

THE NAWay[®] MAGAZINE

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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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The NA Way Magazine welcomes the participation of its readers. You are invited to share with the NA Fellowship in our monthly international journal. Send us your experience in recovery, your views on NA matters, and feature items. All manuscripts submitted become the property of World Service Office, Inc.

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It's a classic!

This month's whole magazine, that is. Every story in this issue has been carefully selected from among the early issues *The NA Way*.

Stories that are considered classics are those that present the message of recovery in a particularly fresh or original way. NA Way classics stand the test of time so well that they are still relevant many years after their first printing.

We're very grateful to the writers who originally submitted the material in this issue. Many are still supporting the magazine, sharing their recovery with us after all these years. It sure gives me a sense of hope to reprint an article from 1984, and know that the author is still around and still involved with the magazine.

Pardon our silence

If you're one of the people who have contributed a story in the last nine months or so, and have the feeling you sent it off into a void because you never received an acknowledgment, please forgive us. We've been through a solid two years of upheaval: an office relocation, staff shortages, computer upgrades, you name it.

We've been devoting all our attention to getting our circulation functions straightened up, getting orders caught up, improving our subscriber services, and shortening our response time. We feel pretty good about what we've been able to accomplish, and the end is now in sight.

Now we're going to start on improving the editorial side of the magazine; that includes acknowledgment of incoming manuscripts and notification as they pass through the stages that lead to acceptance or rejection. Until the time I am able to get confirmation letters sent out, I'd like to let you know that you can call me if you've sent in a story and would like to know its status. I'll be able to tell you right away where in the review process your story is or if we've scheduled it for publication.

I appreciate everyone's patience, and hope that asking you to practice it will be a rare occurrence in the future.

CT, Editor

Today

Today, not only do I go to meetings to stay clean, but to be an example for the addict seeking recovery. I help my group achieve its primary purpose. That's basic service. One definition of service is "doing the right thing for the right reason." Selfless service speaks for itself.

Members of committees do not serve the committee; they serve the fellowship. They serve the addict who still suffers. If we do not give our selfless ongoing service at the group, why should we serve on a committee. Is this really selfless service, or are we taking those meetings and being chairperson for other reasons? There is no need for a committee unless we have newcomers striving to stay clean with the help of those who have gone before them. There is also no need for a committee to exist unless we have a message. Where do we learn about carrying the message and the principles upon which our recovery program is based? We learn at the group.

Internal strife cripples our fellowship. When we are at odds with ourselves, it's likely that we will also be at odds with NA. We probably won't show as much love as we really have to give. We might put personalities before principles. We may judge and condemn. This can cripple our fellowship and dampen our atmosphere of recovery. In facing ourselves, not only do we become better people, but we share our solutions with our members. The group becomes healthier by reaching out to the addict seeking recovery.

Anonymous



Dreams

I got a chance to share during a recent weekend at the second anniversary of an NA group in a distant city and state. More than 250 members came from that state and the one next door to celebrate their recovery. I remember a world convention of NA that a few years back had a total attendance of about this group's anniversary celebration. The people were wonderful.

The atmosphere was grand, lots of love and sharing. There was plenty of delicious food and members to make you feel welcome. I spoke longer than I had planned, but something in me needed to come out.

Recovery in NA has never been just a daily tally of pluses and minuses to me. The dreams we share give me hope. There is a time when reality catches up with our dreams. Part of the pain of my active addiction came from watching my dreams die. Like us, they died a hideous, twisting death. By the time I got to the program of NA, I had an aversion to dreaming. My experience with dreams to that point had been that they always led to crushed hopes. This anniversary celebration showed me that dreams come true. Everybody there was a miracle.

When reality catches up with dreams today, hope becomes transformed into something you can see, touch, and feel.

The special brand of hope that NA has to offer has the power to make dreams come true. During my sharing, as I struggled with the feeling that there was something more to share, asking my God's help, I stood speechless a few times. It came to me to say, "If you have a dream and you're clean today, hang on to it!" It was a special gift to me to be able to share that feeling and I'm grateful.

The bigger the dream, the longer it will take to come true, but our ultimate authority will show us the way. We are given the dreams; through NA, the dreams become possible; then they become real.

It is so easy to retreat into hurt feelings, disillusionment, and anger when I forget where my dreams come from. Dreams are given to us so we can start making arrangements today. Our whole fellowship is a dream come true. When my God gives me a dream today, I realize it is a glimpse of something to come. If it is a good dream, I can talk about it, see what others have to say about it, get into some prayer and meditation, and hopefully find some other people who share the same vision. Together we can make our dreams come true, but sometimes it takes a lot of "we." Dreams of the other sort can head off difficulties. We can share our awarenesses and look for



things we can do to strengthen our recovery today. Recovery has taught me the power of vision.

My biggest dream today is of NA growing to a quarter of a million members. I am not embarrassed to have this dream or share it with others. This dream allows me to have a frame of reference so that my actions might contribute to something greater than myself, which is a big part of what recovery gives me beyond simple abstinence. I know from having served on several convention committees and at conferences the importance of preparation. When I see members pulling together to

improve the various systems of communication in the fellowship, I translate that into an increasingly clear and informed group conscience. When I see members pulling together to improve the vehicles that carry our message to places where addicts may seek recovery, I translate that into an increasing number of members who are truly living the Twelfth Step. Today we have increased the spirit of unity in our fellowship, and we have increased availability of our message of hope and recovery to addicts.

Anonymous

The slippery slope

In a college philosophy course, I was introduced to a concept called "the slippery slope theory." The idea is that once you take the first step into some things—metaphorically referred to as "slippery slopes"—there's no climbing back up. The best one can do is dance madly backward, but continue to descend forward, unable to find a toe-hold. There is a sense of hopelessness.

Such intellectualizations appealed to me at the time. I had learned that, for me, feeling was a drag; thinking was more my style. I had retreated into my head in a flight away from my gut. That, I learned later, was part of the way addiction affected my personality.

What I didn't know was that even as I was entertaining those wonderful philosophical musings, I was dancing madly backwards on a slippery slope of my own. I was in the grip of the progressive illness of addiction.

For several years before I entered into recovery, I was aware that my drug use was destructive. I wanted to find a toe-hold, but instead I was going down slowly into deeper addiction. That meant more isolation, less inner peace, more relationship hassles, less self-esteem. I saw that, and it frightened me. I

like control—powerlessness was crushing my self-concept.

When I was exposed to the program of Narcotics Anonymous, I was one of those who grabbed hold like a drowning man would grab a life-preserver. The mad, backwards dancer found a toe-hold. I went for it.

My first couple of years in the program were a time of climbing up a bit, slipping down a bit, and finally learning that not only were there toe-holds here, there were steps! Of course, I was aware of the steps all along, but I was treating them like toe-holds. I was just sort of doing things my way, instead of studying the literature, consulting exclusively with happy, successful members with longtime recovery experience, and working the steps in order. I'm not sure why it wasn't obvious that solid, clear steps are preferable to slippery toe-holds of my own making, but such is the nature of the ailment, I guess.

I have found that the slippery slope of addiction was a process of personality change. From the time that I first began smoking dope regularly, and became convinced that we ought to have the marijuana leaf embroidered on the American flag, to the time that I was



regularly drugging myself into a sense of paranoid isolation, my personality was changing for the worse. What I found when I began working the steps in earnest is that recovery is a process of personality change, too. It begins in the first three steps, when we decide to quit tapping a destructive power and begin tapping a constructive power. It continues in the Fourth and Fifth Steps when we survey the damages of our previous personality change. It kicks into gear in the Sixth and Seventh Steps when we get ready to let go of the old, ineffective personality characteristics, and rely upon a Higher Power and spiritual principles to develop a new self.

That's where most of us run into a snag. We know intuitively that to work the Sixth and Seventh Steps with complete abandon would be to take a step into another slippery slope: spiritual awakening.

Even though spiritual awakening is a slippery slope of a positive nature, the step off the edge was a scary one for me. I used to worry that if I really became ready to let go of my old identity, with all its addictive trappings, and ready to in-

vite God to have His way with my personality, I would become like the "Jesus Freaks" who turned me off so much.

What I have found instead is that by letting go completely and trusting God completely (to the best of my ability), I have been sent on a journey, the likes of which I had never dreamed about. The Sixth and Seventh Steps paved the way. The rest, through a disciplined approach to Steps Eight through Twelve, has truly been an adventure. All that has been required of me is that I surrender, trust, and be willing.

So far, a few years later, my worst fears about my personality change have not been realized. Rather than becoming more weird and isolated, I have become more down to earth. I feel like I fit today in most groups. I used to feel out of place most of the time. In short, surrender and trust in the spiritual process have produced a consistently positive influence in my personal growth. As I heard someone say recently about the spiritual life, "I seem to walk most safely when I don't know where I'm going."

RH, California

Wellness

When I came in the door of my first NA meeting, I didn't know I was sick. I knew that I had a drug problem, I guess, but I really didn't want to call it addiction. I knew I had an ongoing love/hate relationship with my drug of choice, so I was beginning to become convinced that my drug use figured heavily into my living problems. On that off-chance, I was checking out NA.

The learning process that I started at my first meeting has been a profound one. In the first phase of it, I finally admitted that my problem was drugs. I had argued pretty persuasively in the past that my problem was not drugs at all, but that drugs were my diversion *from* my problems. Because you told me in NA that I wouldn't recover from the gloomy pall that had settled on my life until I quit using, I assumed quite reasonably that you meant that drugs were my problem. I came to believe that.

After I had begun to apply the principles of recovery to my daily living for a time, I entered into another phase. You taught me something that came as a sort of a shock. I learned that my fundamental problem wasn't drugs after all. Instead, my problem was a disease called addiction. One fact finally became abundantly clear. As

long as I accepted that addiction was an illness, that I had it, that I was powerless over it, that drug use would set it in motion again in a big way, and that in NA I could recover, I could have some freedom from the disease. You taught me to focus on what I related to when I went to meetings, not what I didn't. You taught me to share from my honest experience about aspects of my addiction and recovery that are universal, not just about my own specific circumstances. In this way, I learned to use meetings to get out of self and feel part of the spiritual whole. That, for me, through the practice of the Twelve Steps of NA, has been recovery.

The third phase of my recovery has been a time of maintaining my spiritual fitness. In this phase, the focus has shifted from illness to wellness. I sometimes get the feeling, though, that uttering the word "wellness" in some NA circles is a sacrilege, that some think striving for wellness is the same as thinking I'll someday be cured. I do wish to join the ranks of the NA "winners" who daily celebrate the gift of wellness without such denial. I get tired of hearing long-time members blame their "powerlessness" for living problems that happen years into recovery. They seem to imply that addiction can't ever be arrested and kept in remission, that it's always in con-

trol, and we have no choice. It seems to me that denial of recovery is as dangerous and destructive as denial of addiction.

The compelling reasons for shattering this line of thinking come quickly to light at many business meetings. Egos, self-centeredness, power games—whenever these are happening, we are violating our Second Tradition by placing too little emphasis on wellness in our individual recoveries.

But back to the third phase of recovery—wellness. I certainly don't mean to imply by that term that there are no character defects to contend with, no problems, no mistakes, no weakness. But I believe that in long-term recovery we do better to attribute those things to humanness than sickness. In my recovery, wellness means striving for the ideals of balance, and of preventative maintenance. Rather than waiting for big problems to erupt in my life, wellness means using Step Ten to identify small problems, and Steps Eleven and Twelve to allow the Spiritual Solution to address them. Rather than rationalizing that when my ego, pride, self-will, or self-centeredness creep back into my behavior, it's because I'm what I almost affectionately call a dope fiend, wellness means to me that I need to take responsibility as a human being for those behaviors and defects, and use the steps to apply spiritual principles to those spiritual problems.

I'm not sick today. I'm human. I can be sick again if I deny the need to actively maintain wellness through the daily practice of the NA program. I can't deny my disease, but for me it's just as imperative that I don't deny my recovery

either. Wellness is not only possible in NA; it's the rich promise for anyone who pursues the steps with spiritual abandon.

*I'm not
sick today.
I'm human.*

A final thought on wellness and service. After some years in the NA service structure, I have one growing conviction. The greatest service I can do for NA is to live a life of personal integrity, grounded in spiritual maintenance. In my job, in my friendships, in my NA service commitments, wherever, if I can have stability and integrity—wellness—I firm up the fabric of this program and become a healthy ambassador to those who may send us our next newcomer.

In early recovery, I had to acknowledge my sickness before I could get better. That took some honesty and courage. Now, in ongoing recovery after some years have passed, I need to acknowledge my gratitude for wellness of mind, body, and spirit, and take the consistent and regular actions necessary to maintain that wellness. When I do, I become an NA winner. That too takes some honesty and courage, but it's very liberating. I simply believe what we say at every meeting: Keep coming back, it works!

Anonymous

Oruamo

The Maori (a native New Zealand language) word that probably brings the warmest message to any addict is the commonly used "aroha." This one word conveys all the nuances of meaning contained in the words love, faith, hope, and charity. That great feeling of warmth and humanity emanating from and through any successful NA meeting is in its own way "aroha."

There is, however, another Maori word that comes to mind when I'm reflecting on the power of NA and its Twelve Steps. That word is "oruamo," or "for all."

No matter who we are, where we're from, what we've done, whatever or how much we used, how old we are, how sick we are, how short or long a time we've been clean, how many treatments or "crashes" we've had, Narcotics Anonymous is for every one of us. For all of us—oruamo.

At the beginning of this year, one of my favorite fellow addicts died after many years of happily staying clean. Once or twice a week, this man, a Maori, would stop by to see me and share a thought for the day. Sometimes he spoke the thought; other times he handed me a scrap of paper with a message written on it. These messages were usually related to "aroha," to equality, to humility. My favorite message from

him came early in my recovery. It went something like this:

I like to think of the Twelve Step program as a bag of tools. No matter what the occasion, what sort of person I'm communicating with, I only have to dip into that and I can always find the right tool to repair the situation. And you know, there's always a tool in the bag to suit anyone. Anyone at all.

For me, this "bag of tools" analogy means that there is always a step I can work that will help me over whatever hassle I have gotten myself into. Once I used chemicals to avoid facing the hassle; now I just dip into the bag of twelve tools, and I come up with "aroha" every time.

Now into my fourth year of staying clean, I find I am relying on the Sixth and Seventh Steps a great deal, and more often than not I end up turning to the Eleventh Step for direction.

But more than anything, I can claim right now the knowledge that the Twelfth Step proves conclusively that this bag of tools is for everyone. If we allow it to be, it is oruamo.

D, New Zealand

My longest meeting

I really don't know how to express the feelings I wish to convey with this letter—feelings about the caring, sharing, and love that has been a part of my life the last month—so I will start at the beginning and give a brief account of my longest meeting. At our meeting I could feel my Higher Power at work. The feelings I felt then are the same as the feelings I have now.

I met a very special person one weekend at a campout. His name was T and he was thirty years old, the same age as I. "Poor me" was the way I had been feeling, but here was this guy in his wheel chair planning on doing something I couldn't see myself doing with two good legs. He planned on pushing his wheelchair nearly across the state of Arkansas to raise money for an organization that had been there when he needed it. He was going to do something to give back.

Well, for the next few months T's life and mine crossed many times, and we became fast friends. My life will never be the same. My Higher Power was determined to do something I could not. He arranged for me to be on that trip. I was laid off from my job three days before the walk was to start. My life came to a standstill. My Higher Power put me on hold to make my excuses nil, and I was invited to come and attend the

send-off ceremony. I had planned to spend the first day riding a ten-speed bicycle and walking alongside him.

Right away this experience got emotional. I cried at the send-off ceremony because the love was so thick in the air. A Higher Power's presence was felt by all. In the afternoon of the first day, it became apparent that everything wasn't happening according to plan. T told me that the guy who had helped him train for the event had gone back out using and so he was short a crew member. T asked if I could stay. I don't remember even thinking about it; the words "of course" just came out. So began the longest meeting of my life—fifteen days—hard, soft, hot, and cool, they all seemed like one long day.

The help for T turned out to be abundant, but still I stayed. People came, made friends, helped, left, and others came and replaced them. Many of them were brothers and sisters from our big NA family. There were sometimes as many as fifteen of us walking, biking, or riding along, and the sharing went on every waking moment. I thank my Higher Power. BY his grace, after fourteen months in the fellowship, I can now say I know the feeling of unconditional love.

WH, Arkansas

Call it what you want—I call it shoplifting

A shoplifter comes into an establishment, takes something and leaves without paying for it. In our fellowship, the message of hope does have a price tag, despite the fact that it's freely given. The price is that in order to keep it, I must continue to give it away.

Now shoplifters are coming to our meetings. They take and take. They never pick up empty coffee cups, clean ashtrays, or put chairs away. They take packets of informational pamphlets, but don't join a home group, or their participation is limited to their willingness to take a cake on their birthday. Shoplifters are never at service meetings.

Shoplifters are known to attend NA functions, but are conspicuously absent during set-up and clean-up. Shoplifters don't make coffee or hold service positions. Most shoplifters have lots of literature at home gathering dust. It must be, because if they read it, the message would be evident in their behavior. One time, after observing a theft in progress, I confronted a shoplifter. Like all good shoplifters, he gave an alibi without

even being asked. "It's a selfish program," he whiningly protested.

"Interesting point," I responded. "Where does it say that in our literature?" I know selfishness is described as a character defect in the Basic Text, and an excuse for using people, but I never see it used as an adjective to describe our program.

I had a scary thought. Suppose only shoplifters showed up at meetings. The doors would be locked, no coffee and hugs would be given, no literature, no leader, no speakers.

Shoplifters, this recovery thing is precious! The Twelve Steps show us the way and our destination is described as such: "Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts." As recovering addicts, we need to give back.

This is a "we" program. We need you and are needed by you. Together, we can carry the message. This is a program of change, and for us, the way we change depends on which is stronger: our willingness to grow or our resistance to growing.

JT, Arizona

We can make it through anything together

I've been clean now a few years and have spent a good deal of last year in doctor's offices and clinics. On the suggestion of a respected professional, I went to a city hospital for an AIDS screening because I'd been fearing that disease for some time. I thought I had one of the symptoms: chronic swollen lymph nodes.

The waiting room at the hospital was full of practicing addicts. Thinking, "I can handle this," I went alone. I prayed before I got there and I had my Basic Text with me. As I sat there pretending to read, I listened to the conversations going on and thought to myself, "Oh, that's what I must have sounded like." How sad, I thought as one part of me wanted to share recovery and another part of me wanted to feel what they felt: nothing!

An opportunity for me to share came when one of those addicts asked me what I was reading. "This? It's my Narcotics Anonymous Basic Text," I said (as the little girl in me giggled inside, how

corny!) "Have you ever heard of NA? I asked. And I went on to share how I got clean. "That's great," he replied, "I've been off drugs for a while too, but now they tell me I have this AIDS thing."

"Clean to me means no methadone or any other drug," I told him. Then I asked him, "But you take methadone, don't you?"

"Yeah."

When I got into the cubicle where the doctors examine you, I felt like a child—wide-eyed, lips parted, and numb all over. Questions were asked as the doctor examined me. "And how long have you had the white coating on your tongue?" What coating? I thought. "About a month I guess." When the doctor was all finished, he told me that in view of the fact that I had been drug-free for a period of time, I might not have AIDS, but it was possible I had ARC (AIDS-Related Complex). This was before much was known about HIV and AIDS. That day I did not get a normal screening procedure. They did follow-

up testing first because I exhibited three symptoms of the disease. Needless to say, when I got home I was in a total state of panic after the shock wore off. My faith seemed to have gotten lost somewhere. My God, how could this be happening now? I've been clean four years. Why now?

Thank God for my sponsor. She told me to get with Step One (powerless, out of control). That early recovery desperation came back with brute force. Waiting for those test results was one of the hardest times I've been through in this recovery. During that time I went through anger, self-pity, and denial. My prayers had greater urgency. I cried to God about the pain I was suffering. The answers came—in God's time, not mine.

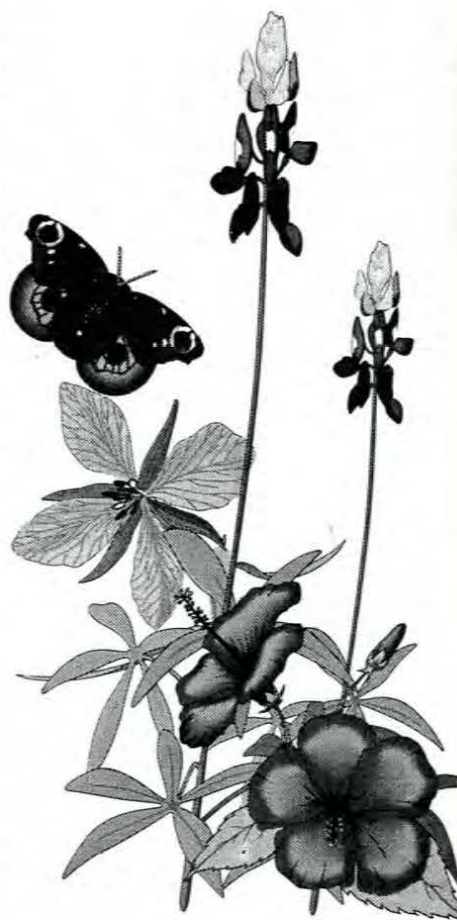
The test results came back like I thought they would, but had hoped they wouldn't. I shared about my fear and anger at meetings. I needed to dump, but I had to do it without mentioning AIDS or ARC. I came to realize that I just couldn't share too openly about it, especially at open meetings. It wasn't just my own feelings involved; my husband also had feelings. When I married him, I promised to obey and honor him. He asked me not to tell so many people, so I found another way.

After the final test results came back positive, I was relieved. No more waiting, my life could resume. At times fear creeps up on me and I give in to a bit of self-pity. I'm so grateful to God for the foundation I have, the faith that God will help me through this, whatever it is. He always has in the past. The feelings come and go now. And I can accept not just my disease of addiction, but anything life gives me—anything! I'm a

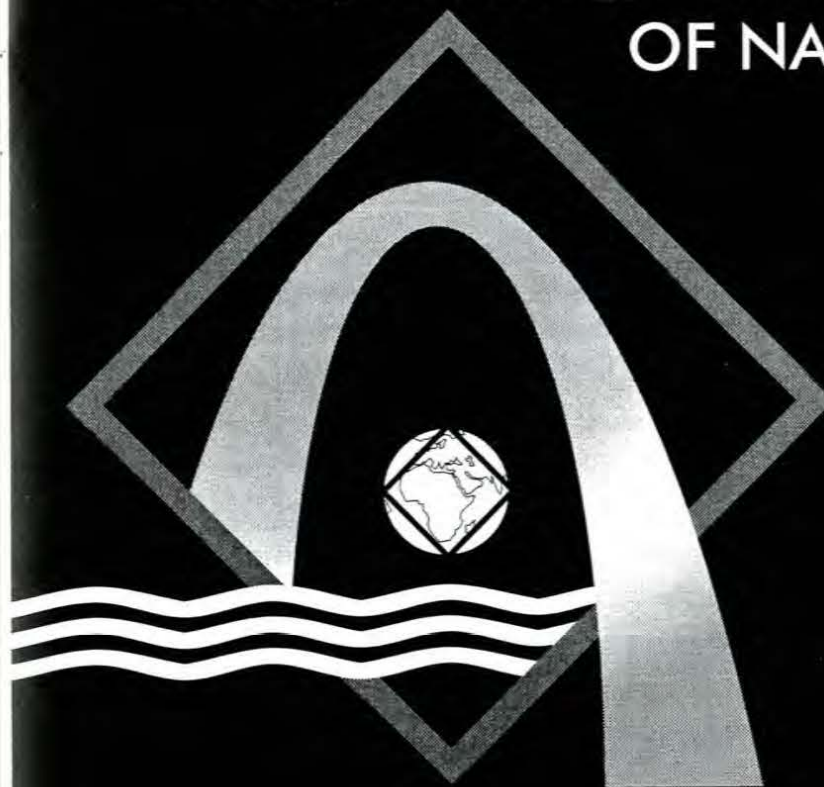
survivor like most people in NA. All I have is this day to get through, to help my own recovery and someone else's, to ask for help, and to get it, to put out my hand to the newcomer and share with a suffering addict.

By the way, I found others in NA who have HIV, ARC, or AIDS, and we share with one another our fear, our pain, our thoughts and feelings. What a relief to know that we never have to go through anything alone again. Never again!

Anonymous



26TH WORLD CONVENTION OF NA



Show Me How To Live

St. Louis, Missouri, USA
August 29, 30, 31 & September 1, 1996

An Open Letter to All Members...

Well, we suppose you've heard by now. NA is growing... growing at a rate and in ways we hardly imagined a few years ago. And if you ever want to see the evidence of all this growth in one place, all you have to do is come to a world convention. A world convention also seems to have all the things that challenge NA as a whole—plus a few of its own. There's a variety of languages spoken in NA; our members with special needs must be accommodated; getting to the convention site must somehow be managed; registration should be accomplished without having to stand in line for hours; and there should be enough merchandise. Most of all, we want our members who come to the world convention to enjoy our fellowship's celebration of recovery.

Making sure this happens requires that we take definite steps to ensure that our fellowship's diversity is properly supported. Last year, at WCNA-25, members from over twenty countries attended the convention. Anticipating such attendance, we translated the convention flyer into seven languages. While English was the official language of the convention, simultaneous translations in six languages were provided in the main meeting room throughout the weekend. Several bilingual meetings took place. Multilingual staff and volunteers were placed in key areas to help convention-goers find their way around and get their questions answered. We provided discount travel packages to the convention from as many places as possible. We had greeters stationed at the airports on the heavy arrival dates to assist travel-weary and bewildered members. The result was that we had the most diverse worldwide celebration of recovery in our history.

It is in this spirit that we would like to plan for all world conventions. We plan to translate the registration flyer from now on. We plan to continue to provide simultaneous translations equipment at all world conventions. We will make any accommodation possible for members with special needs. We plan to negotiate discount travel packages wherever possible.

We need your help. Don't wait until you register to tell us if you require translations assistance or have special needs. Please contact us as soon as possible so that we can arrange for the things you need. We also need your ideas. We are committed to making every world convention a special celebration of recovery for all who attend. Any input you have that will help us achieve this goal is more than welcome.

Please direct all questions, requests, and input to the World Service Office, (818) 773-9999, extension #172.

Thank you,
Board of Directors
World Convention Corporation

WCNA XXVI Registration

PLEASE PRINT ALL INFORMATION CLEARLY

Last Name _____ First Name _____
Address _____
City _____ Province/State/Country _____
Zip/Postal Code _____ Telephone () _____
Additional Registrants _____

"Confirmation notices will not be mailed to you for any registration received after August 1st."

EVENT	PRICE	QUANTITY	TOTAL
Registration (before 7/1/96)	\$30.00 X	_____	= \$ _____
Late Registration (after 7/1/96)	\$40.00 X	_____	= \$ _____
**Stand-Up Comedy Show	\$15.00 X	_____	= \$ _____
**Live Concert	\$30.00 X	_____	= \$ _____
**Saturday Jazz Breakfast	\$15.00 X	_____	= \$ _____
*11oz. Coffee Mug	\$7.00 X	_____	= \$ _____
*Heavy Embroidered Tee-shirt	\$15.00 X	M _____ L _____ XL _____ XXL _____	= \$ _____

*Limited to one of each per registrant paid before 7/1/96.

See "SPECIAL MERCHANDISE OFFER" on back page.

**Limited seats available.

Newcomer Donation: \$ _____

Total Amount Enclosed: \$ _____

METHOD OF PAYMENT: ☐ U.S. Check ☐ Money Order ☐ Credit Card

Enclosed \$ _____ or charge my: ☐ AMEX ☐ VISA ☐ MasterCard ☐ Discover ☐ Diners Club

Charge Card # _____

Signature _____ Expiration Date _____

Do you need translations? If yes, what language? _____

Please specify any special needs: _____

Please fax credit card registrations to the WSO at (818) 700-0700

or

Make checks payable to WCNA XXVI and mail to:

WCNA XXVI

c/o World Service Office, Inc.

PO Box 9999

Van Nuys, CA 91409-9999, USA

For more registration information, please call 818-773-9999 ext. 200.

Ground Transportation

- The Lambert International Airport is approximately a thirty minute drive to downtown St. Louis.
 - The MetroLink Rail is located on the upper level of the Main Terminal. The cost is \$1 each way.
 - Taxi cabs are available outside the baggage claim area. The approximate fare is \$18-\$21 one-way.
 - Shuttle transportation via Airport Express is located on the lower level of the Main Terminal at exits 7 & 13, and on the lower level of the East Terminal. The fare is \$8 one-way, \$14 round-trip.
- From Amtrak St. Louis Station and the Greyhound Bus Station take the MetroLink.
- If you are driving to St. Louis, parking is approximately \$10 per day.

Hotels

WCNA XXVI will be held at the America's Convention Center

- 1 Adam's Mark** — This deluxe hotel serves as headquarters for the convention and is located six blocks from the Convention Center. Rooms are \$99.00/night.
- 2 Missouri Athletic Club** — This private executive athletic club boasts very comfortable historic sleeping rooms located two blocks from the Convention Center. Room rate includes continental breakfast and full use of the all athletic facilities. Rooms are \$85.00/night (no triple or quad accommodations). Suites with one queen bed are \$99.00/night.
- 3 Doubletree Downtown Suites** — This quaint European-style boutique hotel offers beautifully decorated suites and is located immediately across the street from the Convention Center. Suites with one or two beds are \$99.00/night.
- 4 Drury Inn Convention Center** — This moderately priced hotel situated in a historic building located two blocks from the Convention Center offers free Quickstart breakfast, coffee, and parking for all guests. Rooms are \$89.00/night.
- 5 Drury Inn Union Station*** — This economy hotel is located seventeen blocks from the Convention Center along the Metrolink line. Rooms include free Quickstart breakfast, coffee, and parking for all guests. Rooms are \$89.00/night.
- 6 Hampton Inn Union Station*** — This economy hotel is located nineteen blocks from the Convention Center and is accessible to the Metrolink line. Rooms include free Quickstart breakfast, coffee, and parking for all guests. Rooms are \$85.00/night.
- 7 Holiday Inn Convention Center** — This moderately priced hotel is located on the west side of the Convention Center. Guests are offered free coffee in the morning, and free cribs for children are available upon request. Rooms are \$79.00/night.
- 8 Holiday Inn Riverfront** — This budget hotel is located five blocks from the Convention Center. Suites include kitchens, and pots and pans are available for a small deposit. Rooms are \$69.00/night. Suites with one or two beds are \$79.00/night.
- 9 Hyatt Regency*** — This deluxe hotel situated in historic Union Station is among the most beautiful Hyatts in the USA. It is attached to the old train station which offers many shops and eateries. The hotel is located fifteen blocks from the Convention Center along the Metrolink line. Rooms are \$99.00/night.
- 10 Marriott's Pavilion** — This moderately priced hotel, offering free cribs upon request, is located ten blocks from the Convention Center. Rooms are \$85.00/night.

* Limited Bus Shuttles between these hotels and the Convention Center will be available between 11:00pm and 3:00am when the Metrolink is not running.

WCNA XXVI Hotel Reservation

PLEASE PRINT ALL INFORMATION CLEARLY

IMPORTANT NOTE: It is very important that your reservations are made BEFORE the August 1st cut-off date. Convention rates may not apply and rooms may not be available after above cut-off date.

READ CAREFULLY: Confirmation will be sent by the hotel to the individual named in Part I. If more than one room is required, this form may be photocopied. If confirmation has not been received within thirty days following your acknowledgement from the Housing Bureau, contact assigned hotel directly.

Send To:
WCNA Housing Bureau
 c/o St. Louis Convention & Visitors Commission
 10 South Broadway, Suite 1000
 St. Louis, MO 63102 USA

or Fax to (314) 621-9467

No telephone reservations will be accepted

PART I

Last Name _____ First Name _____
 Address _____
 City _____ Province/State/Country _____
 Zip/Postal Code _____ Telephone () _____

PART II

NOTE: Rooms are assigned on a first-come/first-serve basis in the order received. If your first choice is not available, assignment will be made at next available choice. An acknowledgment of your room assignment will be mailed to you by the Housing Bureau. All changes and cancellations must be made directly with the hotel.

Select four choices from participating hotels. Enter name below:

1. _____ 2. _____ 3. _____ 4. _____
 (first choice) (second choice) (third choice) (fourth choice)

Arrival date _____ Departure date _____

Names of additional occupants:		Check room type:
Please check:	1. _____	<input type="checkbox"/> Single—One Bed/One Person
<input type="checkbox"/> smoking	2. _____	<input type="checkbox"/> Double—One Bed/Two Persons
<input type="checkbox"/> non-smoking	3. _____	<input type="checkbox"/> Double/Double—Two Bed/Two Persons
		<input type="checkbox"/> Triple—Two Bed/Three Persons
		<input type="checkbox"/> Quad—Two Bed/Four Persons
		<input type="checkbox"/> *Suite—One Bed/One or Two Persons
		<input type="checkbox"/> *Suite—Two Bed/Two to Four Persons

Special Request (i.e., handicapped room, etc.) _____

*Suite accommodations refer only to hotels #2, #3, and #8 as described on the previous page.

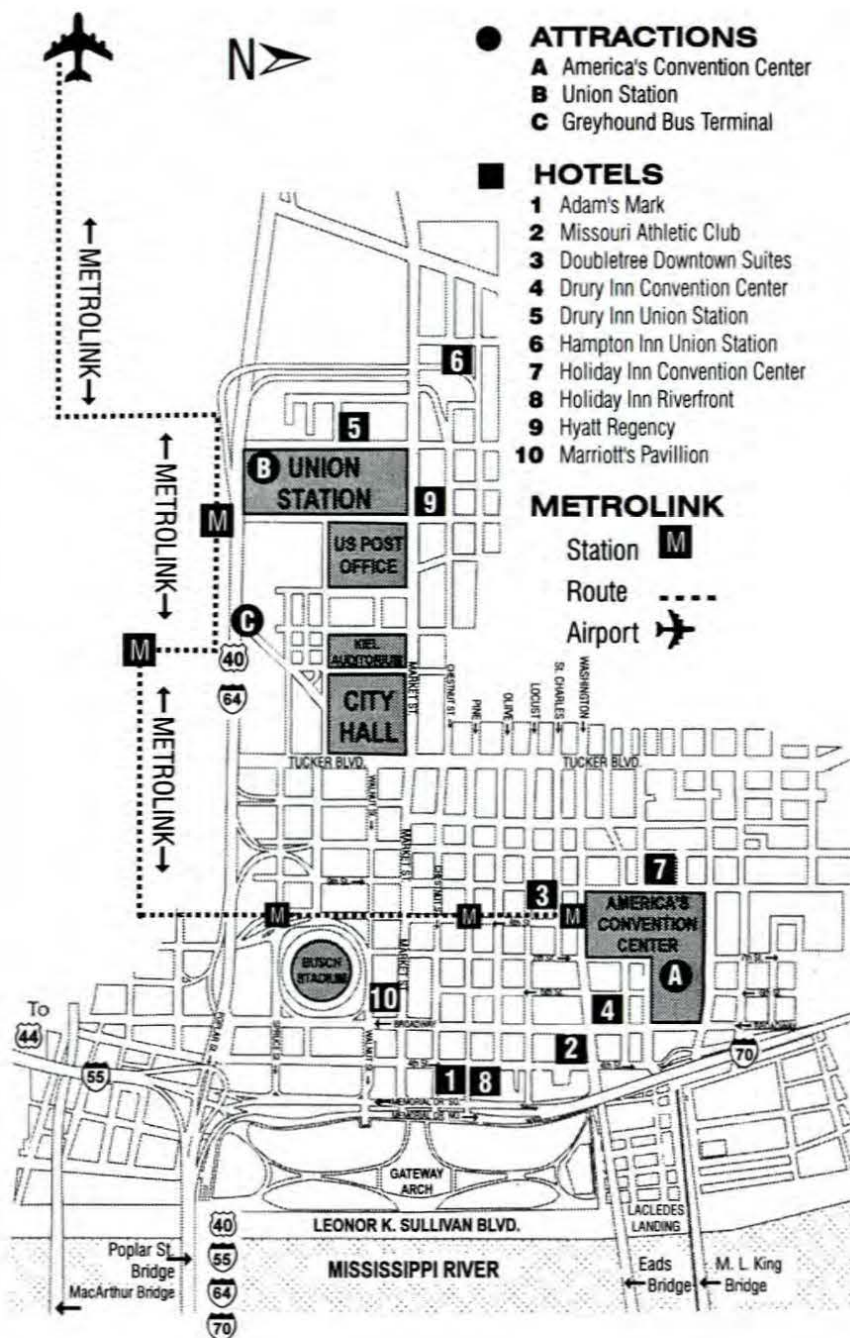
PART III

An advance deposit of \$100 is required for each room. Forms will be returned to sender if received without deposit. Checks should be made payable to the **WCNA Housing Bureau**. The **WCNA Housing Bureau** accepts no liability once deposits are transferred to the assigned hotel. Deposits will be forfeited for any cancellation not made in writing directly with the hotel at least 72 hours prior to the scheduled arrival.

Enclosed \$ _____ or charge my: ☐ AMEX ☐ VISA ☐ MasterCard ☐ Discover ☐ Diners Club

Charge Card # _____

Signature _____ Expiration Date _____



- **ATTRACTIONS**
A America's Convention Center
B Union Station
C Greyhound Bus Terminal

- **HOTELS**
1 Adam's Mark
2 Missouri Athletic Club
3 Doubletree Downtown Suites
4 Drury Inn Convention Center
5 Drury Inn Union Station
6 Hampton Inn Union Station
7 Holiday Inn Convention Center
8 Holiday Inn Riverfront
9 Hyatt Regency
10 Marriott's Pavillion

METROLINK

Station **M**

Route

Airport

Discount Airfare

Special discounted airfare is available on American Airlines as follows:

- A discount is being offered to St. Louis from all American airline cities in the United States; Canada; San Juan, Puerto Rico; St. Thomas; St. Croix; Bermuda; and the Bahamas. Reservations can be made directly with American Airlines by calling (800) 433-1790 and refer them to **Star file #S3086PA**.

You must give them the Star file number in order to receive the discount.

- For international flights from Europe, Central and South America, special rates are available for travel no more than seven days and six nights. To purchase tickets, please call your local American Airlines office. Ask for the international congress desk and give them the **Star file #S3086PA**.

You must give them the Star file number in order to receive the discount.

Additional discounts to St. Louis from all international cities are available for groups of ten or more traveling together to the convention. For more information, please contact the WSO at 19-1(818)773-9999, extension #172.

Special Convention Merchandise Offer

For the first time, you can now purchase a convention tee-shirt and mug with your registration. In our effort to assist registrants in obtaining convention merchandise, a special seven-ounce heavyweight embroidered tee-shirt and a large eleven-ounce coffee mug can now be purchased if you register before the July 1, 1996 general registration cut-off date.

This merchandise is limited to one of each item per paid registration. Please refer to the registration form to place your order.

All purchased merchandise will be available to be picked up on-site at the convention.

Wish to Speak?

Speakers must be at least eight years clean for main meetings, and at least five years clean for workshops. If you would like to be considered as a speaker or would like to recommend someone for consideration, please submit a tape along with the speaker's name, address, telephone number, and clean date.

Consideration will also be given to individuals without a tape if they are recommended by their area or regional service committee. This recommendation should also be accompanied by the speaker's name, address, telephone number, and clean date.

All tapes and speaker recommendations must be received by May 1, 1996.

All submissions should be sent to the:

WCNA XXVI Program Committee

c/o World Service Office, Inc.

PO Box 9999

Van Nuys, CA 91409-9999 USA

Volunteering to Help?

If you would like to volunteer to help at the convention, or would like to chair a marathon meeting, please report to the convention information booth located in the Convention Center beginning Wednesday, August 28, 1996.

You are invited to join us at
WCNA XXVI
**Show Me
How to Live**
August 29, 30, 31, September 1, 1996
St. Louis, Missouri
featuring
Meetings, Workshops
Concert, Comedy Show
Nightly Coffeehouse, Dances
NA Art Gallery, Pool Party
Jazz Breakfast

This year's Host Committee welcomes you to enjoy the wide scope of restaurants, bistros, delis and shops. From shopping at Union Station or the St. Louis Center, to strolling the cobblestone streets of Laclede's Landing, or attending a Cardinals Baseball game, St. Louis has something for everyone. Forest Park, and the coffee shops and restaurants of the Central West End, are just a short trip away.

Take a horse drawn carriage ride or attend the annual St. Louis Blues Festival being held the same weekend.

*So meet us in St. Louis, the Gateway City, and
Show Me How to Live!*

The glamorous life

I'm not sure I was born an addict. I do know that as a child I felt and acted in ways that were beyond my control and that eventually made getting high seem like the answer to a prayer. I was deathly afraid. My brothers (one now clean many years in NA) could torment me just by telling me that were *thinking* about hitting me. I felt alone and unwanted, so I shoplifted pockets full of gum from drugstores and tried to buy myself some friends. I felt undistinguished, so when the teacher put a board on the wall with stars for each book we'd read, I lied—eighty stars for me. Number One or nothing. The irony of all this, looking back, is that I was plenty smart and had lots of friends. What I felt had nothing to do with reality.

Most of us in NA didn't say to ourselves as kids that we wanted to grow up to be junkies. I did. I'd read a few stories about the strange, sleazy, romantic dream of addiction, and I was intrigued. No more worrying about who liked

me—there was always camaraderie among dope fiends. No more concern about whether I was a special person—who's more special than a stoned-out addict laughing at the squares. No more fear—only euphoria, whenever I chose. That was for me.

I had the distinction of being the only kid in the eighth grade to overdose on a monthly basis. I came as close to death as a thirteen-year-old boy could come, over and over. I was busted twice that first year of using, and that humiliated my middle-class family. But I didn't care. I was willing to pay the price, whatever it was, to live the glamorous life.

After high school it was a pretty standard war story. Married, divorced. Caught embezzling thousands of dollars from a friend who'd hired me as a bookkeeper. Three weeks in the army—they decided they could get along without a soldier who OD'd and passed out on parade grounds. But the parade continued. Minimum wage jobs held just long enough to pay a month's rent and



score. Nasty wine and ditchweed by the railroad tracks. Flophouses and mooched-away friendships. Ah, yes, the glamorous life. . .

Somewhere in there I stopped making believe I believed—in God or anything else. That's when the suicide attempts started. Life was getting too painful to make it worth the bother. Everything I tried to fix things up with—work, school, affairs, causes—got all messed up. Getting high when I could was no longer compensation enough. I knew Hope, but only because that was the name of a friend. And she died from hepatitis.

I bought myself a bunch of extension cords. I mapped the electric lines in my apartment, and tied a line from each fuse into a cord. I filled the bathtub, grabbed the four lines, and stepped in. Nothing happened—just a tingle and a buzzing noise. Ten seconds later I let go of the cords, got out of the tub, and looked up at the ceiling. "You're not gonna let me go, are you!" I screamed.

I've since come to the conclusion that either:

- a) addicts do not conduct electricity, or
- b) I was saved from a certain death at my own hand by the miraculous intervention of a powerful, loving spiritual being.

Through a long series of coincidences, I found myself a couple of weeks later, detoxed, in an NA meeting. My brother, his wife (also an NA member), and a few others cared for me when I couldn't care for myself. The first few months were real rough. I was so afraid it wasn't going to catch, and so certain I would die if it didn't, that "just for today" seemed distant. But the black episodes were interspersed with some strong, direct assurances that it would work if I'd just trust the process.

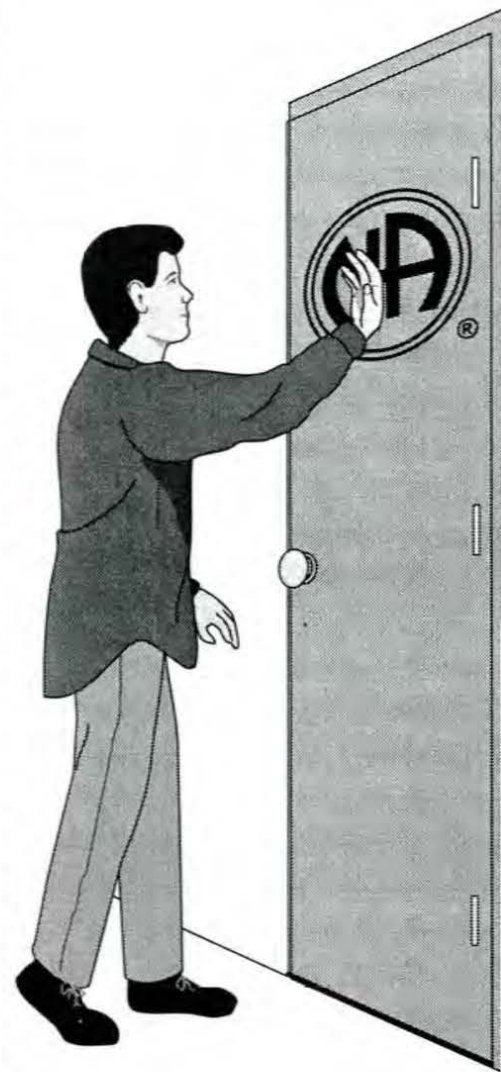
You people told me to get a sponsor to help me work the steps. I was too afraid to ask a stranger to spend time

with someone as messed up as I, so I used my brother's wife as a "secret sponsor." When I couldn't talk, but had to, she knew it, and would ask me to tell her what was going on. When I felt cut out of the friendly circles talking after meetings, she would bring me over to meet someone. When I felt like I didn't belong in NA because I'd never shot heroin, she carefully explained that addiction was far more powerful psychologically than physically anyway, so what did it matter? But my insides resisted. Could I stop using dope on my own? Lord knows I had every reason in the world to stop, but how could I learn to *want* to stop?

She shared her experience with the steps—not her theory, but her experience. According to everything I've ever heard about who should sponsor whom, she was all wrong. But as she says, "God works in ridiculous ways, his wonders to perform." (By the way, I now have a man sponsoring me who's not a relative, with whom I share on a regular basis, who knows me better than any other human on earth, and who has saved my sanity and my life on more occasions than one. For the long run, what's suggested usually works best, but for those first few months, it took what it took.)

My own involvement in my recovery was intense in that period. Every morning over coffee, I read a chapter from the recovery text of another fellowship (ours had not yet been printed). My attention span was pretty short, so to help me concentrate, I took notes during meetings. I felt like I had to do everything in my power to grasp what was being offered or I'd die. I grabbed people after meetings sometimes and

tried to articulate the questions I had about what they'd said. Sometimes I succeeded, but sometimes I was only able to smile and hug them and say thank you. I prayed every morning and every night. Sometimes I took long walks through the desert and hills surrounding Las Vegas, just being quiet and trying to feel some comfortable



contact with a Power greater than me. Once, frustrated with a seeming lack of progress, I asked a fellow member for help. He suggested that I was no more able to manage my program than I'd been able to manage my life. My life had been given back to me, a day at a time. And my program was coming just the same way: given to me, everything I needed, right on schedule.

When I was able to work a little, I was given a little work. It was a half-time, minimum-wage clerk's job at a chain store, but it was just as much as I could handle and it met my financial needs. Sometimes it was too much, and I would hide out for a little while in the store room and pray, "Please God, keep me clean, and keep me from losing it 'cause I can't hold it together right now." I'd notice a couple of hours later that things were going more smoothly without my having been aware of any transition. It was hard adjusting to work (at the time I was hired I hadn't held a job in almost two years), but I did. And as soon as the adjustment was complete, a better job came along.

Facing myself, admitting who I was to another person, seeking aid from a Higher Power in dealing with my defects and taking responsibility for them led me into service. I'd had a spiritual awakening; a gradual understanding that I was alive again as a result of working the steps of NA. I wanted to make sure that what had been available to me would be available to others. A year ago, I started a new meeting. That meeting became a group with a regular secretary and GSR; now it meets three times a week, and is one of the most solid (I think) groups in our area. I've worked the Twelfth Step directly, sharing what I've found and

where I've come from with newcomers. My life has expanded. I'm not just LM—I share the recovery of those I sponsor. I live their first few months with them and see my own recovery in a whole new way to boot. I'm not just LM—I'm part of a worldwide fellowship of people just like me, growing together as one addict helps another. I earn my own living. I haven't ripped off anyone in a long time. I'm vitally useful to others. I have folks I love dearly and who love me. I'm alive, awake, and free.

NA members have a dream: to assure that no addict seeking recovery need die without having had a chance to find a better way of life, from this day forward may we better provide the necessary services." Those services were there for me: the group, the sponsor, the dances, the literature. They saved my life. They gave me a home. Today I try to give what I have to continue to make that dream come true. Now that's the glamorous life!

LM, Nevada

How self-obsessed are you?

From Clean Times, the United Kingdom regional newsletter

We all know what self-obsession is, don't we? We've even got a pamphlet about it in its triangular form. Now here's a chance for all of you to find out, in an entirely light-hearted way, how your recovery is progressing. We're even going to provide you with some solutions. So go home, lock yourself in the airing cupboard with a torch, and fill in this multiple-choice questionnaire.

When you have found out how self-obsessed you are, you'll be able to look for a compatible partner, somebody who's equally self-obsessed. Yourself, in fact. Then you'll be able to come out of your airing cupboard and walk tall with the rest of humanity, hand in hand with yourself. Remember, self-obsession is a great way of getting 'round the one-year ban on relationships.



1. You're at a party and somebody asks, "What do you do, then?"

Do you:

- a. Mutter inaudibly.
- b. Say that you're unemployed and recovering from a long and debilitating illness.
- c. Also admit that the disease is addiction.
- d. Lie.

2. You're at a meeting and finding it unbelievably dull and irritating. You hate everything that everyone has said and you think they're all boring and stupid.

Do you:

- a. Share what enormous gratitude you have for your recovery.
- b. Call them all a bunch of self-obsessed jerks.
- c. Share honestly, admitting you're in a bad space, tell them generally what you're feeling, and ask for help.
- d. Don't share and leave the meeting early.



3. You go out for the evening and meet a complete sex beast who drags you back home with him/her. Do you:

- a. Leap into bed with him/her without a second thought.
- b. Tell him/her about your recovery and settle down for an all-night conversation about the nature of sexuality.
- c. Tell him/her in the nicest possible way that you need to get to know him/her better, exchange phone numbers, and go home.
- d. This situation is so implausible that you cannot give an honest answer.

4. Someone asks you if you have a lover. Do you:

- a. Say, "What do you mean, a lover?"
- b. Say you are looking for the right person with whom you can have a sincere and spiritually productive relationship.
- c. Giggle hysterically
- d. Lie

5. You are asked how old you are. Do you:

- a. Multiply your clean time by your shoe size, and give that as an answer.
- b. Tell the truth.
- c. Say archly, "As old as my tongue and a little older than my teeth."
- d. Give someone else's age.



6. You have been invited to chair a meeting some way off. The secretary asks you how you plan to get there. Do you:

- a. Say, "I'll whizz up the motorway in the Porche."
- b. Say, "The camel is proving refractory."
- c. Ask for the train fare.
- d. Walk because you're too embarrassed to ask for the train fare.

7. You are invited to a party where you know there are going to be a lot of powerless people. Do you:

- a. Refuse the invitation.
- b. Seek your sponsor's advice.
- c. Go, but take a fellow recovering addict with you for moral support.
- d. Go and stand in the middle of the room ostentatiously drinking a goldfish bowl of Perrier all evening.

How did you score?

How self-obsessed are you?

- | | | | |
|----------|-------|------|-------|
| 1. a. 5 | b. 3 | c. 1 | d. 10 |
| 2. a. 10 | b. 5 | c. 1 | d. 7 |
| 3. a. 10 | b. 10 | c. 1 | d. 3 |
| 4. a. 10 | b. 5 | c. 3 | d. 10 |
| 5. a. 10 | b. 1 | c. 3 | d. 8 |
| 6. a. 10 | b. 5 | c. 1 | d. 7 |
| 7. a. 1 | b. 1 | c. 4 | d. 10 |

Results

7-15 points: You are extremely spiritually healthy and not in the least self-obsessed. You should immediately take on five more service commitments and three more sponsees. And come and work for *Clean Times* as well.

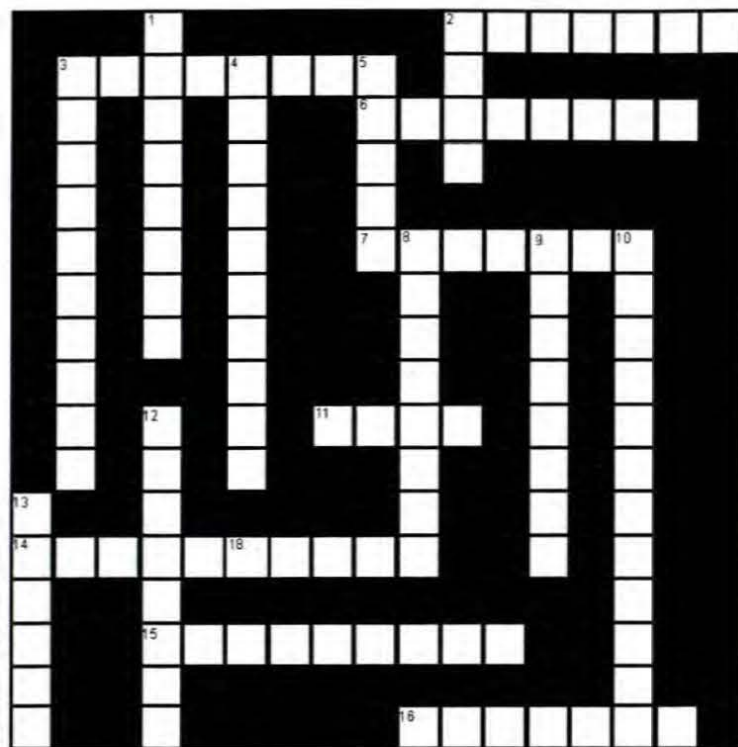
16-40 points: This indicates a healthy degree of self-obsession. You think about yourself only about ten times more often than the national average, pretty remarkable for an NA member. It would be a good idea if you were to phone your sponsor occasionally, but don't go to any such extremes as following direction.

40-69 points: You really are utterly self-obsessed. You obviously believe that other people think about you all the time. But what you don't realize is that they also have photographs of you in intimate and revealing situations. That makes you feel kinda squirmy doesn't it? Why don't you think about someone other than yourself for a change, someone who owes you money, for example.

70 points: You are so self-obsessed that you have had to cheat. Unfortunately, you are also rather stupid, or you would have aimed for a low score instead.

T & S, United Kingdom

CROSSWORD PUZZLE



Down

1. We are people with the disease of addiction.
2. We realized we were _____ people.
3. This is a program of complete _____ from all drugs.
4. An addict is a man or woman whose life is _____ controlled by drugs.
5. What our whole life and thinking was centered in.
8. How many are never enough?
9. The _____ is the most important person at any meeting.
10. What we humbly asked Him to remove.
12. Each group has but one (with fifteen across).
13. But most of all we _____ harmed ourselves.

Across

2. What we are slowly committing in our addiction
3. We didn't become _____ in one day.
6. _____ ain't no jive!
7. There are no _____ attached to NA.
11. _____ For Today.
14. We are not _____ with any other organizations.
15. This is the spiritual foundation of all our traditions.
16. See 12 down.

Home Group



AUSTRALIA

New South Wales: 3-5 May 1996; Australian Regional Convention; Sydney; info: 61 2-3653652

CANADA

Alberta: 28-30 June 1996; 6th Canadian Convention; Highway Motor Inn, Edmonton; rsvns: (800) 661-5193; info: (403) 450-3449; CCNA-6, 1907 36th Street NE, Edmonton, Alberta, Canada T6L 3N1

British Columbia: 22-24 Mar. 1996; South Vancouver Island Area Convention; Victoria; info: (604) 479-1682; SVIACNA, PO Box 1062, 1720 Douglas Street, Victoria, British Columbia, Canada V8W 2G7

Manitoba: 7-9 June 1996; Winnipeg Area Convention; Robert A. Stein Community Center, Winnipeg; info: (204) 586-4432; WACCNA, PO Box 25173, 1650 Main Street, Winnipeg, Manitoba, Canada R2V 4C8

Quebec: 5-7 Apr. 1996; 7th Quebec City Area Convention; Quebec Hilton; rsvns: (800) 447-2411; info: (418) 649-8865; Quebec City Area, 83 De L'Espina, Quebec City, Quebec, Canada O1L 2H3

PORTUGAL

Lisbon: 25-28 Apr. 1996; 6th Portuguese Convention and Conference; fax: 351 1-9233766; info: Convention & Conference, Apartado 526, 2795 Carnaxide, Portugal

2) 26-28 July 1996; "Unity in Diversity," the 13th European Convention and Conference; Centro Cultural de Belem, Lisbon; rsvns: Hotel da Torre: 351-1/3636262, Hotel Atlantico: 351-1/4685170, Hotel Estoril Sol: 351-1/4868541, Pensao Setubalense 351-1/3636639; info: ECCNA-13, PO Box 526, 2795 Carnaxide Codex, Portugal

SWITZERLAND

Baselland: 15-17 Mar. 1996; 2nd Swiss Convention; Basel; fax: 41 61-6311556; info: 41 61-3812536; SCNA, Postfach 360, CH-4010 Basel, Switzerland

UNITED KINGDOM

Greater London: 12-14 Apr. 1996; 7th Annual London Convention; London, England; info: 44 81-5380422; fax: 44 81-5155300

UNITED STATES

Arizona: 15-17 Mar. 1996; 3rd Sanity is Possible Campout; White Tank Mountain, Phoenix; info: (602) 412-0184; SIPNA, PO Box 39075, Phoenix, AZ 85069

2) 24-26 May 1996; Arizona Regional Convention; Little America Hotel, Flagstaff; rsvns: (800) 352-4386; info: (520) 323-3001 or e-mail: jdbanks@azstarnet.com; ARCNA Web Site: <http://www.tucson.com/budzone/arcnax.html>

Arkansas: 8-10 Mar. 1996; Arkansas River Valley Area Convention; rsvns: (501) 783-1000; info: (501) 452-6198 or (501) 783-6942; ARVNA, PO Box 5631, Fort Smith, AR 72913

California: 5-7 Apr. 1996; 5th Southern California Regional Spring Gathering; Manhattan Beach Radisson Hotel; rsvns: (800) 333-3333; info: (310) 693-5110 or (714) 638-5898; Spring Gathering, PO Box 2543, Orange, CA 92669

2) 11-14 Apr. 1996; 18th Northern California Regional Convention; Westin Hotel, Santa Clara; rsvns: (800) 228-3000; info: (415) 381-9832; NCCNA, PO Box 14325, Santa Rosa, CA 95402

3) 14-16 June 1996; 8th American River Area Campout; Orchard Springs Campground, Rollins Lake; info: Campout Committee, PO Box 823, North Highlands, CA 95660

4) 14-16 June 1996; 4th California Mid-State Regional Convention; Fresno Hilton, Fresno; rsvns: (800) 649-4955; info: (209) 294-8667; CMSRCNA-4, PO Box 27253, Fresno, CA 93729

5) 25-27 Oct. 1996; Southern California Regional Convention; Anaheim Hilton; rsvns: (800) 445-8667; info: (805) 265-8518 or (909) 824-9104 or (818) 342-1411; SCRCNA, PO Box 60046, Pasadena, CA 91106

Florida: 16-19 Mar. 1996; Alabama/Northwest Florida Regional Convention; Holiday Inn Okaloosa Island; info: (904) 995-4076

2) 29-31 Mar. 1996; 7th Florida Spring Service Break; info: (407) 735-0601; FSSBNA, 1425 NE 125 Terrace #212, N. Miami Beach, FL 33161

3) 25-28 Apr. 1996; North Atlanta Area 20th Annual Reunion and Fun in the Sun Convention; Panama City Beach, Florida; rsvns: (800) 224-4853; info: (904) 248-9155; Fun in the Sun, 2480 Briarcliff Road, Box 243, Atlanta, GA 30329

4) 24-27 May 1996; 6th Gold Coast Area Convention; Radisson Inverrary Resort, Ft. Lauderdale; rsvns: (800) 333-3333; info: (407) 961-2876; GCCNA, PO Box 23325, Ft. Lauderdale, FL 33307

5) 4-7 July 1996; 15th Florida Regional Convention; Grenelle Resort, Haines City; rsvns: (813) 422-7511; info: (813) 874-2300; FRCNA-15, c/o RSO, 2940 W. Columbus Dr., Tampa, FL 33607

Georgia: 8-11 Aug. 1996; Midtown Atlanta Area Convention; Radisson Hotel, Courtland & International Bldgs.; rsvns: (800) 333-3333 or (404) 659-6500; info: (404) 753-5206 or (404) 753-1831; MACNA, PO Box 61815, Atlanta, GA 30316

Hawaii: 22-24 Mar. 1996; 12th Annual Gathering of the Fellowship on Oahu; Camp Mokulee, North Shore, Oahu; info: (808) 676-9125 or (808) 988-7194 or (808) 254-1660; Oahu Gathering, 1654 Alena Drive, Honolulu, HI 96817

2) 8-10 Nov. 1996; 10th Western States Pl Learning Days; Ala Moana Hotel; rsvns: (800) 367-6025 or (808) 955-4811; info: (808) 833-1845 or (808) 834-4867; WSPILD, PO Box 30711, Honolulu, HI 96820

Idaho: 12-14 Apr. 1996; 7th Southern Idaho Regional Convention; Holiday Inn, Pocatello; rsvns: (800) 465-4329 or (208) 237-1400; info: (208) 236-8954; SIRCNA, PO Box 4342, Pocatello, ID 83201

Illinois: 3-5 May 1996; 11th Mid-Coast Convention; Ramada-O'Hara Hotel, Rosemont; rsvns: (847) 827-5131; info: (847) 872-2407 or (847) 625-0732 or (847) 263-9169; send speaker tapes to: MCC-11, PO Box 221, Ingleside, IL 60041

2) 10-12 May 1996; South City Area Convention; Holiday Inn Mart Plaza, Chicago; rsvns: (312) 836-5000; info: (312) 387-1127 or (312) 752-6657

3) 7-9 June 1996; Show-Me Regional Convention; Cape Girardeau; info: SMRCNA, PO Box 1226, Cape Girardeau, MO 63702

Indiana: 29-31 Mar. 1996; Indiana State NA Convention; Fort Wayne Hilton, Fort Wayne; info: ISNAC, PO Box 12047, Fort Wayne, IN 46802

2) 24-27 May 1996; North Central Indiana Area Convention; Camp Mack, Milford; info: (219) 259-9384 or (219) 234-0550; NCIACC, PO Box 175, Osceola, IN 46561

Kansas: 5-7 Apr. 1996; 13th Mid-America Regional Convention; Ramada Inn, Hutchinson; rsvns: (800) 362-5018; info: (316) 241-6230; MARCNA, PO Box 3926, Topeka, KS 66604

2) 26-28 Apr. 1996; Living Miracles Convention; Mount St. Scholastica Convention Center, Atchison; info: (913) 367-1197 or (913) 367-3867 or (913) 367-3610 or (913) 367-7807; ALMCC, 714 N 3rd, Atchison, KS 66002

Kentucky: 4-7 Apr. 1996; Kentuckiana Regional Convention; University Plaza Hotel; rsvns: (502) 745-0088; info: (502) 745-7631; KRCNA-10, PO Box 556, Bowling Green, KY 42102-0556

Maine: 15-17 Mar. 1996; Multiregional Learning Event, Notre Dame Spiritual Center, Alfred; info: Learning Event, PO Box 1752, Portland, ME 04104

2) 7-9 June 1996; Nature of Recovery 5; Camp Mechuwana, Winthrop; info: (207) 377-6895 or (207) 621-2989; Unwashed Group, PO Box 120, Winthrop, ME 04364

Maryland: 29-31 Mar. 1995; 10th Chesapeake/Potomac Regional Convention; rsvns: (800) 654-5440; info: (301) 515-9484; CPCNA, PO Box 8006, Silver Springs, MD 20907

2) 27-30 June 1996; Baltimore Area Convention; Hyatt Hotel Inner Harbor; rsvns: (800) 233-1234; Sheraton Inner Harbor; rsvns: (410) 962-8300; info: BACNA, PO Box 1331, Baltimore, MD 21203

Michigan: 4-7 July 1996; 12th Michigan Regional Convention; Flint Radisson; rsvns: (800) 333-3333 or (810) 239-1234; info: (810) 545-2179; MRCNA, PO Box 7116, Novi, MI 48376

Minnesota: 3-5 May 1996; 3rd Minnesota Regional Convention; Radisson Hotel, Bloomington; rsvns: (612) 835-7800; info: (612) 823-4776; MNAC-3, 4745 Bryant Ave South, Minneapolis, MN 55409

Mississippi: 12-14 Apr. 1996; 14th Mississippi Regional Convention; Lake Tiak-O'Khata, Louisville; rsvns: (601) 773-7853; info: Spirit of Change, PO Box 5660, Brandon, MS 39047

Missouri: 7-9 June 1996; Show-Me Regional Convention; Holiday Inn/Exit 96, Cape Girardeau; rsvns: (314) 334-4491; info: (618) 661-1527; SMRCNA, 320 N Frederick, PO Box 1226, Cape Girardeau, MO 63702

Nevada: 14-17 Mar. 1996; Las Vegas Convention; Sahara Hotel, Las Vegas; rsvns: (800) 634-6666; info: (702) 656-7909 or (702) 453-3713; SNCC, 4542 East Tropicana, Suite 101, Las Vegas, NV 89121

New Hampshire: 21-23 June 1996; Granite State Area's Fellowship in the Field; Bethlehem; info: (603) 645-4777

New Jersey: 29-31 Mar. 1996; Capital Area Convention; East Windsor; rsvns: (609) 443-8000; info: (609) 882-5692; CASC, PO Box 741, Trenton, NJ 08604

2) 24-26 May 1996; 11th New Jersey Regional Convention; Berkeley Carteret, Asbury Park; rsvns: (800) 776-6011 or (908) 776-6700; info: (908) 826-2148; NIRCNA, PO Box 576, Keyport, NJ 07735

New York: 8-10 Mar. 1996; 2nd Rochester Area Convention; Airport Holiday Inn, Rochester; rsvns: (800) 465-4329; info: (716) 467-1234 or (716) 544-0653; RACNA, PO Box 458, Rochester, NY 14603

2) 8 Mar. 1996; Champlain Valley Area H&L Learning Day, Plattsburg; info: (518) 643-0504

3) 26-28 Apr. 1996: Greater New York Regional Convention; Concord Resort Hotel, Kiamesha Lake; rsvns: (800) 431-3850; info: (212) 242-8140; Freedom II, 154 Christopher Street, Suite 1A, New York, NY 10014

4) 31 May - 2 June 1996: Awakenings, the ABCD Area Retreat; info: (518) 465-5588 or (518) 462-2384; ABCD Area Retreat, PO Box 13504, Albany, NY 12212

North Carolina: 26 May - 1 June 1996: World Service Conference; Greensboro; info: (818) 773-9999; WSO, PO Box 9999, Van Nuys, CA 91409

Ohio: 1-3 March 1996: LEGS Area Learning Conference; Marriott Inn, Beachwood; rsvns: (216) 464-5950; info: (216) 663-8777; LEGS, PO Box 20547, Cleveland, OH 44120

2) 24-26 May 1996: 14th Ohio Regional Convention; Radisson Airport, Columbus; rsvns: (800) 333-3333; info: (614) 488-1371; OCNA, PO Box 15284, Columbus, OH 43215

3) 12-14 July 1996: Dayton Area Convention; Days Inn South, Dayton; rsvns: (513) 847-8422; info: (513) 274-3380 or (513) 252-5840; DASCNACC, Box 578, 3470 Salem Ave., Dayton, OH 45406

4) 16-18 Aug 1996: Gateway to Freedom; Holiday Inn, Westlake; rsvns: (800) 762-7416 or (216) 871-6000; info: (216) 486-6644 or (216) 691-1024; Tri-Area Convention, PO Box 999, Shaker Heights, OH 44120

Oklahoma: 29-31 Mar. 1996: 10th OK Regional Convention; Meridian Plaza Hotel, Oklahoma City; info: (405) 524-7068; OKRCNA, PO Box 23112, Oklahoma City, OK 73123

2) 28-30 June 1996: 8th Annual Mirror of Miracles Campout; Sycamore Valley Recreation Area, Wyandotte, Oklahoma; info: (918) 542-3471 or (316) 231-0903

Oregon: 24-26 May 1996: Pacific Cascade Regional Convention; Eugene Hilton; rsvns: (800) 937-6660; info: (541) 342-7243 or (541) 929-6855; PCRCNA, PO Box 1581, Eugene, OR 97440

Pennsylvania: 5-7 Apr. 1996: Greater Philadelphia Regional Convention; Downtown Marriott, Philadelphia; rsvns: (800) 228-9290; info: (215) 324-1183 or (215) 424-2979 or (215) 476-2260; GPRC, PO Box 14170, Philadelphia, PA 19138

Puerto Rico: 26-28 July 1996: Puerto Rico Regional Convention; Condado Plaza Hotel, San Juan; rsvns: (800) 468-8588 or (809) 721-1000; info: (809) 274-0488 or (809) 721-4267; Unidos Podemos, PO Box 362313, San Juan, PR 00936-2313

Tennessee: 3-5 May 1996: Recovery on the Ridge; Big Ridge State Park, Andersonville; info: (800) 249-0012; Ridge, PO Box 864, Knoxville, TN 37901

2) 10-12 May 1996: NA in May in Memphis BBO and Campout; Meeman-Shelby State Park; info: (901) 274-5071

3) 27 Nov. - 1 Dec. 1996: Volunteer Regional Convention; Holiday Inn Crowne Plaza, Nashville; rsvns: (615) 259-2000; info: (615) 391-3122 or (615) 361-3783; VRC-14, PO Box 731, Madison, TN 37116

Texas: 5-7 Apr. 1996: 11th Lone Star Regional Convention; Dallas/Ft. Worth Airport Hyatt; rsvns: (214) 453-1234; info: (214) 245-8972 or (800) 747-8972; LSRSO, 1510 Randolph #205, Carrollton, TX 75006

Utah: 8-10 Mar. 1996: 3rd Northern Utah Area Convention; Holiday Inn, Ogden; info: NUACNA, PO Box 242, Ogden, UT 84401

2) 19-21 July 1996: Utah Regional Campvention; Weber Memorial Park, Ogden; info: (801) 489-1321 or (801) 627-3832; send speaker tapes before 30 May 1996 to: URCNA, PO Box 994, Springville, UT 84663

Virginia: 9-11 Aug. 1996: 10th Almost Heaven Area Convention; 4-H Education Center, Front Royal, Virginia; info: (304) 274-1522; CCC, PO Box 3329, Martinsburg, WV 25410

Wyoming: 27 Apr. 1996: Spiritual Principles Workshop; Gillette; info: (307) 682-0088

2) 27-29 Sep. 1996: Covention on Unity; Wyoming; info: (305) 875-5867; speakers with five years send tapes in by 1 April to: CUNA-5, PO Box 325, Green River, WY 82935



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The Twelve Traditions of Narcotics Anonymous

1. Our common welfare should come first; personal recovery depends on NA 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 NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA 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. NA, 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 NA 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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*My Gratitude Speaks...
When I Care
and When I Share
with Others
The NA Way*

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.