



Miracles Happen

The Birth of
Narcotics Anonymous
in Words and Pictures

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REVISED

Narcotics Anonymous World Services, Incorporated
Chatsworth, California

The Twelve Steps and Twelve Traditions
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Preface

This book represents, through words and pictures, moments captured in time during the first three decades of Narcotics Anonymous development. Over the years, many efforts have been made to write the history of NA, and we may expect those efforts to continue. It is clear that our membership is hungry for information about our roots. Collectively, we seem to long for a story of our beginnings, and this collection does recount a “history” of our fellowship’s early beginnings based upon material from the World Service Office archives. But it does not seek to be a comprehensive, “official” history of those early days. Such a complete and definitive history may indeed be written one day, but this collection does not intend to approach the kind of scrupulous detail that any book purporting to be an official NA history book ought to possess.

This book, instead, is a kind of NA scrapbook, like a collection of old photos, letters, and picture postcards one might find in the attic in some dusty old trunk. No one could mistake such keepsakes for a history of the lives whose sundry moments those pictures and letters have chanced to capture. Similarly, this book is simply a collection of mementos, stilling certain moments in time of the tireless efforts of our founding members to bring increase to our fellowship.

At the same time, this collection does seek to help our members—newcomers and old-timers alike—to gain a deeper sense of the hardships and triumphs of our early development. Seen today from the distance of nearly fifty years, the difficulties faced by our earliest members make our beginnings seem all the more miraculous. This collection aims to help us all see a bit more clearly the truly awesome power contained within our steps and traditions, evidenced by the rapid growth of our fellowship as our message has spread across the globe, bringing freedom to once-hopeless addicts.

And it aims to help us gain a more profound respect for the members who came before us, those who laid the groundwork, not only for the program itself, but also for our local NA communities. For their perseverance in the face of many hardships, for their implicit belief in the hope our program could give to suffering addicts, and for their

action in starting Narcotics Anonymous meetings even when others told them that no one could stay clean in NA, we owe those early members a debt beyond measure.

One member, however, deserves special recognition. In the name of the many people whose lives and efforts have contributed to this collection, this book is dedicated to the memory of Jimmy K. His tireless efforts in the early years of our formulation and growth laid the foundation for our movement. Those who knew him well said that from the time he got clean and for as long as he lived thereafter, he never rested in his effort to carry the message to the still-suffering addict. Today, his efforts live on among the members of the worldwide Fellowship of Narcotics Anonymous.

The pre-1953 information in this book is presented to offer the reader some publicly held perceptions about drugs and addiction. This information is extracted from various referenced sources or paraphrased from public documents. None of this material reflects the opinion of NA.

We hope each reader finds the gratitude we found for those that came before us in their perseverance so that we all could find a way to live free from the horrors of addiction.



Introduction

There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice.—Little White Booklet

Written in the early sixties, these often-quoted and powerful words are universally understood today to represent the miraculous success of our program. Through NA, addicts in more than seventy countries are finding new hope and a new way to live—clean. More of us each day are finding freedom from the horrors of active addiction. We thank our Higher Power each day for the success of our program and the continuing growth of our fellowship.

Yet this collection is, in a very substantial way, focused upon the very *improbability* of such a movement as ours ever getting off the ground in the first place. Indeed, though few of us today may know it, Jimmy K's words in the above passage refer to a very real time in human history: A time when there really were few, if any, alternatives for addicts to find help and hope. A time when addiction itself was a crime, and addicts were seen as guilty criminals because of their affliction. A time when it was illegal for addicts even to meet together in hope of finding a solution to their common problem. A time when society at large knew the "truth" about addicts: "Once an addict, always an addict," they said. A time when *everyone* believed—most especially addicts themselves—that there was no possibility of a way out of the derelict life of a "dope fiend."

A History Lesson: US Drug Use in the Twentieth Century

Drug use for medicinal, religious, and recreational purposes is at least as old as recorded history.¹ From the earliest written human record (of the Sumerian people of Asia Minor in 5000 B.C.) through the Middle Ages, human beings experimented with and created new drugs for a variety of purposes across virtually all cultures. In Europe, by 1541, the Swiss alchemist Paracelsus had invented laudanum—opium dissolved into a liquid form. This easily transported and administered mixture soon gained widespread popularity throughout Europe as a curative potion. The use of opium, in fact, became epidemic in

nineteenth-century Europe, particularly in England, and in America as well. Unfortunately, the most common usage of the drug was in children's medicines sold under "friendly" names such as "Godfrey's Cordial," "Munn's Elixir," and "Mother Bailey's Quieting Syrup." It was soon discovered that such "medicines," when too regularly administered, could prove fatal. But many poor women of that time who did textile work in their homes had few alternatives but to "dope" their children with opium.

Around 1803, German pharmacist F. W. Serturner successfully isolated the active ingredient in opium. He named the substance morphine after Morpheus, the Greek god of dreams and sleep, and the drug soon came into common medical use. Conveniently, it would only be about another forty years before the invention of the hypodermic syringe. Not surprisingly, over the next century, literally hundreds of thousands would become addicted to this new, more potent substance, for physicians believed it to be simply a harmless, though extremely effective, painkiller. In America, reliance on morphine as a medicinal painkiller reached its peak during the Civil War period. It has been estimated that the war produced 400,000 morphine addicts in the army alone.

After the Civil War, Americans' reliance upon patent medicines such as "Mrs. Winslow's Soothing Syrup," "Darby's Carminative," and "Ayer's Cherry Pectorial" became increasingly widespread. Such mixtures were usually opium-based, and they, along with other forms of opiate-related substances, were particularly popular with older white women from the middle and upper socioeconomic classes.² In fact, by 1900 there were an estimated 300,000 opiate-dependent people in the United States.

Because the two populations which comprised the majority of addicts at this time were veterans and reasonably well-to-do white women, the phenomenon of opiate-related addiction was seen as a most unfortunate medical problem, and was looked upon with some sympathy. However, the waves of immigrants that began to overrun American shores at the turn of the century would begin to change the culture's overall view of addicts dramatically within two decades. The use of various drugs such as opium, cocaine, and heroin, as well as the ever-popular drug alcohol, along with the drug-related crimes that began to accompany such use, became a source of considerable concern to social, political, and religious leaders. As immigration from Europe and Asia increased, so did urban tenements and slums. Poverty increased, and the poor increasingly turned to alcohol and narcotics. By the early 1900s, addiction had taken a firm hold upon a sig-

nificant number of Americans. And society's reaction to this new wave of lower-class addicts was to drive them increasingly into criminality, dereliction, and hopeless despair.

The Criminalization of Addiction in the Twentieth Century

The history of drug use and addiction, in fact, is incomplete without an accompanying history of the various legislation that followed in the wake of the drugs themselves. Some critics have held that the legislation brought to bear on the "drug problem" has in many ways been responsible for the hopelessness that characterized the disease of addiction for the first half of the twentieth century in the United States.

Drug-related laws have been recorded, just as drug use itself has been documented, from the dawn of written history. By 1776, the opium problem in China had grown so severe that the government made opium smoking a capital offense. Later Chinese attempts at opium legislation and control resulted in the Opium Wars with England during the 1800s. This Chinese appetite for opium also helped inspire the first American drug laws. During the 1860s, tens of thousands of Chinese came to California to work on the railroad gangs. When the work had been completed, they made their way to West Coast cities, where the opium dens they had known in their homeland began to proliferate. The first US drug law was enacted in San Francisco in 1875 and, though it was largely unsuccessful, a similar law was adopted in Virginia City, Nevada, in 1876. By 1914, there were twenty-seven city and state laws against smoking opium.

In 1900, Dr. John Witherspoon, who would later become President of the American Medical Association, delivered a speech to the AMA warning of the medical community's duty to save our people from the clutches of opium addiction, which he called a "hydra-headed monster [that] stalks abroad through the civilized world, wrecking lives and happy homes, filling our jails and lunatic asylums, and taking from these unfortunates, the precious promises of eternal life."³ A Federal Opium Commission was established in 1903 and its commissioner, Harrison Wright, estimated that 160,000 pounds of opium for smoking and eating and 2,600,000 pounds of coca leaves were imported in one year alone.

Over the next ten years, public opinion changed from compassion and support for the veterans and afflicted citizenry to discrimination, stigmatization, and criminalization of the underclass of poor white-European, Asian, African-American, and Hispanic populations.

Then, in 1914, President Woodrow Wilson signed the Federal Narcotics—Internal Revenue Regulations, more commonly known as the Harrison Narcotics Act. The act licensed and taxed everyone who imported, manufactured, sold, or distributed opium or cocaine, and also specified, for the first time, that only licensed physicians could legally dispense drug prescriptions.

Not long after the adoption of the Harrison Act, courts would refuse to define addiction as a disease, and therefore banned the prescription of opium to addicts. In truth, much of the motivation for the court's action was precipitated by the US Treasury Department's Narcotics Division and its interpretation of the Harrison Act. Because the division's position was in fact that addiction was not a disease, and therefore prescribing drugs for maintenance was not within the parameters of a physician's professional duties, the Treasury Department adopted an anti-maintenance position that eventually resulted in the "harassment and even imprisonment of doctors who continued to treat addiction by prescribing opiates."⁴ By 1919, in the *U.S. v. Doremus* case, the court's actions would serve to officially make both addiction and its medical treatment criminal activities. This punishment-without-treatment-options mindset would become the standard for anti-drug legislation for decades to come.

This legislation, combined with the court's rigid interpretation of it, became a "one-two punch" that drove addicts underground, where they were constantly subject to street violence, diseases that accompany the use of dirty needles, arrests, convictions, and incarceration. The environment for addicts was becoming increasingly hostile, for they could no longer legally seek medical treatment and were increasingly drawn into illegal activities to maintain their addiction. In an attempt to deal with this situation that had resulted from the Harrison Act, various "dispensing clinics" were opened. By 1919, thirteen municipalities had forty-four opiate-dispensing clinics aimed at detoxing or providing opium maintenance. For example, a clinic established by Dr. Willis Butler in Shreveport, Louisiana, not only detoxified patients, but also maintained the addicted citizenry on morphine, including, among others, the local sheriff's elderly, infirm mother. The Commissioner of Public Safety objected to the presence of the opiate clinic in Shreveport until he discovered that his own mother was a patient.⁵

Clinics and their resultant problems, however, were thought to be a threat to the federal anti-maintenance policy, and so the government closed them all by 1924. With the clos-

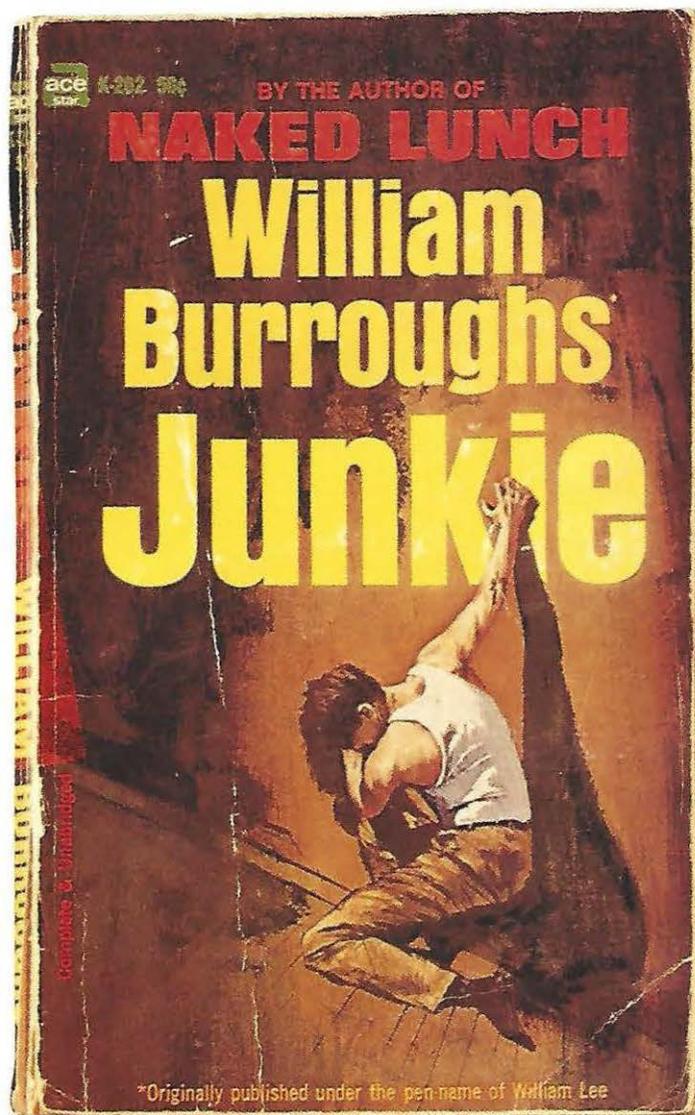
ing of the opiate treatment clinics, there were no governmental programs for the treatment of addiction. Subsequently, an increase in crime associated with narcotics was reported in cities throughout the country. Then, in 1929, Congress adopted the Porter Act, appropriating funds to establish “treatment facilities” for addicts. These facilities were two US Public Health Service Hospitals, one in Lexington, Kentucky, and a second in Fort Worth, Texas, both of which became operational during the late thirties. These institutions detoxified addicts who entered voluntarily, but primarily served in their early years as prison hospitals for convicted and sentenced addicts.

Firsthand accounts of the Lexington/Fort Worth experience today seem considerably less than inviting. While the hospital at Lexington, for example, was located on 1,100 acres of beautiful Kentucky land that had once been a horse farm, the “cure” there was, as one addict has described it, “not designed to keep addicts comfortable.”⁶ After about eight days of tapering down the dose, addicts were then put “in population,” where one had the choice of working in the dairy, on the farm, at the cannery, or in one of the other factories run by the inmates.

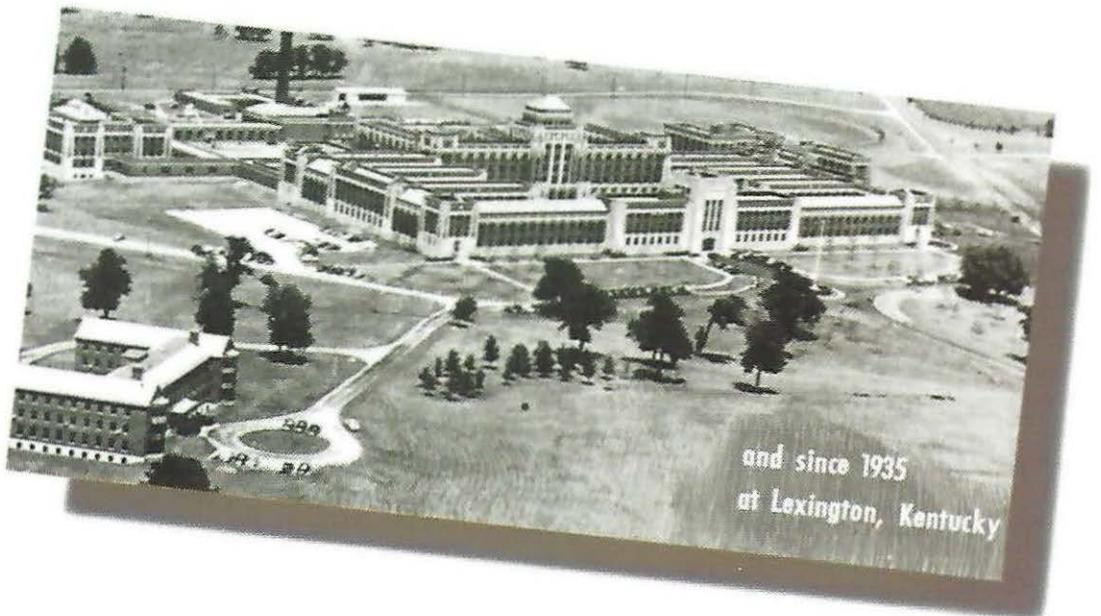
As we look at the 1930s and 1940s, we can see how difficult it must have been for an addict to find any answers or help. Those of us reading this book today have become aware of a variety of treatment programs for addicts, including employee assistance programs, hospital and residential-based treatment, as well as the twelve-step approach. But this was not the case in the thirties and forties. The Federal Narcotics Division, with its narrow and punitive interpretation of the Harrison Act, had succeeded in badgering and threatening doctors and medical centers into not only refusing treatment for drug addiction, but also in many cases reporting users to the authorities.

Over the next few decades, the federal government would pass another fifty-five laws about narcotics, and local legislatures would enact hundreds of local statutes. For example, local law enforcement had taken the stance that it was illegal for any two “known” (which often meant suspected) addicts to be seen together. This type of attitude drove narcotic addicts even further underground into a world where they had to buy their drugs on the black market and the street, or go to their doctors with the “right symptoms” to be able to have their needs met in pill form.

William Burroughs' infamous *Junkie*, whose street level descriptions of the addict's world in the forties and fifties offer grim confirmation of the limited treatment options available to addicts.



Opened in the late thirties, the US Public Health Service Hospitals in Lexington and Ft. Worth, were the only "treatment facilities" available for addicts.



By the Second World War, addicts generally fit into one of two categories: those who were addicted to pills and prescription drugs such as sedatives, barbiturates, and various narcotics such as laudanum, Demerol, etc.; or those who were considered “dope fiends.” If you were in this second category, most likely you had to obtain your drugs through illicit means, doing whatever it took to get your daily dose. According to early NA members, if you were an addict, chances were “the Man would have his hands in your pocket more often than you did.” Searches, harassment, and incarceration were normal as addicts and doctors who helped addicts continued to be viewed as criminals. In addition, since most “street addicts” lived in urban tenements and slums, stigmatization continued, as report after report linked drug use and crime together. The more we look at this scenario, the more we can see how difficult it was to get clean, and how it must have been nearly impossible to stay clean. Truly, Jimmy K’s words, written years later, described the grim situation which the addict faced: At that time in the United States, very few addicts *did* have a choice such as we have today in the program of Narcotics Anonymous.

Hope on the Horizon

The history of Alcoholics Anonymous is well documented elsewhere, and we could not do justice to it here. But AA’s relevance to the development of Narcotics Anonymous has never been in question. It is commonly conceded that without Alcoholics Anonymous, there would be no Narcotics Anonymous. In fact, our earliest literature states: “Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence is acknowledged.”⁷

In 1939, AA published its Big Book. Some years later, AA co-founder Bill Wilson published a series of articles in a periodical called *The Grapevine*, and those writings yielded the Twelve Traditions. Both of these developments would, of course, lay a foundation that would become increasingly important for the development and, later, the very survival of Narcotics Anonymous in the years to come. NA’s early members learned from the struggles that Bill Wilson, Dr. Bob, and the other early AA members experienced as they strove to establish something that would offer a miracle, a miracle that came to be known as recovery from the disease of alcoholism. What NA members learned helped them to form a fellowship which today offers the same miraculous hope for addicts worldwide.

As we have seen, during the first half of the twentieth century, the world of the addict seemed a hopeless one indeed. And it is AA and the Twelve Steps which began to

The 1954 *Saturday Evening Post* article mentioning Houston S, who worked with Dr. Vogel in Lexington in the late 1940s to start the Narco Group, one of the first known instances of “addicts helping addicts” in a treatment environment.



present a glimmer of hope on the horizon for addicts. In a 1954 article in *The Saturday Evening Post*, there is mention of a recovering alcoholic named Houston S who received a job transfer to Kentucky in 1947. Houston had sobered up in Montgomery, Alabama, AA in 1944. One of the drunks he tried to help, a man called Harry, was using morphine as well as alcohol. Although Harry had stopped drinking, he was unable to stop using morphine. He was eventually arrested and committed to Lexington for mandatory treatment.

When Houston was transferred to a town near Lexington, he was reminded of his friend Harry and his drug problem, and felt that the principles which worked so well for alcoholics in AA could help the addicts. Houston met with the medical director, Dr. Victor Vogel, and suggested that the AA model may work for addicts as well, offering to help start a group. On February 16, 1947, the Narco Group, a group of inmates and patients, met for the first time at the Federal Narcotics Farm in Lexington, Kentucky. One of the addicts who attended these first meetings was an addict named Danny Carlsen.

In the meantime, a brigadier in the Salvation Army, Dorothy Berry, had started to work with addicts in New York in 1946. However, it was not until she met Danny Carlsen that her work became significant to our story. Danny, a seven-time loser, was admitted back into Lexington in 1947 and started attending meetings of the Narco group. Six months later he was discharged clean and returned to New York. According to his book, *The Addict*, Danny, with the help of Dorothy Berry and Rae Lopez, started a group called Narcotics Anonymous in the New York City prison system in 1948. However, Danny again relapsed and returned to Lexington in 1948 for the eighth and final time. Afterward, he returned to New York and continued to work with addicts.

The first NA meeting held outside prison walls occurred in 1950 at a YMCA in New York City. While this group did attempt to use some of the precepts of AA, it also developed “13 Steps” for itself—and never did adopt the traditions. The focus of this early version of NA’s first four steps was on the individual developing the inner strength to face the suffering of withdrawal and the fears of being without drugs. The next few steps required that the addict find someone to assist him, admit his shortcomings to the NA group along with an explanation of what steps are being taken to overcome them, share with others his successes, and determine a purpose in life. The thirteenth step simply stated, “God help me.”

THE THIRTEEN STEPS

1. Admit the use of narcotics made my life seem more tolerable, but the drug had become an undesirable power over my life.
2. Came to realize that to face life without drugs I must develop an inner strength.
3. Make a decision to face the suffering of withdrawal.
4. Learn to accept my fears without drugs.
5. Find someone who has progressed this far and who is able to assist me.
6. Admit to him the nature and depth of my addiction.
7. Realize the seriousness of my shortcomings as I know them and accept the responsibility of facing them.
8. Admit before a group of NA members these shortcomings and explain how I am trying to overcome them.
9. List for my own understanding all the persons I have hurt.
10. Take a daily inventory of my actions and admit to myself those which are contrary to good conscience.
11. Realize that to maintain freedom from drugs I must share with others the experience from which I have benefited.
12. Determine a purpose in life and try with all the spiritual and physical power within me to move toward its fulfillment.
13. GOD HELP ME.

This version of NA was not a clear offshoot of AA. Along with its Thirteen Steps, it had a structure similar to that of the Salvation Army, with a captain, director, and chaplain. For many years, Father Daniel Egan, a New York City priest, served in this last capacity, developing pamphlets aimed at helping addicts as well as becoming the subject of John D. Harris' *The Junkie Priest*. Besides offering some detoxification services, the society also worked to help rehabilitate addicts by helping them find jobs and housing, and, in short, being a social service agency for addicts seeking recovery. This version of NA had considerable success and survived into the 1960s in New York, Cleveland, and other locales where it could be sponsored by the Salvation Army.

It would still be some time, however, before Narcotics Anonymous as we know it today would find its early beginnings in the Los Angeles area.



NARCOTICS ANONYMOUS
CANTARA AND CLYBOURNE
SUN VALLEY
PG 202-54
MURPHY & STEIN

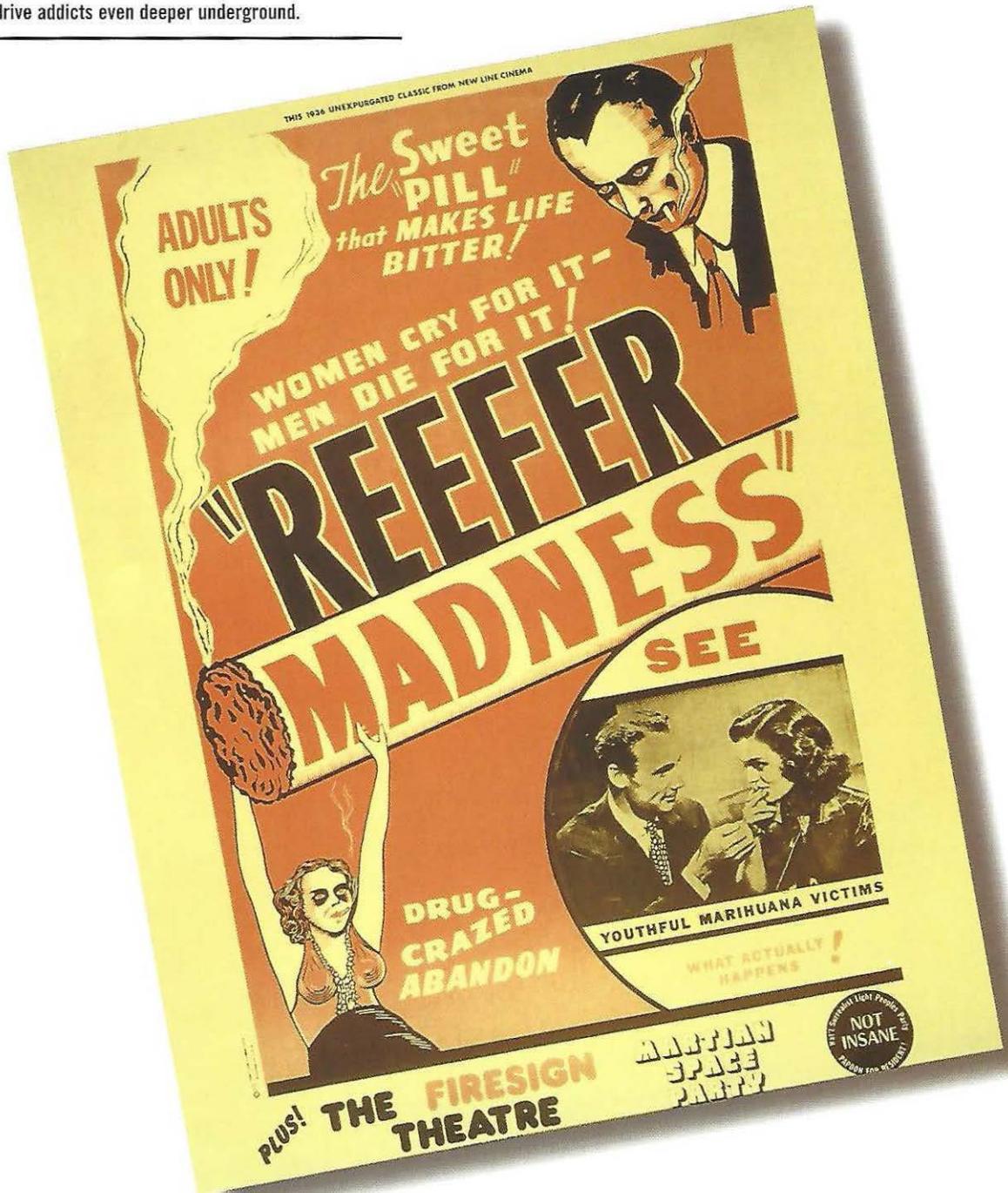
The Early Years

The 1950s have been characterized by the media, film, and literature in countless ways, but for most addicts the time represented merely a continuation of the previous four decades' growing persecution, hopelessness, and despair. Most of America enjoyed prosperity in the postwar boom years, rocking and rolling to Elvis and laughing with "Uncle Miltie" on that revolutionary invention, the television set. Yet there was a growing underground of radicals, later dubbed the "Beat Generation," whose championing of anti-authoritarian attitudes, along with their enthusiasm for marijuana and amphetamine use, would set the stage for the unprecedented youthful "revolution" of the sixties. Writers like Jack Kerouac and Alan Ginsberg, reacting against the growing surge of consumer capitalism in the United States, would set the tone for a later generation's call to "turn on, tune in, and drop out." Yet addicts of the fifties continued to find it nearly impossible to find any help out of addiction.

With the passage of the Boggs Act of 1951 and the Narcotics Control Act of 1956, which imposed even harsher penalties than any previous legislation for drug-related activities, the hopelessness of the addict's world was nearly complete. In the years after World War II, another significant change had occurred regarding the pattern of addiction in the United States. A mass migration of African-Americans from rural areas and cities in the southern United States and Hispanics from Puerto Rico, the Caribbean Islands, and Central and South America to northern and western cities occurred during this period. As European immigrants moved out of the crowded cities, Hispanics and African-Americans moved into vacated tenements in areas with preexisting problems of narcotics addiction and trafficking. An ethnic succession of narcotics addicts occurred in these neighborhoods, with African-Americans and Hispanics replacing those of white European background. Thus, the continuing stigmatization of addicts and their drugs of abuse now even further reflected class and ethnic biases within the community.⁸

The fears about marijuana, started in the thirties with the movie *Reefer Madness*, continued, and society was informed that "the weed with roots in Hell" was a narcotic and certain to lead to heroin use. Yet, while the use of heroin increased in post-World War II America, few effective steps were taken to address the issue with treatment. In New York, for example, Riverside Hospital for adolescent addicts was opened, but closed shortly thereafter as a result

A poster advertising the government-sponsored film, *Reefer Madness*—in the wake of the Harrison Narcotics Act and similar legislation, such anti-narcotic public service campaigns served to drive addicts even deeper underground.



Reefer Madness New Line Productions, Inc. All rights reserved. Poster appears courtesy of New Line Productions

of a study that showed that less than three percent of the patients were abstinent. One of the findings also showed that the three percent who were found to be abstinent had never been addicted in the first place, but had been arrested on narcotics charges and chose hospitalization over jail.

In the meantime, however, Alcoholics Anonymous was continuing to flourish as more and more alcoholics found recovery in the rooms of AA. It was through the hope that was at last being found by the suffering alcoholic that similar hope for addicts would begin to appear.

Narcotics Anonymous Is Born in Southern California

In February 1950, Jimmy K found his way into the rooms of AA in North Hollywood, California. By this point in his life, he was unable to work or do anything except use pills and drink. But he was ready for something different. He had difficulty with his hearing and did not understand much of what was going on in the meetings, but he “kept coming back.”⁹

Based on his early experiences in AA, Jimmy would later come to feel that the NA way of life “came naturally” to addicts. As he put it, “Really most of the people that I cottoned to when I first came around AA ended up being addicts just like me. Though we hadn’t spoken of it among ourselves necessarily, we just seemed to naturally find each other among all of the alcoholics that attended the meetings. It came as a bit of a surprise at first to know that the addicts had found one another so easily. But it was clear to me that the practice of addicts gathering together to help each other would come pretty naturally to most of us.”¹⁰

One of the topics that one of Jimmy’s newfound friends, Betty T, would later talk about was an AA-like meeting at her house called HFD, or Habit-Forming Drugs. Jimmy went there a couple of times, but was discouraged by a couple of their practices: First, before being allowed into their house for the meeting, the prospective attendee had to admit that he or she was powerless over alcohol and habit-forming drugs. Second, the group did not believe in practicing the traditions. Jimmy had read about how and why the traditions were developed in AA and had come to believe that they were essential for the survival of any such movement or society. History would, of course, prove Jimmy right. Additionally, as he stated later, “Most addicts do not like being told what to do, so being told what to say before getting in was not something I liked.”¹¹ By this time, in late 1951 to early 1952, he had been approached a number of times about starting a group specif-

Copy of a letter from Bill Wilson to
Betty T regarding the early
Southern California meetings of the
"Habit Forming Drugs" (HFD) group.

W. G. W.
BOX 459 GRAND CENTRAL ANNEX
NEW YORK 17, N.Y.

March 30, 1954

Betty T.
H.F.D. Group, Apt D
1319 - 14th Street
Santa Monica, California

Dear Betty:

Thanks a million - nay, two million - for your heart-warming letter of March 11th up-dating me on your progress with addicts. I think this is all perfectly wonderful. At this stage, I am sure, it is the quality that counts rather than the quantity. That you have been doing a quality job and have inspired others to do likewise, is very evident.

What can you tell me of the progress of those other groups which at Lexington and here in the East go under the names of Addicts Anonymous and Narcotics Anonymous? At times I pick up very second-hand stories to the effect they are making progress but not so much as they might if they really came to grips with the 12 Steps and had proper hospitalization. I'm also interested to know how many people you feel you have really straightened up and how these divide themselves between narcotics who were once alcoholics and the narcotic pure and simple.

All of you concerned in this work surely have my warmest appreciation. And I hope you will let everyone have the occasion of knowing it. Meanwhile, the main transmission belt to the addict will be from our AA members who have also suffered addiction. And they should surely be allowed attendance at open A.A. meetings, just as anyone else is. One more question. Do any of your recoveries who were straight addiction cases find difficulty in identifying themselves with other AA members. I guess I told you, I have noticed in many alcoholics a marked aversion to dope addicts - and visa versa. How is this situation working out as you now see it?

I wish I could write you the long letter that yours deserves. But my desk is piled high.

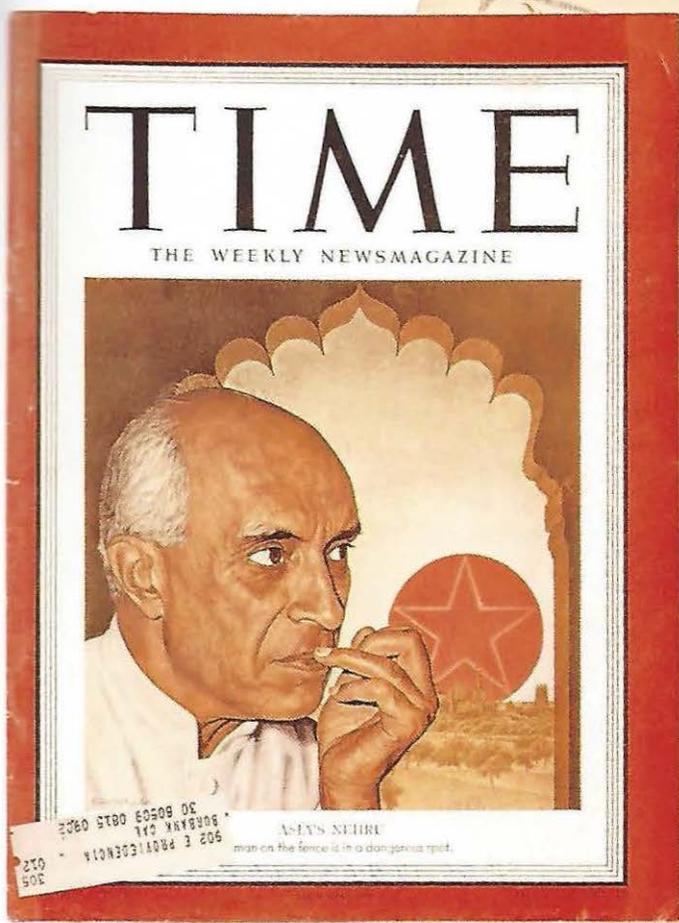
Meantime. May God love you dearly - all of you.

Devotedly,

Bill Wilson.

Copy
WGW/drd.

An article from this 1951 issue of *Time* magazine titled "The White Stuff" told the story of Danny Carlsen and the first anniversary of New York NA.



ically for addicts, but he steadfastly refused, exhorting those who suggested it to start such a meeting themselves.

The Name “Narcotics Anonymous”

But in the meantime, Jimmy did contact Danny Carlsen in New York, because he had heard about NA there through his contact with other members. As he would later say, “That [New York version of] NA was more of a social service organization, not a fellowship based on the steps and traditions. The only thing I really liked about them was the name, Narcotics Anonymous. Actually, I had thought of three names: NA, Naranon, and Narconon. But it was really from talking to Danny that we got the name ‘Narcotics Anonymous.’”¹² Others at times had tried to use the name Addicts Anonymous, most notably in East Los Angeles, but found that it could be perceived as an infringement upon AA’s name, so the name was dropped and the meetings died.¹³

As he would do later on in NA, Jimmy generally made coffee for various AA meetings he attended. One day, in late 1952, while he was making coffee at the North Hollywood AA clubhouse, some of his addict friends came in and, as usual, urged him to start a meeting for addicts. And, as usual, he told them to start one themselves. But this time it was somewhat different. One of the members stated that he had just moved and had a large living room that could be used to hold meetings. Within a few weeks it was arranged and a meeting date was set. In Jimmy’s words: “I went to the meeting, hoping that we could call it NA, or something similar, but someone jumped up even before the meeting started and said, ‘This is HFD!’ Well, I knew then that this would not be the one, but I kept going back.”¹⁴ Within a short period of time the group had turned into a detox unit, and local law enforcement started and maintained a very close watch on the locale. One of the members who went there a few times, Doris, started to call Jimmy, saying that she was not finding any help there and that he should start something. Once again, he was reluctant.

In the meantime, circumstances were slowly changing in the way law enforcement looked at twelve-step programs. AA had been flourishing in Southern California for some time. In 1946, that fellowship started to lay the groundwork to take some of their meetings into local correctional facilities. It took them a few years, but they finally met with success. Alcoholics were finally being allowed into some facilities and were perceived by authorities to be doing a good job. However, by the late 1940s and early 1950s, more and more narcotic addicts were being incarcerated, and the head of the Los

Angeles County Sheriff's Department Narcotics Division became concerned. He observed that AA appeared to be assisting in rehabilitation, and he started to consider doing something similar for addicts. He contacted Jack P, who was then responsible for the AA presence in some facilities, and asked him to consider starting something for addicts, promising that addicts under his "supervision" would attend such meetings. Jack was reluctant, as he was not an addict, but he agreed to help.

The First NA Meeting in Southern California

In an interview with the NA World Service Board of Trustees in 1986, Jack said, "And so, with little introduction, about the middle of 1953, I started a meeting on Moorpark, at the church, for addicts, knowing absolutely nothing about it. He [Captain Hamilton, the head of the Sheriff's Narcotics Division] had sent . . . two people from his jurisdiction who were addicts down to the meeting, and forced them to come, of course. Two others came in. There were two girls that came [also], one was from here in Los Angeles, the other one was up from San Bernardino who had heard about it and came. And a man named Cy M came to that first meeting . . . We opened it the same as we did with AA, and the discussion was on the line that all new starting groups have, you know, what is it all about, what am I going to get out of it, what do I have to do, what's it cost, and the whole bit. And as near as I can recall, about the only thing that was discussed was the fact there was not going to be a cost factor. There was not going to be any musts that you must do, any different than there was in AA, and that, perhaps, if the Twelve Steps were used, changing the word 'alcoholics' to the narcotic addict, that the same principles might work."¹⁵

Cy attended the next meeting, and then for some reason he decided this was not really his cup of tea, and so he didn't come back for the third week, but Jimmy K did. "I had known Jimmy in Alcoholics Anonymous, the North Hollywood group, for quite some time," Jack said, "and we had become very close friends. And I had talked to him about this thing, knowing that he was an addict, and never thought to ask him to come and help. But he showed up, and I stayed with it for eight weeks. About the only real service that I have done for Narcotics Anonymous in those early days was that, at the first meeting," Jack continued.

Even though the first meeting had been started at the urging of Captain Hamilton, authorities kept it under surveillance, which was of course in the spirit of the times. Addicts still were viewed as criminals, and it was illegal for them to gather together for any purpose

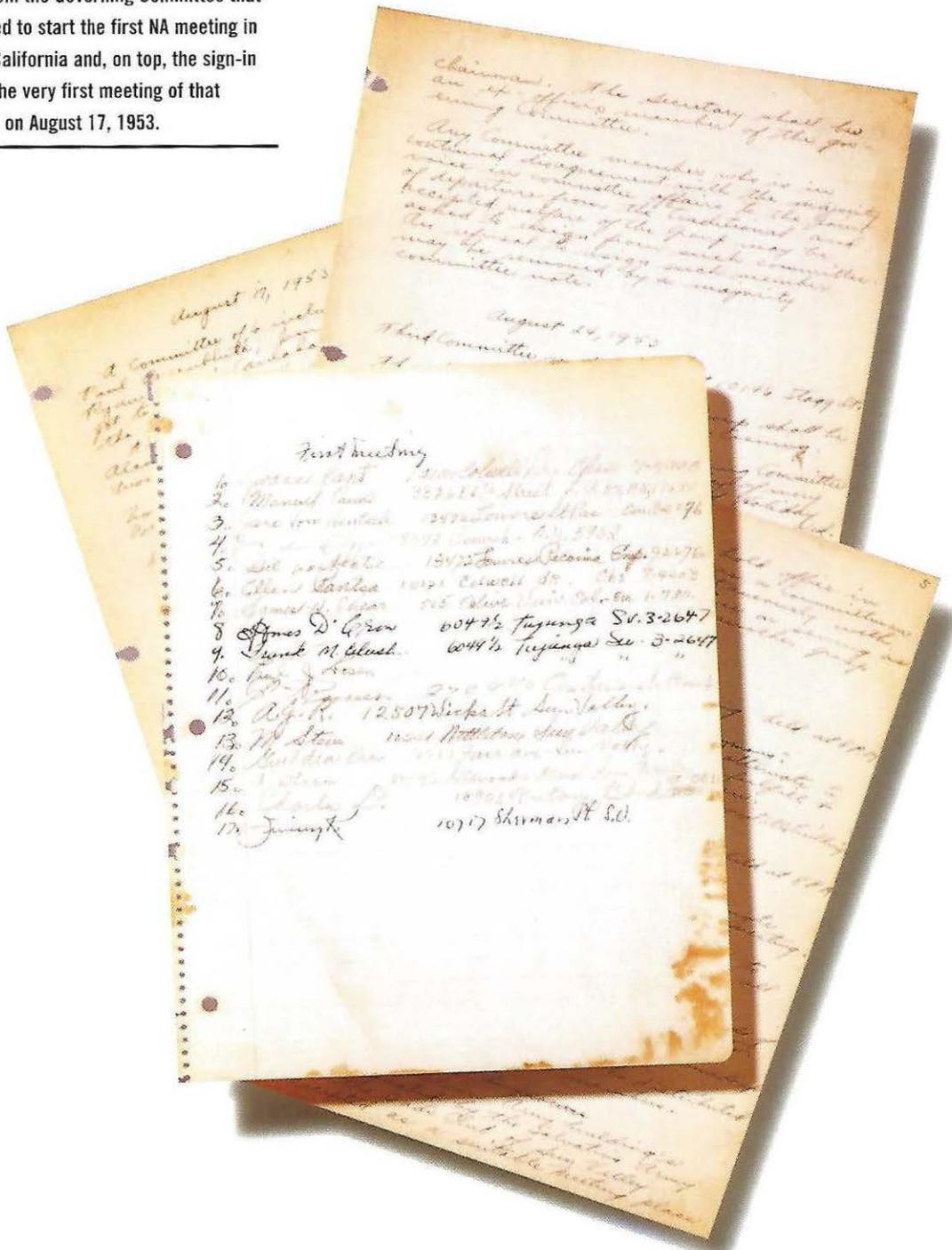
whatsoever. As Jack told the trustees in 1986, “After [the meeting] was over, we walked outside. The cops were sitting across the street with the lights on, and as the addicts came out, the two cops were standing there with a notebook. They yelled across the street, ‘We got you, John. We know what you’re trying to do. You think you’re fooling us?’ and this sort of thing, as you’re all familiar with. And I went back to Captain Hamilton and I said, ‘This is not going to work because of that.’ He said, ‘We’ll take care of that.’ And some way or another he did, and they were not roused from that time on. And so when Jimmy took it over in July of 1953, and I don’t recall whether it was the middle or the latter part of July in 1953, periodically he and I would talk about what he was doing in Narcotics Anonymous.”¹⁶

In August 1953 a group called the Governing Committee started to meet formally and keep minutes. Their first recorded meeting was held August 17, 1953, at the house of Frank and Doris C on Stagg Street in Van Nuys, California. Six were present: Frank and Doris, Jimmy, Paul R, Gilda K, and Steve R. All present accepted the responsibility to serve for anywhere from three to six months; also elected were Jimmy as chairman and Doris as secretary of the rotating committee for leadership.

Two other items of interest were enacted. First they voted to call the group “San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous,” over the protest of Jimmy K. Later on he would say, “They had just elected me chairman and vetoed my first suggestion, so we were off to a pretty darned good start!”¹⁷ He was able, however, to convince the other members to contact AA World Services to see if they could use the AA name. After AA’s General Service Office informed them they could not affiliate themselves with AA, the name was changed to Narcotics Anonymous.

The second notable event was the development of bylaws, which laid out how the group would operate. The development of these bylaws took six meetings over the next months to complete. The statement of purpose was taken from *The Key*—the newsletter of the Narco group in Lexington. Other language said that if members continuously disagreed with other members, they would be asked to resign; that the group would be self-supporting and follow the Twelve Traditions of NA, based on those in AA; and that no committee member could hold similar positions in more than one group simultaneously. The seventh meeting of the Governing Committee focused on setting up an ongoing meeting, a meeting that would open its doors on October 5, 1953, at Cantara Avenue and Clybourn Street in Sun Valley, California. Seventeen alcoholics and addicts signed in for

Minutes from the Governing Committee that was created to start the first NA meeting in Southern California and, on top, the sign-in sheet for the very first meeting of that committee on August 17, 1953.



The initial page of NA's
first bylaws, developed by
the Governing Committee.

Narcotics Anonymous.
The purpose & action of N.A. is based in the
Twelve Steps of recovery for the individual & the Twelve
Traditions for the groups.

By Laws

- A. 1 The following By Laws entered & accepted
as of this date August 17-1953 will be in effect
as long as ~~the~~ Narcotics Anonymous is active.
- 2 Any suggested change by four or more
members active in the group, may call the
secretary & request a committee meeting.
Officers of N.A shall be
Chairman (or trustee) selected by
activity & length of abst
Treasurer selected
& length

Photograph is of a group
having dinner together.

NARCOTICS ANONYMOUS

CANTARA AND CLYBOURNE
SUN VALLEY

P.O. BOX 54



NARCOTICS ANONYMOUS

CANTARA AND CLYBOURNE
SUN VALLEY

P.O. BOX 54

MONDAY 8:30 P.M.

The bank statement shows a charge of \$1.35 for opening an account for Narcotics Anonymous.
 The cash receipt is for 1,000 plain business cards.

No 742

BANK SUN VALLEY NATIONAL BANK OF LOS ANGELES

CITY Sun Valley STATE California DATE December 15 1952

THE AMOUNT CHARGED US FOR IMPRINTING, AND FOR WHICH WE CHARGE YOUR ACCOUNT, IS \$ 1.35

Made by GEM

APPROVED BY [Signature]

Narcotics Anonymous
 10116 Stag St.
 Sun Valley, California

Eaton STATIONERY AND PRINTING, INC.
 2704 W. Burbank Blvd. Burbank, Calif. PHONES: THornwall 6-4811, VICTORIA 9-1955

CASH RECEIPT

Received of May 17 1954

QUANTITY	DESCRIPTION	AMOUNT
<u>1000</u>	<u>plain business cards</u>	<u>3.50</u>
		<u>12</u>
		<u>3.62</u>

Rec'd. Payment Garnett

Tax _____
 Total _____

that meeting. Shortly thereafter, according to Jimmy and others, personality conflicts and disagreements led to internal strife which, by the end of that year, caused the resignation of all original members of the committee, including Jimmy K on December 16. Even so, Jimmy recalled that while he was not directly involved, he made coffee every Monday night for the meeting. The meeting continued at that same location for most of 1954.

Changes

During that year, however, some changes took place. In May, a new Governing Committee was installed, though none of the original six members were involved. One of the changes made at that meeting was to the bylaws, calling for speakers of meetings to be “alcoholics, narcotics addicts, and non-users who can be informative to an addict in his or her [sic] rehabilitation.” With this step, the group was perceived by others to be slowly moving away from the traditions. This perception of a shift deepened when, at the end of the year, the group moved to “Shier’s Dryer,” an alcoholic sanitarium located in North Hollywood. By this time the group had rented a post office box in Studio City and developed a small brown booklet of recovery literature, written by Jack P with some help from Cy M and Jimmy K.

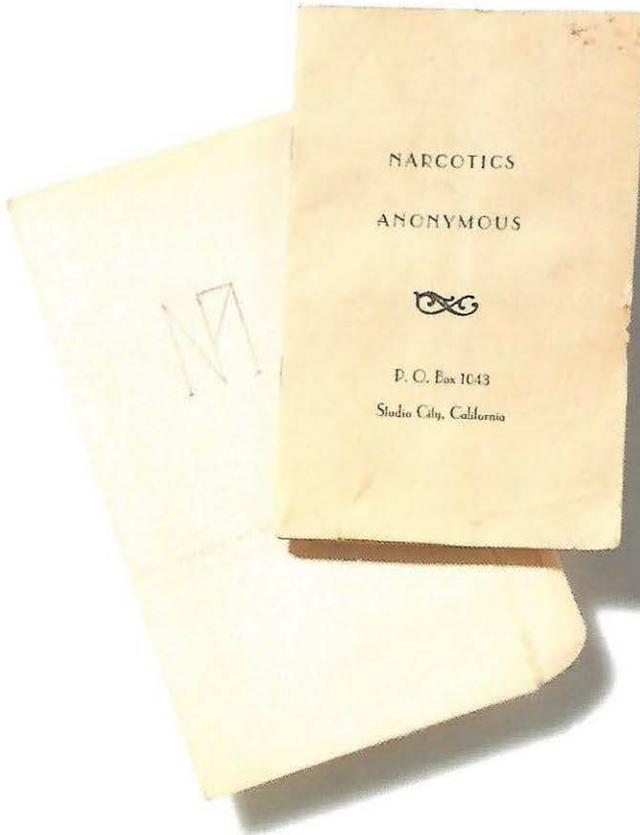
In the 1986 interview, Jack said, “. . . it came time to write the first piece of literature, and Jimmy and Cy asked if I would write it. And Jimmy and I agreed on what it said, and Cy said no, it shouldn’t be done that way, it wasn’t right. And after a big argument, which is normal in every group of people, Jimmy and I persevered and the literature was printed up by a man who is in AA who is a printer, who printed for free the first 500 copies of that.” While that first piece contained material that would later be removed or altered greatly, it was something the group could use to send its message out.

The NA group changed while at Shier’s Dryer. The director of the facility, “Doc,” refused rent and paid for coffee and doughnuts for the group week after week. NA was growing and got some attention in the media as well, though this attention would eventually demonstrate even further the group’s deepening departure from the traditions. In 1955, Jack V. Coates, *San Fernando Valley Mirror News* columnist, ran three successive columns, entitled “Monkey on Their Backs,” which detailed the extent of the addiction problem in Southern California and suggested NA as a place to find alternatives. In March 1956, the group decided that it was time to take up collections, find a new meeting place, and pay for literature. According to members’ recollections, the group would stay at Shier’s Dryer for some time longer. Most of the donations collected were used for gas for Twelfth Step calls and other personal expenses.

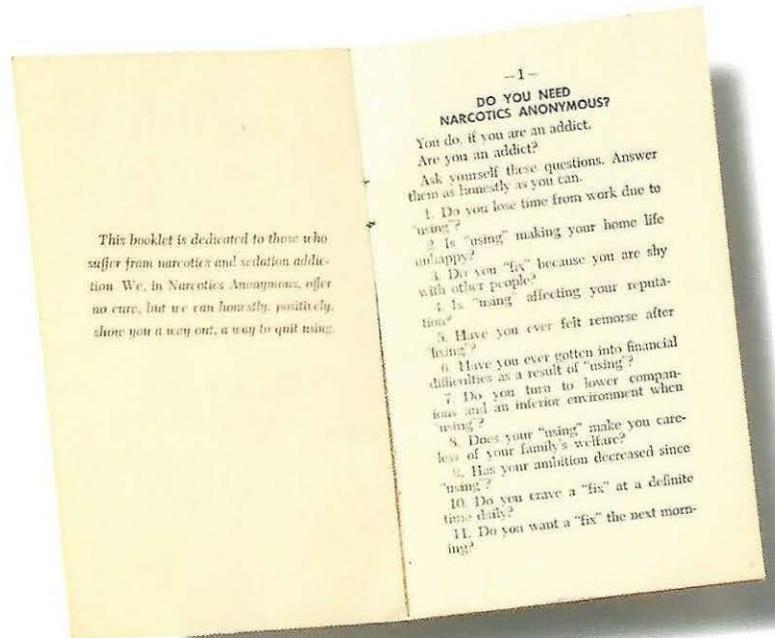


A photograph of the building that formerly housed a detox facility in North Hollywood known as "Shier's Dryer," where the only existing NA meeting in the late 1950s was held.

at N. Hollywood Lodge - Sanitarium
1956
No Collections have been taken up
in the past year and half as
Doctor Shier furnished copper & down to
and the hall. It was decided
March 3, 1956 by the group to take
up collection for literature & donate
and to pay for meeting place
March 3, 1956
Attendance 20
Leader Scott Thompson



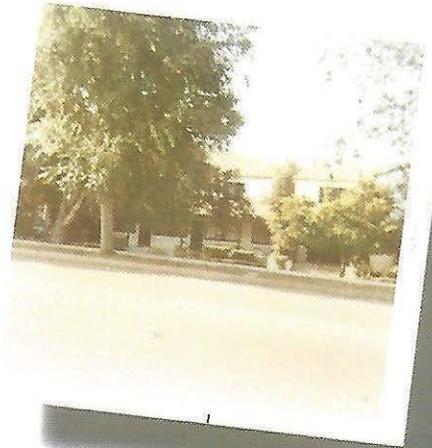
A copy of the "brown booklet," written by Jack P with Jimmy and Cy M in the late fifties. Although no longer in use, this was the first piece of NA literature.





The Cantara Street meeting location in the San Fernando Valley, where the first NA meeting in Southern California took place every Monday night during 1953 and most of 1954.

The Unitarian Church on Rhodes and Moorpark in the San Fernando Valley, where the only NA meeting in the world met in the early 1960s.



Frank and Doris C's house in Burbank, California, where the Governing Committee met in 1953 to organize the first NA meeting.

By 1957, the literature had a second address on it, this one in San Diego, but there is little record of the activity there. All we have to draw on are some members' recollections and a few other pieces of information. One such piece was an article from the November 7, 1957, edition of the *San Fernando Valley Mirror News* titled, "Wages Lonely Fight to Aid Dope Addicts." It contains an interview with Cy M, who in the article was given the pseudonym Mike Curtis, the "founder of NA." While the article listed the accomplishments of the program and its founder, it also illustrated just how much the group's beliefs about publicity and institutions differed from the principles of the program as we know them today. The article detailed a plan the NA group had at that time to "install nationwide clinics where drugs would be administered free to addicts under medical supervision." The article also outlined a complete curative "crash" program for addicts and the introduction into the public school system of a realistic course in narcotics. It was shortly after this point that reports began to filter out that the group was having major difficulties.

Jimmy continued to try to attend meetings once a month or so, "just to see what was going on," he said. He also kept bringing in newcomers. But he was disheartened by the changes. "They were having 'hot seat' meetings and being very rude to the people who came."¹⁸ And this was long before Synanon¹⁹ got started. In fact, some people have speculated that the Synanon idea may actually have come out of those hot seat meetings at Shier's Dryer."²⁰ Apparently members would call Jimmy from time to time and say they were never going back to Narcotics Anonymous because of how they had been treated there. Many members either relapsed or returned to AA to try and find recovery. Occasionally, a "rabbit meeting" (a meeting that "hopped from hole to hole"—never in the same place twice in a row) would occur at a member's house, but such meetings were held infrequently. The only thing that remained constant was that local law enforcement kept their promise not to harass addicts attending the meetings.

Meanwhile, though alcoholics continued to find recovery, addicts continued to have difficulties in Alcoholics Anonymous. To illustrate this point, in the late 1950s, Bill W wrote an article about the problem of addicts within AA, pointing out the difficulties with the First Step and the Fifth Tradition. In the meantime, the US Narcotics Farms continued in Lexington and Fort Worth, and doctors who had worked there and inmates/patients tried the Narco group model with minimal success. Back in Southern California, a group called "Hypes and Alcoholics" (Hyal for short) started and survived for a short time in Venice. One of the addicts who found his way there was Bob B,

someone who later on would be instrumental in helping NA to grow. By this time Bob knew a bit about NA, as his wife had met Jimmy's first wife Alice in Al-Anon and told her about NA. In Bob's words, though, "I poked my head in the NA door back in early to mid-1959 but decided I didn't want any part of it."

In early 1959 the NA group finally decided to leave Shier's Dryer, and shortly thereafter moved to the Trinity Church at the corner of Rhodes and Moorpark. The size of the meetings dwindled, as members either could not stay clean or simply refused to return because of the atmosphere at the meeting. By November of that year, only four or five would attend, and finally this version of NA that had strayed from the traditions was finished. The member who was the main leader decided to turn it over to Jimmy K. At that point, only Jimmy K, Sylvia W, and Penny K were left to pick up the pieces.

As Jimmy later would tell the story in a taped personal recollection,²¹ he and Sylvia W were looking over what remained of the NA meeting that had been handed over to them. There were no brown booklets left, Cy M had closed the meeting's post office box, and, though someone was supposed to have had \$20 that belonged to the group's treasury, no one seemed to know who had the money or where it could be found. With none of its former regular members, no money, no literature, and nothing left of its former leadership, NA as it had been known up to that point was dead.

Surveying the situation, Sylvia began to cry. "Oh, Jimmy," she said, "what are we gonna do? How can we help any addicts now?"

"There now, Sylvia," Jimmy said, "it's going to be all right. The first thing we're going to do is, we're just going to sit down and have a cup of coffee. Then we're going to figure out what we're going to do. We're going to have to go back to what we started with in 1953 when we first sat down to try to put something together to help addicts, and we're going to have to follow the traditions all the way. It's going to be all right."

NA as we know it today was about to be born.

Solves 30 Burglaries

Wages Lonely Fight to Aid Dope Addicts

Boy, 17 Admits Crimes

BY AL MIYADI
Mirror-News Staff Writer

There's a law with a 200-foot-long...
business in rub or ball. He's desperate. He's...
a drug addict.

A study of crime in California revealed that one of every four crimes committed in this State can be traced directly to narcotics, that during a two-year period Los Angeles narcotics officers made 12,461 arrests, that since 1930 juvenile narcotics arrests have risen 730%.

For one week last month the State Senate Interim Committee on Narcotics...
Seminole Interim Committee on Narcotics...
enforcement while a parade of law...
attorneys, doctors, physicians, psychi...
tists and other witnesses drew for them...
a picture of the drug problem as a...
corrosive painting.

Yet, at week's end the committee...
seemed as far from any solution as when...
the hearings first began.

If there was a solution to the drug...
problem, it obviously lay elsewhere, perhaps...
Narcotics Anonymous...
P.O. Box 1077...
Santa Ana, California

To this post office address once a day...
comes a squat balding man who...
appears into the tattered forest of a...
Valley suburbia.

His name Mike Curtis, head and founder...
of NA.

To thousands of drug addicts, Curtis (a...
pseudonym) is known as a tough, aggres...
sive do-gooder who's helped more than 50...
people kick the habit, a man whose home...
frequently has served as a haven for ex...
addicts in a world full of strangers, lonel...
ness and heroin.

Last week these same 50 (among...
them four doctors) crowded into a...
small, dimly lit room to help Mike...
Curtis spell out the ex-addict's solution...
to the drug problem.

It's a tall, nationwide network of narcot...
ics clinics where drugs would be admi...
nistered free to addicts under medical...
supervision and with proper safeguards...
immediately you've disposed of the man...
crime element... no black market, no...
profit... no profit, no crime.

A complete curative "crash" program...
to take care of those now addicted.

... a program, however, not to be...
considered complete until the addict is...
fully restored to society, i.e., a job? ...
—Introduce into the public schools a...
practical course in narcotics. ("Scare the...
hell out of them!")

What about NA? Who are its members?...
NA is nonprofit, charges no initiation fee...
no dues. On money matters, they depend...
entirely on voluntary contributions. One...
instance, Rental for its hall used for their...
Friday night meetings is paid for by their...
members. Outside these groups, he also...
provides the coffee and doughnuts.

In the four years of its existence (begin...
ning in 1922 with four members) NA has...
over 700 prospective members. Only 23...
have remained. Twenty-three of these...
members are married, and of these, nearly...
all have children. Curtis says the group's...
average at around 25. Over 75% of them...
are in the Valley and most of them come...
from middle-class families (exception a 19...
year-old youth who earned \$10,000 last...
year, spent \$11,000 on heroin).

How did NA begin?
It began the day Curtis (a 30-year-old...
ex-Navy man whose experiences in...
clude those of hookie, youth counselor...
and wartime member of Alcoholics...
Anonymous) made up his mind to quit...
heroin, which he was able to do...
after an 18-month suffering...
World War II.

Liquor, to which an increasing depend...
ence on morphine had driven him, was...
Alcoholics Anonymous, from whence at...
sanctuary he finally emerged as a man...
humbled with new wisdom.

As Curtis puts it, NA took shape when...
he suddenly realized that the problems of an...
alcoholic were essentially the same as those...
of an addict.

Result: Curtis applies exactly the same...
principles of AA to NA.

"We could have done a lot better,"...
concedes Curtis.

Still, Curtis doesn't think NA has been...
a flop, either.

As he points out, the Federal hospitals...
experience a relapse rate of over 95%. ...
"A cure like mine," adds Curtis sadly, ...
"is like a miracle, and it's hard for a weak...
est of us to believe."

Somehow in the city...
The city is a jungle, and the beast has...
flushed his quarry. The boy with the...
gun aims fires.

Thirty Valley...
and possibly mo...
—Introduce into the public schools a...
practical course in narcotics. ("Scare the...
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Somehow in the city...
The city is a jungle, and the beast has...
flushed his quarry. The boy with the...
gun aims fires.

This article from the *San Fernando Valley Mirror News* includes an interview with Cy M, and again reveals how far that first version of NA in Southern California had begun to stray from the traditions.

A few of Jimmy K's thoughts on recovery and the importance of our fellowship.

6.

As time goes on, we find more addicts facing calamity with serenity and here is one of the surest signs of a valid recovery.

We know that this Fellowship can provide, if accepted, the means to a life free from drugs or even the need for them and this is the true miracle, the release from our obsessions Narcotics Anonymous must continue to exist and grow, if we now on the program wish to survive, if we fail to do this, then only ~~those~~ ^a few, very few, will ~~survive~~ ^{live} in the history of man, go down the road of desperation, calamity and death.

Whose trying situations: ^{again} ~~come~~ ^{come} again into our lives, we now find addicts facing calamity with serenity, here is one of the surest signs of a valid recovery.

If we now on the program wish to survive, then
No - Any - must continue to exist & grow,
where a Power greater than ourselves is a sustaining force,
Our capacity to face life unscathed, is a change of pattern
that surpasses ~~the~~ ^{all of us.} ~~our class.~~



Our chances to
are mighty small
We ought to give
ourselves every break
Take advantage of
every opportunity to
get well physically
mentally & spiritually

A collection of some of Jimmy K's personal effects, including his personal notebook, which includes his handwritten thoughts on the need for addicts to give themselves a break.

NARCOTICS ANONYMOUS
CANTARA AND CLYBOURNE
SUN VALLEY
P.O. BOX 54
MONDAY 9:30 P.M.

DO NOT THINKS FIRST
GOD, grant me the serenity
to accept things I cannot
change, the courage to change
things I can and the wisdom to
know the difference.
EASY DOES IT



Building A New Foundation

In the United States, the 1960s were marked by racial, ethical, sexual, and even chemical revolutions. Issues of racial and gender inequality and the Vietnam War divided the country's sympathies and allegiances more seriously than any others had done since the Civil War. New musical styles that emerged in the previous decade became the music of a youthful revolution. The "British Invasion" of musical groups like the Beatles and the Rolling Stones was joined by more politically oriented musical voices in the United States. From Bob Dylan to Jefferson Airplane to Crosby, Stills, and Nash, these young musical activists sounded a clarion, and their music would become a call to arms for a generation of young Americans.

One of the effects of this movement was to increase interest among the country's youth in mind- and mood-altering drugs. Rock guitarist Jimi Hendrix questioned whether one had been "experienced," and followers of Dr. Timothy Leary, the pioneer of group therapy in the 1940s and 1950s who spoke of his experiments with a new psychotropic drug, Lysergic Acid Diethylamide (LSD), could answer in the affirmative. In a move that was a slap in the face to the "American war machine," as well as an affirmation of youths' new values, a famous war industry-related chemical company's business slogan, "Better Living Through Chemistry," was wryly adopted by an entire generation as a tongue-in-cheek joke on the powers-that-be.

The most significant point for our story is that with this chemical revolution, that most hated and feared specter—drugs—had moved out of the inner city and into the mainstream suburban consciousness. American involvement in Southeast Asia increased the flow of heroin into the United States, while its use spread from metropolitan areas to the suburbs, and from upper and lower socioeconomic groups to the middle class, especially youth. No longer a "minority problem," drugs and drug abuse increasingly became a national problem, brought sharply into focus as the "We-decade" of the sixties stumbled into the "Me-decade" of the seventies. Not surprisingly, this increasing awareness of drugs within "white bread" American society was reflected in the decade's drug-related legislation.

As early as 1962, in fact, the White House Conference on Narcotics and Drug Abuse and the President's Advisory Commission on Narcotics and Drug Abuse (The Prettyman

Commission) recommended dismantling the Federal Bureau of Narcotics in an effort to replace it with a new focus on treatment and prevention. Accordingly, civil commitment as an alternative to jail sentences for addicts convicted of misdemeanor crimes had been instituted in California and New York by the mid-sixties. However the civil commitment program in New York, instituted in 1966, proved to be prohibitively expensive. It cost the government about \$156 million a year to commit 5,800 addicts, while the great majority of those committed absconded from their paroles after release. Moreover, one study demonstrated that five of every six addicts who had been committed had either relapsed, been re-arrested, fled, or died.

By mid-decade, record numbers of addicts were arrested for drug-related crimes, while overcrowded jails provided little or no medical care to ease detoxification. By 1968, the Manhattan County Jail for Men (also known as the Tombs) was nearly destroyed by rioters angry over its poor living conditions, severe overcrowding, and lack of medical care for arrested addicts.²²

Nonetheless, the environment for treatment possibilities began to show some cause for hope to suffering addicts of the sixties. In 1966, the Narcotics Addict Rehabilitation Act was passed, promising a hopeful new direction for treatment possibilities. The new law provided for hospitalization of six months and community supervision in designated aftercare facilities for another thirty-six months. The sixties also saw a rise in therapeutic communities such as Synanon, Daytop Village, Phoenix House, and Odyssey House. Even while such communities were plagued with relapse, they nonetheless promised some possibility of hope in what had been, for decades past, the grim hopelessness of the addict's world.

NA Starts Again

In the midst of social upheaval and change, Narcotics Anonymous was busy shoring up its foundation for the years to come. To the early members like Jimmy, one thing was crystal clear: This new version of NA simply had to abide by the traditions, or it would perish like all the others. Indeed, during the last years of the previous decade, groups registering as "Narcotics Anonymous" had sprung up all over the country. In addition to New York and Cleveland movements, some version of NA had appeared in Louisiana and other locales. As Jimmy would later say, the one thing that set NA in Southern California apart from those other movements was an increasing understanding: Our early members had learned the lesson taught by their previous experience and had seen quite clearly the necessity of

adhering to our traditions.²³ In this sense, all of the various and sundry NA movements contributed, in the end, to the development of the program as we know it today. In their very failure to abide by the principles as they were developed in AA, those early attempts to create a new fellowship helped to guide the success of NA in the San Fernando Valley.

The rebirth of NA started at the end of 1959. Sometime after that cup of coffee Jimmy and Sylvia shared, they, along with Penny K, restarted the meetings at Moorpark and Rhodes, and began to address the absence of literature. Sylvia was committed to helping NA to grow and she wanted to do anything to help. She and Jimmy sat down and wrote a number of individual pieces that would lay the foundation for the program as we know it today. In short order, they wrote “Who Is an Addict?” “What Can I Do?” “What Is the NA Program?” “Why Are We Here?” and “Recovery and Relapse” during 1960, and “We Do Recover” in 1961. In addition to a few paragraphs that were added to the “How It Works” section, this material was compiled into what became known as the Little White Booklet. Jimmy got a printer friend of his in AA to print the booklets for the fledgling fellowship at a low cost. By the time they were printed in 1962, there were three meetings a week in the Valley.

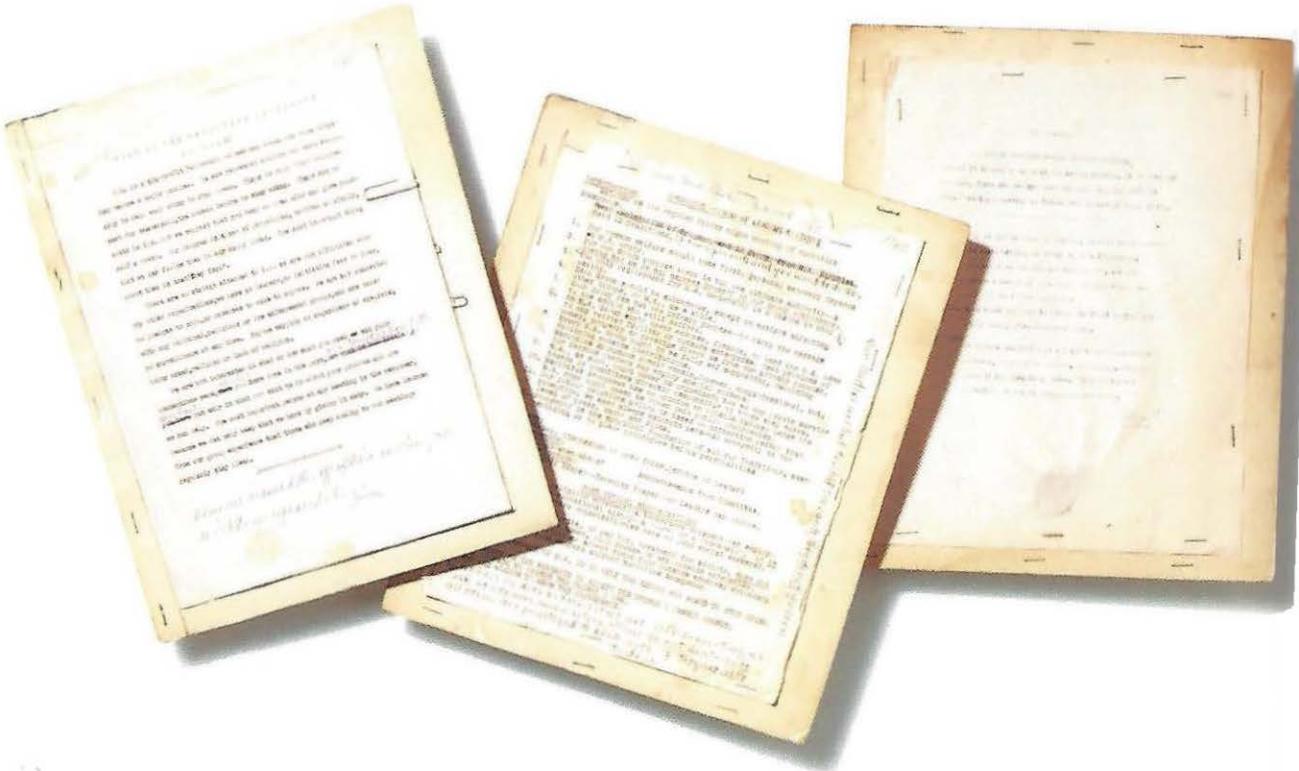
In the meantime, word spread that NA was once again returning to the format first started in the fall of 1953 and adhering to the traditions. Some who said they would never return to Narcotics Anonymous, like Pepe A, began to filter back in, and the group began to grow. And there were new members coming who would stay, members like Russell C and Gene H, among others.

There were others, non-addicts, who wanted to help NA stay alive and succeed as well, two of them being Dorothy Guilderslieve, a social worker, and Dr. Lewis Quick, a psychiatrist. They sent addicts to NA, followed up on their progress, and saw the changes that occurred in addicts' lives. Through their connections, they spoke highly of NA and its methods. Word of NA was spreading not only in Southern California, but elsewhere as well.

Growth

Jimmy K, whose phone served as the first NA hotline, also was responsible for P.O. Box 622 in Sun Valley, California—the new NA postal address. Jimmy started to get mail from addicts, families of addicts, professionals, and others interested in the growing NA program. Some years before, he had the idea that it would be possible to record some

The Friday night Rhodes and Moorpark meeting format and group readings, circa 1960.



The original Statement of Purpose for the first NA group, borrowed from *The Key*.

NARCOTICS ANONYMOUS

OUR PURPOSE

This is an informal group of drug addicts, banded together to help one another renew their strength in remaining free of drug addiction.

Our concepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence is acknowledged. We claim no originality but since we believe that the causes of alcoholism and addiction are basically the same we wish to apply to our lives the truths and principles which have benefited so many otherwise helpless individuals. We believe that by so doing we may regain and maintain our health and sanity.

It shall be the purpose of this group to endeavor to foster a means of rehabilitation for the addict, and to carry a message of hope for the future to those who have become enslaved by the use of habit forming drugs.

MEETING MONDAY NIGHT OCT. 5, 1954 EACH MONDAY NIGHT THEREAFTER
AT 8:30 P.M.

CORNER OF CANTARA & GIMBURN, SUN VALLEY, CALIF
DIRECTLY BEHIND WUKLAND LUMBER COMPANY

NARCOTICS ANONYMOUS
CANTARA & GIMBURN - P.O. BOX 54
SUN VALLEY, CALIF
MONDAY 8:30 P.M.

Two pages that appear to be the original typed version of "Recovery and Relapse" including edits such as changing the words "sobriety" to "abstinence."

RECOVERY AND RELAPSE. 1960.

Many consider continued abstinence and recovery as noteworthy and therefore synonymous, while relapses are sort of pushed aside or worse yet, used as statistics that in no way give a true picture of the entire addiction pattern. We in the recovery program of Narcotics Anonymous have noted with some satisfaction that many of the relapsers, when again active in their own behavior that characterized them in the past, this change alone is significant to us. None are others completely prevent them from growth and in creative form. Although all differ in their relapse lay a grin and high water, or else by any free choice turning point of true independence. To step out alone and run our own lives again, draws us, yet we seem to know that what we have, has come from dependence on a Power greater than ourselves and the giving and receiving of help from others in acts of empathy. Many times in our recovery the old bogaboos will haunt us, life may again become meaningless, monotonous and boring, we may tire mentally in repeating our new ideas and tire physically in our new activities, yet we know that

RECOVERY AND RELAPSE. 1960

Many consider continued abstinence and recovery as synonymous and therefore noteworthy, while relapses are sort of pushed aside or worse yet, used as statistics that in no way give a true picture of the entire addiction pattern. We in the recovery program of Narcotics Anonymous have noted with some satisfaction that many of the relapsers, when again active in their own behavior or substitute addiction, have dropped many of the parallel behaviors that characterized them in the past, this change alone is significant to us. Honesty of a kind has penetrated the character of these addicts, yet there are others completely abstinent whose dishonesties and self-deceits still prevent them from enjoying complete recovery and acceptance within society. Complete and continuous abstinence however is still the best ground for growth and in close association and identification with others in N.A. groups, our chances for recovery and complete freedom in a changing form are enhanced a hundred fold.

Although all addicts are basically the same in kind, we do as individuals differ in degree of sickness and rate of recovery. There may be times when a relapse lays the groundwork for complete freedom and at others when only a grin and obstinate willfulness, to hang on to sobriety come hell or high water, until a crisis passes, can that freedom be achieved. An addict, who, by any means, can lose even for a time, the need or desire to use, and has free choice over impulsive thinking and compulsive action has reached a turning point that may be the decisive factor in his recovery. The feeling of true independence and freedom, hangs here at times in the balance. To step out alone and run our own lives again, draws us, yet we seem to know that what we have, has come from dependence on a Power greater than ourselves and the giving and receiving of help from others in acts of empathy. Many times in our recovery the old bogaboos will haunt us, life may again become meaningless, monotonous and boring, we may tire mentally in repeating our new ideas and tire physically in our new activities, yet we know that

More of Jimmy's written musings about recovery.
Much of our present recovery literature was
developed on pages just like these.

To Katchapi's Behind you
and the old life's long since gone,
your days stretch out before you,
with the coming of each dawn.
may the life that's now unfolding
~~Be the way you want it~~
~~Be all real not just peace,~~
may your ships come all in sailing
~~Be the way you want it~~
To the harbour of your dream.

256-7500 Har
798-0894
287-8886
There are no demands made
in N.H. but Honesty, open-
mindedness and willingness
I seem to be indispensable.

meetings and perhaps some individual speakers. To that end he had bought a reel-to-reel tape recorder, on which he recorded various NA meetings, and he sent the tapes to those in need of the NA message. He later sent the tapes to addicts who were isolated by distance on land, by prison walls, and even by oceans.

In late 1960–early 1961, he responded to mail from some medical professionals in Australia who were addicted to narcotics and pills and were asking for experience, strength, and hope. Apparently they were afraid of being exposed as addicts, so their meetings were very small and kept very quiet. Jimmy sent tapes and some literature and relayed the experience of NA in Southern California.²⁴ While the communication continued through 1962, it was not until the 1970s that NA in Australia would be heard from again in California.

In the meantime, NA started in an interesting fashion in Seattle, Washington. As mentioned previously, AA had a good track record in the institutional setting and had a very strong Institutional Committee in Southern California. Various early NA members were involved in carrying the AA message inside correctional facilities in the 1950s. For example, Cy M was a “legitimate” addict—he had a neck injury from the war and a prescription for his drugs; as such, he was able to get into various facilities where other addicts could not get in, like Wayside Honor Farm and San Quentin. But it was some AA members who helped NA as a fellowship get into correctional facilities to carry the message of recovery.

One such AA member was Les F, a longtime member who had envisioned starting large detox units that also would provide rehabilitation services to addicts and alcoholics. Les traveled a great deal, and was very involved in institutional work wherever he traveled. He frequently went to the state of Washington and, whenever he was there, he stopped at Walla Walla penitentiary and spoke with officials about NA. The facility finally allowed addict inmates to start their own meetings in 1962. NA’s presence has been in that facility ever since, the inside group staying in touch off and on with NA in Southern California, providing reports of their growth and activities. The group was so strong that when members were paroled to Seattle, they helped regular outside meetings get started in Seattle in 1963 and 1964. According to Jimmy, so dramatic was this phenomenon in Washington that, for a time, some NA members believed that NA’s growth should be accomplished “from the inside out,” citing the Walla Walla situation as the model for future fellowship growth.²⁵

One of the dozens of recorded tapes which Jimmy sent around the world to addicts hungry for the message of recovery.



Letters from members of the NA meeting at Walla Walla State Penitentiary in Washington, which, so far as we know, was the first institutional meeting in our fellowship's history.

NARCOTICS ANONYMOUS SEEVERS GROUP
P. O. BOX 520
WALLA WALLA, WASHINGTON
June 11, 1948

W. A. (John?)
P. O. Box 600
San Rafael, California

We received your letter the other week and it was most gratifying to hear from you. The correspondence here in the state is somewhat slow and it is hard to get a letter to you as a result.

We are sorry that you haven't covered re-lation with us. There have just started to get a little wider and we are sure that a mistake has been made.

We are sure that you will find the "Narcotics" group a very interesting and helpful one. In the meantime, we are sure that you will find the group a very interesting and helpful one.

That is the way we have things here. We are sure that you will find the group a very interesting and helpful one.

Walla Walla, Washington
June 11, 1948

Dear John:

Thank you for the nice letter of 4-11-48, it is good to hear from you again. I am sure that you will find the group a very interesting and helpful one.

We are sure that you will find the group a very interesting and helpful one.

Walla Walla, Washington
June 11, 1948

Early "Institutional Committee" guidelines. Its many references to AA institutional rules suggest that these guidelines were developed in the early sixties.



NARCOTICS ANONYMOUS INSTITUTIONAL COMMITTEE

Consider
Institutional committee chairman both men and women
Phil and Sylvia- we have had no definite acceptance
Institutional committee should work as a unit in sharing
and responsibilities. Should in no way interfere with

1. We try never to interfere with existing rules and regulations within any facility, if we ever do so, it is do to lack of knowledge on our part and we are always willing to co-operate in this area.
2. Since Narcotics Anonymous and Alcoholics Anonymous definitely state, that the movements, although even by implication, cannot be affiliated without conflict, we should meet in many areas without conflict, we should meet on a regular basis in a room or hall shared by both groups. The facility used by

P. O. Box 622
Sun Valley,
California

whatever
ible, our
tten as a

Back in California, institutional work began in NA after 1962. At that point the AA institutional committee was asked to assist the recovery of addicts at the California Rehabilitation Center and other facilities. Jimmy, who had been active in AA institutional work, was asked to attend. In Jimmy's words, "They argued for about two hours on the issue of addicts and AA's focus. They finally asked me to say something, and I told them about NA. I told them that while we weren't big or extremely well-organized, we could do the job." Of interest is that it was at this meeting that Jimmy and Chuck S, another AA member with addiction in his background, would meet. The AA institutional committee suggested to CRC staffers that they contact NA for assistance because AA's focus was solely on alcoholics. After Jimmy followed up with a detailed letter, NA was allowed into some of the facilities in California. It was while at Tehachapi in the early 1960s that Bob B, gained the desire to stay clean and started an NA meeting inside with literature sent to him by Jimmy.

In 1963, Jimmy finished working on "Another Look," and he and various other members started talking about forming a service body aimed at ensuring the continuation and growth of Narcotics Anonymous. Up until then it had been Jimmy and whomever he could get to help. It was felt that such a body should be composed of addicts and non-addicts, the only requirement being a commitment to help NA grow and to adhere to the traditions.

Another function in need of attention was expanding NA's literature. While Jimmy and Sylvia W had done well in developing and putting together material for the Little White Booklet, it was felt that other voices and experiences should be heard. Jimmy had seen the devastating results when one member or a small group of members took charge and became, in his words, "big shots." As Jimmy would later say, "we can have no big shots in NA."²⁶ It was Jimmy's and Sylvia's belief that personal stories, as well as various interpretations of the steps and traditions and individual principles and concepts, should be solicited and developed.²⁷ To that end, Jimmy solicited members for their stories, and he did get them from many, including Penny K, Betty G, Gene H, Phil P, and Bob B, among others.

The third area of need for NA at that point was public relations. It was felt that establishing and maintaining some relations with the public and the media would be helpful, as long as activities stayed within the traditions. Jimmy had established and maintained good relations with various facilities, and by then Chuck S had started to attend NA meetings and became involved in NA institutional work. It was felt that perhaps NA's non-addict friends could help in the public relations area. While most of this was

in a “talking-only” stage, the seeds were sown for a new service body to help NA grow and develop.

As Jimmy continued to slide more and more into his battle to stave off tuberculosis, NA continued to grow. By 1964 there were four meetings a week in Southern California, and the Board of Trustees was formed with Jimmy, Bob B, Dorothy Guilderslieve, and Dr. Quick designated as the first trustees. It was felt that with the presence of non-addict trustees, it was now possible for NA to gain some recognition within the professional circles, which would help with general public relations. This board was not well-defined at this point, except to say that it would provide guidance to the growing fellowship and help to develop new literature. Each trustee was a trustee-for-life, as long as they remained active in their duties.

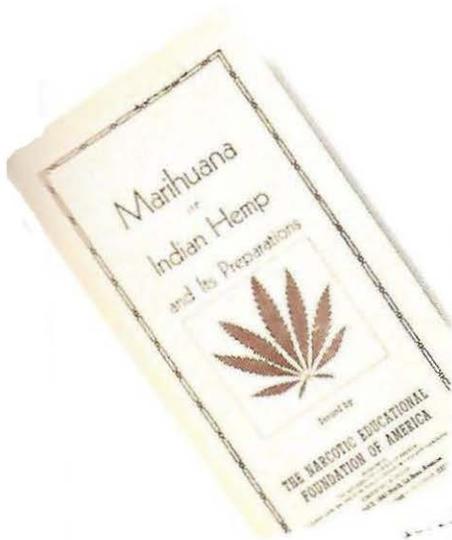
The ADD Center

One of the most exciting events of this period was a drug conference of state and local officials. According to reports, the professional community was stumped by the government’s inability to help addicts recover. Apparently, while both Jimmy and Scott K spoke, it was Jimmy who said that any such attempts would not be successful unless they were addict-to-addict. Shortly after the conference, news filtered down from Northern California that UC Berkeley was in the process of setting up an outpatient center for addicts called the “ADD Center” (short for ADDiction). Sylvia M, along with her brothers Rick and Scott, among others, moved to Berkeley to help start this new center. It was the first time recovering addicts were hired to help work with addicts in need of treatment. Jimmy would say later on, “That doctor was a smart cookie. He was conducting an experiment to see if addicts could truly work together, as no one really knew at that time. Of course, we in NA knew it would work. But at that time, the medical community didn’t really know if addicts could work together at all, much less help one another in the process.”²⁸

The ADD Center experiment also allowed NA to deal with tradition issues. Some of the original material developed for the ADD Center included paraphrased, if not verbatim, sections of the Little White Booklet. There were some in Southern California who had hard feelings about this and felt that the group up north was infringing, even though no literature had been copyrighted at that time. Additional problems concerned involving the NA name with an outside enterprise. The problems were resolved through Jimmy and his relationships with the NA members at the ADD Center. In fact, Jimmy

Front-page newspaper articles discussing a conference on addiction held in the San Fernando Valley in 1962. By this time the general public was beginning to seek solutions to the growing problem of substance abuse.





DRUG ADDICTION

WHAT plishes enters your mind when you hear someone say, "He's a drug addict?" Do you visualize a furtive type of person in a dark, shadowy room when "he's up" or "he's down" or "he's out"?

The Addict Never Feels Normal

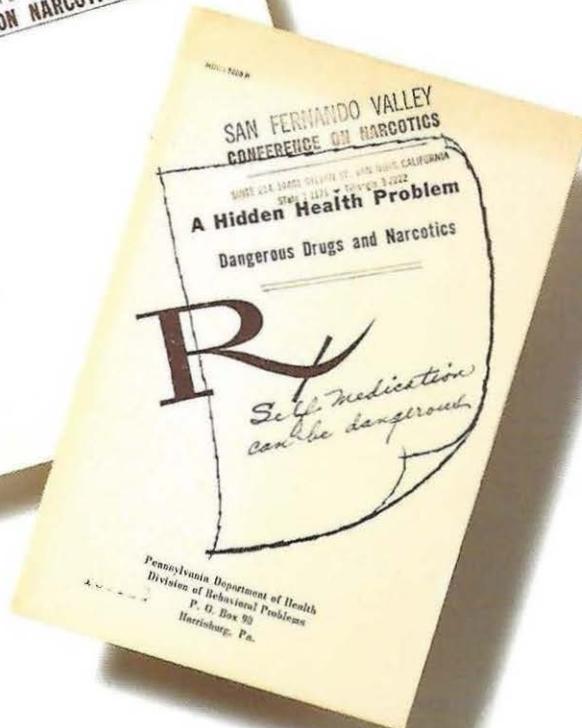
The addict is a person who, for a long time, does not feel normal or usual in situations and who feels "drugged himself." This is due to the fact that he is taking a drug which is harmful to his body. The drug causes some harmful effect when used regularly, and this effect is usually required to keep the addict from the drug. The drug is defined below to be legal.

Drug dependence is the most striking and disturbing aspect of addiction to some drugs. For example, we will describe it in detail. Dependence means that the body is adjusted to functioning in the presence of the drug that it can function properly without it. A person dependent on a drug can not take it or leave it as he chooses. For when the effect of the drug does subside, he begins to suffer. This is the main reason that he has to be treated in a hospital. While we don't know why dependence occurs, we believe that it may be related to the chemical structure of each drug and the way it is absorbed and processed by the body. Repeated doses of the drug may lead to the body's developing a tolerance for the drug. Some or later the drug becomes so strong that

- AMPHETAMINE
- ALCOHOL
- BARBITURATES
- MARIJUANA
- OPIATES
- DEMEROL
- COCAINE



SAN FERNANDO VALLEY
CONFERENCE ON NARCOTICS



Program from the
1962 San Fernando
Valley Conference on
Narcotics, along with
educational materials
that were being made
available to the
general public.

A set of goals for the ADD Center in Northern California, one of the first treatment centers in the country that relied upon the concept of addicts helping addicts.

~~We are in the process of establishing these goals for Add-Center~~
PUBLIC RELATIONS WITH ADD-CENTER IN THE COMMUNITY:
Add-Center, proper, is located in the East Bay Area (Berkeley).
This program is to be guided and operated by former addicts.

Goals: The Center will provide vocational and educational services, as well as social activities, of which the addict or former addict is in need. Add-Center is designed to allow its members maximum self-expression as individuals, and to furnish them with meaningful and realistic goals.
Support from the community and from all existing resources and services is much needed for the addict in the Bay Area.

By making direct contact with, and by gaining the approval of the community, we intend to establish these resources and services that are badly needed.

Medical services which consist of:
outpatient clinics and counseling services
public welfare and health services
physical and medical services

Direct contact with:
Unions
trade school apprenticeship programs.
Private organizations, and providing a link with a. of them to add-center as a source of information and information material.

Charitable organizations:
Women's and Men's auxiliary
P.T.A.
Medical doctors
Lawyers
Council of churches (Berkeley)
Security both national and state.

METHODS OF ACHIEVING THE GOALS: IN ALL BRANCHES OF BUSINESS ORGANIZATIONS:
Lectures
Films
Guest speakers
General panel discussions

Establish the proper authorization from:
State dept. of Parole and Correction, both youth and adult (men & women)
U.S. Bureau of Prisons, youth and adult.
Local County, Probation dept.
Hospitals, both national and state.

apparently helped them to develop some of their own material later on. The most important result of this experiment, however, may have been the result that the concept of “addict helping addict” was proved to work outside of NA, as well as within. Further, it was possible for NA to effectively deal with an outside agency that was designed to help addicts gain recovery without becoming affiliated in any way. This lesson would serve NA well in the upcoming years, as more and more treatment programs would begin in the late 1960s and 1970s.

Communication

By 1966, the fellowship in California had grown to the point where there were ten weekly meetings in California. In that same year, the Little White Booklet was revised to include some personal stories, six in all. NA had started to grow outside of Southern California, as meetings started in Berkeley in 1966 and in San Jose and San Francisco by 1967. Shortly afterwards, the Little White Booklet was reprinted with a Berkeley post office box address on it, indicating that NA’s presence in Northern California had increased and begun to stabilize.

While the Board of Trustees operated off and on, it was mostly Jimmy who answered letters, had literature printed, and did the taping service. By the mid-sixties it was felt that a mimeograph machine would be very useful in generating drafts of literature and, in the future, perhaps, a newsletter. The mimeograph machine was obtained shortly afterwards. By 1967 there were thirteen NA meetings, but most members still attended AA meetings and used AA literature to address their recovery needs. Many of the NA old-timers and trustees began to talk about various ways to get new literature, improve communication throughout the fellowship, and create an office to handle these and other matters.

Jimmy had by now become close friends with Bill B, a barber who felt very proud of his affiliation with NA—so much so that he put a large sign about NA outside of his barbershop. Jimmy used to go to Bill’s and they would talk about how services could be delivered within the fellowship. It was there that the idea of a Parent General Service Committee started. While it was later in the decade that such a committee became a reality, a rough outline of a service structure was slowly fleshed out in Bill’s barbershop. But there were other, more pressing needs. One was communication, and one of the answers for that need was *The Voice of NA*.

The Voice of NA, later on simply *The Voice*, was published under the auspices of the trustees, with the first edition printed in February 1968 using a mimeograph machine. The publication acknowledged that the NA lineage, “west of the Rockies, started with one group in Sun Valley” and offered the promise of a more unified fellowship. Some believe that this reference acknowledged the existence of NA in New York. Also included was a statement of purpose and aims for the newsletter. One of them was “to help in establishing our own Publishing Company named ‘C A R E,’ letters standing for: C—Compassion; A—Action; R—Respect; E—Empathy.” This was later expanded to include the letters “NA” as well, for Narcotics Anonymous, so that the publishing arm of NA would be named CARENA.

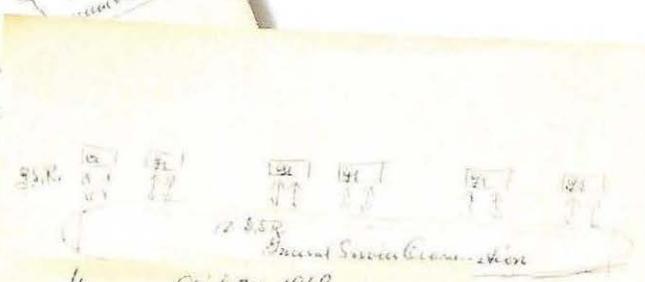
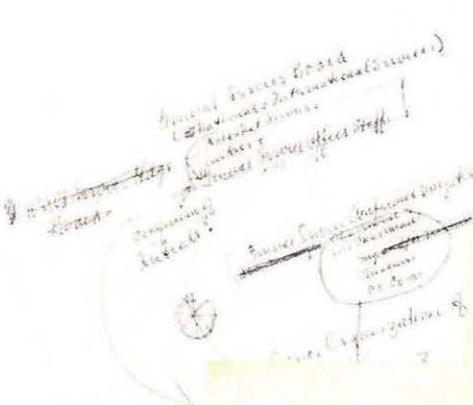
Later that year, while fighting off tuberculosis, Jimmy designed the NA symbol, the diamond inside the circle with the letters NA in the middle. Later on in the Basic Text, *Narcotics Anonymous*, it would be represented three dimensionally. The original NA logo of the stylized letters inside circles and four lines had been used some time before on the Little White Booklet. It should be noted, however, that Jimmy originally envisioned the four lines on the outside of the circle to be directional markings, such as those found on maps, to indicate that NA was to be a worldwide fellowship.

Solid Ground

By the start of 1969, the fellowship had grown sufficiently for the implementation of a service structure. Jimmy and Bill presented to the trustees for approval a new structure, one which called for the establishment of the Parent General Service Organization (GSO), which would meet with various Group Service Representatives on a monthly basis. Also by 1969, a Public Relations committee was included in the GSO’s guidelines, and Ed M became the first chairperson of the committee. Outside of California, the earliest indication of Public Information work in Narcotics Anonymous is a letter of introduction from the Philadelphia intergroup dating from the late sixties. The idea of Public Service Announcements (PSAs) was apparently discussed and put into effect in the 1970s. By the middle of this decade, NA was better organized and had well-functioning area phonenumber committees in the San Fernando Valley and the Bay Cities Area, which covered most of the coastal communities of Los Angeles County and the Ventura area.

The PSAs from Northern California were developed in the mid-1970s as well. By this time, Northern California also was well-organized, with groups and service committees

Original draft of the new NA service structure (known as the Parent General Service Office, or GSO), drafted by Jimmy and Bill B.



April 30 1969

General Services

All that we do as individuals in following the Twelve Step and jointly as members of N.A. in the tradition is a part of General Service. Service to others without expectation of any reward, is a part greater than ourselves + one of the basic principles of our Society. What are our guides + where are the principles that will give us a safe foundation for present + future growth? They are found in our Steps + traditions and express the N.A. principles of Service.

1. Each N.A. group has but one primary purpose - to carry its message to the addict who still suffers.
2. Every N.A. group ought to be fully self supporting.
3. N.A. should remain forever, non professional.
4. N.A. as such ought never to be organized, but we may create service boards or committees directly responsible to those they serve.
5. Our leaders are but trusted servants; they do not govern.
6. We try to carry this message to addicts and to practice these principles in all our affairs.

If there is one ^{single} ~~thing~~ that could be considered ~~the~~ the basic Keystone that holds all parts of our fellowship's services together, it might be termed Goodwill. Without this, personalities predominate + constructive action is limited.

...with...
...responsibility...
...B. to see that...
...responsibility...

Back to the...
...traps...
...pages 48, 49.

The "PI Kit" that was developed toward the end of the seventies and approved by the World Service Conference.

N. A.

PUBLIC
INFORMATION
KIT



MEDIA CONTACT WORKSHEET

201. Newspapers should be sent a cover letter similar to the one sent to radio stations, but including a separate paragraph, also that might appeal to the newspaper, because it takes up no little space.

Example #2

202. Contact every newspaper that is read in the local area, including "throw away" publications, and private newsletters.

203. In the case of a newspaper, include the name of the editor, the paper, include your phone number.

204. Newspapers are limited to the funds available. A newspaper editor can be in Los Angeles and have \$400,000 in a month's daily broadcasting.

205. Contact every newspaper for financial support.

206. Contact every newspaper for broadcasts or publications.

207. Contact every newspaper for financial support.

208. Contact every newspaper for broadcasts or publications.

209. Contact every newspaper for financial support.

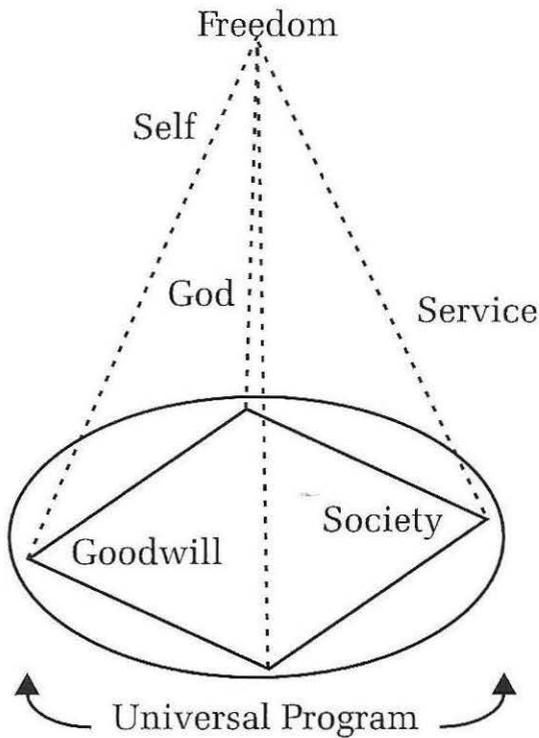
210. Contact every newspaper for broadcasts or publications.

These cards will be shown in the State.

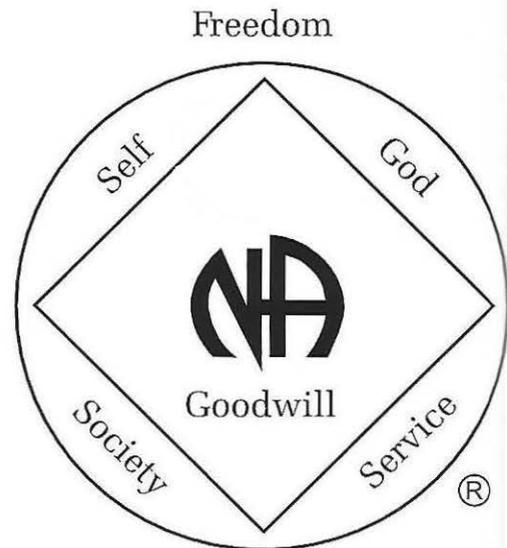


DRUG PROBLEM?
CALL
NARCOTICS ANONYMOUS
000-0000

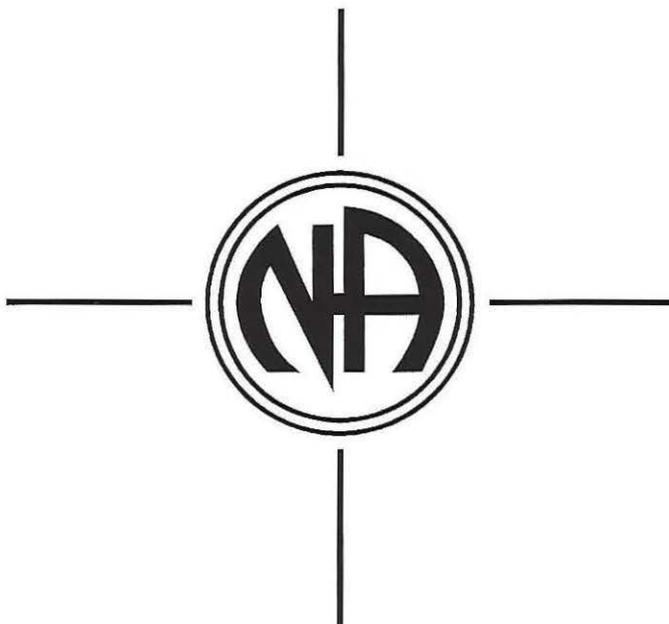
1984-1985



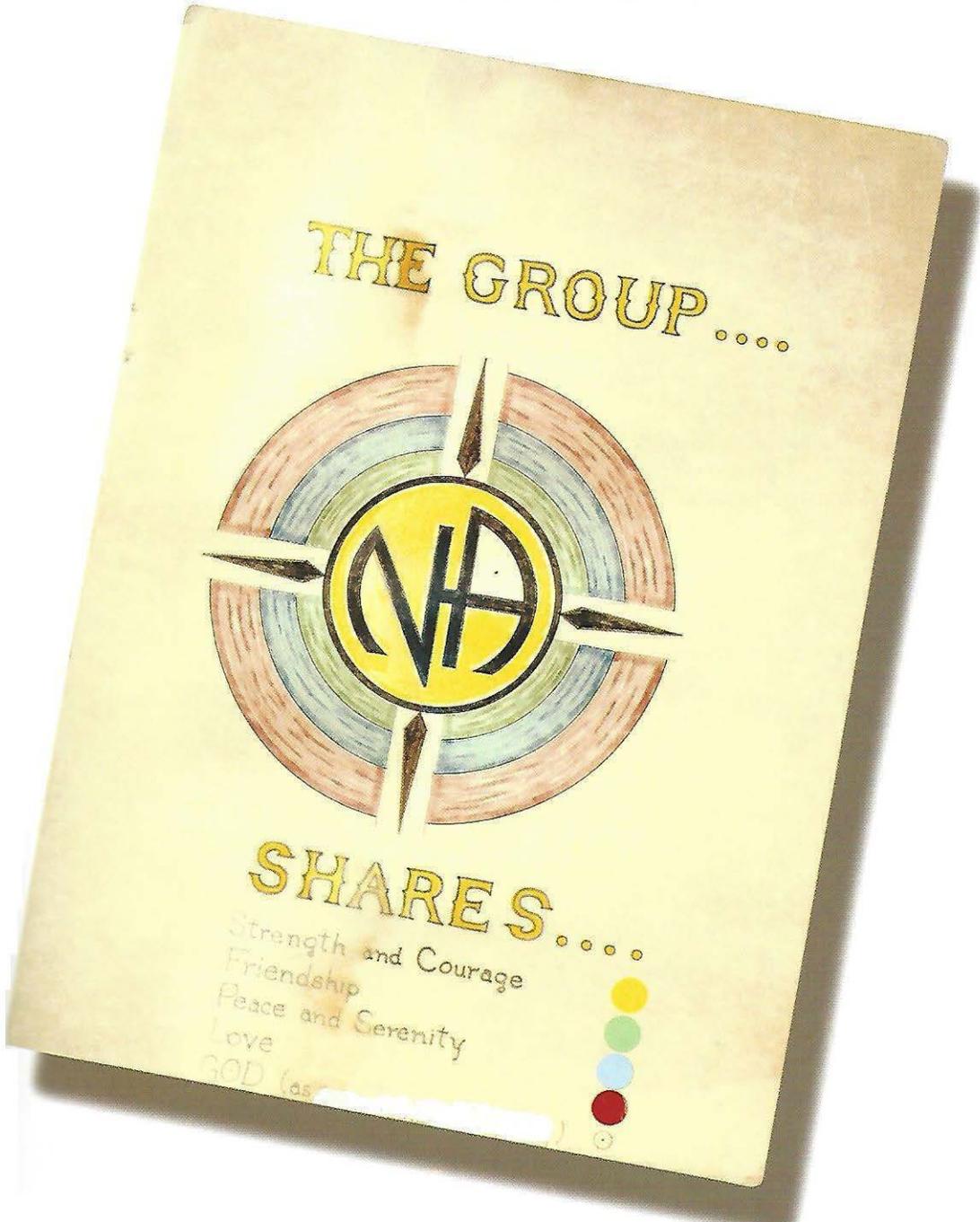
NA's symbols: the diamond inside the circle with the letters "NA" in the middle was designed by Jimmy K in 1968, and would eventually be represented three-dimensionally in the Basic Text. The stylized NA letters within the double circle and four lines had been used earlier in the Little White Booklet.

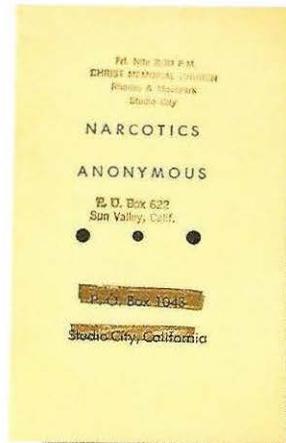
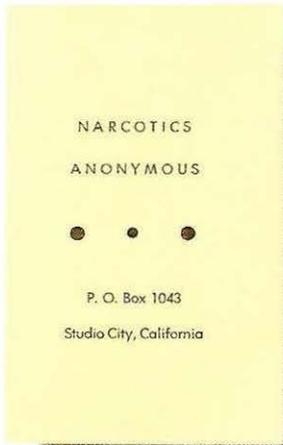


Universal Program



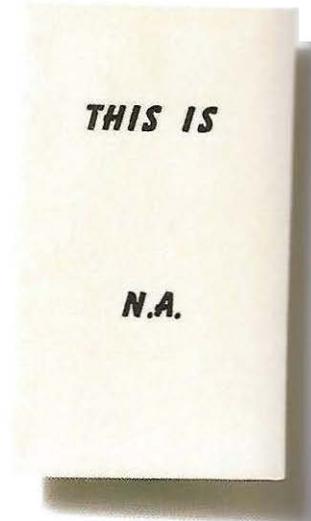
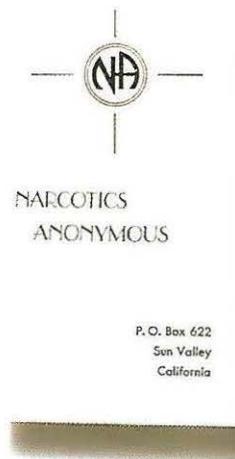
Another version of the NA symbol designed by Jimmy. In this symbol, it is clear the lines were meant to serve as directional markings, such as those found on maps, to indicate that NA was to be a worldwide fellowship. However, they would later be misconstrued as Christian symbolism and removed from our literature by conference action.





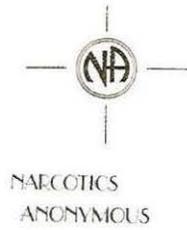
Little Yellow Booklet, circa 1955-57 (far left)
Little Yellow Booklet, circa 1957-59 (left).

First Little White Booklet, circa 1962 (right).
Gray Booklet, *This Is NA*, from Northern California,
circa early 70s (far right).



Little White Booklet, circa 1966 (right).

Little White Booklet, circa mid to late 60s (far right).

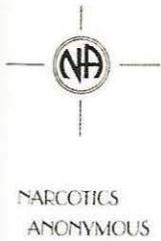


P. O. Box 622
Sun Valley
California
HO 3-3123



Northern California: P. O. Box 954
Berkeley, California
893-2656

P. O. Box 622
Sun Valley
California
HO 3-3123



P. O. Box 622, Sun Valley, California
(213) 463-2533



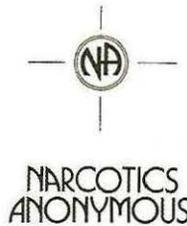
P. O. Box 622, Sun Valley, California
(213) ~~463-2533~~
295-1030

Little White Booklet, circa 1970-72 (far left).

Little White Booklet, circa 1972-73 (left).

Little White Booklet, circa 1974-75 (right).

Little White Booklet, circa 1976 (far right).



The trust agreement signed
on May 20, 1969, by the
original trustees: Jimmy K,
Chuck S, Bill B, and Bob B.



NARCOTICS ANONYMOUS

P. O. Box 622
Sun Valley
California
HO 3-3123

TRUST AGREEMENT.

We the undersigned, appointed and approved as members of the
GENERAL SERVICE BOARD OF TRUSTEES by duly elected represent-
atives of the fellowship of NARCOTICS ANONYMOUS do accept
that trust placed in us.
We will hereby act in that capacity to the best of our abilities
and act at all times to carry out the purpose of our society, in
the light of our own conscience and that of the fellowship.
We will guard and preserve our Traditions and implement and
enlarge our General Services to better carry our message.
We will oversee all services and use all funds, intrusted to us,
prudently and wisely for the growth and betterment of all.
To be aware in the course of our duties of the need for a
truly democratic balance of power, since excessive power in any
one arm of service may undermine the whole.

SIGNED this 20 day of May 1969

Present Permanent Trustee
New Permanent Trustees

in San Francisco, San Jose, Berkeley, and Sonoma County, north of the Bay area. It was not until the end of the seventies, however, that a “PI kit” would be put together and approved by the World Service Conference.

The structure also called for the establishment of a central office for NA with employees, as well as a new General Service Board of Trustees. By the time the plan was presented on April 30, 1969, only Jimmy K served as permanent trustee, and he requested the appointment/election of some additional members. By May 20, three additional trustees had signed the trust agreement. Those three were Chuck S, Bill B, and Bob B. The agreement all four signed included the following language:

We the undersigned, appointed and approved as members of the General Service Board of Trustees by duly elected representatives of the Fellowship of Narcotics Anonymous, do accept that trust placed in us.

We, will hereby act in that capacity to the best of our abilities and act at all times to carry out the purpose of our society. In the light of our own conscience and that of the fellowship, we will guard and preserve our traditions and implement and enlarge our General Services to better carry our message. We will oversee all services and use all funds intrusted to us, prudently and wisely for the growth and betterment of all. To be aware in the course of our duties of the need for a truly democratic balance of power, since excessive power in any one arm of service may undermine the whole.

In retrospect, we see today that the sixties were a time of building a stronger philosophical base as well as a sounder practical base for our program. The creation of this new structure; a decade-long commitment to the steps *and* the traditions; the development of the foundational pieces of our literature that remain the core of our program today; the creation of the NA symbol; the establishment of a Public Information strategy—all of these elements combined to provide Narcotics Anonymous with a firm and true foundation for the future. By the end of the sixties, there were sixteen meetings in Southern California and nine in Northern California, with both locales enjoying a reliable membership base. NA was on solid ground at last—ground that would provide the basis for an even greater period of growth in the coming decade.



Greetings, 1975-

We have formed a group here on the Monterey Peninsula and would like to register. We are on your advice, ideas
3:30 P.M.
Thank you



Narcotics Anonymous World Service
pob 622

Worldwide!

The seventies would see a culture both reaping the benefits and suffering the ravages of the previous decade's excesses. After the watershed moments of the 1968 Democratic National Convention in Chicago, People's Park in 1969, and Kent State in 1970, sixties radicals were faced with increasingly fewer viable choices in terms of their countercultural hopes and dreams. By the early seventies, many had either retreated to communes in Vermont or Mendocino County or their equivalents, or they had crossed over into revolutionary groups like the Weathermen. In the meantime, rock and roll gave way to disco, and the self-absorption that characterized the "Me-decade" was into full swing by the mid-seventies.

One thing that didn't change, however, was American society's continuing propensity for drug use. Although there had been a demonstrable decline in LSD use by the late sixties, marijuana was now so widely used that more and more discussion had begun about legalizing hemp and its associated products. In fact, by the early eighties there would be an estimated 16 to 30 million regular marijuana users in the United States. Meanwhile, many veterans who returned from Vietnam were not only exposed to but addicted to many of the drugs they had encountered in Southeast Asia, even as they tried to reassimilate into mainstream society.²⁹

In spite of reactionary legislation such as New York's "Rockefeller Legislation" adopted in 1973, which prohibited addicts from meeting together, the recovery field was beginning to open up. In 1970, at the Narco Farm in Lexington, Kentucky, that had opened some thirty-five years before, a symbolic act took place. This facility, which for three and a half decades represented the scarcity of options for addicts seeking recovery, threw away its iron grid doors and dismantled its cell blocks. With much publicity, the hospital was rechristened a rehabilitation and research center.³⁰ In other parts of the country as well, treatment facilities started to open with recovering addicts as staff and peer counselors, and NA continued to emerge as a viable twelve-step program for addicts.

NA's Growth Continues

By the end of the sixties, NA, at least in Southern California, was flourishing. *The Voice*

HELP FROM FRIENDS Addict's Answer: AA-Like Group

BY IRA J. DREYFUSS
Associated Press

WILKES-BARRE, Pa.—You can call him Peter—he doesn't want you to know exactly who he is. He says it's what he is that is important. "I'm an addict. I can't forget. I live in a world of temptation."

Peter considers himself an addict even though he says he has been off drugs for 2½ years. He credits his "sobriety" to Narcotics Anonymous, a nationwide addicts' group patterned after Alcoholics Anonymous. In NA, as in AA, members help each other.

The condition Peter made before—that his full name not be used—is an NA rule. It helps the organization by making it more prominent than any specific member. And it protects the member from being stigmatized by what the group considers an illness.

Peter is just to drop date back to his recent. He is 26 now, a construction worker. He says he got into drugs because of using or wanting drugs, or just because of them.

He said his first was marijuana, which he got from friends, then LSD, and from there, to stimulants and to tranquilizers such as PCP, "angel dust."

"I believed I couldn't live a minute without a chemical," he said.

He supported his habit by pushing drugs, and his troubles with the law began in 1974. He spent several months in jail after pleading guilty to possessing "angel dust" and got out early by "running" a drug counselor. He says he went home on probation and overdosed on "angel dust."

When he went before the judge for sentencing after his overdose, he asked for—and got—placement in a "retreat"—a rehabilitation center. His life, he said, had become unmanageable.

He tried AA meetings after he left the center, but didn't feel right. He wanted to talk to people who shared his problem.

Then he learned of NA through a pamphlet, and he and a friend founded a fellowship. They began recruiting potential members from addiction treatment centers. He said there are now more than 200 members in the greater Pittsburgh region, including Wilkes-Barre.

There should be more, he said, but not all treatment centers know about NA, and many don't know enough to trust the organization. And he said addicts want an easy way—a "magic pill" that will make their dependency just go away. He said there is none.

NA is part of the treatment at Carrier Clinic, a private psychiatric hospital in Belle Mead, N.J.

The reason we became so interested in Narcotics Anonymous is that it is identical to AA," said Barbara Fay, the clinic's director. "The only difference is the drug of choice; the therapy is the same. And AA is the most effective recovery tool known to us in the field."

She puts her unit's cure rate at 60% to 70%. But she said it is hard to tell whether the treatment has worked because patients sometimes have a relapse.

Before a patient is introduced to NA, she said, the unit must first make him or her aware of chemical dependency, you have a defense system based on denial," Ms. Fay said.

"You have a disease which keeps telling you you're all right—the problems are out there—it's the way it is the right," she said.

NA works because of its commitment, she said. It teaches an addict to take each day as it comes, and never teaches an addict to take each day as if it were the last day at a time.

NA's greatest failing, Ms. Fay said, is that there are not enough fellowships. And the patient who leaves still needs NA—and will for the rest of his or her life, she said.

NA operates without a professional staff, and is run from the administrative headquarters in a 9-by-11-foot room in Sun Valley, Calif., home of one of the group's founders, "Jimmy."

Jimmy said the staff consists of himself, his wife and seven volunteers. One of NA's precepts is that it is run entirely by members. He relies on fellowships to handle problems themselves.

He said there are between 600 and 700 fellowships worldwide, with a total of about 25,000 members. Nearly all are in the United States.

Jimmy said the organization has grown rapidly in the last five years. "We've had good support with the media, he said, "and growth creates more growth."

Narcotics Anonymous, Self-Help For The Drug Addict

By JAMES O'NEILL
Los Angeles Times Staff Writer

Los Angeles—Narcotics Anonymous is a self-help group meeting last week and throughout the last night area to discuss the social problems of the drug addict.

The organization was formed in 1953 and is now one of the largest self-help groups in the world. It is a non-profit organization that has helped millions of addicts in the United States and around the world.

The group is based on the principle of "one day at a time" and "one addict at a time." It is a simple, practical program that has helped millions of addicts in the United States and around the world.

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At one time, the NA program was limited to the Los Angeles area, but it has since spread to other parts of the country. The group is now one of the largest self-help groups in the world.

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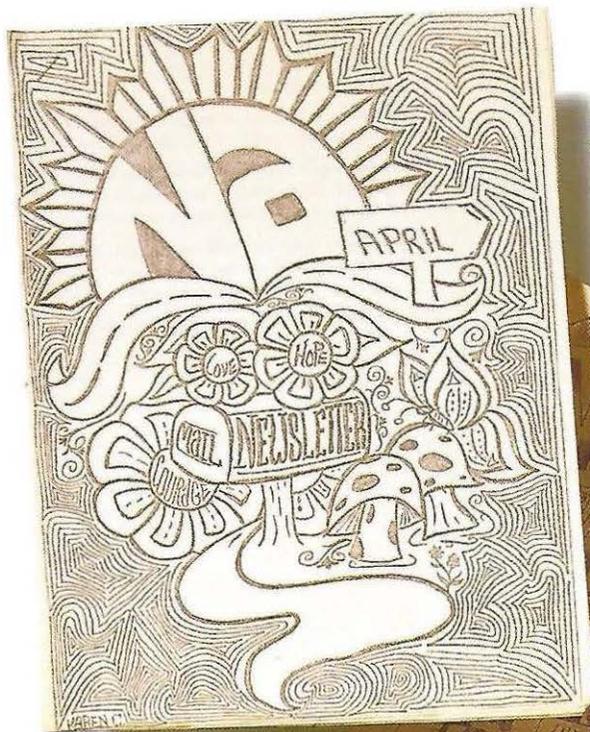
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Articles from the August 7, 1969 edition of the *Daily News* [of Los Angeles] and the November 19, 1978 *Los Angeles Times* describe NA as an answer for addicts. Such positive press helped NA grow.

Script for the WSO answering machine message developed by Jimmy during the seventies, along with the manual for the machine and a list of Southern California NA meetings.





Other NA newsletters from the early seventies whose cover art obviously reflects the spirit of the times.



of NA was published again in 1969, and the public started to become increasingly aware of NA's existence, as the *Los Angeles Herald-Examiner* recommended that those with a drug problem seek out Narcotics Anonymous for answers. Although Jimmy K continued to fight tuberculosis and was hospitalized often, Bob B picked up his work and turned the trunk of his car and sections of his house into NA's office. The newly formed General Service Organization, composed of the trustees and any committees reporting to them, met monthly with representatives of the NA groups.

Yet while an answering service continued to take calls for NA and some literature was available, there were some problems facing the fellowship. Included in the twenty-five meetings listed in the early 1970 NA directory for Northern and Southern California were two institutional meetings and others held at recovery houses. Some members had concerns that listing these locations and using the recovery house phone numbers on the Twelfth Step list was compromising traditions. As issues like this were handled, larger ones arose. Funds were running low and literature was again becoming scarce. While the idea of an "NA Central Office" was approved in 1969, the funds to open it, let alone staff it, were unavailable. The fellowship continued to grow and requests for information about NA continued to arrive regularly from around the country. Some talk began about the possibility of having separate offices for the NA Fellowship at large and for Southern California, a discussion held by many to be premature.

But before such ideas could go much beyond the discussion phase, the Sylmar earthquake occurred on February 9, 1971. Many buildings in the northern San Fernando Valley area of Los Angeles suffered considerable damage, and four NA meetings had to close. It was some time before replacements sprang up. Despite this setback, addicts continued to find their way to NA and stay. By the end of 1970, the number of addicts who had a year clean or more had nearly doubled. Trustees and other old-timers continued to discuss ways to generate funds to develop and print literature and to open an office.

The First World Convention

The trustees met regularly in addition to their meetings with GSRs. At one such meeting in July 1971, they approved the inclusion of additional stories in the Little White Booklet and discussed the idea of holding a conference, rally, or—what they finally called it—a convention for the entire fellowship. In addition to a celebration of recovery,

Proposed Draft - April 16, 1969

BY-LAWS

of the

Parent General Service Organization
of Narcotics Anonymous
In the Greater Southern California Area

Adopted May 1969

PREAMBLE

General Warranties of the General Service Organization: In all its proceedings, the General Service Organization shall observe the spirit of N.A. tradition, taking great care that the organization never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Organization members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Organization action ever be personally punitive or an incitement to public controversy; that though the Organization may act for the service of Narcotics Anonymous groups in the Greater Southern California Area, it shall never perform any acts of government; and that, the Society of Narcotics Anonymous, the Organization itself will always remain democratic in thought and action.

NAME AND PURPOSE OF ORGANIZATION

1. The purpose of the Parent General Service Organization of Narcotics Anonymous shall be the administration and coordination of N.A. activities common to the various groups comprising its membership. These activities include:
 - a. Furthering the N.A. Program in accordance with the Twelve Traditions of Narcotics Anonymous.
 - b. Maintaining a Central Office or Business Meeting once a month, as a communication center for N.A. in this area or as a whole.

Specifically excluded from the objectives of the General Service Organization are the operation of any club, clubhouse, or dryingout place, and the endorsement of any public or private projects on addiction as outlined in Tradition Six. (4/16/69)



NARCOTICS ANONYMOUS

1st World Convention

November 5, 6 & 7, 1971

La Mirada Country Club
La Mirada, California

Program for the First
Narcotics Anonymous
World Convention, held at
the La Mirada Country Club
in La Mirada, California, on
November 5-7, 1971.

NARCOTICS AN
FRIDAY, N

REGISTRATION DESK OPENS
5:00 P.M.

EVENING SESSION
8:00 - 10:00 P.M.
OFFICIAL CONVENTION OPENING MEETING Bob B.
Master of Ceremonies
Opening Ceremony
Spiritual Invocation
Official Welcome
Speakers:
History of N.A.
Progress of N.A.
Closing Prayer

11:00 P.M. - 1:00 A.M.
LATE MEETING
Participation

Welcome, each of you, to this first
Narcotics Anonymous World Convention.
Your hosts: the N.A. Board of Trustees,
Asst. by: the N.A. So. Calif. Region G.S.O.

NOVEMBER 6th, 1971

AFTERNOON SESSION
2:00 - 4:00 P.M.

SPEAKERS' MEETING
THEME: PURPOSE OF THIS CONVENTION
Chairman Bill B.
3 speakers

4:30 - 5:30 P.M.
BUSINESS MEETING
ELECTION OF N.A. BUSINESS MANAGER
ESTABLISHMENT OF N.A. BUSINESS OFFICE
OTHER BUSINESS Chairman Leon E.

MARATHON PARTICIPATION

EVENING SESSION
7:30 P.M.

BANQUET Ed M.
Master of Ceremonies
3 guest speakers

9:30 P.M. - 1:30 A.M.
SHOW - DANCE

NARCANON MEETING SATURDAY - Time to be Announced
at Convention

the convention would have a short business meeting to discuss and decide upon issues affecting NA as a whole.

Following that meeting in July, the trustees sent a letter to the fellowship. In the letter, they explained the concept of the central office and the need for it, asked for each group to send a representative to act on its behalf in the business meeting, and broached the idea of a new book. The letter said that the book “will be somewhat analogous to AA’s Big Book, *Alcoholics Anonymous* . . . We will need additional stories to include in this book by clean addicts with some time in NA, relating what it used to be like, what happened, and what it’s like now.” The letter was sent to every address on the GSO mailing list, as well as to every group.

The convention, which started on November 5, 1971, at the La Mirada Country Club, was a success, with just under 200 people attending. Bob B went to the hospital to get Jimmy to speak at the opening banquet and then took him back afterwards. Along with Jimmy speaking of the early history, Jack W spoke of the fellowship’s growth in the sixties. The following day a business meeting was held, during which representatives overwhelmingly approved the idea of establishing a central office and hiring a manager and staff. Concerns about the funds necessary to accomplish this were allayed at the event by individual members’ pledges to donate a certain amount every month, though most of those pledges, unfortunately, went unhonored. By the end of the event, a meeting list was drafted that showed thirty-eight meetings in all, with one meeting existing outside of California, in Denver.

Growing ...

While that may have been all of the meetings known to those in Southern California at the end of 1971, the NA Fellowship expanded considerably in the early 1970s. By the middle of the next year, meetings were reported in Phoenix, Arizona; Denver, Colorado; Ontario, Canada; Iowa City and Mt. Pleasant, Iowa; Duluth and Minneapolis, Minnesota; and Cleveland, Ohio. There also were five meetings in Pennsylvania, four in Dallas, and one in Tayehesdah, Wisconsin. In 1973, NA received a letter from Brazil about a group there called Toxicomanos Addictos, and the fellowship had grown sufficiently in Philadelphia that an NA Intergroup³¹ was formed that same year.

The fellowship had grown to such an extent in Cleveland that they invited the NA Fellowship at large to use their “Twelve Points” document anywhere, as long as they gave credit to

Cleveland Narcotics Anonymous. In the meantime, Jimmy wrote to various individuals and groups, not the least of which was the White House, asking the Nixon Administration to consider waging a campaign against drugs and helping addicts find recovery. There was also a short-lived interest on the part of the US Army to introduce NA on its bases in Germany. While considerable preparations were made, with members even having been chosen by the trustees to do the presentations, the Army pulled the plug before it could start.

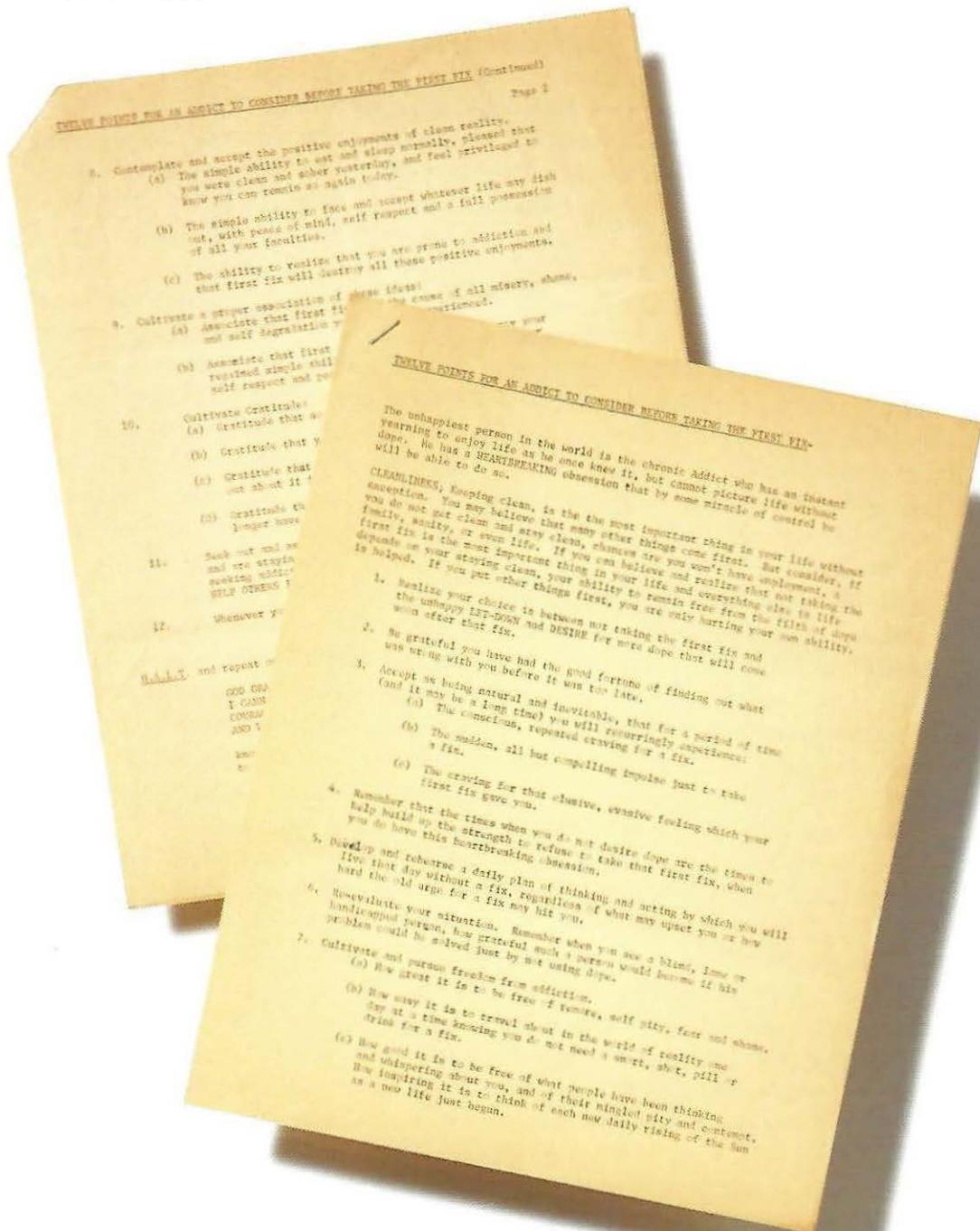
Back in California, there were insufficient funds to enact the mandates of the first world convention. Nevertheless, through the efforts of Bob B, NA was able to open a service office at 2335 Crenshaw Boulevard in Los Angeles. Those at the convention business meeting also elected a manager, but he resigned before the office opened and Bob, again, became the manager of the office. In early 1972 the first special worker was hired, an addict named Julie, who worked for quite a few hours weekly, but was paid for five. The office began to publish a small newsletter in 1972 that continued for the next few years. *The Voice* had not been published since 1969 due to Jimmy's illness and a lack of submitted stories.

From this point on, office staff served as secretaries for the General Service Organization during their meetings, just as they would do later on. At the end of 1971, the GSO elected a new Chairman, Greg P—a relatively new member, but one who had exhibited the same sense of organization and commitment early on that he would during many years of later service to the fellowship. As the GSO met with group representatives in the southern part of the state, the NA Intergroup met in Northern California. There was considerable discussion in the northern fellowship about developing new literature, and discussion as well about the existing literature distribution process. By this point they had started to print their own Little White Booklets, and started to talk about developing another similar booklet, perhaps even a book-length piece.

The Second World Convention

Plans for the Second World Convention, to be held this time at the Legion Hall in North Hollywood, were coming together. While the convention came off as scheduled, fewer than 150 people registered for the event. Once again, the gathering failed as a fund-raising activity, and the trustees had to consider what to do about the office and its funding. By 1973, more issues about NA and money came up—the Internal Revenue Service had started to become interested in NA as a result of a filing the previous year. As this issue was addressed, the trustees decided to commemorate the twentieth anniversary of the fellowship, and to hold the next convention in Northern California.

The "Twelve Points" document
as developed by the Cleveland
NA Community.



TWELVE POINTS FOR AN ADDICT TO CONSIDER BEFORE TAKING THE FIRST FIX (Continued)
Page 1

8. Contemplate and accept the positive enjoyments of clean reality.
 - (a) The simple ability to eat and sleep normally, pleased that you were clean and sober yesterday, and feel privileged to know you can remain so again today.
 - (b) The simple ability to face and accept whatever life may dish out, with peace of mind, self respect and a full possession of all your faculties.
 - (c) The ability to realize that you are prone to addiction and that first fix will destroy all these positive enjoyments.

9. Cultivate a proper association of clean ideas:
 - (a) Associate that first fix is the cause of all misery, shame, and self degradation.
 - (b) Associate that first fix is the cause of all misery, shame, and self degradation.

10. Cultivate Gratitude:
 - (a) Gratitude that you are clean and sober today.
 - (b) Gratitude that you are clean and sober today.
 - (c) Gratitude that you are clean and sober today.

11. Seek out and be helped by others who are clean and sober.
 - (a) Seek out and be helped by others who are clean and sober.
 - (b) Seek out and be helped by others who are clean and sober.

12. Whenever you feel the urge to take a fix, say to yourself:
GOD GAVE ME CLEAN CONSCIENCE AND I WILL REMAIN CLEAN.

TWELVE POINTS FOR AN ADDICT TO CONSIDER BEFORE TAKING THE FIRST FIX-

The unhappiest person in the world is the chronic Addict who has an instant yearning to enjoy life as he once knew it, but cannot picture life without dope. He has a BEASTLIKE obsession that by some miracle of control he will be able to do so.

CLEANLINESS, Keeping clean, is the most important thing in your life without exception. You may believe that many other things come first. But consider, if you do not get clean and stay clean, chances are you won't have employment, a family, sanity, or even life. If you can believe and realize that not taking the first fix is the most important thing in your life and everything else in life depends on your staying clean, your ability to remain free from the filth of dope is helped. If you put other things first, you are only hurting your own ability.

1. Realize your choice is between not taking the first fix and the unhappy **LET-DOWN** and **DESIRE** for more dope that will come soon after that fix.
2. Be grateful you have had the good fortune of finding out what you were doing with you before it was too late.
3. Accept as being natural and inevitable, that for a period of time (and it may be a long time) you will recurrently experience:
 - (a) The conscious, repeated craving for a fix.
 - (b) The sudden, all but compelling impulse just to take a fix.
 - (c) The craving for that elusive, evasive feeling which your first fix gave you.

4. Remember that the times when you do not desire dope are the times to help build up the strength to refuse to take that first fix, when you do have this heartbreaking obsession.
5. Develop and rehearse a daily plan of thinking and acting by which you will live that day without a fix. Regardless of what may upset you or how hard the old urge for a fix may hit you.
6. Re-evaluate your situation. Remember when you saw a blind, lame or handicapped person, how grateful such a person would become if his problem could be solved just by not using dope.
7. Cultivate and pursue freedom from addiction.
 - (a) How great it is to be free of **lonely, self pity, fear and shame.**
 - (b) How easy it is to travel about in the world of reality one day at a time knowing you do not need a smart, shot, pill or drink for a fix.
 - (c) How good it is to be free of what people have been thinking and whispering about you, and of their mingled pity and contempt. How inspiring it is to think of each new daily rising of the sun as a new life just begun.

IF YOU THINK YOU HAVE A DRUG PROBLEM,
HERE ARE 20 QUESTIONS TO HELP YOU DECIDE.

Check Correct Answer

- | Yes | No | |
|-----|-----|---|
| () | () | 1. Have you lost friendships due to the use of drugs/alcohol? |
| () | () | 2. Do you seek an escape through drugs/alcohol? |
| () | () | 3. Have you ever used drugs/alcohol to be socially accepted? |
| () | () | 4. Do you use drugs/alcohol to enjoy yourself? |
| () | () | 5. Was your health ever affected through the use of drugs/alcohol? |
| () | () | 6. Have you ever been in a hospital, or institution, because of drugs/alcohol? |
| () | () | 7. Were you ever arrested while under the influence of drugs/alcohol? |
| () | () | 8. Did you ever take an overdose, or did you ever blackout due to drugs/alcohol? |
| () | () | 9. Do you use drugs/alcohol to build self-confidence? |
| () | () | 10. Did you ever deny or hide your use of drugs/alcohol? |
| () | () | 11. Have your normal functions ever been affected by the use of drugs/alcohol? |
| () | () | 12. Do people lose respect for you due to your drug/alcohol use? |
| () | () | 13. Have you ever engaged in illegal activities in order to get drugs/alcohol? |
| () | () | 14. Have you ever felt guilt or remorse because of the use of drugs/alcohol? |
| () | () | 15. Have you ever tried to stop using drugs/alcohol, but could not? |
| () | () | 16. Have you ever tried to control your use of drugs/alcohol? |
| () | () | 17. Is the use of drugs/alcohol making your home life unhappy? |
| () | () | 18. Has your personality changed as a result of drugs/alcohol? |
| () | () | 19. Have you lost time from school or work due to the use of drugs/alcohol and/or drugs related activities? |
| () | () | 20. Have you ever moved from place to place in an attempt to stop using drugs/alcohol? |

Through our personal experience with drugs/alcohol, we have found that if you answered yes to 1 or 2 of these questions, you may have a problem with drugs/alcohol. If you answered yes to 3 or more of these questions, you definitely have a problem with drugs/alcohol.

IF YOU WANT TO USE DRUGS THAT'S YOUR BUSINESS

IF YOU WANT TO STOP THAT'S OURS

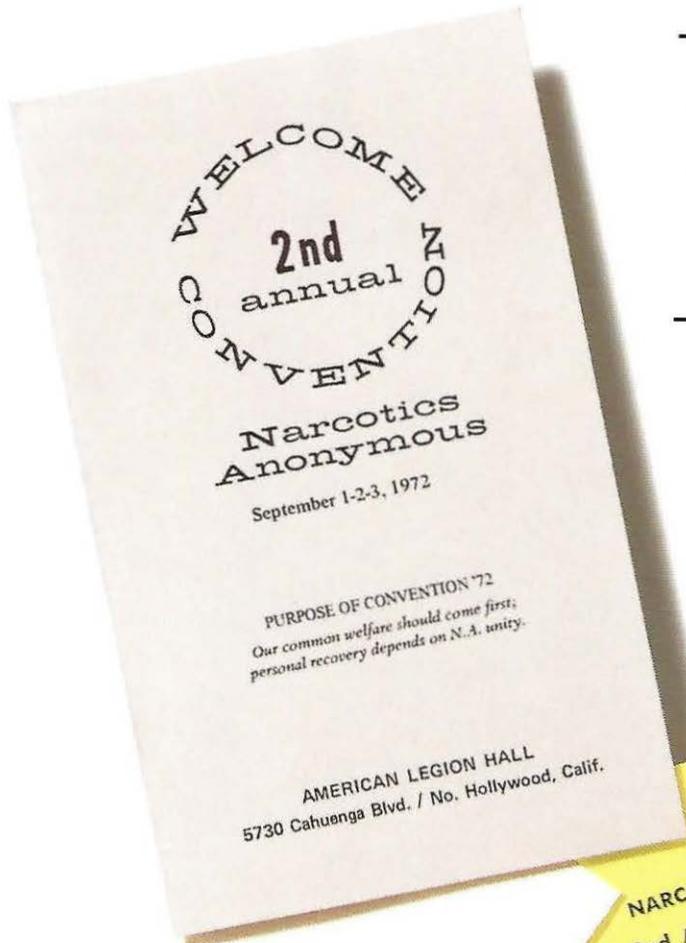
CALL NARCOTICS ANONYMOUS--(215) 275-2703

INTERGROUP

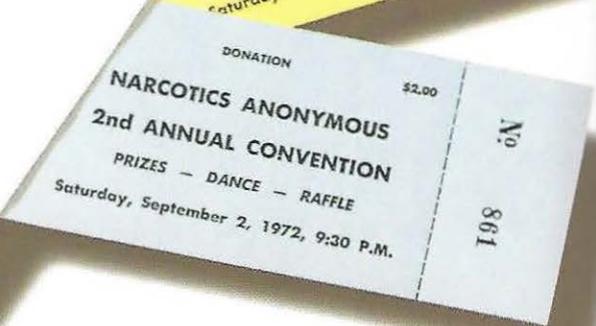
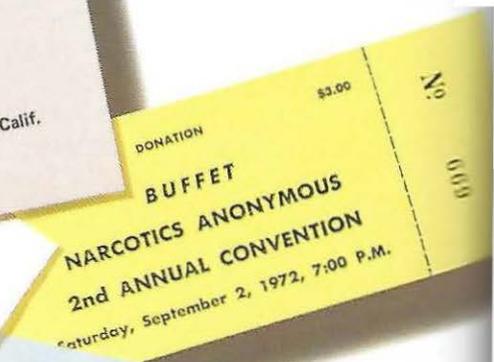


APPROVED

The "Twenty Questions" document as developed by the Philadelphia Intergroup. This, along with Cleveland's "Twelve Points," demonstrated that NA was growing outside of Southern California.



Memorabilia from the
Second Annual World
Convention, held at the
American Legion Hall
in North Hollywood,
California, on
September 1-3, 1972.



In the meantime, the Northern California membership had presented a booklet to the trustees for their consideration. The committee had worked on it for about a year, but the trustees rejected it on the basis that they believed it was too heavily plagiarized from an existing AA publication. This issue, however, raised yet another request for material for the new book. Not much material had arrived since the original request was sent out in 1970, but Jimmy got some of his acquaintances' personal experiences and written opinions to add to the growing stack of thoughts and concepts he was accumulating.

Even while all of these issues cropped up and were more or less successfully dealt with, the fellowship continued to grow. By the time of the twentieth anniversary dinner in August, thirty-two meetings existed in Southern California, thirteen in Northern California, and another twenty outside of California, including some in other countries.

In the fall of 1973, the office was moved again, this time to 1246 North Highland Avenue, near Sunset Boulevard, in Hollywood. The space was smaller and cost less to rent, and there was talk about hiring a staff member to replace Julie, who had left that summer. Meanwhile, as the fellowship grew, so did Jimmy and Greg's friendship. They talked often of the need for a service structure that would meet the demands of a changing fellowship. By that time, it was increasingly difficult to get all the GSRs together for a meeting. Perhaps more importantly, it was difficult for groups in the San Fernando Valley to effectively assist in meeting the needs of a group in Long Beach, more than 40 miles away. In light of these developments, Greg put together plans for a new level of service, later on to be called an Area Service Committee, which he presented to the San Fernando Valley NA groups to consider.

The Third World Convention

The Third NA World Convention took place in San Jose in October 1973, and more than 400 people attended the Saturday night meeting to hear Jack W talk about NA and its history. The convention made a small profit, which was turned over to the office for expenses. In the meantime, the suggestion to form area service committees met with mixed results in Southern California. Groups from the other geographical areas were unwilling to accept the structural change of forming an area made by the Valley, and the San Fernando Valley groups themselves steadfastly refused to attend the GSO individually, sending their representative instead. Bob B entered the discussion through the office newsletter, stating, "Since my last newsletter, many things have been taking

place. The organization of NA has been taking on a responsible change; area GSOs have been forming and taking a responsibility for their respective areas. San Fernando Valley GSO has had greater participation in their business meetings, they are better able to service their particular needs in their area. Hats off to those of you that are taking a responsible part in the growth of NA. It is our hope that other areas will follow the lead of San Fernando Valley, San Francisco, San Jose, and Philadelphia.” While the opposition to the new structure continued, the San Fernando Valley area grew and enjoyed almost complete attendance by its GSRs at its meetings. In a relatively short period of time, other area service committees would start.

The Fourth World Convention

The Fourth World Convention took place in Anaheim with the theme “Just for Today.” It was a successful convention, but perhaps the most important event occurred at the business meeting. During that meeting, a motion was made and overwhelmingly approved by those present to incorporate the World Service Office of NA. After the motion was adopted, Jack B was elected the first president of its board.

In 1975, the office had to move from North Highland Avenue, and while Jack had been helping more and more, in fact taking over completely from Bob, by the end of the year he had *de facto* handed it all over to Jimmy and his friend Betty G. Jimmy had been feeling much better after his bout with tuberculosis and began to take an increasingly active role again in the office, finally moving it to his house for the next few years. In the meantime, a familiar discussion continued. The office was serving a dual function: It was fulfilling the needs of the Southern California fellowship as well as the needs of the fledgling NA communities outside of California. There was also ongoing dissatisfaction with how the office was funded and managed.

The Fifth World Convention

Later that year, the Fifth NA World Convention was held in Santa Rosa, California, with more than 300 attendees. While the fellowship grew throughout the country, it became more apparent that the business meetings at the annual convention were woefully inadequate, and that while the board of trustees was respected, it was not widely known outside of California. More significantly, no NA community had formally recognized the trustees as having the power to formally suggest any changes to local communities, as they did to the Philadelphia Intergroup in 1975 about changing its name to GSO.

The Articles of Incorporation for the World Service Office, which became a legal entity in 1978.

MINUTES OF
FIRST MEETING OF INCORPORATORS AND TRUSTEES

Minutes of the first meeting of incorporators and trustees of
WORLD SERVICE OFFICE INC. a corporation of the State of Cali-
fornia, duly held at 17711 SHERMAN WAY SUN VALLEY, California,
on the 26 day of MAY 1977 at 8 o'clock P.M.

There were present JAMES P. FONG, Secretary of the State of California,
and the following incorporators and trustees of the corporation:

JAMES P. FONG, Secretary of the State of California,
and the following incorporators and trustees of the corporation:
The Secretary of the State of California,
and it was ordered that the Chairman of the corporation had to file a copy thereof in the County of Los Angeles, California, to be recorded in the office of the Secretary of State.

The name of the unincorporated association which is being incorporated is: **WORLD SERVICE OFFICE**

IN WITNESS WHEREOF, the undersigned, being the president and secretary, respectively, of World Service Office Inc. have executed these Articles of Incorporation.

James P. Fong President
March Fong Eu Secretary

STATE OF CALIFORNIA
COUNTY OF Los Angeles
On this 26th day of May 1977, before me, the undersigned, a Notary Public in and for the State of California, personally appeared James P. Fong, known to me to be in the Articles of Incorporated the same.

STATE OF CALIFORNIA
COUNTY OF LOS ANGELES
James P. Fong, Secretary of State
Being first called to the office of the Secretary of State in the undersigned corporation.

Subscribe:




I, MARCH FONG EU, Secretary of State of the State of California, hereby certify:
That the annexed transcript has been compared with the record on file in this office, of which it purports to be a copy, and that same is full, true and correct.

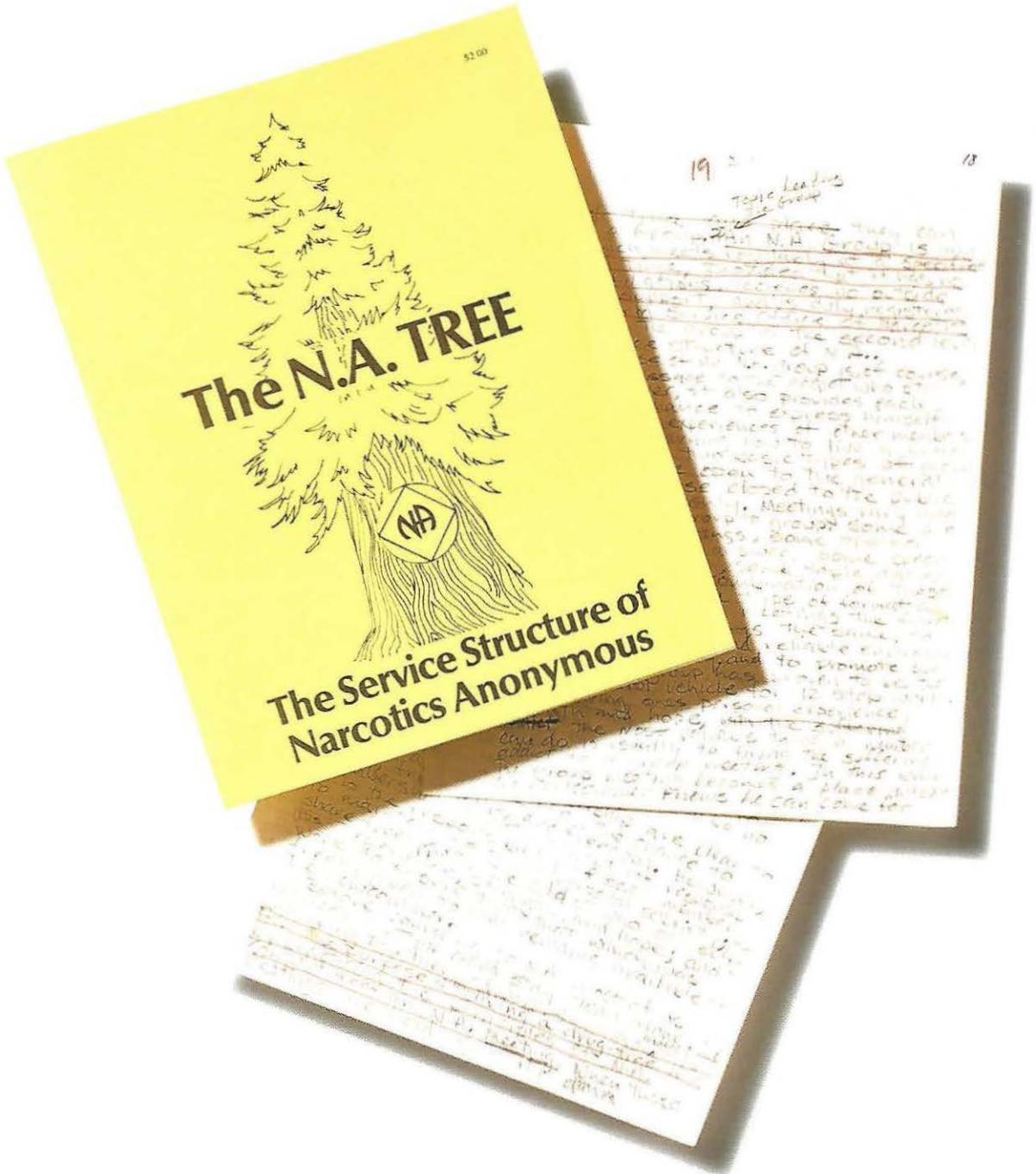
IN WITNESS WHEREOF, I execute this certificate and affix the Great Seal of the State of California this

March Fong Eu
Secretary of State

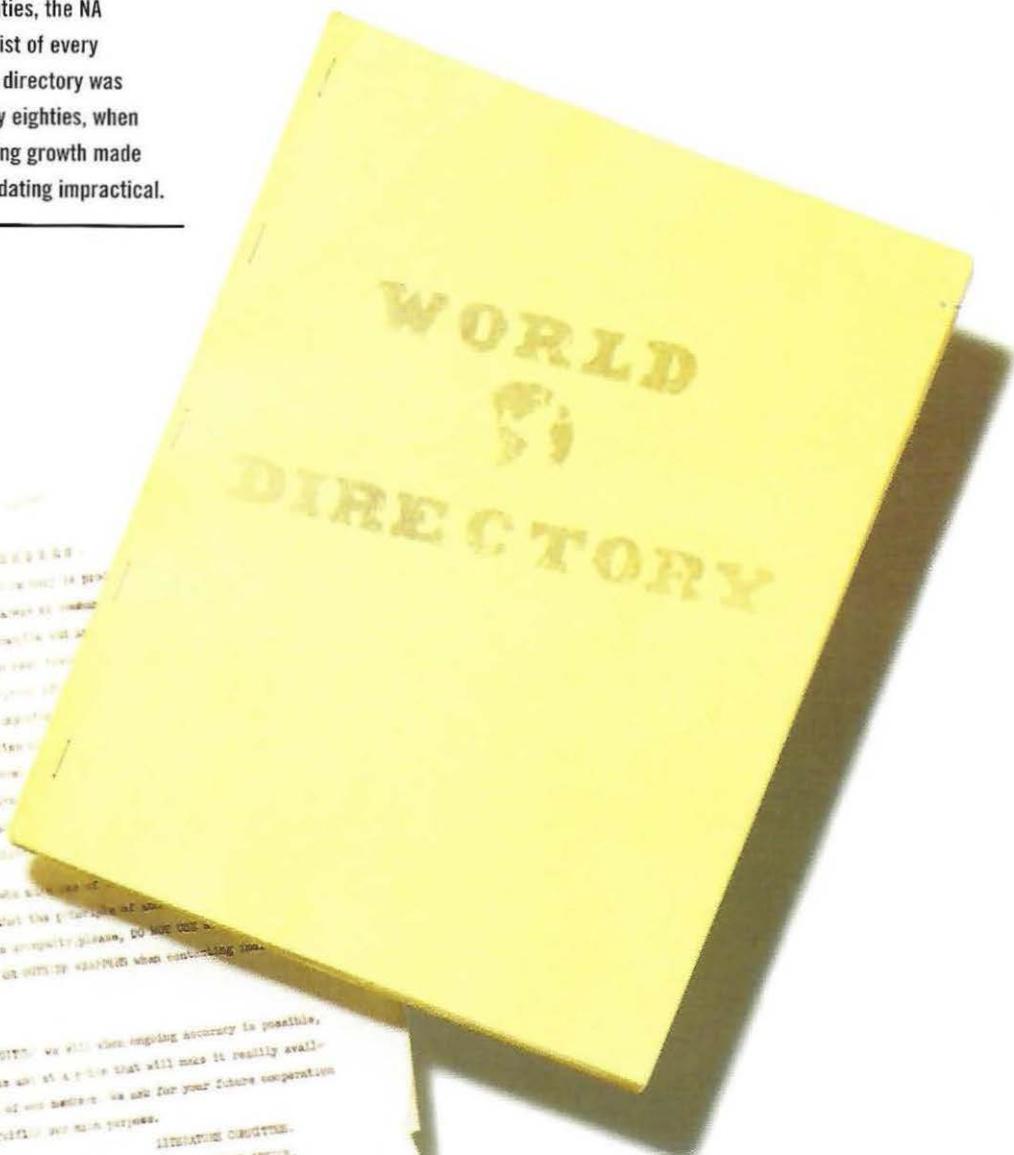
A variety of materials from the Third through the Eighth World Convention. Noteworthy is the flyer for the Eighth World Convention, held in Houston, Texas—the first ever held outside California.



Published in 1975, *The NA Tree*, developed by Greg P and Jimmy K, was our fellowship's first service manual.



Begun in the mid-seventies, the *NA World Directory* was a list of every known NA meeting. The directory was published until the early eighties, when our fellowship's exploding growth made its development and updating impractical.



FELLOW MEMBERS -

This first National Directory has been prepared to provide you with a list of NA meetings in every part of the world. The information we need to accomplish this task will have to be supplied by you. We need to know the names of the meetings, the dates, and the locations. We need to know the names of the people who are in charge of the meetings. We need to know the names of the people who are interested in the meetings. We need to know the names of the people who are interested in the meetings.

We trust that all members who are interested in the Twelve Tradition to mind and that the principles of anonymity are maintained. To preserve anonymity please, DO NOT use names of members in furtherance of publicity when contacting you.

Although this copy is 1978, we will when accuracy is possible, print the directory in a size and at a price that will make it readily available for reference for most of our members. We ask for your future cooperation so that we may more fully fulfill our main purpose.

LITERATURE COMMITTEE
WORLD SERVICE OFFICE.

WORLD SERVICE OFFICE
1111 1st St.
San Francisco, CA 94103

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C.A.S.E.F.A.

One of the first Spanish translations of "How It Works" from the group readings.

NARCOTICOS ANONIMOS - COMO TRABAJA EL PROGRAMA

Si ustedes quieren lo que tenemos para ofrecer, y quieren hacer la lucha, entonces están listos para a tomar ciertos pasos. He aquí los pasos que tomamos y que sugerimos a todos los adictos interesados como Programa de Recuperación.

1. Admitimos que eramos imponentes para adicción, y de que ya nos era imposible manejar nuestras propias vidas.
2. Llegamos a creer que un poder Superior a nosotros podía devolvernos la razón.
3. Tomamos la decisión de poner nuestra voluntad y nuestras vidas al cuidado de Dios, como nosotros comprendimos a El.
4. Buscamos un sincero y honesto inventario moral de nosotros mismos.
5. Admitimos ante Dios, ante nosotros mismos y ante otra persona la naturaleza exacta de nuestras culpas.
6. Estuvimos enteramente dispuestos a que Dios nos quitara todos estos defectos de carácter.
7. Humildemente pedimos a Dios que nos limpie de nuestras culpas.
8. Hicimos una lista de todas las personas que hemos ofendido y nos dispusimos a reparar el dano que les causamos.
9. Compensamos directamente a cuantos nos fue posible, menos en los casos en que a hacerlo podría perjudicar a esas personas o otras.
10. Seguimos haciendo nuestras inventario personal, y cuando nos equivocamos lo admitimos inmediatamente.
11. Buscamos en la oración y la meditación el modo de mejorar nuestro contacto consciente con Dios, como nosotros comprendimos a El, pidiendo solamente que nos haga conocer Su Voluntad, y nos de las fuerzas necesarias para cumplirla.
12. Sabiendo tenido un despertar espiritual como resultado de estos pasos, tratamos de llevar este mensaje otros adictos y de practicar estos principios en todos nuestros asuntos.

No hay "Cura" para adicción, pero "Recubrar" es posible con una programa de simples principios espirituales. Esta no es mentado para ser comprensivo pero contiene las importancias que necesitamos para recubrar. Nosotros sabemos que esto es la verdad por nuestras experiencias y la experiencias de grupos.

Yo Soy Responsable.....
 Cuando cualquiera, dondequiera, extiende su mano pidiendo ayuda, quiero que la mano de N. A. siempre este allí. Y por esto: Yo soy responsable.

1. Admitimos que ya de que ya profiar vid
2. Llegamos a poder deo
3. Tomamos
4. Buscamos
5. Admitimos

7. Humildemente pedimos a Dios que nos limpie de nuestras culpas.
8. Hicimos una lista de todas las personas que hemos ofendido y nos dispusimos a reparar el dano que les causamos.
9. Compensamos directamente a cuantos nos fue posible, menos en los casos en que a hacerlo podría perjudicar a esas personas o otras.
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conocimos
 comprendimos a Dios, como nosotros comprendimos a El, pidiendo solamente que nos haga conocer Su Voluntad, y nos de las fuerzas necesarias para cumplirla.

approved by the conference—in fact, there is a record of vehement opposition to it—it remained in force, as it was the only service manual approved by the trustees.

Following the conference, Northern California changed the name of the service entity from GSO to Regional Service Committee and began to talk about opening a local office. In January of 1977, the WSO was incorporated. Shortly thereafter, business name filings were done in LA County for CARENA and WSO, Incorporated. Jimmy, in the meantime, kept doing the routine daily affairs of the office, mailing each day on the average ten packages of literature, a few letters, and some postcards, while answering the phone to speak with members from places like Fresno, Redondo Beach, and Philadelphia.

The Seventh World Convention and (Almost) the Second WSC

As the fellowship continued to grow, the Seventh World Convention took place in San Francisco. As was the case the year before, the WSC was to take place on a Saturday, but it did not occur for lack of a quorum, or, as some members stated, due to a lack of sufficient interest. Of some curiosity at that convention was the selection of the following year's convention site. Until that time, the convention had switched back and forth between Northern and Southern California, and no one had thought to seriously consider a bid from outside the state. That year, however, there were two competing bids from Southern California, and each bid was carried by vocal supporters. As it turned out, there was a tie after the first vote, and a second vote was needed. Before the second vote was taken, two members visiting from Houston, Texas, offered their city as the site for the next event. The supporters of each existing bid decided to vote for this new bid rather than for their opponents, ensuring that the next convention would occur in Texas.

The “NA Big Book”

The other item of interest in San Francisco was the arrival of a young man from Georgia at the convention named Bo S, who wanted to meet those involved with the writing of the “NA Big Book.” According to his later account, he was handed from person to person until he was introduced to Jimmy, who in turn took him to Greg. After the next four days, spent mostly with Greg and Jimmy, Bo left Southern California with a mission. He learned that while everyone wanted a book, everyone also expected the next person to do it. As a practiced activist, Bo knew that enlisting the support of others would help to get this project done, and over the next six months he talked about it at meetings, or over coffee, or wherever and whenever possible. Soon he had strong support from his home area in Atlanta, Georgia.

As a result of the poor turnout at the WSC, and the fact that the next year's convention was to be held in Houston, a decision was made to hold the next World Service Conference in April 1978. Jimmy and Lin A, who had moved west from upstate New York, put out a new edition of *The Voice of NA*, announcing the conference in April. Early in 1978, as a sign of formal recognition, the National Institute on Drug Addiction (NIDA) invited Narcotics Anonymous to send someone to an exploratory conference on non-residential self-help programs. Greg went, and on his way visited some of the NA communities in the eastern US. It was as a result of this trip that some of these communities decided to send a delegate to the April conference.

The Third WSC

The Third World Service Conference opened with representation from the following regions: Northern and Southern California, Texas, British Columbia, Southeast, Midwest, Pennsylvania, Colorado, and Minneapolis Area. It was only eighteen months before that only two regions had been present at the first conference. The conference in short order accepted the service structure as presented and created six conference committees. Following the conference, Tommy B, elected as the new vice chairperson of the conference, went back to Atlanta and recommended that the local members put together a bid for the Ninth World Convention.

Later that summer, the German translation of the Little White Booklet was completed and approved by the trustees, and the office reported that the WSO's tax-exempt status had been resolved favorably. In September, the first NA World Convention to be held outside of California was held in Houston, Texas. About 250 members attended, 150 from California and the other hundred or so from Texas and elsewhere. During the final session, the bid from Atlanta for the ninth convention was selected by unanimous vote.

The Book

In the meantime, Bo was busy gathering support for the development of the book that would become the Basic Text. After gathering support from up and down the eastern seaboard, he was set to attend the convention. Bo met with Greg prior to the convention and they spent a week together going over the progress of the work. When the November 1978 issue of *The Voice* was published, it provided a brief mention that the new *World Directory* was ready. Indeed, it had been two years since the last one. This one boasted 367 meetings in the US and 24 meetings in other countries, a growth of more than 73 percent in that period. NA had become a worldwide phenomenon!

Early the next year, Bo was invited to put together a letter that could be sent out by the office regarding his efforts to write the book. Although reluctant, for he had no formal position in the world structure, he did write a lengthy plea to the fellowship to get involved in writing “the” book. When the conference got under way in April 1979, representatives gave their reports and demonstrated the growing pains of a small, but rapidly growing, fellowship. Region after region reported of meeting numbers doubling or tripling within a year’s time, with services being either inconsistent or shaky.

In the Southeast Regional report, Tommy indicated that Bo’s Friday night book meeting kept drawing between twenty-five and eighty members. Although the conference struggled somewhat (it approved two completely contradictory motions about literature up for approval), it went forward and elected Bo as its new Literature Committee chairperson. By this election, the conference took a major step forward. Up until that point the literature committee had only been revising existing literature, but never developing new material. With this election and the direction it indicated, a point of some contention later on, the Literature Committee was mandated to develop new material for the Fellowship of Narcotics Anonymous. In a historic moment, Bo, in the second report for the committee, urged the representatives to go home and form literature committees that could assist in the review and development of such new literature.

An Unstoppable Force

As 1979 continued, preparations for the first of many Literature Conferences, this one in Wichita, Kansas, progressed. These would, of course, lead to the development of the book that would change the face of Narcotics Anonymous. In the meantime, NA had changed in a relatively few short years from a regional phenomenon in Southern California to a growing worldwide fellowship with meetings in some twenty-four countries. A translations program had begun, and local NA communities from across the United States were being represented in increasing numbers at each World Service Conference. There was no stopping our growth now, and hope was becoming possible for more and more addicts as our message spread across the globe. As the seventies drew to a close, there would be no way to foresee that the next few years would become our greatest period of growth. In the next decade, NA would truly become a vital, thriving, unstoppable force—a worldwide fellowship of recovering addicts.



Afterword

From these humble beginnings, depicted throughout the previous pages, our fellowship was born. Certainly no one could have possibly foreseen the explosion of growth that was yet to come for our membership in the years to follow our first three decades, one that would bring life, hope, and possibility to addicts worldwide. Surely, there can be no better testimony to the power of our program than this: Today, addicts have an alternative to the bitter ends described in our literature, jails, institutions, and death.

But as these pages demonstrate, this was not always the case. Not so many years ago, we addicts had few, if any, choices or recovery options. Addicts were viewed as criminals, and most were lost in hopelessness and dereliction without ever having known another way. But, as Jimmy K. wrote so eloquently many years later:

Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual, not religious, program known as Narcotics Anonymous.—Little White Booklet

Of course, the barriers that our earliest members overcame were formidable, and must have seemed, at times, insurmountable. That is why it appears all the more clear that, looking back over the events described in this book, our program and the hope it offers addicts today, as well as our fellowship's growth in those early years, were truly "a God shot," as our members like to say today.

There is a kind of inevitability to the story of our growth—a kind of deliberate destiny that has become beautifully manifest in each and every addict today who is clean by virtue of this program—and by virtue of the efforts of the many members who came before us. Indeed, there can be little doubt that the NA program has surely been a gift from a Higher Power to the still-suffering addict. Like our own individual stories, the story of our program's beginnings makes one thing abundantly clear: Miracles do happen! May we never take for granted the gift that we have been freely given in the program of Narcotics Anonymous.

Endnotes

- ¹ Robert O'Brien and Sydney Cohen, *The Encyclopedia of Drug Abuse*. New York: Facts on File, 1984.
- ² Herman Joseph and Phil Appel's "Historical Perspectives and Public Health Issues" in *Center for Substance Abuse Treatment*, from the Treatment Improvement Protocol Series, Volume 1. Rockville: Substance Abuse and Mental Health Administration, 1993. This resource is available at <http://www.soros.org/lindesmith/library/tlchist.html>
- ³ John Witherspoon, "Oration on Medicine: A Protest Against Some of the Evils of the Profession of Medicine," *Journal of the American Medical Association* 34 (1900) 1591. See also T.D. Carothers, New Phase of Criminal Morphinomania, *Journal of Inebriety* 21 (1899) 41-51.
- ⁴ Joseph and Appel.
- ⁵ D.T. Courtwright, H. Joseph, and D. Charlais, *Addicts Who Survived: An Oral History of Narcotics Use in America, 1923-1965*. Knoxville, TN: University of Tennessee Press, 1989.
- ⁶ William S. Burroughs, *Junkie*. New York: Ace, 1953.
- ⁷ *The Key*, a publication of the Narco Group of Addicts Anonymous in Lexington, Kentucky. This sentence later would appear in early versions of our Little White Booklet.
- ⁸ Joseph and Appel.
- ⁹ Jimmy K. and Gene H. Taped Conversation: Early Years of NA 1953-1960. 27 August 1984. WSO Tape Archives.
- ¹⁰ Jimmy K. Pasadena Speaker Meeting: 1979. WSO Tape Archives
- ¹¹ Jimmy K. Narcotics Anonymous Twentieth Anniversary Celebration Dinner: 1973. WSO Tape Archives.
- ¹² Jimmy K. and Gene H. Taped Conversation.
- ¹³ Jimmy K. Narcotics Anonymous Twentieth Anniversary.
- ¹⁴ Jimmy K and Gene H. Taped Conversation.
- ¹⁵ Jack P. Interview with World Service Board of Trustees. 14 November 1986.
- ¹⁶ Jack P. Interview.

¹⁷ Jimmy K. Twentieth Anniversary.

¹⁸ The “hot seat” counseling format consisted of one addict, often actually seated in the middle of a circle of other addicts—in the “hot seat,” as it were—being berated, humiliated, and attacked by the circle, usually to the point of tears. It was thought that this “tough love” was the only way to break through the addict’s denial about his or her affliction.

¹⁹ The first of many addict selfhelp treatment groups in the United States was the Synanon Foundation, begun in 1958 by an alcoholic, Chuck D.

²⁰ Jimmy K and Gene H. Taped Conversation.

²¹ Jimmy K and Gene H. Taped Conversation.

²² Joseph and Appel.

²³ Jimmy K. NA Twentieth Anniversary.

²⁴ Jimmy K and Gene H. Taped Conversation.

²⁵ Jimmy K. Taped “Letter” to Australian Members: 1977. WSO Tape Archives.

²⁶ Jimmy K. Twentieth Anniversary.

²⁷ Jimmy K. Taped “Letter.”

²⁸ Jimmy K and Gene H. Taped Conversation.

²⁹ O’Brien and Cohen.

³⁰ Robert S. Weppner, *The Untherapeutic Community: Organizational Behavior in a Failed Addiction Treatment Program*. Lincoln: University of Nebraska Press, 1983.

³¹ Many of our members will recognize the term “intergroup” as one that derives from the AA service structure. As with so many other principles and practices that NA has borrowed from Alcoholics Anonymous, our early service structure also emulated that of our predecessors. It would be only a few years later that the concept of an Area Service Committee would be introduced into the NA service structure in Southern California.

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Narcotics Anonymous.