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NUMBER 9

At about
became chairperson
newsletter committee, and started
going to ASC meetings regularly.
The money that was donated from
home groups was used at the area
to pay for the phone line, to
provide literature to Pub
information and to Hospital
institutions, to print meeting
to provide seed money for spe
meetings, dances and
activities, to buy newsle
pay for the post office box

Annual Newsletter Issue

MAKING
WHO, ME?
FROM THE
THE MAN FR
THE NEW FR
HOME GROUP
WHY A HOME G
HOME GROUP
HOME GROUP
MY N.A. HOME GRO
(An Important Part of

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.*
We sought through prayer and meditation to improve our conscious
11. *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



In making our preparations for this year's newsletter issue we reviewed the newsletters we have received over the last year. We have one suggestion for editors who will be sending us your newsletters this coming year. When an article is published that you feel would be a good choice for next year's *N.A. Way*, make a note to that effect and attach it to the newsletter. That would give us a place to start in next year's search.

Also in this month's magazine is our first editorial. It is a reprint of an article that first appeared in the *Newsline*, the WSO newsletter. We felt that this would be a good time to reprint it here, because it appeared in almost all of the newsletters we reviewed for this issue. After it was published we received many letters commenting on it.

Judging from our mail, much of which you have read in the form of articles or letters, the subjects discussed in that article are still generating some vigorous discussion among us. Your responses are welcomed.

We have introduced the News section and the Opinion section one at a time in the last couple of months. Beginning next month, we should have all new sections in place. We anticipate that the size of each will fluctuate from month to month, but the new additions will have increased our size by twelve pages. As a result of this size increase, as we announced

last year, there will also be a price increase to \$15 annually beginning with the November issue.

Please spread the word to anyone you think may be interested in subscribing that now's the time. The easiest way to sign people up is to make, or write to us to request, several copies of the subscription form. People can fill in the name and address info, then you check "No money enclosed, please bill me" on the form and send in them all to us in the same envelope. Many are coming to us that way, since it's the most convenient for most people.

Anyone who wishes to renew your subscription before the price increase may send in your money at the current price along with a note and a copy of your mailing label. We'll add 12 months to your current expiration date.

If you have an event coming up, you may have noticed that in the introduction to the "Comin' Up" section, we request that you send your flier or note at least three months in advance of your event. It used to say two months, but we're getting farther ahead.

Speaking of that production schedule, we have only been able to get on a reasonable schedule because many of you have send us articles. We wish to thank all of you who are participating in your "meeting in print," and to encourage more to join in.

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.

From Behind the Walls...

I have bounced in and out of this program for seven years. During that time I was able to rack up significant periods of clean time. One year, two years, nineteen months, but no real, true recovery. As of this writing, November 10, 1986, I have ten months and one day of recovery.

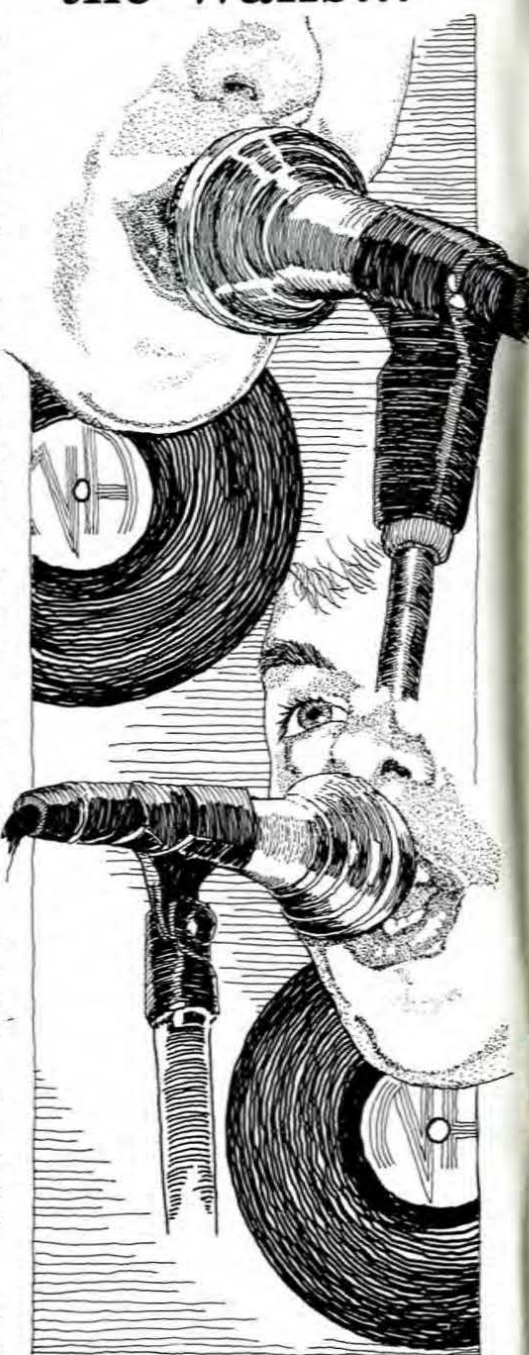
Things are different this time, however. This time I'm working the Steps—the heart of the program—the basis of recovery. Most of all, for the first time, I've taken an honest First Step. I have finally admitted that I was powerless over my addiction, that my life had become unmanageable.

I say finally, because prior to now, I never really believed that I was powerless, and that my life was unmanageable. Basically, I never admitted I was an addict. But you know that was a bunch of BULL! And you also know that I was not unique.

I originally started attending meetings for other people: judges, wives, employers, friends, family. They thought—knew—that I had a problem. And, to be honest, I sometimes wondered if I did indeed have the problem that everyone else thought I had. But, after one of any drug, I knew that they were wrong.

They had the problem. It was their problem, not mine. They just didn't know how to party, I thought. They didn't understand. They didn't work the job I did. Being loaded was part of the job, part of the lifestyle.

You see, I'm a radio announcer. A "D.J." The Dr. Jonny Fever for what-



ever radio station that had the guts to put me on the air. I went on the air under several different "air names," each air name fitting the personality I hid behind on the air.

My drug of choice varied from job to job. One drug when I was "spaced out, far out, strung out" AOR in Phoenix, another drug when I was "good ol' boy" country in Tucson, another drug when I was "bubble gum, bee bop" pop in Hutchinson, and yet another drug when I was "righteous and reverend" Christian music in whatever town that station was in (I think I was in a black out). So, the drugs varied from booze to coke to whatever I could lay my hands on, but the problem was constant—addiction.

But yet, I was never powerless. I could be on the verge of eviction from my apartment and the rent money went to a fix, yet I wasn't powerless. My car or motorcycle could be in the process of repo, and the payment bought my dope. But me? I was not powerless. My wife or girlfriend at the time would give me an ultimatum: either them or the dope. And we all know what won out in the end. But I wasn't powerless.

And I didn't only lose wives and girlfriends. Nope, I lost cars and motorcycles, literally in black outs; I lost jobs. But yet my life wasn't unmanageable. I even came close to losing my life to overdoses and a drug induced heart attack. I still didn't think my life was unmanageable. And, I've lost my freedom in jails and eventually prison. But my life was definitely not unmanageable.

"Before coming to the Fellowship of N.A., we could not manage our own lives." "We had to have drugs at all

costs." How true. I've paid dearly for my drugs, as we all have. But, MY life unmanageable? ME powerless? Who, ME? NO! Not me. I knew what I was doing.

I didn't need that job, or wife, or car, or motorcycle. Besides, there were more where they came from. And the jail and joint time I've done? The prison time I'm currently doing? Well, I needed a vacation anyway. That's just a load of crap!

I came "home" to the program this last time in the County Jail in Tulsa. I'd been locked up a couple of months, and was "clean" but not in recovery. All along, in the back of my mind, I knew that I was going to "scam" my way out with a dismissal, or at the most, probation again. I don't know why I thought that, though.

I was charged with a total of fourteen counts, felonies all, and was looking at a minimum of twenty years and a maximum of Life. But yet, I just knew that I was getting out. And I am—just as soon as I finish doing the five years that I ended up with. I'd been in front of the sentencing judge a few months earlier, and he just frowned at me and told me that probation was completely out of the question. He also said that I had a serious problem and hopefully I'd find the help I needed while in the joint.

After a few days of pondering just what this "problem" was that he saw in me, it actually hit me in the face. At about one hundred miles per hour. Like a brick wall. I did indeed have a problem. After all these years I knew. I could admit it. I WAS AN ADDICT!! I am powerless over my

addiction and my life is unmanageable! (Good Morning!)

Me, the guy on the radio. Me, the guy who went on TV every Labor Day begging for money for Jerry's kids. Me, the guy with the 'Vettes, Trans Am's, Harleys, nice homes and pretty wives (sound familiar? Welcome to Boom-town.) Yes, ME... I am an addict. I cannot use drugs and live today. I have no control over dope. I am powerless. My disease—OUR disease is progressive incurable and fatal. It will lead us to jails, institutions and event DEATH. I know that, now. And I alone am responsible for my recovery.

Today I attend approximately seven meetings a week. Sometimes more when I can get to them (Keep in mind that I'm still doing time). Today I read my Basic Text. I do service work when and where I can. Today I talk to other recovering addicts and I talk to God. I work the Steps, I don't use, just for today, and most of all, today I work the program of Narcotics Anonymous.

The program works. If it didn't, I wouldn't be here. I'm still doing my prison sentence, but I am now at a work release center and I have a lot more freedom to come and go than when I was at the medium or minimum security prisons. I have a job today. Not bad for a convict who is in a town with twelve percent unemployment.

My job is at a radio station, and I'm not hiding behind a fake "air name" and personality. I use my real name and I'm doing a radio show without having to create a false personality and without having to use drugs to "improve" the personality and the

show. Today, what you hear is what you get. Just plain ol' me. And to be honest (or is that modest) my radio show is by far better than it ever was before (that is, of the radio shows I remember doing before).

Today, I have friends in the program who don't mind picking me up and taking me to meetings when I call them, which is damn near daily. Today I have a program of recovery, one that I could have had seven years ago if I would have just admitted my powerlessness and unmanageability.

Some will say "better now than never," and I guess that's true. I'm here, in recovery, and I thank my H.P., God, that after all my relapses I had one more recovery. I thank God that I didn't DIE!! I'm grateful to be in prison, as silly as that may sound, but at least I'll get out of here. It could have been worse, and I just don't think that it's too easy to get out of a grave, no matter how simple Vincent Price or Bella La Gousi make it look.

Hopefully you won't have to bounce in and out of the program like I have, or to go through the things that I did and end up where I'm at today—prison. A work release center, true, but still a prison.

Hopefully you have taken that First Step, an honest one, and are working the program. And if you haven't decided whether you are an addict yet, well all I can say is good luck! I hope and pray you don't go through what I had to in finding out. Most of all, I hope you don't die while finding out.

I love you all. You are my family. Damn! It's sure good to be back home.

A.M., Kansas

On N.A. Finances...



IT'S ONLY MONEY

Taken from Recovery Rap
Ventura/Santa Barbara Area

You don't have to hang around N.A. too long before you hear, "I don't know about you, but I spent \$_____, [some astronomical figure] on using, so now I put a dollar in the basket to help me stay clean." Even when I was new I understood that rationale—a dollar or two a day, depending on how many meetings I went to, to keep me from spending only God knows how much on drugs.

At first getting clean was very inexpensive. You know, no more habit to spend my money on. Then I started wanting all those material

"One of the reasons that the prudent reserve system wasn't working here was that very few groups were using it."

things that living clean made available to me—money, property and prestige. The more time I got, the tougher it became to pry old George out of my wallet.

This year I was fortunate enough to be at the World Service Conference during the financial report. The concern was that there aren't enough funds filtering up from the groups to the world level, that most of N.A.'s money is coming from functions like dances and conventions, and the sale of literature to non-affiliated recovery programs. "Prudent reserve," the report contended, isn't working.

As I sat there listening to figures—the millions of dollars it costs N.A. these days to carry the message—I couldn't even conceptualize, I had to think about the financial situation in my own area.

It was the same. I've sat in meetings where there were as many as eighty recovering addicts in the room, and less than a third of that many dollars made it into the basket. For a few years now I've been watching as ASC takes in less than half of its operating costs from group donations each month.

We've been depending on the Memorial Day Picnic to bail us out for a long time now.

But you know what? I think this may be changing. (By the way, I see nothing wrong with the Fellowship supporting itself through functions, if that's how the members prefer to donate their money.)

One of the reasons that prudent reserve, the system of setting aside a month or two's operating expenses and then sending everything else to the area, wasn't working here was because very few groups were using it. The newer meetings in this area have all implemented prudent reserve. Between them they're donating a substantial sum. At the October ASC meeting, one noon meeting donated \$50.!

It may be too soon to tell, but it also seems that with more and more people with substantial recovery comes gratitude. It's much easier for me to drop a buck in the basket today, since my experience at the World Service Conference, now that I know where the money goes. It's also much easier for me to support my group in sending its money through the service structure now that I have, limited as it is, an understanding of what Narcotics Anonymous as a whole is doing with it.

This month was the first since I've been involved in service in this area that the groups, thanks to the newer groups and their adherence to the concept of prudent reserve, and the unselfishness of the members attending those meetings, have fully supported ASC. As we addicts mature through the recovery process, so does Narcotics Anonymous. Thank God for this Fellowship.

Anonymous, California



*Taken from Rolling Paper
Phoenix Area*

When I first came to the Fellowship of Narcotics Anonymous and they passed the basket in meetings, I rarely put anything in it. First of all, I didn't understand where it went, and besides, I was only working part-time at minimum wage. I figured they didn't need what I could afford.

As I kept coming back I started to find out where the money went. At three months clean I became treasurer at my home group. We used the money to pay rent, first of all, then to buy coffee, cups and other coffee supplies. We also used it to buy literature and clean time keychains, which are given to the Fellowship free of charge. Anything left was donated to the Area Service Committee.

At about nine months clean I became chairperson of the newsletter committee, and started going to ASC meetings regularly. The money that was donated from home groups was used at the area to pay for the phone line, to provide literature to Public Information and to Hospital & Insti-

tutions, to print meeting lists, to provide seed money for speaker meetings, dances and other activities, to buy newsletters, to pay for the post office box, and for copying and mailing of the committee meeting minutes. Anything left over was then donated to the Regional Service Committee.

At fifteen months clean I became secretary of the Regional Service Committee. They use the donations from areas to provide seed money for workshops, conventions, and activities, to print regional meeting lists, to pay rent on the post office box, to send the Regional Service Representative and the alternate RSR to the World Service Conference as the Arizona representatives, and to pay for copying and mailing of RSC meeting minutes. Anything left over is donated to the World Service Conference.

At the World level, money is used to develop literature, to conduct the World Service Conference at which the wishes of the Fellowship are made known, to sponsor workshops, to spread the message through translations of our literature, and to provide other services that can be done best at a centralized (world) level.

If you look closely at all these activities, you'll see that everything I mentioned is directly or indirectly to spread the message of recovery through Narcotics Anonymous.

Our Fifth Tradition Tells us that's our primary purpose: to carry the message to the addict who still suffers. Our Seventh Tradition tells us that we are fully self-supporting through our own contributions. This means that all these services are

provided by the dollars, quarters, nickels, dimes, pennies that WE throw into the basket.

Service in this Fellowship is not just going to committee meetings or making coffee or making Twelve-Step calls. Service can be increasing the amount of money you put into the basket, so that the message can be spread to more sick and suffering addicts. Since we are self-supporting though OUR OWN contributions, if we don't do it, it won't get done.

As I have grown in this Fellowship and in my recovery, and as I have become responsible enough to hold a better job and to draw a good salary, I have tried to consciously increase the amount I put into the basket. The spiritual principle of giving it away to keep it can be applied here too: If I put my last dollar into the basket, I won't starve. I've tried it, and it works.

This April at the World Service Conference, the Fellowship may decide to remove the H&I cans as a source of funding for H&I. [Note: *That motion did pass.*] This means that the literature for hospitals and institutions will be bought from Seventh Tradition funds.

Some people have experienced fear about this, but ultimately the Fellowship trusts a loving God that the need will be met. Knowing that this may happen, and knowing that WE are the ones who make it work, I have tried to put even more in the basket lately. If all I have is loose change, that gets thrown in. Loose change adds up.

Please think about how much you have to offer to spread the message to the still-suffering addict.

A.K., Arizona

On the Lighter Side...

THE NEW QUESTION MAN

Taken from *Clean Times*
San Francisco Area

QUESTION: Christmas presents? Given? Received? New Year's Resolutions???

RESULTS OF POLL: Is this the result of a frustrating and fruitless effort, or a giant step forward for mankind? More will certainly be revealed!

When I was a child, MORE was a concoction of hamburger meat, assorted vegetables, and tomato sauce, simmered for hours with herbs and spices and served the way my mother's mother taught her during the Great Depression. After greedily devouring the entire contents of the pot, my siblings and I would yell, "More, more." Mother would reach into the oven and, presto, more would be revealed.

Some say, "Work the Steps or die," thus leading me to think the opposite must also be true. Yes, we can all live forever, "One day at a



time." This would make a great soap opera for recovering housewives: "Just For Today," starring Peter Principle as the misguided newcomer living in the detox ward at Last Chance Hospital, talking the talk but balking the walk. Peter meets fog-brained but sexy newcomer Misty and the adventure begins.

Enough of that. I must report on my spiritual mission. My latest assignment was delivered to me through my ever-so-humble Spiritual Guru of a sponsor. He thought it would benefit the "We" in "We came to believe" if I were to undertake a very lightweight assignment as the "Question Man," asking people in the Fellowship what their New Year's Resolutions were going to be.

Most people responded with a blank stare, which is not unusual for addicts in recovery when prompted by in-depth concepts such as "tomorrow," or "next year." (Ed. Note: This may or may not be the opinion of the *Clean Times*, depending on who yells the loudest).

I was determined to get my story, no matter how difficult my assignment had become. I thought of John Wayne saying, "C'mon girls, we can try, can't we?" Fired up, I became willing to go to any lengths to get this story. It wasn't long before the concept of "some lengths" reared its ugly head in the very midst of my "committee." Here be why!

I found myself in a typical "arms length" restaurant, approaching a large table surrounded by large, clean addicts. "This is my big chance," I thought. "I'll knock out twenty answers at once." Sensing my masculine presence, their attention

turned straightaway to my aura of urgency. So I blasted them. "Hey, are any of you making a New Year's Resolution?" I asked assertively. They laughed. Having abandoned fear of ridicule to the Second Step, I bravely repeated the attack.

"Hey, this is serious s——. I'm on a mission from God, and I need to know if any of you are making a New Year's Resolution!" The table was no longer surrounded by large, recovering addicts. I was. Grabbing me, they tossed me up against the wall while beating into my brain this resounding refrain: "This is a one day at a time program, stupid! Just for today, jerk! Don't you listen at meetings? What's wrong with you? You trying to get us loaded?" On and on and on.

I found myself totally defenseless. So what the hell, I reverted to a favorite character defect and shifted the blame. I explained that my Sponsor (whom I gladly named for no charge) put me up to this. It was his fault.

Smiling amongst themselves, they sang out together, "Oh, your sponsor, eh? Maybe he wanted you to learn something from this! Did you?"

I panicked. Thoughts roared through my brain. It was a set-up and my Sponsor was behind it all. I needed an answer fast or they would continue to pound away at my hamburger brain or worse yet, let me go. In a last, desperate effort to defend myself, I screamed, "This is a one day at a time program!!! Just for today, I ain't gonna take nothing, no matter what!!!"

"O.K.," they said, "Now call your sponsor and tell him that. Oh! And Happy New Year!"

P.K., California

Some Perspectives on Home Group...

MY N.A. HOME GROUP (An Important Part of my Recovery)

*Taken from No Name
San Diego Region*

I've been asked to share my experience, strength, and hope with the Fellowship about the importance of having a home group as part of my recovery.

When I got clean about three and a half years ago, I lived in a recovery house with sixty other re-covering addicts. I went to three meetings a day, got a sponsor, read literature and started taking the Twelve Steps.

In early recovery I was very confused, fearful and depressed. Although I had a sponsor and was going to a lot of meetings, I started to realize a lot of things about my past and where it got me. There were many days that I felt hopeless and I really needed to talk about all the feelings that I didn't know how to deal with.

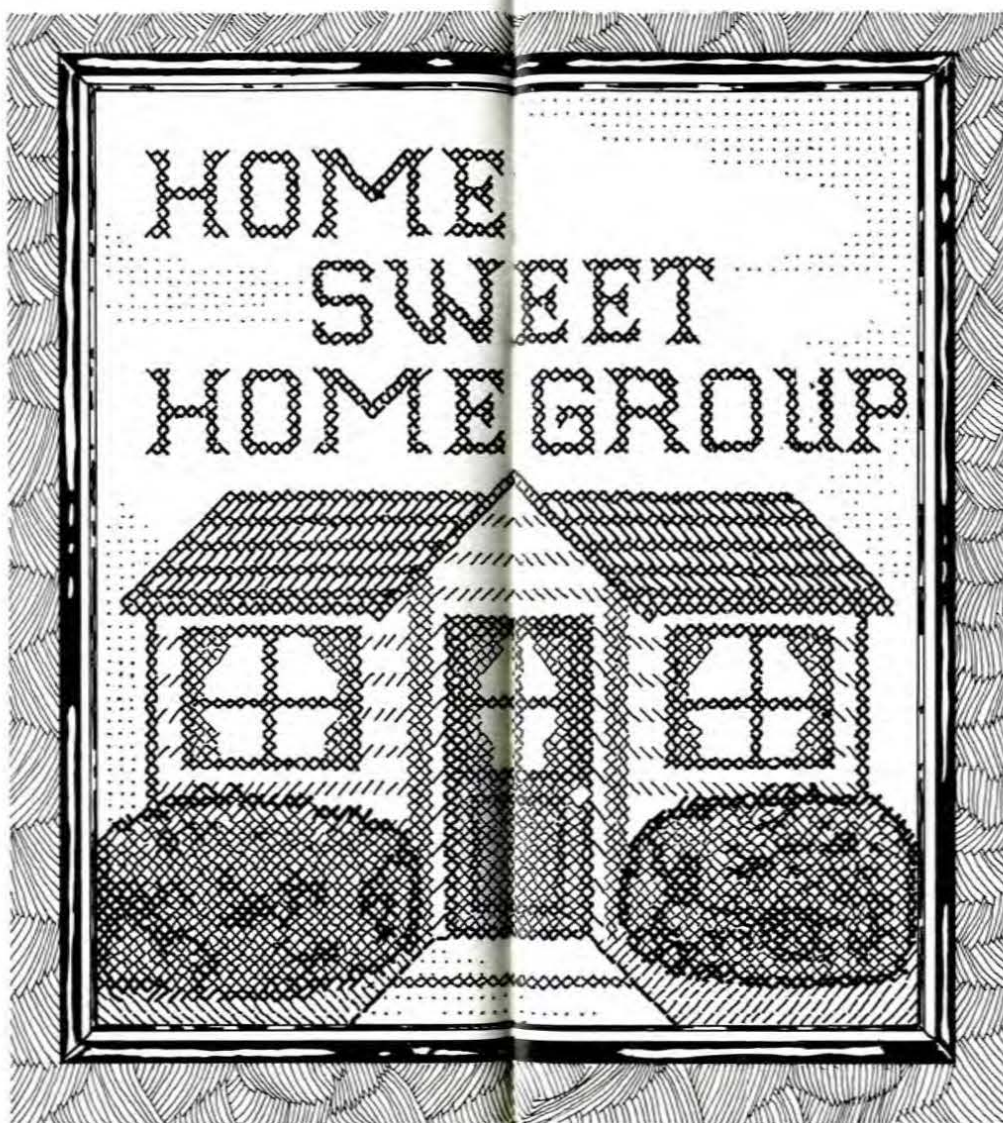
Slowly I started to build a few friendships and started to feel like maybe I could trust some of my new friends in N.A. As time went on, I

was able to talk about my fears with these people and started feeling like I wasn't alone.

The biggest blessing the house and the people in N.A. gave me was support! I needed it real bad back then, and I still need it now.

When I returned home, I went to

a lot of meetings and finally found one I especially felt comfortable at. I attended it every week and slowly made friends and started to trust some of the people I saw there. I really felt a part of that meeting; I made coffee, set up chairs and just talked with people before and after the meeting.



I made a commitment to be there regularly and it really paid off. No matter how many other meetings I went to during the week, I always looked forward to my home group.

I allowed people to get to know me, and I became able to share about almost anything at the group level. I felt secure there and I got a lot of support.

Since I signed the home group list, when my N.A. birthday had come up, the secretary was all set with my cake. If something came up where I couldn't attend the meeting, I would miss it, and the people, and really look forward to the next time I could be there.

When there is an issue to be voted on in N.A. I could share my vote and feelings at my home group. When I really needed to talk to someone, I could call someone that I trusted in my home group. Since I try to make my home group meeting regularly it becomes another anchor in my recovery that I desperately need.

I love N.A. and most of the meetings I go to, but having that extra-special feeling about my home group means a lot to me. If you are anything like me, and you love the feeling of belonging, the Fellowship of N.A. can and will help you to help yourself. Through N.A., I have found the support I so badly need in my recovery and my home group has added even more.

Every local group has a home group list. Pick the group you feel best at and ask the secretary to sign you up. I hope your home group gives you the blessing and support mine has given me.

If not, then find a new one!

R.G., California

HOME GROUP NEEDED

*Taken from Motor City Message
Detroit Area*

I've started to develop a belief in the principle of "more is better," when it comes to meetings. Believe me this principle has helped me on many accounts.

Believe it or not, I'm the type of person who, after going to enough meetings, has started to develop a really good talk at the tables. Yes, that's right. My life could be falling apart and I would be smiling out of the side of my face stating, "I'm doing fine, and how are you?"

Then one day, after hitting about seven or eight different meetings a week and still smiling out of the side of my face with my life falling apart around me, I heard someone talk about their home group. It was described as a place where one could go and feel safe, and people just knew how they were doing.

To me it sounded like a real family, one that cared. "Now how could that be?" I asked myself. "People could have a sense of how I was doing without me telling them?" That's not the way it was in my house when I was hurting all the time and nobody said anything to me about it. I just learned to smile out of the side of my face and hope for something different.

I don't quite know how it happened, but I fell into this group that I liked and kept coming back. Not that I felt that I needed to. I mean I was going to a lot of meetings per week.

12 • N.A. Way

Very seldom would I go to the same meeting twice in a row, but I was going to a lot of them just the same.

After some time, people would look at me and just seem to sense how I was doing. Believe me, it was not because I was so willing, honest, and open about how I was really doing. That's not how it happened for me. I just kept coming back, and slowly started to let you know who I was.

The miracle of the home group happened to me in spite of myself. I feel that I have been given the gift of a family showing me how a family can care, and be there when needed.

At home I'm starting to discover that I do have a family of origin. We have a lot of work that needs to be done, but thanks to my home group teaching me what a family can be like, I'm starting to try some of the N.A. principles at home where the work really needs to be done.

Thank you home group; I surely need you more than you need me. You know what's happening now? I am starting to believe that we need each other. It's like I'm a part of the solution, and not the problem like I've always been part of before. What a feeling! Thank you family.

Anonymous, Michigan

WHY A HOME GROUP?

*Taken from Motor City Message
Detroit Area*

Do you belong to a home group? If the answer to this question is no, I

don't think you are getting all you can get from the Fellowship of N.A.

Though N.A. is like a big family, there are many individual families within. Belonging to one of these families or groups has many advantages, such as allowing the other members of the group to get to know you personally, your moods, your hopes, fears, likes and dislikes, etc.

They will get to know when you when you need encouragement, sympathy, or a kick in the tail. They can verify your attendance if need be. They can share your joy when you receive your clean time key tags.

Do yourself a favor and support the home group of your choice. You won't regret it.

J.J., Michigan

HOME GROUP

*Taken from Together We Can
Baltimore and Bay Area*

It is suggested that you get a home group. You hear it at all meetings. Choosing a home group is a commitment and responsibility. You are expressing the fact that you feel comfortable there. It is an atmosphere of recovery that you support.

You don't join a home group because your buddies are there or its a good place to socialize. You make a commitment to be there each week, attend group consciences, and get involved.

More than one home group weakens your commitment and spreads you thin. In our addiction we were never committed to anything, but we promised everything. Keep your

commitments, support your home group.

T.A., Maryland

HOME GROUP

*Taken from Motor City Message
Detroit Area*

What is a home group? To me, a home group is a meeting I hit every week, and at which I am a trusted servant. I feel like I am part of the group.

Choosing a home group and making a commitment to that group is one of the most important tools of the program that I have today. This allows me to get to know some addicts on a more personal level. Once I get to know people a little better, it's easier to ask for help when I need it. In return, I get to know people and help them when they are hurting.

Getting to know people personally allows me the opportunity to help plan home group activities, attend N.A. functions, and get together outside of the meetings. Today I can also look at the whole Fellowship as my home group. It doesn't matter where I am at; addicts accept me for who I am with open arms and unconditional love. Thank you N.A.

M.D., Michigan



There have been many times in my life that I have asked myself, what's the point of letting someone get inside of me? Is the pain of letting go of someone you believe you truly love worth the effort? I have spent the last nine months of my recovery living my disease, clean. I'm finding out about self-deception and dishonesty that lives within me as a result of my disease. I have been clean for a couple of years, and every time I think I have a hold of my feelings and I have things worked out in my head, God shows me that I don't.

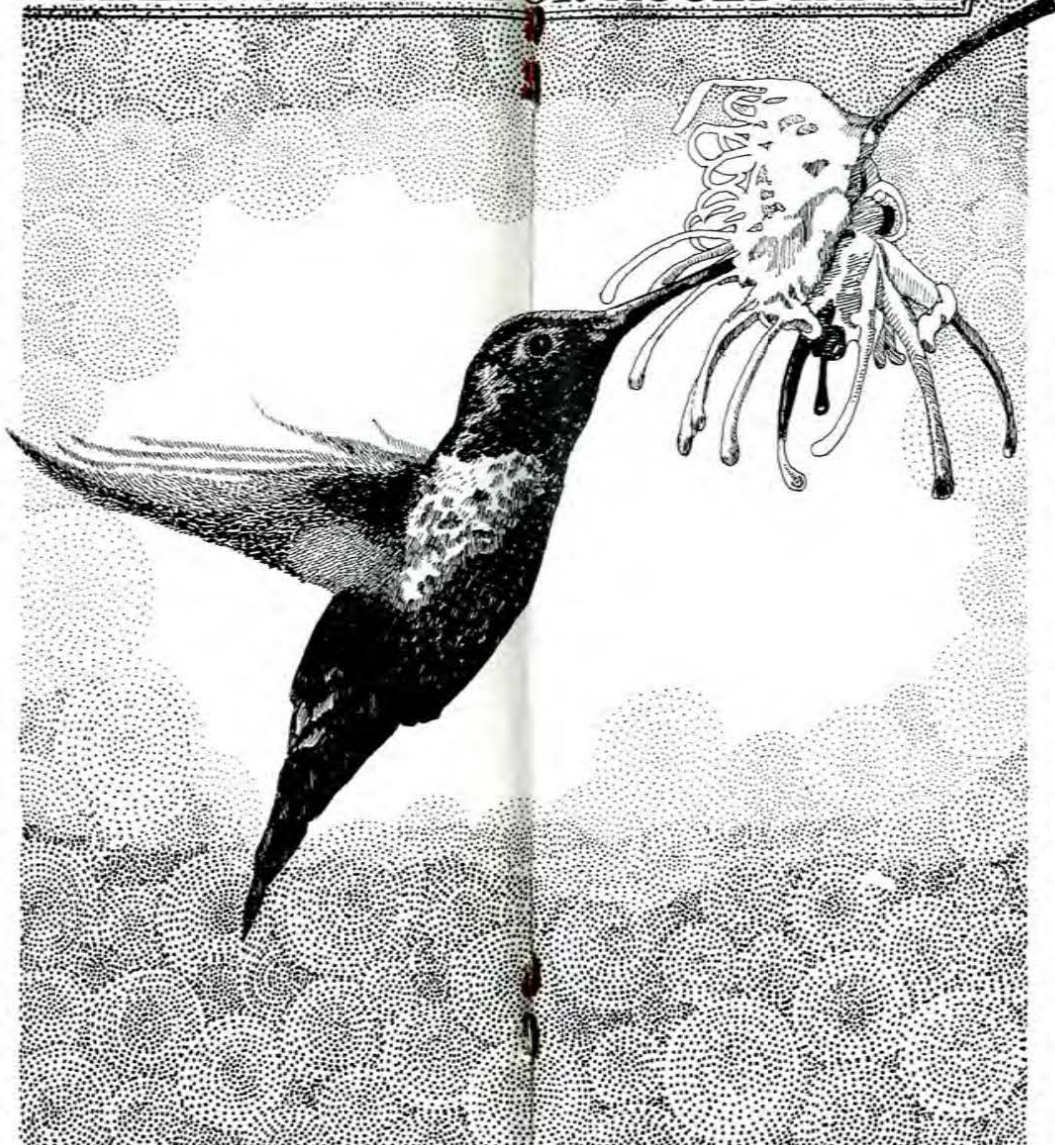
My denial and my attempts at trying to control, manipulate and fix this situation in my life have been total self-will, and the spiritual principles that I thought I was practicing in my life recently haven't been there.

Surrender and powerlessness are the keys that will allow me to be at peace with me. I live the Twelve Steps of this Fellowship, and yet I'm finding out how very much my defects can hurt me.

For example there is a difference between loving someone and having false hope. The love I thought I had for someone had turned into obsession and it was truly killing me and keeping me from the God of my understanding. My pride and my ego had once again taken over.

Steps Five, Nine, and Twelve are the only steps that deal with other people, and the rest deal with me and my God. Now I'm beginning to see

MAKING ROOM FOR ACCEPTANCE



why. I can tell myself anything and truly want to believe it. I can ask God for help, and ask him to help me to be

willing to let go but I have to put that willingness into action. I was given many chances to help myself, and yet

usually the pain was more familiar, and actually having faith that I would be okay scared me to death.

"I can ask God for help, and ask him to help me to be willing to let go but I have to put that willingness into action."

I have to learn to practice the self-honesty and open-mindedness, which is something my disease doesn't want me to do. My disease doesn't want me to get any better. I have allowed the disease to live within me and didn't even realize what I was doing. There has been no room in my life for acceptance.

I have tried over and over to take care of myself in my life, and every time I end up failing again. In order to feel serene I have to continue to surrender whatever it is that is going on with me. The steps say "we," and yet I continue to listen to myself—that's insanity. My disease is cunning and baffling, and it continues to amaze me how powerless I really am.

This may not make much sense to anyone but me, but I'd like to share what I've learned so that maybe I can help another addict recover from the fear and self-doubt I've experienced during this past year.

Narcotics Anonymous has given me the choice to free myself from addiction, and now I have to learn how to get out of my own way and to free myself from me.

J.S. Maryland

N.A. Way • 15



MELTING

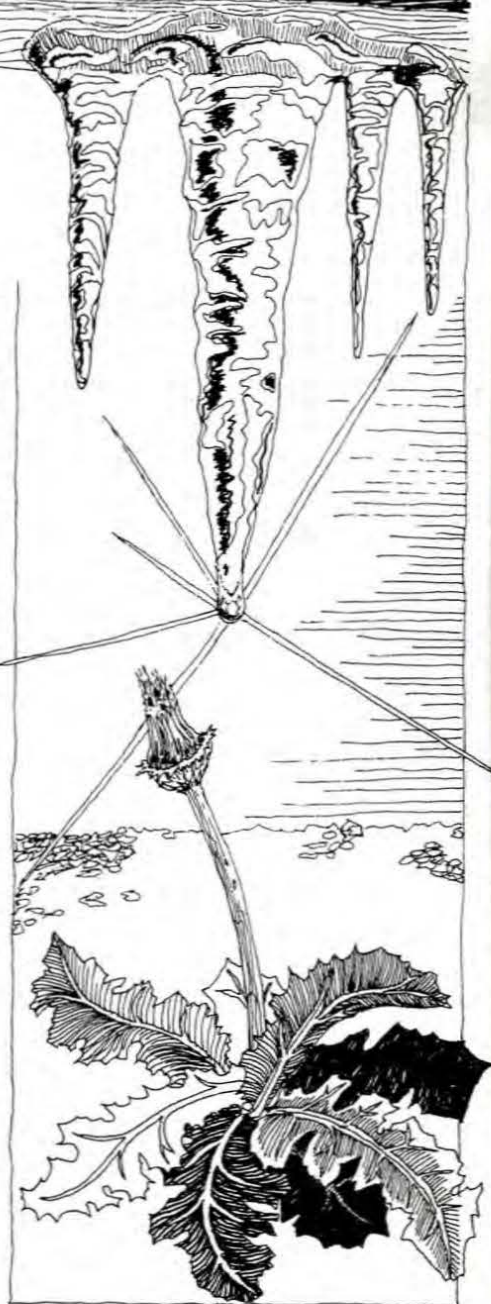
*Taken from Rolling Paper
Phoenix Area*

I've discovered a new way of understanding myself. Self-awareness has been something I've worked on since day one. So, when I became aware of what a great method analogies are for gaining an understanding of myself, I found myself pondering new ones every day.

When I first admitted my addiction and ultimate powerlessness over it and came to believe, I was in fact being restored to sanity. It was like the breath of fresh air in the newness of spring, when the world of beautiful colors and life opened their wonder to my eyes. After the dreadful hardship of my "wintry" addiction had covered my life with coldness and the shadow of death, this was my season of renewed birth.

I flourished in the sunlight of the Spirit and grew into the wondrous season of my warm summer. When feeling and fun were once more as a child would see them and feel them. All my feelings became warm and then became hot, until at times, on certain summer days, I nearly fainted from the heat of passion for living.

The days grew longer and the nights were warm and gentle, and still I grew and flourished from the



loving sunlit days. I basked until I "melted" into this wonderful season of summer with white billowing clouds, each lined with silver, not caring about the seasons to come, when only today could be lived.

Somehow knowing that the heat of the sun would soon fade these bright colors into amber and gold, a falling away of dead leaves would uncover my nakedness, exposing my trunk, the core of my being, with all its splendid array of twists and turns, reaching for the sky.

And so it did turn and change into a maturing season of harvest when I began to reap some of the promises that start as seeds planted early in spring, nurtured by grace and love into its purpose, to yield its bounty to those in need.

When the Fall of my recovery came I was told to prepare for Winter, that as real as life, the cycle would go on and on. In the folly of harvest and bounty, I laid no reserve in store, though I was warned. I made little preparation for the cold cruelty of my wintry addiction. Not listening to the warnings, I squandered the last fading days of harvest, indulging myself in the pleasures of a season.

As predicted, the storms came and the nature of addiction progressed into yet another winter. Without knowing better, I was ill prepared to endure life's cold lessons. I saw all around me those more foolish than I, who had taken no Steps to secure shelter, and in the bitter cold died, or lost hope, to survive the slow wintry death.

I searched frantically for those I knew who had endured the winters and survived. For faith told me they would share what they had with me.

Once I could no longer resist the power of the seasonal cycle, it happened. I found new hope in the strength of those who had gathered themselves together in one place, in

*"After the dreadful
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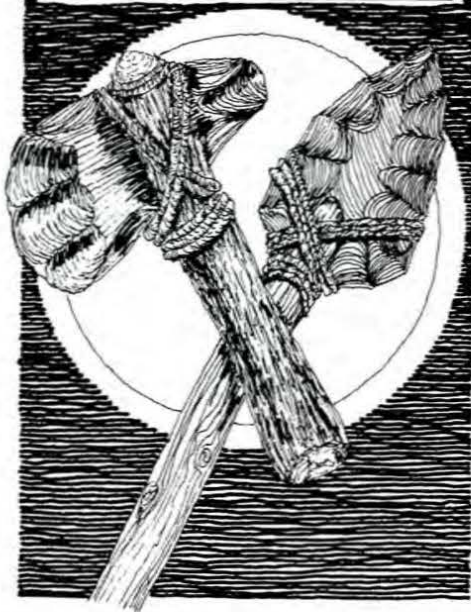
one accord. Their common bond was, Just for Today, to give shelter from the cold and provide a place to rest.

Weary and willing, I joined them, and together we made it through alive. We planted new seeds and reveled in unison under God's spiritual Sunlight. Those who were lost in the storms of winter were remembered, and gratitude for having made it dawned unto a new day, a new beginning.

Sometimes I've lived those seasons in one day. Uncanny as it seems, the similarity to the real seasons, my continued recovery has followed very closely to comparison. Parallel to this extent, I'm sure: when the coldness of addiction strikes and there's no sunlight to be felt, no clouds to embrace, this Fellowship gave me a hand of love to keep me warm and secure in the fact that "this too shall pass." Thanks!

Anonymous, Arizona

UNDERCOVER RECOVERY



*Taken from Clean Times
San Francisco*

Sex with newcomers in any social setting dates back to the Stone Age. What makes it different here, and more of an emotional issue, is the fragile or somewhat crippled stated of mind the N.A. newcomer usually arrives with. Folks can lose sight of our primary purpose: carrying the message of recovery to the newcomer. For some, thirteenth-stepping is an approach I like to call "horizontal recovery."

Each of us is responsible for our own actions and motives, especially on an intimate personal level. During early recovery, many of us are quite vulnerable, and dealing with sex or relationships at any time in one's life

can be a ride on an emotional roller coaster.

Often thirteenth-stepping a newcomer results in an emotionally devastating experience for them. If motives, needs, wants, desires, and expectations are not made clear from the start, confusion, anger, feelings of worthlessness, resentment, *ad nauseam* are sure to come up. And remember, we are trying to give newcomers the messages Easy Does It and One Day at a Time!

Newcomers' emotions are often fragile, and the wrong "morning after" behavior has been known to send them back out, sometimes permanently. Others become so gun shy that simple friendships and platonic relationships with program people elude them—their isolation intensifies. Suddenly the most innocent behavior—a friendly smile, a hug, a hello, or a request for a phone number—is misinterpreted as having an ulterior motive.

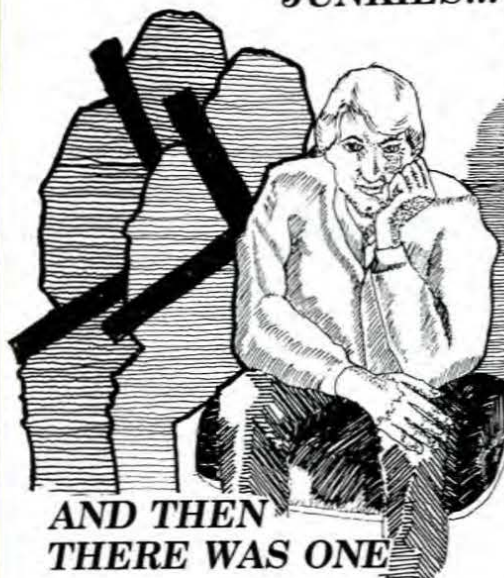
We must always keep in mind the important tools of honesty, open-mindedness, and willingness. Remember, none of us is a mind-reader, and for most folks it's essential to know on a physical and emotional level what is going on.

It takes two to tango, but one of us does lead. No matter what encounter arises, those of us in recovery no longer have the excuse of being the stoned-out zombies we once were, and we're now responsible for all our actions. Next time you're considering the Thirteenth Step or getting involved with a newcomer, maybe take a few minutes to think about the consequences.

Having been there,

Anonymous, California

THREE LITTLE JUNKIES...



AND THEN THERE WAS ONE

*Taken from N.A. Times
Salt Lake City Area*

Once upon a time at the local V.A. hospital detox ward, three junkies met for a short lifetime of fun and trouble. These three were always stirring up trouble in some way or another. They even convinced the afternoon nurse that everyone needed exercise. So they organized afternoon walks for everyone. This was so they could get out for a joint or two and a couple of mini bottles. They put out a great effort to get high.

When it was time to go home, they got each others' addresses and phone numbers so they could continue the fun and hell-raising. These three little junkies hit the streets like there was no tomorrow. Teasing the hookers, bugging the cops and getting loaded was their only ambition in life. What fun!!!

A couple of months later, they

discovered one of them had terminal cancer. This was the greatest thing that could ever happen. They had an endless supply of morphine! What more could three little junkies ask for? They all got strung out and partied until there were only two little junkies. What a bummer!! No more morphine!

So these two little junkies hit the streets once more. The poor hookers, pimps and cops thought, surely, this must be the end of the world. Two hell-raising junkies that just wouldn't quit.

Finally one of the junkies got so obnoxious that someone kicked the life right out of him.

Now there was only one little junkie left. What was he going to do all by himself? Of course! Raise hell and get loaded in honor of his two good friends. He had to use enough dope for all three now. He experienced insanity at its finest. Jails, institutions and so close to death was his way of life.

But even this story has a somewhat happy ending. One day the last little junkie woke up and said, "I need help!" He searched high and low for a couple of years. Recently he found N.A., a group of people just like himself—people with an answer. He started working the program and loving his new friends. They helped show him the way to a good life.

That last little junkie would now like to thank each and every one of you. I have a good life now. I must give special thanks to my God, who I am sure led me to you people.

Keep coming back, it really works!!
With Love and Gratitude,

S.A., Utah

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OPINION



The following article was first published in the WSO's bimonthly newsletter, the *Newsline*. Because we found it in one issue of almost every newsletter we reviewed for this special edition, it seemed like an appropriate time to reprint this piece in the N.A. Way. With this article we kick off our new editorial section. Your responses to this, or any other editorial printed in the magazine, are invited.

FROM THE TRUSTEES

Some Thoughts on Our Relationship to A.A.

The question of just how Narcotics Anonymous relates to all other Fellowships and organizations is one which generates a good deal of controversy within our Fellowship. In spite of the fact that we have a stated policy of "cooperation, not affiliation" with outside organizations, much confusion remains. The most

sensitive issue of this nature involves our relationship to the Fellowship of Alcoholics Anonymous. A constant stream of letters is received by the World Service Board of Trustees asking a variety of questions about this relationship. The time has come for another *Newsline* article to shed some light on this important subject.

Narcotics Anonymous is modeled after, though not identical to, Alcoholics Anonymous. Nearly every N.A. community in existence has leaned to some degree on A.A. in the N.A. group's formative stages. Our relationship with that Fellowship over the years has been very real and dynamic. Our Fellowship itself sprang from the turmoil within A.A. over what to do with the addicts knocking on their door. So we will look at those roots for some perspective on our current relationship to A.A.

Bill W., one of the A.A. co-founders, often said that one of A.A.'s greatest strengths is its single-minded focus on one thing and one thing only. By limiting its primary purpose to carrying the message to alcoholics, avoiding all other activities, A.A. is able to do that one thing supremely well. The atmosphere of identification is preserved by that purity of focus, and alcoholics get help.

From very early on, A.A. was

confronted by a perplexing problem: "What do we do with drug addicts? We want to keep our focus on alcohol so the alcoholic hears the message, but these addicts come in here talking about drugs, inadvertently weakening our atmosphere of identification." The Steps were written, the Big Book was written—what were they supposed to do, rewrite it all? Allow the atmosphere of identification to get blurry so that no one got a clear sense of belonging? Kick these dying people back out into the street? The problem must have been a tremendous one for them.

When they finally studied the problem carefully and took a stand in their literature, the solution they outlined possessed their characteristic common sense and wisdom. They said that while they cannot accept addicts who are not alcoholics as members, they freely offer their Steps and Traditions for adaptation by any groups who wish to use them. They pledged their support in a spirit of "cooperation, not affiliation." This far-sighted solution to a difficult problem paved the way for the development of the Narcotics Anonymous Fellowship.

But still the problem that they wished to avoid would have to be addressed by any group who tried to adapt those principles to drug addicts. How do you achieve the atmosphere of identification so necessary for surrender and recovery if you let all different kinds of addicts in? Can someone with a heroin problem relate to someone with an alcohol or marijuana or Valium problem? How will you ever achieve the unity that the First Tradition says is necessary

for recovery? Our Fellowship inherited a tough dilemma.

For some perspective on how we have handled that dilemma, one more look at A.A. history will be helpful.

"As a Fellowship, we must continue to strive to move forward by not stubbornly clinging to one radical extreme or the other."

Another thing Bill W. used to frequently write and speak about was what he called the "tenstrike" of A.A.—the wording of the Third and Eleventh Steps. The whole area of spirituality vs. religion was every bit as perplexing for them in those days as this unity issue has been for us. Bill liked to recount that the simple addition of the words "as we understood Him" after the word "God" laid to rest that controversy in one chop. An issue that had the potential to divide and destroy A.A. was converted into the cornerstone of the program by the simple turn of a phrase.

As the founders of Narcotics Anonymous adapted our Steps, they came up with a "tenstrike" of perhaps equal importance. Rather than converting the First Step in the most natural, logical way ("We admitted that we were powerless over drugs...") they made a radical change in that step. They wrote, "We admitted that we were powerless over our addiction..." Drugs are a varied

group of substances, the use of any of which is but a symptom of our disease. When addicts gather and focus on drugs, they are usually focusing on their differences, because each of us used a different drug or combination of drugs. The one thing that we all share is the disease of addiction. It was a masterful stroke. With that single turn of a phrase the foundation of the Narcotics Anonymous Fellowship was laid.

Our First Step gives us one thing to focus on, so we can do that one thing supremely well. We carry the message to the addict who still suffers. As a bonus, this wording of Step One also takes the focus of our powerlessness off the symptom and places it on the disease itself.

The phrase "powerless over a drug" does not go far enough for most of us in ongoing recovery—the desire to use has been removed—but "powerless over our addiction" is as relevant to the oldtimer as it is to the newcomer.

Our addiction begins to resurface and cause problems in our thoughts and feelings whenever we become complacent in our program of recovery. This process has nothing to do with "drug of choice." We guard against the recurrence of our drug use by reapplying our spiritual principles before our disease takes us that far.

So our First Step applies regardless of drug of choice, and regardless of length of clean time. With this "tenstrike" as its foundation, N.A. has begun to flourish as a major worldwide movement, clearly appropriate to contemporary addiction problems. And we've only just begun.

As any given N.A. community matures in its understanding of its own principles (particularly Step One), an interesting fact emerges. The A.A. perspective, with its alcohol oriented language, and the N.A. approach, with its clear need to shift the focus off the specific drug, don't mix very well. When we try to mix them, we find that we have the same problem as A.A. had with us all along!

When our members identify as "addicts and alcoholics," or talk about "sobriety" and living "clean and sober," the clarity of the N.A. message is blurred. The implication in this language is that there are two diseases, that one drug is separate from the pack, so that a separate set of terms is needed when discussing it.

At first glance this seems minor, but our experience clearly shows that the full impact of the N.A. message is crippled by this subtle semantic confusion.

It has become clear that our common identification, our unity, and our full surrender as addicts depend on a clear understanding of our most basic fundamentals: We are powerless over a disease that gets progressively worse when we use any drug. It does not matter what drug was at the center for us when we got here. Any drug we use will release our disease all over again. We recover from this disease by applying our Twelve Steps. Our Steps are uniquely worded to carry this message clearly, so the rest of our language of recovery must be consistent with those steps. Ironically, we cannot mix these fundamental principles with those of our parent Fellowship

without crippling our own message.

Does this mean that A.A.'s approach is inferior to ours, and based on denial or half measures? Of course not! A casual, cursory glance at their success in delivering recovery to alcoholics over the years makes it abundantly clear: theirs is a top notch program. Their literature, their service structure, the quality of their members' recovery, their sheer numbers, the respect they enjoy from society, these things speak for themselves. Our members ought not embarrass us by adopting a "we're better than them" posture. That can only be counterproductive.

The simple fact is that both Fellowships have a Sixth Tradition for a reason—to keep from being diverted from our primary purpose. Because of the inherent need of a Twelve Step Fellowship to focus on "one thing and one thing only so that it can do that one thing supremely well," each Twelve Step Fellowship must stand alone, unaffiliated with everything else. It is in our nature to be separate, to feel separate, and use a separate set of recovery terms, because we each have a separate, unique primary purpose.

The focus of A.A. is on the alcoholic, and we ought to respect their perfect right to adhere to their own Traditions and protect that focus. If we cannot use language consistent with that, we ought not go to their meetings and undermine that atmosphere. In the same way, N.A. members ought to respect our own primary purpose and identify ourselves at N.A. meetings simply as addicts, and share in a way that keeps our fundamentals clear.

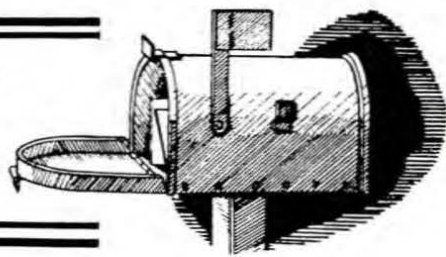
As a Fellowship, we must continue to strive to move forward by not stubbornly clinging to one radical extreme or the other. Our members who have been unintentionally blurring the N.A. message by using drug-specific language such as "sobriety," "alcoholic," "clean and sober," "dope fiend," etc. could help by identifying simply and clearly as addicts, and using the words, "clean, clean time and recovery" which imply no particular substance. And we all could help by referring to only our own literature at meetings, thereby avoiding any implied endorsement or affiliation.

Our principles stand on their own. For the sake of our development as a Fellowship and the personal recovery of our members, "our approach to the problem of addiction" must shine through clearly in what we say and do at meetings.

Our members who have used these sound arguments to rationalize an anti-A.A. stand, thereby alienating many badly needed stable members, would do well to re-evaluate, and consider the effects of that kind of behavior. Narcotics Anonymous is a spiritual Fellowship. Love, tolerance, patience and cooperation are essential if we are to live up to that.

Let's pull together our energies now and unify behind these powerful principles. Let's put those energies into our personal spiritual development through our own Twelve Steps. Let's carry our own message clearly. There's a lot of work to be done, and we need each other if we are to do it effectively. Let's get on with it in a spirit of N.A. unity.

From Our Readers



Letters and reflections from N.A. members worldwide.

REFLECTIONS

It was when I first came to Narcotics Anonymous that I heard The Serenity Prayer:

*God grant me the serenity, to
Accept the things I cannot change,
Courage to change the things I
can, And the wisdom to know the
Difference.*

The prayer stuck for me and I continue to use it daily. Early on I puzzled often over "the wisdom to know the difference." I had my eleventh birthday this past January and as I was reflecting on the life Narcotics Anonymous has given back to me, I found myself once again talking about The Serenity Prayer.

For me this prayer's special quality is that it makes me look at what I can change and what I cannot. It asks me to apply my energy to changing what I can and not to waste my strength trying to change what is out of my control.

I recently had a dramatic example of this wisdom. I repair televisions, stereos, and now computers. The other day I localized a problem in a computer. This should be a situation over which I have good control. I am trained. I know where to start. I found the problem. But then the problem took a new twist. The part I

needed was not commonly stocked in our area. At this point, still in control, I had several options. I could order the part. I could return the unit. I could try to find a substitute that would work as well.

Knowing that my customer was in a hurry, I decided to look for a substitute in our locale. Still in control, I drove into town, and consulted with another technician. He was helpful, as I knew from past experience he would be. Together we found a substitute and worked out a method for trying it out before I would hurt anything—just in case we were wrong. Our solution worked.

What struck me was how, even in this simple task, things can get so complicated and out of my control. God help me, I thought, in personal relationships, where what is going on is infinitely more complex. As I thought about it I began to realize that with my limited (very limited) knowledge there is actually very little I could ever have control over.

Then it hit me. There is one thing I always have control over. I can always control how I will act to any situation that arises. N.A. teaches us to act not react. N.A. has given me a set of guidelines. When I was born it was like I didn't get a rule book and everyone else did. I had to come up

with my own rules. After finding my way to Narcotics Anonymous, (or did it find me?) I was home. I finally got a rule book in the Twelve Steps.

Here I found a God as I understand Him. Here in the Third Step I learned to turn my will and my life over to God. My life is in His keeping. I trust Him to control all that is uncontrollable in my life. What a tremendous amount that is! Here is the serenity, to accept the things I cannot change. Here is the serenity to stay clean.

E.M., Montana

LOOKIN'

I wanted to be a part of our Fellowship through the magazine, so here it is. I wasn't at my lowest low when I found the Fellowship of N.A. I was still married, had a nice apartment, a good job, money, clothes, nice truck—all the material things that seemed to say all is well. I knew, however, deep in my heart that driving around on qualudes and tequila just wasn't right.

Several years ago, I was doing drugs all night and dreading the sunrise. I knew that wasn't right, but I thought those first few minutes when I first felt the effects of the drugs was what I needed. After several years of hating daylight and the police visiting through the doors of my apartments, I made some small geographic changes and I found an opposite drug. The downers mixed well with alcohol and I slept a lot more. I still dreaded the daylight, only now I had to wake up in the mornings instead of trying to sleep.

Years again passed and I tried to eventually cut back on the pills. It worked for short periods of time, but

they were exactly that—short periods of time. Finally, I got active in a church that a friend's parents went to. They had enabled me for so long, I thought I would be a nice guy and make an appearance.

This lasted a while and I even quit using for a couple weeks, but once again I hadn't found the strength to quit for long, much less for life. But I do believe that during this time, I came to believe that drugs were not going to be a part of my life forever—I didn't want them to be.

Then one day my best friend from fifteen years called. He lived in another state. We had barely kept in touch over the last years, but he wanted to move down and try and find work and he was active in another Fellowship. When he got here, I quit drinking to help him to be more comfortable, but I substituted lots more pills and shared openly with him.

Several weeks passed and eventually things began to get real out of hand. Pills were beginning to take over. One day, my friend suggested we go check out this thing called Narcotics Anonymous and see what it is. Well, we went and I sat and listened and these people were like me and I felt like maybe they could help. I didn't take a desire tag at that meeting, but I did the next night and so did my friend. Fifteen years before, we had gotten high together and one year and two months ago on April 17, 1986, we stopped using for one day at a time.

I can't say that all my problems are gone, but I can tell you that I have found what I was looking for for so long. I thank my God and the people of N.A., without whom I would not be

writing this letter of gratitude. Thanks for being here. Keep it simple; it does work!

T.G., Texas

Dear N.A. Way,

Before I procrastinate and find excuses, I want to write. I enjoy receiving the N.A. Way.

Last night and this morning, words will not express how appreciative I am. I returned from a field trip to New York City with fifteen non N.A. members. Most of the day was a blur! walked around praying, hoping to see an N.A. T-shirt, bumper sticker, anything—to no avail.

I arrived home exhausted and found in my mail the N.A. Way— instant relief. I savored and embraced “my meeting in print.”

It works...

Thank you.

Anonymous

Dear N.A. Way,

I want to commend you folks for the excellent work you have been doing. I look forward to getting the N.A. Way every month. Right now I am working on board a ship and it will be forwarded from my house.

I sincerely hope everyone is in good health. May God bless you all.

M.L., Louisiana

ACCEPTANCE

In my active addiction, acceptance was a principle that I rarely practiced. My self-will tended to take control of situations, and I would try to manipulate the situation until I got my way. I never seemed to be happy with what was going on in my life, I always wanted the “bigger and better

deal.” when I came into the Fellowship of Narcotics Anonymous, I was faced with some major issues that I had to accept if I was going to stay clean and recover. The biggest of these was accepting my powerlessness over my addiction. It was easy for me to say I was an addict, but until I internalized it, I would never have the willingness to go to the lengths necessary for me to stay clean.

Today, acceptance is the key to my serenity, I have to accept other people, places, things, and situations exactly as they are. If I do not accept these things as part of my Higher Power's divine plan, I cannot find internal happiness. Usually, when I am hurt, jealous, angry, or fearful, I need to isolate what it is that I am having trouble accepting, and until I do this, those feelings will be with me.

Acceptance of others has always been a big problem for me. When I do not accept someone as they are, it is usually because I see a character defect in them that is prevalent in myself. When I do this, I become angry and manipulative, trying to change them so I will not have to deal with that defect in myself. “Out of sight, out of mind,” so they say!

Acceptance for me also includes the future. Many times I am very fearful of what may happen if I take a certain action. My nature is to be complacent and not take any action that seems “risky.” If I try to accept the future as whatever H.P. will have it be, I am eliminating my will and opening the door to His will. If I do this, I know that in the end I will come out ahead.

Also, at times when life seems at it's worst, I have to accept God's will

and take the attitude that this is an experience that I will grow from. If I do this, I find it much easier to maintain my serenity through these times of turmoil.

This program has given me a lot, but most of all, it has given me the ability to accept everyday people and situations that I used to use as an excuse to get loaded.

P.M., Indiana

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 three months in advance. Include title, location, P.O. box, dates and contacts.

ALABAMA: Sep. 25-27 1987; Surrender in the Mountains; Cheata State Park—Talladega National Forest, AL (205) 488-5155; Neal 834-8427; Kim 285-3354

AUSTRALIA: Oct. 2-4, 1987; 4th Annual NSW Combined Area Convention for NA; The Roundhouse, NSW University, High St. & Anzac Parade, Kensington; Sydney (02) Max 698-4572; Annette 646-4675; Sonya 662-6124

CALIFORNIA: Oct. 30-Nov. 1, 1987; 9th Annual So. CA Reg. Conv.; Anaheim Hilton Towers, 777 W. Convention Way, Anaheim, CA; Bob (714) 540-0668; Valerie (213) 370-8052

2) Aug. 14-16, 1987; Annual Camp Out—Unity Weekend; McGuire's Ranch, Bald Hill Rd., N. Ft. Bragg, CA; (707) 964-3535

3) Aug. 21-23; Central Sierra 3rd Annual High Country Campout; Lyons Lake Resort; Sonora, CA; (209) 532-5396

4) Sept. 19, 1987; Stanislaus Valley Area Celebration; Elks Lodge, 945 McHenry, Modesto, CA; (209) 524-4421; Ken 634-3197; Ron 529-6728

5) Sept. 26, 1987; 1st Annual Unity Day; Laney College, Oakland, CA; Mitch (415) 235-0476

6) Oct. 3, 1987; 11:00 A.M.-4:00 P.M.; Learning Day; Mt. Carmel High School, 9550 Carmel Mountain Rd., San Diego, CA;

7) Mar. 4-6, 1988; NCCNA; Oakland Hyatt Regency Hotel & Convention Center, 12th & Broadway, Oakland, CA; Steve (408) 446-4445

CANADA: Aug. 21-23, 1987; Regina's 3rd Annual NA Convention; WA-WA Shrine Temple, 2065 Hamilton St.; Bernie L. 352-9214; John H. 781-7384; Cory D. 949-0995

2) Sept. 4-6, 1987; Calvery Round-up, 1423 8th Avenue S.E., Calvery, Alberta; Linda (403) 228-9626

3) Oct. 9-11, 1987; 3rd Annual Bilingual Quebec Regional Convention; MBCNA, P.O. Box 446, Beloeil, Quebec, J3G 6B6; Lyne (514) 676-6168, 443-0804; Johanne 532-5336; Vincent 332-9058

4) Oct. 23-25, 1987; 10th PNWCNA; Interested speakers submit tapes to PNWCNA Box 468-810, West Broadway, Vancouver, B.C. V5Z 4C9; (604) Wendy 294-9016; Brant 254-9094

COLORADO: Oct. 23-25, 1987; CRCNA-I; Antlers Hotel, Colorado Springs; (303) Julie 321-8930; Jeff 755-6813; George 830-7811

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ENGLAND: Sept. 18-20, 1987; First Annual U.K. Convention; Bournemouth Conference Centre, Exeter Rd., Bournemouth BH2 5BH

FLORIDA: Oct. 9-12, 1987; Keys Recovery Weekend IV, Marriott's Casa Marina; Keys Recovery Group P.O. Box 4664, Key West, FL 33040; Pat 296-2810; Susan 296-4420; Sonia 296-7087

IRELAND: Oct. 23-25, 1987; 3rd Irish Regional Convention; The Royal Marine Hotel, Dun Laoghaire, Co. Dublin; Irish Convention Comm. P.O. Box 1368, Sheriff St., Dublin 1, Ireland

KENTUCKY: Oct. 17, 1987; P.I. Awareness Day; Unitarian Universalist Churt, 3564 Clays Mill Rd., Lexington, KY; (606) 252-3484

LOUISIANA: Sept. 3-6, 1987; World Convention; WCNA 17; Sheraton New Orleans Hotel & Towers, 500 Canal St., New Orleans, LA 70130; (504) 525-2500

MINNESOTA: Sept. 11-13; Camp Vermilion Regional Retreat; Camp Vermilion: 5 miles from Cook, MN; P.O. Box 1046, Cook, MN 55732; Joe: (218) 749-3709

MISSISSIPPI: Sep. 25-27, 1987; 5th Annual Natchez Campout; Clear Springs Recreational Area Hwy 84/98, Natchez, MS; John & Pam (601) 442-4441; Ray 442-5086

NEBRASKA: Oct. 9-11, 1987; NRCNA IV; Holiday Inn, 72nd Grover, Omaha: 1-800-HOLIDAY; P.O. Box 3532, Omaha, NE 68103

NEVADA: Aug. 27-30, 1987; 5th Annual Stampede for Serenity Campout; Stampede Reservoir; (702) 322-4811

OREGON: Oct. 2-4, 1987; OSIRC; Neighborhood Facility Building—Coos Bay, OR; Kathy O. (503) 269-7513; Caryl M. (503) 267-5689

PENNSYLVANIA: Oct. 9-11, 1987; T.S.R.C.N.A. V; Hyatt Hotel, Pittsburgh; (412) Ken 521-1086; Roz 361-6250; Rich 371-3891

TENNESSEE: Nov. 5-7; Volunteer Regional Convention 5

TEXAS: Mar. 25-27, 1988; LSRCA III; Fort Worth, TX; (817) Vince 924-0939; Don 738-5329; Debbie 599-3475

2) Oct. 3, 1987; 7th Anniversary of Step One NA; South Hills Christian Church. 4813 Odessa, Ft. Worth, TX; Carlton C. (817) 624-4221; Richard F. (817) 921-2489

VIRGINIA: Jan. 8-10, 1988; 6th AVCNA; The Hyatt Hotel Richmond; Interstate 64 at Broad St. & Glenside Dr., Richmond, VA; Mel 644-9143

2) Aug. 14-16, 1987; 1st Mini-Convention; 4-H Educational Center at Front Royal, Route 522-South, VA; Almost Heaven ASC, P.O. Box 2025, Martinsburg, WV 25401 Pat H. (703) 667-9312; Bill M. (703) 662-4418; Rob B. (304) 267-4418; Bob W. (304) 797-3563

WISCONSIN: Oct. 23-25; WSNAC IV; P.O. 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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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
6. to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. 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
11. promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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WHERE DOES ALL THE MONEY GO?

anything meeting of the
donat... over was then
... the Regional Service
... fifteen months clean I
became secretary of the Regional
Service Committee. They use the
donations from areas to provide
seed money for workshops,
conventions, and activities, to print
on the post office lists, to pay rent
Regional Service Representative
and the alternate RSR to the World
Service Conference as the Arizona
representatives, and to pay for
copying and mailing of RSC
meeting minutes. Anv
over is donated

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

Anonymous. Every spread the message
through Narcotics
Our Fifth Tradition Tells us that
is our primary purpose: to carry
the message to the addict who still
suffers. Our Seventh Tradition
tells us that we are fully self-
supporting through our own
contributions. This means that all
these services are provided by the