

THE **NA Way** 900 MAGAZINE®

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1993

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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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THE NA Way MAGAZINE®

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From the editor



Tell us what you want

You may have noticed that the pages in the August issue of *The NA Way* had a slightly different texture than the July issue. That's because with the August issue, we began using recycled paper. Our decision to switch to recycled stock was made in response to a request from one of our readers. After receiving the reader's letter, we checked prices and quality of recycled paper stock and found we could get comparable quality at no increase in cost.

Please keep making suggestions. We're listening.

Reader's Survey results

Along those same lines, you'll find the results of the 1995 Reader's Survey in this issue. We found the results very interesting and helpful, and we want to thank all those who participated.

Your responses to the Reader's Survey are the primary guide we will use in making editorial decisions and putting together the magazine for the next couple of years.

One of the first things we want to do in response to the surveys is put together a feature on dual-diagnosis recovery (recovery from addiction and an emotional or psychological disorder). We suggested a feature

focusing on this topic in one of the survey questions, and we received a response indicating many of you would find such a feature helpful.

The NA Way is seeking NA members with experience, strength, and hope to share about dual-diagnosis recovery, and who are willing to be interviewed for this feature. Of course, we will be sensitive to your concerns, and we realize anonymity will be one of those. Please write or call me at the WSO if you want to help.

Back issues are back

To all of you who have wanted back issues of *The NA Way*, your patience is about to be rewarded. After moving into our new offices, we took inventory of our back issues, putting away a few for our archives. The rest are available to you. In the back of the magazine you will find an order form listing the available issues.

Till next month!

CT, Editor

We love you, NA

It's the eve of my little girl's fifteenth birthday. (I guess that means she's no longer a little girl!) The last time I hugged her was really the last time. I gave up my child for adoption when she was two-and-a-half. The disease of addiction didn't give me the option of being a good mom or a bad mom. This disease had me begging only for the ways and means to get more.

Not only did the disease of addiction take my little girl from my life, this disease took life away from me. As an addict in active addiction, the drugs had my full attention in the evenings when I should have been kissing her goodnight. The drugs kept me sick throughout the morning, so that nothing she needed then mattered. While she cried for me to hold her, I was busy on the streets, crying myself. I cannot remember when she first walked, what her first words were, or even her first birthday party. At times when I was with her, I felt sorry for her. Something in me knew I wasn't really a mommy. I was just existing, and she existed with me. And now, twelve-and-a-half years later, we both have a life.

I came to Narcotics Anonymous a little over six years ago. At sixty-six days clean, I gave birth to my second daughter. We are both NA girls. Together, we're growing up in these rooms.

Such a major part of my struggle in the growing-up process is about feelings and being able to share them. Tonight I lay in my bed and began missing my little girl from a long time ago. Every year at this time (since I got clean), I write a letter to her adoptive parents. My letter is sent through a social worker. But I've never heard anything back. Every year I write, and I wait, and I pray and hope. But this year I'm not waiting. This year my letter is to the Fellowship of Narcotics Anonymous.

Sometimes, like tonight, I can't seem to cry enough over losing my child. Sometimes the pain takes over everything inside me. I used to feel like such a failure, undeserving of any more opportunities in life. Tonight I sit here and feel so loved by life itself, because I'm so loved in NA.

There is a place within me that always feels a little lost when I think about what was taken from me in active addiction, and a place that hurts for what I took from others and myself. It's during those lost and hurtful times that I'm so grateful that, even though I gave up on being a mommy, being a woman, being any type of person, this fellowship didn't give up on me. I really had nothing to give you all. I was too scared to hug people and I was afraid that I couldn't love anyone anymore. And now I can't say "I love you" enough. I don't even know how to say thank

you for my life and my second child's life. For six years, she and I have been loved in the purest way there is to be loved—the NA way.

The Twelve Steps took me within myself to live in peace with me. These most awesome traditions teach me how to live in peace with all of us, not excluding my loving God. But to the addicts of NA, because of you, I'm a great mommy today. My little girl and I love you.

To all the mommies, daddies, grandparents, children, and all our other family members of NA, "The lie is dead! We do recover!"

DWS, Indiana



Grieving and growing in NA

When I first came to this program, and for a long time thereafter, I thought past issues would be resolved just by staying clean. It never occurred to me that things don't just magically dissolve into thin air; sometimes we have to re-experience things, and there is a certain amount of pain and grieving that comes with that.

Lately, I've been learning a bit about this very thing, and although it's been painful, it is joyous. It is interesting how I am learning about my past experiences by repeating some of the same things in recovery. I'm learning to work through the issues and gaining the spirituality and emotional maturity I missed out on while using.

God is showing me that many of these experiences were in my life to help me learn about myself, others, and God. And to give me an opportunity to choose to draw nearer to God. Of course, when I was using this would have meant nothing at all to me. I rolled my eyes at such ideas as "drawing near to God" (unless I needed to be rescued from the consequences of using).

I am also finding out more and more about how important pain is to

our growth process, and that it is okay to feel pain. In fact, it is good. Good to feel? What did I used to know about that? The same as we all did before recovery. Not a lot. Today I'm learning. I'm learning a little at a time. What I'm learning is helping me to live inside my own skin and be okay with that, just for today.

Today I realize that God is always there for me to lean on during times of pain, and any other time for that matter. It is my choice, either to lean on God and find comfort and answers, or to turn to something to numb out the pain. Numbing the pain, or any feeling for that matter, is only a temporary escape (as we addicts know all too well).

I'm learning that running from pain in any manner slows the growth process and can, at some point, stop it altogether. The Basic Text tells us that we must "grow up or die." I am making a daily choice to move forward through anything, which right now for me includes a very painful divorce and custody settlement.

Today I choose life and growth. I am letting God teach me the spiritual lessons and give me the gifts I missed out on when I went through an identical situation in my active addiction. I am doing things differently today, thanks to the program of NA and my loving Higher Power working in my life.

The interesting thing about going through this clean is that this time I'm not doing every drug and "escape" under the sun and moon to numb the pain. I am realizing, in grieving this incredible loss and pain, that I never grieved my first divorce. Because of what I'm going

through now, I'm getting freedom from the past, too. I am allowing myself to grieve, and I am being given a chance to heal and grow through it all.

Why? Because I choose to be human today, to feel, grow, and live. I choose to experience recovery to the fullest in my life, even when that means feeling grief and pain sometimes.

I recently had another NA member accuse me of having a pity party when I was in a lot of pain and needed to dump. I disregarded what this person said because I firmly believe that if we do not experience and feel our feelings, we will not grow. If we do anything else with pain other than feel it and walk through it, we can end up in a dangerous place for addicts: one step closer to picking up.

I believe we should encourage the grieving process in those who have the courage to grieve, and assist them in that part of their recovery. Growth takes courage, but encouragement is important. After all, this is a "we" program.

Today I am willing to lean on God and those NA members who are close to me. Today I am willing to grieve this loss and feel the pain of it. Today I am willing to grow because I am willing to live without the use of drugs. Today I am willing to share my experience, strength, and hope with others so that maybe they might benefit from having shared this pain. And because I know that sharing is one of the most powerful tools for healing and growing, I choose to use this tool today and share this with you.

CL, Arkansas

Never alone

When I first got clean, the people in my home group were my whole life. Outside of work, I did everything with them.

After a couple of years clean, I had a major crisis in my life that caused me to feel alienated from those same people who before had been my whole life. Maybe some of it was on them, but I know now that most of it was on me. My shame caused my feelings of alienation.

During this time, I got heavy into the NA service structure—outside my home group. I met a lot of wonderful people who gave me all the love and support that I needed to see me through a difficult time, and to see me through it clean. Thank God for service work.

Those people have been my closest confidantes. However, they do not live close to me; the closest one is two hours away from me.

For a long time, I thought all this out-of-town support would be enough. Now, after a couple of years of this, it is becoming more and more painful not to have any close relationships nearby.

I thought I was the only addict who felt like this: alone at home. It seemed that everyone else had close friendships with people in their

hometown recovery circles. But, just as always happens whenever I think my situation is unique, I shared with one of my service work confidantes how I was feeling, and she let me know that she had experienced the same feelings.

It was a great relief to know that I wasn't alone. Then, remarkably enough, I went out to eat with another woman from my home group who had also felt this same disconnected feeling. We speculated as to whether or not this was just something that happened after some time in the program. The jury is still out on that one.

What's ironic about this whole thing is that once I realized I wasn't alone, once I started looking for the solution instead of lingering in the problem, things got better. It's not back to the way it was four or five years ago, and I don't think it ever can be, but that's okay. I am now willing to make something different happen. I've really just begun. I started by trying to remember what made me feel so much a part of things when I first got clean. Guess what? It brought me back to the same old solution: service work—only this time in my home group. That's how I made connections when I first got clean, and that's how I built bonds with other recovering addicts all over my region.

So now I am starting at home: chairing meetings and trying to sponsor some people (when they want a sponsor). I don't know if this is the solution, but it's definitely a step in the right direction.

Anonymous

When I grow up, I want to be...

In the four years I have been clean, I have been laid off from four different jobs due to some financial disaster in the companies I worked for.

I had managed to save enough to cover the rent for a couple of months, so after the last layoff I decided to just stay home for two months, examine my life, finish yet another Fourth Step, and try to decide what I want to be when I grow up. My sponsor told me not to make any major decisions while I was working on my Fourth Step. By the end of one month at home I had finished the Fourth Step, done a Fifth Step with my sponsor, and been told to make a list of goals.

Goals?

Well, I managed to come up with a list by the end of the second month at home. I didn't know what I wanted to be when I grew up, but I did decide that getting a job in my field was a good short-term goal. So I set out to find one.

Now it's been three months since I was laid off. There is no money left. I've been working here and there for a temporary service, sending resumes to anyone who advertises in

the paper, and going on interviews. Mostly, I'm getting nice letters back saying they hired someone else. Tonight I got a call from a person who interviewed me earlier in the week and wanted to let me know personally that someone else was selected.

After thanking him and hanging up the phone, I lost it. I was angry and hurt and frightened about the future. I lost every shred of self-confidence and self-esteem I have managed to acquire in recovery, and I was totally convinced that someone on my list of references was telling prospective employers that I am a terrible person and not to hire me. I was crying and only seeing the worst, positive that I would never get a job and we would starve and lose our home.

I started to pray for understanding, and in a half hour or so I was through the worst of the reaction craziness. I'm still frightened, but not as much. I don't understand, but then, I don't have to. I remembered that my Higher Power has always given me exactly what I need when I need it—but not one minute sooner—and that there has always been a reason for things going ways I don't appreciate, even though I may never know the reason. I know all I can do is keep trying to do my best.

I have a group of people around me who will help me get through whatever comes down by sharing their experience, strength, and hope with me, or just listening while I babble. With them, the steps, and my Higher Power, I can get through this, and even be grateful in the process.

Anonymous

A funny thing happened on the way to do service

When I am asked to be someone's sponsor, I always first respond by asking, "Are you willing to work the steps?" and, "Are you willing to follow a few suggestions?" I haven't had anyone say no yet, but still, I always ask these questions to let the person know that I feel very strongly about these two tools of recovery. After all, it is by working the steps and following suggestions that I have been able to stay clean for over five years.

Once they have said yes, I also let them know that I will not ask them to do anything that I haven't done or would not be willing to do myself. That brings me to where I'm at right now, sitting in front of a typewriter trying to put together something for *The NA Way*.

A few months ago I was on a road trip with one of my sponsees. We were going to an H&I subcommittee meeting in another area (my sponsor is the H&I Chair in that area), and I had given this sponsee the chore of listing all the different ways of

carrying the message as part of his Twelfth Step assignment. He had done a pretty good job, listing fifteen or twenty ways, and I was able to help him find about thirty or forty more (I'm sure there's even more that we both overlooked).

One of the ways I mentioned was "sharing our experience in print." Since I knew he subscribed to *The NA Way*, as do I, I suggested that he write something for the magazine.

After I suggested this, I realized that I had never done it myself and remembered that statement I made when I agreed to be his sponsor: "I'll never ask you to do anything that I haven't done or wouldn't be willing to do." So I told him that I would also write something to the magazine since I had never done it either.

Well, he is still procrastinating (and is still on the Twelfth Step), but I finally got off my lazy butt and started typing. You know what? I feel great! I said I would do it, and I have. I don't know about anyone else, but I always feel good about myself when I follow through on something I've committed to do.

Is there a moral to this story? I'm not sure. Maybe it's that road trips should always be taken with a sponsee who's working Step Twelve. Maybe it's that we feel good about ourselves when we do what we say we'll do. Or this could be just another wonderful day in recovery. Whatever it is, thanks for letting me share it with you.

CJ, Texas

The second chance

My addiction began in the early sixties. I was a teenager in junior high school. One Friday night I told my parents I was going to a party, and I didn't return from the party until March 1992. I lived to party and partied to live.

I chose to follow this road for all these years of my life, and came upon many stumbling blocks where I detoured in unhealthy directions. I experimented with every drug under the sun, from alcohol to heroin. My using became progressively more devastating and life-threatening due to many overdoses.

While I was still employed, I said I would never do the things that other people did. I had a job and could support my habits, I thought. I looked good on the outside. Little did I realize that I had already begun doing the things I said I would never do, things that were totally against my moral upbringing, things that were thoroughly degrading.

As my life began to get more unmanageable, I became unemployed, and soon I found myself homeless. I lived on the streets in many cities, thinking that the next town

would be different, only to find the same lifestyle awaiting me one more time.

There I was, wondering, "How did I get here?" Pushing a shopping cart, collecting cans, bottles, and scrap newspapers. Jumping through dumpsters day after day and night after night. Surviving, but living like an animal.

"How could this be possible, and why is this happening to me?" I asked myself. "What did I do to deserve this?" I cried. For a long time I had a job and made excellent money. I paid my rent and bills. I used to have all of the luxuries that life could offer for a hard-working guy like me. What had happened? And why to me? Could it be my priorities were a little out of order? Naaaa. . .

Life had no meaning anymore. I was just existing, surviving by ripping off society. My spirit was broken, and I had become something I didn't want to be. The hell I had put myself through, the endless night of always trying to fill a spiritual void that could never be filled, the gut-wrenching feeling I had in my stomach, day after day continuing down this lonely path, never seeing a way out. I felt very hopeless. The despair of surviving on the streets and the feeling of hopelessness plagued me on a daily basis. My life was a dreary routine of eating in the soup lines with other homeless people, washing anywhere I could, and laying my head down at night, numb with fear about what tomorrow would bring. The only thing that broke up the monotony was when I ended up in a blackout. Many years are nothing

but a clouded fog, interspersed with pain.

After years of trying to stop using on my own, and realizing that my way wasn't going to work, I surrendered. I prayed for help. I became sick and tired of being sick and tired. There had to be another way, and soon I found it. It wasn't easy, and it took some willingness, but I had plenty of that. I didn't want five more minutes of the life I had been living.

Today I don't ever have to be alone. Through finding a Higher Power of my understanding who loves me unconditionally and is caring, I can learn how to live this new way of life. I have a second chance, which has been given to me as a gift. Every day I wake up to another beautiful day and thank my Higher Power for allowing me to wake up clean and breathing.

I am giving back to society, and I expect nothing in return. I am learning how to give of myself to others who may be suffering as I did. There are many who need the NA way of life, but only those who want it can have it. Believe me, the willingness to go to any lengths has to be there if we want to live.

This gift of life can be taken at any time if I lose sight of my gratitude for it. For me, I have to take some action that expresses my gratitude. I must give back what has freely been given to me, so I can keep what I have and continue this new life. I am experiencing many new freedoms in my life today, as a result of following some simple suggestions.

I don't have to get confused, trying to think and figure life out. All I have

to do is pray that I can learn to do God's will and not mine. As much as my sick head may want me to believe the lies it tells, I know better.

Lately I haven't felt like going to meetings, but I know I have to go. Yesterday some of us went to an H&I meeting to carry the message to addicts in detox. Carrying the message keeps me willing. I mean, how can I carry an honest message about going to meetings on a regular basis if I haven't been in a week? I can't tell others to get into action, go to meetings, get phone numbers, and get a sponsor if I've been complacent.

The addicts that we talked to had that look of desperation; they seemed to project an overwhelming fear of the unknown, disbelief that they could get and stay clean, and the loneliness eating a hole bigger and bigger inside. I could sense in each one of them the spiritual void that keeps crying out to be filled, only to be answered by the disease of addiction. I truly believe that I would blow my brains out if I had to feel that way again. Those wretched faces in the detox—each one was me.

I pray that maybe all, or some, or even one heard the message of hope: that no addict seeking recovery need die from the horrors of addiction.

Anonymous, California

Why we are here

Disease! What disease?!" I said at my first meeting. "I've just got a damned drug problem!"

Well, it's been a few years and I seem to have "caught" this disease from you guys. The thing I've identified as my addiction is alive and well. My character defects are intractable. I get the "hole in the gut" feeling whenever I slack off in meeting attendance, sponsorship, step work, and talking to God. Yes, I can now understand and accept that taking too many drugs is only a symptom of the disease of addiction.

But I didn't understand that when I got clean. The things I heard in meetings that I kept thinking about later with hope in my heart were the "war stories" some of you shared. I found myself really attracted to NA because some people were talking about turning tricks, finding outfits in the trash behind a doctor's office, sleeping in the twenty-four-hour laundromat, etc.

Did I relate! I sat on the edge of my chair, practically salivating every time someone even hinted that they used the way I did. When someone talked about recovery, taking inventory, making amends, I yawned.

Recovery was a language I didn't understand yet, and I was just about as entertained as I would be watching local TV in a country where I don't speak the language. I mean, I didn't come to NA because I was feeling the lack of an inventory process in my life; I came to NA because I was shooting too much dope and believed NA could help me stop.

After a few months, I finally got interested in recovery. Unfortunately, I missed the point in a big way and got even more interested in my character defects. I shared about them in meetings. I reveled in my anguish. I bewailed my disease-ridden state of being. I moaned and groaned. I sniveled and kvetched. Did I enjoy being sick! I particularly loved the onedownmanship at the coffee shop after the meeting.

Eventually, the steps kicked in. My self-obsession diminished. I got bored telling my war stories and hearing yours. I found discussions of character defects, mine and yours, even more wearying. When I went to meetings, I wanted to hear recovery and nothing but. I was extremely impatient with anything else. When I shared, I kept my focus strictly on the spiritual principles of the Twelve Steps. I didn't mention drugs. Actually, I almost forgot I had ever used them.

I ended up very sad and lonely. No one ever asked me to be their sponsor. I finally realized that the newcomers couldn't relate to me. They sat there, wanting only to know how to stop getting loaded, and I was regaling them with detailed insight into the wonder of prayer and medi-

tation, the security in building a relationship with God, the joy of an honest relationship with a sponsor, and so forth. They yawned.

Then the God of my understanding nudged me with one of those little "lessons." I was at a meeting and the leader was one of my peers. In fact, we'd been in a recovery house together. She was celebrating a recovery anniversary and talked about meeting me in this recovery house and relating because neither one of us had all our teeth. She was going on about this, and it reminded me where I came from. Eight-and-a-half years ago I was a scrawny little gutter hype with bad skin and no teeth.

So I changed again. When I'm sharing in a meeting today, I always make sure I include just a little bit about "what it used to be like." Newcomers need to be able to identify. If we're all sitting around talking about our addiction manifesting itself in food or at the shopping mall, expounding on the many areas in which we're powerless, or holding forth on how totally cool our Higher Power is, we're liable to forget our primary purpose. More importantly, we're liable to fail our newcomers. I don't want that to happen. I really want to carry the message of Narcotics Anonymous. After all, that's why we are here.

Anonymous



Home Group



NA Way Survey Results

In the May 1995 issue of *The NA Way Magazine*, we included a survey to which we received ninety-eight responses. We ran the survey because we wanted to see how much support exists for *The NA Way*, and what our readers want. We consider the response good, not so much because of sheer numbers, but because your responses gave us the guidance we need to bring you the best possible magazine we can produce.

We've included or paraphrased the original questions asked for the benefit of our readers who don't have the May issue on hand.

To understand the following results, you'll need to start off with some of the same assumptions we made. One, this survey was not meant to be a "scientific" survey; the results represent only the wishes and opinions of those who sent in surveys. Two, you should not consider the following numbers as "votes" for or against any question we asked. Three, not every respondent answered every question; therefore, the "yeses" and "nos" will not necessarily add up to ninety-eight. Four, it became apparent to us as we were logging the responses that we hadn't always asked the questions clearly enough that you would be sure to understand what we meant. For instance, in question six, we asked you to rate on a scale of one to five your response to each item in the May issue, and in question nine, we asked what the "least useful" item was. Well, we discovered that many of you took that to mean "useful" in your personal recovery, because your response to a particular section such as a "Viewpoint" article was often very positive in question six, but "not useful" in question nine. There were a couple of other questions where it became apparent that we didn't mean what you understood. We'll comment on that below.

1. How did you obtain this issue of *The NA Way*?

- 96 subscribers
- 2 borrowed or received as gift

2. If you are a subscriber, how long have you subscribed?

- 22 under 1 year
- 17 1 to 2 years
- 34 2 to 5 years
- 23 5 or more years

3. If you subscribe, why?

- 3 only way to get magazine
- 85 enhances recovery, likes magazine
- 10 enjoys Home Group
- 1 enjoys motion 39/88 forum
- 2 enjoys viewpoints
- 16 information (news, convention announcements)
- 12 support/loyalty

The numbers for question 3 include all the answers given. Many respondents gave two or three answers as reasons they subscribe. We counted each mention as "1."

4. If not a subscriber, would you consider subscribing?

- 1 yes
- 1 no

These two responses are from the two nonsubscribers.

5. Which of the following best describes how you read the May *NA Way*?

- 83 cover to cover
- 3 skimmed
- 11 read articles of interest

6. This question asked readers to indicate their reaction to each article in the May issue.

We are not printing the specific numbers for this because we feel that anonymity may be an issue for the NA members who contributed articles to the May issue. Also, with the numbers so evenly spread, we learned that none of the articles pleased everyone, but almost everyone reacted positively to at least a couple of articles. We're pretty happy with being able to please most of the people most of the time, and we'll let it stand at that.

7. What do you usually turn to first in *The NA Way*?

- 34 first page
- 29 "Home Group" comic
- 9 "From the Editor" column
- 7 "Comin' Up"
- 6 "Meeting in Print" section
- 5 "Viewpoint" section
- 2 skim through whole issue
- 2 front or back cover
- 1 last page
- 1 sometimes "Newsletters," sometimes "Viewpoint"

8. Which one item did you enjoy most in the May issue?

Again, we got the sense that we were pleasing most of the people most of the time because of the diversity of your responses to this question. The top three were: "Steps Don't Need to be Politically Corrected," the "Home Group" comic, and "Anniversary Anxiety."

9. Which one item was least useful to you?

Interestingly enough, the top three "winners" here had one in common with the most enjoyed above. The "Home Group" comic had exactly as many people identify it as "not useful" as it received positive responses. Other items some of you identified as "not useful" were "Comin'Up" and "Letters to the Editor." These "beat" the comic.

10. Do you have any other comments about the May NA Way?

We can't list them all here, especially since two of your comments were that you liked the survey, but it did take up four pages that might otherwise be devoted to recovery. We hear you. We're going to try to limit anything that takes pages away from personal sharing. Other comments included many who said they were "sick of" articles about NA language and identity and "Motion 39/88." However, we also received quite a few responses that said they particularly enjoyed those articles.

11. If The NA Way were to include the following features in its next issue, which one would you turn to first?

- 21 A story about an NA community outside North America
- 12 AIDS in various NA communities
- 14 NA language/identity
- 28 Dual-diagnosis recovery (emotional/psychological disorders in NA)
- 4 World Service News
- 20 News about local NA communities

Other suggestions

- "Incest recovery"
- "NA history"
- "NA and methadone"
- "Positive, upbeat, joyful relationships"
- "WSC'95"
- "NA in prisons"
- "Article addressing 'What happened to HOW?'"
- "Women in recovery"
- "Minority groups/individuals being segregated from NA"
- "A story about loners"
- "Dealing with other diseases in recovery: TB, AIDS, bipolar, etc."
- "Successful relationships in recovery"
- "A story about the true nature of addiction"

We're pleased that you had other suggestions, and we hope that anyone who wants to write about any of these topics will do so. We plan to get busy right away on the feature that received the most support. See "From the Editor" for more information.

12. How did you first learn about The NA Way?

- 36 at a meeting (a few mentioned the annual group drive)
- 27 another member (several mentioned their sponsors)
- 6 off literature table at meeting
- 5 can't remember
- 4 being of service
- 3 recovery house/hospital
- 3 signed up for it at convention display
- 1 in the WSO *Newsline*
- 1 subscriber since first issue
- 1 recovery bookstore
- 1 in jail
- 1 "reading it"
- 1 on a New York City bus (Don't that beat all!)
- 1 "Somewhere in the fellowship in early recovery. The magazine's existence was like a rumor that panned out."
- 1 from a member of AA
- 1 at a clubhouse
- 1 called WSO in 1985
- 1 received gift subscription

We included all responses here, even some of the "rare" ones, hoping you would find them as interesting and entertaining as we did. One person noted that the annual group drive was the first he had heard of the magazine in twelve years of recovery.

13. Do you recall a favorite or most moving article? What was it?

The most frequent response to this question was, "Yes, but I can't remember the title."

14. Have you ever submitted a story to The NA Way? Was it published?

- 20 yes, yes
- 1 yes, pending
- 17 yes, no
- 53 no

15. What motivated you to write and send it in?

- 24 enhance recovery
- 9 had strong opinion/editorial reply
- 3 like to write
- 2 NA Way's request for articles
- 1 wanted to support magazine
- 1 God

16. What do you think of humor in *The NA Way*?

You answered this question in two ways. Some of you answered in a "philosophical" way, saying "yes, we should have humor" or "no, we shouldn't." Others told us if you think what we print is funny or not. We counted the ones who said "It's funny" as "yeses." Here are the numbers.

- 92 yes, should have it
- 2 no, not appropriate
- 32 it's funny
- 5 it's not funny
- 14 specifically mentioned liking the "Home Group" comic
- 3 specifically mentioned not liking the "Home Group" comic
- 14 said we need more humor
- 1 said "Is there humor in *The NA Way*?" (We thought this was funny.)

17. Do you recall an objectionable story? What did you find objectionable?

A few mentioned various opinion pieces, with most of those finding something objectionable in the tone of the article rather than the point made. Many mentioned articles that appeared to endorse other fellowships.

18. Do you think the magazine fairly reflects diversity of the NA fellowship?

- 67 yes
- 10 no
- 5 most of the time
- 4 unsure
- 2 as best it can
- 2 sometimes
- 2 yes, but it only reflects the people who write

19. Do you think the magazine is good for newcomers?

- 82 yes
- 4 no
- 5 most of the time
- 5 unsure

One "no" said there was "too much controversy." So did three "unsures."

20. For older members?

- 89 yes
- 2 no
- 3 so-so
- 2 don't know

21. Should the *NA Way* ever include stories from non-members?

- 29 yes
- 49 no
- 7 unsure
- 3 occasionally
- 2 editor's decision
- 3 "if appropriate" (respondents seemed to mean "recovery-oriented")

22. This question asked how *The NA Way* should be supported, asking readers to select those they felt were acceptable from the options below.

- 46 WSO continues absorbing costs
- 16 *NA Way* increases its rates to new subscribers, but offers renewals to old subscribers at existing rates
- 65 *NA Way* increases its rates to everyone
- 40 *NA Way* begins charging a nominal fee to run event announcements in "Comin' Up"
- 32 Quality of magazine is significantly downgraded, i.e., certain features are removed. Those who selected this option chose the following items to be removed.
- 20 cover art and high-quality paper
 - 1 cover stock only
 - 10 inside illustrations
 - 16 "Home Group" comic strip
 - 3 *NA* news or staff-produced features

We should note here that some respondents made a special point of saying "no!" to some of the above suggestions, two respondents prioritized their choices, and a few made other suggestions. We're unsure why the suggestion to offer same-rate re-

newals to current subscribers received such a low response. We think it's possible that some may have understood this suggestion to mean "forever," which wasn't the case. We simply meant offering our current subscribers a chance to renew before we raised rates overall, which is often done in the magazine industry. In fact, we do a version of this now, by offering discounts to those subscribing for more than one year.

We want to make it clear that we really don't want to raise rates to anyone or cut quality. *And there is another option.* If we could increase our subscriber base to about twice what it is now, the magazine would begin breaking even. We can assure you that in our decision-making process we will carefully consider what you have shared with us here.

23. This asked if we should change any of our editorial policies.

- 75 no
- 10 yes
- 2 not sure

Of the "yeses," one wanted to make our policy more strict, rejecting outright any piece using "sobriety" or similar terms. One thought no editing other than removing obscenities should be done. One thought everything should be printed and nothing should be edited. One thought mentions of specific drugs should be left in the stories. The other "yeses" were in favor of allowing "sobriety" and similar terms to be printed.



Newsletters

A really good meeting

From *The Daily Surrender*, the Michigan regional newsletter:

Recently, I travelled to an area in the Southwest. As I am going to be moving there soon, I felt that it was important to attend a "really good meeting." I deliberately was trying to avoid going to a "bad" meeting—one where I wouldn't be comfortable. Unfortunately, or perhaps fortunately, this was hard to accomplish.

I wanted to stay away from meetings in areas where I thought the people would be too rich or too poor. I wanted to stay away from meetings near the local university, where I thought the members attending might not be serious enough. I wanted to avoid meetings with strange names or meetings at strange-sounding locations. I wanted to attend a good, old-fashioned NA meeting—pure and simple.

So, after eliminating virtually every meeting on the meeting list, I settled on a nearby meeting. It had an innocuous-sounding name. It was at a community center, which sounded neutral enough. The announced time was convenient, and I was able to get there. This was my choice: a good meeting.

I arrived about five minutes early and there were only three people there. One was a very old man in his late sixties. Another was a young woman who sat there looking very stern, with her arms folded across her chest. The last was an exuberant fellow, in his late forties perhaps, who was setting up the meeting. I thought we seemed a small and somewhat odd collection of folks. I couldn't say why at first, but we did. On the other hand, I did feel like I was in the right place. Just as the meeting was starting, another four or five folks walked in.

The format was definitely Narcotics Anonymous. Some of the details were different, but the readings were there, along with a keytag ceremony. It was during the keytag ceremony that things began to get strange. One woman picked up a thirty-day keytag and a few minutes later said that she had made a mistake and had six months. Moments later a man sitting at the other end of the table said

he had a year and got up to get a keytag. People sort of halfheartedly, almost mockingly, clapped as he got up. He had a strange look on his face. The meeting began to seem like a farce.

As we got to the choosing of a topic, which the chair threw out to the group, I suggested "asking for help." I shared about how important it was for me to ask for help here in this new location where I would soon be living. I talked about how difficult it had been to ask for help before I came to Narcotics Anonymous. I talked about how I could not get anywhere else what the other members at this meeting could offer me. I could see in the eyes of some of those around the table that they understood this well.

As the other folks started to share, I began to understand why this collection had seemed so odd. The chair was enthusiastic in his sharing, but was dramatic and fairly new in recovery. The older fellow just happened into the meeting while looking for a meeting of another Twelve Step group. He shared briefly about the value of his fellowship in his life and the difficulties he had experienced in his recovery.

And he was the last person to share who seemed to have any idea at all what the NA program has to offer. Every other person there was referred by the local court.

They talked about how they had their drug problems licked. They talked about how their family members were what they needed to focus on. They talked about how they had four days clean. They talked about the cases hanging over their heads.

But they did not talk about Narcotics Anonymous.

I felt really grateful.

I know I have a disease called addiction. I know that NA offers me a solution: a life without the use of drugs and without an obsession to use. I know that with the steps, the suggestions, the kindness of other members, and a lot of work, I can continue to stay clean. I was grateful that I had found Narcotics Anonymous as they had, and I jumped in with both feet.

I was also grateful that they had found Narcotics Anonymous. Hopefully, those who now see it as a joke will come to see it as an opportunity. Hopefully, those who believe that their problems are something other than addiction will come to see things more clearly. Hopefully, those who are staying clean for the judge will find the miracle of recovery to be enough reason to stay clean. They were all in the right place. It was clear to me that everyone who was in the room was an addict. Each and every one.

So that was my experience looking for a "really good meeting." I wanted to hear members with years of experience talking about how they applied the steps in their lives. Instead, I heard folks who have yet to recognize the value of NA talk about all the difficulties they are having as a result of their using. Guess what? It was a really good meeting.

Anonymous

Viewpoint



The peevish promise

I came in the doors of Narcotics Anonymous seeking relief from the deadly grip of my chronic drug use, and I ended up receiving more than I ever dreamed of. Beginning with my first day clean, I was granted a new vision—one that continues to surpass anything I could ever have envisioned for myself.

I'm glad I held on to that vision, because if I had bought into one misconception that I've heard shared in Narcotics Anonymous, I would have sold myself short a thousand times over. The misconception to which I'm referring is based on a quote from our Basic Text. It states: "Narcotics Anonymous offers only one promise, and that is freedom from active addiction."

Unfortunately, many NA members insist this quote really means that the *only* thing we can expect from our program is the ability to stop using.

This is not to say that the ability to stop using isn't a good thing in itself. It's an unbelievable gift. But the NA program promises freedom from active addiction, not just from active drug use. The importance of this concept is made clear early in our Basic Text where it says that "Addiction is a disease that involves more than the use of drugs."

I admit that our recovery starts with a foundation of complete abstinence from all mood- and mind-altering substances. In fact, staying clean could be considered a prerequisite for recovery. Staying clean is merely the tip of the whole iceberg of good stuff I've received through working the Narcotics Anonymous program and finding recovery.

In another popular twelve-step fellowship, a passage of literature is often read to highlight the "promises" of that program. These "promises" include the development of a sense of purpose and an intuitive problem-solving ability, freedom from regrets about the past, freedom from self-centeredness, freedom from economic fears, and freedom from fearing people.

Do these promises sound familiar to you? They do to me. They sound just like some of the good stuff I've received in NA. Our Basic Text even "promises" that we'll get this good

stuff. If you read beyond the "peevish promise," you'll find such predictions as this:

"Our fears are lessened, and faith begins to grow as we learn the true meaning of surrender."

"Eventually, faith, humility, and acceptance replace pride and rebellion. . . . We find ourselves growing into mature consciousness."

"We gradually and carefully pull ourselves out of the isolation and loneliness of addiction and into the mainstream of life."

"The unconditional love we experience will rejuvenate our will to live, and each positive move on our part will be matched by an unexpected opportunity."

"... we find feelings of peace and serenity. We begin to experience an awareness and an empathy with other people that was not possible before. . . . we begin to realize that as long as our spiritual needs are met, our living problems are reduced to a point of comfort."

I've been in NA for only six years; so I wasn't around in the beginning of our program, when our early members formed this fellowship. Nonetheless, I've often heard our "one promise" quote recited almost resentfully by certain members, as if it were written as a contrary response to that other fellowship and its promises. I can't help but wonder why, if that other fellowship's steps and traditions were good enough for us, we reject the "promises."

When some NA members share about our "one promise," their underlying tone unmistakably communicates that the only thing we're ever

going to get from this program is one miserable day clean at a time, and if anyone promises us anything else, they're just full of it.

The limitations that this type of message imposes on newcomers is nothing short of abusive. For too many years, I was enslaved by my addiction. Today, I refuse to be limited by anyone's narrow view about what it means to be free from that addiction.

JD, Tennessee

NA: a family to value

How did we ever get to the point at which we call each other "NA Nazis"? I just don't understand this. To me, the word "Nazi" has absolutely no place in Narcotics Anonymous.

I thought this was a fellowship of love and acceptance. Am I wrong? I thought this was a fellowship where we could disagree without being disagreeable. Am I wrong?

What kind of statement are we making when we use the word "Nazi" in Narcotics Anonymous? Are we comparing fellow members to the monsters who annihilated six million Jews? I really wonder how NA members of the Jewish faith feel about this. I also wonder what in the



world an addict, fresh off the street, suffering and almost dead from the horrors of addiction, thinks when he or she hears one NA member call another a Nazi.

I need to tell you quite honestly, members of the NA fellowship, that I have seen addicts relatively new to this program leave NA because we were using such spiteful and hateful terms. I have to admit that I too am becoming quite fed up with this attitude of intolerance.

Enough already! It was bad enough when I went to service meetings and one member, sometimes more, was "offended" by another addict's comments or ideas. Offended? Don't you just mean that you disagree?

The "I'm offended" refrain seems to me to be a control issue in disguise. Some of us sing it out whenever we aren't getting our way.

Well, what does the First Step tell you? What does the Second Step tell you? What does the Third Step tell you? The Fourth Step, the Fifth Step? It's time for some of us to grow up and accept things as they are, and understand that we cannot control other people, places, and things.

If your service to this fellowship includes shouting, banging on tables, being "offended," or calling fellow recovering addicts "Nazis," you need to get out of service work and work on your personal program for a while. We don't want you to leave us, but we recognize that you

are tearing yourself up inside. All that hate will eat you alive.

If the word "Nazi" is tolerable in NA, how far away are we from using racial, religious, cultural, and sexual slurs against each other? How long before we begin making fun of people who are physically or mentally challenged? How long before we see a swastika on an NA flyer or T-shirt? You may think this is extreme, but once we place a foot on the slippery slope, out-of-control downward movement is sure to be the result.

This fellowship needs to be one that makes a return to family values. I'm not speaking of an outside issue, political in nature, but the issue of family values we once knew in Narcotics Anonymous. We used to stick together, no matter what. We used to greet newcomers and members we didn't know at the door with a hug. We made sure they felt welcome and invited them out to coffee after the meeting. In a lot of places, we just don't do that anymore. I myself have ventured to several meetings outside of my home area where I was pretty much greeted with a cold stare, if I got that much attention.

What about outreach subcommittees? I went to a function this weekend and a newcomer asked me and another member, "Why do we need outreach? Don't people in NA just naturally travel to other meetings?" Both of us, who are from different areas in the region, said sadly, "They used to. . ."

It seems a lot of us are so set in our ways that traveling thirty, forty, fifty miles or more to show support for another meeting is "too far to drive."

Is that what the NA symbol means when it talks about "God, self, service, and society"? Is that what we mean when we say "family"? Would we tell our mothers, fathers, sisters, and brothers that it's too far to drive to see them?

I'm glad that the addicts who founded this fellowship didn't think that way. If you are new to this program (or old) and haven't heard this before, let me tell you how this program grew. There were NA members who traveled thousands and thousands of miles across the United States to carry the Narcotics Anonymous message of freedom from addiction. Other addicts followed and traveled thousands of miles more to carry the NA message around the world.

Before 1980, NA had just a few meetings outside of California. Today, we have grown to be a fellowship that has more than 20,000 meetings worldwide. We didn't get to that point by calling each other "Nazis," by being "offended" all the time, or by thinking recovery was "too far" away.

I realize this article doesn't apply to everyone in NA; however, I didn't write it for the addicts that it doesn't apply to. Hell, on some days, it applies to me and I need to hear exactly what I've said here.

But it doesn't matter if this applies to you or not. We *all* need to treat each other as if we were blood relatives. Maybe more than "family values," we need to honor, respect, and value our family of NA.

TL, Wisconsin

From our readers



Who got better?

When I came back to the program five years ago, I ran into an old friend of mine who had been clean a few years. Every time he spoke he dominated the meeting by talking for a long time and getting way off the topic. After some time, I copped a resentment over this guy. I dreaded seeing him come into a meeting.

One day, I went to a meeting where the topic was "resentments." Someone shared that when we have resentments, we can pray for the person we resent. I smiled on the outside, but on the inside I thought, "No way!"

After I spent some time with my "resentee" living rent-free in my head, I decided to give that suggestion a try. At first it was kind of like, "God, please love this person because right now, I can't." But after some time of doing this, I became a little more sincere and started seeing results in my attitude.

Then one night, another discussion meeting became a speaker meeting with Guess Who as the surprise speaker, sharing for what seemed like hours. I was off and running again, obsessing over this person.

One day, while stomping out of my bedroom with this person on my mind, I noticed a piece of paper on my

stereo. Something told me to pick it up and read it. I did, and found it to be something I had written down about faith and patience. Just what I needed! My obsession was once again relieved.

After another week, I was off and running again. Once again stomping out of my bedroom, I noticed that I had gotten behind on reading my calendar that has a spiritual saying on each page. Being two days behind, I peeled off two sheets, read the thought, and headed out. At the door, something told me to go back and read yesterday's page. After unwadding and reading it, I calmed down. It was about patience. I learned that the praying was my part, and the time it took for an answer was God's part. I left the room with my back a little straighter and a smile on my formerly pouting mouth.

Since that day, I have become close friends with the guy. And guess what! My program has improved tremendously, and with that, so has his.

KT, Tennessee

Comin' up

Calendar						
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

CANADA

British Columbia: 1-3 Sept. 1995; 4th Oh-Yah-Man Campout; Oyama; info: (604) 549-4693; OAC, Box 1928, Vernon, British Columbia, Canada V1T 7G8

GERMANY

Lower Saxony: 24-26 Nov. 1995; 10 Years in Bremen Convention; info: 0421/50 39 49; 10 Jahre, Burgerzentrum, Am Nonnenberg, 28 239 Bremen/Oslebshause, Germany

INDIA

West Bengal: 12-14 Jan. 1996; First Calcutta Area Convention; Kishore Bharati Krirangen, Jadavpur, Santoshpur, Calcutta; info: please address fax to Sunil J. 0091-033-294948; NA Calcutta, PO Box 16105, Calcutta 700 017, India

IRELAND

Galway: 3-5 Nov. 1995; 11th Irish Convention; Galway; info: 8300911, ext. 486; Common Bond, 4/5 Eustace Street, Dublin 2, Ireland

PHILIPPINES

Manila: 12-14 Jan. 1996; 1st Philippines Regional Convention; Manila; info: please address fax to Tata 632-8100279; Convention, PO Box 8535, Dasmarinas Village, Makati, Metro Manila, Philippines

UNITED KINGDOM

Dorset: 22-24 Sept. 1995; 9th UK Convention; Bournemouth International Center, Bournemouth; info: UKSO, PO Box 1980, London, England, N19 3LS

Greater London: 12-14 Apr. 1996; 7th Annual London Convention; London, England; info: 0171-538-0422; fax: 0171-515-5300

UNITED STATES

Alabama: 24-26 Nov. 1995; Greater Birmingham Area Conv.; Birmingham; rsvns: (205) 324-5000; info: (205) 925-0388; GBASC, PO Box 110805, Birmingham, AL 35211

Bahamas: 2-5 Nov. 1995; 8th Bahamas Celebration; rsvns: (809) 363-8100

California: 26-28 Jan. 1996; 1st San Fernando Valley Area Conv.; Burbank; rsvns: (800) 840-6540; info: (818) 753-5395

Connecticut: 29-30 Sept. to 1 Oct. 1995; 7th United Shoreline Area Spiritual Weekend; Enders Island, Mystic; info: (203) 767-3299; Spiritual Weekend, Box 354, Centerbrook, CT 06409

Florida: 5-8 Oct. 1995; South Florida Regional Conv.; Ft. Lauderdale; rsvns: (800) 426-8578; info: (305) 979-8998; SFRCA, Box 70155, Ft. Lauderdale, FL 33307

Hawaii: 19-22 Oct. 1995; 4th Hawaii Regional Conv.; Turtle Bay Hilton, Oahu; rsvns: (800) HILTONS; info: (808) 236-3408; Convention, 98-456 Hoomailani Place, Pearl City, HI 96782

Illinois: 15-17 Sept. 1995; 5th Wilderness Retreat & Dance, Pig & Turkey Roast; 4H Campgrounds, Jacksonville; info: (217) 789-6519 or (708) 636-7906

2) 23-25 Feb 1996; 8th Chicagoland Regional Conv.; Chicago; rsvns: (312) 464-1000; info: (708) 622-9664 or (708) 891-0759; Convention, 212 S Marion, Oak Park, IL 60304

Maine: 16 Sept. 1995; 4th Northern New England Region Anniversary and World Unity Day Celebration; Corner of US 1 and Beach in Saco, Maine; info: (603) 645-4777

2) 22-24 Sept. 1995; 12th Southern Maine Area Conv.; Alfred; info: Box 5309, Portland, ME 04101

Michigan: 27-29 Oct. 1995; 4th Annual Kalamazoo Area Conv.; Kalamazoo; info: (616) 649-4738; KACNA, Box 50822, Kalamazoo, MI 49005

Missouri: 22-24 Sept. 1995; 4th Multiregional Learning Day; Kansas City, rsvns: (816) 464-2345; info: (316) 232-5636; Learning Day, Box 10854, Midwest City, OK 73140

Nebraska: 13-15 Oct. 1995; 12th Nebraska Regional Conv.; Hastings; rsvns: (402) 463-6721; info: (402) 462-4852; NRC, Box 684, Hastings, NE 68902

New Jersey: 27-29 Oct. 1995; 1st Northeast New Jersey Area Conv.; Elizabeth; info: (908) 382-5075 or (908) 241-8021; NENJAC, Box 409, Roselle, NJ 07203

2) 29-31 Mar. 1996; Capital Area Convention; East Windsor; rsvns: (609) 443-8000

New York: 15-17 Sept. 1995; 5th Mid-Hudson Area Conv.; Hopewell Junction; rsvns. and info: (914) 339-3693; Serenity by the Lake, Box 4462, Kingston, NY 12401

North Carolina: 8-10 Sept. 1995; 4th Annual Central Piedmont Area Conv.; Salisbury; rsvns: (704) 637-3100; info: (704) 875-3590 or (704) 663-0560 or (704) 639-0944; CPANA, Box 1294, Mooresville, NC 28115

Ohio: 13-15 Oct. 1995; 8th Ohio Regional Twelve-Step Retreat; Tar Hollow State Park, Chillicothe; info: (614) 539-9614 or (419) 342-4003

Oregon: 29 Sept. - 1 Oct. 1995; 18th Pacific Northwest Conv.; info: PNWCNA, Box 80146, Portland, OR 97280

2) 24-26 Nov. 1995; Mid-Williamette Area Conv.; Wilsonville; info: (503) 390-1457 or (503) 390-5872; send speaker tapes to: Committee, 5279 Pleasant Court, Keizer, OR 97303

Pennsylvania: 27-29 Oct. 1995; Tri-State Regional Conv.; Pittsburgh; rsvns: (412) 281-3700; info: (412) 486-4372 or (412) 221-1025; TSRSO, Box 110217, Pittsburgh, PA 15224

South Carolina: 16-18 Feb. 1996; 7th Central Carolina Area Conv.; Hilton Head Island; rsvns: (800) ISLAND1 or (803) 842-4402; info: (803) 798-5408 or (803) 699-0717; CCACNA, Box 23534, Columbia, SC 29224

Tennessee: 16-17 Sept. 1995; 1st Middle Tennessee and Greater Nashville Area Mini-Convention; Nashville; rsvns: (615) 361-7666; info: (615) 776-2149; Unified in '95, 5049 Briarwood Drive, Nashville, TN 37211

2) 6-8 Oct. 1995; Surrender Under the Stars Campout; Chatanooga; info: (615) 622-1939; Box 23024, Chatanooga, TN 37422

3) 22-26 Nov. 1995; Volunteer Regional Conv.; Memphis; rsvns: (800) 228-9290; VRC, Box 242135, Memphis, TN 38111

Texas: 6-8 Oct. 1995; 8th Best Little Regional Conv.; Abilene; info: (915) 368-5663; 1957 Vogel, Abilene, TX 79603

2) 23-25 Feb 1996; Texarkana Area Convention; info: (903) 547-3092 or (903) 793-3421

Vermont: 3-5 Nov. 1995; Champlain Valley Area Conv.; Burlington; rsvns: (802) 658-6500; info: (802) 864-9119; Box 64714, Burlington, VT 05406

Washington: 22-24 Sept. 1995; 11th Spiritual Connection; Cornet Bay, Oak Harbor; info: (360) 428-7171; Box 1001, Mt. Vernon, WA 98273

Wisconsin: 1-4 Sept. 1995; Campvention 95; Clearwater Camp, Minocqua; info: (715) 277-4141; Box 383, Minocqua, WI 54548

2) 27-29 Oct. 1995; 12th Wisconsin State Conv.; Wisconsin Dells; rsvns: (800) 388-4782 or (608) 254-8366; info: (608) 788-0447; Box 652, Sauk City, WI 53583

Wyoming: 22-24 Sept. 1995; Ides of Serenity Area Conv.; Jeffreys Center, Rawlins; info: (307) 789-7746; Box 2792, Rock Springs, WY 82901

Issues, issues, and more issues

EVERYONE'S ALWAYS TALKING ABOUT THEIR ISSUES-GAG-IT MAKES ME WANNA HURL...



CHILDHOOD ISSUES- ADULT ISSUES-ABANDONMENT ISSUES- COMMITMENT ISSUES- RELATIONSHIP ISSUES- LACK OF RELATIONSHIP ISSUES...



MONEY ISSUES- SUCCESS ISSUES- FAILURE ISSUES- ISSUES- ISSUES- ISSUES



ME?... ALL I HAVE ARE BACK ISSUES.



Back Issues

QTY.	ISSUE	QTY.	ISSUE	QTY.	ISSUE	QTY.	ISSUE
	Sep 82		Dec 87		Mar 90		Aug 92
	Nov 82		Jan 88		Apr 90		Oct 92
	Jan 83		Feb 88		May 90		Dec 92
	Feb 83		Mar 88		Jul 90		Jan 93
	Apr 83		Apr 88		Sep 90		Feb 93
	Jul 83		May 88		Oct 90		Mar 93
	Aug 83		Jun 88		Nov 90		Apr 93
	Dec 83		Jul 88		Dec 90		May 93
	Jan 84		Aug 88		Jan 91		Jun 93
	Feb 84		Sep 88		Feb 91		Jul 93
	Mar 84		Oct 88		Mar 91		Aug 93
	Apr 84		Nov 88		Apr 91		Sep 93
	Jun 84		Dec 88		May 91		Oct 93
	Feb 85		Jan 89		Jun 91		Nov 93
	Mar 85		Feb 89		Jul 91		Dec 93
	Apr 85		Mar 89		Aug 91		Jan 94
	May 85		Apr 89		Sep 91		Feb 94
	Jun 85		May 89		Oct 91		Mar 94
	Jul 85		Jun 89		Nov 91		Apr 94
	Aug 85		Jul 89		Dec 91		May 94
	Sep 85		Aug 89		Jan 92		Jun 94
	Oct 85		Sep 89		Feb 92		Jul 94
	Nov 85		Oct 89		Mar 92*		Aug 94
	Dec 85		Nov 89		Apr 92		Sep 94
	Jan 86		Dec 89		May 92		Oct 94
	Feb 86		Jan 90		Jun 92		Nov 94
	Mar 86		Feb 90		Jul 92		Dec 94
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The Twelve Traditions of Narcotics Anonymous

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate authority—a loving 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.
6. 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.
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.
11. 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.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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What is Narcotics Anonymous?

NA is a nonprofit 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 stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.



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