellowship of Narcotics Anonymous, we feel we must make known our position about the use of the Lord's Prayer at Narcotics Anonymous functions.

One of the main factors in the choice of our homegroup was that it made the choice to close with a non-religious, yet spiritual prayer. In the past year, we are sure that other groups have followed suit, but there still exists a large element of the fellowship in this area that insists that the Lord's Prayer is an appropriate NA prayer. We believe nothing could be further from the truth.

The origin of the Lord's Prayer as described in Webster's New Twentieth Century Dictionary, Unabridged Second Edition, is "the model prayer taught by Jesus to his disciples: Matt. vi. 9-13." The Lord's Prayer is a direct

quote from the Bible. Obviously, the Lord's Prayer is a religious, specifically Christian prayer. The Lord's Prayer is the prayer over all other prayers in most denominations of the Christian faith.

Yet, Narcotics Anonymous is a fellowship based on the idea of spiritual freedom. Every addict seeking recovery is free to have his own concept of a Higher Power. "The right to a God of your understanding is total and without any catches" (Basic Text of Narcotics Anonymous, p. 25). This being true, we believe our own traditions and guidelines prohibit us from using an instrument of any one particular religion in our meetings.

On page IX "Our Symbol," our text states: "The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person." By closing a meeting with the Lord's Prayer, we exclude non-Christians from that circle. "Narcotics Anonymous is a spiritual, not religious program" (page 87) is repeated throughout the rest of our literature in various forms.

Tradition Two states "... any addict, regardless of drugs used, race, religious beliefs, sex, sexual preference, or financial condition is free to practice the NA way of life" (emphasis added). Yet we are contradicting everything this tradition asks of us.

On the one hand, we are saying, "You can have your own God; you don't even have to call Him God; He can be anything you believe Him to be." But, when the Lord's Prayer is used to close a meeting, we're implying, "Your Higher Power has to be a Christian God, because this is the prayer we subscribe to."

Tradition Six states "The use of literature, speakers, and announcements from other fellowships in our meetings constitutes an implied endorsement of an outside enterprise" (page 67). The Basic Text goes on to define an outside enterprise in Tradition Six as "... any agency, business venture, religion, society, organization, related activity, or any other fellowship" (emphasis added). Later, in the Eleventh Step we find that "Outside of Narcotics Anonymous, there are any number of different groups practicing meditation. Nearly all of these groups are connected with a particular religion or philosophy. An endorsement of any one of these methods would be a violation of our traditions and a restriction on the individual's right to have a God of his understanding" (emphasis added). The right to have and practice our own spirituality is guaranteed throughout the literature of Narcotics Anonymous.

The Basic Text also states, "our understanding of a Higher Power is up to us. No one is going to decide for us. We can call it the group, the program, or we can call it God. The only suggested guidelines are that this power be loving, caring, and greater than ourselves. *We don't have to be religious to accept this idea.* The point is that

we open our minds to believe. We may have difficulty with this, but by keeping an open mind, sooner or later, we find the help we need" (emphasis added). Have the individuals and groups that are closing with the Lord's Prayer truly opened their minds?

We are so very careful in protecting our traditions. They are precious to us. After reviewing the quotes from our Basic Text, we believe it is clear that we can no longer ignore this. There are at least three prayers written in the Basic Text: the opening literature committee prayer, the Third Step prayer and Just For Today. Some groups even close with the third paragraph on page 87 of "We Do Recover." There are many alternatives to the Lord's Prayer as the closing of an NA function or meeting. Let's start using them.

Guy & Cheryl A., Dallas, Texas

Meeting together response

I am writing to you after reading two articles in the November, 1991 issue of the *NA Way* ("From the Editor" and "Meeting Together"). My heart goes out to John S. from Florida and

all of the members of the Positively Clean Group for what they have started, however the same does not hold true in every area of the world. My heart fills with sadness when someone shares that they are HIV+, have AIDS, are gay, or any of the other differences that are talked about in "What is the Narcotics Anonymous Program?" that we are not supposed to care about. . . and other addicts that are there for the same reason (to get or stay clean) avoid them because of fear. A lot of the people that I used with are dead or are close to dying because of the diseases addiction and AIDS.

I have often asked "Why them, why not me?" Today I know it is by the grace of God that I got here and that I am still here. I have often wondered "What IF? What if I would come down with AIDS? Would there still be the experience, strength and hope for me like there is now?"

I know this is projection, but it is a concern of mine. Being clean and in NA for two-plus years, I have seen a lot of differences as well as similarities. I know, for me, I have to go that extra mile, give that extra minute, and give back what was *freely* given to me. I thank the *NA Way* staff for publishing the article "Meeting together" because HIV and AIDS are real as addiction. I will keep coming back because NA will survive without me, but will I survive without NA?

*The same as you in recovery,
R.R., Pennsylvania*

On protecting our roots

I'd like to express what's bothering me more and more. I'm an older member with ten and a half years clean, happy time in NA. Thank God and the fellowship.

I've got a feeling—no! It's more than a feeling, it's a growing conviction that the program is getting softer to accommodate newer and younger members.

Most of the people coming into the fellowship these days are, by and large, young. They get off the elevator on an upper floor. Good for them! However, and consequently, they usually haven't suffered enough—I mean, really suffered—to take our blessed program seriously. Daily NA decisions should be serious business!

They don't all get sponsors. So many skip a Fourth or Fifth Step. The very idea of ours' being a spiritual program is totally foreign to many of them. No wonder they don't develop spiritually. They are "thirty-day wonders," just out of a twenty-eight day treatment center, with no understanding of the radical difference between our kind of a disease and a case of the hives or something.

It's real scary that, maybe, the program has gone soft. Generally gone is the wise and proven practice of assigning a temporary sponsor to a

newcomer. Gone is the insistence of ninety meetings in ninety days. Gone are the days when so many were so willing to sit up all night, and round the clock, with someone on the verge of picking up. Gone the practice of "Keep your mouth shut if you've used in the past twenty-four hours." Gone, too, the absolute "no-no" of males sponsoring females and vice versa.

Thank God my group practiced tough love on me when I first entered these rooms over a decade ago. Maybe we'd have fewer relapses if we concentrated more on "rooting" new members in old, proven ways, than filling their heads with a lot of superficial glitz (there's a stronger word than glitz!) Please, let's get back to basic basics!

H.K., New York

More reflection on basic respect

This is my response to "More on Basic Respect," (November 1991) from the original "On Basic Respect," (October, 1991).

I came to recovery as a pig and a dirty slut. I used a lot of different forms of dope to survive life, but not on life's terms. My mouth had some of the filthiest language and I had a spontaneous way of judging others for their behaviors. Part of these fine qualities came from being raised that

way at home, and part from being in the navy, a girl trying to be as good as those macho men. The biggest part came from being so scared of other people that I learned these behaviors to keep all of you away from finding this very sensitive little girl that was deep inside of me. My first introduction to recovery was from another program. Those people not only accepted me for who I was, they even called me up to speak, in front of at least fifty people, knowing I used that "F" word almost every sentence. I believe the people in those meetings truly loved me for who I really was. I needed that more than anything in the world, at that time. I didn't take these steps at that time and I didn't have a sponsor. But I kept coming back because I was loved and accepted. By the grace of my God I was brought to NA, where I felt even more at home because there were a lot of people like me. If my behavior and using was so socially accepted then I would not have needed to stop using. There was a person in one of our NA meetings that once said some of the same stuff I got from "More on. . ." and I felt enraged and threatened. I did need someone to help me with my language and the way I carried myself. But humiliating me in front of people was not the method. I did start working these God-given steps and started working with a sponsor, and, after a couple of years, I found a sponsor that was what I thought was a real "lady." She taught me that I was, too, and that I just hid from the world because I was so scared and sensitive. I wasn't sure I'd be good enough at being a lady. I believed that life and the world hurt,

and I didn't come to these programs because I was OK. . . I came because I was sick of hurting. I needed love and nurturing to become the person I am today, without the drugs. My God is the one I go to for help and He doesn't judge me or humiliate me. He's accepting, teaching, loving and giving.

I don't want to humiliate or hurt anyone by what I'm saying. But, if you truly carry the NA message, then please show people by your example and maybe take one or two under your loving wing and care about them until they can do that for themselves.

D.P., Philippines

Understanding

I read in the December, 1991 issue where W.K. from Michigan is having trouble with tobacco. I became passionate. Only when I get "butterflies" do I write. My sponsor always suggested writing to calm my *agita*. Here we go again.

I got clean almost seven years ago. It took a couple of years before I decided to quit smoking. At first, I tried to set a date. Then I said that I'd do it when I finished this pack. Then I wanted just one more. Then I went from smoking to chewing. Wow! It dawned on me that my behavior was mimicking my using. Obviously unmanageable, making me miserable and sick and tired of being sick and tired. I worked the steps on it and have not had to pick up since. (Yet!)

One white chip, just like my recovery. (Yet!) But wait. Some people drink coffee. Uh, oh, caffeine, soda, tea. What do I do? Sugar, chocolate. Oh, no! Hold on. Now I'm getting carried away. Just because tobacco was making me miserable, doesn't mean that it makes everyone miserable.

My sponsor gave up caffeine, that made him miserable. God bless him. I tried it. I was more miserable without it. I now limit myself to two cups per meeting, usually none at home, and that means I still get about ten to twelve cups of coffee a week.

My point, is that if a newcomer, the suffering addict, gets to my home group, I don't care if he smokes, drinks coffee, takes insulin, takes lithium, or farts. My primary purpose is to give that person the opportunity to try and get clean. Give that person a place to feel comfortable and relate to people just like him. If he's gotta worry that he can't smoke, gotta wait, or must go outside for ten minutes while he smokes, than he's not getting the miracle while his mind is elsewhere. He deserves to be freely given what was freely given to me. For that end, I will never vote to make a meeting non-smoking, no-caffeine or any other such nonsensical special interest group. I deal with problems at work, at play, at home. Cigarettes are prevalent in my society. If I can't put up with it for one more hour, I must check my motives. I can sit in the back by the door, or by a window and pay attention to everyone who's sharing. I, as a newcomer wasn't so fortunate. I needed to sit in the middle circle. Today any suffering addict can have my chair in

that circle and if the smoke bothers me I'll move toward a vent. If smokers are bothering him, he can sit next to me.

B.B., North Carolina

Serious enough

I am writing in response to an article I read in the December, 1991 issue of the *NA Way* regarding smoking at NA meetings. I realize that every person is entitled to their opinion, and I'd like the opportunity to express mine.

Whose inventory was the writer taking by "having difficulty taking seriously the recovery of persons whom light up at the table?" Does that mean that smokers aren't serious about recovery and non-smokers are? I believe this calls for a little open-mindedness!

For me, clarifying alcohol as a drug in "How It Works" has helped me remain clean. Many attempts at recovery without my drug of choice, but with the use of alcohol, has caused me many a relapse. However, since realizing that alcohol leads me back to my drug of choice, I have managed to remain clean for twenty months, even though I still smoke cigarettes. I am not deceiving myself about my tobacco habituation; upon coming to Narcotics Anonymous, I was well aware of my addiction to nicotine. It was suggested to me that I take it a day at a time, a step at a time, and ask God to help me with my bad habits.

Guess what? Even though I am still

addicted to nicotine, I can be honest today! I have a job that I show up at today! I share myself with others today in a loving way, and they don't have to pay me or give me cigarettes!

As far as addiction, good health and serious programs go—every addict that finds Narcotics Anonymous is blessed. Blessed with choices and the freedom from active addiction. It is up to each individual addict what choices they make and when they want to receive the freedom that's offered by NA. No one is forced to do or believe anything. An addict is serious enough for me if they just Keep Coming Back!

S.W., California

Identification

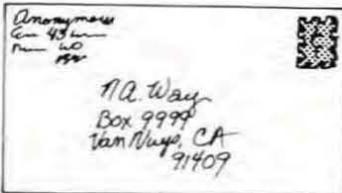
Thank you for printing "Aloha NA friends" (November, 1991).

When addressing such concerns I have usually been met with some remark such as "I can't revoke your membership," implying that anyone who leaves does so of their own choice and that therefore no one else bears any responsibility to keep members coming back. So far, I have been strong enough to call such a response what it is; others have simply left in disgust or resignation.

R. R. is right on target. With luck and the grace of God her words will irritate the smug and self-righteous among us and perhaps even push them towards some enlightenment. Kudos to the *NA Way* for printing the wake up call.

W.K., Michigan

From our readers



Not alone

I am writing to you to share what experience, strength, and hope I have as a newcomer. The very first time I attended an NA meeting, and introduced myself, I heard the people in the meeting say "keep coming back." At that time I had no idea why people I didn't know wanted me to come back to their meeting. I really didn't know if I wanted to come back at all, anyway. I just wanted to get high and relinquish the pain I was in. Even if it was for a short time, as it always was.

When I would use, the pain would leave but then come back ten times worst. Well needless to say, from listening to my addiction, I stayed a very short time. This process went on for about two years. I was in and out of recovery. My addiction always told me I would never be able to stay clean and I wouldn't be able to do this the rest of my life (staying clean).

This time around I do believe it is different for me. I believe that *I can't stay clean. I need NA and my Higher Power to keep me clean. I also believe I can't stay clean the rest of my life, either. For there is only today, and I can only stay clean "Just for Today."* I kept coming back and I am realizing more and more why it is said "Keep coming back." I learn, through good and bad, each day of recovery.

This is only through my Higher Power and NA friends, whom I've grown to trust and then love, and last but not from least, I keep coming back.

*Honestly yours through God and NA,
F.C., Pennsylvania*

Turning it over

Just recently I found my self in a lot of pain of a relationship break-up. I found that I had been running on self-will for a period of time and my life was of a using addict. I had not used drugs, but I had put this person in front of my program and my H.P. When she left I fell apart. The pain that all my life I tried to hide from came in from every angle and I had no where to turn. Except to one source, NA and the steps. I went back to the meetings, and shared the pain and they said, "work the steps." I thought I was working them. But when the pain was at max, I asked, "How?" My sponsor sat me down and showed me that I was looking at the problem at the wrong angle. I was looking at the other person, not me. And when I started to take a look at me I found out how much I gave up to be with this person.

I had given up my program and I also saw how I changed my dreams and goals. During that relationship I got fired from three jobs, but do you think I saw I had a problem? Hell no.

I kept giving, thinking it would get better, and when I finally saw the truth, it was too late.

I have moved back to the town that I ran away from to be with this person, and started making the amends of my past actions, and H.P. has started to change my life. My son is back in my life today. Healthy people are back in my life today, helping me help myself. I went back to help the addicts that are still suffering. And my life has taken on a whole new meaning. There is life today. The pain is still here but it has been lightened by doing what they share in the meetings and today I know in time, or I should say God's time, I will be free. Thank you NA for not giving up on me.

S.W., Wyoming

Thanks

I'm an addict who is alive today by the grace of God and the fellowship of Narcotics Anonymous. I first stumbled through the doors of NA about five and a half years ago. My life is very different today, thanks to you. I have a new job, a new home, a new sponsor, new meetings, a new town, and live in a different country! For an addict who hated change, you have taught me a new way of life. You have given me a program for living that begins with the words "We admitted. . ."

In Narcotics Anonymous you have taught me how to reach out, hold your hand, and walk through my fears. You have patiently showed me how to change my life by living spiritual principles taught in the Twelve Steps. You have taught me that the limitations I place on myself are only made of fear. You have showed me how to

change that fear to faith. You have given me "courage to change the thing I can": Myself.

You loved me until I could love myself. You gave me a sense of purpose in service, a sense of belonging and being accepted, until I could accept myself. You even introduced me to another recovering addict who eventually became my wife. Talk about change!! We share feelings, we learn from each other, and have a spiritual connection we don't take for granted. Thank you NA.

Through your love and the power of the Eleventh Step I can step outside my comfort zone today. The focus of my message is this: I am truly never alone, even in a new country. Keep coming back, it works. Thanks for my recovery. Right on. Love,

A.B., British Columbia

NA saved my life

Almost six years ago you told me I never had to use again. I didn't believe you. Today I do.

Soon I have another clean birthday. My mother and I got to share two years together before she died. We became friends after twenty-five years.

Narcotics Anonymous you have given me a new life and will to live clean. Thank you.

I wrote this out of gratitude. Whether it is printed doesn't matter so much. What matters is we have a magazine that I have been reading. I'm over five years clean now and wanted to share how NA has saved my life.

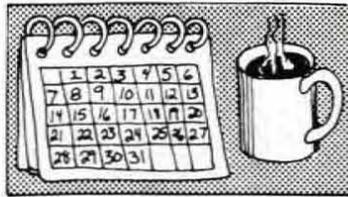
T.C., Minnesota

Note: The staff received the following letter and passed it on to the review panel. They discussed whether some of the letter's nuances might mistakenly convey the impression our fellowship is too party-oriented, but the majority approved its publication. It was directed to *The NA Way Magazine* and is exactly, and faithfully, reproduced here, in the hope that a sharing of empathy and insight between cultures might result.

Stockholm, December 3, 1991

Dear NA Way!
We're a party-committee here in Stockholm, Sweden, that really needs good, sound advice about how to have a really good time while partying under the NA name! All you people around the world that are good NA partyfixers: Please share your experiences and knowledge with us!
Our ambition is to regularly hold a big party here in Stockholm for two reasons, 1) we need and want to have fun, and, 2) we need to raise money for rent.
This party-committee is in its cradle—we haven't had a party yet. Anyway, as far as this, we've decided that what we want is a high-profile party, with standup-comedians, great live-music, T-shirts, own drinks, etc, etc, and a really good atmosphere of healthy recovery while having a good, clean funtime.
Since we have no tradition of arranging these kind of parties, but have understood that elsewhere in the NA community these kind of parties are arranged successfully within the framework of the NA Traditions, we really look forward to hearing from those of you that have practical experience of arranging NA parties!!
Please write to, Motasgruppens Festikomitee NA, B-220, S-114 79 Stockholm, Sweden

Love, C., E., J., K., M., P., T. and Y.



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

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Van Nuys, CA 91409.
(818) 780-3951.

ALASKA: Mar. 6-8, 1992; Alaska Regional Convention; Regency Hotel Fairbanks, 95 10th Avenue; info (907) 452-3200; ARC, PO Box 70394, Fairbanks, AK 99707

ALBERTA: Mar. 6-8, 1992; 2nd Annual Sherwood Park Winter Wilderness Retreat; Strathcona Wilderness Centre; info (403) 421-4429; Edmonton Area Service, 10022-103 Street, Edmonton, Alberta CANADA, T5J 0X2

CALIFORNIA: Mar. 6-8, 1992; San Diego Imperial Regional Learning Con-ference; "A Celebration of Service"; Travel Lodge Hotel, Harbor Island, San Diego; info (619) 552-0366; SDIRLCNA, PO Box 16505, San Diego, CA 92176

2) Apr. 11-12, 1992; First Annual Southern California Spring Convention; Holiday Inn/Huntington Beach, 7667 Center Avenue, Huntington Beach, CA 92647; info (213) 874-7127; S.C. Spring Convention, PO Box 2017, Huntington Beach, CA 92647

CONNECTICUT: Mar. 7-9, 1992; 1st Southern Fairfield County Area Convention; Days Hotel, Bridgeport, CT; info (203) 330-9742 or (203) 330-1679; SFCNA Programming, 2490 Black Rock Turnpike, Suite 253, Fairfield, CT 06430

FLORIDA: Mar. 6-8, 1992; 3rd Annual Florida Spring Service Break Convention; Ramada Inn Beach Resort, 4060 Gault Ocean Mile, Fort Lauderdale, FL 33308; Hosted by South Florida Region; rsvn.s (800) 678-9022 or (305) 565-6611; FSSBNA, PO Box 292323, Davie, FL 33329

GEORGIA: Apr. 16-19, 1992; 11th Georgia Regional Convention; Downtown Hilton Hotel, 255 Portland Street NE, Atlanta, GA; info (404) 232-3632; Convention, PO Box 1084, Covington, GA 30209

HAWAII: Mar. 26-29, 1992; 8th Annual Gathering of the Fellowship on Oahu; Camp Mokuleia, Oahu, HI; info (808) 945-2040; Subcommittee, PO Box 91003, Honnalulu, HI 96835

ILLINOIS: Mar. 6-8, 1992; RRCNA-I; Ramada Inn, 7550 East State Street; rsvn.s (815) 398-2200; RRCNA, PO Box 3395, Rockford, IL 61104

2) Feb.-Mar.1, "The Miracle Continues," Chicagoland Region Convention IV, Hyatt Regency, 151 E. Wacker Drive, Chicago. Hotel reservations by calling (312) 565-1234 or (800) 233-1234. For convention info call the Chicago Service Office at (708) 848-2211 or write: CRC IV, box 31666, Chicago, IL 60631-0666

KANSAS: Apr. 24-26, 1992; MARCNA IX; Ramada Inn and Tower, 420 East Sixth Street, Topeka, KS 66601; info (316) 342-2256; MARCNA IX, PO Box 1701, Emporia, KS 66801

KENTUCKY: Feb. 28-Mar. 1, 1992; 2nd Louisville Area Convention; Holiday Inn Downtown, 120 West Broadway; info (502) 893-6026; LACNA II, PO BOX 2343, Louisville, KY 40201

2) Apr. 17-19, 1992; KRCNA VI; "Welcome to the Miracle"; Hyatt Regency Lexington, 400 West Vine Street; rsvn.s (606) 253-1234 or (800) 233-1234; KRCNA VI, PO Box 279, Lexington, KY 40584-0279

MARYLAND: Apr. 10-12, 1992; CPRC VI; "A Gift Called Life"; Convention Center and Days Inn, 42nd Street, Ocean City; rsvn.s (800) 654-5440; CPRC VI Registration, PO Box 1004, College Park, MD 20741

MASSACHUSETTS: Mar. 6-8, 1992; Cape Cod and Islands Area Tenth Convention; C.C. & I.C.C., PO Box 1478, North Falmouth, MA 02556

2) Apr. 3-5, 1992; First Nantucket Island Area Convention; "Step into the Light"; Harbor House Resort and Conference Center, South Beach Street; info (508) 257-4243; Convention Committee, PO Box 2963, Nantucket Island, MA 02584

NEVADA: Feb. 21-23, 1992; 6th Southern Nevada Convention; Hacienda Resort Hotel and Casino; rsvn.s (800) 634-6713; info (702) 453-3713; S.N.C.C., 4928 East Tropicana, Suite 101, Las Vegas, NV 89121

NEW JERSEY: Feb. 28-Mar. 1, 1992; 2nd Annual Cape Atlantic Area Convention; "Power of Recovery"; Pleasantville, NJ; Sheraton Hotel, Black Horse Pike; rsvn.s (609) 348-9292; Registrations, PO Box 7386, Atlantic City, NJ 08404

NEW YORK: Mar. 7, 1992; Clean in Queens NA group presents Theatre of the Absurd WSC "Fun Raiser"; Six P.M., Corpus Christi gym, 31-30 61st Street, Woodside, Queens, NY; Donations asked; info (718) 296-1357

OHIO: Apr. 3-5, 1992; BMRLCII "Reaching Out Through Service"; sponsored by Lake Erie Area, Buckeye Region; Quality Hotel, Beachwood, Ohio; BMRLCII, PO Box 35292, Cleveland, OH 44135

TENNESSEE: Feb. 28-29, 1992; Volunteer Region Additional Needs Awareness Weekend; Holiday Inn, 2406 North Roan Bristol, Kingsport Highway, Johnson City, TN; info (800) 831-5148

TEXAS: Apr. 17-19, 1992; 7th Annual Lone Star Regional Convention; "The Promise is True in 92"; Wyndham Greenspoint Hotel, 12400 Greenspoint Drive, Houston, TX 77060; rsvn.s (800) 822-4200; LRSO INC., 10727 Plano Road #200, Dallas, TX 75238

WASHINGTON: Feb. 15, 1992; 2nd Annual Seattle Unity Day; 1st Congregational Church, NE 8th and 108th NE, Bellevue, WA; info (206) 885-1453

2) Mar. 13-15, 1992; Clean and Serene by the Sea; Ocean Shores Convention Center; GHANA Clean and Serene, PO Box 374, Hoquiam, WA 98550

3) Apr. 10-12, 1992; 7th Washington/Northern Idaho Regional Convention, "Sound Recovery"; Red Lion Inn, 300 112 Avenue S.E., Bellevue, WA 98004; info (206) 328-4351; WNIRCNA 7, 1202 East Pike #878, Seattle, 98122.

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.

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



*My gratitude speaks
when I care
and when I share with others
the NA way*

What is Narcotics Anonymous?

NA 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.