

2 - A

(Insert the 12 Steps here)

It doesn't stop with just being clean. As we abstain from chemicals and stop abusing our bodies, we come face to face with feelings that we have never coped with successfully clean and sober. Some of us even experience feelings we were not capable of having in the past. We must cultivate the willingness to meet these feelings (old and new) and deal with them as they come. We don't have to deal with them all at one time, but just for today these feelings, pleasant and unpleasant, can be dealt with.

The 12 Steps of Narcotics Anonymous, our new friends and our sponsors help us deal with these feelings. In N.A. our joys are multiplied by sharing our good days with our fellows, and our sorrows are lessened when we share our bad days. For the first time in our lives we don't have to experience anything alone. Not only do we have the group but, hopefully, as time progresses we will develop a relationship with a higher Power (as we understand It) that will always be with us.

We learn to experience feelings (e.g., anger, joy, sexual desire, fear) and realize that the feelings themselves can do us NO harm, unless we act on them. We learn to call someone if we have a feeling we cannot handle, and by sharing that feeling with a friend we learn to work through

it. Chances are that our friend has had a similar experience and can relate what worked for him/her.

By close work with a sponsor we can utilize the 12 Steps of the program as a guide to dealing with situations we have not dealt well with in the past. Sponsorship is a give and take partnership, with both gaining strength from the relationship. We suggest that you look for a sponsor as soon as you become acquainted with the members in your area. Look for someone who has been down a path similar to yours, understands where you are coming from and has learned to cope with these same types of situations. We who are recovering must share with you what we have in order to maintain our progress in the N.A. program and our ability to function without drugs. Being asked to sponsor a new member is a privilege, so don't hesitate to ask a person with whom you identify to be your sponsor. If that particular person is not able to be your sponsor, he or she may know someone with whom you can identify. Sponsorship is a rewarding experience for both, and we are all here to help and to be helped. Get phone numbers and use them. Ask questions about the program and get acquainted with the people.

We have all tried many ways to overcome our addictions, and sometimes a temporary recovery was possible, but always it was followed by an even deeper involvement with addiction than before. This program offers hope to the hopeless and help to the helpless, and all you have to bring with you is the DESIRE to stop using and the willingness to put into use the Steps of this program. Come to meetings and listen with an open mind, and you will get the message of hope that we offer. Let these new ideas flow over you. Ask questions. The principles of living which are incorporated in the 12 Steps may seem strange to you, but they work. This program works for those willing to work it.

2-A

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The three purposes of the steps of Narcotics Anonymous become clear as we find that dependence on a Higher Power, as we each understand it, brings self-respect and self-reliance. We know that we are neither superior nor inferior to anyone; our real value lies in being ourselves. Freedom with responsibility for ourselves and our actions appears to be foremost in our lives. We keep and expand freedom through daily practice, this is the creative action that never ends. Goodwill, of course, is the beginning of all spiritual growth, it leads to affection and love in our everyday affairs. These three goals when shown in service in the fellowship, without seeking personal rewards, bring about changes whose ends we cannot predict or control, service therefore is also a power greater than we and has significant meaning for all.

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We now need to reinforce this purpose we visit certain meetings. If we are fortunate we have 2 choices. We have a fellowship of a program called Narcotics Anonymous of which I happen gratefully to be a member. Narcotics Anonymous is a fellowship of men and women for whom drugs in one form or another had become a major problem. They had become physically, mentally and spiritually so ill that they, as a result of the illness of chemical addiction, were considered as hopeless. AS you and I, they had relinquished all hopes of ever becoming a normal, active, productive part of the whole of man kind. WE had all through excessive and unceasing use of drugs become crazed, depressed and terrified people, who are ill with the addiction. Through having a vital spiritual experience we have, acquired what is termed a profound personality change. The visiting of their (our) meetings creates a certain atmosphere of empathetic and universal feelings which all addicts have in common. In this atmosphere, I found I was very much at home and was able to start on a new way of life with these people who called themselves addicts, powerless over drugs.

2-C

0003

FOR THE NEWCOMER

(New)

The only requirement to be a member of Narcotics Anonymous is a desire to stop using. You don't have to be clean when you get here, but after the first meeting we suggest that you keep coming back and come to the meetings clean and sober. You don't have to wait for an overdose or a jail sentence to get help from N.A., nor is drug addiction a hopeless condition from which there is no recovery. It is possible to arrest the need to use drugs with the help of the Twelve Step program of Narcotics Anonymous and the fellowship of recovering addicts in N.A.

Here are a few questions you can answer for yourself which may help you decide if you need the help of N.A.:

2 - F

May we also remind you that this is an ANONYMOUS program, and your anonymity will be held in the strictest confidence. "We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help."