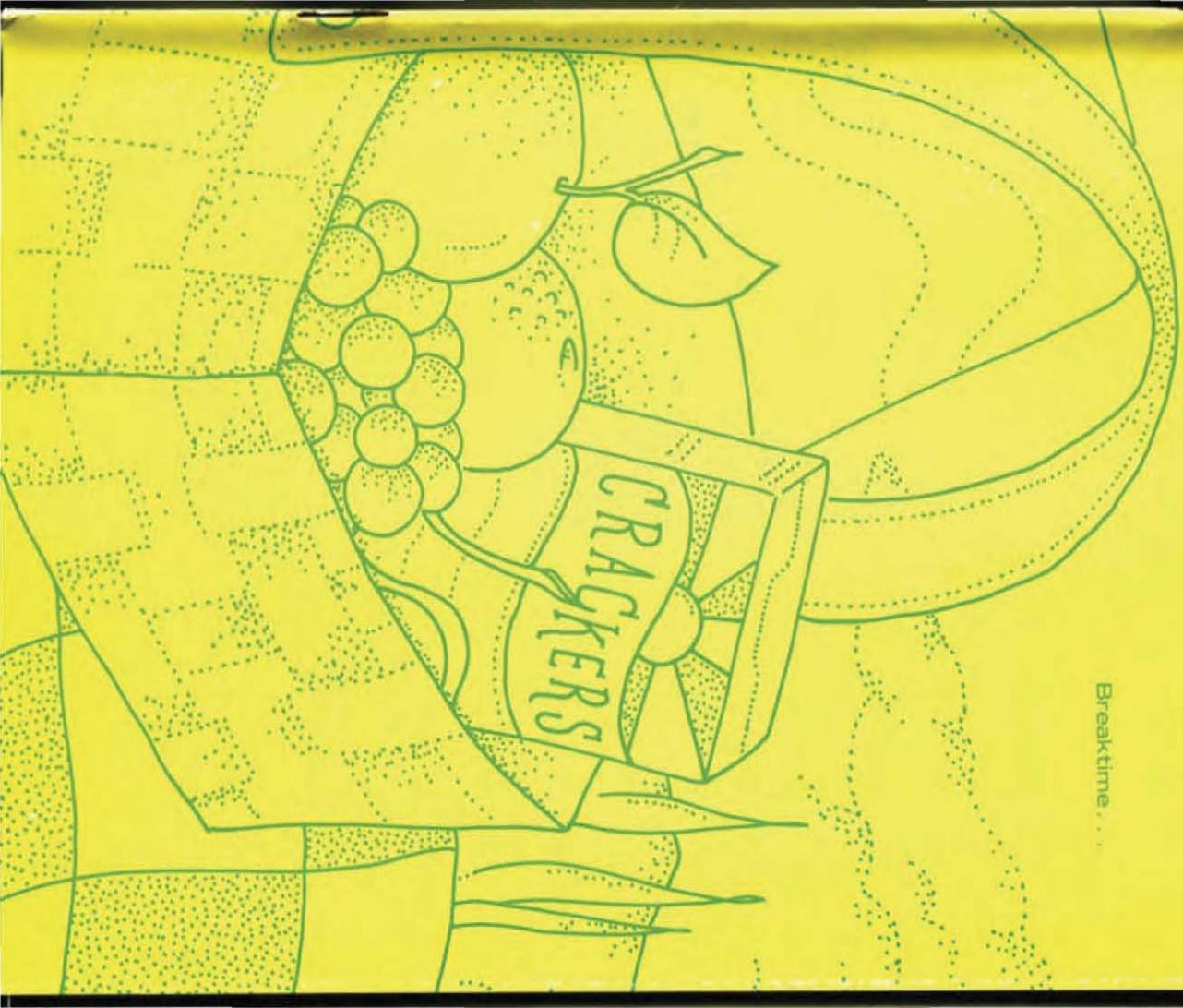


THE  
**N.A. Way**<sup>®</sup>  
MAGAZINE

May 1992

\$1.75

Breaktime . . .



## 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<sup>®</sup> MAGAZINE

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

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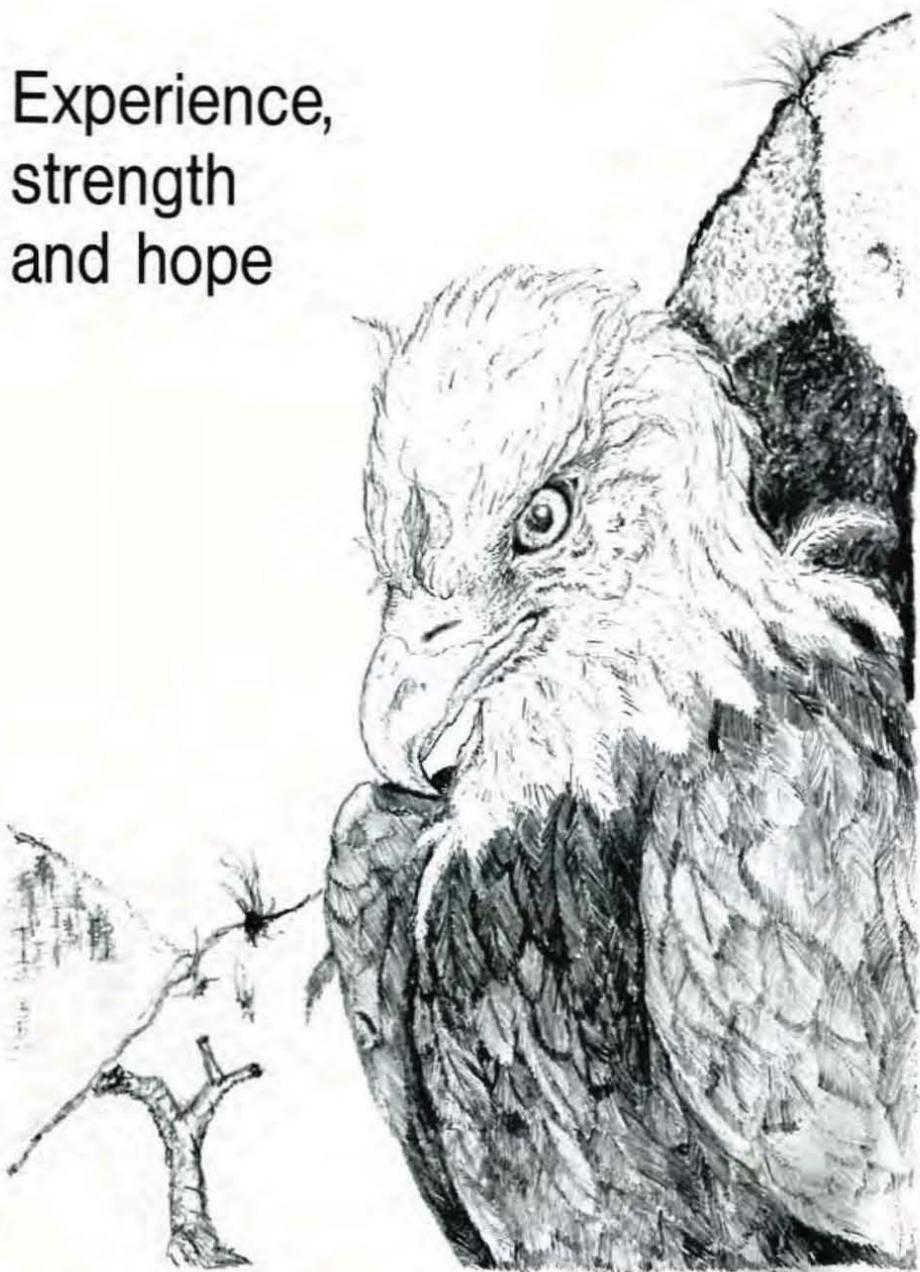
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Subscription rates, please remit in U.S. or Canadian currency: 1 yr. \$15, 2 yrs. \$28, 3 yrs. \$39, single copies \$1.75. Please inquire about bulk rates.

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*The NA Way Magazine* is published monthly by World Service Office, Inc., 16155 Wyandotte Street, Van Nuys, CA 91406. Second class postage paid at Van Nuys, CA, and other points. **POSTMASTER:** please send address changes to *The NA Way Magazine*, P.O. Box 9999, Van Nuys, CA 91409-9999.

## Experience, strength and hope



The night before my one year anniversary of being clean I prayed a prayer of thanks for Narcotics Anonymous. I was grateful for the strength being supplied by my Higher Power, the abundance of friends and support, and for another chance at living life. Also, I prayed a specific prayer, "God, if I can an intimate relationship with a woman, please, put her in my life." Well, be careful for what you pray for because you might just get it.

Sitting in my one year NA birthday meeting, I was in peace, serenity, anxiety, excitement, and amazement. I had tears of happiness in my eyes. I had never experienced all of these feelings at once. Looking around at all the friends, an overwhelming feeling of gratitude filled my soul. Tears then began running down my face. Never in all the years I had been living had there been so many people under one roof to share a birthday with me. They were there for themselves, as well, to share their experience, strength, hope, understanding, and empathy. For the first time in my life, I felt free as an eagle in flight. That is one feeling I will never forget as long as I live. I had finally broken free from the bondage of addiction which is the only promise that NA offers. I walked around before the meeting and got hugs, embraced others, and introduced myself to people I had not seen or met. Then I walked up and introduced myself to this one particular woman. Her embrace was different than all the others. This hug was full of electricity, compassion, and attraction. I thought to myself, "This is the woman that God has put in my path."

My prayer had been answered. I asked her name, and we talked for about ten minutes. We were just clicking. While praying a quiet prayer for courage and strength, I asked her for her telephone number. She said, "yes." In my mind I said, "yes, thank you!"

The NA meeting came to a close and I talked with friends, gave farewells, and talked about going out for pie and ice cream. With many friends, we went to a restaurant. Later, I went home, relaxed and thought about the evening. I decided to call the woman I had met at the meeting. We talked for an hour or so about all kinds of experiences, goals, and activities each of us have had and things we like to do. While talking to her on the phone, I sensed she was having a difficult time with her feelings. I offered my empathy, myself, and a ear for listening. She talked about the problems she was having with her ex-husband, and I expressed understanding. I listened and we talked for another thirty minutes. At that time, I asked if she would mind if we could meet either at her place or mine so we could talk further. She accepted. She came over, picked my son and I up and we went to her apartment. We talked, embraced, and shared each other's life stories.

The next morning I was sitting at home, reliving the evening of my NA birthday. Reality finally hit me. I had actually stayed clean and off drugs for 366 days in a row. Wow! I did not believe it was possible that a person like me could stay clean and make a 180 degree turn in my life, thinking, and

actions, but it was a fact. I know that I could not have stayed clean without NA and the principles.

Just after my one year "clean" birthday, the downward spiral of my recovery began. There were many significant events that led up to my relapse in December of 1991. Some of those events are as follows: I started a relationship before knowing who I was; I placed my relationship before my Higher Power and NA; I moved; I became a full-time single parent; and I stopped exercising the principles of NA. I stopped doing these simple, but not easy suggestions. Slowly, after a period of placing my relationship first and looking good and material gain ahead of the program of NA, I began slipping downhill. No longer was I progressing three steps forward and two steps back, but I was slipping three steps back to my two steps forward. Life became a struggle and it was not going the way I wanted it to go or even expected it to go. I started looking for excuses to get out of reality and temporarily escape the pressures of everyday life. Sure enough, I found lots of excuses and eventually I went back to actively using drugs.

The NA Basic Text, my support, and friends were right: once I took that first pill, fix or drink; my addiction was released all over again. Thank God I was able to make it back to NA and a meeting. I believe if it had not been for my Higher Power, my friends, my support and for the foundation I had previously built in NA, I would have never made it back to Narcotics Anonymous. I am grateful for NA and to be back in the fellowship. I have re-

cently been clean again sixty days.

I would just like to end by saying that if you are thinking of going back and using drugs or if you have recently relapsed, please humble yourself and call someone in your group and talk to them. I did, and they were very supportive, empathic, and available. Best wishes on the journey of recovery and living life on life's terms.

An NA member grateful to be back,  
*W.J., Oregon*



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## Don't let me go

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I've been clean for a little more than five and a half years. During that time many things in my life have changed. I'm not suicidally depressed anymore. I'm going to college full time and working part time. I'm an honors student, and at work I am listened to, and many of my suggestions and ideas have been implemented. I have a couple of friends that have remained friends for several years now. I've attended a few conventions. I've been asked to speak at some local meetings. I periodically support an H&I meeting at a local adolescent treatment center. I've been working the steps on a regular basis, and have written out Steps One-Four several times and shared that with my sponsor or another trusted member in Fifth Steps. I've given service where I could, helping with the literature committee, being GSR, treasurer and secretary at my home group at different times. I've daily prayed for help and guidance from my Higher Power, on the steps I haven't yet been able to write about. I have recognized defects and asked that they be removed. I've written an Eighth Step, with additions as I remembered more people I had harmed or recognized

some of my behavior as harmful, where I hadn't realized it was harmful before. I've made some amends.

I also have remembered and shared about incest. I am bluntly honest and confrontational. I'm fat and I'm not pretty. I quit smoking, developed an allergy to smoke and get physically ill when I've been in a smoky room.

I stopped feeling a part of NA. I stopped feeling that people were willing to help me get to meetings. My home group was not getting much support, until it finally died. It was harder and harder to get rides to meetings. Because of my allergy, I felt I could not participate in service or most events. It also seemed to me that because I had several years clean and I had not concentrated on material gain (no car, not much money) that people were treating me different. I concentrated on inner recovery and healing. When I got honest about incest and the pain and shame I felt, people hugged me, and disappeared from my life. I feel abandoned. I feel that my recovery is not considered real because I don't "look good," and I don't have money and property. My home group was the only meeting that weekly studied the steps and traditions. Everybody wanted to talk about them in discussion meetings, but nobody wanted to study steps & traditions in the text on a weekly basis. I am very angry and very confused.

In reference to our common welfare, how about functions and service committees that maintain a smoking policy. Everyone's welfare is considered in a non-smoking environment; only smokers' welfare is considered in a



smoking environment. Our literature tells us we can go without something for a few minutes, a few hours, a day at a time. I don't care if people smoke or not, but when there is a group activity all members should be considered. I've talked with other members who either never did smoke or quit, and they don't want to put up with smoke so they can do service or attend a dance. I have found myself having excuses and being too tired to go to very many meetings. I feel hurt and excluded.

I'm sad that most celebrations of recovery—conventions, dances, etc, seem to be geared toward people who have cars (the events are not on bus-lines) and who have money (two-hundred to three-hundred for a weekend convention). That's more than I make in a month!

I am scared. I know that NA principles have been and are the foundation of my very existence. I was dying and wanted to die when I got here. When I arrived at NA's door I was poor, skinny, full of needle holes from shooting up, and I'd been prostituting myself for nine years. NA people welcomed me, hugged me, listened to me. What happened, did I change too much? Did I not change on somebody's schedule? I've been healing on the inside. I came in so wounded that an outside bandage wouldn't have helped. My outside is still scarred and sometimes shows a painful sadness. NA told me that social acceptance does not equal recovery.

I don't know what to do now. I've heard of NA areas that have mostly step meetings and I've heard of areas that have smoke-free committee

meetings, but that's not the area I'm in, and I can't afford to move. I don't want to be one of the people that is talked about, who's left the fellowship. I haven't gone anywhere. I still do a daily NA recovery program. Where has NA gone? Where are the people who go by the book? I don't want this anger and resentment and hurt to push me away, so I'm talking about it. I'm doing what the book says, to share the pain. Is there anyone who hears me?

*Anonymous*



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## On looking and seeing

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At a recent meeting the question "how do you pick a sponsor?" came up and the usual suggestions were given—"choose someone you can relate to when they share, of the same sex as yourself, who has time in the program and who works the steps." After the meeting I started to think about sponsors, especially the "relate to" part.

You see, not long ago a girl asked me to be her sponsor, which really surprised me as she seemed to get along so well with one of the other women I sponsor. I was sure *they* would get together. A few weeks later the same girl told me she needed to change sponsors, as she could "relate" better to another woman in the program. Two weeks after that she asked me if I would sponsor her again, as she didn't relate to the new sponsor as well as she thought.

Yes, there are differences between us, you can tell just by looking at the two of us together. The only things we have in common are that we are both women, addicts, totally sick of the old way of trying to stay alive. We have problems dealing with men, ourselves, jobs, drugs, and society as a whole, and want to live a better life

through the program of NA. Not much in common, huh?

All this going on in my life had me looking back at my history with sponsors, which I shared with this new person in my life. My first sponsor chose me while I was still in a treatment facility, and I was thrilled, because we dressed the same and had the same interests. She could still go all the old places without getting high, and we were both "and a's." It didn't take very long at all for me to realize I couldn't do things the way she did—I was an addict, not an and-a. I couldn't live with a using husband. I couldn't go to the functions I'd always gone to and stay clean. I couldn't even ride my bike anymore.

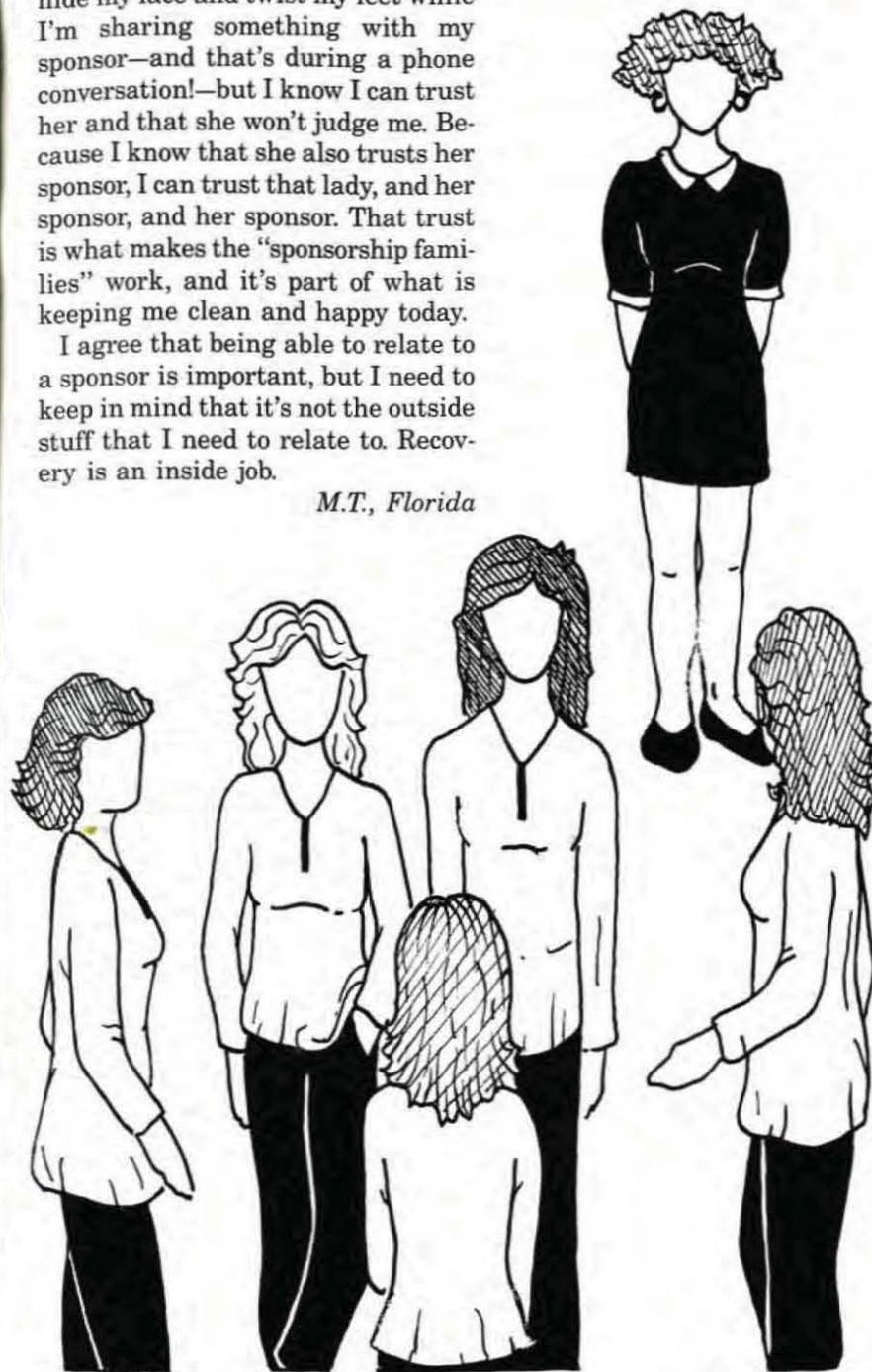
Not having met very many people in NA yet I chose a sponsor in the other fellowship, and that worked for a while. But by the time I'd been clean eight months I knew I had to work the steps in NA. By that time I was going to maybe one meeting a week of another fellowship. I made sure to make an NA meeting that day, too, and was meeting enough women that I was able to find an NA sponsor. I didn't know or care what her drug of choice was, she's younger than I am, has only been married once instead of having to number husbands, like I do, and has children instead of having drugged herself sterile like I did, but she had something I wanted. It's a program of recovery that doesn't care anything about what I appear to be, but only in what I want to do about my problem.

She has been my sponsor for over a year and a half now, and we get closer all the time. There are times when I

hide my face and twist my feet while I'm sharing something with my sponsor—and that's during a phone conversation!—but I know I can trust her and that she won't judge me. Because I know that she also trusts her sponsor, I can trust that lady, and her sponsor, and her sponsor. That trust is what makes the "sponsorship families" work, and it's part of what is keeping me clean and happy today.

I agree that being able to relate to a sponsor is important, but I need to keep in mind that it's not the outside stuff that I need to relate to. Recovery is an inside job.

*M.T., Florida*



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## Principle perspective

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Author's note: I have the people I sponsor use a set of worksheets, then I give them the following for practical application of the principles. I'm sending this in because a brother of mine in the fellowship said that maybe you would like to see and try this process.

### How It Works.

Apply any situation, and watch *how it works*. . .

#### 1. We admitted that we were powerless over our addiction and that our lives had become unmanageable.

What symptom of your disease did you see?  
Anger, pain, jealousy, abandonment, frustration, inadequacy.

At what time did you perceive that your addiction had control?  
(The moment when you realized that you had been feeling powerless.)

### The First Step happens.

#### 2. We came to believe that a power greater than ourselves could restore us to sanity.

How have you come to believe before this?

What is the power greater than self?  
(Is it a person, or feeling or . . .)

In coming to believe, acceptance is what happens.  
Accepting the situation and knowing that you do not need to stay there, that balance is possible. *Sanity comes from balance.*

## Now begins the action.

#### 3. We made a decision to turn our will and our lives over to the care of God as we understood him.

What is my will?  
It is what I want to do.

What is my life?  
It is everyday happenings that go on with my participation.

What are we going to turn over to the *Care of God*?  
(Symptoms—What was it that made your life unmanageable)  
Anger, jealousy, abandonment, frustration, inadequacy. . .

#### 4. We made a searching fearless moral inventory of ourselves.

An inventory is a look at what I am willing and not willing to live with today. We deal in the hear and now. (Basic Text pg. 28)

The last time I was in this position what did I do?

What was the outcome of my reactions the last time I was in this position?

How often have I placed myself in this position?

Make a list answering these two questions:  
What can you live with? What can you not live with?

### Changing the pattern.

Become more involved with people in the fellowship.  
Go out for coffee. Talk about feelings.  
Go out and play with people, ie., go to the show, go bowling. . .

### Develop healthy relationships.

Go all the way with your service work.  
Never do half of the job. Commitment.  
Become involved, be a part of and not apart from.

**5. We admitted to God, to ourselves and another human being the exact nature of our wrongs.**

Talk about all of the above and how you came to this point. In doing this you allow another person the opportunity to get to know you and to be able to tell you what they hear you saying, instead of you making a determination on your own as to what is or what is not. We don't always give ourselves a break or sometimes we give ourselves too much of a break.

**6. We became entirely willing to have God remove all these defects of character.**

We have character traits and we have determined in the Third Step which of those character traits we are ready to have removed by allowing God to hold onto them so we could make a searching and fearless moral inventory. We ask God to take the character traits that had become defective that She has in her care and remove them permanently. In doing this we give up all rights to go back to the present situation and try to change it.

**7. We humbly ask him to remove our shortcomings.**

What are shortcomings?

Trying to change the present to have the outcome the way we want.

One way is to have the desire to go back to the situation and make another effort to change it.

What is our footwork here?

To make a conscious effort to not repeat previous actions, such as rage, cussing endlessly, etc. We must do the footwork to oversee our actions. In order to make changes we must participate, God isn't going to do it for us. God simply gives us the courage and strength to change.

We can ask for God to remove these shortcomings. God is the ultimate authority.

**8. We made a list of all persons we had harmed and became willing to make amends to them all.**

Who has been, will be, could be and/or is being harmed? Self. The other persons in the situation and surrounding the situation.

After applying these principles to situations this list will get shorter and shorter and the time will come when there is no need to make a list. You will just need to look at everyone involved in the situation.

**9. We made direct amends to such people wherever possible except when to do so would injure them or others.**

How do you make amends to yourself?

Forgive yourself and change the pattern!!!

For others on your list, you must determine if it is ego or true humility that motivates your amends.

**10. We continue to take personal inventory and when we were wrong promptly admitted it.**

Stay in right now. Look at situations as they arise and what part you play in them.

Did you abuse, use or justify anything?

Did you overcome your shortcomings and not repeat past reactions and/or behaviors?

What have you been doing in the last few hours?

Are you pleased with your actions and/or reactions?

- 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.

In a situation when looking at the process, ask God to give you guidance in doing Her will. Talk to God about all areas and be real honest with self-assessment. If you're not honest with others, be honest with self so that you can remain a channel for God's will.

- 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.

What is a spiritual awakening? What have I realized through this situation? An understanding or realization of a new way to live, a new way of feeling about myself and those around me?

This is an opportunity to grow and change through that growth; the ability to see a new way by being happy, joyous, and free.

Spiritual awakenings result from applying these (all, not #1 or #2 or #3) principles to every situation in our lives.

The Basic Text states at the beginning of *How It Works*, "If you want what we have to offer and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible."

K.B., Georgia

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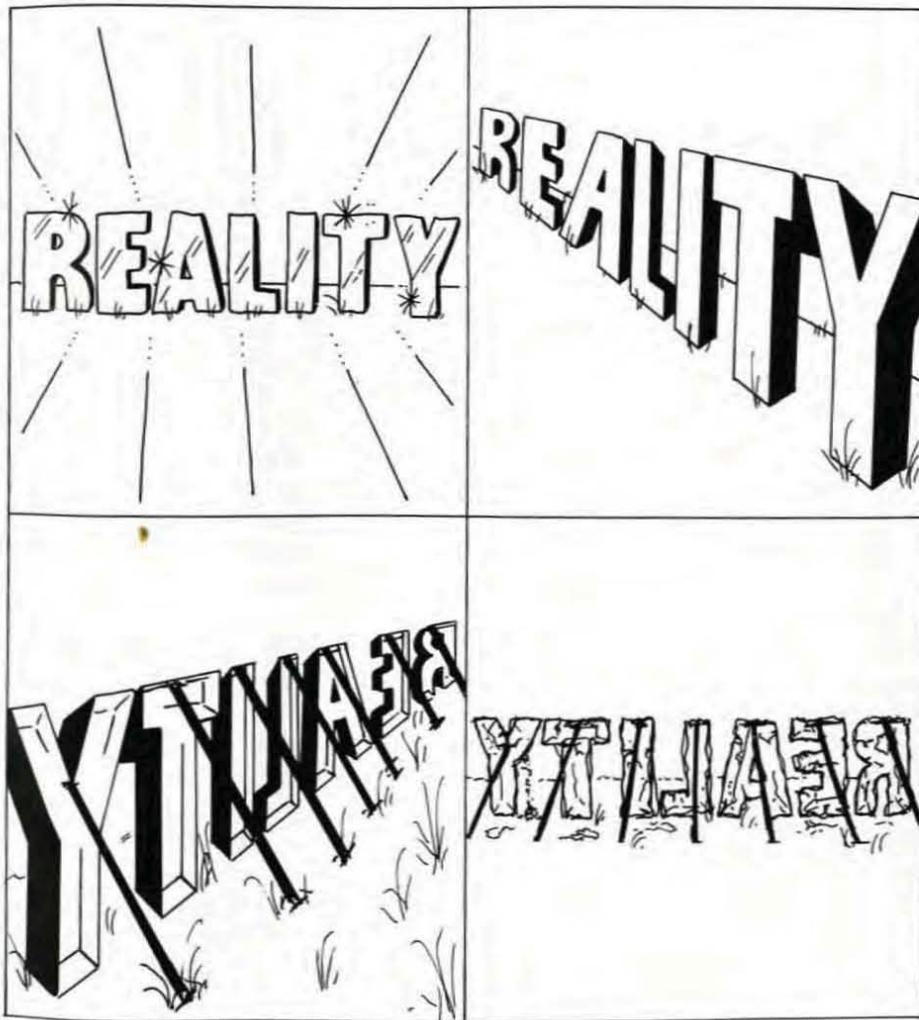
## On bonds and boundaries

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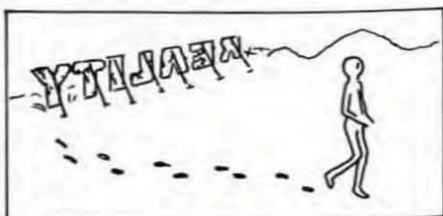
I recently heard a relative say "When you get as old as I am, you learn not to see, so you don't get confused, because you can't be confused about what you aren't aware of."

She had uttered one of our usually unspoken family rules: *Don't question the reality we present, or the world as we know it will crumble.*

Her remark felt like a demolition ball going through my chest.



Ties that seem to help bind my family together are unspoken agreements to avoid what's really going on; the reality of pain, fears, guilt, abuse, rage, and unmet needs that threaten to tear us apart.



My biggest fear in confronting my own denial is the reaction of family. Learning to acknowledge the surface problems, and look honestly at where they came from, as well as living in solutions, has been very frightening and confusing, but rewarding. My denial seems to get peeled away in layers, as I am ready to increase my awareness. Learning to live in reality and solutions has required me to 1) stay clean, for getting loaded and being the "bad girl" was a major distraction to myself, as well as my family; 2) work the steps, for facing reality and seeing my part in it is too great a task to try to do without a Higher Power; and, 3) share what's going on with me with another human being and my Higher Power, for my fear as well as my defects grow only in the darkness of secrets.

Looking at how the old stuff doesn't work anymore helps me to let go of it and see that I am just a human being, and that I was only fooling myself by believing that I could truly control any situation effectively.

As I step out of the family role of chronic victim/bad girl I feel like an

infant who needs to learn to crawl, walk and talk—for while what I learned helped me to survive, it didn't teach me how to live, and today surviving or being merely abstinent from drugs is not enough.

I am choosing to learn how to experience life; to truly live, by working the Twelve Steps of Narcotics Anonymous, by participating in meetings sharing experience, strength and hope, and by working with my sponsor, who has more experience in living in recovery and working the steps than I do. She is one of the guides.

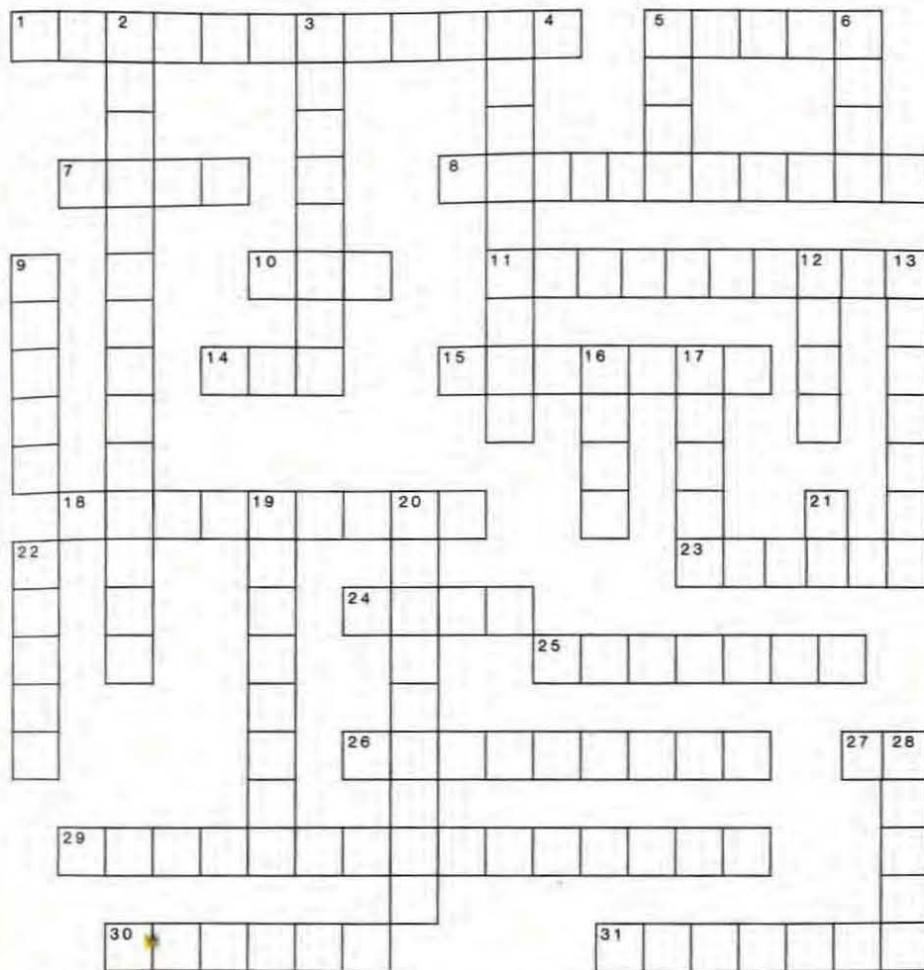
Learning how to live, instead of merely survive, is a choice I must make every day. The quality of my recovery is a direct result of how much honesty, open-mindedness, and sincere willingness I choose to invest in it.

My family members still seem invested in diverting themselves from reality and often they call me back because we all have important roles. Today, I don't have to pick up the old role, the drugs, or the self-abuse—no matter how bad I think I want to. Leaving what is familiar is not easy, but not impossible.

Throughout my three years in NA, with the loving support of the fellowship and my sponsor, I have learned a little bit about what denial is, enough so that I could see my own. I am beginning to be a little less judgmental of my family as more is revealed and the layers of denial get peeled away. When I think of it today, I am a little more patient.

I thank my Higher Power for the fellowship, my sponsor, and the steps."

*J.M., Oregon*



#### ACROSS CLUES

1. my thoughts will be on. . .
5. Belief that does not question or ask for proof.
7. One's own person.
8. What we trust or believe in.
10. You're eligible too.
11. Principles that pertain to the group.
14. A twenty-four hour period.
15. Being able to face one's fear.
18. A feeling of pleasure or joy.
23. Calm or peaceful.
24. To talk to a Higher Power.
25. Ready or agreeing to do something.
26. A list of assets and liabilities.
27. A twelve step program dealing with addiction.
29. What the Twelfth Step talks about (3 words).
30. Not proud or bold; modest or meek.
31. A spiritual guide through the steps.

#### DOWN

2. It is used to open most NA meetings.
  3. Coming back to a better way of life.
  4. Compulsive, obsessive behavior.
  5. Feeling of being worried.
  6. A feeling that what one wants will happen.
  9. These are used as guidelines to living life.
  12. We must be \_\_\_\_\_ to take suggestions.
  13. Sponsorship, GSR, emptying ashtrays, etc.
  16. A short period of great anger.
  17. We receive this as we live a program.
  19. Repeating the same mistakes.
  20. The process of letting go and accepting.
  21. You and I.
  22. Freedom from war or fighting.
  28. A feeling of being very annoyed.
- (Answers on page 32)

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# Armadillos

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Once upon a time there was an armadillo who lived in the **Great Desert City**. The armadillo was adept at making friends easily. She was friendly and outgoing and always eager to help out. Wherever she went, she seemed to be accepted, but the armadillo always felt "different." Because she felt so different, the armadillo was very lonely. She never felt that she "fit in," but she thought that was because she was an armadillo and her friends were rabbits or squirrels or lizards or snakes or Gila monsters or scorpions.

She was a very smart armadillo and she used her intellect well. She knew about a lot of different things. The rabbits and the squirrels and the lizards and the snakes and the Gila monsters and the scorpions admired her and sought her advice. **Knowledge**, thought the armadillo, *that* was the way to "fit in." So she became a **Knower**, and for a long time the armadillo found comfort in knowledge.

One day the armadillo was scouting around the Great Desert City and she came across a **New Pond**. As she sampled the pond water, she found that she didn't feel so out of place any more. The loneliness went away and she felt good.

The armadillo was a very hard worker. With her knowledge, she became an **Achiever**. As time went on, she had greater and greater success. She had power and Influence. She moved among the **Powers** That Be in the Great Desert City. But the armadillo felt inadequate. She was recognized and rewarded time and again, but the armadillo never believed that what she had done was good enough. She was afraid that her friends would find out that she didn't deserve their praise or their respect, that she wasn't good enough to really belong in their world.

By now the armadillo was visiting the magic pond frequently. It had become her escape from the pressure of her work. It helped her to relax and feel good. It helped her to laugh and to play. The **Magic Pond** made her forget her fear, her inadequacy and her loneliness. Her friends didn't know how the armadillo felt inside or how much she liked the

effects of the magic pond. The armadillo was afraid to tell them. "I'm so different," she cried. "They don't understand." And, of course, they didn't. And this continued for many years.

The armadillo had always been very, very responsible and very, very dependable. One day she began to feel guilty because she saw she was starting to neglect her responsibilities. Sometimes when she visited the magic pond, she played too long and forgot her commitments. This bothered the armadillo, so she decided to **Stop** visiting the magic pond for awhile and work harder. Which she did.

She worked very, very hard for a very long time. Her friends continued to be impressed with her skills and capabilities and knowledge. Then one day, for no particular reason, the armadillo stopped by the magic pond. While she was there she ate some of the plants that grew in the pond. Once more her feelings of fear, inadequacy and loneliness were eased. The magic pond and its special plants became a regular part of her life.

Of course, none of her friends knew about her feelings because the armadillo was afraid to tell them. And she couldn't talk to them about the wonders that happened to her at the magic pond. "They aren't like me. They wouldn't understand," she reasoned. And so it continued for several more years.

One day the armadillo was overwhelmed by a **Terrible Fear** She was still working very, very hard and visiting the magic pond and eating the special plants more frequently, but she could not make the Terrible Fear go away.

"I will leave the Great Desert City," thought the armadillo. "Then things will be better." So she filled her canteen from the magic pond and stuffed her picnic basket full of the special plants and set out for **The Big Country**. "Surely there will be another magic pond there," she told herself, "and things will be better."

But when she reached The Big Country things were not better for the armadillo. The Terrible Fear was still with her. No matter how often she visited the new magic pond or ate the new special plants, the Terrible Fear would not go away. The armadillo grew very tired and very sick...and the Terrible Fear haunted her.

One day, in hopelessness and despair, the armadillo cried out, "Oh, God, what am I going to do?" And a Voice said, "Find the Fellowship of Love." And a **Messenger** appeared to direct her.

The armadillo went to the **Fellowship of Love** and looked around. She saw rabbits and squirrels and lizards and snakes and Gila monsters and scorpions. "Oh, no," she cried. "They'll never understand."

But the armadillo was very, very sick and very, very tired. She just didn't care any more. She sat down and closed her eyes. The armadillo was dying.

The Fellowship cradled the armadillo in their warm **Hugs**. They nurtured her with their **Love**, encouraged her with their **Acceptance**, comforted her with their **Experience**, sustained her with their **Strength**. They fed her with their **Hope** that the fading spirit inside her would be sparked to **New Life**.

And so it continued for many more than 90 days.

Then one day the armadillo gave a great sigh and opened her eyes. She looked around. This time she did not see rabbits or lizards or snakes or Gila monsters or scorpions. She saw dozens of armadillos who smiled at her...and welcomed her. . . and said: **"WE UNDERSTAND!"**

And the armadillo knew they did. She joined with members of her own kind in the Fellowship of Love and began to walk with them, Step by Step, down the road of Recovery.

## On addicts and armadillos

Since I got clean in the fellowship of Narcotics Anonymous I have felt a special kinship with armadillos:

Armadillos are misunderstood and outcast because they are different. You don't find armadillos on the "most popular pet" list and most people want to get rid of them if they find them in their garden. Addicts are misunderstood and outcast from society because they, too, are different. Most people don't want addicts messing in their gardens, either.

Armadillos have bands of armor that protect them from predators, but inside they are shy, timid creatures

that can literally be frightened to death. Addicts, too, have a hard shell— layers of denial, dishonesty, rationalization and justification- which protect us from our feelings, and fear can kill the hope of recovery.

I know that I am no longer alone, that you DO understand, that here is where I finally "fit in." Today I believe that you- all of you -are armadillos just like me, and that this is truly the Fellowship of Love.

*Jeanne V., Texas*

## Home Group

Gretta, Gretta, Gretta

AT LEAST THAT GOOGLY-EYED  
GRETTA IS LEAVING ME ALONE...  
UMPH...THERE IS A GOD...



"Oh Slugg, your so nice-So Sweet"  
YUK-I THOUGHT I WAS GONNA  
BLOW CHUNKS-ALWAYS CALLING ME-  
WANTING TO "do something"- &  
ALWAYS "ENCOURAGING ME"- WHO  
DID SHE THINK I WAS, ANYWAY?!  
UMPH... WHO NEEDS HER...



Hmmm... I WONDER IF SHE  
MISSES ME, TOO? O O O



# The broad perspective

As this was being written (second week of April) the countdown to the 1992 WSC was on. A sense of the acceleration and density of information focussed by the conference is happening. It appears a bit too fanciful to presume what seems to be broad fellowship news, today, will still be a focus of much attention when these words are actually being read.

The smoke will "now" be clearing over Dallas, and in the next issue an attempt will be made to apprise you of the peaks and valleys of board and committee action.

## What we do know

Among pleasant things happening lately are presentations by the staff and *NA Way networkers* in convention settings. Mostly they have been formal magazine "workshops," as part of convention bills of fare, but there have also been a few folks who've determinedly set up shop in lobbies and hospitality suites to inform passersby of the magazine. We've sent out some material (sample magazines, posters, handouts,

etc.) to support our supporters, and very much appreciate the help. Call if you think you can get a magazine workshop on a convention schedule or find room of any kind in these type events.

Workshops are our main source of new networkers and have already been the connection for several published stories. The artwork you see on the next page is the first find of its kind in workshops, and came from one conducted in San Diego, Ca., during March.

The piece re-printed here is part of a series done for *The Clean Sheets* (South Coast Area) newsletter by Sharon L. Sharon signed on as a networker, and forwarded several renderings.

## Depth of field, focus..

Although fellowship news does have a place in the *NA Way*, you may have noticed a lot less of that kind of thing in recent months. Also, feature stories and articles on an aspect of service, or a special event have been fewer.

We're gearing up for more such writing, but the magazine's main purpose is printing what the fellowship generates; not what the staff creates, concocts or idealizes. Luckily, one might even say providentially, material submitted and approved for publication has "met in the middle" recently. That means the shorter pieces and the *Viewpoints* (starting from the back) and the more poignant recovery pieces of *Meeting In Print* (starting from the front) left just enough room for Slugg & Company,



and a page or two of Broad Perspective, in the middle.

With some new review and editorial people starting to function, now is an excellent time to indicate what kind of material you want given priority in the *NA Way*.

### Ready, set...

Elections were a part of the WSC, so we have some new folks starting to become involved with the production of the fellowship's journal. Review panel nominees and other members of *The NA Way Magazine* network are now being sent reports and other pertinent materials. The two-year period begun this month with the impaneling of the 1992-94 magazine editorial board offers dramatic opportunity.

The theme that will be repeated in communications with the four main tiers of magazine teams (editorial board, review panel, correspondents and networkers) is "activism."

The board, to the extent practical and traditionally appropriate, will undertake to plan themes of content and initiatives to garner material. The review panel's role, as noted in the TWGSS, will be to exercise its "veto-power" and, hopefully, figure out how to make its recommendations while dealing with an increased amount of manuscripts.

Two new components of the magazine effort (*correspondents* and *networkers*) have been formulated and are well on the way to being occupied by teams of volunteers. Networkers are local NA community contacts, while correspondents are multi-area

or regional liaisons. Both teams are generally concerned with the two basic tasks of locating and encouraging writers, and passing on subscription information. Correspondents are also being asked to help keep the staff informed of the needs and hopes of large sections of the fellowship; and to pass on to area contacts packages of announcements and subscription material "customized" for population density.

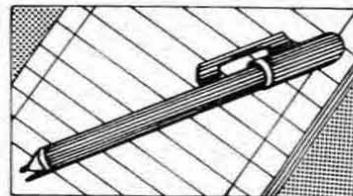
Please consider volunteering to be part of these teams. We now have about 20 percent of the 100 correspondents and 300 networkers needed.

Though these are by no means formal NA service structure positions, clean time and the willingness and ability to communicate with appropriate boards and committees are valuable.

Correspondents are directly written or called about projects in which they are involved. Networkers also communicate directly with the staff, and additionally receive the monthly *Network Newsletter*.

It will take another year or two for these teams to be fully peopled (watch for magazine workshops in your region). As that happens the editorial board and review panel will have more, and more diverse, material to consider, and the *NA Way* can better fulfill its purpose of clearly reflecting the broad ebb and flow of our fellowship's experience, strength and hope.

## Viewpoint



### A letter to the fellowship

Greetings. We, your area trusted servants, are progressively more aware of what appears to be a lack of participation by Fellowship members in service.

We are sure that almost every trusted servant of NA arrives at the doors full of self-centeredness and feelings of alienation. We also remember feeling like outsiders, while those members who came before us smiled warmly, hugged us, invited us back, and told us they loved us when we were incapable of loving ourselves. Eventually, through the spiritual principles of NA, we surrender to our disease, and slowly become open-minded to the teachings of the steps and traditions of this beautiful new way of life. We pause daily to thank our Higher Power for the gift of the First Step. In time one thing became very apparent to us. We were no

longer just thinking in terms of "I." We began to think in terms of "WE." When addicts think or speak in the terms of "WE," they are expressing a *spiritual unity*. We need to keep in mind that unity does not mean uniformity. It doesn't mean every NA member has to agree with every other NA member about what's best for the Fellowship. After all, each of us doesn't share exactly the same experiences in our recovery. We tend to cringe at the slightest hint of controversy within our fellowship. As if it will threaten our very existence. In reality a lively give and take is not only healthy, but essential. We learn to disagree without being disagreeable.

Our service structure is based on the needs of the addict. Whereas we thank you all for your confidence and trust in us as your servants, we find the need to reach out for your active participation. WE NEED YOU! We are not disillusioned into believing we can recovery alone. Please consider that through our structure, we can indeed more effectively carry out our primary purpose. These are the ties that bind us together.

Without unity there is no group, without groups there is no NA, without NA, addicts will die. Please, PLEASE please don't let addicts die.

Come support the Fellowship. Get involved. If you're happy with this beautiful new way of life of ours, maybe it's time to give something back.

May your Higher Power guide you in your decisions.

*Ocean ASC, New Jersey*

## Against price increase

I just got a copy of the January *Newsline*. What? A price increase? On our text? I don't believe it. Well, actually, it's WSO, so I do believe it.

It says, "We always knew that, eventually, Basic Text sales would decline. We also knew that, when they did, we would either have to increase prices, reduce expenses, add a new book or two to our sales inventory, or shut down portions of our fellowship's WSO. That time has come."

Here's my suggestion. If the WSO wants to increase prices, let them increase the price to outside publication distributors. Those companies are only paying between four and six dollars a text. Why should the big corporations pay four to six dollars and our fellowship's WSO charge members of our fellowship more? Raise the price to the outside enterprise, not to our fellowship.

The *Newsline* article states, ". . . we would either. . ."; one or the other would work. I think raising the price is unreasonable. Let's look at the other options.

Easily, the first option makes the most sense. "Reduce expenses." Let me suggest:

1. No need to send someone to the International Federation of Non-governmental Organizations in Manilla. Write them a letter!
2. We just finished WCNA-twenty-one. Why are we sending people to the sites of twenty-two, twenty-three and WCNA-twenty-four? Three years away?
3. Unify prices of the Basic Text for the various languages.
4. Dissolve the AD hoc Committee on NA service.
5. Stop paying for food when we pay for travel. The people we are sending all over the place would have to eat anyway. Twenty-five dollars a day adds up!
6. Etc. . . (pancake breakfasts!?)

How about ". . . adding a new book or two to our sales inventory"? Well, there's the "Just For Today" book. There's the "It Works" book. And why not print a paperback text with no stories and sell it for one dollar. That's would be three new books in our sales inventory. Let's not forget we are selling intellectual property handbooks at almost twelve dollars each, or *Twelve Concepts* booklets at almost two dollars each. Next!

"Or shut down portions of. . . WSO" GREAT! How about moving the WSO out of California, where it's expensive,

and move it to the upper-midwest or the east Carolinas where it's cheap? Or shutting down the WSO, and let those RSO's that are in the black run the show, I think we should remember our fellowship's tradition of not letting money, property or prestige divert us from our primary purpose!

I think I've given enough alternatives to stop a price increase. Let's see what the members of the WSO Board of Directors have to say.

A concerned member who loves this program!

*B.B., North Carolina*

## An opinion on the Twelve Concepts

This not an objective opinion of the Twelve Concepts. I think most information we receive on this subject isn't objective either, but believe it is necessary to state up front that I am very opposed to the changes that will occur with the acceptance of the Twelve Concepts.

I think the practice of delegated authority, committee conscience, leadership qualification, and points of authority, will make our service

structure very organized and professional, which is a direct contradiction to our Eighth and Ninth Traditions.

I can only share my personal understanding and belief on what I see as the conflicts between a few of the concepts and a few of the traditions. Understanding of the steps and traditions (and concepts) is a continuously growing process. Are we really willing to take direct responsibility for our service boards and committees? Or would we rather take the easier way and let our service structure be as suggested by the Twelve Concepts? Are we really willing to keep NA "forever non-professional" through a large number of addicts being moderately involved for a short time? Or would we rather take the easier way, and let a few addicts with leadership qualities have points of decision and authority.

We may say that we want group conscience to be the direct decision-making vehicle, where a loving God may express God's will as the ultimate authority, but our interactions speak louder than our words, or our opinions, or even our vote. Our words say that we want to keep what we have with vigilance, and our traditions are not negotiable. Do our actions say that we really don't want to be burdened with our services beyond the group and area level, and the Twelve Concepts are just putting on paper what we've been doing all along?

Our Ninth Tradition and the Twelve Concepts conflict. The Ninth Tradition clearly states "NA as such ought never be organized; but we may create service boards or committees

directly responsible to those they serve." Our Basic Text, Fifth Edition, goes on to say". . . *Organized means having management and control. On this basis the meaning of Tradition nine is clear. Without this tradition our fellowship would be in opposition to spiritual principles.* A loving God as He may express Himself in our group conscience, is our ultimate authority." (our Basic Text used to say much more regarding this tradition, but that was yesterday).

Websters New Collegiate dictionary defines organized as "to set up an administrative structure for" and "to arrange by systematic planning and united effort."

By applying the Twelve Concepts, I believe our service structure will become as organized as a corporation or governmental agency. We will have given this service structure a purpose (Concept One), the authority (Concept Three), participant qualification requirements (Concept Four), points of authority for decision-making and accountability (Concept Five), the authority for committee conscience and decision making ability (Concept Seven), with responsibility to the groups being implied (only indirectly at best) through final authority by the selecting of a GSR, ASR or RSR, and "sending him or her out to serve on the group's behalf" (Concept Two).

This new service structure will probably be very efficient and highly productive. But it will be completely organized and it seems to me it will have control over its own management.

The Second Concept states that groups will have final authority and

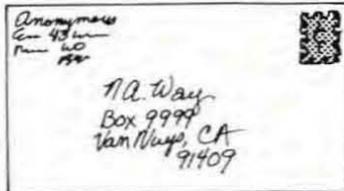
responsibility for our service structure. Most of the explanations seem to me to lean heavily on groups being responsible for providing the resources for the services, while the authority side of the concept is unclear and weak. It is hard to conceive the group having much final authority after going through this long process of delegating it.

The Second and Eighth Concepts state that groups will be routinely consulted on all matters that effect them, but also state that most decisions will be made in committees. The one area that the Second Concept does state that all groups would be directly consulted (not necessarily a group tally) are proposals to change NA Twelve Steps or Twelve Traditions, name NA nature, or purpose. This seems to me to be making a clear point that it will only be in times of serious crisis or radical change that our world level service structure will seek the direction of the groups, and only during these times will the groups take any responsibility for the service structure that uses our name, Narcotics Anonymous.

Will it still be a part of Narcotics Anonymous? Will we?

*Anonymous, New Jersey*

## From our readers



### Turnaround

Today I am a grateful addict. For if it wasn't for getting hooked on narcotics and anti-depressants I wouldn't have found NA and the great friends I have. I had been on anti-depressants for four years. My life was "yes doctor, yes doctor," institution after institution. Spending holidays in institutions, totally freaking out, outside of hospitals. I got to the point I lived for the drugs. The doctor gave me the dreadful responsibility of my own drugs—"If you need more, take more, you know how much you need, you know how you feel, I trust you." My mind played tricks with me, saying "I need more." From that point on I always needed more. I never had enough. Well, I thought that at the time. I carried the pills with me at all times, my security. If at any time I didn't have them I would literally go crazy. What a mad circle.

In late 1989 I started having physical trouble including intense pain. For two years the doctors had me on pain pills. I jumped to stronger and stronger pills. I had a thirty day supply of tranquilizers and went through them in a week and a half, not realizing what I was doing or how fast I was going through them. Till I ran out. The doctor cut me off cold turkey. I did get other drugs after that, we can always get more.

By this time I was a very hateful, angry person, blaming the whole world. I got to the point I had hurt everyone close to me, but most of all I damaged myself. I hated everyone and they hated me back. I lost everything. The only thing I had was me. I was emotionally sick. I had to find myself before I could go on.

After losing a 16-year friendship I felt all the negative thoughts, but the worst was "useless." I od'd.

I was successful in ending my life. I "died." It was very painful at the very end. I lost the feeling of depression, only to gain a worse feeling. I felt my heart having trouble working. My blood pressure was eighty over ten the last I remember. Breathing got difficult. I got so relaxed I had no control of anything but my mind. My mind knew what was going on and I remember the bad feelings very well, still to this day, nine and a half months later. It was very, very painful at the end. I passed out just minutes before I died. Which is what I thought I wanted. At that second I realized life was better than I thought. Things were not bad enough to end it all. I fought to live. Thanks to God he gave me my life back! Back better than before. I see God's wonders in all things. Thanks to the grace of God I'm alive to work the program, have true friends, my child, my

loving parents and a very special person that's a good friend. To live life like never before. To it's fullest! Clean, healthy, honest. I'm glad I'm an addict for I have the program, and NA friends. Be honest to everyone, open-minded, willing to listen, learn. When I give it all to the Lord, no matter how big or little, it will work out. I found, if it's on my mind, it will affect my recovery if I don't talk it out. I found this out the hard way. I would only talk about things I thought were program related. Wrong! For me everything is program related! Even disagreements with my parents. I found it this simple— *work the program*. Go to meetings. Keep coming back. Get a sponsor, talk, listen, help, just one day at a time!

J.R., Wyoming

### Wisdom grows

Well, I picked up another white chip last week. I had a week long argument with myself about whether I really needed to. I am a pharmacist and I have to be very diligent about my program. I had a terrible muscle spasm, at least my mind told me it was terrible. I stood the pain for a couple of days hoping it would go away on its own and using ibuprofen. Since I do not do pain well I decided I would take "a" muscle relaxer, although it had not been prescribed and I knew it was mood altering. I ended up taking about eight tablets in a week, and was starting to have compulsions. I was also justifying that they are not "controlled." It finally came down to whether I was going to pick up a white chip now or wait for something

bigger to happen and have bigger consequences to pay.

Just a couple of days after I picked up my white chip I read in *The NA Way* about a member of my NA family who had let clean time rule her life. I became real grateful that I had made the decision I had. Chips are in the program to help me, not to hold me hostage. It had come down to whether my ego about keeping my four-year chip was more important than admitting to the fellowship and to myself that I had made a mistake.

Since I picked up that chip my compulsions have gone and I feel really refreshed. The only thing I lost was a little ego. I didn't lose any clean time; I just started counting again. You know. One day at a time.

Anonymous

### Just for today

Today and Just For Today, I feel like writing my thoughts down as a reminder of what I am grateful for today. First of all I'm grateful to be clean and to have a life of my own instead of the mind of an active addict. I just turned thirty-nine years old January 16, 1992 and what a birthday it was. The thought of celebrating or sowing my oats was a fleeting thought, so I prayed to my Higher Power to make it through the day without entertaining the thought of using or going into a bar and all the using festivities that go along with birthdays. You see, the thought of getting older in recovery and of getting "old enough to use" struck me right between the clean time.

I'm grateful today to an H.P., a

loving, caring God, that I didn't use this day and the days before this day.

The NA program, my H.P., and the fellowship had a part in celebrating my birthday. I spent the night before and a few nights after in meetings with my true friends, who helped me celebrate clean. I shared what I was thinking about doing that night. The thought of using left me just like a few other nights in my recovery. I thank my Higher Power for thirty-nine years of life and I thank the NA program for seven years of clean time the NA way.

I hope I never get too old for recovery.

K.V., Indiana

### We need not be confused about this

I noticed that in almost all the meetings I now attend I hear people saying that they are "alcoholics and addicts"; that Narcotics Anonymous has kept them "sober"; and that they are "powerless over drugs and alcohol." This addict is very grateful to another twelve-step fellowship, for without that fellowship I would not have the fellowship of Narcotics Anonymous, which gave me back my life on a daily basis. I do, however, feel that this addict is *not* powerless over drugs, and is not "chemically dependent." *I am powerless over my addiction!* My addiction included the use of alcohol and other drugs, lust, gambling, eating, shopping, and/or anything else I can be compulsive or obsessive about.

If I am with the family over a holiday and they choose to have wine with their dinner, I never have the ex-

perience where a glass of wine jumps up and forces itself down my throat.

I am not trying to be funny or make fun of anyone, but I am a concerned addict who receives mixed messages in Narcotics Anonymous meetings. I feel that if mixed messages continue in our meetings we will lose our identity as recovering from the disease of addiction.

I believe that Narcotics Anonymous is a fellowship of recovering addicts. I believe we are recovering from the disease of addiction.

I respect, and have attended other twelve-step fellowships. I feel that we should learn to respect the fellowship that we are attending, its primary purpose, and its traditions. If I want to hear the *Big Book* being quoted then I will attend a meeting where it is traditional to do so.

A concerned recovering addict,  
D.A., Maryland

### Simplicity is the key

Riding home at ten pm, the moon is nearly full on a cloudless night. Stars dotting the sky remind me of the hope in life, since I have experienced recovery. The beauty of the night captivates me for a moment and brings a feeling of tranquility to my soul.

In writing about this I realize that in that moment was the feeling and the state of being that I always looked for through my addiction. The feeling is that I'm at peace with me, and the world, so my gratitude speaks.

Thank God.

R.R., Indiana

## Step Three, a choice

Step Three, "We made a decision to turn our will and our lives over to the care of God as we understand Him."

This to me is a step of action. In Steps One and Two, I "admitted" and "came to believe." Now, I have decided to do something about it. As I approach this step, I had figured out who my Higher Power was, because I could see *center*, the group was my Higher Power. I could see it work. This was very important for I had little faith in any organized religion. There was no loving God out there for me. When I left a treatment center, I was semi-alone, except for the meetings I attended one hour a day. I needed a Higher Power that will let me make mistakes, but will also show me the answers I need.

Now I have a choice. My Higher Power speaks to me through the members of NA and NA is where I find what I need for the day, every day, one day at a time. My Higher Power puts

the suggestion to work in my mind every time I get sick.

For example when I feel the urge to use, I remember someone saying, "I'll use tomorrow, but I'll go to a meeting tonight."

It works everytime!

Service work was available to me early in my recovery and that trusted servant job kept me going to meetings. I would find my self saying, "If I don't do the meeting, who will?" So my Higher Power is at work in my life every day, all I have to do is be willing to give away what I have.

Today I have a calm inner peace that makes me smile when nothing is going on. As long as I am willing to turn my will and my life over to the care of my Higher Power, everything in my life will take care of itself. It all boils down to having a chance and keeping it simple. Thank God for NA and you people. I owe my life to this program.

*L.B., Georgia*

### Statement of ownership, management and circulation

Publication required by US Postal Service (The 1990 breakdown was inadvertently transcribed herewith in the March 1992 issue) The NA Way Magazine (ISSN 10465421) is published monthly. The Annual subscription price is \$15. The office of publication is at 16155 Wyandotte St., Van Nuys, Ca. Mailing address is PO Box 9999, Van Nuys, CA 91409. The managing editor is H.A. Mann. The NA Way Magazine is owned by the WSO, Inc., a non-profit corporation, and there are no other bondholders, mortgagees or other security holders. The status of this corporation has not changed during the twelve months preceding this filing.

#### At the time of filing:

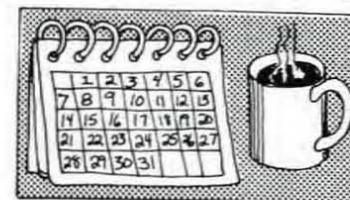
Extent, nature of circulation	Average # copies in preceding 12 mo.	Actual Copies 9/24/91
total	8,383	7,500
dealer sales	none	none
mailed subs	7,840	6,976
total circ	7,840	6,976
free distr	240	56
total distr	8,080	7,032
copies undistr	303	468
returned	0	0
total	8,383	7,500

certified, correct, complete

### Crossword puzzle answers

Across 1. Just for today 5. Faith 7. Self 8. Higher Power 10. YET  
11. Traditions 14. Day 15. Courage 18. Happiness 23. Serene 24. Pray  
25. Willing 26. Inventory 27. NA 29. Carry the message 30. Humble 31. Sponsor  
Down 2. Serenity Prayer 3. Recovery 4. Addiction 5. Fear 6. Hope  
9. Steps 12. Open 13. Service 16. Rage 17. Gifts 19. Insanity  
20. Surrender 21. We 22. Peace 28. Anger

## Comin' up



**ALABAMA:** Jun. 18-21, 1992; 5th Alabama Northwest Florida Regional Convention; Huntsville Hilton, 401 Williams Avenue, Huntsville, AL 35801; rsvn.s (800) 445-8667; info (205) 533-1400; Ala NW Fl RCNA V, Attn Registration, PO Box 623, Huntsville, AL 35804-0623

**ARIZONA:** May 22-24, 1992; 6th Annual Arizona Regional Convention; Scottsdale Plaza Resort, 7200 North Scottsdale Road, Scottsdale, AZ 85253; info (602) 973-1210; rsvn.s (800) 832-2025; ARCNA VI, PO Box 33125, Phoenix, AZ 85067-3125

**2) Jun. 12-14, 1992; CANAC I; On the Colorado River in Laughlin, Nevada; info (602) 758-9625; CANAC I, PO Box 1085, Bullhead City, AZ 86442**

**ARKANSAS:** Jun. 19-21, 1992; 8th Annual Beaver Round-up; Buffalo Point National Park, Yellville, AR; info (501) 253-7789; Convention, PO Box 23, Lowell, AR 72745

**2) Jul. 3-5, 1992; 4th Annual Central Arkansas Area Convention; Majestic Hotel, Hot Springs National Park; helpline (501) 373-8683; Convention, PO BOX 24223, Little Rock, AR 72221**

**BELGIUM:** Jul. 24-26, 1992; 9th European Conference and Convention of NA; Antwerp Belgium; info. 32-3-281 08 62

**CALIFORNIA:** May 23, 1992; 5th Annual Lower Desert Area presents; "Spring Splash Clean Bash"; Oasis Water Park, 1500 Gene Autry Trail; info (619) 347-4637; LDAACNA, PO Box 1621, La Quinta, CA 92253

**2) Jun. 5-7, 1992; San Diego Imperial Region Convention VIII; "Our Primary Purpose"; San Diego Convention Center, 111 West Harbor Drive, San Diego, CA; info. (619) 283-7220; Hotel (800) 766-0234; SDIRNACC, 2260 El Cajon Blvd, PO BOX 184, San Diego, CA 92104**

**3) Jun. 26-28, 1992; 2nd California Mid-State Regional Convention; Red Lion Inn, Modesto, CA; info (209) 544-3137; CMSRCCNA II, 1700 McHenry Avenue, 65B/300, Modesto, CA 95350**

**4) Aug. 14-16, 1992; 4th Annual Humble/Del Norte Unity Weekend; Camp-Kimpu, Willow Creek, CA; info. (707) 444-8645**

**CANADA:** May 15-17, 1992; 5th Ontario Regional Convention (Bilingual); Carleton University Tour and Conference Centre (Commons Building); info (613) 739-7319 or (613) 721-8562; ORCNA V, PO Box 40067, Bank/Hunt Club PO., Ottawa, Ontario, K1V 8S8

**2) May 29-31, 1992; British Columbia Spring Clean XIII; Gambier Island; info (604) 273-4916; Registration, PO Box 1695 Station A, Vancouver, British Columbia, V6C 2P7**

**3) Jun. 5-7, 1992; ENAC VII; "The Truth Behind the Masks"; Lister Hall, University of Alberta Campus; info (403) 421-4429; Convention Committee, 10022-103 Street, Basement, Edmonton, Alberta, CANADA, T5J 0X2**

**CANADA—MANITOBA:** May 22-24, 1992; 2nd Annual Winnipeg Area Convention; "The Recovery Zone"; info. (204) 589-1845; WACNA II, PO BOX 25173, 1650 Main Street, Winnipeg, MB, R2V 4C8

**CANADA—NEW BRUNSWICK:** Jun. 19-21, 1992; "Lost Dreams Awaken"; University of New Brunswick, Fredericton, N.B.; info. (506) 459-2593; NBACC, PO BOX 20064, Fredericton, NB, E3B 6Y8

**CANADA—ONTARIO:** Jul. 18, 1992; Multi Regional PI and H&I Learning Day; Columbus Center, 901 Lawrence Avenue West, Toronto, Ontario; info. (519) 837-2947; Learning Day, PO BOX 5939, Depot A, Toronto, Ontario M5W 1P3, CANADA

**CANADA—SASKATCHEWAN:** Jun. 26-28, 1992; 2nd Canadian Convention; "The Adventure II"; info. (306) 352-9214 or (306) 924-0984; CCNA, PO BOX 22004, Regina, Saskatchewan S4S 7G7, CANADA

**COLORADO:** Jul. 24-26, 1992; Colorado Retreat, "Standing on Higher Ground"; Telluride, Colorado; info (303) 728-9738

**CONNECTICUT:** May 16, 1992; 9th Annual Pigs in Space Pig Roast; Quassy Amusement Park, Group 64, Middlebury, CT; info (203) 758-2913; Reservations, PO Box 2534, Meriden, CT 06450

**2)** Jun. 5-7, 1992; 6th Annual Family Campout; Lone Oaks Campgrounds, East Canaan, CT; info. (203) 790-6832; GWANA Family Campout, PO BOX 1075, Woodbury, CT 06798

**FLORIDA:** May 22-25, 1992; 2nd Gold Coast Convention; "Solutions II"; Marriott Cypress Creek Hotel, 6650 N Andrews Avenue, Fort Lauderdale, 33069; info (305) 481-8914; Registration, PO Box 23325, Fort Lauderdale, FL 33307

**2)** Jul. 2-5, 1992; 11th Florida Regional Convention; "Winds of Change"; P.G.A. National, 400 Avenue of the Champions, Palm Beach Gardens, FL 33418; info (305) 563-4262; Florida RSO, 1110 NE 34th Court, Oakland Park, FL 33334

**3)** Aug. 1, 1992; 7th Annual Hospitals and Institutions Awareness Day; First Coast Area; info. (904) 765-5673; First Coast Area, Attn 92 H&I Awareness, PO BOX 17388, Jacksonville, FL 32245-7388

**HAWAII:** May 22-25, 1992; 6th Annual Big Island Gathering; "Love in Action, Ohana O Aloha"; info (808) 322-4044 or (808) 966-4926; Big Island Gathering, PO Box 10842, Hilo, HI 96721

**2)** Jul. 3-5, 1992; 1st Hawaii Regional Convention; "E Pukupahi" (We Are One); Princess Kaiulani Hotel, Waikiki, Hawaii; info (808) 262-8466; Convention, 150 Hanakua Drive #308, Kailua, HI 96734

**IDAHO:** May 22-24, 1992; 3rd Annual Southern Idaho Regional Convention; Best Western Burley Inn, Burley, ID; SIRONACC, PO Box 427, Paul, ID 83347

**ILLINOIS:** May 22-25, 1992; 4th Illinois Basic Campout; Sullivan, IL; helpline (217) 373-2063; New Beginnings Area, PO Box 3214, Decatur, IL 62524

**2)** May 22-25, 1992; 6th Annual River Run Canoe Trip and Fellowship; Kickapoo State Park, Danville, IL; info (217) 373-2063

**IOWA:** Jul. 3-5, 1992; 9th Annual Iowa Regional Convention; "A Promise of Freedom"; Sioux City Hilton; info (712) 252-1659; Subcommittee, PO Box 271, Sioux City, IA 51102

**2)** Jul. 31—Aug. 2, 1992; Mid Coast Convention VIII; Blackhawk Hotel, Davenport, IA; info (319) 326-3720; rsvn.s (800) 553-1173; MCC VIII, PO Box 1132, Bettendorf, IA 52722

**KANSAS:** May 22-25, 1992; 10th Annual Pre-Campout Campout; Harvey County West Park, Newton, KS; info (316) 269-HELP

**LOUISIANA:** May 22-24, 1992; 10th Annual Louisiana Regional Convention; Holiday Inn, South 9940 Airline, Baton Rouge, 70816; info (504) 362-9209; rsvn.s (504) 924-7021; LRCNA X, PO Box 82726, Baton Rouge, LA 70884-2726

**MICHIGAN:** Jul. 2-5, 1992; Michigan Regional Convention Freedom VIII; "Keeping the Miracle Alive"; Amway Grand Plaza Hotel, Grand Rapids, MI; info. (800) 253-3590; Convention, PO BOX 668, Battle Creek, MI 49016

**2)** Jul. 17-19, 1992; 4th Annual Recovery Under the Stars Camp-out and Picnic; Sponsored by the Public Meeting of NA; The Pontiac Lake Recreation Area; East Loop Campground; info (313) 335-5621 or (313) 683-3774

**MINNESOTA:** Jun. 12-14, 1992; UMRCA IX; Best Western Garden Inn, 1111 Range Street, N Mankato, MN 55060; rsvn.s (507) 625-9333; info (701) 293-0062; UMRCA IX, PO Box 5118, Saint Cloud, MN 56303

**MISSOURI:** Jun. 5-7, 1992; Show Me Regional Convention VII; Holiday Inn, Joplin, MO, Highway 71, Exit off of I-44; rsvn.s (800) HOLIDAY; info (417) 781-2858

**MONTANA:** Jun. 26-28, 1992; 4th Annual Montana NA Gathering; "Discover the Gift"; Saint Joseph Parish Center, 500 2nd Avenue SW, Great Falls, MT. To register write Box 422, Great Falls, MT 59403-4022.

**NEBRASKA:** Aug. 14-16, 1992; 9th Nebraska Regional Convention; Lincoln, NE; Looking for speaker tapes for those interested in speaking, 5 years clean time required

**NEW HAMPSHIRE:** Jun. 26-28, 1992; 2nd Annual Fellowship in the Field; Cascade Park Campground, Loudon, New Hampshire; info (603) 798-4329

**NEW JERSEY:** May 22-24, 1992; 7th New Jersey Regional Convention; "The Dream is Real"; Sheraton Eatontown Hotel and Conference Center, Route 35 and Industrial Way East, Eatontown, NJ; rsvn.s (908) 542-6500; info (908) 257-4534; NJRCNA 7, PO Box 43, Edison, NJ 08818

**2)** Aug. 14-16, 1992; 2nd Annual Northern New Jersey Convention; "A New Beginning II"; Parsippany Hilton, Parsippany, New Jersey; rsvn.s (908) 862-5899; info (201) 881-9658

**NEW YORK:** May 22-25, 1992; "Recovery in the Woods VI"; Lakeland Conference Center, Franklinville, NY; info (716) 878-2316; B.A.S.C.N.A., PO Box 64, Buffalo, NY 14207

**2)** Aug. 7-9, 1992; WANA Weekend with the Winners Campout; Camp Waubeeka Campground, Copake, NY; info. (914) 633-8516

**NORTH DAKOTA:** Jun. 12-14, 1992; 9th Annual Upper Mid-West Regional Convention; Garden Inn, Mankato, ND; info (701) 293-0062

**OHIO:** May 22-24, 1992; OCNA X; "The Miracle of Unity"; Holiday Inn, 116 Park Avenue West, Mansfield, Ohio; rsvn.s (419) 525-6000; info (614) 236-8787; OCNA X, PO Box 461, Shelby, OH 44875

**2)** Jul. 10-12, 1992; 8th Annual Columbiana County Camp-Vention; StoneRidge Terrace Campground; 33807 Winona Road; Winona, OH

**PENNSYLVANIA:** Jun. 19-21, 1992; 13th East Coast Convention; Temple University, Broad Street at Cecil B. Moore Avenue, Philadelphia, PA; info (215) 729-7751

**PUERTO RICO:** Jul. 24-26, 1992; 3rd Annual Puerto Rico Convention; "Unidos Podemos III"; Sands Hotel, Isla Verde, PR; info. (809) 763-5919; English translations available at main meeting.

**SCOTLAND:** May 22-24, 1992; 1st Scotland Convention; The Central Hotel, Gordon Street, Glasgow, G1 3SF; rsvn.s 041-221 9680; Registration, Unit 1, Old Foundry, Chapel Street, Airdrie, Strathclyde, SCOTLAND

**SOUTH CAROLINA:** May 29-31, 1992; Woodstick VI Outdoor Convention; Pine Ridge Campground, Roebuck, SC; info (803) 596-5104; NCCANA, PO Box 1782, Spartanburg, SC 29304

**SPAIN:** May 16-17, 1992; 6th Spanish Regional Convention; "Zapatos Nuevos/New Shoes"; Hotel Es Pla, San Antonio, Ibiza, Islas Baleares; Hosted by NA Ibiza Area; info (Spanish) 010 3471 197157, (English) 010 3471 197197

**SWEDEN:** Jun. 19-21, 1992; 4th Midsummer Convention, "Boundless Fellowship"; Høla Folkhogskola, Prastmon, Kramfors, Sweden; info 01146 61230525

**SWITZERLAND:** Jun. 5-7, 1992; German Speaking Region Convention; 9. Deutschsprachiges Treffen der NA in Basel; info. 0041-61-692 0196 or 0041-61-43 25 36; Narcotics Anonymous, Postfach 360, CH-4010 Basel, Switzerland.

**TEXAS:** May 23-25, 1992; "Play in the Bay II"; Lone Star Regional Fundraiser; Quintana County Park, Quintana Beach; info (409) 265-1050; Registrations, PO Box 2431, Freeport, TX 77541

**UTAH:** Jun. 5-7, 1992; 6th Annual Celebration of Recovery; "Choose not to Use"; 166 South 1st West, Masonic Lodge, Vernal, UT; Convention Committee, PO Box 1476, Vernal, UT 84078

**2)** Jul. 24-26, 1992; 9th Annual Campvention; "The Ties That Bind Us Together"; Hobbie Creek Canyon, Springville; info. (801) 489-3930; Convention, PO BOX 2086, Orem, UT

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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?

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.

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

