

*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.

# THE **NA Way** MAGAZINE®

October 1996 \$1.75 US \$2.50 Canadian





## 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®

Box 9999  
Van Nuys, CA 91409-9099  
(818) 773-9999

### volume fourteen, number ten

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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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Subscription rates, 1 yr. \$15, 2 yrs. \$28, 3 yrs. \$39, single copies \$1.75. Canada 1 yr. \$20, 2 yrs. \$37, 3 yrs. \$52, single copies \$2.25. Please inquire about bulk rates.

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The NA Way Magazine is published monthly by World Service Office, Inc., 19737 Nordhoff Place, Chatsworth, CA 91311. Periodical US postage paid at Chatsworth, CA and at additional entry points. POSTMASTER: Please send address changes to The NA Way Magazine, PO Box 9999, Van Nuys, CA 91409-9099.



# From the editor



## Update: *NA Way Magazine* circulation and plans for the future

*The NA Way Magazine* has been one of the services provided by the World Service Office since 1984. The first issue was published in September 1982.

When *The NA Way* began, the NA Fellowship itself was very different from what it is today. We were reviewing our very first book-length piece of literature. There were very few locally produced NA newsletters, and the ones we had were in English. *The NA Way* was a welcome addition to our array of recovery material. Response to the magazine was enthusiastic. Circulation went from a couple of hundred in 1984 to almost 10,000 in 1989.

We're sure that some of this rise was due to "marketing"—the group subscription drive, convention displays, sample *NA Ways* and subscription information included in group starter kits and other places—however, even more of our success was probably due to word-of-mouth. People who liked the magazine told their friends, and they told their friends, and so on.

However, since its peak in 1989, *The NA Way* subscriber base has slowly and steadily dwindled away.

We haven't done anything substantially different as far as marketing goes. If anything, we've increased our efforts, both by trying the "networker" program for 2½ years, and by stepping up our sample copy mailings to the point where they're sent with virtually every H&I letter and other correspondence. We've also made efforts to improve the quality of the magazine by seeking out stories from places where NA is starting or growing, providing a forum for discussion of issues that will shape our fellowship in the future, and generally trying to make the magazine more interesting and easier to read.

We have a problem. It's the same one we informed you of last April: The number of subscribers is still dwindling. We're still spending more than \$100,000 of NA's money on the magazine every year. NA's resources are limited and we have to find a way to use them where they are most needed. However, we've had some time to think about how to solve this problem. And we've had some much-needed input from the fellowship. All we really had to do was hear what the conference had to say and take a look at the mission statement of the World Service Office. It reads, in part:

"The mission of the World Service Office, Inc., is to provide the services

and support that facilitate the continued growth and development of the Fellowship of Narcotics Anonymous worldwide."

So that's exactly what we've decided to do.

WSO staff, under the guidance of its conference-elected board, will be exploring how we can develop a periodical that meets the needs of the NA Fellowship and furthers its growth. We cannot yet tell you any more about what this publication might be, because we haven't done the proper research to find out what the fellowship considers essential. But we can say that if the fellowship tells us it needs recovery sharing in print, the publication will have that. We expect that the publication will also be the means by which we can inform everyone about new literature, translations in progress or completed, the activities of world service boards and committees, issues for fellowship discussion, new trustee bulletins such as the one featured in this issue of the magazine, coming events, and more.

We think we can streamline current publications, combining some while eliminating the duplication of effort in others (e.g., calendar section published in both the *Newsline* and *The NA Way*), and thus come up with something that conserves NA's money, maximizes its human resources, and provides something new and exciting and valuable to all of our members. We will be working on developing a prototype of this new publication (we may even call it *The NA Way*) for presentation to the fellowship in the 1997 *Conference Agenda Report*.

Due to the two-month lead time between this writing and publication, much of the research we plan to do will have already been done by the time you read this. So we can only inform you here that we've made every effort to work in good faith. We will have worked with your elected representatives to facilitate research at the local level. We will have listened very carefully to what our members have told us about their communication needs, and seen to it that the publication prototype will reflect those needs.

Because many of you may not participate in your local *Conference Agenda Report* workshops in the first quarter of 1997, or may be incarcerated and not have access to the service structure at all, I will be available to answer all your questions about this process as it develops. Of course, you'll get regular updates in this column as well.

Until next month . . .

CT, Editor



## Bombay interlude

As I stepped off the plane at Bombay's international airport, I wondered if Rajiv or Pritam had made it there to meet me. After baggage claim, customs, money exchange, perusal by soldiers, etc., I tumbled through the gate into the miasma that is Bombay. Just as I feared there was no smiling face, no one waving a sign saying my name or "NA Bombay," nothing even remotely suggesting that someone from the fellowship was there to greet me. For a brief second I started to panic. One thing about India that immediately becomes apparent to a tourist is that it is very, very different from the West. The street language is decidedly not English, and it is a fast-moving, potentially dangerous, always confusing place.

After just a couple of minutes of looking around and preparing to phone Rajiv, I looked up and saw someone walking toward me who looked somehow familiar, though I was sure I'd never seen him before. It turned out to be Pritam. After a joyful greeting, we began walking toward the cab stand where Pritam had another couple waiting (Wendy and

Natalino from England); then, lo and behold, up pops Rajiv, also there to meet me, and we were all on our way.

Rajiv and Pritam informed us that they were both on their motorbikes, that the cab we would ride in would follow them and we were all going to a meeting straight away. Nothing in my experience of almost fifty years of life came close to preparing me for that first motor vehicle ride in India. Driving or riding in a motor vehicle in Bombay is like nothing I have ever even imagined, much less experienced. I've driven many times in Mexico City, New York, and Los Angeles (no slouches in the bizarre driving practices contest; in fact, up in the top ten), but nothing, I repeat, nothing, can prepare you for the reality of the Bombay driving-wallahs. The streets are utterly alive with rickshaws, cars, buses, motorcycles, pedestrians, bicycles, children, dogs, horses, cows, and an occasional bear on a leash, all of which are traveling entirely in their own direction without lanes, without lights, and seemingly without rhyme or reason. And I almost forgot the trucks of all shapes and sizes—all painted with psychedelic paint jobs and sporting the loudest horns imaginable. But they are closely pursued in sheer decibel level by the rest, all of whom lean on their horns almost constantly.

Remarkably, we didn't get into a single accident all the way from the airport to the meeting place; and, even more remarkably, our cab didn't lose sight of Rajiv and Pritam and was able to follow them the whole way.

In what seemed at the time (and still seems so today) to be an almost

hallucinatory experience, within an hour of deplaning in India, I was sitting in a meeting of Narcotics Anonymous in the center of a large, vacant lot in the middle of a commercial, metropolitan Bombay neighborhood, in a circle with perhaps sixty or seventy other addicts, all of us sharing our experience, strength, and hope. The very moment I sat down in that circle and heard the sharing, I was almost overcome with love for NA. I could have been sitting in my own home group in Southern California. The impact of that really hit me hard.

It is one addict helping another and sharing the honesty of our recovery, and it is the same whether it is in India, the USA, France, Argentina, Canada, or wherever. We are one, and we are worldwide.

Back to the Bombay meeting. The English-speaking members shared in English, the Hindi-speaking members shared in Hindi. There was harmony and respect. And although my Hindi is kind of rusty (the farthest east I'd ever been prior to this was East Rutherford, New Jersey), it didn't matter. I understood exactly





what those members were sharing because they were speaking with their hearts; with my heart, I heard and understood.

After the meeting, the members fellowshiped for hours in the local tea shop, and it was just as rowdy, loving, and animated as would be the case in a post-meeting gathering anywhere from Missouri to Moscow, Toronto to Tolum, Ixtapa to Istanbul, Temple City to Tehran.

The next day was a very big day: Fellowshiping all day with Rajiv, Keith, Wendy, Natalino, and our other NA friends in Bombay, and then to a giant outdoor wedding of two beautiful NA members at night. It was a great wedding. We had a feast in a park-like setting with two huge buffets (one vegetarian, one non-vegetarian, a common practice in India), and there were perhaps a couple of hundred guests. After the wedding, we took a five-hour drive to Khandala—a beautiful hill station (similar to a resort area) east of Bombay in the mountains—for the convention.

I have been extremely fortunate in my recovery. I have attended two world conventions, many regional conventions, and even an area convention and an alternative convention or two (all NA, of course), but I have never experienced the fervor, the emotion, the love, the hunger for recovery, and the commitment to our fellowship that I did in Khandala. I felt like I was on an emotional roller coaster—so many waves of emotion sweeping over me the whole time I was there. About 250 people registered for the convention, and all of

India was represented, from New Delhi to Madras, from Bombay to Calcutta, from Imphal to Pune. It was very, very wonderful. About ten or twelve Westerners were also in attendance from Australia, Canada, England, and, of course, the States.

After leaving Khandala, fortunately (for me) I was able to travel by train and bus to Goa (a state in Southwestern India), and spend a week on the beach with seven other NA members. We had a quiet NA meeting each night, and spent our days getting to know each other and enjoying the people, sights, and sounds of southern India.

Now home, I look at my world globe in front of me here in my office and I see that India is exactly on the other side of the world from where I live and work. Though India is so far away, the love I have for my friends Rajiv, Packy, Ivan, Pritam, Jeff, Shobha, and Dexter, and all of our brothers and sisters in India, will always be right here with me in my heart. And now, every time I go into a restaurant (even in LA), I expect to see two buffets—one vegetarian and one non-vegetarian.

*JG, California*

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## Living dreams

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During my using days I did a lot of driving, though I usually never left my own neighborhood. I could never go on vacations because all my money went to drugs. When I came to NA, I was on probation, had to pay lots of restitution, and could not leave the county without permission.

I remember listening to the old-timers in my area talking about going to conventions, and I could see the excitement in their eyes. When they came back, they had great stories to tell about the trip and the local fellowship. I envied them.

My first convention was in the town I grew up in. Things in my personal life were not too good. I was staying on other addicts' couches, and I was behind on my restitution payments to the courts. I visited my parents and they were so glad I was clean that they gave me money to go to the convention.

I was so excited to be at that first convention. There were so many addicts from all over the state, and even other states. I got lots of hugs and went to lots of meetings. We had about eight guys in our hotel room, and we laughed and shared all night. The main speaker, from California,

had more than twenty years clean. When he spoke of ego, I didn't understand. I thought he was talking about eagles! I had no idea what ego was.

I was truly living in the moment. For three days I went to meetings, dances, and fellowship in the restaurants. I had so much fun. When the convention ended, I realized that I had no place to live, no money, and not much hope that things would be better for me. What a letdown!

With a year-and-a-half clean, I was doing an H&I meeting. On my next visit, the next day, I got arrested for not making my restitution payments and was put in the same jail I had carried a meeting into. I was in a lot of pain, and believed that I wasn't getting any better. I got to do some twelve-step work in jail and carried the message that any addict could stay clean. I spent time talking to God and dreaming about having my own apartment, and a job and being able to travel to NA conferences and conventions. My sponsor shared with me that he had been in my predicament when he was new and that things would be better if I just kept coming around and tried to live the NA program.



I made some commitments, and kept them. I got a job making minimum wage, working sixty hours a week, and I became willing to stay there a year. I started making restitution payments every month. I got my first apartment, and a telephone! I lived a couple of blocks from my home group's meeting place. I took on a service position that no one else wanted, and I got involved. I enjoyed traveling to RSC meetings all over the region. I started saving a little money for conventions, and went to local conventions as often as possible. Since I was doing what I was supposed to—making my restitution payments and staying clean in NA—I was able to get permission to travel from the probation department.

In 1987, I wanted to go to WCNA-17 in New Orleans, but the probation department would not give me a four-day permit, so I didn't go. In 1990 I got a good tax refund, and flew to Portland to attend WCNA-20. What an experience that was! What a sight it was to see that coliseum packed with recovering addicts. We did the clean-time countdown, and addicts from all over the world stood up. When someone stood up and said he was from Russia, the place went wild! What a flow of love and emotion.

As I continued to live the NA program, do NA service, go to meetings, and go to work, I had dreams of traveling around the state and country. I also had dreams of being an ASR or RSR, attending a World Service Conference, and being a speaker at the world convention.

I share this not to brag, but in gratitude. I want to express that

miracles happen and dreams come true. I had a dream about going to Glacier National Park. Since I fly to a lot of NA conventions, and frequently volunteer to get bumped from overbooked flights, I get a lot of free airline tickets. So this past week, I went on my first trip in recovery that was not NA-related. I had thought that the only way I could afford to go to Glacier was to win the lottery. Well, another dream came true for me. This was a trip I will never forget. I rented a car and drove from Spokane, Washington, to Glacier. I had some NA speaker tapes and some rock and roll tapes. The long drive went through some of the most beautiful country I have ever seen. When I got to "Going to the Sun Highway" in Glacier National Park, I thanked my Higher Power. As I drove through the mountains of the Continental Divide, I felt close to my God. I even met some really nice NA members in Kalispell who invited me back.

I am at a point where all my dreams have come true. Now I will have to set my sights on new dreams. Maybe I will dream of things like a career, school, or family. Or going to a convention in Europe or South America. What I hope to convey to *NA Way* readers is that anything is possible and dreams do come true if you don't give up before the miracle happens.

*SD, Texas*

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## Recovery to the rescue

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Our symbol is a square within a circle, and each of the four sides of the square represents something: God, self, service, society. It was easy for me to understand God, self, and service, but I never quite grasped how society was supposed to fit into my program of recovery. I mean, I try to trust my Higher Power. I go to meetings, share, observe the traditions, and try to practice the principles of recovery in all my affairs. I work steps and try to take care of myself. I work hard at my job, pay all my bills, and file taxes.

Because I do all of these things, I was prepared for the flood of emotions that washed over me on 19 April 1995 at 9:02 am.

On that date, the Alfred P. Murrah Federal Building in Oklahoma City was bombed. The blast killed 168 people and injured more than 500 others. I live just two miles from the building, and the windows in my home were broken, along with my heart.

Years ago I would have gone straight for the dope muttering, "How sad—glad it wasn't me." But what happened surprised me. I became involved. I was not able to run down to

the bomb site immediately to help the survivors. I am a nurse and the hospital I work for put me on trauma call. I was to stay home and wait until the hospital called me. The officials thought there would be a "second wave" of seriously injured people who had been trapped in the building and would be found during the rescue efforts. But that didn't happen because they were all dead.

It was then that I learned what was meant by paying back a debt to society. I wanted so badly to help and I knew I had the skills to do so. The next few weeks I spent at a medical treatment post at the blast site. It was set up for firefighters, police, highway patrol officers, the Federal Bureau of Investigation, military personnel, and the Drug Enforcement Agency—just about anybody who had a need for it. I was helping all the organizations that I had avoided contact with during my active addiction. Me with the DEA and the FBI—imagine that!

I listened to firefighters and policemen—many of whom were just about my son's age—tell me about the horrors they saw in the blasted buildings. I spent eight to sixteen hours a day in a cold, wet parking garage. I cried for people I didn't know. I felt as though my heart broke a little more every time they found another body. I had indigestion that never went away, a headache that stayed for weeks, insomnia that lasted for months. I continued to smell the decay even when it should have been impossible.

I have never known such pain physically, mentally, and spiritually. But I didn't want to use over it; six years of NA recovery took over. I



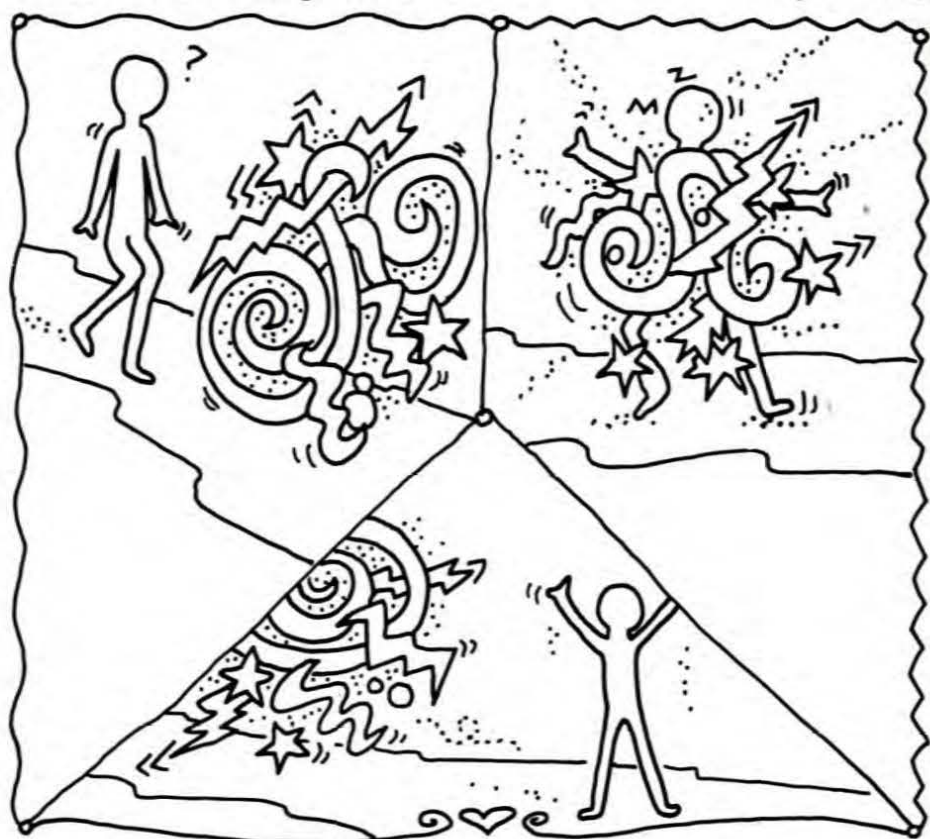
called my sponsor frequently and sometimes did nothing but cry. I talked to other addicts, some of whom were doing the same thing. I prayed, and then I prayed some more. I prayed for courage and strength and asked God to please keep me clean one more day. Now it's more than a year later and I still have residual effects. When the building is shown on TV, I get choked up and want to cry out. When I see a victim's family, I want to hold them. I have dreams of trying to rescue babies and not being able to get to them or getting to them and knowing they've gone to God.

I felt a lot of pain—both mine and others'—but I did not get loaded. I

was around needles and narcotics and nothing went in my arm or down my throat. The only thing that mattered to me was my community. It was hurt and in desperate need. I discovered a new set of values I didn't even know I had.

Would I go through that kind of horror again? Yes! And I would jump at it as fast as I did the first time. I learned what society could gain from a recovering drug addict and what I, as that addict, had to give. Somewhere over the last few years I had changed from a sniveling dope fiend into a trustworthy, capable, dependable woman.

DK, Oklahoma



## Out of the depths

"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions, and death—or find a new way to live."<sup>1</sup>

My God. It's been a long time since I faced that particular horror. Here I am. In my life. Clean. Utterly miserable, undeniably unhappy, and faced with a new understanding of the First Step. I've been recovering for years—years without mind- or mood-altering drugs. Just when I think I've learned all there is to know, well, here I am. I can't find my ass with both hands. What I thought I knew no longer applies. Okay, God. You've definitely got my attention. I'll listen. I'll shut up. I'm ready.

When I first got to NA, my problem was drugs. All-consuming, all-demanding—the degradation and despair were overwhelming. Addiction is so much more than using drugs, I soon learned. Here I am in my life feeling like a beaten dog with my tail between my legs, slinking back in the

door to learn again how to live. There's nothing like being at the end of the road, in a corner. Staying clean has to come first. We give up our self-will—or else. I've decided to give up my will; I've been beaten again. There is no submission here, God. I've been silenced into letting go and accepting your will. I can't manage my own life. I don't know how to live. And that's all the truth I know today.

This past year was one of closed doors. My comfortable life, and my program, were completely changed. A dear and close friend in the fellowship died in January, and I never got around to telling him how much I loved his humanity. My dear boss, who adored me, retired in February. One of my sons dropped out of school in his senior year, also in February. My other son stole my jewelry, money, and car and assaulted me and my husband. My husband overreacted and left me after seventeen years together. My new boss tried to fire me. What was I to think? God! My sanity was in question. What's happening to my life? I don't understand. I'm clean, dammit! I don't deserve this! (Or do I?)

When at the end of the road... I'm there. I'm ready to listen now. Here I am. I don't know how to act, what to think—it's all new and different. The old ways don't work anymore. My old understandings don't explain my present circumstances. It's all too weird. I thought I had learned, God. What I thought I knew is all gone. I need a new way. I don't know shit. I don't know anything anymore. I guess that's what recovery is—learn-

<sup>1</sup>Narcotics Anonymous, page 84



ing again what I thought I already knew. When will I ever get this living thing right?

I know I'm an addict. I know I can't trust my own best thinking, especially at times like this. I am my own worst enemy. What can I do?

I'd kill myself except for the memory of waking up feeling excited about waking up . . . going to work, talking to people, feeling loved, a part of, creative, vital, alive, and useful to someone else. The sun shone bright, and everything was illuminated by my new, clean life. Life was a gift—precious and sacred. That's what this program has given me. Memories of when life was so good, so rich, with so much promise—anything seemed possible. There was so much joy and gratitude in my heart, it made me *know* there was a God. Faith, hope, and love consist in remembering, when the darkness sets in, what I saw, felt, and understood when the sun was out. These are my memories. So good, with so much promise, with so much pure joy in just being, that I can't end it now. Therein lies my hope—what Narcotics Anonymous has given me. But my pain is real—suffering of mind, heart, and spirit of the worst kind. The kind that can't be quickly repaired, just gotten over. In spite of my circumstances, I know that I will recover. I know that a depressing and miserable time has always preceded a new beginning. I'm listening, God. I am willing now. I'm ready.

That's what NA has taught me. Every day is a new beginning. Every day is new life, a new chance. It really is. Life really is more than just bio-

logical existence. I remember when I was happy, at work, at home, thoughtful, generous, caring of others—a human being. I have a moral obligation, an appointment again with the First Step. God does forgive my failures, and sees my goodness when no one else does. The God of my understanding is in charge, taking care of me and everyone else. I am at a new beginning, and God has asked me to change by taking away all that was sure and comfortable, the way I see my whole life and all my relationships. God wants me somewhere else, to understand in a whole new way the life I've been given. In accepting my life as it is, I can receive the gift of great joy again. I remember . . . I remember. I'm listening now, God. I will be silent. Thank you, NA, for being there when everyone else has gone.

EWK, Iowa



## Regarding methadone and other drug replacement program

### Special Report



We are pleased to feature a trustee bulletin again this month. The World Service Board of Trustees has written many bulletins about issues facing the fellowship, and has many more planned. Several years ago, the trustees began receiving letters about methadone and its effect on NA as a whole. Is it okay to start a meeting especially for NA members on methadone? Can someone on methadone share in a regular NA meeting? Can a member on methadone be a trusted servant? How can a group refuse to allow someone on methadone to share at a meeting, but still make the addict feel welcome? This new bulletin from the World Service Board answers these questions and gives our fellowship some helpful guidance on handling this issue.

This bulletin was written by the World Service Board of Trustees in 1996. It represents the views of the board at the time of writing.

Not all of us came to our first NA meeting drug-free. Some of us were uncertain about whether recovery was possible for us and initially came to meetings while still using. Others came to their first meetings on drug replacement programs such as methadone and found it frightening to consider becoming abstinent.

One of the first things we heard was that NA is a program of complete abstinence and that "the only requirement for membership is the desire to stop using." Some of us, upon hearing these statements, may have felt that we were not welcome at NA meetings until we were clean. But NA members reassured us that this was not the case and we were encouraged to keep coming back. We were told that through listening to the experience, strength, and hope of other recovering addicts, we too could find freedom from active addiction if we did what they did.



Many of our members, however, have expressed concern about individuals on drug replacement programs. Questions come up regarding such individuals' membership status and their ability to share at meetings, lead meetings, or become trusted servants on any level. "Are these members clean?" they ask. "Can one really be a 'member' and still be using?"

have the right to limit its members' participation in meetings?" We believe so. While some groups choose to allow such members to share, it is also a common practice for NA groups to encourage these members (or any other addict who is still using) to participate only by listening and by talking with members after the meeting or during the break. This is not

*Desire itself  
establishes membership;  
nothing else matters,  
not even abstinence.*

Perhaps by answering the most important question first—the issue of membership—we can establish a context in which to approach this issue. Tradition Three says that the only requirement for NA membership is a desire to stop using. There are no exceptions to this. Desire itself establishes membership; nothing else matters, not even abstinence. It is up to the individual, and no one else, to determine membership. Therefore, someone who is using and who has a desire to stop using can be a member of NA.

Members on drug replacement programs such as methadone are encouraged to attend NA meetings. But this raises the question: "Does NA

mean to alienate or embarrass; this is meant only to preserve an atmosphere of recovery in our meetings.

Our Fifth Tradition defines our groups' purpose: to carry the message that any addict can stop using and find a new way to live. We carry that message at our recovery meetings, where those who have some experience with NA recovery can share about it, and those who need to hear about NA recovery can listen. When an individual under the influence of a drug attempts to speak on recovery in Narcotics Anonymous, it is our experience that a mixed or confused message may be given to a newcomer (or any member, for that matter). For this reason, many groups believe it is

inappropriate for these members to share at meetings of Narcotics Anonymous.

It may be argued that a group's autonomy, as described in our Fourth Tradition, allows that group to decide who may share at their meetings. However, while this is true, we believe that group autonomy does not justify allowing someone who is using to lead a meeting, be a speaker, or be a trusted servant. Group autonomy stands only until it affects other groups or NA as a whole. We believe it affects other groups and NA as a whole when we allow members who are not clean to be speakers, chair meetings, or be trusted servants for NA.

Many groups have developed guidelines to ensure that an atmosphere of recovery is maintained in their meetings. The following points are usually included:

- a) Suggesting that those who have used any drug within the last twenty-four hours refrain from sharing, but encouraging them to get together with members during the break or after the meeting.
- b) Abiding by our fellowship's suggested clean time requirements for service positions.
- c) Seeking meeting leaders, chairpersons, or speakers who help further our primary purpose of carrying the message to the addict who still suffers.

We make a distinction between drugs used by drug-replacement programs and other prescribed drugs

because such drugs are prescribed specifically as addiction treatment. Our program approaches recovery from addiction through abstinence, cautioning against the substitution of one drug for another. That's our program; it's what we offer the addict who still suffers. However, we have absolutely no opinion on methadone maintenance or any other program aimed at treating addiction. Our only purpose in addressing drug replacement and its use by our members is to define abstinence for ourselves.

Our fellowship must be mindful of what kind of message we are carrying if a still-using addict leads a meeting or becomes a trusted servant. We believe that under these circumstances we would not be carrying the Narcotics Anonymous message of recovery. Permissiveness in this area is not consistent with our traditions. We believe our position on this issue reinforces our recovery, protects our meetings, and supports addicts in striving for total abstinence.

*Note: This bulletin addresses the use of methadone maintenance as a drug replacement strategy. It does not address the medicinal use of methadone as a painkiller. We encourage those who have concerns about the use of methadone in pain management to refer to the Narcotics Anonymous booklet, In Times of Illness.*



# WORDSEARCH

This month's topic is the Home Group. Every word in this wordsearch puzzle is something you might find in your own Home Group. See how many you can find.

N O S T N A V R E S D E T S U R T W I  
E M C I T E H T S I S E N I L S W E I N  
I R H E E R R I R G K G S R I N G O F  
R T A U O R G T A M R E H S O L G L O R  
E S R S F I L T T R L B A P C N S D R M  
A I A E R L Y R F B L F C I H E E T M A  
S G C I B E U F A H U G O R A W L I A T  
U N T R K S Y T O P E E F F O C P M T I  
R U E F T I N L O V S K E Y T O I E I  
P P R T A M R O F G N I T E E M C R O N  
S S D S U S M S U L I B M S E E N S N A  
D H E P I P E H P F O A T A M R I S A L  
R E F G S G D E D O P S Y L F S R P L P  
A E E S R I A H C G N I D L O F P I P A  
C T C E E A L E Y I C C O E R A L R A M  
G S T R C H L R R S E T H L M T A I M P  
N T S E O A I E F R I E N D S I U T P H  
I I Y T V V O T M I T X A S O K T U H L  
D K I Z E A N Z A H O T V O E V I A L E  
A V T Y R A S P O N S O R S U L R G E T  
E A Z A Y C O A D O N V B O N J I R T S  
R R D E R E C H V O N S B I A H P M S  
L E O R S I Y H C E L E M A V A S H S

BASIC TEXT  
CHARACTER DEFECTS  
COFFEEPOT  
FLYERS  
FOLDING CHAIRS  
FRIENDS  
HUGS  
INFORMATIONAL PAMPHLETS  
KEYTAGS  
MEDALLIONS  
MEETING FORMAT

NEWCOMERS  
NEWSLINES  
OLDTIMERS  
READING CARDS  
RECOVERY  
SIGNUP SHEETS  
SMILES  
SPIRITUAL PRINCIPLES  
SPONSORS  
TABLES  
TRUSTED SERVANTS

## Home Group







# Newsletters

## Hey! Get a sponsor!

**From *The Bottom Line*,  
the Gold Coast,  
Florida, area newsletter:**

Sponsorship is a really vital part of my recovery program. I could not have come this far without the help of my sponsors in Narcotics Anonymous.

When I first came to NA meetings, many things were suggested to me: getting phone numbers from group members, going to meetings daily, and seeking a sponsor through doing these things. I got a temporary sponsor right away, and called her while I was looking for someone I felt I could trust and who had something I wanted.

At first, I asked a male to sponsor me. He suggested that I find a woman and explained that I would under-

stand later on. I had a hard time getting close to other women, but I found one who had a spiritual glow about her. She agreed to be my sponsor and started me on the steps. I called her often, as I was on house arrest at the time and spent a lot of time at home alone. Having her on the other end of the phone was a blessing. She started guiding me through the steps, giving me assignments to write, and discussing them with me.

When I had eleven months clean, and was just starting my Fourth Step, my sponsor got sick and was in the hospital. A woman in my home group suggested I get a temporary sponsor. I resisted the idea, as I felt so close to my sponsor at this point that I couldn't imagine replacing her with someone else. But I wasn't sure how long she would be sick and recuperating, so I asked that woman to be my temporary sponsor. Less than a week later my sponsor died of liver disease. It was one of the saddest days of my life. I was devastated, but I was also grateful that I already had another sponsor to help me through my grief. My first sponsor will live on in my heart and soul as she was a big part of my recovery. She taught me some very valuable things that I'll never forget.

So, I worked through the grief and eventually moved on with my step work with my second sponsor. I kept her for almost two more years and learned a lot more about the steps, recovery, relationships, and life from her. Circumstances took her away from Florida much of the time and I decided to get a new sponsor.

My third and present sponsor has been guiding me for the past few years. She has been there for me through thick and thin. Even though she leads a very busy life and sponsors several other people, she will always find a few minutes to call me back.

Eventually people started asking me to sponsor them. I discussed it with my sponsor and took on a few sponsees, one by one. I now have four, whom I help through the steps and recovery. I pray that I can be of as much value to them as my sponsors have been to me. I pray for my Higher Power's guidance in helping them. I feel my Higher Power speaking through me to them at times.

When you feel you are ready and someone asks you, give it back and sponsor someone else. Pass on the recovery that was given to you. It's a beautiful spiritual experience to watch a recovering addict's growth process and to be a part of it. Be a part of the miracle!

*Anonymous*

## We are family

**From *The Recoverer*,  
the Washington/North Idaho  
regional newsletter:**

Early in my recovery, I thought that my issues were very different from the majority of other members. So, with the help of like-minded members, in 1986 we started the "We Are Family" meeting of NA. As the name of the meeting might indicate, it was to be geared toward the gay recovering addict. It was my belief at the time that I might be more open to talking about being gay in recovery if I could do so in a meeting with other gay members. So the meeting began with a small, but dedicated, membership. The atmosphere was one of honesty and intimacy, and I always felt safe to discuss my sexuality and how it related to my recovery.

Shortly after the inception of the meeting, the word was out and a few heterosexual members came to join in the warm and open ambience the meeting provided. At first I was a little uncomfortable with their arrival, even though I knew them all. They had invaded our meeting. Damn the Third Tradition, I thought. But a strange thing began to happen. These new additions to the meeting



One night at the meeting, as one of the young men was sharing, it came to me. I needed to share, especially with the young men who were now a regular part of our meeting. I began my sharing by telling them how I had originally resented their presence in this meeting and how I felt they had chased away some of our old-time

Today, our meeting is very mixed, but it remains a place of honesty, integrity, and hope. It always has been, thanks to the members who make it so. It is the place I go to when I want to be with my family. Yes, we *are* family; our unity makes it so.

# Viewpoint



## Editorial reply

"We are presented with a dilemma when NA members identify themselves as 'addicts and alcoholics' or talk about living 'clean and sober.' The clarity of the NA message is blurred. To speak in this manner suggests that there are two diseases, that one drug is somehow separate from the rest, requiring special recognition. Narcotics Anonymous makes no distinction between drugs. Our identification as addicts is all-inclusive, which allows us to concentrate on our similarities, not our differences. This statement is offered in the spirit of NA unity. As a committee, we realize the subject of identification is a matter of individual con-

So let me offer an alternative: the third paragraph in the "Introduction" chapter of our Basic Text. That is, without a doubt, fellowship-approved.

October 1996 • 21



# Attack of the NAPD

It was a cool August evening. The willows swayed with the breeze as the sun set on the horizon like a tired eye slowly letting go. Clouds stretched across the heavens, reflecting the indigo and crimson-lilac emanating from the sun. The humidity had dissipated in the wake of darkness. A calm settled over the old church. Then a familiar sound drifted upward from the basement stairwell: "Hi, I'm Joe, and I'm an addict." Then "Hi, Joe!"

The meeting had opened in the usual muddle as the group lay back and enjoyed the calm at the end of the day. Several people shared, and then Tobin reluctantly raised his hand and began to share.

That was when it happened. Numerous old-timers quickly sat up with a knee-jerk reaction, staring with disbelief. Eyes bugged out. The storm had begun and it was pouring.

Tobin had said a bad word. Sober. He claimed he was an addict, but then he also claimed to be sober. He claimed to be a sober addict. I've since been told that the two are mutually exclusive. For the balance of the meeting, the topic became "What is proper NA language?"

I've never seen so many recovering addicts spend so much energy wrestling over one word. Is this what they mean when they say we like to maintain chaos in our lives? Some say that this word refers to another fellowship (AA) and doesn't have anything to do with NA. I even heard one member say that when we use this term in a meeting or literature, we are endorsing another fellowship, which is against our traditions. Since when did the word "sober" become synonymous with AA?

Webster's Dictionary defines "endorse" as "to support actively." Does this mean that if I say "sober," I am actively supporting AA? I don't think so. Webster's defines "sober" as "not drunk; quiet or sedate; grave and serious; free from excess or exaggeration." Where's the reference to AA?

I can understand that if an addict says he's been sober—and he means by that that he's abstinent from alcohol but not other drugs—he is not working the NA program and thus not carrying the NA message. On the other hand, many come to NA having used only alcohol, but they identify themselves as addicts.

Our First Step states that "we admitted we were powerless over our *addiction*" (italics added), not specific substances. Well, couldn't our addiction be manifested in drugs, alcohol, food, shopping, kinky sex, and unmanageability? Or does this refer only to drugs? I'm confused.

Regardless, if taken connotatively, "sober" implies abstinence from alcohol; but isn't alcohol a drug? If "clean" refers to abstinence from all drugs except alcohol, and "sober" means

only abstinence from alcohol, then people who say they're "clean and sober" are covering all their bases. On the other hand, if "clean" covers abstinence from all mood-altering substances, then "clean and sober" is redundant.

Regardless of how you phrase it, "clean and sober" translates into abstinence from all mood-altering, ass-kicking substances—and isn't that why we're here? Well, that is why I'm here. I definitely didn't come into these rooms to debate semantics and rhetoric. I came in to learn how to live and stay abstinent from dependency-causing substances. I hurt. I was suicidal with anguish and depression. I had a deranged belief system and didn't know where to turn or what to do. I had tried the churches and synagogues, psychiatrists and internists, relationships and psychics, but nobody could help me. I found the program through an institution my girlfriend had entered and was told that you all would help me and that no one else could. If I was told how I had to share, what words I couldn't use, or that I had to speak only NA language, I would have said, "See ya!" Instead, I found people who were currently or previously in the same position I was in: pain and desperation. You all gave me hope, love, and understanding, and taught me what tools to use and how to use them so I could go forth and live life without using. Nobody sat down and made me take a class called "NA Etiquette 101."

Come on, guys. Let's relax a bit. Let it go. Let's concentrate on the message of recovery from addiction. You know: how not to pick up, how to

live life on life's terms, happy and free, and how to be a productive member of society. We know where we are when we're at an NA meeting, and it's up to us to continue to share the "NA message" and use "NA language." If someone says "sober," so what? Did they say "AA"? Did they quote the Big Book? Did they dis NA? If so, maybe they are still confused as to where they are or what the message is. Maybe they're still toxic or brain-damaged. (I know who you are!) Let's teach by example and unconditional love. Let's continue to promote recovery—a new way of life where we can live happily, joyously, and freely—rather than getting all caught up in rhetoric and semantics. Let's stop demanding flawless NA etiquette and semantic perfection like we're the NAPD. In the whole of things, it doesn't promote recovery, only animosity and hurt feelings, and really, nobody listens anyway.

*SD, Maryland*



# From our readers



## **Pulling together in Maine**

After several failed attempts to have an area service committee, addicts in central and northern Maine came together early in 1994 to form a "co-op" using the guidelines laid out in the March 1993 "Final Report of the Ad Hoc Committee on NA Service."

The geographic area covered by this co-op is from Lewiston to the Canadian border (roughly the size of Vermont, New Hampshire, Connecticut, and Rhode Island put together). Our co-op consists of several isolated groups, one "super-group" (four meetings in four adjacent towns that send one representative), and interested addicts who see the need for unity and communication in the face of geographic isolation.

Members may participate through several modes of communication: they may be present at co-op meetings; they may mail in reports or opinions; or they can phone in. Anyone who participates in co-op meetings, by whatever means, has a vote on co-op issues. Matters requiring group conscience are voted on by whoever is designated by the individual groups to vote their conscience.

We have been together for almost two years and are looking for input

from other areas of the world where such an idea has been tried. We need input about what has worked and what hasn't. Please send your experience to:

The NA Fellowship Co-op  
PO Box 774  
Farmington, ME 04938

## **Enlightened**

Hi. My name is Damon, and I'm an addict. I'm also in a prison in the southern part of Georgia as a result of my addiction. My purpose in this letter is not only to offer my wholehearted thanks to the NA program for what I've received in the way of enlightenment, but also to encourage others who might be in my situation.

At present in this institution there is no formal involvement with NA, but that hasn't stopped me from obtaining and reading the various forms of literature available from the WSO. Furthermore, my desire to free myself from active addiction has led me to learn certain spiritual principles and incorporate them into my daily living.

Each day as I awake in a dormitory filled with men from all walks of life, I say in silence the Serenity Prayer. Throughout the day I remind myself of how things were in my life prior to

this period and also of how I want them to be when it's over. As time goes on and my appreciation for life intensifies, I'm able to see things more clearly. My perception of people, places, and things is now such that I no longer sense a need to have them in a special order to be able to feel good about myself. Today something truly wonderful is going on in my world, and that is that for the first time in twenty-seven years I'm allowing myself to feel and accept those feelings without the help of any mind-altering chemicals. I'm taking a responsible approach to life on life's terms and the experience is nothing short of spectacular for me. I'm so grateful.

I could go on and on with descriptive words about what is going on with me since finding NA through a "Dear Abby" article six months ago, but I think maybe I've written enough to benefit someone else. I certainly hope so, anyway. At the end of my prison sentence, thanks to the program I will be armed with a whole new set of "life tools." I'm very optimistic about my future. I'm also looking forward very much to meeting and getting to know the kind of people who have helped make it possible.

*D, Georgia*

## **The current state of additional needs in NA**

We in additional needs in the Chicagoland Region believe that we have some growing to do as a fellowship—in particular, in the area of who is truly welcome to become a member of Narcotics Anonymous. We say in *What Is Narcotics Anonymous*, "... regard-

less of age, race, creed," etc. But, in reality, does this statement really invite everyone to join us on this journey of recovery?

Let me share with you some of the things going on in Additional Needs in this region. We just held our first workshop/dance at which the workshop was presented in three languages—Spanish, English and American Sign Language (ASL)! This was an exciting event to witness and be a part of.

We expect to start our first all-ASL meeting in this region soon. Also, the deaf and hearing-impaired (H/I) community has requested representation at the Area Service Committee. These are really big breakthroughs in this community.

We are having more events that include the deaf and hearing-impaired communities. We are also helping out other regions with services for hearing-impaired people. The title "special worker" from the Eighth Tradition now includes ASL interpreters.

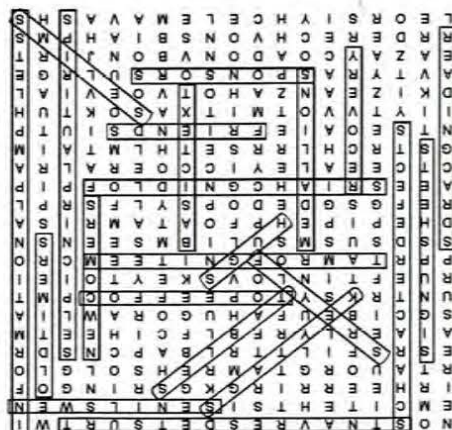
Yes, there are many other people with various additional needs. We are choosing to focus on this right now because out of more than 300 meetings in this region, there are only two where we are able to provide interpreters. Also, in the past, special events in NA were rarely made available to addicts who are hearing-impaired. The sooner this changes, the better off all of us in NA will be. In the past couple of years in service, I have learned a great deal about people just like myself, recovering addicts with additional needs. We are making progress. We would like to know what other regions are doing as well.



I said in the beginning of this letter that there are great things going on as NA becomes more inclusive. We are slowly becoming a Fellowship that is truly multilingual and multicultural, where all addicts, including those with additional needs, are included in our journey of recovery.

The time has come for additional needs chairs to have a forum to share our knowledge and experience. With everyone lending a hand, I can only see us getting better, one day at a time!

SC, Illinois



# 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 | 31 |    |    |  |  |  |  |  |

## AUSTRALIA

**New South Wales:** 4-6 Oct. 1996; Sydney Combined Areas Convention; Glebe High School, Taylor Street, Glebe; info: 61/2/97874658; e-mail: johnj@zip.com.au; write: Convention, PO Box 219, Belmore NSW, Australia 2192

**Western Australia:** 14-16 Mar. 1997; Western Australia Area Convention; Royal Commonwealth Society Hall, Subiaco, Perth; info: 61/9/2724508 or 61/9/3353197; Convention, Box 668, Subiaco, Western Australia, 6008

## CANADA

**Quebec:** 11-13 Oct. 1996; 9th Bilingual Area Convention; Auberge des Seigneurs, St. Hyacinthe, Quebec; rsvns: (800) 363-0110; info: (514) 352-2974; write: QRCNA, CP 312, St. Hyacinthe, Quebec, Canada J2S 1B6

## COSTA RICA

**San Jose:** 15-17 Nov. 1996; 2nd Costa Rica Regional Convention; info: 506/256-8140; fax: 506/283-8663; write: Convention, PO Box 1546, 1002 Paseo de los Estudiantes, Costa Rica

## DENMARK

**Nordjylland:** 4-6 Oct. 1996; North Jutlands Area Convention; Aalborg; info: 45/98135502 or 45/98212554; write: NA, Postbox 186, 9800 Hjørring, Denmark

## FRANCE

**Paris:** 2-6 Oct. 1996; 6th Bilingual (French/English) Parisian Convention; Cite Universitaire, 19 Boulevard Jourdan, Paris; write: CBPNA-6, 11 rue de la Nativite, 75012, Paris, France

## INDIA

**West Bengal:** 10-12 Jan. 1997; 2nd Calcutta Area Convention; Kishore Bharati Krirangen, Jadavpur, Santoshpur, Calcutta; info: please address fax to Sunil J: 91/33/2454748; CACNA, Box 9146, Park Street, Calcutta 700 016, India

**Maharashtra:** 24-26 Jan. 1997; Bombay Area Convention; info: 91/22/4461709 or 91/22/6425235 or 91/22/2619195; write: BACNA, PO Box 1953, GPO Mumbai, 400 001 India

**Manipur:** 1-3 Mar. 1997; 1st Imphal Area Convention; Khumanlampak State Youth Center, Imphal; other hotels: Anand Continental 91/385/223422, Hotel Excellency 91/385/225401, Hotel Prince 91/385/224010, Hotel Imphal Ashok 91/385/220459; info: 91/385/221615 or 91/385/222967 or 91/385/310803; write: NACIA, Marwri Dharamsala R No.19, PO Box 93, Imphal 795001, Manipur, India

## IRELAND

**Cork:** 18-20 Oct. 1996; 12th Irish Convention; Fitzpatrick Silver Springs Hotel, Tivoli, County Cork; rsvns: 353/21/507533; fax: 353/21/507641; write: ICNA, 23a Beechgrove, Lucan Co Dublin, Ireland

## MEXICO

**Baja California Norte:** 4-6 Oct. 1996; Baja California Convention, "El Milagro Continua"; Grand Hotel, Tijuana; rsvns: (800) 472-6385; info: (619) 661-6100, ext. 2123 or 011/526-6815248 or 011/526-6815242; write: CBCNA-4, 4492 Camino de la Plaza, Suite TLJ, Box 1080, San Diego, CA 92173

## PERU

**La Libertad:** 14-16 Feb 1997; 3rd Peru Regional Convention; info: 51/9957841; write: NA Oficina Nacional, Casilla Postal 18-0523, Lima 18, Peru

## PHILIPPINES

**Metro Manila:** 17-19 Jan. 1997; 2nd Philippine Regional Convention; Santuario de San Antonio, Forbes Park, Makati; e-mail: tat@epic.net; fax: 63/2/8100279 or 63/2/5210592; write: Convention, PO Box 8535, Dasmariñas Village, Makati, Metro Manila, Philippines



## PORTUGAL

**Lisbon:** 6-8 Dec. 1996; NaLinha Area Convention; Escola Hoteleira de Estoril, Estoril; info: 351/1/4191601 or 351/1/4660399; write: CANLNA, Apartado 1118-2775, Parede, Portugal

## SWEDEN

**Stockholm:** 25-27 Oct. 1996; 5th Regional Service Conference; info: 46/8/240880

## UNITED STATES

**Alaska:** 4-6 Oct. 1996; Anchorage Area Convention; Anchorage Sheraton; website: <http://www.imagi.net/~unity/na1.htm>

**California:** 12 Oct. 1996; 11th American River Area Unity Day; Hagan Community Park, Rancho Cordova; info: (916) 921-2062; Unity Day, PO Box 823, North Highlands, CA 95660

2) 25-27 Oct. 1996; Southern California Regional Convention; Anaheim Hilton; rsvns: (800) 445-8667; info: (805) 265-8518 or (909) 824-9104; SCRCNA, Box 60046, Pasadena, CA 91106

3) 2 Nov. 1996; Contra Costa Area Golf Tournament 1996; info: (510) 372-0420; CCANA Golf '96, PO Box 27336, Concord, CA 94527

4) 31 Jan. - 2 Feb. 1997; 2nd San Fernando Valley Area Convention; Burbank Hilton; rsvns: (800) HILTONS; info: (818) 831-7084; website: [www.pacificnet.net/~richmcc/na/fv.html](http://www.pacificnet.net/~richmcc/na/fv.html)

5) 7-9 Feb. 1996; Central California Regional Convention; Red Lion Hotel, Bakersfield; rsvns: (800) 733-5466 or (805) 323-7111; info: (805) 486-3373 or (805) 569-9807; CCRCNA, PO Box 3908, Simi Valley, CA 93063

6) 7-9 Mar. 1997; Southern California Regional Assembly Weekend; info: (310) 396-4812; write: Let Your Voice Be Heard, 1935 S. Myrtle Ave., Monrovia, CA 91016

7) 3-6 Apr. 1997; Northern California Regional Convention; Bill Graham Convention Center, San Francisco; Quality Hotel, rsvns: (415) 776-8200; Holiday Inn, rsvns: (415) 441-4000; info: (707) 453-0868 or (707) 447-5641; write: NCCNA, Box 840, Fairfield, CA 94533

**Colorado:** 8-10 Nov. 1996; Colorado Regional Convention; Sheraton Hotel, Colorado Springs; rsvns: (719) 526-6900; info: (303) 321-1151 or (303) 595-0382; CRCNA, Box 1437, Denver, CO 80201

**Connecticut:** 1-3 Nov. 1996; United

Shoreline Area Convention; Yankee Inn, Niantic; info: (860) 886-7512 or (860) 437-7229; USANA, Box 323, Norwich, CT 06360

**Florida:** 3-6 Oct. 1996; South Florida Regional Convention; Crowne Plaza, Miami; rsvns: (800) 465-4329; info: (305) 553-6174; SFRCA, Box 70155, Ft. Lauderdale, FL 33307

2) 17-20 Oct. 1996; Surrender '96 Alabama/NW Florida Region's Spiritual Retreat; Lakepoint State Park Resort, Eufala; info: (205) 647-5595 or (205) 655-8221

3) 28 Nov. - 1 Dec. 1996; Palm Coast Area Convention; Airport Hilton, West Palm Beach; rsvns: (800) HILTONS; info: (407) 845-8663 or (407) 747-1497

4) 28-30 Mar. 1997; Florida Spring Service Break; Radisson Adventura Beach Resort; North Miami Beach; rsvns: (305) 932-2233; info: (305) 270-0030; FSSBNA, 7812 SW 103rd Place, Miami, FL 33173

**Hawaii:** 8-10 Nov. 1996; 10th Western States PI Learning Days; Ala Moana Hotel; rsvns: (800) 367-6025 or (808) 955-4811; info: (808) 833-1845 or (808) 834-4867; e-mail: 76220.34@compuserve.com; write: WSPILD, Box 30711, Honolulu, HI 96820

2) 14-17 Nov. 1996; Hawaii Regional Convention; Kauai Marriott; info: (808) 821-1038; fax: (808) 245-7255; write: HRCNA, Box 1854, Kapaa, HI 96746

**Illinois:** 9-10 Nov. 1996; Greater Illinois Regional Mini-Convention; Signature Inn, Bloomington-Normal; rsvns: (309) 454-4044; info: (309) 829-4738; GIRSCNA, PO Box 6326, Peoria, IL 61601

2) 14-16 Feb. 1997; 9th Chicagoland Regional Convention; Sheraton-Chicago; info: 9-5 CST (708) 848-2211; write: CRC-9 Programming, c/o CSO, 212 S Marion St. #27, Oak Park, IL 60302

**Kansas:** 4-7 Apr. 1997; Mid-America Regional Convention; Dodge House, Dodge City; rsvns: (316) 225-9900; info: (913) 825-8163 or (316) 662-7491; MARCNA, Box 2341, Hutchinson, KS 67504

**Kentucky:** 16-18 Jan. 1997; Louisville Area Convention; info: (812) 280-0523

**Maryland:** 29 Nov. - 1 Dec. 1996; Freestate Regional Convention; BWI Marriott, Baltimore; info: (410) 242-0794 or (410) 644-2561; FSRCNA, 6400 Baltimore National, Box 328, Baltimore, MD 21228

2) 4-6 Apr. 1997; Chesapeake/Potomac Regional Convention; info: (202) 362-4525

**Massachusetts:** 7-9 Mar. 1997; New

**Massachusetts:** 7-9 Mar. 1997; New England - Regional Convention; Westin, Waltham; rsvns: (800) 228-3000 or (617) 290-5600; info: (508) 446-0684; NERC, 733 Turnpike Street, Box 145, North Andover, MA 01845

**Michigan:** 25-27 Oct. 1996; Kalamazoo Area Convention; Clarion Hotel Cork Street, Kalamazoo; info: (616) 349-4802

**Mississippi:** 8-10 Nov. 1996; Surrender by the Seashore; Seashore Methodist Assembly, Biloxi; info: (601) 452-9868 or (601) 795-6308; Gulf Coast Area, PO Box 444, Gulfport, MS 39502

**Nebraska:** 4-6 Oct. 1996; Nebraska Regional Convention; Beatrice; info: (402) 266-5808; NRCNA-13, PO Box 83872, Lincoln, NE 68501

**New Jersey:** 8-10 Nov. 1996; Northern New Jersey Area Convention; Radisson Hotel, Frontage Road, Newark; rsvns: (201) 690-5500; info: (908) 241-8021 or (908) 298-0786; NENJAC, PO Box 409, Roselle, NJ 07203

**New York:** 4-6 Oct. 1996; Mid-Hudson Area Convention; Friar Tuck Inn, Catskill; info: (914) 229-6708 or (914) 229-1066

**Ohio:** 11-13 Oct. 1996; Ohio Regional Twelve Step Retreat; Tar Hollow State Park, Chillicothe; info: (419) 756-5459 or (513) 492-9725 or (419) 562-3141; ORSCNA, Box 453, Bucyrus, OH 44820

2) 29 Nov. - 1 Dec. 1996; Greater Cincinnati Area Convention; Westin Hotel, Cincinnati; rsvns: (513) 621-7700 or (800) 228-3000; info: (513) 751-3412 or (513) 948-0342; GCACNA, PO Box 141300, Cincinnati, OH 45202

3) 3-5 Jan. 1997; Central Ohio Area Convention; Radisson Hotel Columbus North; rsvns: (800) 333-3333 or (614) 846-0300; info: (614) 794-3357 or (614) 252-1700; COACNA, Box 44344, Columbus, OH 43204

**Oregon:** 14-16 Mar. 1997; Western States Literature Conference; Holiday Inn Portland Airport; rsvns: (503) 256-5000; info: (503) 224-8345; Lit Conference, PO Box 90415, Portland, OR 97290-0415

**Pennsylvania:** 22-24 Nov. 1996; Start to Live; Tri-State Regional Convention; Seven Springs Mountain Resort, Champion; rsvns: (800) 452-2223; info: (412) 241-5016 or (412) 488-6124; send speaker tapes to: TSSRO, PO Box 121, Homestead, PA 15120

**South Carolina:** 14-17 Nov. 1996; Serenity Festival, Myrtle Beach; info: (803) 280-0273; Serenity Festival, PO Box 1198, Myrtle Beach, SC 29577

**Tennessee:** 10-13 Oct. 1996; Surrender Under the Stars; Dogwood Lodge, Chattanooga; info: (423) 875-8764 or (706) 259-3451; Surrender, PO Box 23222, Chattanooga, TN 37422

2) 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:** 8-10 Nov. 1996; Fort Worth Area Convention; Ramada Inn Downtown, Ft. Worth; rsvns: (800) 272-6232; info: (817) 921-3043 or (817) 280-0767; FWACNA, Box 122151, Fort Worth, TX 76121

**Vermont:** 8-10 Nov. 1996; Champlain Valley Area Convention; Ramada Hotel, Burlington; rsvns: (802) 658-0250 or (800) 876-0250; info: (802) 655-7168; website: <http://www.together.net/~naways/cvacna/cvacna.htm>

**Virginia:** 4-6 Oct. 1996; OLANA Unityfest; Virginia Beach; rsvns: (800) 926-4466; info: (804) 488-8056; Unityfest, Box 120484, Newport News, VA 23612

2) 3-5 Jan. 1997; 15th Annual Virginia Convention; The Cavalier, Virginia Beach; rsvns: (800) 446-8199; info: (804) 436-5776; (804) 467-4714; AVCNA, PO Box 64918, Virginia Beach, VA 23467

**Washington:** 18-20 Oct. 1996; Pacific Northwest Convention; Holiday Inn Select, Olympia; rsvns: (360) 943-4000; info: (206) 382-0534; PNWCNA, Box 841, Kelso, WA 98626

2) 1-2 Nov. 1996; Washington/North Idaho H&I Learning Days; info: (206) 439-8661 or (206) 781-1863

**West Virginia:** 25-27 Oct. 1996; Mountaineer Regional Convention; Cedar Lakes, Ripley; rsvns: (304) 372-7860; info: (304) 562-5835; True Colors 9, Box 2381, Morgantown, WV 26502

**Wisconsin:** 18-20 Oct. 1996; Wisconsin Regional Convention; Holiday Inn Convention Center, Eau Claire; rsvns: (800) 950-6121 or (715) 835-6121; info: (715) 833-1460; WSNAC, Box 1984, Eau Claire, WI 54702



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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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