My Gratitude Speaks ...
When I Care
And When I Share
With Others
The N.A. Way.



APRIL 1983

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N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovered addicts who meet regularly to help each other to stay clean. This is a program of complete abstinence from all drugs. There is only "One" requirement for membership, the honest desire to stop using. There are no musts in N.A., but we suggest that you keep an open mind and give yourself a break. Our program is a set of principles, written so simply, that we can follow them in our daily lives. The most important thing about them is that "They Work".



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YOLUME 1

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The M.A. Way presents the experiments and spinkers of N.A.s. Spinitus expressed burning are not to be attributed to Harces's Anonymous as a whole, not done judiciation of any article angly any existrations by editor Harces's Anonymous or the H.A. Way. The N.A. Way Magazine
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Atmosphere of Recovery

We come to this program from homes and apartments, offices and schools, treatment centers and jails, parks and gutters. We come from many different places; but they're all called lonliness, and pain, and fear. Somehow addiction draws us together; to Narcotics Anonymous.

We come to this program for many different reasons; but those of us who stay all do so for the same reason. The desire to stop using and to stay clean. After we've actually stopped, and after the fog has cleared a bit, most of us take a look around to see what this program is all about. We start trying to do the things that we see those around us doing. Eventually we come to the Twelve Steps and try to work them as best we can. The result is a degree of freedom we have never known before. We find freedom from drugs and the obsession to use them; and in time a bit of freedom from that part of ourselves that has been destroying us.

We're taught that we can only keep what we have by giving it away. So, we seek out or are led to other addicts who have problems like ours, who want help. Usually, one of the things we try to do when we're working with a new

"...a feeling of strength, hope and love..."

when we're working with a new person is to get them to a meeting as soon as possible. After all, that's what worked for us.

Why is this so? What is it about our meetings that's so special? Usually about all we can say is that there's a feeling there; a feeling of strength, hope and love; an atmosphere of recovery. Our meetings are very special to most of us; a place that's "safe", a place where we fit in...but what keeps them that way? One would think that any time people like us got together, the result would be chaos. Groups of self-centered, strong-willed, isolated individuals just can't meet together peacefully and safely, but we do. The reason we can is that we have Twelve Traditions which help to keep our Groups "safe" and free.

For most of us, understanding of these traditions came slowly over a period of time. We pick up a little information here and there as we talk to members and visit various groups. It usually isn't until we get involved in service when someone points out that "personal recovery (our recovery) depends on N.A. unity" and that unity depends on how well we stick to our traditions. Because we hear "suggested" steps, and "no musts", so often,

some of us make a mistake and assume this applies to our groups the same way it applies to the individual member. The Twelve Traditions of Narcotics Anonymous are not suggested; they are not negotiable. They are the rules that keep our Fellowship alive and free.

By following these principles in our dealings with others in N.A. and with society at large, we avoid many problems. This isn't to say our traditions eliminate all of our problems. We still have to face difficulties as they arise; communication problems. Differences of opinion, internal controversies, problems with individuals and groups outside the Fellowship and the like. However, when we apply these principles we avoid some of the pitfalls.

Many of our problems are much like those our predecessors had to face and overcome. Their hard won experience gave birth to the Traditions and our own experience has shown that these principles are just as valid today as they were yesterday. Our traditions are what protect us from internal and external forces which could destroy us. They are truly the ties that bind us together, but they don't work automatically, it is only through understanding and application that they have power.

EDITORIAL NOTE: This material is from the introduction to Chapter Six of the review form of our Basic Text — much of it does not appear in our Basic Text as approved. We felt you would enjoy seeing it and have reprinted it here with permission from the W.S.C. Literature Sub-Committee.

"A MATTER OF CHOICE"

No matter what the circumstances are, or how bad things seem to be, our happiness does not depend on people, places and things. Today we have a choice to act or react. You can be as miserable as you want to be or as happy as you want to be, but it's your choice. So put a smile on your face, a twinkle in your eye and a song in your heart and keep on pressing on. Happiness is a by-product of the Program worked daily.

SELF-CENTEREDNESS



ticing principles as I understood addiction. This came from practime, I was again isolated by my N.A. After a substantial period of tions of recovery that I learned in stopped periodically to pray, attend and running both of our lives. I Alive and clean, I was in love with someone special and fell in love. some material possessions, met any lengths", "no pain, no gain". "I can't, we can", "willing to go to in the N.A. lingo; "Turn it over", at the meetings and talked at length N.A. and do something about it. problem. I was going to come to something about it. I had a drug successes. I was determined to do meetings and go through the mothe idea of being in love. I was off I found a job and started to gain many dreams, friendships and active addiction had robbed me of entering N.A., I discovered that minded me I am never alone. Upon ness of my spiritual growth requiet of being alone. The aware-I went about meeting all the people I sat and began to appreciate the Today was a very fast-paced day

The fact is that although I don't understand my addiction totally, today I accept it. I don't understand my Higher Power, yet I ask for my Higher Power's will to be done today. The spiritual principle of surrender has proven it's point over and over in my recovery.

Getting involved with my group in the day to day workings of service, I ran into a lot of areas where I was uninformed. Each time my self-centered, self-serving, self-seeking attitude led me to think; "If I don't know, it's not worth knowing": condemnation prior to investigation. Trying to graft a new idea onto a closed mind truly doesn't work. I isolated myself from service co-workers and other recovering addicts. Most importantly, I

"I isolated myself,
I separated myself..."

separated myself from my daily program of recovery (the steps, prayer, meditation and taking positive action). Upon rising in the morning, fear became a constant companion; one I seldom was able to shake. Only "true confessions" from the podium and self-criticism seemed to humble me enough to seek recovery.

I have gone through gradual changes by willingness to work the steps in my life. I finally listened as others shared their experience with the steps. Through continued abstinence, love, the care and concern of other addicts, I was able to survive clean the total isolation my addiction held me captive in.

Today, the same things still frustrate me. My addiction frustrates me. Fear still enters my life. There is one substantial difference today; I have my priorities in better order. N.A. gives me the freedom to be myself. It has provided a clear direction for a conscious contact with my Higher Power. God,

as I understand God, allows me to surrender with the assurance that happiness comes from within. The chains have been removed. I am beginning to respect myself. Humility, honesty and integrity can be obtained by living the steps and surrendering daily. This gives me a vision of hope! "I can't, We can!"

The Payback is:

As recovering addicts, we learn to live life on it's own terms. The recovery and freedom we enjoy are the results of what's been freely given. We accept the responsibility of sharing this as part of the life we have chosen and in gratitude for the gifts we have been given.

We carry the message of our recovery to the addict who still suffers and offer hope for a better way of life. We practice the basic spiritual principles we have learned in all areas of our life to deal with our fellow human beings positively.

SHORT TAKES... One of the neat things about this program is that I'm "normal" here! Sprituality, to me, is awareness of my God, and a knowledge that my spirit is in contact with the Spirit of the universe. Sometimes the best way for me to do my God's will is to practice patiently waiting.

CHANGES

The past two months have been the most unusual and demanding period of my recovery. I've experienced joy that has far exceeded my limited imagination, sorrows that have shaken the very roots of my soul and a vast range of emotions in between. The bottom line is that through it all, I stayed clean and made recovery my priority on a daily basis. This has kept me living my life by the steps, going to meetings regularly and using my sponsor. Thus, with all the changes and demands that have surrounded my life in these past two months, I've continued to grow in recovery and increases my need for the love and strength I receive from the Fellowship of N.A. As I approach another N.A. birthday, I'm beginning to feel a continual need to surrender my will to the will of my loving and caring God, as never before. I've worked through all Twelve Steps, to the best of my ability, in order, several times, with the guidance of a sponsor. Now I am beginning to see the will of my God becoming an integral part of my daily life. It feels good.

Two months ago, it seemed my whole life feel apart within a ten-day span. I watched a promising and fantasy filled long-distance romance 'bite the dust' I'd been feeding my disease with those fantasies for several months. It wasn't real and it didn't last. Then, one of my closest friends in the Fellowship died unexpectedly. This really shook me. I went to the funeral and upon my return home, felt emotionally paralyzed and unwilling to meet my daily responsi-

By Friday, I no longer had a job; I was fired. What scared me the most at this point was that I didn't even care. With all my "knowledge" and experience, I just couldn't seem to come up with the right combination of thoughts or spiritual principles to motivate me to be responsible for myself. I lapsed into despair and self-pity. I turned to the only thing I knew could save my spirit — N.A. Service. I just poured myself into it, totally and unconditionally as if my life depended on it (and it did). I was already serving on several committees, but I needed something more direct and immediate. I got involved at the Group level again. My home group needed a Steward (someone to make the coffee, put out the literature, clean the ashtrays and greet members), so I gladly took the job. Another group needed a secretary and no one else wanted the job, so I accepted that also. Almost immediately, I felt rejuvenated. My God placed many newcomers in my path, and it seemed that I was constantly sharing with them, and working

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with those I sponsor. My despair and self-pity were removed and replaced by hope and gratitude. I became keenly aware of the importance of a day clean. Soon, I was having spiritual experiences over the smallest things and I began to see the miracles all around me. The details of my day-to-day life began to get better, slowly, as I began finding the strength to do the things I didn't feel like doing... but knew I had to. The results have been very positive and fruitful.

Today, I'm working again. I was led to a job in a counseling center, dealing with addicts still in the grip of the disease. Their denial reminds me of me, and what awaits me if I pick up that "first one". I plant seeds and slip in a few blows for N.A. recovery there, daily. I pray that some of the seeds take root and grow.

I have a beautiful relationship with a person who had been reaching out to me the whole time my head was caught in that fantasy romance. It took the ending and surrendering of that fantasy-trip to see the beauty and reality of this new relationship.

Most importantly, I understand the need to serve, selflessly, this Fellowship that has saved my life, on a daily basis. My gratitude speaks.



GIFTS

I recently experienced an insight which saved my life. Each person I've risked to share intimately with has given me a piece of their spirit I carry with me on my journey of

"Each person has given me a piece of their spirit."

Recovery. Sometimes, I can identify that part of my spirit which came from a particular member. Often, I won't realize the had given me a gift until long after it has been added to my spirit. When I

continue receiving these gifts of minded and willing enough to suffering. I pray to remain openway with another addict who is this new-found spirit in some smal will give me the ability to share day that God, as I understand God, I owe you my life, and I pray each your caring and sharing with me know today is a direct result of spirit is alive and free, and very spirit would be empty. Today my received from each of you, my spirit was in when I came into part of me. The joy and peace I full. Thank you all for becoming a that, without the many gifts I've N.A., the realization dawns on me look back on the condition my

This past weekend left me filled with hope, and joy, and a deep-felt gratitude for being a part of the N.A. Fellowship.

I had been asked to speak at a fundraiser in a distant state. I was ready to leave, when my car broke down. It didn't look like I could possible make it, so I called to give them the news. Before I knew it, other arrangements were made. I was to fly to a large city four hours north of where I was going to share and a member would meet me there to drive me to the fundraiser.

make it for the fund raiser. experiences about mutual service We swapped ideas and shared there and some from out of town. over the city. I got to meet a lot of it. We spent a few hours driving all would drive me down. At this So, amazed, I went. Upon arrival in had to hit the road in order to with the local Fellowship so much, projects. I enjoyed those few hours beautiful people in the Fellowship dream and I kicked back to enjoy point, it all felt like a beautiful that city and another member who member of the Fellowship from the large city, I was greeted by a I hated to leave the city, but we less than if I had driven by myself As it worked out, the cost was

We arrived just as everyone was getting ready to dig into some of the best food I've had in a long time. I couldn't believe I had made it. There was only one other member in the hall I'd ever met before, but I felt right at home. They were all N.A. members and we shared the bond of recovery from the

ieft me filled and a deep-felt AN N.A. a part of the conspeak at a lit state. I was

disease of addiction. I'd been asked to share recovery from my disease, so I spoke for two minutes on my active addiction and forty-five minutes on my recovery. I'd never done that before, but I prayed to be used as an instrument, and as I spoke, I felt the presence of my Higher Power. By the end of the evening, I felt like a member of the family...the love and care that was shown me there was very touching.

I love you, family. help me recover, just for today through the N.A. Fellowship to me to N.A. and for working all to my Higher Power for leading like a dream, yet it is real. I owe it I came, this life I know today is ing before my eyes. From where the new friendship that was grow-Something special blossomed in I'm at, living in the here and now of gratitude for being right where come, I was filled with a sensation looking forward to conventions to niscing about conventions past and weekend. As we sat there, remibanquet for a recent Convention spend a while with someone I'd beautiful way to end a dynamite for N.A. had been held. It was a We ate in the same hall where the took me to a special place to eat. been hoping to know better. They rangements. This enabled me to changes in my transportation ar-The local members then made

IT'S NOT JUST WORDS

Recently, I was given an opportunity to pass on a gift of love, a gift that was given freely to me four years ago.

I was planning a liesurely weekend, something I hadn't done in quite a while, when a phone call brought news of the death of a friend's mother. Torn between my need to rest, and my need to be there for my friend, I paused to pray and meditate.

My brother had died suddenly when I was four months clean. Angry and in pain, I wanted to run from my feelings; to deny they existed. "Program" people saw my need for support and filled that need before I even knew it existed. They understood my inability to reach out and surrounded me with their love. In the midst of all my pain...all my denial, one fact could not be denied. These people cared about me...really cared. It wasn't just words.

"My friend has plenty of family, and a large local Fellowship for support, I'd only be in the way," I thought. "After all, we've only been acquainted for a few months, and I never even met her mother..." I remembered though, how people I barely knew showed up at the funeral home just to let me know they cared, and I remembered how I had needed them.

I made my decision and a phone call. My friend's father answered. I'd never met him before. I felt awkward and inappropriate as I explained briefly who I was, expressed my sorrow over his family's loss, and asked him to please tell my friend "I'll be there". Not just words...

I packed and began the long drive. I wondered if my ego was so inflated that I believed I was indispensable. A few moment's meditation brought my answer. My friend needed someone and I needed to know someone was there. I needed to be that someone. I understood.

Our basic text says "...a simple hug can make all the difference in the world..." How true. No words were needed as I held my friend. How trying it can be to go through the motions of politeness and courtesy when all you want to do is cry and grieve. How grateful I felt to be there in those moments when my friend was overcome by grief and just our eye contact brought a moment's peace. "A wordless language of recognition, belief and faith, which we call empathy..." How healing it can be to have someone who knows your feelings. I understood not only pain, but I understood that the denial of pain could kill.

Many times again I felt awkward and inappropriate. My clothes "weren't good enough" my hair "wasn't right". Release from this self-obsession came when my friend said I was needed there. The instinctive feelings that come through meditation and sharing our experience in recovery is real. "If sharing the experience of our pain helps just one person, it will have been worth the suffering... words mean nothing until we put them into action."

My friend had a need that I understood. I could fill that need. I care very much...it's not just words.

Spiritual Awakening

Our book isn't out... Time, money, and much effort have been wasted... Rumor, gossip, fear, distrust, lack of faith abound! They all seem justified; but before you buy into negativity, ask yourself: "Am I clean today through N.A.?", "Am I a miracle?". If you can honestly say "I am" to these questions, you know the real truth.

Our growth in N.A. in recent years has resulted in unpredicted problems, in unexpected needs! Unprecedented solutions are called for. We need to strengthen the structure that our members and groups depend on to serve their needs. The availability of literature and information about recovery from the disease of addiction and our Fellowship will be the foundation to meet those needs.

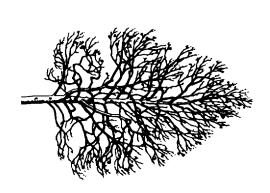
We already have the basis of our recovery: our Program, our meetings, our approved text and most importantly, our members and our relationship with a Power greater than ourselves. These are important things, the rest is detail.

The Fellowship of Narcotics Anonymous is experiencing a Spiritual Awakening today. Members who felt lost and left out are getting involved and sharing their spiritual strength with other members. A great deal of energy is coming out of the realization that every N.A. member is important. The solution

is overwhelming the problem. Today we have enough spirit and enthusiasm to meet our own needs, and whatever needs lie ahead. We are not weak, confused, dispirited people we once were. Together, any good thing is possible. Through N.A., we reach out with the hand of recovery. We can do

"Today, we have enough spirit and enthusiasm to meet our own needs..."

whatever is called for to stand on our own feet and reach out to others who would die without us. We care. The truth is that N.A. can withstand any controversy, any diservice or any adversity. This is the miracle of N.A.



GROUP WILL

In N.A. service, a marriage takes place wherein each member can be heard and the group is responsive to each member. This allows the best of personal contribution to be heard and yet gives the group the

"...apathy allows this imposition to prevail..."

freedom to act, think and feel as a cohesive body. The group acts as a check on the contributed views too personal to be of much use to others. A good idea, however, is amplified by the group and can serve the whole with a minimum

ceases to act, think and feel tion to prevail, and the group Only apathy allows this imposigroup saying to themselves, "God that's just the way I used to do..." without the other members of the group against its collective will pose a personal viewpoint on a Few members can come up with a son, then we may let our personalipersonal conceit or attempt to imlearn to guard against our own ego personal recovery, in service, we to guard against our disease in our may be speaking. Just as we learn ties override the truth that person with or dislikes a particular per go wrong. If one of us disagrees an ideal state. In practice, much car of lost strength and spirit. This is

Meetings on the Road

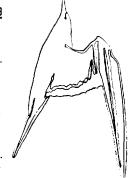
For me, this is a program I have to live just for today. Meetings are a big part of my program, and if I don't make an effort to get to a meeting today. I'm not working my program. I've been on the road and working hard all week, and it's been three days since I've been to an N.A. meeting. Three without a meeting is a long time for me. Something that's been helping me to "stay on the beam" is the stack of N.A. Newsletters I brought along with me. I'm very grateful to have these N.A. Newsletters to keep me going. I have a strong need to keep in touch with other recovering addicts on a daily basis, or I start to forget that I'm an addict and I start "thinking" too much. I'm aware today that nothing can replace an N.A. meeting, but reading each newsletter is almost like sitting in a meeting. I thank you folks out there who have taken the time to share your recovery in writing. You've made my week a whole lot better than it might have been, and helped to keep me feeling happy, joyous and free!

Pathways of the Spirit

survival. immigrants who are understood by anything is possible. We are like change and growth within the Felwho are bringing about rapid ways once again. It is the members will sicken and fall into our old with other recovering addicts, we attending meetings because we each other in ways necessary to our lowship. We know that together ience that without regular contact ally depend on one another for our have learned from bitter experlives. We have no real choice about Twelve Traditions. It lies in the meeting held in accord with our center in the midst of every N.A There is an indefinable spiritual fact that we are people who liter

therapy, religious groups, town meeting in any other way. Group without resembling an and discuss what's bothering them sible for a group of people to meet obstacles and disruption. It is pos nature of our meetings, despite munication just as we learn to encourage these channels of comservants, we learn to foster and caring. In our work as N.A. trusted or a circle of truth, or a web of corridor of the Spirit of recovery respect and protect the spiritual groups through the service structure of N.A. I think of this as a A connection exists between

> around us changing and growing covery or who have not surrender ed to our program cannot experwho are not addicts seeking remeetings without participating in when we find ourselves and those They can attend without feeling ience the miracle of N.A. recovery. this miracle of the Spirit. Those Many people have attended our essential part of our meetings. greater than ourselves. This is an program to depend on a Power through surrender to the N.A. ing recovery, who have learned is the fact that we are addicts seek-What makes N.A. groups different as long as people have been people. meetings, etc. have been going on the excitement and joy we feel



of greater N.A. These benefits must be guarded in the same ways structural service can get answers of one sort or another and through and avoid difficulties; benefiting groups go through growing pains the structure serves. Also, many are some of the more obvious ways needs it, and activities which offer ture, support for a group that cannot provide on its own. Literafrom the experience and strength ways for members to get together able whatever a group needs, but nurture meetings by making avail-The service structure exists to

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in spite of differences. they talk to each other regularly dual members. If like members much the same was as do indiviregions can serve one another in perience. In this way areas and communication can we share exopening and protecting channels of have something to offer. Only by and certainly areas and regions every member of the Fellowship what was said. We believe we can in terms of who said it rather than that which is to be passed on more into play, the personalities select of recovery. If personalities come that groups guard their atmosphere learn something from each and



A SENSE OF HOPE...

the actual start of reaching the my emotions are in the valley, is at the foot of the mountain, that that the mere awareness that I am continue the climb. I know today gives me the strength I need to be again. It restores my faith and that I am not alone and need never moment may be, it reminds me consciousness. However brief that greater than I, as it reaches my awareness of a force, a power sense of hope, a feeling of gentle and feelings of utter desperation the midst of a storm gives me an ness and security. That soft calm in for a fleeting moment there is a In the midst of confusion, chaos

SETTING IT UP

So you want to start a Group. Well, let me play the Devil's advocate for a moment. Do you really want to start a group? Are you willing to pay the price? Many times it can seem a hopeless, thankless and frustrating job. Are you willing to give up your Tuesday (or whatever) nights for say a year or two? Are you willing to go to any lengths for your recovery or for the group? Only you can answer these questions and a lot depends on where you are located and what help you can expect.

is going to grow. Fellowship. It can be done and it need a lot of dedication and comgroups around, things are probably same way. If there are only a few a group that finally died. There's a months keeping the doors open for with one or two others for nine support. Years ago I sat alone or utes. A group starting here can get must be done by someone if N.A. munication with the rest of the has never been any N.A., you will breaking new ground where there going to be difficult, and if you are group about one hundred miles thirty meetings within fifteen minwithin a half-hour drive; twenty to forty to fifty N.A. meetings a week easy. For me there are probably support, things should be fairly from here being kept alive the around from which you can draw If there are a lot of groups

Being Used... By Our Higher Power.

I would like to share this story about something special that happened. The principle I see in this is that surrender lays the groundwork for miracles.

At a particular N.A. convention I attended, I didn't collect meeting schedules like I usually did. At a rest stop on the way home, I met some members I recognized from the convention. One of them gave me a few meeting schedules from their area. As I thanked and hugged them, we parted, not knowing how close we would become in the future.

"I was unaware of the plans my Higher Power had..."

I was unaware of the plans my Higher Power had for our crossing paths that day; the special plan for that particular meeting schedule I was carrying back to my home area.

Soon, after I returned home, two addict friends shared with me that they were going out of town to visit relatives. I didn't realize my Higher Power had used me as a courier until they shared that the city they were about to visit was on the meeting schedule I got at the rest stop.

As I turned the meeting schedule

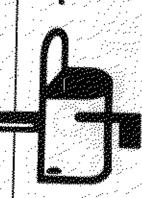
whelming feeling it was intended for their use. I gave them the name of the member I had met from that distant city, so they had someone to call as well as a meeting to

What was really amazing to me was how that member happened to be present at the meeting to greet my friends. The morning of the meeting, the member's car didn't start, which encouraged unplanned attendance at that particular meeting. My friends came to that very meeting and the one person they knew to ask for by name was there

with hugs. to greet them share with one ourselves can form able to visit and Together. We've been drawn closer by which we are intricate patterns Power greater than another again soon. we will be it...l trust and others like another about able to see one this instance The will of a

The God that I understand, many times takes care of us, through us.

Our Readers. Letters from



Dearest Feilon Markers,

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> Sear 'MA Way' Editorial Committee, for all form hard work in Senting it

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WOTER. FOR WOLF BERFECE, addicts all over the country and the Thanks and I pray it will continue, Through the 'MA Way' I can bear from

%o the 'k.a. Hay' Staff

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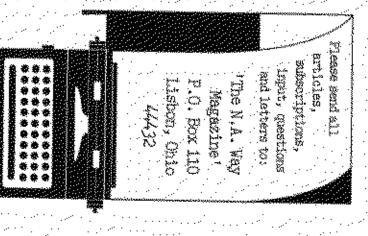
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