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VOLUME 5

NUMBER 6

*Powerless Over
My
Addiction*



THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. *We admitted that we were powerless over our addiction, that our lives had become unmanageable.*
2. *We came to believe that a Power greater than ourselves could restore us to sanity.*
3. *We made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *We made a searching and fearless moral inventory of ourselves.*
5. *We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *We were entirely ready to have God remove all these defects of character.*
7. *We humbly asked Him to remove our shortcomings.*
8. *We made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *We made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *We continued to take personal inventory and when we were wrong promptly admitted it.*
11. *We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.*

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Anonymous World Services, Inc.



THE INTERNATIONAL
JOURNAL OF THE FELLOWSHIP
OF NARCOTICS ANONYMOUS

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From the Editor



The motion that was up before this year's World Service Conference to expand the format of the *N.A. Way* passed. Here's a brief overview of what decisions were made by the Conference, and the implications of those decisions for the immediate future of the *N.A. Way*.

The motion that was passed by the WSC authorized the following changes to the *N.A. Way*:

1. That a section be added to the *N.A. Way* which would report newsworthy happenings around the Fellowship. This may include developments within various service boards or committees, local events in various areas that may be of interest to the Fellowship as a whole, or any other news and information regarding Narcotics Anonymous.
2. That a section be added to the *N.A. Way* which would include editorial comments from selected writers within the Fellowship. The specific intent of this section would be to provide a clear statement from at least two sides of issues of concern to the Fellowship, and to provide space for responsible replies from our readers. Such an editorial section would also provide the forum for statements by the Trustees and for the Fellowship's discussion of those statements.

The Conference passed the motion: 63 yes, 2 no 2 abstained.

Our plan is to begin immediately to work on developing the new format, and to present it gradually over the next several months.

Many people have asked us what the status of the *Newsline* is as a result of this decision. Some of what used to be published in the *Newsline* may now be published in the magazine, but the *Newsline* will not be eliminated. It will now be published every other month instead of monthly, alternating months with the *Fellowship Report*.

The *Fellowship Report* is a collection of detailed reports from various branches of World Services, distributed at no cost to regional and area committees.

The *Newsline* will still contain news and announcements from the WSO that are intended for the widest possible readership. This still retains our ability to notify the Fellowship of important announcements or requests for information in a large-scale way at no cost to the reader.

The news provided in the *N.A. Way* will be more along the lines of headline news and feature stories. At this point we are quite open to suggestion as to what you would find most useful and interesting.

Needless to say, we're excited about the possibilities before us. Write to let us know how we're doing and how we could improve, and write to par-

ticipate in all aspects of the new *N.A. Way*.

There's a wise old saying about *N.A.* meetings: "Don't hang too close to the edge, you could fall off." So

don't sit silently in the back row. It's your turn to share.

R.H., Editor

Experience, Strength & Hope



This section of the magazine is an international monthly Narcotics Anonymous meeting in print. All members of N.A. are invited to participate. Share your "experience, strength and hope" on any topic related to your recovery from addiction through the N.A. program. Please include a signed copyright release form (inside the back cover), and send it to:

**The N.A. Way; World Service Office, Inc.
P.O. Box 9999 Van Nuys, CA 91409**

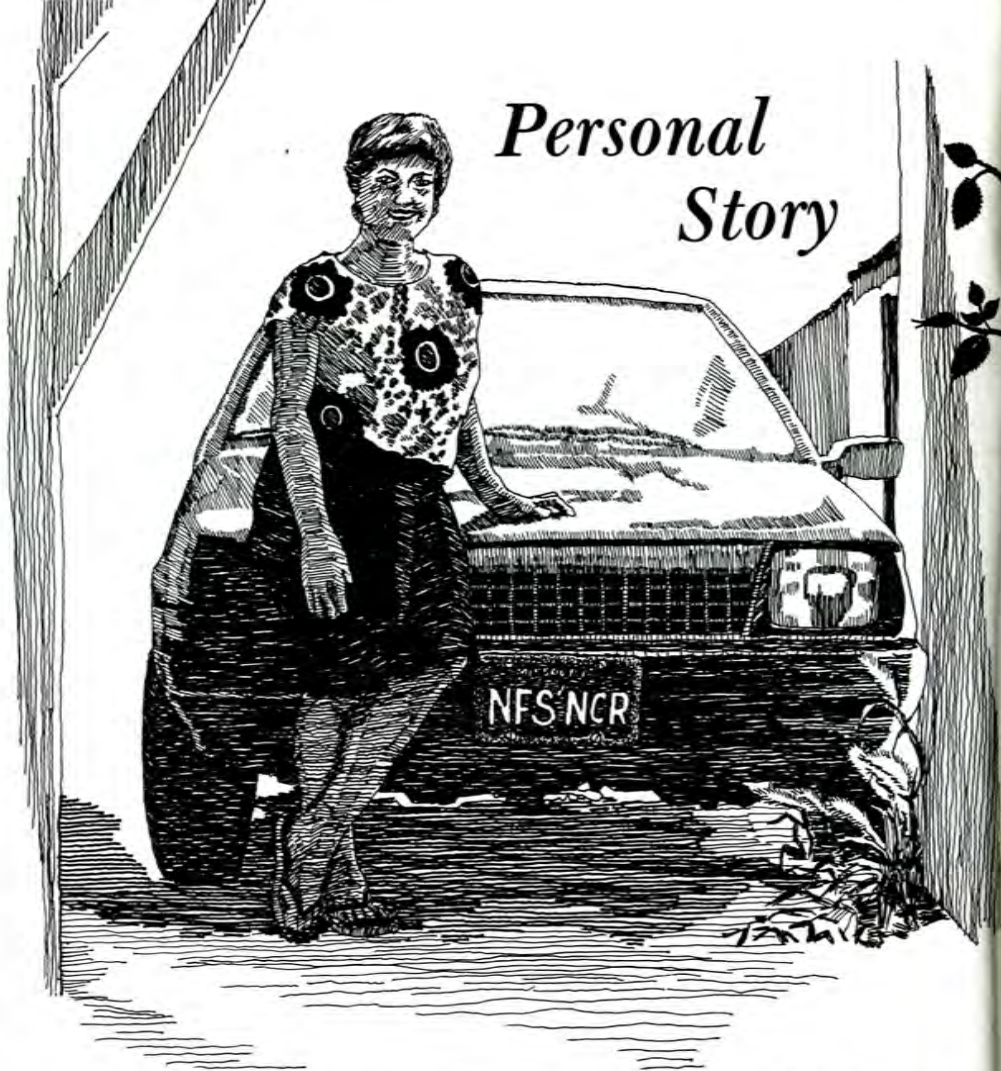
What is Narcotics Anonymous?

N.A. is a worldwide Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other to stay clean. It doesn't matter which drugs you used, or what you have done in the past. We are concerned only with how we can help addicts recover.

It costs nothing to be a member of N.A.—there are no dues or fees. The only requirement for membership is a desire to stop using. 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*.

For more information about the N.A. groups nearest you, write us at the address above.

Personal Story



I was born with an addictive personality, and have tried desperately to find somewhere I could fit. I have tried geographical changes and lifestyle changes, but I have always felt out of place in life.

I started drinking alcohol when I was three years old. By grade school I was sniffing glue and various gaseous fumes to get a feeling of being different. In the summer between junior high and high school I was introduced to street drugs. I was high every day possible.

I stole from people, from friends, relatives, strangers, businesses, etc. I started spending every dime I could get my hands on for some form of drug or another. I have tried about everything possible. Before long, I was introduced to the needle. That's when addiction totally engulfed my life.

Things started getting bad real fast. I got into shooting up every day, several times a day, anything I could break down. It got worse than ever before. I started to pray that the madness would stop and soon. I began

to read religious literature in hopes that answers would appear before me about my dilemma. Several did, I just didn't know what to do with them.

One evening I heard about a Narcotics Anonymous meeting, but didn't know what it was. I went with several people one night to an open question-and-answer meeting. I listened to all the questions being answered, then put in my question.

The answer I got was "Keep coming back, it gets better." I stayed off drugs for two days with no real problems. I spent the next month thinking about all the people who had talked to me after that meeting, and the people who called me in the following weeks.

Everybody was so nice to me, and wanted to help me all they could. I began to open up to some of the people in the program, and I did begin to feel better on a daily basis, as long as I stayed off drugs.

The program is a program of complete abstinence from all drugs, and that appealed to me. It was hard for me to get to meetings the first few months of my clean time, but I purchased a Basic Text at the third meeting I attended. It gave me things to read that were so familiar.

When a meeting opened close to where I lived, I got really active. I would go early and help set up chairs, and make coffee, and set out literature (and read it). Then I began to chair meetings.

The first real benefit I got out of staying clean was the lack of physical pain. The emotional pain began to subside shortly after. I couldn't believe how good I began to feel.

Another benefit I shortly began to receive was the money to purchase a

decent vehicle. I couldn't believe I actually paid off that vehicle within eight months.

"If this is how great it is in just one year, I am excited about maintaining my clean time, just to see how much better life can be."

I have had some problems, and the year plus that I have been clean hasn't been really super easy, but it is better. I have found that being active in the program is the greatest joy to me today. I also found that having a sponsor and several co-sponsors has been the biggest benefit to me of all. These people help me to live daily and I love them dearly.

I am involved in service work at both group and area levels. It keeps me too busy to think about using. I did have to change my playmates, and attitudes about life.

I am grateful to the N.A. program for showing me a new way of life. I work the Twelve Steps and Traditions on a daily basis now, and I love life. If this is how great it is in just one year, I am really excited about maintaining my clean time, just to see how much better life can be.

Thank you Narcotics Anonymous, your program saved my life and I am eternally grateful to all those involved in this program. ***I WILL KEEP COMING BACK. I AM LIVING PROOF IT WORKS.***

N.F., Missouri



Third Step

"We made a decision to turn our will and our lives over to the care of God *as we understood Him*." Having written my Second Step and acquired the deep faith that God will restore me to sanity, it is now time to conform to and align my will with His.

I used to think that this step was a one-time shot. Do it and move on. Now I see how often it is that I take my will back, and I see more clearly the need to constantly practice this step, daily, and even several times a day.

Self-obsession—that outstanding characteristic of addicts, can only be lessened through a repeated attempt to release control, listen to the inner voice of conscience, and trust in God that as long as I'm making an earnest attempt to live spiritually and grow toward a better me, all will be well.

I am so self-powered, trying to unsuccessfully "manage" things, and drive myself and those around me so unmercifully, that the need to turn things over to the care of God is crucial.

"Made a decision" implies action, whether it be written, mental, or out loud, or all of them as I am attempting to do here and now. I make the decision with the confidence that not only do I "know" it to be the right course of action, but I also *feel* it to be good, right, and proper.

I want God's influence in my life, ever moving away from self-deception and dishonesty into the light of truth and honest effort. You reap what you

and and outright refusal to change, whether the reason is fear or otherwise.

"I want God's influence in my life, ever moving away from self-deception and dishonesty into the light of truth and honest effort."

My "will" is my controlling of any situation or person. My "life" is just that—the course of my existence during this lifetime. To turn this over to God's care means to trust in the eventual outcome of all situations, even tragedies, trusting that all things happen for a reason, and that my Self is being strengthened and prepared for greater opportunities for growth and development.

Turning my will and life over is learning to live in the moment, just for today, to release control—to just plain stop, slow down, calm down, relax, take a deep breath, say a prayer, and move forth with increased awareness, love, and faith.

The "care of God" means that He is loving and actually has a personal interest and *care* about me. He *cares*. Care, by dictionary definition, also means "protection; charge or temporary keeping." God will be my protector, instructor, and supervisor.

"God as I understand Him" is the Force for Good, the Creator of purpose in the Universe that, if I but ask for it and try to practice spiritual principles, will sustain me with unconditional and limitless love.

And now, I humbly petition.

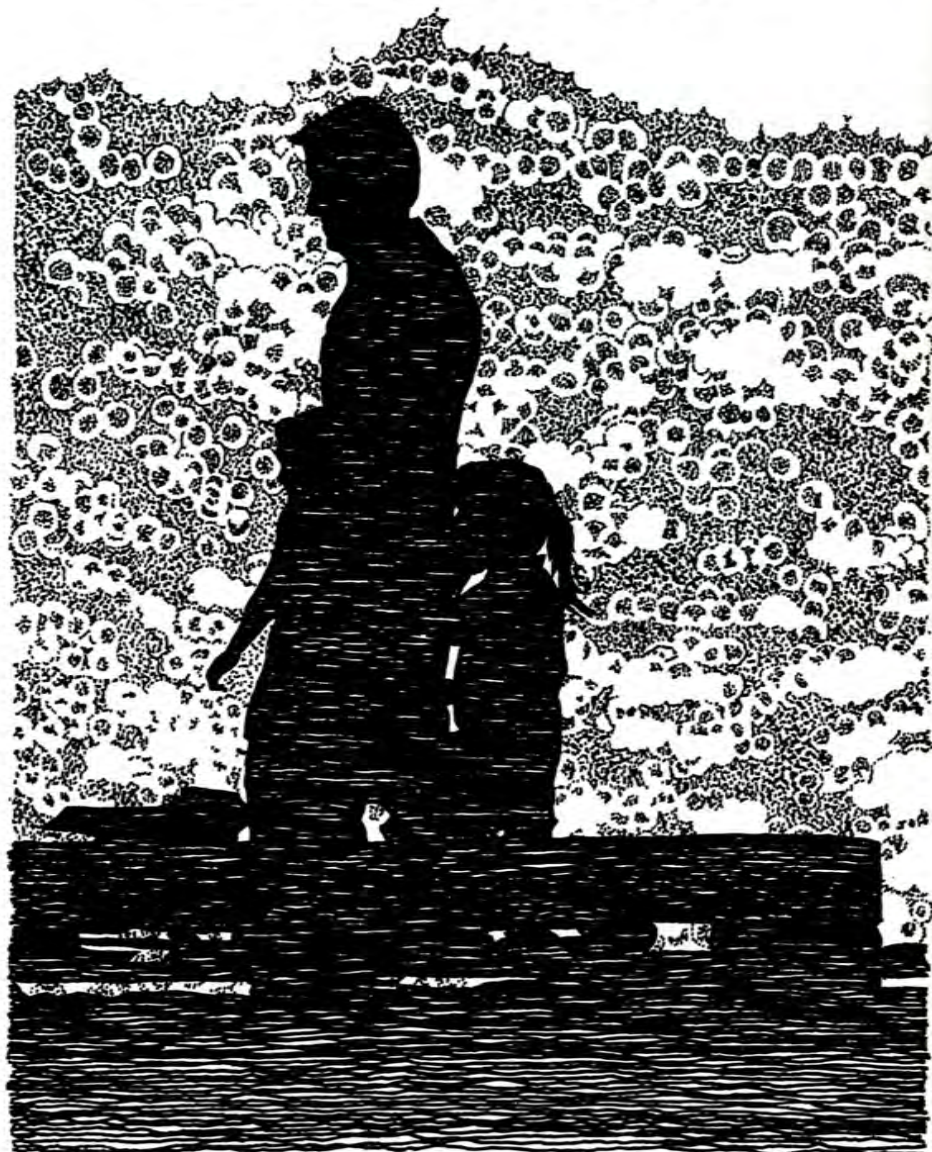
M.R., Washington

sow, and I believe that is universal truth.

I interpret my "will" to mean my stubbornness, closed-mindedness,



Two of God's Most Precious Gifts



Over my Christmas holidays I was blessed for four whole weeks with two of the most precious gifts god has given me: my four and five-year-old daughters. I took them very much for granted when I was using, and did not

see them very often. Even though I took them for granted, it broke my heart to leave them each time.

It took us about a week to settle down to each other, but for the rest of the time they were with me things went very smoothly.

When I was using I tried to buy their affections with toys and things, but I never seemed to get very far with them. This time I simply devoted most of my time to them. We would go to the park and the pool, and on wet days we would play or just sit and talk to each other. The looks on their faces told me just which way they preferred to see their father.

They got to meet a lot of other N.A.'s and attended a couple of meetings with me. They responded much better to my new friends than they ever did to my old friends.

I used to think that my children were too young to understand about my disease, but they, like most children, understand more than we adults give them credit for. During one of our talk sessions they told me that it was my medicine that used to make me sick and act strange and that it was because I was sick that I didn't get to see them very often.

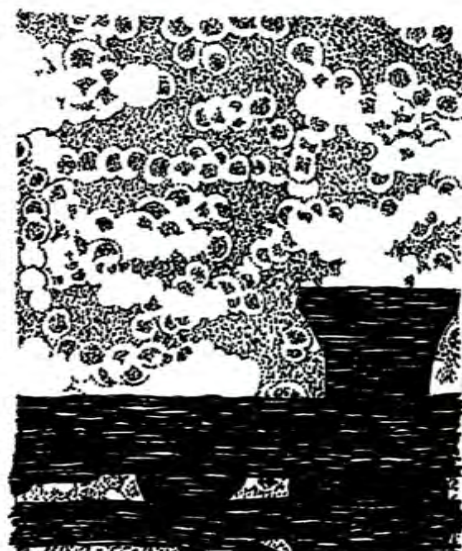
The time that I dreaded most—their departure to go back home to their mother—seemed to come around very very fast. On most oc-

casions when I was using, saying goodbye depressed me so much that on a couple of occasions I tried to take my own life. I thank God now that I was never successful. This time I still got depressed, but with the help of my higher power and the support of other N.A.'s, I was able to get through that difficult time.

Today, with this Fellowship to help me through, I feel confident that I can take on any of life's knock-backs, one day at a time. So I feel more comfortable about seeing even more of the two precious gifts that god has given me.

Love and laughter,

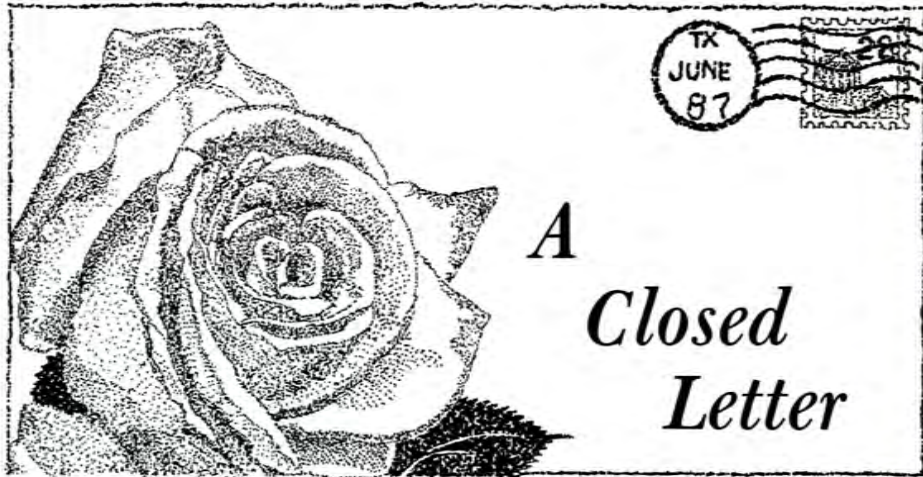
C.M., New Zealand



SPIRITUAL AWAKENING

After having a major fight with my girl friend, I was riding around in my car blaming God for what just happened. I was cursing him, calling him this and calling him that. Then I looked up and said, "You know, I don't even believe in you" then it hit me, *if I don't believe in him then who was I just talking to?*

D.K., Rhode Island



A Closed Letter

Several months ago a new group formed in a nearby city. A group conscience revealed that this group's members believed its primary purpose was to carry the message to addicts still suffering in the real world who were seeking help. No addict seeking recovery need feel his or her plea for help had gone unheard, and to this end, the group dedicated itself. Response to a call for help became its reality.

A desperate late-night call to a member's friend, and two addicts were on their way to render assistance in a panic-filled night. Emotions ran high. The possibility of a stabbing and further consequences had filtered in via the phone lines.

Feelings ran amuck in the chilly air; yet friends clung to each other, and the call for help was answered promptly and properly.

Another call was received from a depressed addict contemplating a suicidal overdose. The caller didn't realize the kind of depression that would be encountered in kicking. Christmas would be for survivors.

Many hours of telephone conversation led the addict to a halfway-house, willing to take a chance on living, willing to try it clean. Recovery for another person had begun.

These are two of the many instances the group found to answer the call for help. Sometimes their lifestyles unnoticed, they shared many hours of recovery with clean addicts, as well as those still suffering, yet unwilling to make the commitment to a new way of life. There were so many ways to serve—a ride to a meeting, a place to sleep, a place to kick, the list goes on.

Sitting on the sidelines of this coalition, we saw the number of meetings for recovering addicts double in the area they served. We've seen the number of newcomers increase as hospitals in the area began to see the benefit of one addict helping another.

Student nurses and drug counselors, having heard of the miracles, dropped in to open discussion meetings to learn from addicts the horrors of addiction and the contrasting beauty of recovery.

In this particular alliance of addicts, the willingness to go to any lengths to stay clean equaled the willingness to go to any lengths to carry the message to those seeking help. "You can only keep what you have by giving it away," was the recovery message, and they chose to give a lot of it away. *Esprit de corps* ran high. Selflessness had rewards for them.

They held firm to the Traditions of the Fellowship in spite of conflicting interpretations of those Traditions by sister groups, a situation which sadly becomes an issue for the Fellowship as a whole.

The status of this group's autonomy was compromised by jealous personalities in the sister groups. Jealousy was inevitable. Jealousies developed.

Personalities overrode principles. Common welfare and Fellowship suffered the day the secretary of the group abdicated saying, "Maybe, possibly, if I can put principles before personalities, other may follow suit."

Tradition one reminds us we are not recovering on our own. Tradition two says we aren't big shots. Three reminds us who we are. Four says we are part of a larger whole. What we do is the Fifth Tradition. Six and Seven aim us toward our special purpose. The Eighth Tradition reminds us we are addicts benefiting by receiving recovery. Tradition Nine says serve, not flaunt or inflict. Number Ten says we are not authoritative. Attraction rather than promotion says eleven.

Last, but not least, is Tradition Twelve—reminding us of the source of our principles. When personalities evolve that ignore the principles of our Fellowship—principles which reflect eternal spiritual values—we are lost.

Now we must surely rely on a power greater than ourselves.

The cartel of personalities in power in the neighboring city seem determined to suppress autonomous efforts of sister groups. They further display a blatant disregard for Traditions of the Fellowship.

"Maybe, possibly, if I can put principles before personalities, other may follow suit."

Self-indulgence of this kind is an immediate danger. It threatens the individuals and their recovery, as well as the unity of the Fellowship.

Because each group is autonomous, it's up to each group to avoid any action that might harm the Fellowship or another group. Once a group decided, "This is the way it is, we will give the Fellowship some good, robust promoting." To the general public, its antics reflect on the entire Fellowship. Hopefully, neighboring groups will not suffer as they try to hold to Traditions.

Everyone learns at some point in the program that staying clean is top priority. We can't succeed at anything if we fail at this. So says our Fifth Tradition in regard to our groups' primary purpose. "Carry the message." However, it appears very easy to get sidetracked as to how to carry it.

Many organizations would like to ride on the name of our Fellowship. To allow this would be a violation of our Sixth Tradition. When personalities are in positions within a group and allow this to happen, the Sixth Tradition generally tells us why: money, property or prestige. These be-

come obsessions shutting us off from our spiritual goal.

For an individual this can be devastating. For a group, disastrous. If we waiver from our purpose, an addict may die who might have found recovery—and each of us is subject to be that addict.

Asking non-members for money is a no-no. So says our Seventh Tradition. Auctions, raffles and ticket sales to non-members are a flagrant violation of this tradition. Funding of the Fellowship needs to come from within the Fellowship. As addicts we were most often con artists or thieves. The love of money has led many astray, and it appears to be happening again.

Also, ours is not a secret society, but an anonymous society. That's why we have a public information subcommittee whose job it is to give the general public an accurate picture of our society. In addition, they carry the message to certain groups—from police officers to personnel directors—whose work might include contact with addicts.

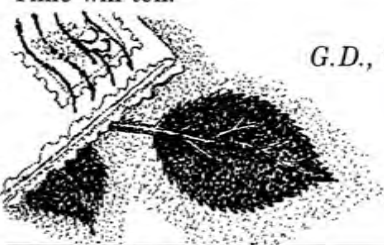
So often in recovery, we are told this is a program of suggestion, there are no musts in the Fellowship. Each person's personal application of the Steps and their principles in his or her own life is left completely up to the individual. There are no musts. The Twelve Traditions of our society are not negotiable, however.

If we allow the Traditions to be disregarded, we as a Fellowship suffer. Internal and external powers and personalities will destroy us. It is therefore vital that we each in our groups, as well as individually, uphold the Twelve Traditions.

Our recovery, and our groups' con-

tinuance depend on this. But even moreso, the addict who is looking for a way out of his addiction is counting on us to be there and intact when he or she is ready. Let's be careful and not compromise our freedom to recover.

Group autonomy has been used to justify the violation of our Traditions. These Traditions are part of a set of spiritual principles of our Fellowship and without them we do not exist. Can a new group survive skirting anonymity and threatening its own autonomy? Time will tell.



G.D., Texas

SUPERIOR HOP, INFERIOR SLITHER

Superior hop: An expression of a "better than" attitude. When I find some difference, when I outdo you, when I have something or somebody you don't have, etc. Usually used to cover low self-esteem or a damaged ego.

Inferior Slither: An expression of a "less than" attitude. When I take your put-down to heart. When I'm not measuring up to your standards. Once again, like the superior hop, a result of comparing.

Equality Shuffle: An expression of freedom. When we're accepting each other, just as we are. When we're identifying, aware only of similarities, when we're reaching each other. Queen Jealousy will not participate in this dance, neither will Brother Envy.

C.B., South Carolina

Oldies Are Goodies Too



I'm an old "young guy" or vice versa. I cleaned up in another Fellowship in the early 70's. There were a few N.A.'s around Tulsa at that time, but not too well organized. I never thought of myself as an addict (at least not a real one) but I helped a little now and then, mostly with moral support.

About this time I received a phone call from some people who had received a letter from California with instructions on how to start a group. Needless to say, I was willing to help, and sat in on the first several meetings. Years later I visited these folks and received 100 hugs and kisses from some clean and happy people.

As the years passed I began to notice N.A. flourish. They were causing quite a stir in the other Fellowship. I decided to investigate on my own. Their meetings seemed great to me,

although nobody paid much attention to me. I guess I was just some kind of old gray-haired relic. By now though I had learned how to enjoy listening and nobody tried to stop me.

As fate would have it, in 1980 I moved to a town of some 18,000, about fifty miles south, where a struggling N.A. group was just starting. I don't know how much help I've been, but I have come to realize I am a "real" addict, that there is a "real" need for N.A.

You know, you could take some primitive kid out of the jungle who had never seen a bicycle and teach him to ride one; perhaps only then would he realize how much he had needed a bicycle all along.

J.H., Oklahoma

Reflections



It has been a long and winding road, recovery. There have been so many learning experiences and opportunities to grow along the way. Finding out about a lot of my character defects and my assets has been so enlightening. It's not comfortable finding out

you're not the person you thought you were, but there's comfort in knowing the kind of person you are and can be!

Having just completed my Fourth Step, sitting in waiting to do my Fifth Step (I've made the appointment with my sponsor), I am afforded the

opportunity to reflect on my past and present, and on where I want to be in the future.

I am aware of many of my defects, which I really didn't look at until I had finished my Fourth. I'm also aware of the good, positive things about myself. The defects are quite obvious, and the good things, the truly good parts of me are maybe a little subtle, but they are just as real and alive as the defects. (When I say my good qualities are subtle, what I mean is they are frequently assets to a fault. Such as over generosity, people pleasing, etc... which are good in their proper perspective.)

I have enough faith today in my Higher Power to know that he will help me sort all that out. I know he wants me to be the best person I can, with all the qualities, good and bad, that I was born with. The only chance I have to be that person is by openly looking at and assessing myself.

It's a good experience...a really good one. And it tells me in my literature that if I don't do my steps, each and every one, sooner or later I will use again. For me using is dying. And I don't want to die, now that I've just begun to live.

I have just begun to experience a glimmer of what this program can do for me! Looking back, the changes are phenomenal! And the list gets longer every day. Some of the changes are not at all what I expected, and others I would never have imagined, but here are a few I am ever grateful for (after only the first Four Steps):

- * I pay my rent every month, on time, and have for over a year.
- * My phone bill is minimal every month, not \$500.00 like it used to

be.

- * I do my laundry every week, and my house is (usually!) clean and tidy.
- * My sixteen-month-old son is nurtured and loved by a clean, semi-sane mother (he wasn't always).
- * I am responsible to my home group, and able now to do a little service work.
- * I have many friends of the real fabric, who love me unconditionally and I love them the same.
- * I go to sleep every night and get up every morning.
- * I'm starting school tomorrow, and I will do a good job there.
- * I have learned that it's not important to be cool, and with that I have learned how to cry (cool people don't cry you know!)
- * I have been able to let go of most of my past, (I don't cringe in agony when I remember the real bad times—I see them for what they were).
- * I've found out I don't have to be in a relationship to be a valuable person. I'm single and happy about it today. I actually love myself, I have a good sense of humor and I can laugh at myself.
- * I can wear sneakers today. (I used to wear high heels and full make-up to the corner store!)
- * I can tell you how I really feel, I can stand up for myself. I can let you stand up for yourself. I can accept criticism and I try not to give any.
- * I have a loving and forgiving God. I am happy, young, and free!!

T.V., Ontario, Canada

Top Ten Reasons

for

Avoiding

Service Work:

1987

1. "I don't have enough clean-time."

(Give away what you've got. We have enough twenty-year people at WSC to save the world—don't worry).

2. "I'm not ready yet."

(When will you be ready? You don't have to dress formal. We'll pick you up at 7:00. Can you be ready by then?)

3. "I've been to area service—it's a zoo. I don't want to upset my serenity levels... I'm so fragile."

(Serenity without a little stress can be unhealthy. It has been known to cause cancer in laboratory animals).

4. "I hate service-work people, especially H&I-types. They all have tatoos that say "Mom: The Cause of My Addiction" and "Work the Steps or Die!"

(Pick your own favorite passage out of the Basic Text—we know a great tattoo parlor. Besides, H&I-types are pussycats anyhow.)

5. "I can't get into service work. I work "in the field" and I get enough recovery at work. Besides I wouldn't want my patients to see me there."

(Why not settle on one hat. That professional hat's getting too small for your head anyhow.)

6. "Too much travel involved."

(Willing to go to any lengths...)

7. "I don't know...I don't know what I could do."

(We train. OJT is our way of life.)

8. "Well, I'm not much of a joiner."

(It beats the Marines. It's not just a job, it's an adventure!)

9. "Somebody else will do it."

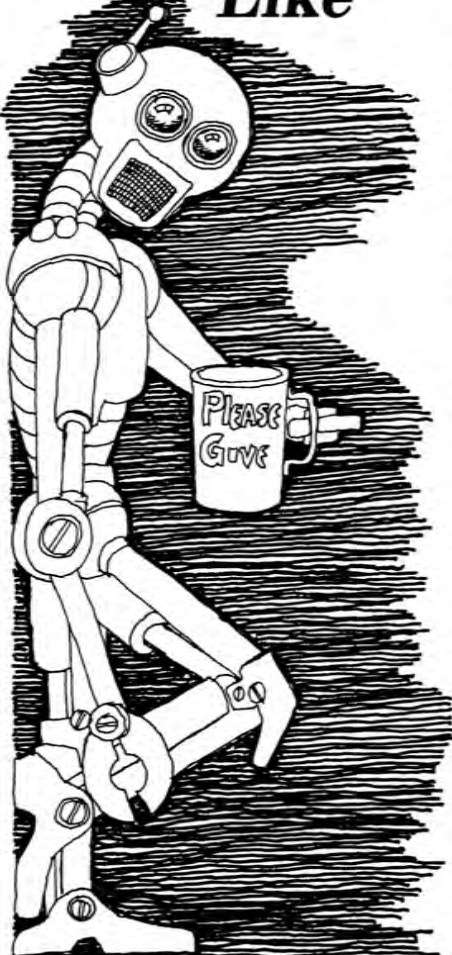
(Yeah... sure...)

10. "I'm too busy working the Steps. Excuse me...I see a foxy newcomer over there and she needs me to help her turn her will over."

(Keep coming back....)

L.D., New Jersey

I'd Rather "Keep Coming Back" Than Go Back to "What It Was Like"



I'll share a portion of what brought me to N.A. What it was like, what happened and what it's like today.

I have always wanted to be a part of anything, and it happened: I became an institutionalized occupant of prisons, asylums, and many, and I repeat, many, many treatment programs, and always in search of long residency. I became a program bum.

I injured many people because I was sick mentally, emotionally and most importantly in the area of confidence. There was no more trust to invest, anyone who once may have trusted me were all burnt out, and that's putting it mildly. What's closer to the truth is they were scared.

All that is to say this, that I was going insane before my death would ever arrive. In the last parole report, before my last jolt, it was recommended that the maximum term be imposed, for it was apparent that the community could use a lengthy rest from this defendant's criminal behavior, for his only goal was where his next cure of drugs was gonna come from, and he did not care who he harmed in the process in getting well.

In 1983, after I came out of prison, there was nowhere else to turn. My mom had died, methadone clinics didn't work, and no residential program wanted to take me in. I ended up in a flop-house, and the buildings adjacent to the right and to the left, they

held, it was explained to me, meetings where people went and sniffled about life, and where people smile.

It was an atmosphere that I wanted to be part of, but that gorilla in my mentality was struggling so painfully that I actually pushed everyone away, even the so-called "regulars" (ex-cons), especially them. My first six months all I had to share was a beast that didn't speak in meetings; just the vessel was there.

Some people were scared, but you know what? They kept smiling and saying, "Keep coming back, we love you." I was going to commit suicide, and I wasn't even loaded, I was just decaying. I was just cleaning up to die, there was no happiness, there was no change, and on this day—September 27, 1983—I made the most important decision in my life. I made that real surrender of many to follow. (I love the God of our program, and when I am happy today I know he is part of that surrender if not all of it.)

I was at a convention, my first one, and a beautiful human being asked if I had a sponsor. With one of my characteristic nuggets of wisdom, I responded, "I don't need a sponsor, I got me and the Dude" (God).

He said "You know what baby, you're gonna die all alone. God loves you and he knows you love him, but he wants you to do one thing if nothing else. He wants you to put him on the shelf for a while and then he wants you to learn to get along with all these people in the Fellowship, because they're the ones who are going to bring you closer to him."

A week later this man became the most important tool in my life. He became my sponsor, and I love him so

dearly, even though now we are hundreds of miles apart. He was there for my first year. He taught me the Steps of recovery. I wrote the first three as suggested.

"My first six months all I had to share was a beast that didn't speak in meetings; just the vessel was there."

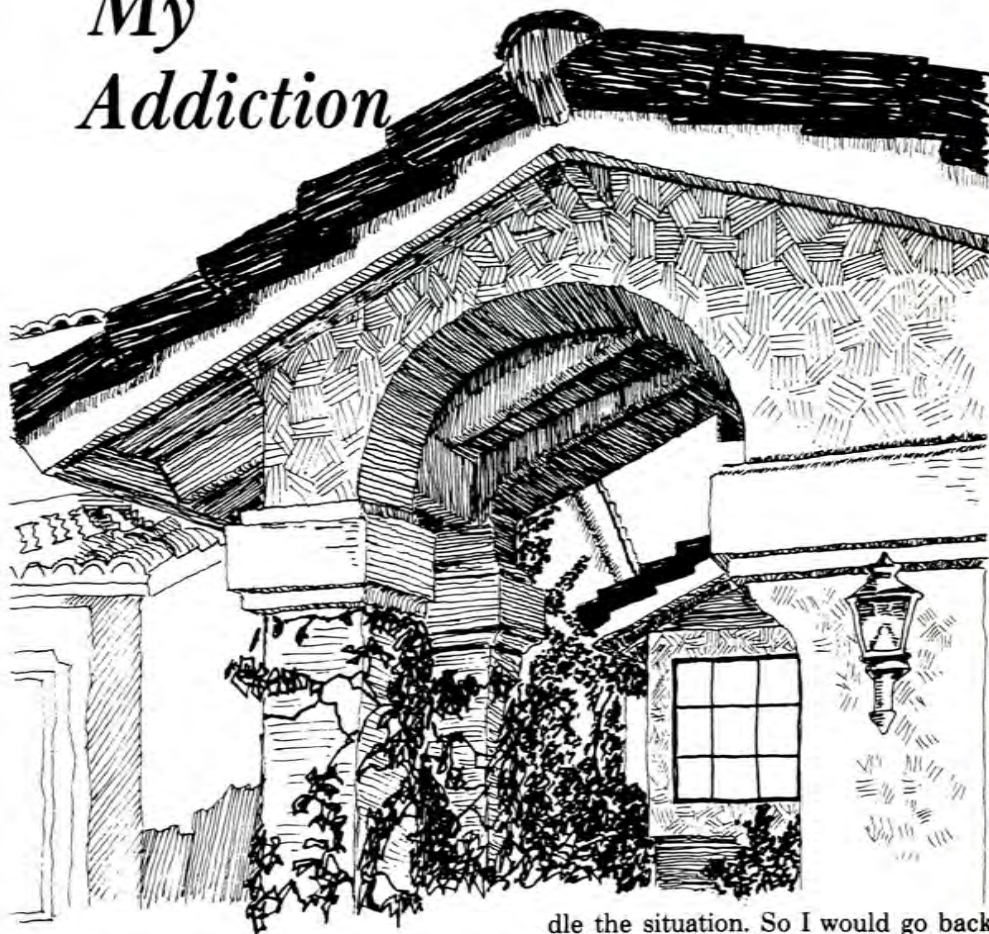
When I moved out of the area, my sponsor told me to be sure and get me a sponsor when I arrived at my destination. I didn't want to, but he said we could only talk on the phone for a short time and then someone has to be there, so I got me one.

I thank God for Narcotics Anonymous. Nothing else was working. (Although I do appreciate the stays in all the institutions. I was just there, a program robot with all the data.) If I were to describe Narcotics Anonymous in one word, that word would be "different." Different from all the other programs I've tried that didn't work for me.

I am so happy today! I am involved and dedicated to N.A. In our area, I am a trusted servant. We've grown from one meeting in 1983 to fifteen meetings today, and it's because of all of you that it's working. When we say "Keep coming back," we're saying we know there is hope. I myself would rather keep coming back than go back to what it was. I want to thank all of you for being a part of my life. It no longer has to be the other way.

S.L.O., California

Powerless Over My Addiction



I will be the first to admit that I was really powerless over all aspects of my addiction, especially drug use. I started using pot and drinking when I was twelve years old. That's when it all began.

I can remember when I was so tired of running the streets and doing drugs. I couldn't stop. I knew if I moved back home with my family I had to stop. I always let my family get the best of me. I just couldn't han-

dle the situation. So I would go back out.

I never stopped using drugs completely. (Never!) I would substitute alcohol for "drugs." But I never thought alcohol was a drug. When the alcohol would get old, then I would go directly to drugs. It got worse as time went on. I could not hold a job. I could not remember things at all. Especially if I had any kind of appointment.

I could not even go to high school anymore. I just dropped out. It even

got to the point where I could not even spend time with my children. I was so powerless over all drugs. I had to try anything concerning drugs to keep me high.

I was so powerless over my addiction but I could never admit to that. I would fight or just drop you as a friend if you even mentioned that I had a problem.

I did a lot of terrible things to my family, children, friends and even to myself, things that I thought I would never do.

My life got so unmanageable, I did not even remember selling a cop some drugs. I thought I would never sell to anyone I did not know, but I did.

It got so much worse as time went by. I tried to commit suicide three times. I have been in jail four times. I have been in mental hospitals, rehabs (in and out). I've even spent years in the women's state penitentiary. Before I went into the penitentiary, the state took my children away from me.

Upon being released from the penitentiary in 1985, I started to attend N.A. meetings. I felt like I had really found something. Two months later I got into a relationship with someone who used. I started drinking again. It took no time until I was heading down the same path of destruction.

A tragedy happened on April 23, 1986. I was at home drinking a pint of vodka. I called one person in the program. They were not home so I got drunk. I drove my car into a tree going seventy mph. That's when I really realized I was powerless and could not use any drugs, including alcohol.

When I got well and was released from the hospital, I went back to N.A. right away. I felt so loved. I admitted

to everyone there that I had been drinking for eleven months while I was in the program. I told them I was here to save myself now.

"I would fight or just drop you as a friend if you even mentioned that I had a problem."

I am very much involved with the program now. I work the Steps everyday, One Two Three and Eleven. I pray every night and every day. I go to meetings. I keep in touch with someone on the phone every day. I only socialize with people in the program.

I am a GSR and also the chairman of the helpline for the area. Now I even have two women sponsors. When I start thinking, I know I need a meeting.

I've done so much since my relapse with people in the program. I never have had so many people who care. They are always there when I need a friend.

When I first came into N.A. they told me they would love me until I love myself, and they have. I am very grateful for Narcotics Anonymous, and I want to thank everyone for their love and support.

I can even thank my Higher Power for giving me a second chance in life and giving me back my self-esteem. My children have been back in my life now for two years. I have a beautiful home. I am growing as long as I grow with N.A.. I keep my program very simple. I take it "just for today."

D.M., Virginia

Hope for Wholeness

Step Two of Narcotics Anonymous says, "We came to believe that a Power greater than ourselves could restore us to sanity." I believe that Step Two is one the most crucial and overlooked steps of our program.

We go to our sponsor with a problem and he tells us to do the Third Step. I did that for quite awhile myself as a sponsor until it dawned on me that anyone who is coming to me with a problem can't surrender it to God. The solution is believing somehow that God is going to be able to touch this problem and resolve it.

When life becomes a struggle and I'm ready to give up and lower my sights, that's when I need the Second Step. Step Two challenges me to believe that there is a Power greater than me that can bring hope. Hope is absolute certain trust that this is going to work out in my life.

My interpretation of Step Two is different from what some people in our Fellowship have. It's very important for me, and maybe it will help one of you.

I believe that Step Two challenges

me to believe that someday I will be perfect. Sanity is from the Latin root word "sanus," which means to be healthy, whole, entire. I absolutely need that belief because if I think that I'm going to have to carry all of my personality problems with me through life and through eternity, then I'm going to know an unmanageable degree of depression right now today. I'll lower my sights and live with just giving up.

I believe that God's power blesses people with the ability to be totally loved. My definition of sanity is to allow everything that I am to be perfectly loved. It's to be able to stand as a whole person and accept it all and to share that love with others.

I don't know when I'm going to be perfect. I don't know when it's going to happen. But it's crucial for me to know that it will happen. It doesn't matter if it happens before or after the grave. However, it is important for me to believe that I am, someday, going to be able to live with myself, accepting myself completely. When I have that belief, I can strengthen wherever I'm at today.

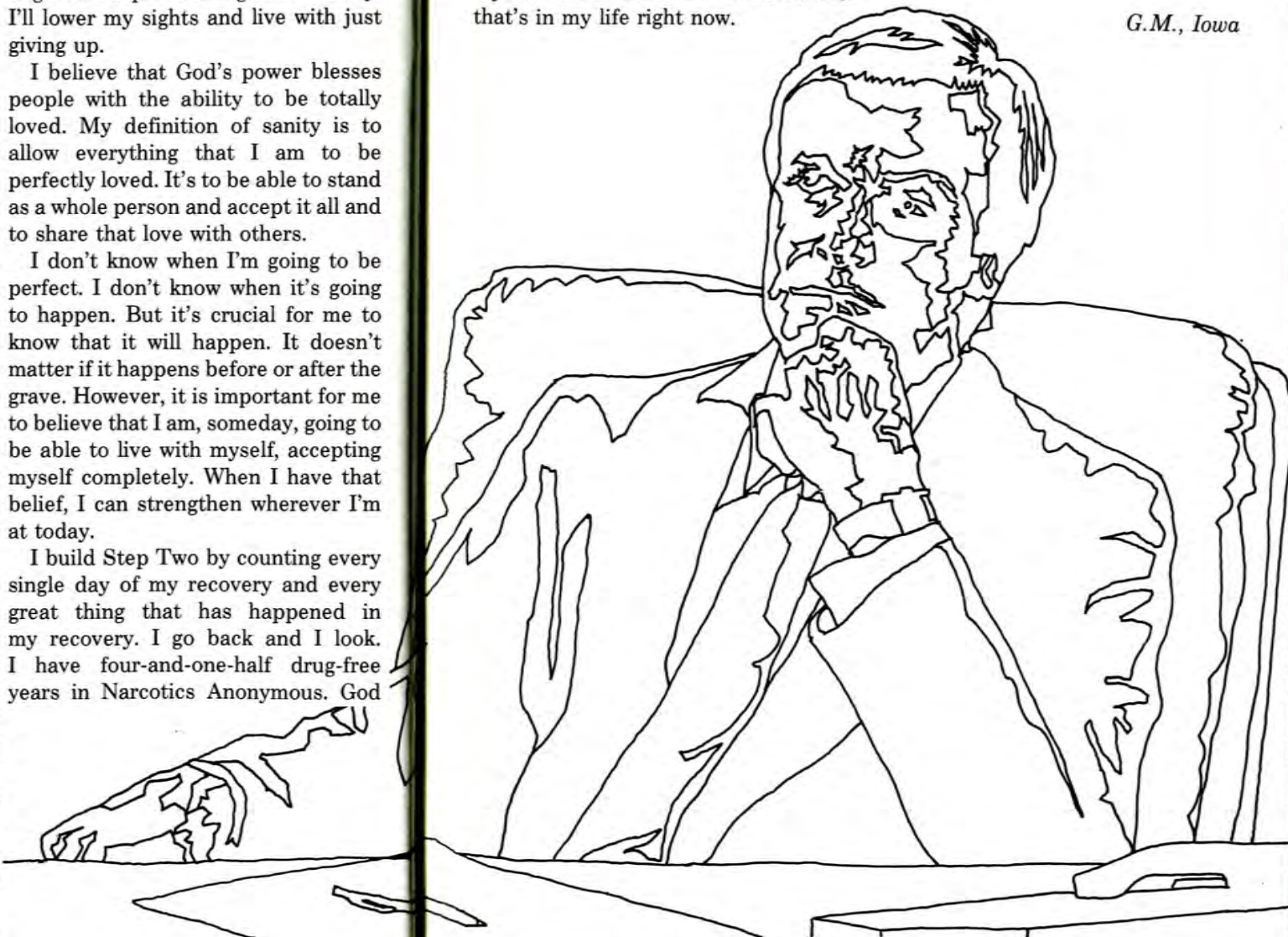
I build Step Two by counting every single day of my recovery and every great thing that has happened in my recovery. I go back and I look. I have four-and-one-half drug-free years in Narcotics Anonymous. God

has broken into my life every single day of that time to keep me clean.

There are times that I can't feel hope and don't want to even think about hope. It's during those times that I somehow have to come to believe that a God who has taken that mountain of active addiction out of my life, is not going to let me fall on my face over whatever this molehill is that's in my life right now.

I have constantly come to believe today. Today is the day that I have to put first what I am. I'm a recovering addict, and only through the Twelve Traditions of Narcotics Anonymous, through which flow the Grace and the Power of God, is that possible. If I lose that, then I'll lose everything else. IT'S AS SIMPLE AS THAT!!!

G.M., Iowa





Two things about shoplifters: one, they eventually get caught and are prosecuted for the crime. I don't want to talk about prosecution, I would like to share about shoplifting.

A shoplifter comes into an establishment, takes something and leaves without paying for it. In our Fellowship, the message of sharing that has been given to me freely has a price tag. The price is that in order to keep it, I must give it away.

Now, shoplifters are coming to meetings. They take and take. They never are seen picking up empty coffee cups or cleaning ashtrays. They take packets of informational pamphlets but don't join the home group, or their participation is limited to their willingness to take their cake on their birthday. Shoplifters are never at service meetings.

Shoplifters are known to attend N.A. functions, but are sadly missed during setup, cleanup and running the meetings. Shoplifters don't make coffee or hold service positions. Most shoplifters have lots of literature at

home gathering dust. It must be, because if it was read then the message would be evident in their behavior.

One time after observing a theft in progress, I confronted a shoplifter. Like all good shoplifters, he gave an alibi without even being asked. "It's a selfish program."

"'It's a selfish program.' 'Interesting point,' I responded. 'Where is that in our literature?'"

"Interesting point," I responded. "Where is that in our literature? I know selfishness is described as a character defect in the Basic Text, and an excuse for using people, places and things, but I did not see it mentioned in working the program of recovery."

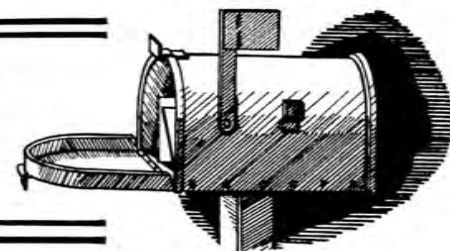
I had a scary thought: suppose only shoplifters showed up at meetings. The doors would be locked, no coffee and hugs to be greeted with, the literature secure in their houses, no chairperson or speakers...

Shoplifters, this thing is precious to your recovery. The Twelve Steps show us the path: having had a spiritual awakening we carry the message to the addict who still suffers. As recovering addicts, we still suffer from our defects of character.

This is a "we" program. We need you and are needed by you, and we can together carry the message. This is a program of change that is evident and it is contingent upon which is stronger, your willingness to grow or your resistance to change.

J.T., Arizona

From Our Readers



Letters and reflections from N.A. members worldwide.

OUT OF THE FOG, INTO THE HAZE

I am writing in hopes of possibly improving the meetings in our area and maybe in other areas also, by asking that they be made a more healthy atmosphere to pursue recovery from addiction. I ask that nobody interpret this letter as an attempt to push my beliefs off on to somebody else, nor do I expect any major changes to occur because of this letter. I am simply speaking for myself, and to some extent, those who asked me to write this letter, in saying that the respect and consideration of the Fellowship in our meetings would be greatly appreciated.

Last night I attended a meeting of Narcotics Anonymous. The meeting was a showcase of N.A. recovery, beautiful. It left me feeling grateful to be an addict and alive and recovering in the Fellowship of Narcotics Anonymous. It also left me with burning, stinging eyes, a sore throat, and breathless due to oxygen deprivation; I was, as one addict put it "Squirming around in agony trying to decide between recovery from addiction and my own physical health." My wife, was forced to make that decision, not so much for herself, but on behalf of our unborn child, who can't make that

choice for him- or herself.

Let's not continue forcing people to make a decision they don't want or really have to. Let's find meeting locations that are well ventilated. Let's designate some non-smoking sections at our meetings. Lastly, let's not get defensive and rebellious and torch up when we are reminded that we need to hold the smoking down to a minimum during the meeting. Let's have some consideration for those people who may decide to not come back because it is physically unhealthy for them to do so. I choose to abstain from using nicotine, but am willing to sit in clouds of it to pursue recovery. Many newcomers might not be so willing. Thanks for listening.

Anonymous, North Dakota

WHATEVER YOU CHOOSE TO CALL IT!

I'm a recovering addict, my name is D—. When I read that or hear only a first name in a meeting, I always wonder, why does this person want to be anonymous to me, a fellow recovering addict? I'm not the press, radio or film, which is what Tradition Eleven talks about when it gives us guidelines about anonymity. Tradition Twelve reminds us to keep principles before personalities. I have yet to read

through the Traditions and read, "It's recommended to use only our first names in meeting or N.A. Fellowship News."

Tradition Twelve says to me, we are each others ears and eyes. If you see me having problems, talk to me, not my neighbor, and try to listen with an open mind even if we don't see eye to eye.

After years of not fitting in, I finally found a place to call home: N.A. In this home is my family whom I care about and trust. I want you to know who I am, and for me to know you so we can find each other to share what has been given so freely.

Before I close I'd like to say thank you to all the people who share so freely their recovery with me through the *N.A. Way*. I'm from a small group in South Dakota and the *N.A. Way* has given me a lot of help in my recovery.

Yours in Recovery,

D. M., South Dakota

HEART TO HEART

I have been reading my April issue of *N.A. Way* magazine and have just finished the article "On My Brown Skin, I Swear!" What a terrific sharing! I not only delighted in the "talking to us" style the article was written in (like he was just sittin' here at a meeting, sharing), but, as with nearly everything in *The N.A. Way*, I learned new things.

One important thing I learned from this particular article (or was just ready to understand now) is "I don't just *have* good days today, I've learned to *make* good days..."

I was sitting on my front porch before coming to work this morning

thinking about how my Higher Power is always with me, and isn't it silly how I seem to forget I'm not alone and that all I have to do is renew my connection with my Higher Power, and I always feel so much better!!

I learn lots of wonderful things from the *N.A. Way*; it's become a part of my personal program. Thanks for a wonderful magazine, thanks to the Fellowship for sharing and caring the *N.A. way*!

V.G., Oregon

SPONSOR TO SPONSOR

I can't begin to tell you how grateful I am to this Fellowship of "unconditional love." My God has put many people in my path to help me to grow, as well as putting me in others' paths to help me grow.

I was fortunate enough to attend "Recovery Galore" last year in Ohio, and met some fabulous people from Toledo. They extended N.A. love in it's purest form. It was really hard for me to come home to Toronto, because I really felt at home in Toledo. This Fellowship alone is worth staying clean for, but they have given me the incentive to want to grow (you can't keep it unless you give it away) and to continue this "adventure" in N.A. and to try just a little bit harder to work my Steps.

It's so easy for me to get caught up in the negativity of my disease when it starts telling me, "N.A. is too young here. It's too new and these people are crazy... blah, blah, blah." Listen to the garbage.

Well, I'm happy to tell you that I love N.A., and my disease won't talk me out of being with addicts, because

they saved my life once and continue to save it on a daily basis! Thank God for N.A. in Toronto, and Toledo, and everywhere!

T.V., Ontario, Canada

ALIVE AT LAST

This disease robbed me; it took it all. From the earliest memory I have this disease robbed me of all the blessing that my higher power has to offer. It robbed me of my childhood, cunningly taking everything. It deprived me of the ability to feel good about me, to have friends, to enjoy school, to play baseball, to love, to have relationships, to have a god, to learn; it took from me manageability, freedom; and the list goes on and on.

Three years ago I found a group of people who understood and had landed together to stay clean. For the first time in thirty-two years I began to live. Alive at last, not dead inside learning to live and enjoy life like other people do. The thief has been put to sleep, no longer robbing me of the gift of life and the blessing that goes with it, no longer controlling me and destroying me. Alive at last. "Thank you" seems too simple a word.

B.B., Maryland

STRIKING A NOTE

Thank you for the opportunity to continue with the *N.A. Way* for another year. I have found the magazine and articles of great value this past year, in form, content, and spirit, and applaud you for your work, and the writers for theirs.

The message of recovery is like a symphony and the words ideas and images presented in the *N.A. Way* strike at chords in myself that echo

meaning: Today, we are clean, and with work, each day we can be a little better, and share that with each other.

Thanks again, looking forward in earnest to each month's edition.

G.D., Connecticut

SHARING PRAYER AND SPIRITUAL AWAKENING

I am responding to an article printed in the *N.A. Way* recently concerning the proper prayer for closing a meeting. It stated that there are probably as many prayers as there are individual members in N.A. I have a tendency to believe this, and would like to take this opportunity to share my personal experience of how I was given a prayer that works for me.

I was laying in bed one evening reading from the Basic Text on Step Eleven where it talks about conscious contact with God as I understand Him. I was physically exhausted but had several things on my mind, and sleep was out of the question.

After reading about quieting of the mind, and how emotional balance is one of the first results of prayer and meditation, I decided to give them another try.

My experience with prayer had produced some positive results up until that point, but nothing of the nature of what was to proceed that evening. Until this point in my life, my prayers had consisted of some memorized verses I learned through organized religion that I could, and still can, rattle off at a high rate of speed. The meaning of these prayers to me was that I had remembered to make a conscious effort to recite

them at the end of the day—nothing more.

I remember rattling off a couple of these just as I had done on other occasions. The following morning I awoke to find laying beside my bed in my handwriting the following short prayer which has become for me first, my evening prayer; second, my morning prayer; and third, my prayer of gratitude suitable at any time of my day, for any event of my life.

I did not compose this; rather our Higher Power is the sole author, and credit must be given where credit is due. I believe He has asked that I share it with the Fellowship. So be it:

Thank you Lord for making Our Day

And for our recovery, the N.A. Way Free from the chains of addiction today,

To greet the new morning, clean, we pray.

This program once more allows us to see

The beauty of Your World, not created by me,

And living a clean life for us will be,

The Key to Your World of Serenity.

Anonymous, South Dakota

A SHORT STORY

I was just reading the February issue of *N.A. Way* and it hit me. Almost four years ago, what I would be doing was getting high and reading these personal letters in a porn magazine. Now I am reading personal letters in the *N.A. Way*. More amazing, I have lost the desire to feed that part of my disease.

Like so many other destructive behaviors, pornography is not a part of my life today. The drugs, the drinking, the smoking, the all-nighters, the DUI's, the jails, the lawyers, the endless, endless nowhere-ness is all gone. My life is truly a testimony to my H.P.'s goodness, his love for me.

Since N.A. and the Twelve Steps have entered my life, my life has been a progression of forward movements, mentally, spiritually and physically. I now have more and am working less than I ever did in my life. The center of my life is recovery, and all the other stuff just falls into place. It's beautiful to watch. It has not been without pain—yet it has been simple. Keep going to meetings, work the Steps and *don't use!*

M.R., North Carolina

Comin' Up



This space has been reserved for coming events anywhere in N.A. If you wish to list an event, send us a flier or note at least two months in advance. Include title, location, P.O. Box, dates, contacts.

CALIFORNIA: July 10-12, 87; San Diego Imperial Regional Convention III; Holiday Inn at Embarcadero, 1355 Harbor Drive, San Diego; (619) Elisa 563-1759; Olga 296-2920; Ron 282-6777

2) Sept 19, 87; Stanislaus Valley Area Celebration; Elks Lodge, 945 McHenry, Modesto, CA; (209) 524-4421; Ken 634-3197; Ron 529-6728

3) Oct 30-Nov 1, 87; 9th Annl So CA Reg Conv; Anaheim Hilton Towers, 777 W Convention Way, Anaheim, CA; Bob (714) 540-0668; Vallerie (213) 370-8052

CANADA: June 12-14; Edmonton 2nd Annl Conv; Garneau Community Hall, 10943 84th Avenue, Edmonton, Alberta; (403) Neil 465-5424; Sue 464-2805

2) July 3-5, 87; 8th Annual BCNA Rally 87; Fernwood Community Center, 1240 Gladstone Ave, Victoria, BC Canada; (604)383-3553

3) Oct 23-25, 87; 10th PNWCNA; Interested speakers submit tapes to PNWCNA Box 468-810, West Broadway, Vancouver, BC V5Z 4C9; (604) Wendy 294-9016; Brant 254-9094

COLORADO: Oct 23-25, 87; CRCNA-I; Antler Hotel, Colorado Springs; (303) Julie 321-8930; Jeff 755-6813; George 830-7811

CONNECTICUT: June 5-7, 87; GWANA'S 1st Annl Family Campout; Lone Oak Campsites, Route 44, East Canaan, CT; (203) Jim 264-0911; Ken 734-2416; LuAnn 792-6643

2) July 10-12, 87; 3rd Annl NA Campathon, Seaport Campgrounds, Route 184, Old Mystic, CT; (203) Sonny 233-0936; Bob 233-2567

FLORIDA: July 2-5, 87; FRCNA 6; Diplomat Hotel, 3515 South Ocean Dr, Hollywood, FL 33019, (305) Mike 564-1262; Chris 891-1867; Bee Gee 565-7312

GERMANY: July 24-26, 87; European Service Conference IV; Frankfurt, West Germany;

HONDURAS: June 13, 1987; 1st Annual Birthday Celebration and Open Meeting; Hotel Prado, Tegucigalpa; Jean D 22-38-63

ILLINOIS: June 26-28, 87; 3rd Annual Flight to Freedom Campout; Coy's & Wilma's Campground, Rend Lake, Sesser, IL; (618) Vicky 242-5968; Mark 532-1327

2) July 24-26, 87; 3rd Mid-Coast Convention; Holiday Inn, 7550 E State St, Rockford, Ill 61107; (815)398-2200; Greg 963-5811

IOWA: July 3-5, 87; IRCNA IV; Civic Center Holiday Inn, 4th & Commercial, Waterloo, IA; (800)465-4329; Don (319) 233-2906; Paul (515) 274-4347

LOUISIANA: June 12-14, 87; (BRASCNA) June Bug Fever Campout, North Tangi Beach Campground; Chris 356-0849; Debbie, Pam, John 292-9115

2) Sept 3-6, 87; World Convention; WCNA 17; Sheraton New Orleans Hotel & Towers, 500 Canal St, New Orleans, LA 70130; (504)525-2500

MARYLAND: June 12-14, 87; Vision of Hope University of Maryland, College Park & Kent State; (202) Mark 387-2871; Chris 337-0022

MICHIGAN: July 2-5 87; Freedom III MRCNA; Hyatt-Regency, PO Box 525, Flint, MI 48501; (313) Jim 233-4704; Mike 232-7490

MINNESOTA: Aug 7-9, 87; Willmar Campout; Willmar, MN; (612) 253-

MISSOURI: June 5-7, 87; 2nd Annual Show-Me Regional Convention; Ramada Hotel, 2431 N Glenstone, Springfield, MO; Bob R (417)358-5800; (800)781-0500

2) July 17-19, 87; 8th Annual High-on-Life Picnic; Stockton Lake, MO; (417) Bob 358-5800; 782-1467

NEBRASKA: Oct 9-11, 87; NRCNA IV; Holiday Inn, 72nd Grover, Omaha: 1-800-HOLIDAY; PO Box 3532, Omaha, NE 68103

NEVADA: July 10-12, 87; 1st Sierra Sage Regional Convention 87; Peppermill Inn & Casino (702)826-2121; (800)648-6992

2) Aug 27-30, 87; 5th Annual Stampede for Serenity Campout; Stampede Reservoir; (702) 322-4811

NEW JERSEY: July 17-19, 87; 4th Annual Powerless in the Pines Campout; Sonya F (609) 227-2319

NEW MEXICO: July 3-5, 87; WSUC IV; Marriott Hotel, 2101 Louisiana Blvd, Albuquerque, NM 87110; (505) Ron 294-4808; Peter 344-6490, Julie 983-5171

NEW YORK: July 12, 87; (Rain Date-July 19) 4th Annual Glen Cove Group

Anniversary; Tappen Beach Park, Glen Cove, Long Island; (516) Dave 484-1907; Lori 596-1551

NORTH CAROLINA: June 26-28, 87; Carolina Regional Convention; Marriot Executive Center, I-77 & Tyvola, Charlotte, NC; David (919) 847-5682; Rich (803) 235-7485; (704) 527-2091

OHIO: June 12-14, 87; 8th ECCNA; Kent State University, Kent, OH; PO Box 1492, Youngstown, OH 45501; (216) Bob 545-4387; Laura 898-2176; Roy 638-7895

2) July 17-19, 87; 3rd CCANA; Camp Vention; Summit Valley Park, Summitville, OH 43926; (216) Rusty 385-5761; Bill 424-7681

OKLAHOMA: June 12-14, 87; 6th Annual Clean-N-Crazy Campout; Lake Carl Blackwell, Stillwater, OK; Bobby (918) 742-3032; Jimbo (405) 329-9258

OREGON: July 24-26, 87; 2nd Annual Oregon & Southern Idaho Reg Conv; Black Angus/Executive Inn, Salem, OR; (503) Barry 371-7928; Larry 371-7782

PENNSYLVANIA: Oct 9-11, 87; TSRCNA V; Hyatt Hotel, Pittsburgh; (412) Ken 521-1086; Roz 361-6250; Rich 371-3891

SOUTH DAKOTA: June 5-7, 87; Upper Midwest Regional Convention IV; Holiday Inn, 2727 Sixth Ave SE, Aberdeen, SD; Scott (605) 353-1555; Ed (612) 824-9225

TEXAS: June 27, 87; Lone Star Region Activities Dance; Dallas, TX; (214) Phill 526-4539; Brenda 381-6949

VIRGINIA: Aug 14-16, 87; 1st Mini Convention; 4-H Educational Center, Route 522 South, Front Royal, VA; (703) Pat 667-9312; Bill 662-4418; Kevin; Rob (304) 267-4418; Bob (301) 797-3563;

WASHINGTON: July 3-5, 87; Wariki Freedom Retreat V; 3913 SE Woodburn Rd, Washougal, WA; (206) Nancy 835-9288; Mike 254-0179

WISCONSIN: Oct 23-25, 87; WSNAC IV; PO Box 1688, Oshkosh, WI 54902-1688; If interested in speaking or chairing workshops, submit speaker tapes for consideration. (414) Gene, Phil or Steve 231-6219



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JOURNAL OF THE FELLOWSHIP
OF NARCOTICS ANONYMOUS

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IN WITNESS WHEREOF, the parties have executed this agreement at (assigner's address): _____

state of: _____ zip: _____, (phone): _____,
on the day and year first above written.

ASSIGNER: (SIGNATURE); SPOUSE: (SIGNATURE)

ASSIGNEE: (TO BE COMPLETED LATER BY WSO)

THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

1. *Our common welfare should come first; personal recovery depends on N.A. unity.*
For our group purpose there is but one ultimate authority—a loving
2. *God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*
3. *The only requirement for membership is a desire to stop using.*
4. *Each group should be autonomous except in matters affecting other groups or N.A. as a whole.*
5. *Each group has but one primary purpose—to carry the message to the addict who still suffers.*
An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
6. *Every N.A. group ought to be fully self-supporting, declining outside contributions.*
7. *Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*
8. *N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*
9. *Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.*
Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
10. *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*
11.
12.

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