

4-A Willingness is especially important in the areas of practicing tolerance, <sup>and</sup> patience and humility and honesty.

That night in 1975 was the last time I used drugs, even though there were many nights when my husband bought dope and offered it to me. He continued to slip on and off this Program, but I stayed clean. I had to leave my house, my car -- all my material possessions. I had to go through a divorce, get a sponsor, go to women staff meetings, share an inventory, and do many things I really didn't want to do or that didn't make any sense to me, but I did them all -- and I didn't use.

I'm still 5' 9" tall, although I now weigh a 160 pounds and other people tell me I'm lookin' fine. Through this Program I have acquired a faith that if I stay clean and sober, it may get better. I know if I use it can ONLY get worse.

I was given a second chance at living and I took it. I have a

Q You can try to get help from your friends now. who will help you to find a recovery house or program or just help you till you are better. We strongly suggest the former.

4-A

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Help Wanted by Greg Lucas



I, an eighteen year old young man with long strawberry blond hair that went half-way down my back, looked at my reflection in the mirror, and this is what I saw: tears gushing out of glassy eyes - eyes as big as quarters; a pale, nubby face, and a head spastically shaking in every direction at once.

Looking down and away from my reflection I reached into the pockets of my old, patched-up, faded jeans. My hands, shaking profusely, managed to find what I needed - five hits of LSD.

I placed the two hits that were in my right hand on the tip of my tongue, swished them around in my mouth, and swallowed them. The other three went back into my pocket. I knew I'd need them later.

Next I staggered across the room to an old desk cluttered with books and papers. Frenzied, I rummaged through the clutter looking for some beer. I found a six-pack. I opened a bottle and guzzled it.

"I hate it," I yelled. "I hate it."

I flung my arms into the mess on my desk causing books and papers to scatter across the floor. Falling to my knees I threw the bottle straight down, shattering it into a hundred pieces. I lay there in a mesmeric trance surrounded by the scattered pieces of paper and glass. My trembling hands brushed

I can't do it alone-----From the isolation of my addiction I was thrust into a fellowship of people with a common bond, staying sober. While using drugs, I had created an island upon which I dwelled. The sea around my island was a mixture of my own isolation, my unwillingness, and chemicals to further distort my already fractured personality. The lifeboat which found me was N. A., I can share the good times and the bad, the victories and the failures. However; I can never be defeated as long as I don't pick up the first fix, pill, drink, or joint and keep coming back to meetings. Lately, I get all my faith, strength and hope from hearing people share their sobriety. I even get some of my spirituality through N.A., caring and sharing the N.A. way.

Dave

Nobody expects one of us to stumble into this program brimming with love, honesty or open-minded willingness. All that is required is that we try. If we give it our best go, it will work for us as it has worked for others.

8/80

PURPOSE OF STEP STUDY GROUP

The purpose of this meeting is to help us all, especially the newcomer better understand our 12 steps of recovery. We will begin with step No. 1 and continue with a new step each week. The meeting will begin with the chairperson reading and explaining the step as they understand it. It is requested that the chairperson tell the group of their sources of information if non N.A. approved. This will provide the newcomer with the names of literature they may find helpful in understanding the 12 steps and will also keep us in accordance with (NA's letter concerning the Group & Literature). The chairperson should spend about 15 minutes presenting the subject step and then open the meeting up for discussion. We encourage anyone, especially the newcomer to ask any questions they may have concerning the step being discussed. We will be here after the meeting to answer any questions so please stay with us so we can meet. We feel that this meeting will fill a real need for us all in our efforts to grow individually and as a group.



4-B

When I was in Wichita the fourth of July - I heard that you were also requesting outlines for the book. My idea was that you could have 120 chapters - each about the 12 steps - and then place the material according

I. 1st step

A. Powerlessness

First Things First

B. How did you find the program

C. Gut level feelings

D. Surrender

II. 2nd step

A. Came to believe

B. God as I understand Him

C. Higher Power

D. Insanity & Sanity

Think it through

E. The Group

III. 3rd step

A. Made a decision

B. Let go, let go

C. Thy will be done, not mine

D. Turning it over

IV. 4th step

A. Inventory

1) Resentments

2) Fear

3) Honesty

ADDRESS

521 Milton

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Auburn, KS 66402

Dear Members of the WSC Literature Committee

I asked members of my home group what topics they would like to see in the NA Big Book. These are the results of my survey:

God or Higher Power, Sex, Fellowship, let go let God, Perfectionism, Anger, Fear, How to cope with old drugging friends, How to cope with families who practice total denial of a member's drug problems. Also how to deal with a close interpersonal relationship with another abuser, Gratitude The Twelve Steps, Relationships between two people (man & woman) after sobriety the hows, do's & don't's, After a slip — then what? It's so hard to straighten up again. Loneliness, the opposite sex, Tolerance, Patience & Honesty - Sponsorship, Keeping occupied, Twelve step work, Getting involved in N.A., Dealing with the person leaving prison or an institution.

I hope that this will help. Thank you. ~~for~~ ~~the~~ May Higher Power bless you

Joscka Literature  
Committee



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4B  
True Peace Through Dependence

I can remember when peace, to me, meant the end of the war in Viet Nam. But when the war was over, I still had not found True peace; I was plagued with anger, resentment, self-pity, and guilt, only to name a few. I could not find inner-peace on a lasting basis. I found some relief through drugs. I felt good while I was high. It was exciting. But after awhile, it was causing me more distress. I was going out of control while I was high. I was unpredictable, and dangerous. The Drugs destroyed my peace of mind and filled me with self-hatred, anger, remorse, self-pity and guilt... the very same things I was looking to escape. Then I came to N.A., I found better ways to deal with these negative emotions. I found a dependence on a power greater than myself could remove my emotional distress. I could indeed feel good again. God could and would, in most cases, remove these negative emotions, when asked. I could dump my problems in an N.A. meeting and get some sound advice on many of my problems. With drugs, I had found a temp-

4B1  
WHY MUST WE ADMIT WE ARE POWERLESS?

IN THE ~~ADMITTING~~ ADMISSION OF OUR POWERLESSNESS  
WE COME TO REALIZE THAT WE ARE POWERLESS  
OVER OUR ADDICTION! IN THIS WE BECOME ~~TO~~  
WILLING TO DO WHAT EVER IS NECESSARY ~~TO~~  
~~FOR THE PAIN~~ ~~TO~~ TO OVERCOME OUR  
ADDICTION. BUT BE CAREFUL, WE NEVER LOSE  
OUR ADDICTION AND IF WE TAKE THAT FIRST  
FIX PILL OR DRINK WE ~~WILL~~ GIVE OUR  
ADDICTION A FOOTHOLD AND START THE PROCESS  
OVER AGAIN. REMEMBER ONE IS TOO MANY AND  
A THOUSAND NEVER ENOUGH.

Strange as it may seem, the only help for addicts  
of our type comes only when we are able to admit complete defeat--  
utter failure. For people like us, it has to be a whole new ball-  
game.

Drugs can no longer hide the pain. We just  
want an easy way out but all we know is to use to live and live  
to use. We start realizing how powerless we really are. Nothing  
seems to relieve the paranoia, the fear. We then hit bottom.  
We are searching for an answer. Looking for a way out. Things  
don't seem to be able to get any worse. We reach out and there's  
an answer, Narcotics Anonymous. We take the first step, We admitted  
we were powerless over our addiction and our lives became unman-  
ageable.



4 B-1

0173

Before I could make up my mind anything from the people here I had to come to grips with myself. I had to admit and little by little remove the blind spot or our program. That I was and am powerless over my addiction and my life is unmanageable. To my opinion this is the only way I have been able to work 100%. It will be that way as long as I don't put anything into my system to change my head so this way I have been able to stay and make a day sobriety was all I had at first then as I went on I didn't work this program.

~~4 B-1~~  
4 B-1

The bottom line of Narcotics Anonymous is cleanliness.

When we realize that we cannot use drugs in any form and live we are ready to admit our powerlessness. It takes a while to realize how unmanageable our lives had become for some of us. for others this is about the only thing that we can be sure of.



4-B-2

I don't know by what rare method,  
But this I do know,  
God does answer my prayer;  
I don't know when He will send the word,  
That tells me my prayer is heard;  
I do know that it will come sooner or later,  
My part is but to pray and wait.  
I don't know if the blessing I seek  
Will come in just the way I thought.  
I leave all care with Him,  
Whose will is always one of love.

ANONYMOUS.

4-B-3

Discovering

3rd  
Step  
4-B-3  
for our selves the wonder of living for a day at a time frees  
us from the "GREAT PLAN" we have committed ourselves to. We  
suddenly have the right to discontinue our old ways and try  
new ways. We surrender our lives and our wills to the care  
of a power greater than our selves and become a part of that  
higher power. We must stop fighting losing battles if we are  
the battles we do fight. It becomes a great fact in our lives  
to win a new life. Powerlessness is our dilemma and on our on  
tha addict is powerless:

to stop using and will behave anti socially while under the  
control of the drugs.



4B-4

Grow for growing; not to be ever grown  
Stay young in the program.  
More will be revealed.  
Stay green. Grow.

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Step 4.

4-B-4

Justified resentments are especially dangerous. When we have actually been injured by another, we should deal with our situation openly and honestly rather than by internalizing our anger and creating a resentment. Bottled up anger can produce a "live steam" effect that causes us to explode in uncontrolled anger. In other words, don't hold a resentment inside. Talk to your sponsor or to someone in the program with whom you are close, or take it to a meeting if you feel that you cannot directly approach the person against whom you hold the resentment. By doing this, you get past the hostility generated by the resentment and become better able to deal with your reactions. The sooner we can get our reactions back under our own control, the better for us.

STEPS

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4-8-5

Before I had taken my fourth and fifth step. I carried with a lot of guilt for wrongs I had done to people in the past. After admitting to God and a close friend, a great weight was lifted. I felt free from guilt and began to think that maybe I wasn't such a bad person after all. After experiencing this feeling I learned that I didn't want to let all my guilt build up again, and to stay sober I would have to take an honest look at myself daily so I could go to sleep with a clear conscience. By promptly admitting my wrongs I have

learned to change many of my defects and solved many disagreements that, if still using, would have led to total blow-ups.

Admitting I'm wrong keeps me in touch with my higher power.

Admitting that I make mistakes reminds me that I'm only human and that there is someone or something more powerful than myself.

Most importantly, when I admit my wrongs, I can be forgiven and I don't have to hold on to regrets for a lifetime.

The other side of a personal inventory is the positive side. Today I can admit that I do good things. This helps me keep my sanity.



4-B-8

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and moves me a little farther down the road in the progression of sobriety.

I like knowing that today I can honestly look at all my assets & defects and know myself well enough to say I like myself.

600 | Omaha Valley

in my mind was fear. I feared the past and I feared the future.

4-B-9

When we forgive the shortcomings of another person, we receive many benefits. By using N.A.'s resources - a sponsor, a friend in the program, or a meeting -- we don't have to waste time dwelling on negative feelings. Setting another person straight often has self-destructive effects. If only we could see our own defects as clearly as we see them in others!



4-B-10

Guilt and worry keep us from doing the things we can do today. Most addicts have great insights and abilities that offset their weaknesses. Gratitude for our assets shouldn't keep us from growing in areas where we are weak. God, however you understand him, will give you a new measure of power in dealing with your

4-B-10



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0059

it's grip and we'll gain the right to be wrong occasionally and the ability to give that right to others.

# THE WILLINGNESS

I have found of late that there is a difference between a rock and a hard place, it helps to have the willingness. It seems that in all areas of living, willingness is one of the prime ingredients: In staying sober--

the willingness to go to any lengths is of prime importance, without this willingness, going to any lengths would seem an almost impossible task.

In personal relationships--

It's the willingness to try that gives the people the love and hope to keep going.

In all the areas that make up one's life, it's not so much possessing in something that is important, but the willingness to try and keep trying.

Living each day WITHOUT that "WILLINGNESS" is like walking against the current. Even the smallest of things necessary in growth seem an impossible and exhausting task.

Living each day with even a "small willingness" is like FLYING with the current. You find you can do things with less pain and less. The things to do, each day necessary to one's growth, which had been nearly so hard and so slow, even more so for others.

So when things get so bad that you feel you can't go much more, when pain, frustration, and confusion seem to surround you and you can no longer see the way--

A Few More Words--

## CHARACTER OF THE WILLINGNESS

Willingness to carry you thru even the hardest of days--

Karen G.

4-E

#6  
Vol. 2.

#0173

What are we willing to give or give up that will have meaning in life or living? ~~Our pride of self in accomplishment? Our bias that says I'm different? Our closed mind that says, Mine is the right and only way?~~ Are we willing to give others the right to their voice and opinion and see if experience proves them one way or the other? Are we willing to try new ideas wholeheartedly?

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-3-

OPENMINDEDNESS

#6  
A big word for a big subject. All it really means is that if we don't open our minds, new ideas can't get in and old ideas can't get out. Bare our brain that it might be washed. It is the strength to tolerate opposing points of view even when we want violently to shout our opposition can lead us to those very insights that have so long eluded us and be n like closed doors. Even the most intolerant and bigoted person will usually admit to the possibility of lapses in their otherwise ~~perfect~~ complete understanding of it all. Well it's good to admit that we might not quite be perfect but if we can succeed in gaining new understandings, our lives can begin to change. We are addictive people and anything that makes us feel good will stick in our minds.

The good feeling of having a situation we used to fail in and suddenly succeed will provide all the encouragement we need to continue to practice openmindedness.

4 E



4-G

The fine art of expressing a resentment to a person who has  
betrayed us begins with our accepting responsibility for setting  
our case.)

-2-

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Avoidance of people places and things that bring out  
the worst in us is not cowardice in Narcotics Anonymous.  
It is a good way to stay clean. After we achieve a little  
growth in the fellowship, we will learn to take up for  
ourselves.

4/H

(A Recovering Addict)

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CHANGING TIMES

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Remember when "hippie" meant "big in the hips"?  
And a "trip" involved travel in cars, planes and ships?  
When "pot" was a vessel for cooking things in,  
And "hooked" was what grandmother's rugs would have been?  
When "fix" was a verb that meant "mend" or "repair,"  
And to be "in" meant merely existing somewhere?  
When "neat" meant "well-organized, tidy and clean,"  
And "grass" was a ground cover - normally green?  
When "groovy" meant furrowed with channels and hollows,  
And "birds" were winged creatures like robins and swallows?  
When "fuzz" was a substance real fluffy - like lint,  
And "bread" came from bakeries - not from the mint?  
When "roll" was a bun, and "rock" was a stone,  
And "hangup" was something you did with a phone?  
When lights (not people) were turned on and off,  
And "the pill" was something you took for a cough?  
When a "swinger" was someone who swung in a swing,  
And a "pad" was a soft sort of cushiony thing?  
When "far out" meant distance - a long way away,  
And no one thought twice when you said they were "gay"?

EDITOR

by John S.