



# Gray Book Reflections

January 1	1
"We keep what we have only with vigilance..."	2
Gray Book, p. 87 (Chapter 6, Header)	3
	4
Vigilance means to stay alert. Just like soldiers keep	5
watch that the enemy doesn't advance, we as addicts that are	6
Recovering from the disease of addiction must also keep watch.	7
We do the action so that the disease of addiction doesn't ad-	8
vance and claim more Spiritual Territory. We Work and Live the	9
Spiritual Principles of the Steps and Traditions as we renew	10
our Commitment to our Recovery on a daily basis. Our Daily Re-	11
prieve is only contingent on this Spiritual Conditioning. This	12
Daily Surrender to the Program of Narcotics Anonymous leads to	13
a Spiritual Awakening. Our Spirits can also go back to sleep if	14
were not Vigilant. Narcotics Anonymous as a whole also has to	15
stay Vigilant. The Traditions are our first line of defense.	16
Practicing our Traditions in our Groups and service committees	17
keeps the disease from infiltrating our Groups and service com-	18
mittees. The Steps of Narcotics Anonymous are suggested and can	19
differ in their approach. The Traditions of Narcotics Anonymous	20
are our protection from ourselves; therefore, they cannot be	21
negotiated. These Spiritual Principles are likened to soldiers	22
on a battlefield that keep the enemy from conquering and de-	23
stroying. Our Traditions not only protect us from ourselves,	24
buy from outside forces as well. A Higher Power is the only Ul-	25
timate Authority in Narcotics Anonymous as it is expressed	26
through an N.A. Group Conscience. This Good Orderly Direction	27
and adherence to these Spiritual Principles will keep us alert	28
and assure our survival and the survival of Narcotics Anony-	29
mous.	30
	31
In This Moment: We keep our Spirits Awake and Vigilant by the	32
applications of the Spiritual Principle of Narcotics Anonymous.	33

1    January 2

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2        "When we pray a remarkable thing happens; we find the  
3        means, the ways, and energies, to perform tasks far beyond  
4        our capabilities."

5                    **Gray Book, p. 58 (Lines 23-25, Step Eleven)**

6  
7        The First Step in Narcotics Anonymous asks us to admit  
8        our powerlessness and unmanageability over the disease of  
9        addiction. In the Second Step we're asked to tap into a  
10       Power Greater Than Ourselves to relieve our obsession to  
11       use drugs. In the Third Step we're asked to make a Decision  
12       to turn to this Power for Guidance and Care. The Foundation  
13       built from these first Three Steps is what makes Recovery  
14       possible. In Step Eleven we're suggested asking for Power;  
15       the Power we ask for is not for power over addiction. We're  
16       always going to be powerless over our addiction. The Power  
17       we are now asking for is the Power to walk the walk, to at-  
18       tract others to Recovery and keep us Growing. We ask this  
19       Power to work the Steps and Practice these Principles in  
20       our Lives on a daily basis. Without this Power we can't and  
21       won't continue on this Spiritual Journey. Eventually, we  
22       will return to the hopeless condition we were in when we  
23       first came in. With this Power we are transformed into a  
24       better condition than we were in before active addiction.  
25       It takes Prayer, Meditation and aligning our thinking and  
26       actions to this Power Greater Than Ourselves. The results  
27       will be a greater understanding with the world, ourselves  
28       and others than we ever had. The ordinary becomes the ex-  
29       traordinary. Our liabilities are minimized and our Assets  
30       enhanced. We become a tool to Help ourselves and others. We  
31       are no longer just existing. For the first time we are  
32       fully Living, Happy, Joyous and Free.

33  
34       **In This Moment:** We will continue to seek Guidance through  
35       Prayer and Meditation. This Conscious Contact with this  
36       Higher Power is what makes our Recovery possible.

January 3	1
"The Eleventh Step helps us, in the face of a problem, to	2
be aware of God."	3
Gray Book, p. 58 (Step Eleven, Lines 10-11)	4
	5
By the time we get to Step Eleven, most of us have	6
reached an Awareness, that we're not alone. We experienced	7
and felt the Power that first got us Clean, was still with	8
us. Throughout our Journey, we've experienced miracles that	9
we couldn't explain. We've experienced the Strength and	10
Courage to go through Life on Life's Terms without picking	11
up or creating havoc in our Lives. In Narcotics Anonymous,	12
we see the evidence of this same Power at work in the Lives	13
of others. We see newcomers stay Clean and their Hope re-	14
turned, as their Lives are transformed. We also experience	15
periods of Peace of Mind and a Serenity that we never knew	16
before. Our Gray Book says that: "We begin to find a peace	17
unmatchable to a drug-induced high." We improve our Rela-	18
tionship with the God Of Our Understanding and depend on	19
God through the good times as well as in the difficult	20
times. Our Seventh Step reminds us that Humility is a good	21
state for an addict to be in. Reliance on God enforces that	22
we're not alone. Anonymity means that we can't do this by	23
ourselves through our own accord. Reliance replaces compli-	24
ance as we continue this Constant Conscious Contact. We no	25
longer just work the Steps just to stay Clean, even though	26
that is necessary. We Live the Steps to Experience the	27
Spiritual Awakenings that the Spiritual Principles makes	28
possible. Our Awareness Helps us not to forget that in the	29
midst of a storm, our Higher Power is there waiting and	30
Willing to help us, if we reach out.	31
	32
In This Moment: We will not forget that the Power that got	33
us clean is still with us. Our Higher Power will continue	34
to be with us in this Journey, if we invite it.	35



January 4

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"...we can finally look others in the eye and be grateful  
who we are."

Gray Book, p. 142 (Chapter Eight, Lines 13-14)

For most of us, active addiction filled us with shame, guilt and remorse. Partially because of some things we had to do to obtain our drugs. We walked with our heads down in shame. We didn't look up because that meant we would have to acknowledge God, symbolically anyway. We didn't look straight ahead because we might have caught someone's eyes looking at us. We stopped looking people straight in the eyes because we felt they might see our guilt and shame. We knew deep down inside that we weren't right, but we were powerless. After arriving to Narcotics Anonymous and getting Clean, we saw we weren't alone. We met members that suffered and felt like us. They hugged us, looked in our eyes, and they told us that we didn't have to suffer anymore. We felt an Empathy that we never knew existed, we always thought and felt we were alone. With the help of our Sponsors, working Steps and God, our shame and guilt were lifted. Our Fifth Step revealed that we were only human with a disease. For the first time in a very long time, we could look another person in the eyes and feel a part of. Our Eighth and Ninth Steps provided a way out of that shame and guilt. We were given the opportunity to Amend our past. We are now able to walk with our heads held high. We are able not only to look people in the eyes, but even look up to our God with Humility.

**In This Moment:** We will have Acceptance of whom we are. We will continue to self improve with the Help of God and Narcotics Anonymous.

January 5	1
"In our experience, the Twelve Steps give us a way of life	2
which does more than keep us off drugs."	3
Gray Book, p. 159 (Chapter Ten, Lines 2-3)	4
	5
In Narcotics Anonymous the First Step talks about our	6
powerlessness over our addiction. Narcotics Anonymous is	7
not a drug program, it's a Recovery Program. We Recover	8
from a hopeless state of mind, body and Spirit that makes	9
up the disease of addiction. Total and Complete Abstinence	10
and maintaining Total and Complete Abstinence is the Cor-	11
nerstone of N.A. But, Narcotics Anonymous is much more than	12
that. Since addiction is much more than just using drugs,	13
our Recovery has to be more than just remaining Clean. Ad-	14
dicts have to Practice Spiritual Principles in every area	15
of their Lives. It's about "don't use, now what?" As we	16
Live the Spiritual Principles locked in our Steps and Tra-	17
ditions, our Spirits Awaken; and we get the Benefits of the	18
Spiritual Fruits that the Steps and Traditions have to Of-	19
fer. We find a God Of Our Understanding and Develop a Rela-	20
tionship with that God. We have the opportunity for Spir-	21
itual Growth with no limitations. We then Share this Pre-	22
cious Gift with others as we Carry the Message to the ad-	23
dict who still suffers. We Awake others as we are Awakened.	24
We also have the opportunity of Freedom from the self-bond-	25
age the disease had kept us in. We also, as a result are	26
given Freedom from other people's control over us. The	27
Spiritual Principles of Narcotics Anonymous can be ac-	28
cessed, if we work for them. Narcotics Anonymous makes the	29
world a much better place to Live in, for us and for those	30
around us.	31
	32
In This Moment: We will see the full Benefits of the N.A.	33
Twelve Steps and Twelve Traditions and not limit them to	34
just not using drugs.	35

1 January 6

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2 "...we believe that every addict, including the "potential"  
3 addict, suffers from an incurable disease of body, mind and  
4 spirit."

5 Gray Book, p. iv (Introduction, Last paragraph)

6  
7 In Narcotics Anonymous we view addiction as a Spir-  
8 itual malady, not a medical problem. Our Literature tells  
9 us that addiction is made up of two components, obsession  
10 and compulsion. Our drug use was just a symptom of those  
11 components. Since a Spiritual problem cannot be treated  
12 with medication, our Solution has to be of a Spiritual na-  
13 ture. Narcotics Anonymous views and treats addiction as a  
14 threefold disease; physical, mental and Spiritual. Our  
15 Spiritual Solution begins by treating the physical compul-  
16 sion through Complete and Total Abstinence in the First  
17 Step. We physically go to meetings, as an act of Surrender  
18 and don't use any drugs for any reason. We treat the obses-  
19 sion part of the disease in the Second Step by tapping into  
20 a Power Greater Than Ourselves and asking it to remove our  
21 obsession to use. The Process, in other words, the Actions  
22 of Coming To Believe is what Restores us to Sanity. In the  
23 Third Step we Decide to let this Power, that we met in the  
24 Second Step, Care and Guide us by continuing to Live the  
25 Narcotics Anonymous Program. We're Granted a Daily Reprieve  
26 from this progressive, fatal, incurable disease. We begin  
27 to Live drug free Lives. Narcotics Anonymous is more than  
28 not using drugs. Practicing the Principles of the Steps and  
29 Traditions and Sharing this Precious Gift, we get to Live  
30 Happy, Joyous and Free.

31  
32 **In This Moment:** We will use a Spiritual Solution for a  
33 Spiritual problem, and we will Share this Message with  
34 every suffering addict we meet.

January 7	1
"Not only is this way of life superior to the old using	2
life, it is superior to any life that we can conceive."	3
Gray book, p. 159 (Chapter Ten, Lines 3-5)	4
	5
Some people say that Recovery in Narcotics Anonymous	6
leaves the person in a better condition than they were in	7
before they even got sick. Narcotics Anonymous not only of-	8
fers Freedom from active addiction, but it offers Spiritual	9
Awakenings as a result of each Step. We learn a New Way Of	10
Life that most people can't even conceive of. It offers	11
Freedom from our self-imposed prisons. This Way Of Life re-	12
leases us from bondage of self, and from others. Through	13
working and Living the Spiritual Principles of the Steps	14
and the Traditions, we learn how to Accept and Love our-	15
selves. We learn how to build healthy relationships with	16
others and the world at large. One of the greatest Gifts is	17
that we establish a Relationship with a God Of Our Own Un-	18
derstanding. With our Higher Power all is possible. Our	19
Lives are no longer controlled by anger and fear. Our Basic	20
Text Twelve Step says, "Many of us believe a spiritual	21
awakening is meaningless unless accompanied by an increase	22
in peace of mind and concern for others." We finally become	23
useful people and Serve as a vessel for Good. Our Life's	24
Hopes and Dreams become possible to achieve. As our Spirits	25
Awaken, as a result, we become the people we were meant to	26
be all along. We keep this Gift by Awakening others, and	27
Share this Precious Gift with those who seek our Help.	28
	29
In This Moment: With the help of Narcotics Anonymous, we	30
will get all the Blessings we can get out of our useful	31
Lives. We will also become useful to others.	32

1 January 8

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2 "Our deepest longings and recurring images of the kind of  
3 people we'd like to be are only glimpses of God's will for  
4 us."

5 Gray Book, p. 58 (Step Eleven, Lines 18-20)

6  
7 Our Eleventh Step in our Narcotics Anonymous Book says  
8 that our Conscious Contact with our Higher Power reveals  
9 that God's Will for us can become our will for ourselves.  
10 This, of course, takes place over time, not overnight. This  
11 aligning of God's Will with ours is only possible through  
12 the transformation that takes place, as a result of us Liv-  
13 ing the Principles of the Steps and Traditions of Narcotics  
14 Anonymous. While Living the Spiritual Principles of the  
15 Seventh Step, we start to see glimpses of ourselves tempo-  
16 rarily free of certain defects. This revelation gives us  
17 Hope that Freedom from the bond of selfishness is possible.  
18 We sense that our Higher Power wants us to be Healthy,  
19 prosperous and never alone without any Friends, our Fami-  
20 lies or even a Mate. These are the things we always wanted  
21 for ourselves all along. We experience that a New Way of  
22 Life is possible. We are not the people we used to be, we  
23 are not the people we want to be, we are the people God has  
24 us to be, at this moment. We are still being molded and  
25 shaped, this Process will continue for the rest of our  
26 Journey, if we work for it. Just For Today there's Hope for  
27 us to be all we could be. This Hope translates into Faith  
28 as we Trust the God Of Our Own Understanding. Our Higher  
29 Power will do for us what we can't do for ourselves. To  
30 continue progressing in our Recovery we must work with oth-  
31 ers as we Share this Precious Gift with the still suffering  
32 addict.

33

34 **In This Moment:** The Glimpses of the people we could be,  
35 will give us the Hope we need to Surrender and be Willing  
36 to continue to Change.

January 9	1
"Personality change is a natural progression set in motion	2
by our surrender to the program."	3
Gray Book, p. 81 (Chapter Five, Lines 4-5)	4
	5
When we first arrived to Narcotics Anonymous, we were	6
told that the only thing we had to change was everything.	7
This seemed impossible to us because when we were using,	8
the drugs made all the decisions for us. We weren't free to	9
make up our own minds. The disease of addiction guided our	10
every thought and action. We were controlled, we were pow-	11
erless. In Narcotics Anonymous we Surrender to its Spir-	12
itual Principles because our way never worked. The Steps	13
and Traditions of Narcotics Anonymous can reconstruct our	14
broken personalities. With the help of our Higher Power and	15
our Sponsors, we actually go back in time to when we first	16
picked up; and Nurture our lost Spirits, which in turn	17
starts to Awaken. The Fourth Step provides the information	18
and vehicle we need to recognize our past patterns. This	19
Awareness can set us on the right path for change. Since a	20
sick mind cannot cure itself, we need the help of others	21
and a God Of Our Understanding. With right actions, we	22
start to Live Our Way Into Good Thinking. Since we Live	23
what we Believe, we start to change little by slowly. This	24
is a Just For Today transformation. We could always revert	25
to our old personalities if we fail to Practice these Prin-	26
ciples in our Daily Affairs. Narcotics Anonymous helps us	27
create a new past, one without active addiction and all its	28
results; one filled with Hope, Freedom and Joy. We get to	29
keep what we have by Sharing our Way Of Life with others	30
that are still suffering.	31
	32
In This Moment: We will continue to Surrender to Win. The	33
change in our personalities will be over time, not over-	34
night.	35



1 January 10

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2 "We come to understand that our recovery is a gift from a  
3 power greater than ourselves."

4 Gray Book, p. 11 (Chapter One, Lines 11-12)

5  
6 When most of us finally arrived to Narcotics Anony-  
7 mous, we were just seeking relief from our painful lives.  
8 The drugs stopped working and were causing us pain. For  
9 most of us, it was the last house on the block. It was our  
10 last stop; everything we have tried so far failed. So, we  
11 weren't sure if Narcotics Anonymous was going to work for  
12 us either. We came into N.A. as drug addicts because we  
13 only saw the results of our drug use. Working Step One, we  
14 realized that we suffered from a disease called addiction.  
15 We learned that it was a Spiritual, Mental, Physical pro-  
16 gressive disease and the drugs were just a symptom. We  
17 learned that addiction was progressive, fatal and there was  
18 no known cure. In Narcotics Anonymous we're offered a Spir-  
19 itual Solution that could treat our disease and makes Re-  
20 covery possible. Since addiction affects every area of our  
21 Lives, we must Live by Spiritual Principles in every area  
22 of our Lives. Recovery in Narcotics Anonymous leaves the  
23 sick person in a better condition than they were in before  
24 they started using drugs. Recovery consists of a Supernatu-  
25 ral Power manifested in each one of us to arrest and treat  
26 this disease. No human power, medicine or religion could  
27 offer us this Solution. It is truly a Gift from a Spiritual  
28 Power Greater Than Ourselves. In order to keep this Day At  
29 A Time transformation, we must share it with others.

30

31 **In This Moment:** We come to an Understanding of this Pre-  
32 cious Gift we call Recovery and the Source of its Power.

January 11	1
"With our Higher Power guiding us, we may never again have	2
to deal with using. But we will always have to deal with	3
staying clean."	4
Gray Book, p. 147 (Chapter Nine, Lines 21-23)	5
	6
For us getting Clean and staying Clean are two differ-	7
ent things. There were plenty of times we stopped using	8
drugs, only to start using again. We used to look at the	9
stopping and not the starting over. We thought we could	10
stop any time we wanted to. Our First Step reminds us that	11
if we couldn't control our using, how could we control our	12
addiction? The obsession to use can remain with us, long	13
after we abstained from drugs. Only a Power Greater Than	14
Ourselves can relieve our obsession to use. This is not any	15
one human power; this is not medication or religion. Our	16
Second Step describes this Power as Loving and Caring, and	17
Greater Than Ourselves. Many of us use the Group as a	18
whole, as a Power. Some of us use the Spiritual Principles	19
of the Program, and some use nature or the universe. We	20
manifest this Power as we go to Meetings and Practice these	21
Spiritual Principles. This Power can also be used to help	22
us Change. We never have to return to active addiction.	23
Staying Clean involves more than just not picking up, we	24
never had this choice before. When we tap into this Higher	25
Power in Narcotics Anonymous, we are given power; not over	26
our addiction, but we are given power to Practice the Spir-	27
itual Principles to prevent the process of relapse from	28
having its beginning. Our Gray Book says that Meetings are	29
a fence around our Clean Time. Being Clean is the begin-	30
ning, middle and at the end of our program. Clean Time is	31
the Cornerstone of our Program. Clean Time + Steps + Tradi-	32
tions = Recovery.	33
	34
In This Moment: We don't only use our Higher Power to get	35
Clean; we also use our Higher Power to stay Clean and Grow.	36



1    January 12

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2       "Having had a spiritual awakening as a result of these  
3                                    steps..."

4                                    **Gray Book, p. 59 (Step Twelve, Header)**

5  
6       The Twelfth Step tells us that our Spirits Awaken as a  
7    result of Living the Steps. We're all born with a Spirit,  
8    but drug usage caused our Spirits to go to sleep. After  
9    putting down the drugs and taking Step One, our Spirits  
10   begin to Awaken. The Fruit of Hope we experienced as a re-  
11   sult of the Second Step continues to Awaken our Spirit. In  
12   Step Three we gain Trust in this Higher Power. We continue  
13   to turn our Will and Lives over to the Care of the God Of  
14   Our Own Understanding. With every Step and every Principle  
15   we Practice daily, our Spirits Awaken more and more. By the  
16   time we reach the Twelfth Step, we fully become Awake. This  
17   is evidence in the way we Live, Carry the Message and Prac-  
18   tice these Principles in all our affairs. Our Gray Book  
19   states, "...the Twelve Steps guide us from a state of hu-  
20   miliation and despair to a state wherein we are able to act  
21   as instruments of God's will." This Awakening is not once  
22   and for all, if we stop Living the Program or Helping oth-  
23   ers, our Spirits can fall asleep again. The final result is  
24   that we return to active addiction. This relapse of the  
25   Spirit is subtle, sometimes it goes unnoticed until we get  
26   into trouble. Our Spiritual Awakening must remain progres-  
27   sive, we never really arrive. Recovery is an Uphill Jour-  
28   ney, so we must keep on feeding our Spirits to remain  
29   Awake, Vigilant and Growing.

30  
31   **In This Moment:** If we're not Growing, we're going. We will  
32   continue to keep our Spiritual Awakening progressive.

January 13	1
"Recovery begins with the first admission of powerless-	2
ness."	3
Gray Book, p. 33 (Step One, Line 16)	4
	5
At first, we used drugs and then at the end, drugs	6
used us. We told ourselves we could stop if we wanted to,	7
but that desire never came. Toward the end of our drug use,	8
we just wanted to stop hurting. We told ourselves if it	9
wasn't for the consequences we would still use. We failed	10
to see that we weren't addicts because we used drugs, we	11
used drugs because we're addicts. We were actually power-	12
less over our addiction; it just manifested in our drug	13
use. Inside we were just as unmanageable as on the outside.	14
In fact, not until we Surrendered, was when we felt that	15
inner unmanageability. After the arrival into Narcotics	16
Anonymous, we saw that a disconnection from a Loving Higher	17
Power was enough of a consequence. Our Admission in the	18
First Step had to be backed up with Action; Honesty is the	19
tool behind the First Step. Honesty means that we align our	20
actions with the Truth. The actions in the Steps are what	21
starts the Recovery Process. The First Step says, when we	22
Admit our powerlessness and unmanageability, we open the	23
door to Recovery, the opposite is also true. We can also	24
close that door with our inaction. So, we must continue	25
with a Living Program. When we gain Gratitude, it'll show	26
as we Share and Care the N.A. Way.	27
	28
In This Moment: Our Admission of powerlessness will be fol-	29
lowed by continuing to make Surrender that's backed by Ac-	30
tion.	31

1 January 14

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2 "The only thing we want to emphasize is that you should  
3 feel comfortable with your Higher Power..."

4 Gray Book, p. 35 (Step Two, Lines 12-14)

5  
6 In Narcotics Anonymous we Believe that we suffer from  
7 a Spiritual disease, not a medical disease. This disease  
8 requires a Spiritual Solution, not a chemical solution.  
9 This is the Purpose of the Second Step, in Narcotics Anony-  
10 mous. The Literature tells us that the pain of living with-  
11 out drugs or anything to replace them, forces us to seek a  
12 Power, that will help us with the withdrawals and obses-  
13 sions. The Second Step tells us that we're forced to seek.  
14 In the Second Step we're introduced to this Power. This  
15 Power is necessary to begin and achieve ongoing Recovery.  
16 In active addiction we used everything outside ourselves,  
17 including drugs, to fill our void. We in Narcotics Anony-  
18 mous can choose whatever Higher Power we want to fill the  
19 void that Complete and Total Abstinence has left. Narcotics  
20 Anonymous suggest that this Power not be ourselves. That  
21 Higher Power should also be Caring, Loving, Forgiving and  
22 Greater Than Ourselves. Some members choose the Group as a  
23 Power Greater Than Ourselves. Some members choose the Spir-  
24 itual Principles of Narcotics Anonymous, and some choose a  
25 God of their Own Understanding. Whatever we choose, we have  
26 to be Honest about our choice. We will use this Power  
27 Greater Than Ourselves throughout our Recovery. We will  
28 continuously tap into this God Of Our Own Understanding for  
29 Guidance and Strength. As we work and Live the Third Step,  
30 we will start to develop a Loving Relationship with this  
31 God. This Relationship will be one of the Greatest  
32 Strengths and Needs in our Journey of Recovery.

33  
34 In This Moment: We will choose a Loving, Caring Power that  
35 will fill our void and Guide us in our Recovery, this Rela-  
36 tionship begins in the Second Step.

January 15

"Life without fear is a gift we receive for the price of  
acceptance."

**Gray Book, p. 36 (Step Two, Lines 13-14)**

Acceptance of having the disease of addiction will  
Free us from being Responsible for the disease. The disease  
manifests itself in ways that affects our attitudes and be-  
haviors. When we find out that we suffer from a Spiritual  
disease and not a moral dilemma, we start to breathe eas-  
ier. In Narcotics Anonymous we meet people just like us who  
suffered like we suffered, but have found Hope. The Hope we  
find in Narcotics Anonymous will Free us from the fear that  
we can't stay clean. We Accept not only having this dis-  
ease, but we Accept the Solution as well. Developing Trust  
in a Higher Power prevents us from getting depressed as a  
result of dwelling in the past. This new found Hope helps  
us stay in the moment and prevents fear of tomorrow. Lack  
of Faith leads to fear, fear is False Evidence Appearing  
Real. Fear can also mean, Face Everything And Recover. As  
we Let Go and Let God, we reinforce our initial Surrender.  
Practicing the Principle of Open-mindedness leads to the  
very insights that eluded us all our Lives. Fear is also  
replaced by Faith as we see the evidence of recovering ad-  
dicts all around us in Narcotics Anonymous. As we Accept  
ourselves, we start to Accept others. We no longer feel  
alone. We find ourselves among special groups of people,  
who like us, suffered from a hopeless state, but now found  
a Spiritual Solution in Narcotics Anonymous. We share this  
Precious Gift with others, as we become Loving and Caring  
people. We are Free to Live Happy, Joyous and Free.

**In This Moment:** We Live a Life Free of fear, as we Practice  
the Spiritual Principles of the Narcotics Anonymous. We  
truly become Grateful for our New Way of Life. This Grati-  
tude is shown in the way we Live.

1     January 16

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2         "We have feared that if we ever revealed ourselves as we  
3                 really were, we would surely be rejected."

4                         Gray Book, p. 44 (Step Five, Lines 14-15)

5  
6         Most of us came to Narcotics Anonymous with low self-  
7         esteem, some of us with close to none. Using drugs was our  
8         solution for the feelings we had about ourselves. Feelings  
9         of uselessness and not fitting in happened to us years be-  
10        fore we picked up. Using drugs seemed to offer some relief;  
11        it helped mask our feelings of ourselves and others. Little  
12        did we know that when we buried our feelings, we buried  
13        them alive. When the drugs stopped working we used more to  
14        cover up the shaken, frightened people we really were. We  
15        rejected ourselves, and we thought we would have been re-  
16        jected by others if they really got to know us. For us,  
17        isolation became our way of life; we felt we were all  
18        alone. After arriving to Narcotics Anonymous and we heard  
19        the experiences of others, we began to Identify. We started  
20        to feel Hope and started to feel part of. We started to Em-  
21        pathize with others. The members that were here before us  
22        Loved us Unconditionally, until we learned to Love our-  
23        selves. As we Practiced the Spiritual Principles contained  
24        in the Steps with our Sponsors and the God Of Our Under-  
25        standing, we learned Self-Acceptance, and we learned to  
26        Love ourselves. After taking a Fifth Step with another hu-  
27        man, we started to lose our fear about others getting to  
28        know us as we really were. We started to develop Compassion  
29        for others and Accepted others where they were. We learned  
30        about healthy risks. We learn that even a turtle had to  
31        stick its neck out, to make any progress. Today in the Fel-  
32        lowship we're not alone. N.A. can also mean Never Alone.

33  
34        **In This Moment:** Through Self-Acceptance we stop rejecting  
35        ourselves. We will also lose the fear of being rejected by  
36        others.

January 17

---

"The Eighth Step starts the procedure of forgiving other people, being forgiven by them, and learning how to live in the world as a drug-free human being."

Gray Book, p. 50 (Step Eight, Lines 15-18)

In Steps Seven, Eight and Nine, our Hearts start to Recover. The Heart has always been a symbol of Love, Forgiveness and Courage. In the Seventh Step the God Of Our Understanding Forgives us, as we ask for our shortcomings to be removed. Since we're not Greater than God, we learn to Forgive ourselves and others in the Eighth Step. In the Ninth Step we ask for Forgiveness from others, and if they don't, we in turn Forgive them. The Eighth Step prepares us to actually be Willing to go out and find the people, places and things on our list. It shows us where we were wrong and in turn we can see how others are just as fallible as we are. We see how our addiction puts us in situations to hurt ourselves, and for others to hurt us. The Eighth Step shows us how we provoked some people to act out on their defects and hurt us. Although some of us were actual victims when we were children, as we Forgive those people, we are released from our resentments and being victims. Amends means to Change, we Change our Thoughts, Actions and Attitudes. We give ourselves and others the opportunity to be released from anger and resentment. Sometimes Forgiving others is really for us. Our Heart starts to feel Compassion and Love toward others. The clearing of these obstacles enables us to Live the Principles of the Program and Carry this Message to the addict who still suffers.

**In This Moment:** We will get the most out of our Eighth Step by remaining open to Forgiveness.

1    January 18

2    "Continuing to take personal inventory means that we form a  
3                    habit of looking at ourselves..."

4                    **Gray Book, p. 57 (Step Ten, Lines 14-15)**

5  
6            Our Tenth Step asks us to continue to take Personal  
7    Inventory. What that means is that we never stopped. All of  
8    our Steps in Narcotics Anonymous are Inventory Steps.  
9    Starting from Step One, we looked at our using and the  
10   trouble it caused us. In Step Two we took Inventory of the  
11   Power Greater than ourselves we Believed in. We Opened our  
12   minds and Accepted Guidance from that Power. In the Third  
13   Step we relied on the God Of Our Own Understanding. In Step  
14   Four we became Willing to look at our past relationships  
15   with people, places, things and our Relationship with Real-  
16   ity. We saw what we had, and we saw what we wanted and it  
17   wasn't what we had. With the help of our Sponsors and our  
18   Higher Power, we worked toward our Personality Change in  
19   Steps Five, Six, and Seven. Recovery in Narcotics Anonymous  
20   is a Daily Reprieve, so Living the Steps is a Continuous  
21   Cycle. We continue monitoring our attitudes and behaviors,  
22   and correct what needs correction. Recovery in Narcotics  
23   Anonymous is a constant removal and replacing old with the  
24   new. We get in the habit of looking at ourselves and Prac-  
25   ticing these Spiritual Principles, until this habit becomes  
26   automatic. Our personalities are transformed, we become  
27   different people.

28  
29    **In This Moment:** We will Continue Practicing the habit of  
30    looking at ourselves, until this habit becomes automatic.



January 19	1
"As we begin to live in the present, burdens of the past	2
and the anxieties of the future slip away."	3
Gray Book, p. 147 (Chapter Nine, Lines 26-28)	4
	5
As active addicts we obsessed about everything, it's	6
part of the disease of addiction. We never lived in the mo-	7
ment. Even when we were getting loaded, our minds were al-	8
ways thinking about the next one. Not living in the moment	9
caused us to live a life filled with emotional volatility.	10
We caused our own chaos. The disease of addiction had us in	11
its grip. When we landed in Narcotics Anonymous, we were	12
told to keep it in the moment. We were told not to project.	13
We couldn't stop thinking where we just came from, and the	14
wreckage that our active addiction caused. We weren't too	15
thrilled about our future either. Feeling doomed and hope-	16
less, we turned to a Power Greater Than Ourselves to re-	17
lieve our obsessions. The slogan "Just For Today" allowed	18
us to focus where our feet were that was Reality. We had to	19
stay away from our heads because that's where fantasy was	20
and where the disease resided. As we "Lived In The Moment"	21
and dealt with the task at hand, we started to feel that	22
"All Will Be Well." We no longer had to carry the burdens	23
of the past or the worries of the future. We turned our	24
Will over to the Care of God As We Understood Him. Through	25
this Trust we were able to develop Faith. Through Faith, we	26
were able to continue to Live In The Moment and Life on	27
God's Terms.	28
	29
<b>In This Moment:</b> Trusting our Higher Power will give us the	30
ability to Live In The Moment. We will be Granted Serenity,	31
Just For This Moment.	32



1     January 20

---

2         "At last, with the help of the Fellowship and our Higher  
3                 Power, we have regained our freedom."

4                     Gray Book, p. 160 (Chapter Ten, Lines 27-28)

5  
6         As using addicts, we lived in our self-made prisons.  
7     The disease of addiction had us trapped in a vicious cycle.  
8     The getting and using and finding the means, so we can use  
9     more. Our active addiction turned out to be a full-time  
10    job. The disease had us trapped in our own minds and bod-  
11    ies. We gave up a little of ourselves every time we used,  
12    we had no control. We were slaves to addiction, and we saw  
13    no way out, we became hopeless and helpless. Our prison was  
14    self-imposed, and Surrender to Narcotics Anonymous was the  
15    Key. After arriving to N.A. we heard that we didn't have to  
16    use anymore, this was a great Revelation. We never knew we  
17    had that choice in the past. The main Fruit in our First  
18    Step is Freedom from active physical addiction. That alone  
19    saved our Lives, but it wasn't enough. We needed Freedom  
20    from our mental prison. The Second Step was the Key to open  
21    our closed minds. The Third Step Awoke our sleeping Spirit  
22    and offered Spiritual Freedom. With the Help of our Spon-  
23    sors and the God Of Our Understanding, we worked the rest  
24    of the Steps. With each Step we Experienced even more Free-  
25    dom, we just had to Surrender at a deeper level. Surrender  
26    has to be followed by Action to be Complete and Total. We  
27    Practice these Principles through our Traditions.

28  
29    **In This Moment:** We will acknowledge that Freedom is not  
30    free, although we paid an admission price, we still must  
31    continue to work for it.

January 21

---

"Unity is a reality in Narcotics Anonymous."

Gray Book, p. 91 (Tradition One, Line 32)

One dictionary has the definition of Unity as, "A whole or totality as combining all its parts into one." In Narcotics Anonymous we like to say that the Whole is Greater than the sum of all of its parts. What that means is that together with one Common Purpose we come together for that Purpose and that makes Unity in Action possible. Narcotics Anonymous solely exist to Carry the Message to the addict who still suffers. Since we can't keep what we got unless we give it away, Unity in Narcotics Anonymous is a must. Unity is also a Reality, otherwise our Program would have folded a long time ago. Unity is not uniformity nor conformity. We need diversity in the way we Carry our Message if we are to attract every kind of addict. Our Unity of Purpose must not change. Autonomous Unity is a Spiritual Principle that we should Practice. We as members of Narcotics Anonymous must remain Anonymous, no big I's or little u's. Narcotics Anonymous' Common Welfare should come first, our Personal Recovery depends on that Unity. So it's not our individual welfare that comes first, but Narcotics Anonymous' Common Welfare is what comes first. That means everything we do, we do for our Primary Purpose. To carry an unadulterated message. That's how Narcotics Anonymous will stay in Existence.

**In This Moment:** We will put the Common Purpose of Narcotics Anonymous in front of our own individual needs. No one person is more important than Narcotics Anonymous as a whole.

1 January 22

---

2 "We want to learn to do the things that will transform us  
3 into self-affirming people."

4 Gray Book, p. 26 (Chapter Three, Lines 32-33)

5  
6 The Basic Text says that this is a Program for learn-  
7 ing. Narcotics Anonymous is also a Program for unlearning.  
8 For most of us in active addiction; our perceptions and  
9 perspectives were changed. Although the disease of addic-  
10 tion is not a moral dilemma, it affected and defected most  
11 of us. Our Spirits were closed before we even picked up  
12 drugs. Our voided Spirits was probably the main reason we  
13 started to use drugs. Our Literature tells us that during  
14 active addiction, we forgot Social Graces. We acquired and  
15 learned strange habits and mannerisms. It continues to de-  
16 scribe how we forgot how to play, feel and show concern for  
17 others. Now Clean and Practicing the Spiritual Principles  
18 contained in the Steps and the Traditions of Narcotics  
19 Anonymous; we have to relearn all over again. We learn not  
20 to use; we learn about a Higher Power and it's Will for us.  
21 We learn about ourselves; we learn about others, and we  
22 learn about the World around us. Most importantly we learn  
23 from each other. The only thing we have to change about  
24 ourselves when we get to Narcotics Anonymous, is every-  
25 thing. Our Living Skills were reduced to the animal level,  
26 our Literature says. Yes, this is a Program for relearning,  
27 first we unlearn, then we relearn, and then we continue  
28 learning.

29  
30 **In This Moment:** We will continue to learn a New Way of  
31 Life, as we continue in our Journey we will continue to un-  
32 learn our active ways.

January 23

"This lack of daily maintenance can show up in many ways."

Gray Book, p. 144 (Chapter Nine, Lines 21-22)

The Program of Narcotics Anonymous is a twenty-four hour Program. We arrest the disease of addiction Just For Today. We renew our Commitment to our Recovery on a daily basis. When we go to bed at night, we review our day, our actions, our reactions, and our attitudes. We check where maybe we could have handled a situation better than we did. We take Inventory to see if we need to make an Amends to someone. This constant monitoring of our attitudes and behaviors is only half of our daily maintenance. The other half of our daily maintenance is the actual Practice of our Spiritual Principles in all our affairs. We start the next day as soon as we open our eyes. We start with Gratitude for waking up. We ask for the Strength from the God Of Our Own Understanding, to walk the talk. The more we Live the Spiritual Principles of the Narcotics Anonymous Program, the less chance our disease will get the best of us. The relapse process usually begins with our Spirituality, that's the first thing that starts to go. We stop being Grateful for the things we have, and we stop Praying. We start to lose Patience with people, places, and things; worrying becomes Prayer replacement. Our behaviors with ourselves and others start to change. We start using the short version of the Serenity Prayer, which is "#### ##" and then the chaos begins. This relapse process in motion can lead to physical relapse. A return to the basics is the only thing that can save us at that point. Taking an immediate Inventory can keep us on the right track and move forward. We reconnect with our Higher Power. We Help another suffering addict. We renew our Surrender to the Principles of Narcotics Anonymous, and the Recovery Process begins again.

**In This Moment:** We will continue moving forward on this Spiritual Path, by continuing to Surrender and Practice these Spiritual Principles on a twenty-four hour basis.

1    January 24

---

2    "Addiction isolated us from people except for the getting,  
3        using, and finding ways and means to get more."

4                    **Gray Book, p. 7 (Chapter One, Lines 12-13)**

5  
6        In active addiction as our using progressed, our world  
7        seemed to get smaller and smaller. As time went on and our  
8        disease progressed, we used to live and lived to use. Some  
9        of us lost our jobs; some of us were separated from our  
10       Families and Friends. Toward the end we spent a lot of time  
11       involved, in the getting and using drugs. When we ran out  
12       of drugs, we spent time finding ways and means to get more.  
13       One of the exact nature's of the disease of addiction is  
14       isolation. The disease separated us from Loved ones and  
15       things we loved doing. Some of us no longer enjoyed hobbies  
16       or leisure activities. We forgot how to have fun. Using be-  
17       came our priority, and we had no choice, but to continue.  
18       We were powerless over our addiction, and our lives became  
19       unmanageable. Many of us became homeless and found our-  
20       selves in the streets living in degradation. The most pain-  
21       ful part from the results of our addiction was the isola-  
22       tion our spirits felt, and finally we lost ourselves. In  
23       desperation, we found people like us in Narcotics Anony-  
24       mous. We finally felt part of something special; we no  
25       longer felt alone. This was the beginning of the end of our  
26       isolation. With the Help of Narcotics Anonymous, our world  
27       began to get bigger. Some of us became employable, and some  
28       of us got our Families back. We began to make new friends  
29       and participated in our and others' Lives. To continue in  
30       this Spiritual Journey, we must Live the Principles of Nar-  
31       cotics Anonymous. We must also Share this Gift with those  
32       suffering addicts that seek it. Narcotics Anonymous can  
33       mean Never Alone.

34  
35    **In This Moment:** We never again have to feel isolated. Today  
36    our World consists of Fellowship, Family, Friends, our  
37    Higher Power and finally ourselves.

January 25

---

"The only way to be rid of a resentment is to develop humility, in the form of forgiveness."

Gray Book, p. 76 (Step Twelve, Lines 10-11)

Some say that resentments are like relieving yourself on yourself because you're the only one that feels it. The fact is that re-feeling or re-sending anger only hurts ourselves for the most part. The Process of Forgiveness begins with God Forgiving us, in turn we Forgive ourselves; at this point we're able to Forgive and be Forgiven by others. This Process usually takes place in Steps Seven through Nine. We started the Forgiveness Process early on, when we Admitted our Powerlessness over our addiction. We had to put away our blame throwers. We became Accountable for our addiction. We became Worthy of Recovery as we asked a Power Greater Than Ourselves to relieve our obsession to use. Our Decision to turn our Wills and Lives over to the God Of Our Own Understanding produced Humility in us. Asking for Help made us Aware of our own Humanity. We start to develop Compassion for others. Patience and Tolerance with ourselves, Helps us to Practice these Principles toward others. Forgiving others releases us from the bondage of resentment; it also helps others with their anger and guilt. Today with Narcotics Anonymous and our Higher Power we're Free to Live, Happy, Joyous and Free.

**In This Moment:** We are released from resentments by Forgiving others. We start to see that Forgiveness is really for us.



1 January 26

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2 "We went from a state of drugged success and well-being to  
3 complete spiritual, mental and emotional bankruptcy."

4 Gray Book, p. 13 (Chapter One, Lines 28-30)

5  
6 At first, we used drugs and then drugs used us. Upon  
7 our Spiritual Awakenings, our experience's show that our  
8 disease was present long before we actually used drugs.  
9 Step Four revealed that we suffered from a Spiritual malady  
10 that led to Spiritual decay. For a while, for many of us,  
11 drugs were the Solution; they saved us from ourselves. The  
12 drugs helped us survive our feelings and our emotions. We  
13 used drugs to fill the void in our Lives. After a while,  
14 the drugs stop working. The drugs only made our void bigger  
15 and our Lives more painful. The drugs started using us. Us-  
16 ing drugs became our way of life. We suffered emotionally,  
17 Spiritually, mentally, physically, and our Lives became un-  
18 manageable. Many of us ended up in jails, institutions, in  
19 degradation and some of us died. After trying everything  
20 with no success, we stumbled into Narcotics Anonymous. For  
21 most of us, it was the last house on the block. Here, we  
22 met people, who like us suffered from the horrors of addic-  
23 tion. These same people found a Solution and Shared it with  
24 us. The first thing we had to do was to stop using drugs,  
25 in any form. Our Second Step tells us that the pain of Liv-  
26 ing without drugs or anything else to replace them (includ-  
27 ing other drugs) forces us to seek a Power Greater Than  
28 Ourselves that will relieve our obsession to use. We found  
29 the Solution that eluded us all our Lives. We found a Spir-  
30 itual Solution to a Spiritual problem called addiction. In  
31 Narcotics Anonymous, our Spirits Awake and we come to know  
32 a Life we never knew was possible. Recovery in N.A. leaves  
33 the sick person in a better condition than before they got  
34 sick. We are Welcome back to the land of the Living. We  
35 Share this Message of Hope, Promise of Freedom with others,  
36 in order to keep this Precious Gift.

37  
38 **In This Moment:** We will stay in the Solution. We will keep  
39 our Spiritual Awakening Progressing, by continuing to Prac-  
40 tice a Living Program.

January 27

---

"These old ways have to go if we are to find new lives."

Gray Book, p. 80 (Chapter Five, Line 19)

Our character defects were the tools of the disease of addiction. These character defects made it possible for us to survive our old way of life. Drugs were our solution for a long time, before they turned against us. To survive our addiction, we had to practice our character defects. In Narcotics Anonymous we are given a new set of tools, these new tools are necessary for our New Way Of Life. In Narcotics Anonymous our old tools don't work in order to Recover. Our Gray Book states, "Letting go of character defects should be done with love. Fear and hate cannot give us new lives." We no longer need those old survival skills because now we're doing more than just surviving; we are finally really Living. Narcotics Anonymous offers us simple Spiritual Principles that we can Practice to continue on this Spiritual Path. Narcotics Anonymous is more than just about not using drugs, it's not a drug program; N.A. is a Recovery Program. One Promise, and many Gifts, and one Gift is a Spiritual Awakening as a result of Working those Steps. Another Gift is a Relationship with a Higher Power Of Our Own Understanding. Another Gift is a Relationship with Reality. Our Literature says that if we don't use what we have, we will lose it in a relapse. So, we must keep these New Tools sharpened by continuously using them and Sharing them with others.

**In This Moment:** We have to use the New Tools that were set before us in this New Life, otherwise, we can revert to our old ways.



1 January 28

---

2 "The progression of the disease is an ongoing process, even  
3 during abstinence, no matter how long."

4 Gray Book, p. 128 (Chapter Seven, Lines 32-33)

5  
6 Our Literature tells us that we have an incurable dis-  
7 ease called addiction, it's chronic, which means that it  
8 persists for a long time or is constantly recurring. It's  
9 progressive, which means it's always getting worse. It's  
10 fatal, which means it can kill us. The disease is treata-  
11 ble, however, there is Hope. In Narcotics Anonymous the  
12 first thing we do is stop using drugs. For us Recovery can-  
13 not happen unless we're Completely and Totally Abstinent  
14 from all drugs. Abstinence in Narcotics Anonymous is a  
15 must, if we are to treat this disease. We suffer from a  
16 physical, mental, spiritual and emotional disease, which  
17 needs a Spiritual Solution. We arrest the disease on a  
18 Daily Basis. We use Spiritual Principles to Recover from  
19 the state of hopelessness, just for that day. We get a  
20 Daily Reprieve depending on our conditioning that day. When  
21 we go to bed at night, our Recovery expires. The next day  
22 we have to start over again doing the things we did the day  
23 before that Granted us that Daily Reprieve. No matter how  
24 long we've been in Recovery and Abstinent, our disease is  
25 progressing and waiting for an opportunity to take over  
26 again. We develop Vigilance, we continue to Surrender and  
27 take Action. We begin to experience Freedom from diseased  
28 thinking, and we begin to feel Serenity as we Live by Spir-  
29 itual Principles. Just For Today, We Do Recover.

30

31 **In This Moment:** Admitting our powerlessness and unmanagea-  
32 bility, we open the door to Recovery. There is Hope.

January 29

"Do we understand and believe that we have no real, long  
term control over drugs?"

**Gray Book, p. 31 (Step One, Lines 23-25)**

If we have no control over our addiction, how can we  
tell ourselves that one day we can use drugs safely again.  
One of the ways the disease of addiction manifests itself  
is in our drug use. We're not addicts because we use drugs,  
we use drugs because we are addicts. Drug use is one symp-  
tom of the disease. This disease affects our Spirits, emo-  
tions, and our mental state. Drug use usually comes at the  
end of the relapse process. The relapse process begins af-  
ter we're in Recovery and are Clean. Chapter Seven in the  
Basic Text describes the events that can lead us to active  
use of drugs. It also describes the process that starts the  
Spiritual, emotional, mental decay that occurs before the  
actual physical relapse. Addiction is a progressive, incur-  
able and fatal disease that affects every area of our  
Lives. The most obvious sign of our disease is the uncon-  
trollable obsession and then usage of drugs. In Narcotics  
Anonymous we're granted a Daily Reprieve from this active  
use and obsession of drugs. This Daily Reprieve is depend-  
ent on our Daily Spiritual Maintenance. Our Spiritual  
Maintenance consists of Daily Practice of Actions and Steps  
that are suggested in the Narcotics Anonymous program. In  
the First Step our ideas that we can ever return to safely  
using drugs, must be shattered. These reservations some-  
times hidden beyond our knowledge in the back of our minds,  
can only be accessed by our Actions in Practicing the Spir-  
itual Principles and following suggestions. These Actions  
we take in Narcotics Anonymous is the Process that relieves  
our obsession and reservations to use drugs. These Actions  
also keep our Spiritual Awakening and Recovery progressing.  
Finally, we can only keep what we have been given, by giv-  
ing it away.

**In This Moment:** Through our Actions and Honesty, we enforce  
our Surrender that we never have to use drugs again, just  
for that day.

1 January 30

---

2 "...giving away that which has been given to us--is our  
3 best possible insurance against relapse..."

4 Gray Book, p. 59 (Step Twelve, Lines 21-23)

5  
6 In Narcotics Anonymous carrying the N.A. Message to  
7 the sick and suffering addict, not only helps Save their  
8 Lives, but ours as well. Since the Message is meaningless  
9 unless we Live it, we are sure to Practice what we Teach.  
10 In Narcotics Anonymous we are given the Gift that keeps on  
11 giving, as long as we keep giving it. One of the ways we  
12 Carry the Message is by staying Clean ourselves. Our Sur-  
13 render of powerlessness to the disease of addiction gives  
14 the suffering addict hope that they too can Surrender to  
15 the disease, and then Surrender to the Principles of N.A.  
16 Our Clean time serves as a Power of example in the eyes of  
17 others, an example of a Program that works. When others  
18 share their Recovery with us, it helps them reinforce what  
19 they have already learned. This Way Of Life and the Spir-  
20 itual Awakenings we experienced are a result of those  
21 Steps. This was truly a Gift from the God Of Our Under-  
22 standing. We keep giving this Gift to those who seek Recov-  
23 ery. In turn, that Gift will keep giving to us, but after a  
24 while that's not what our Primary Motive should be. As our  
25 Spirit Awakens, we Practice the Principles of Love and Ser-  
26 vice by genuinely wanting to Help others. When we Help oth-  
27 ers stay Clean we stay Clean ourselves, you can say it's a  
28 side effect. We keep what we have by giving it away. Carry-  
29 ing the Message of Narcotics Anonymous is the real reason  
30 Narcotics Anonymous exists. This is all we have to offer,  
31 this is our Primary Purpose.

32  
33 **In This Moment:** Our best insurance against relapse is Liv-  
34 ing the Principles of Step Twelve. This Step, along with  
35 Tradition Twelve, encompasses our whole Program.

January 31

---

"JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery."

Gray Book, p. 143 (Chapter Nine, 2nd Just For Today)

In Narcotics Anonymous, the Heart of Recovery from addiction is one addict Helping another. This is what Sponsorship is about, it's a two-way street because it helps both, Sponsee and Sponsor. When we Share our Recovery with someone else, we enforce our own Recovery. When we first came to Narcotics Anonymous our Spirits were broken, tore up from the floor up, we felt helpless and hopeless. Here, in N.A. we met people that felt like us, but had found a Daily Reprieve from that hopeless state. We were told that we didn't have to suffer anymore, we didn't have to use, just for that day. We were told that we weren't bad people trying to get good; we were sick people trying to get better. The We of the Program helps Save our Lives. The disease isolated us, and we thought we would die alone as using addicts. Our Literature says that Narcotics Anonymous is like a ship in the sea of isolation. We're not alone, together we're shipwrecked on the same island. We Help each other Survive from the horrors of addiction that we experienced. One of the suggestions in Narcotics Anonymous is that we find a Sponsor to Guide us through the Steps and Traditions. "The ultimate weapon for recovery is the recovering addict." A Sponsor is like a human map; they know where we came from. They know where we are going, and they show us how to get there. People in Narcotics Anonymous will walk side by side with us, without motives or parallels. Just For Today, we never have to be alone again. Just For Today, we will have Faith in someone in N.A.

**In This Moment:** We will seek to be part of this Fellowship. We will choose that person that can Guide us through the Narcotics Anonymous Program and New Way Of Life.

1 February 1

---

2 "We gave up--quit struggling--surrendered, completely and  
3 unconditionally. Then and only then did we begin to recover  
4 from the disease of addiction."

5 Gray Book, p. 33 (Step One, Lines 13-15)

6  
7 Our First Step in the Basic Text says that when we ad-  
8 mit our powerlessness and the inability to manage our own  
9 lives we open the door to Recovery. We find the opposite to  
10 be true also, without Complete Surrender we close the door  
11 to Recovery. Many of us came in with the G.O.D. "Gift Of  
12 Desperation". Some of us came in with back problems; we  
13 wanted to get people off our backs, some were mandated,  
14 others woman-dated. Whatever first got us here, may not  
15 keep us here. We hear members shout, "Keep coming back!",  
16 at our meetings. Our predecessors knew that our initial  
17 Surrender had to be kept alive. We had to develop smart  
18 feet, going to meetings was our physical act of Surrender.  
19 There's more to the First Step, our Honesty and Admittance  
20 had to be backed up by our Actions to have any effect. We  
21 had to mentally Surrender by opening our minds to a Power  
22 that could relieve our obsession to use drugs, and later on  
23 other obsessions as well. Tapping into this Power we then  
24 Surrendered to the Willingness to apply these simple Spir-  
25 itual Principles in our Lives. The foundation in the first  
26 Three Steps gives us the Tools we need to continue in the  
27 Recovery Process that's offered in Narcotics Anonymous. Our  
28 level of Surrender is in direct proportion to the Actions  
29 we take in our Recovery. We learn that we couldn't win un-  
30 til we Surrendered. The fight is fixed, but with our Higher  
31 Power as our Trainer and the Fellowship in our corner, We  
32 Do Recover.

33

34 **In This Moment:** Have we totally Surrendered? Are we substi-  
35 tuting Knowledge for Surrender? Or, are we still keeping  
36 our initial Surrender alive with Action?

February 2

"Goodwill is best exemplified in service and proper service  
is "Doing the right thing for the right reason."

**Gray Book (Our Symbol, Last Paragraph)**

The Base of our Symbol is broad enough to embrace all  
manifestations of the Recovering Addict; this is what cre-  
ates our Fellowship. We come together to Carry the N.A.  
Message to the addict who still suffers, that's our Good-  
will, that's our Primary Purpose and our Unity of Purpose.  
Service in Narcotics Anonymous is our Unity in Action. We  
need to Practice our Spiritual Principles so that our Com-  
mon Welfare, which is Recovery, comes first before the  
needs of any one individual. At first when we come in to  
Narcotics Anonymous, we make coffee for our meetings, set  
up chairs and greet members at the door. We are told that  
these early commitments keep us coming back and help keep  
us Clean. As we start to Recover our Primary Purpose for  
doing Service shifts to Serving others and that becomes our  
Primary Motive. Love and Service become our Primary Pur-  
pose. By us doing The Right Thing For The Right Reason we  
also get to stay Clean. Doing Service in Narcotics Anony-  
mous Help others to get Clean and Help us stay Clean, but  
we need to take the Steps in order to Recover. We need to  
have Recovery Based Service, not service based recovery.  
Service based recovery is for oneself and it doesn't work  
for long. Our Personal Recovery must come first. Our per-  
sonalities must experience a transformation. That only hap-  
pens with the Help of the God Of Our Own Understanding, the  
Fellowship of Narcotics Anonymous, and Living the Princi-  
ples of the Steps and Traditions. Goodwill can only be ex-  
emplified through this Process.

**In This Moment:** We will check that our True Motive for Ser-  
vice is for those we Serve; the Addict that still suffers,  
and Narcotics Anonymous.



1 February 3

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2 "Anyone may join us regardless of age, race, color, creed,  
3 religion or lack of religion."

4 **Gray Book, p. 15 (Chapter Two, Second Paragraph)**

5  
6 Our Third Tradition makes it possible for all the man-  
7 ifestations of suffering addicts to Recover. Our Admission  
8 is our admission. Help begins when we admit complete de-  
9 feat. Addiction is an equal opportunity disease; it does  
10 not discriminate. In Narcotics Anonymous addicts from all  
11 cultures, backgrounds, financial backgrounds and educa-  
12 tional levels, have one thing in common, the disease of ad-  
13 diction. Suffering from the horrors of addiction is what  
14 brought us together, and now thanks to Narcotics Anonymous  
15 we also have Recovery in common. Our Unity is what makes  
16 our Recovery possible. Shipwrecked on the same island, ena-  
17 bles us to form that common bond we call the Fellowship of  
18 Narcotics Anonymous. The only requirement for membership is  
19 the Desire to stop using. This simple requirement makes it  
20 possible for all who seek Freedom from active addiction,  
21 regardless of age, race, creed, color or sexual preference,  
22 the opportunity to Recover. Our Unity of Purpose, to Carry  
23 the Message to the next suffering addict, keeps us United,  
24 and coming back. We Encourage and Love each other back to  
25 physical, mental, emotional and Spiritual Health. Each one  
26 teach one, and we help Save each other's Lives. Our  
27 Strength lies in our diversity. Either we hang together, or  
28 we'll hang individually.

29  
30 **In This Moment:** We will be forever Grateful to have joined  
31 a special group of people, who like us suffer from the same  
32 Spiritual malady and found a common Spiritual Solution.

February 4	1
"In Step Ten we strive for genuine humility. In this humil-	2
ity we can better interact with others."	3
Gray Book, p. 56 (Step Ten, Lines 25-26)	4
	5
Step Ten keeps us Spiritually Grounded, so we continue	6
to take personal inventory. In this inventory we take stock	7
of our assets and our liabilities, and we accept both.	8
Practicing the Principles of Narcotics Anonymous, we're	9
less likely to step on our fellow's toes. Taking daily in-	10
ventory shows us where we've been wrong. We follow up our	11
shortcomings with amends. Our inventory also reveals where	12
we've been right. So by us Practicing Spiritual Principles	13
we are less apt to practice our defects. Through our reali-	14
zations and Acceptance of being human and flawed by nature,	15
we begin to develop Patience and Tolerance with ourselves.	16
At the same time, we develop Patience and Tolerance with	17
others. All the Steps and Traditions of Narcotics Anonymous	18
have to do with Surrender. To some point all the Steps and	19
Traditions have to do with inventory taking. We review what	20
works for us and what doesn't work. We throw out the old	21
tools and pick up the new tools. Addiction affects every	22
area of our Lives. We need to Practice Spiritual Principles	23
in every area of our Lives, to continue in this Spiritual	24
Journey.	25
	26
<b>In This Moment:</b> We will continue on this Spiritual Journey	27
by continuing the Inventory Process contained in the Steps	28
and Traditions.	29



1 February 5

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2 "Many of us would have nowhere else to go if we could not  
3 trust our N.A. groups and members."

4 Gray Book, p. 119 (Chapter Seven, Lines 11-12)

5  
6 Coming to Narcotics Anonymous for the first time has  
7 been described by many; was like coming Home. For a long-  
8 time many of us had been lost, isolated, and misplaced. Our  
9 drug use and life-style continued to set us apart from  
10 other humans, with each drug use. Arriving at the doorsteps  
11 of Narcotics Anonymous, we were welcome. For the first time  
12 in a longtime people seem happy to see us. They greeted us  
13 with a hug, and we were told to Keep Coming Back. We  
14 started to feel needed. We were beginning to feel worthy.  
15 Finally, in a longtime we felt like we fit in. This is what  
16 home was supposed to feel like, and the other members were  
17 like our Brothers and Sisters. We slowly started to feel  
18 comfortable around the humans again. As we continued to get  
19 involved with the Program of Narcotics Anonymous, we  
20 started to feel comfortable in our own skins. The Members  
21 of Narcotics Anonymous Loved us until we learned to Love  
22 ourselves. We took the Suggestions, and we Worked and Lived  
23 the Steps. After the Result of those Steps, we Practiced  
24 these Spiritual Principles in the form of the Traditions.  
25 This New Found Freedom was a Divine Gift. Narcotics Anony-  
26 mous only saved our Lives, but it gave us a Life worth Liv-  
27 ing. A new Life free from the self-made prisons we built in  
28 our active addiction. We were Granted one of the Greatest  
29 Gifts in the form of a Relationship with the Higher Power  
30 Of Our Own Understanding. We must share this Precious Gift,  
31 with others that seek it, in order to keep it.

32  
33 **In This Moment:** It's our Responsibility to Welcome others  
34 who arrive in N.A. as hopeless as we did. We Love them un-  
35 til they learn how to Love themselves. We do this out of  
36 Love and Gratitude.

February 6	1
"...in the end, each of us had to admit that our self-suf-	2
ficiency was a lie.	3
...nor could we manage our own lives."	4
Gray Book, p. 91 (Tradition One, Lines 18-21)	5
	6
Before Surrendering to Narcotics Anonymous, most of us	7
suffered in isolation. The disease robbed our minds, bodies	8
and souls of any Serenity and Hope. In the darkest of our	9
times, we knew that any Light was a God-manifestation, but	10
we allowed it to go dim through our drug use. Our Spirits	11
were smothered and went to sleep. Arriving at the Fellow-	12
ship of Narcotics Anonymous, we were greeted with a hug and	13
asked to Keep Coming Back. Our Spirits began to be shaken	14
Awake. Attaining and maintaining Complete and Total Absti-	15
nence, attending Meetings, working with a Sponsor. Practic-	16
ing simple Spiritual Principles, with the Help from a	17
Higher Power, our Spirits started to Awake even more. When	18
we Admit our powerlessness and inability to manage our own	19
Lives, we open the door for a Power Greater than ourselves	20
to Help us with our Recovery. As we continue to Grow Spir-	21
itually we in turn start to Greet and Hug Newcomers and	22
Share this Precious, and Healing Light with them. As we	23
help Awaken their Spirits, our Spirits Awaken even more. We	24
never need to tremble in the cold horrors of active addic-	25
tion again. To gain the warmth in our Lives, all we needed	26
to do was stoke the amber that N.A. planted. Through the	27
Narcotics Anonymous Program, we learn how to Live by the	28
Light and the Healing Heat from that Light.	29
	30
<b>In This Moment:</b> We followed with Action after Admitting our	31
isolation was part of our disease. We begin by becoming	32
part of something Whole; Narcotics Anonymous.	33

1 February 7

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2 "Your will and your life are now in the hands of the Source  
3 of all strength--tap into the Source!"

4 Gray Book, p. 41 (Step Four, Lines 9-11)

5  
6 The Second Step of Narcotics Anonymous says that We  
7 Came To Believe That A Power Greater Than Ourselves Could  
8 Restore Us To Sanity. First we came, and gradually we came  
9 to Believe that a Power can Relieve our pain and obsession  
10 to use drugs. In Narcotics Anonymous, we tap into this  
11 Power for our Source of Strength. This Power Greater Than  
12 Ourselves not only got us Clean, but it also keeps us Clean  
13 and makes our Recovery possible. Our Gray Book states, "All  
14 glory to God as we understand Him is our attitude here."  
15 True Anonymity reminds us that we on our own accord can't  
16 walk this walk. Our Strength comes from the God Of Our Un-  
17 derstanding that we met in the Third Step. When we made  
18 that decision, we decided to Trust that Power with our  
19 Lives. Total and Complete Surrender to the Spiritual Prin-  
20 ciples of Step Four is how we continue on this Spiritual  
21 Journey. Remaining Calm in the midst of a storm, is our  
22 manifestation of Trust. Trusting the Source of our Strength  
23 leads to Faith, and Faith produces the Fruits that these  
24 Steps have to offer. A Spiritual Awakening is ongoing as  
25 long as we continue in this Process. Our Constant and Total  
26 Surrender are the proof of our Willingness.

27  
28 **In This Moment:** We show the Proof of our Trust by the way  
29 we Live. We continue to Tap into this Power for our Daily  
30 Strength.

February 8

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"As we became responsible for our own recovery, we became responsible for our fellow addicts. We found this responsibility was two-edged."

**Gray Book, p. 79 (Chapter Five, Lines 32-34)**

Our Basic Text says that: "The heart of N.A. beats when two addicts share their recovery." It goes on to define this as a Meeting, as long as they follow the Twelve Steps and Twelve Traditions of N.A. Two addicts gathering together, to help each other stay Clean. Everything we do in Narcotics Anonymous we do together, it's a We Program. Carrying the Message is a Responsibility, not an option. Recovering addicts are the only people that can help addicts; that is Our Responsibility. The one-on-one Sharing and Caring are without parallel; we find that Love and Service are the Primary Purpose and the Motive. As we do this personal face-to-face Service, we find that all the suffering we went through in active addiction was worth it; if it helps another suffering addict. Our own Recovery flourishes, is the "two-edged", that our Literature talks about. One of the ways we do this type of Service is in the form of Sponsorship. A Sponsor is sought of like a human map, they show us where we're at, where we're going, and how we're going to get there. Our Sponsors know because they've been there themselves, and they were shown the way by others before them. Every time a Sponsor shines the Light on this Path for another suffering addict, the Sponsor's Journey Reveals even more to themselves. As we recycle our Recovery, we see new Solutions to the new experiences we face Living Clean. Every day is new in our Journey; we are given a Daily Reprieve, we are given Unconditional Hope. We can stay on this Journey so long as there is someone else and God on our side.

**In This Moment:** Our Gift of Recovery is conditional, in that, we can only keep it, as long as we Share it with others.

1 February 9

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2 "We have feared that if we ever revealed ourselves as we  
3 really were, we would surely be rejected."

4 Gray Book, p. 44 (Step Five, Lines 14-15)

5  
6 The opposite of rejection is Acceptance, as using ad-  
7 dicts we rejected ourselves, and we rejected life. In the  
8 early progression of the disease of addiction, we could not  
9 accept our feelings. We got loaded to change the way we  
10 felt. We knew exactly how we wanted to feel, and that was  
11 obliterated. The self-center part of the disease disre-  
12 garded everyone and everything around us. We used drugs at  
13 all costs; that same self-centeredness kept us feeling that  
14 we were all alone. Our terminal uniqueness had us feeling  
15 that no one would ever accept us, if they got to know us.  
16 Arriving at Narcotics Anonymous, we had to Accept that we  
17 suffered from a Spiritual disease and not a moral dilemma.  
18 We found that we weren't alone, there were people like us.  
19 We started to feel like we could be Accepted. First, we had  
20 to Accept Ourselves as sick people getting better. We Ac-  
21 cepted a Higher Power that Forgave us, and gave us the  
22 Power to Love ourselves and others just the way they were.  
23 Step Five is our Key to Freedom from self-rejection. Admit-  
24 ting to God, ourselves and another human being, turns that  
25 Key. Self-Acceptance also includes what we are lacking and  
26 the Willingness to Change. The Steps, Traditions, Sponsor-  
27 ship, Service, and God made this transformation possible.  
28 This is a daily transformation it's not permanent, it's  
29 Just For That Day. The next day we have to continue to Ap-  
30 ply these Spiritual Principles to Keep What We Have. In  
31 Narcotics Anonymous, Acceptance through Surrender becomes a  
32 Way of Life for us.

33

34 **In This Moment:** Our fear of getting to be known by others  
35 will subside, as we learn Self-Acceptance.

February 10

"Our conception of fun have changed drastically since we  
surrendered to N.A. as a whole. We can enjoy simple things  
in life,..."

Gray Book, p. 157 (Chapter Ten, Lines 28-30)

At sometime in our life as an addict, life was simple  
and so was what we considered fun; we didn't have to create  
it; we just lived it, the Gray Book mentioned. As our dis-  
ease progressed our fun digressed, we looked for new ways  
to feel happy. Drugs were the solution for a long time, un-  
til the drugs stopped working. Our Basic Text says that we  
began to acquire strange habits; we forgot how to play. Our  
idea of fun was using drugs to the break of dawn. When our  
drugs ran out, we became depressed. Mr. Hyde was showing up  
on most days; we forgot how to laugh, "we forgot how to  
feel." Through N.A. and working Steps, we start to enjoy  
the simple things in Life, and they start to give us Pleas-  
ure. Fellowshiping before and after the Meetings gives us  
a chance to enjoy the presence of others. We start to hear  
and feel ourselves laugh, we start to have fun. As we start  
to Recover, some of us recapture the fun things we experi-  
enced before our Spirits went to sleep. We learn how to  
have Clean fun through events and gatherings with others  
who are not using. We begin to enjoy being around other hu-  
mans. For us, fun started to consist of simple things,  
e.g.; a walk through nature, listening to music, or playing  
games with friends and families. We enjoy Carrying The Mes-  
sage as we accompany others and newcomers to the diner af-  
ter a Meeting. We joke and sometimes laugh at ourselves, we  
Share Joy and Unconditional Hope. We find that Joy doesn't  
originate from the outside, but from within. We learn to  
Live with the Simple Spiritual Principles of Narcotics  
Anonymous. With each day we see that it's because of the  
simple things in Life that we experience real fun.

**In This Moment:** After coming to N.A. our perspectives and  
perceptions of fun had to change, because our old way of  
fun could kill us.



February 11

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"We addicts, recovering in N.A., are convinced that there is only one way for us to live, and that is the N.A. Way."

Gray Book, p. 14 (Chapter One, Lines 14-16)

For most of us, Narcotics Anonymous was the last house on the block. We had tried everything before we came to N.A. to stop using and hurting. Our First Step tells us that we tried other remedies, psychiatrists, recovery houses, lovers, jobs, etc.; and they all failed us. The Program of Narcotics Anonymous was the last thing we tried, and the first thing that worked. We suffer from a disease that is mostly Spiritual, but affects us physically, mentally and emotionally. Our Spiritual illness needs a Spiritual Solution, not a medical one. Narcotics Anonymous offers addicts, not only Total and Complete Abstinence, but also offers a Spiritual Awakening through working and Living the Steps and Practicing Traditions. It offers not only a New Way Of Life, but a Life we could never have conceived of. Recovery in Narcotics Anonymous is the only Solution to a disease that leaves the person in better condition than the person was in, before they contracted the disease. Ours is a Supernatural Solution; it takes a Supernatural Power to manifest itself through other Recovering addicts, to keep this disease at bay. No other disease can be treated in this manner, one addict helping another. Narcotics Anonymous has proven itself to work in the Lives of countless addicts since 1953. Our Whole and only Primary Purpose is to Recover and help others find this Solution. We have to keep this Message by carrying it to all who seek it. N.A. is not for people who need it. N.A. is not even for people who want it. N.A. is for people who work it. Our Way Of Life offers much more than Abstinence from drugs. Our Spiritual Awakenings teaches us not only a drug free lifestyle, but also how to build Healthy Relationships with others and our Higher Power.

**In This Moment:** Each day we are given another chance at real Living, not just existing. We are convinced that there is only one way for us to Live, and that is the N.A. Way.



February 12	1
"We regretted the past; we feared the future. We were constantly searching for "the answer"..."	2
Gray Book, p. 2 (Chapter One, Lines 15-16)	3
	4
	5
Living In The Moment helps us dispel regrets from our past, it keeps us from creating worries about tomorrow. We Live In This Moment: we no longer borrow from tomorrow because now is where Reality exists. As using addicts, we were trying to escape our Lives, past, present and any future we might have had. While using drugs we were actually committing suicide on a time payment plan. Some of us regretted waking up to the next morning, only to start the cycle all over again. After arriving at Narcotics Anonymous, our past seemed to catch up with us. We were no longer moving targets and this state of inertia overwhelmed and scared us. The members that arrived before us, told us to Stay In The Day. They told us that fantasy is where our heads are at, and Reality is where our feet are at. We learn to work and Live the Spiritual Principles contained in the Steps and Traditions. We learn to turn our Will and Lives over to the Care of the God Of Our Own Understanding. Yes, N.A. is a Program for learning. We get to revisit our past, and through the Steps we begin the Process of repairing the wreckage of our past. We change a little every day with the help of our Higher Power, Sponsors and the Fellowship. As we continue on this Spiritual Journey, our present becomes liveable, and we stop creating chaos. We work on ourselves, and our futures become one of Hope. Our present becomes our past, and we secure our futures. We Live a Life of Love and Service to our Loved ones and society in Narcotics Anonymous and society in general. We're finally experiencing Living Life, Happy, Joyous and Free. Just For This Moment.	6
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	35
<b>In This Moment:</b> We no longer regret our past. We Live In The Moment, as we have Hope for the future.	36
	37

1 February 13

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2 "The only thing we want to emphasize is that you should  
3 feel comfortable with your Higher Power and be able to make  
4 the statement that your Higher Power cares about you."

5 Gray Book, p. 35 (Chapter Two, Lines 12-15)

6  
7 Most of us that arrived to Narcotics Anonymous didn't  
8 have a working relationship with a Higher Power. Most of us  
9 didn't even have a relationship with reality. Our Second  
10 Step allowed for evidence to be presented in our Lives and  
11 the Lives of others. When we tapped into this Power, it re-  
12 lieved our obsession to use. Our Literature says that the  
13 most obvious sign of the insanity of addiction is the ob-  
14 session to use. The lifting of this obsession was our most  
15 compelling proof of something working in our Lives for the  
16 better. The Third Step allows us the Freedom to choose a  
17 Higher Power of Our Own Understanding. It does not come  
18 without catches though, our Third Step asks that we be Hon-  
19 est about our Belief. Part of being Honest is that our  
20 Higher Power be Caring, Loving, and we can add Forgiving.  
21 With these qualities we can try to emulate those qualities  
22 and show Empathy to others, as it is shown to us. The Car-  
23 ing, Trust, and Patience we are shown through our relation-  
24 ship with this Higher Power can be reflected to others. Our  
25 Literature tells us that it is better to understand rather  
26 than to be understood. If we are asking our Higher Power to  
27 remove our shortcomings, we are asking for Forgiveness at  
28 the same time. In turn, we will show this Spirit of For-  
29 giveness to others.

30  
31 **In This Moment:** We will choose a Higher Power of Our Own  
32 Understanding. We will choose a Power that will reflect how  
33 we want to be treated, and how we will treat others through  
34 the Spiritual Principles.

February 14

"If the word God bothers you, as it did many of us in the beginning, substitute Recovery, Good, Love, N.A., Peace or anything positive, just as long as you mean it."

**Gray Book, p. 38 (Step Three, Lines 7-9)**

As using addicts many of us cried out to God, with fox hole prayers. We called out to God when we were running out of drugs or caught by the police. Some of us never believed in God at all. When some of us came to N.A., we had trouble accepting God as an entity. Some of us suffered guilt from the things we did in active addiction. The mention of God frightened or shamed us, so we rejected God. Some of us had God shoved down our throats as children, so we were closed minded at first. The First Step assures us that we're not God. To stay Clean and Recover, we would need a Power Greater than ourselves, and it wasn't us. This Power that we tapped into in our Second Step removed our obsession to use. This Power didn't have to be the God religion talks about. God could mean any Loving Power Greater Than Our-selves or the Group, collectively. We can also choose the Spiritual Principles of Narcotics Anonymous. We can choose whatever Power we want, as long as it is Loving, Caring, Forgiving, and outside ourselves. The Second Step reminded us that the Process of Coming To Believe, is what Restores us to Sanity. So it's the Actions we do that Restore us. Going to Meetings, doing Service in our Home Group, reading and studying Literature, and taking Suggestions from our Sponsors. These Actions are a Power Greater than ourselves and can Relieve our obsession to use and Helps us with our thinking. We have to be Honest with our Belief for it to work. G-ood, O-rderly, D-irection seems to work for some of us. For others, it was the G-ift O-f D-esperation. Whatever it is we have to mean it.

**In This Moment:** We will choose a God Of Our Own Understanding. We will be Honest with that Belief, by doing the Action.

1 February 15

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2 "...letting our Higher Power find us, rather than searching  
3 for God with only our minds."

4 Gray Book, p. 64 (Step Twelve, Lines 25-26)

5  
6 Don't search for God; God is not lost, we are. When we  
7 first arrived at Narcotics Anonymous, many of us were far  
8 removed from any type of Healthy Spirituality. Some of our  
9 practices by using drugs, to find God or something else,  
10 only drew us farther away. Our Spirits were in a Spiritual  
11 coma, our minds and bodies were clouded with drugs, we were  
12 sick. After getting to Narcotics Anonymous and remaining  
13 Abstinent, our minds caught up to us; the obsession in our  
14 thinking could only be relieved by a Power Greater than  
15 ourselves. A sick mind cannot cure itself, so we needed the  
16 Steps and others to Awaken our Spirits. Our Second Step  
17 tells us that the pain of Living without drugs or anything  
18 to replace them, forces us to seek a Power Greater than  
19 ourselves to relieve our obsession to use. Step Two says  
20 that the Process of Coming To Believe is what Restores us  
21 to Sanity, so it's the Action we do that Restores us. We  
22 can't think our way into good Living; we have to Live Our  
23 Way Into Good Thinking. The decision to apply these actions  
24 come more from our Hearts than our minds, we feel God's  
25 Presence, not think God's Presence. With these Actions the  
26 God Of Our Understanding finds us. We Practice the Spir-  
27 itual Principle of Honesty by aligning our Actions to the  
28 Truth.

29  
30 **In This Moment:** We will use GPS (God-positioning-system)  
31 for God to find us, we will show others how to stand still  
32 and get found.

February 16

"In working the Steps we need to come to depend on a Power greater than ourselves. We continue this relationship and utilize it for our Group purposes."

**Gray Book, p. 93 (Tradition Two, Lines 14-16)**

We needed a Power Greater than ourselves to get Clean and stay Clean. We continued to develop a Relationship with this Power that Restored us to Sanity and removed our obsession to use. We turned our Thinking and Living over to the Care of our Higher Power to continue in this Process we call Recovery. This Process happens or should happen to every addict seeking Recovery and Living the N.A. Program. This Constant Conscious Contact becomes our God Consciousness, which we develop, shows us how to Live and Guides us in our Recovery. We continued this Relationship and utilized it for our Group purposes. This Ultimate Authority manifests itself through each one of us, and a decision is made through the Group's Collective God Conscience. True Group Conscience is dependent on each individual having a Conscious Contact with the God of their understanding. If the majority of the Group members lack this Relationship with their Higher Power, then what you have is Group opinion. Decisions based on individual opinions are not for the Greater Good of the Group and/or N.A.; it drives us away from our Primary Purpose. When we divert from our Primary Purpose, addicts die, and some will never find this Life Saving Message of Narcotics Anonymous. Anonymity in our Second Tradition reminds us that no one member is more important than the Group. Our Group decisions should come in front of the needs of anyone individual. This decision is Guided by a Loving God as it expresses itself through our Group Conscience. Our Trusted Servants do not govern.

**In This Moment:** We will continue to Rely on the God Of Our Understanding in all our decisions, including our part in the Group Conscience.

February 17

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"An addict who does not want to stop using will not stop using. They can be... beaten, locked up or whatever; but they won't stop using until they want to."

Gray Book, p. 97 (Tradition Three, Lines 18-22)

Our Third Tradition tells us that Desire is the basis of our Recovery. Without the Desire to stop using, we are doomed. When we first arrived at Narcotics Anonymous, we just wanted to stop hurting. Most of us were sick and tired of being tired and sick. Some of us came in through the direction of the law enforcement, and some of us were directed by our families or jobs. Either way, after a while, if we weren't here for ourselves we didn't stay. The pain, for us, had to reach a point that we were Willing to Surrender. We first Surrendered to the disease that means we had to accept we had a disease. We then Surrender to the Solution, the Spiritual Principles of Narcotics Anonymous. In the past addicts were put in jail hoping they would stop using; it didn't work, as soon as the addict was released, they returned to using again. Addicts were given medication hoping that the addict would lose the desire to use drugs. Some addicts were told to try religion, in hope they would find God and stop using drugs. None of these methods that we tried worked for us. What worked for us was an Honest Desire, originating in our Hearts, not our minds to stop using. Our hopelessness is what brings us to Narcotics Anonymous. Hope is what keeps us here. Narcotics Anonymous, for most of us, was the last house on the block. That Desire had to turn to desperation for us to first come here, and then to stay. We had to be completely beaten by the disease of addiction, for us to submit. When we finally Surrendered, we were Willing to try a different way. Finally, we found a New Way To Live, a Life we never ever could have conceived of. Welcome to Narcotics Anonymous.

**In This Moment:** We will keep our doors open, Just For Today we will fan the flames of Desire for the suffering addict coming in.



February 18

"All too many times, doctors who meant well, but did not  
know of our disease, enabled our addictions."

**Gray Book, p. 10 (Chapter One, Lines 13-14)**

Some say that the most dangerous place for an addict to be in, is not in the club or the bar. The most dangerous place for an addict to be in, is in a doctor's office. Ironical as that sounds, it's been proven over and over that a number of our members returned to active addiction after receiving medication from doctors. Addiction is a Physical, Mental, Spiritual and Emotional disease. Trained professionals learned about medicine and diseases, but addiction is mostly a Spiritual disease that affects us Physically and Mentally. Today's doctors still have very little knowledge about addiction, a ten-hour course cannot make anyone an expert. We in Narcotics Anonymous who have Recovered from this state of hopelessness, are experts in our Recovery. We spent years and years in active addiction, so we have plenty of experience in the disease as well. Our histories as addicts in Recovery shows that addicts can help addicts. Our experience shows that a Spiritual malady needs a Spiritual Solution. We can't treat a Spiritual disease with chemicals. Although doctors mean well, they actually contribute more to the problem than the Solution. Related facilities and treatment centers often treat only the symptom of the disease, which is the use of drugs. Their cure is not abstinence; its partial abstinence or harm reduction. We can't use drugs to get off drugs, and we can't treat our Spirits if our bodies and minds are still clouded with drugs. Narcotics Anonymous has been proving itself for decades, as the best treatment for the disease of addiction. Our Program offers more than just abstinence, it offers a Spiritual Awakening with every Step. One of our founders wrote that only addicts can help addicts. That's our Responsibility, that's our Primary Purpose. The relationship with others and our Higher Power, the Program of Narcotics Anonymous, proves to be our Greatest Blessings.

**In This Moment:** We respect and trust the medical field with our health issues, but with our disease of addiction, we Trust the Recovering Addict and the Narcotics Anonymous Program.



1 February 19

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2 "We are never forced into relapse. We are given a choice.  
3 Relapse is never an accident. Our knowledge of addiction is  
4 not enough to stop us from using."

5 Gray Book, p. 124 (Chapter Seven, Lines 33-35)  
6

7 Relapse is not part of Recovery; it's the lack of it.  
8 The process of relapse has its beginning at the end of the  
9 Recovery process. Our Literature describes a Spiritual,  
10 Emotional and Mental relapse prior to the Physical relapse.  
11 The use of drugs happens at the end of the relapse. The Re-  
12 covery process requires a Daily Surrender to Spiritual  
13 Principles. The Actions we take to Recover is our Process  
14 of Surrender. Our Physical Act of Surrender happens when we  
15 attend Meetings. Our Mental Act of Surrender happens as we  
16 tap into our Higher Power for Strength and Guidance. Prac-  
17 ticing A Living Program, Working with others and doing Ser-  
18 vice for Narcotics Anonymous is our Spiritual Act of Sur-  
19 render. One of our predecessors often mentioned that  
20 Knowledge is not a substitute for Surrender, we have to ap-  
21 ply the information to our Daily Lives. Every day, we are  
22 Granted a Daily Reprieve from returning to active addic-  
23 tion, and that's dependent on our Spiritual Conditioning.  
24 Narcotics Anonymous is a 24-hour Program, we Recover from  
25 the hopeless state we once suffered from, Just For Today.  
26 We keep away from the Emotional relapse by Thanking the God  
27 of Our Understanding for keeping us Clean that day. We  
28 greet the new day; we start over by expressing our Grati-  
29 tude by our Actions throughout the day. We incorporate the  
30 Basics and Spiritual Principles in our daily routine. We  
31 Share our Recovery by carrying the Message to the addict  
32 who still suffers. These Actions keep our Recovery growing,  
33 and it keeps the relapse process from starting. Just For  
34 Today, we will continue to work on our Recovery, we will  
35 continue on this Uphill Journey.

36  
37 **In This Moment:** We will continue to Live and Share with  
38 others the Narcotics Anonymous Program, so we can continue  
39 Living and Enjoying our Lives without the use of drugs.

February 20	1
"Through our inability to accept personal responsibilities	2
we were actually creating our own problems."	3
Gray Book, p. 23 (Chapter Three, First Paragraph)	4
	5
First we used drugs, then drugs used us. What started	6
out as fun and recreation, we thought, ended up being all	7
we could think about. As our disease progressed, it became	8
a priority in our Lives. Our whole Life was centered in	9
drugs, in one form or another. As we used to Live and Lived	10
to use, our personal Responsibilities were neglected. Our	11
unmanageability was apparent to those around us. It seems	12
that we were the last ones to know that we could have a	13
problem. Our days consisted of constant squabbles with our	14
Loved ones, some of us became unemployed, and some of us	15
were incarcerated. Using drugs isolated us from our Fami-	16
lies, Friends, our jobs, and finally ourselves. Drugs that	17
were once our solution, became a problem for us. What once	18
filled our void in our souls, was actually making our void	19
even bigger. We thought if we could just stop using drugs,	20
our Lives would get better. We filled our void with new	21
jobs, new lovers, religion and other drugs. We moved to	22
different areas thinking that our feelings and emotions	23
would change. Our inner unmanageability became more and	24
more apparent, nothing we tried worked. Sooner or later we	25
returned to the only thing that once worked for us, our	26
drugs. Beaten into submission we found Narcotics Anonymous,	27
here we met folks just like us. The people we met in Nar-	28
cotics Anonymous like us, suffered the horrors of addic-	29
tion. They seemed to be Happy, Joyous and Free; they seemed	30
to have the answer of Freedom from active addiction. We	31
heard if we weren't the problem there would be no Solution.	32
We started to feel Hope that we also can Recover.	33
	34
<b>In This Moment:</b> We know that although we're not Responsible	35
for our disease, we are Responsible for our Recovery.	36

February 21

---

"We must use what we learn or we will lose it and probably relapse, no matter how long we have been clean."

Gray Book, p. 123 (Chapter Seven, Lines 14-15)

In Narcotics Anonymous we're granted a Daily Reprieve, and that's contingent on our Spiritual maintenance. The Spiritual Principles are written so simply that we can practice them in our Daily Lives, the most important thing about them is that they work, our Literature tells us. After arriving at Narcotics Anonymous we put down the drugs, then we are given a set of tools that replaces our drug use. These Spiritual Principles contained in the Steps have to be applied in our Daily Living for them to work. Since there's no cure for this progressive disease, our Recovery has to be ongoing. We learn to Surrender daily, one of the ways we show this Surrender is with our Meeting attendance. Attending Meetings and our Complete and Total Abstinence is part of our Physical Surrender in Step One. Since our disease is also Mental, Spiritual and Emotional, we must do more. Hope without action turns to despair, so we must work the rest of the Steps. Tapping into a Power Greater than ourselves to relieve our obsessions, Grants us Serenity, and supplies the Power to move on. We develop a Relationship with the God of Our Understanding. With the Help of our Sponsors and other members we move into Action. Our Gray Book says, "This gives us experience in applying Spiritual Principles. The experience gained with time insures our ongoing Recovery." So then the opposite must be true, if we don't use what we learned we lose it in the relapse process. Spirituality is one of the last things we gain in our Program, but, it's the first thing that starts to go in the relapse process. Our ongoing Recovery is dependent on our actions Today. If we don't use it, we'll lose it. The same way we cannot stay clean on yesterday's shower, we cannot stay clean on yesterday's Recovery. We Recover, Just For Today.

**In This Moment:** We will assure our Recovery by applying what we've learned. As we continue to Practice our Principles Daily, our Recovery becomes an ongoing Process.

February 22

"We continued to take personal inventory, and when we were  
wrong promptly admitted it."

**Gray Book, p. 54 (Step Ten, Header)**

Recovery is a continuing process, recycling through  
the Steps and Traditions we discover new revelations about  
ourselves and others. No two days are exactly the same, and  
we seem to be different each day as well. Sometimes we  
Grow, sometimes we stay the same and sometimes we regress.  
Narcotics Anonymous is a Twenty-Four hour Program; it's a  
Just For Today Program. Each day we are Granted a Daily Re-  
prieve from active addiction. This Reprieve depends on our  
daily maintenance of our Spirit. The Recovery process is  
not automatic like the relapse process, it requires our ef-  
forts and work. Working and Living the Steps and Traditions  
with our Sponsors and Higher Powers, provides us with the  
ability to change. All of the Steps are Inventory Steps be-  
cause they allow us to look at ourselves. The Steps trans-  
form us, if we Live them. Practical application is what un-  
locks their Fruits. Step Ten reminds us of this process. A  
check up from the neck up reminds us that we'll always be  
Recovering. Step Ten is actually the Practice of Steps One  
through Nine. Daily Inventory allows us to see where we  
were wrong. As Recovering addicts, we actually have to work  
this Step to find out if we've been wrong. The preventive  
part of this Step is what makes us Grow. When we Practice  
the Spiritual Principles, our defects lessen. We learn to  
pause before reacting. In that pause, we see that others  
also are going through their own Growing process. Reflect-  
ing on our own Assets and liabilities, we are able to Prac-  
tice Patience, Tolerance and Forgiveness, for others as  
well as for ourselves. Taking Inventory has to be a con-  
stant to be effective. It's one of the most Loving thing we  
can do for others and us.

**In This Moment:** We will continue this Loving process of  
Growth. We will Share these Spiritual Principles with oth-  
ers as they affect our Lives.

February 23

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"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

Gray Book, p. 115 (Tradition Twelve, Header)

The Awakening of our Spirits is a result of working those Twelve Steps. We then Practice these Principles through our Traditions. Anonymity is what makes this possible, it is the whole basis of our Program. The Steps and Traditions are designed to protect us from ourselves and others. Remaining nameless and Anonymous makes us all equal, no big I or little you. The same way we admitted that we couldn't do it alone in Step One. Tradition One speaks of Unity of Purpose, as part of a whole. Tradition Two speaks of an Ultimate Authority, not us. Tradition Three expresses Freedom in Equality and Diversity. Tradition Four speaks of Group Autonomy; no one person is more important than the Group, and no Group can dictate to or control another Group. Tradition Five talks about our Primary Purpose and not my individual primary purpose. Traditions Six through Nine describe the boundaries between Narcotics Anonymous and entities, businesses, organizations and related facilities, including service committees. We don't lend our Name to anyone outside N.A. AS SUCH. Traditions Ten through Twelve speak about the boundaries between Narcotics Anonymous and the World at Large. By remaining Anonymous, no one person, or member can represent Narcotics Anonymous. We don't get involved with the World at Large or the traditions of the World at Large. Anonymity keeps us from thinking that we're doing this on our own. Anonymity gives credit where credit is due, to an Ultimate Authority as it may express itself in the Conscience Of Our Groups.

**In This Moment:** we will remain Humble, by remaining nameless, we will recognize that we're part of a whole, and the whole is greater than the sum of its parts.

February 24

"Personality change was what we really needed. Change from a self-destructing to a self-affirming pattern of living was imperative."

Gray Book, p. 25 (Chapter Three, Lines 18-20)

Living in active addiction we warped our thinking. Our personalities took a strange twist. Our defects saved our lives because they enabled us to use, and we used to live. These emotional twists affected us at a deep level unbeknownst to us. In fact, we were sometimes the last to know that we had a problem. Denial and self-centeredness protected us from seeing the reality of what our lives had become. Since Spirituality is the right Relationship with reality, we had none. Our Basic Text says, "Living skills were reduced to the animal level. Our Spirit was broken. The capacity to feel human was lost." Our character became defective, and our behaviors and attitudes just confirmed it. We were in survival mode, the people we once were, were swallowed up by our disease. Our conscience left soon after we refused to listen to it, and denial set in. The personalities that were formed only served one purpose, and that was to keep on using, at all costs. Narcotics Anonymous and working the Steps offered a transformation of the Heart, Body, Mind and Spirit. Our characters needed reconstruction; we needed God as we understood him to be the architect. Our Steps and Traditions are the Spiritual Tools needed for our blueprint for Living. Narcotics Anonymous offers the plan and the design for Living. We must Surrender to this Way Of Life, if we are to continue Living, not just existing, dying or suffering.

**In This Moment:** We will Surrender to this overhauling, of Character, Mind and Spirit. With the help of Narcotics Anonymous, our Sponsors, and our Higher Power.



1 February 25

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2 "It would be tragic mistake to have it all written down and  
3 then just shove it into a drawer."

4 Gray Book, p. 44 (Step Five, Lines 12-13)

5  
6 The Fourth Step in Narcotics Anonymous asks us to put  
7 pen on paper and write our Assets and liabilities. This  
8 fearless Self-Appraisal reveals what makes us tick. Through  
9 our writing we unlock feelings that were buried alive in  
10 our active addiction. The Fourth Step unlocks parts of us  
11 that we weren't conscious of. It also shows the patterns of  
12 living that were developed and needed for our drug use. Our  
13 liabilities were no longer needed in our New Way Of Life;  
14 they served their purpose in active addiction, but are no  
15 longer needed. Our inventory also revealed our Good Quali-  
16 ties, Assets that are tools we could use for this Way Of  
17 Life. Our resentments and anger toward people, places and  
18 things no longer hold us captive. The first Three Steps we  
19 get right with God, in the Fourth Step we start to get  
20 right with self. We are Free to Grow and reach another  
21 level of Surrender. We started experiencing Self-Ac-  
22 ceptance, and we were beginning to like ourselves. We began  
23 the removal and replacement process, out with the old in  
24 with the new. We invited the God Of Our Understanding to  
25 Guide us in our Process and we Prayed for Honesty. This act  
26 of Faith will be incomplete unless we share it with God,  
27 ourselves, and another human being. This brings us to the  
28 Fifth Step.

29  
30 **In This Moment:** We invite a Loving God into our Process, we  
31 ask for Strength and Courage to be able to look at our-  
32 selves and with God's help and our Actions we change.



February 26

"The Eighth Step is a mighty stride away from a life dominated by guilt and remorse."

Gray Book, p. 51 (Step Eight, Lines 14-16)

If God forgives us in the Seventh Step, then we have to forgive ourselves because we're not greater than God. The Eighth Step provides this Process, looking at our Fourth Step list is a start. At this point our list usually doubles because after doing a personal inventory we saw the exact nature of our wrongs and patterns. We were no longer victims, our Eighth Step reveals that we put ourselves in a position to be harmed by others. Defending ourselves, we harmed others; we were still at fault for being there. The lifestyles we lived in active addiction affected us at a deep level, we warped our personalities. No matter how much damage we caused others, we hurt ourselves the most at a deep level. The guilt and remorse caused self-hatred, so we used more drugs not to feel. The Eighth Step provides a way out, but we must change our old ways. Steps Four, Five, and Six forced us to look at ourselves, the results were that we gained Self-Acceptance. Where before we didn't have a choice, we have one now. Our Spirits awoke as a result of the prior Steps, we were given the tools to negotiate the next Step. In Step Seven our Hearts began to Recover, and we received Courage from our Higher Power along with Spiritual tools. God had forgiven us, so we had to forgive ourselves and others. This was a giant Step from the way we used to live. We developed Compassion as a result; we were able to finally see our part and sought to correct it. We made the list and became Willing. We now are actually preparing to be Willing to look for the people we had harmed. This is a mighty stride from the way we used to live, and we can't do it alone. We need our Sponsor's Guidance and Support and God's Power and Spirit.

**In This Moment:** We begin the Process of Forgiveness by God forgiving us, by forgiving ourselves, and by forgiving other people when they don't forgive us.

February 27

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"Through the freedom in our new lives we are finally able to see the special qualities that we possess as individuals..."

Gray Book, p. 161 (Chapter Ten, Lines 2-4)

In Narcotics Anonymous one of the people we will meet, will be ourselves. After hitting our bottoms, we weren't too happy to see what we have become. Now abstinent, we feel all our feelings, and most were guilt, shame, and remorse. Most of us didn't like ourselves, and now we get to face it. Living with ourselves without the use of drugs was even more painful. We no longer had the drugs to numb us. N.A. does not only offer abstinence from drugs, it also offers Freedom from the obsession to use. N.A. offers a New Way to Live through the Spiritual Awakening we experience from working and Living each Step and Tradition. This Awakening of the Spirit allows us to nurture the person we were meant to be all along. This process is over time and not overnight, at times our pain requires Total Surrender. There's Freedom contained in each Spiritual Principle. Freedom from active addiction, Freedom from self, Freedom from others, and Freedom from the world at large. We no longer need the masks; we no longer had to be the people others wanted us to be. We finally could be ourselves and be OK with that. We're a work in progress. We're still not the people God knows we could be. We're still not the person we want to be. We're the person we're supposed to be right here, right now. With the help of the God Of Our Understanding, our Sponsors, the Steps, Traditions and the Fellowship of N.A., this transformation is possible, Just For Today. We see ourselves realistically, with our liabilities and our assets. We Surrender to this process and receive Self-Acceptance, and Acceptance of others. We learn to Live in our own skins; we get glimpses of the people we could become. Today there's Hope.

**In This Moment:** We not only have Self-Acceptance, but we also Accept what we are Lacking and try to develop in that aspect. We also develop Compassion for ourselves and others.

February 28

"These principles for living will guide us in recovery when  
we learn how to use them."

**Gray Book, p. 148 (Chapter Nine, Lines 22-23)**

Chapter Two in our Basic Text states that, "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." What we knew when most of us arrived to Narcotics Anonymous, nearly killed us. The tools we had, were the tools of the disease. Although they helped us in our active addiction, they no longer were useful in our Recovery. Narcotics Anonymous offered us a new set of tools. These Spiritual Principles that were locked in the Steps and Traditions can only be accessed through practicing, Honesty, Open-Mindedness and the Willingness to try. Our Unconditional Surrender in the First Step left us in a state of submission. Developing smart feet by going to meetings was a Physical Act of Surrender. We were introduced to Honesty, by aligning our Actions with the Truth. We showed our Open-Mindedness by taking suggestions from members that were here before us. This Action and behavior made our Belief in a Power Greater Than Ourselves a Reality. It was the process of coming to believe that restored us to Sanity, as our obsession to use was lifted. The Hope that was evident in our Lives and in the Lives of others, propelled us into Action. This Action, when we took the Second Step, increased our Faith. We developed Trust in this Power and decided to let it Guide us, in all areas of our Lives, not just the stop using part. As we Recovered, the more we Uncovered and the more we Discovered. Although Spiritual Principles are simple in nature, we cannot do it by ourselves. We need a Sponsor, the Fellowship of Narcotics Anonymous and a God Of Our Own Understanding.

**In This Moment:** We will pick up the Spiritual tools laid at our feet. We will trade our old dying program, with a New Living Program.

1 February 29

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2 "It is very important to keep sharing with other people so  
3 that when we come up with a rationalization for negative  
4 behavior, we can be told about it. This highlights the pre-  
5 ventative part of the Tenth Step."

6 **Gray Book, p. 57 (Step Ten, Lines 19-22)**

7  
8 At times even Clean we can get lost in our addiction.  
9 The 12 Steps of Narcotics Anonymous are often referred to  
10 as a roadmap to the God Of Our Own Understanding. We must  
11 remain Vigilant on this path, so God can get us to where He  
12 wants us to go. Our Grey Book reminds us Step Ten is a vac-  
13 cination against insanity on a continuing basis. The Steps  
14 are most beneficial when We share them with a fellow recov-  
15 ering N.A. member and the God Of Our Own Understanding. The  
16 same goes for our Tenth Step. We consider if we are doing  
17 our best? Are we staying honest? Are we still growing? Did  
18 we act out on a negative emotion? Are we slipping into old  
19 fears and resentments? We also cannot forget to Honestly  
20 appraise our achievements. What Spiritual Principles have  
21 we practiced? Where have we been successful? In sharing  
22 these things with another Member, we allow a Greater Power  
23 to work through Others to help us see through our own self-  
24 deceptions. We get Honest with ourselves and bring this Hu-  
25 mility to the God Of Our Own Understanding. God is ulti-  
26 mately responsible for changing us, but we are responsible  
27 for working a Living Program of Narcotics Anonymous.

28  
29 **In This Moment:** We share our thoughts, actions and reac-  
30 tions with others to allow God to show us the Truth by us-  
31 ing another Member as His instrument.

March 1	1
"The only price is to quit fighting, surrender quietly and	2
let the God of our own understanding take care of us."	3
Gray Book, p. 40 (Step Three, Lines 4-6)	4
	5
Our Third Step asks us to make a Decision, unlike the	6
First Step where we were physically, mentally and spiritu-	7
ally beaten into submission, by others or the drugs them-	8
selves. This Decision is made by our desire to want this	9
Way Of Life. This Decision is made more from our Hearts	10
than our minds. We stopped fighting everyone and every-	11
thing; we realized the fight was fixed. We first Surren-	12
dered to the disease, and then we Surrendered to the Pro-	13
gram of Narcotics Anonymous. We Surrender to Win; we walk	14
over to the winning side. The initial Surrender in the	15
First Step is what makes our Recovery possible. Our Surren-	16
der is ongoing and renewed every day; there's no substitute	17
for our Surrender. Knowledge and Willingness cannot replace	18
Action. We must work the Steps or suffer the wrath of our	19
disease. Hope replaces desperation and Faith replaces fear.	20
Faith manifests into other Spiritual Principles. As we see	21
the Program work in the Lives of others, we begin to see it	22
evident in our Lives as well. As our Spirits Awaken, More	23
is Revealed, our Path continues to light up, and we can go	24
further. With members on both sides, we're able to stay in	25
the center of the circle of our Program and not fall off.	26
The God Of Our Understanding will manifest itself through	27
others. God works with numbers, one member helping another	28
creating a link which acts as our life line. We've paid	29
enough for our admission to stay. Our only price is Surren-	30
der.	31
	32
<b>In This Moment:</b> We Surrender to Win, when we stop resist-	33
ing, the process of Surrender begins. Have no fear; Our	34
Higher Power will take care of us.	35

1 March 2

---

2 "Success was scary and unfamiliar."

3 Gray Book, p. 25 (Chapter Three, Line 2)

4  
5 As our disease progressed, our focus was in finding  
6 ways and the means to keep using. Our families took a  
7 backseat; we failed in our jobs and our ambitions. Our  
8 dreams and aspirations gave way to our drugs and that life-  
9 style. We kept using despite the wreckage; our denial grew,  
10 and we accepted our demise. We had no success in life, and  
11 the drugs turned against us, we couldn't even use success-  
12 fully. We sought help, or we were mandated for help in the  
13 areas of jails, psychiatry, religion and medication. All  
14 these methods failed for us; ours was a Spiritual problem,  
15 not a medical or moral one. Arriving at Narcotics Anony-  
16 mous, we were told that each day we didn't use was a Suc-  
17 cessful day. Finally, with the Help of N.A. and the Fellow-  
18 ship, we felt that we also can have a Successful day. Our  
19 fears were still dominating our thoughts and feelings. We  
20 were waiting for the other shoe to drop off. Our doomsday  
21 feelings slowly changed, when we found a Power Greater than  
22 ourselves in the Second Step. We had a choice; we didn't  
23 have to use, if we turned our Will and Lives over to the  
24 Care of a Higher Power in the Third Step. With each Step  
25 our Spirit Awakened, we were participating in our own  
26 Lives. We got better with the things around us, and we  
27 started to Grow. We changed from hopeless cases, to Hopeful  
28 members of N.A. and society as a whole. With each day that  
29 comes our Hope is renewed. Success for us, means that we  
30 don't have to use, Just For Today. It means that we have a  
31 Relationship with our new-found friends in N.A. We're  
32 Grateful that it's possible to have a Loving Relationship  
33 with the God Of Our Own Understanding, friends and fami-  
34 lies. We no longer view the world as a hostile environment.  
35 We become employable and/or self-supporting. We start to  
36 Care and Share this Gift with others. We do Recover and  
37 Surrender to the Principles of Narcotics Anonymous and the  
38 God Of Our Understanding.

39  
40 **In This Moment:** We are a Success in our own right. Each day  
41 that we don't use, we are a Success.



March 3	1
"There will be times, however, when we really feel like	2
getting off... That is when we need the Fellowship most."	3
Gray Book, p. 126 (Chapter Seven, Lines 3-6)	4
	5
Our first Eleven Steps start with the word "We". It's	6
a We Program, because we can't do it alone. We suffer from	7
a disease which its base is isolation. At the end of our	8
road, we suffered from the horrors of addiction, and we hit	9
our bottoms. Since the Ultimate Weapon against the disease	10
is the Recovering addict, we need each other. The We(s)	11
stay clean, and the I(s) get high. Meeting attendance and	12
Fellowshipping is the antidote for isolation. An addict	13
alone is bad company, so we need each other. We learn to	14
depend on each other to save our Lives; Together We Can. We	15
establish a Relationship with our Higher Power and Learn to	16
have a Conscious Contact with that Power. In time of need	17
when everyone else is unreachable, our Higher Power can be	18
accessible. We develop a support group and use the phone as	19
a Tool. When we feel like using, picking up the phone and	20
calling another Recovering addict will be a great Tool. We	21
have to recognize when our Spiritual relapse has its begin-	22
ning. We apply the Tools we learn in Narcotics Anonymous	23
and the Recovery process starts again. We call our Spon-	24
sors, We read the Literature, We Pray to the God Of Our Un-	25
derstanding, and We attend Meetings. These are the Tools we	26
apply on a daily basis to prevent isolation from setting	27
in. We renew our Commitment to our Recovery, and it works,	28
Just For Today.	29
	30
<b>In This Moment:</b> We can Recover Together, We will use the	31
Fellowship and Our Higher Power and not isolate.	32



1 March 4

---

2 "When we take the action indicated in the steps, the result  
3 is a healing of our distorted personalities."

4 Gray Book, p. 142 (Chapter Eight, Lines 16-18)

5  
6 For many of us, drugs were the solution; we used drugs  
7 to mask our feelings. The drugs helped us survive our emo-  
8 tions. As we progressed in our addiction, we no longer were  
9 using drugs; the drugs were using us. The more we used, the  
10 more we had to use, it was no longer a choice, the drugs  
11 were in control. We lost our Relationship with Reality, our  
12 Spirits went to sleep with each use. We had to use at all  
13 costs, despite the evidence of the wreckage we were creat-  
14 ing. We failed to see the harm we were causing to others,  
15 more than that, we failed to see the harm that we were  
16 causing to ourselves. Our Literature says, "We did many  
17 people great harm but most of all we harmed ourselves." Our  
18 character defects that were needed to keep using were actu-  
19 ally causing harm to us at a deep level. We were no longer  
20 the people we were created to be. As the disease pro-  
21 gressed, it gained more and more territory. Who we really  
22 were had began to disappear. Arriving at the doorstep of  
23 Narcotics Anonymous, we met a special group of people who,  
24 like us, visited the same horrors of addiction. Today they  
25 were Free and Shared with us a Solution that was Spiritual  
26 in nature. Through their Freedom we gained Hope. We felt if  
27 they can do it, we could do it. First, there needs to be a  
28 demolition process, out with the old, in with the New. We  
29 no longer needed our old survival skills. We found they  
30 were useless in this New Way Of Life. Working with a Spon-  
31 sor and a Power Greater Than Ourselves, we use the Steps to  
32 make this transformation a reality. Each and every Step re-  
33 sulted in the Awakening of our Spirits. We do Recover from  
34 a hopeless state. Together we build our new personalities  
35 with the Spiritual Principles of N.A.

36  
37 **In This Moment:** We can heal from the inside out, as we Sur-  
38 render to the many possibilities, we are set Free.

March 5	1
"Whenever a situation arises for us to admit our powerlessness, we first look for ways to exert power against it. Exhausting these ways, we begin sharing with others and find hope."	2 3 4 5
Gray Book, p. 128 (Chapter Seven, Lines 12-15)	6 7
Our Literature says that, "We have never seen a person relapse who lives the Narcotics Anonymous program." However, our greatest stumbling blocks come from ourselves. When we Admit our powerlessness over our addiction in the First Step, we have to take into account that others around us may not have. Expectations of ourselves and others could have a bearing on our Serenity. We will try countless times to exert control over others, or the outcomes of certain situations. After beating our heads against a wall, we Surrender. The reality is that though we in Narcotics Anonymous suffer from the same disease, we suffer at different levels of the disease and Recover at different levels. The people outside the Program may not be aware of any Principles at all themselves. In this matter, we are powerless, but our Higher Power does have the Power, if we ask. We ask for Patience, Tolerance and Compassion, for ourselves as well as others. We also Share our expectations and disappointments with others. We find that we might have been unrealistic in our thinking. We strive for Adequacy and not perfection. Being wrong keeps us Humble, because we have to ask for Help. We are reminded that we are not really doing this by ourselves. Anonymity means that we don't take credit for our Recovery. We are on this Journey with the God Of Our Understanding and others in and out of the Fellowship. We find Hope when others Share with us their experience. Once again we confirm that we're not unique, and we're not alone. We once again feel whole, and part of a whole. The "S" in H.A.L.T.S. don't take yourself too Seriously becomes a Reality.	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36
In This Moment: We Surrender first, then we do God's Will for us, then we turn it over for the results.	37 38 39

1 March 6

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2 "For a time it was pleasurable, at least in the early  
3 stages of addiction."

4 Gray Book, p. 37 (Step Three, Lines 17-18)

5  
6 Early on drugs were pleasurable, otherwise why would  
7 we use them? The problem was that after a while the eupho-  
8 ria that drugs first gave us, that feeling that all is  
9 well, wore off. Drugs were just causing us more pain, but  
10 at this point, we couldn't stop. Drugs were now using us,  
11 they took us to places we've never been before, and made us  
12 do things we never would have done. We were powerless over  
13 what the drugs did to us. Our life and our feelings also  
14 became unmanageable. As our disease progressed, we had to  
15 use more. Nothing or no one could fill our void, we were in  
16 the grip of our disease. There was no way out, until we ar-  
17 rived at Narcotics Anonymous. Here, through Practicing the  
18 Spiritual Principles of the Steps, we found a new euphoria.  
19 This one was Spiritual. Learning to Apply Spiritual Princi-  
20 ples, we got what we always wanted, Peace of Mind. We  
21 started to feel comfortable in our own skin. As we Live the  
22 Steps and Traditions, we gain Freedom from self, others,  
23 and the World at Large. We develop a Relationship with the  
24 God Of Our Understanding, we Grow Spiritually, for once we  
25 feel Whole. Since relapse is also a process, we must con-  
26 tinue to work on a Living Program. We must continue to give  
27 away what was so Freely, given to us.

28  
29 **In This Moment:** We will find the euphoria we found in  
30 drugs, here in Narcotics Anonymous, through our newfound  
31 Spirituality.

March 7	1
"We usually fall into the mode of the hero, and when this	2
happens, our self-centeredness eats us alive and we can	3
die."	4
Gray Book, p. 56 (Step Ten, Lines 22-24)	5
	6
Anonymity is one of the most important Spiritual Prin-	7
ciples in Narcotics Anonymous. It's so Important that it is	8
the Spiritual Foundation of all our Traditions. It's also	9
one of the first Principles we experience when we first ar-	10
rive to Narcotics Anonymous and when we first start working	11
Steps. From the beginning we Learn that there are no	12
bosses, no big I(s) or little you(s). Our only requirement	13
for membership is a desire to stop using. All the Steps	14
have WE in it, reminding us that We don't do it alone. Tak-	15
ing Daily Inventory shows us our Assets and liabilities.	16
The Steps keep us in a Humble state because we're con-	17
stantly asking for Help from our Sponsors, the Fellowship,	18
and our Higher Power. Recovery in Narcotics Anonymous is	19
not about feeling good, at one point the drugs did that for	20
us. One of our members wrote, "What I think and how I feel	21
doesn't define my Recovery, most often that defines my dis-	22
ease. What I do, taking Positive Action, Practicing Spir-	23
itual Principles to the best of my ability is what defines	24
my Recovery." Ego tells us we don't have an ego, so we have	25
to be careful about falling into traps and pitfalls that	26
are not conducive to our Recovery. Focusing on self after a	27
while, has to be replaced with getting out of self, by	28
working with others. Selfless Service means just that, we	29
serve without any recognition or material reward. We keep	30
what we have by giving it away. We give away what was so	31
Freely and Lovingly, given to us. Our Gray Book says, "All	32
glory to God as we understand Him is our attitude here."	33
"...remember that God, not us, is responsible for our	34
change."	35
	36
<b>In This Moment:</b> We remember to give credit where credit is	37
due, we can't forget that we are alive today, only because	38
of God's Grace.	39

1 March 8

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2 "They have kept us from situations we couldn't handle be-  
3 fore we found the program and a source of power."

4 Gray Book, p. 46 (Step Six, Lines 29-31)

5  
6 Defects have been called the tools of the disease.  
7 From our self-centered fear stemmed most of our character  
8 defects. We needed these defects to continue our using. We  
9 were always afraid of losing something we had, or afraid of  
10 not getting something we wanted. Fear seemed to always dom-  
11 inate our lives. Coming to Narcotics Anonymous, we were Of-  
12 fered a New Way Of Living. This Way Of Life Offers Absti-  
13 nence, it offers Freedom from obsession and a New Way To  
14 Live. The Steps Free us from the drugs, then it Frees us  
15 from the self-imposed prisons that we created for our-  
16 selves. The Hope we received, resulted in Faith in a Power  
17 Greater Than Ourselves. Our fears lessened as we Trusted  
18 our thinking and Actions to this Power. As our Faith in-  
19 creased, we began to Trust the Spiritual Principles. Prac-  
20 ticing the Principles resulted in Growth. Practicing de-  
21 fects resulted in pain and no Growth. These old tools are  
22 no longer needed in Recovery. Today we have a Fellowship, a  
23 Program, and a God Of Our Own Understanding, to Guide and  
24 Protect us from us. Some defects are human traits gone  
25 astray, being human we will act out on a defect, that's  
26 when it becomes a shortcoming. That's when we need our  
27 Higher Power to give us the Strength to act according to  
28 His Will. We use the Spiritual Tool Kit we were given, and  
29 our defects get minimized. Getting Glimpses of what we  
30 could become without our defects, gives us Hope. We go on  
31 and ask God to help us with our shortcomings.

32  
33 **In This Moment:** We'll strive for Adequacy and not perfec-  
34 tion, we will Trust the Process and allow it to work.

March 9	1
"Everyone has situations; we have tended to make them problems, like making a mountain out of a mole hill."	2
Gray Book, p. 138 (Chapter Eight, Lines 12-14)	3
	4
	5
They say that addicts can climb mountains, but trip over pebbles. In our using lives we were dominated by fear, partially because of the results of our actions. We lived exaggerated lives, and we couldn't live life without mentally escaping. Our coping skills were never developed after we had started using, so everything became a big deal. In our active addiction we accomplished difficult tasks just to keep using. It was the simple day to day living that we had trouble with, so we used more drugs. In our Recovery we Learned about powerlessness. We were told not to project and stay In The Moment. We Learned to Trust our Higher Power to not give us more than we could handle. As Recovering addicts, it's the little things that we feel we can control that causes us fear and uncertainty. It's the big stuff in our Lives that we know we are powerless over that we don't worry about, so we Let Go. It's the small stuff, the pebbles in our Lives, where our Faith lacks. That's because we thought we were in control in the first place. In Narcotics Anonymous we Surrender everything to God, not just certain parts of our Lives. We Live Just For Today. The Basic Text says, "When we stop living in the here and now, our problems become magnified unreasonably." That's why we need each other. We learn to do the next right thing. We leave the results to the God Of Our Understanding.	6
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	31
<b>In This Moment:</b> We will Trust our Higher Power with the big stuff, as well as the small stuff in our Lives.	32
	33



1 March 10

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2 "They are our solutions. They have become our survival kit,  
3 for addiction is a deadly disease."

4 Gray Book, p. 30 (Chapter Four, Lines 15-16)

5  
6 Our Literature says, "...that working the steps is our  
7 best guarantee against a relapse." Abstinence for us is  
8 Life saving, but the only way, for us, to treat the disease  
9 of addiction is through working the Steps. Recovery in Nar-  
10 cotics Anonymous must be progressive because the disease of  
11 addiction is progressive. We're Granted a Daily Reprieve  
12 from having to use drugs. Our disease not only has to be  
13 arrested, but it also must be treated, otherwise, we will  
14 return to active use. Our Steps are the Solution. The First  
15 Step in Narcotics Anonymous does not solely focus on the  
16 symptom, which for us, are the drugs. It focuses on the ac-  
17 tual disease. We're not addicts because we use drugs, we  
18 use drugs because we're addicts. We arrest the disease in  
19 the First Step, then we relieve the obsession to use, which  
20 is the mental part of the disease in the Second Step. We  
21 find a God Of Our Understanding in the Third Step, which  
22 makes it possible for us to change and start to Recover.  
23 The rest of the Steps transform us from hopeless and suf-  
24 fering people, to Hopeful and Useful people. The Steps of  
25 Narcotics Anonymous are our Solution to a condition that  
26 left us in a devastating and deadly state. We finally can  
27 Live Happy, Joyous and Free, with ourselves and others. We  
28 can develop a Relationship with others and the God Of Our  
29 Understanding. Through the Steps we can clean up the wreck-  
30 age of our past, we can find a New Way To Live, and our fu-  
31 tures can be different. We share these Steps with other  
32 suffering addicts and with the World at Large.

33  
34 **In This Moment:** We will utilize the tools laid before us.  
35 We will not forget that our disease is progressive and fa-  
36 tal. Our Steps are our only Solution.

March 11

"It will not make better persons to judge the faults of another."

Gray Book, p. 51 (Step Eight, Lines 12-13)

We often hear that we need to clean our side of the street and not judge others. Our Inventory we make, is of ourselves. We see where we have been at fault, not where others harmed us. We find that we are usually at fault, even when we were hurt by others. Our addiction had put us in situations that we were in position of getting hurt by others. We were at fault for being there, and most likely we were there because of addiction/drugs. If we're not the problem, there's no Solution. It starts and ends with us, this is our Recovery and our Journey. Although we're not Responsible for our disease, we are Accountable. We must be willing to make Amends where ever we fell short. The Eighth Step relieves us of guilt, and it enables us to have Compassion and Forgiveness for others; as We and our Higher Power have for us. Our Literature tells us that, "This Step is a good test of our new found humility..." We must stay Humble to continue on this Journey. The searching for people we have harmed is a difficult task, and we must ask for Help from our Sponsors and from the God Of Our Understanding. Our Gray Book tells us, "We had to feel better internally before we could even bear to think about whom we had harmed and how we had harmed them, and exactly what was the way we perceived ourselves." Our personalities Heal, because we see the actual damage we did to ourselves. In Forgiving ourselves, we also Forgive others.

**In This Moment:** We will have the same Compassion and Patience we have with ourselves, with others.

1 March 12

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2 "Many times in our recovery the old bugaboos will haunt us.  
3 Life may again become meaningless, monotonous and boring."

4 **Gray Book, p. 119 (Chapter Seven, Header 2nd Line)**

5  
6 We hear over and over that it's a repetitious Program.  
7 Sometimes it can seem almost like a ritual, doing the same  
8 thing every day to get another day Clean. Living moment to  
9 moment, we can see that each day is different, filled with  
10 its own challenges, Growth and Blessings. It's the Journey  
11 and not the destination that we focus on. As addicts, we  
12 are given a second chance at Life. With Gratitude is how we  
13 keep moving forward. Our Gray Book says, "If we allow our-  
14 selves to stagnate and cling to our old ways of desperation  
15 and fear, our chances of a real and lasting recovery de-  
16 crease." So, we treat each day new, and we renew our Com-  
17 mitment to our Recovery Daily. We tap into our Higher Power  
18 every day. We ask this Power to Guide us in our Attitudes  
19 and Actions. With each Principle we Practice, our Spirits  
20 are refreshed. This Conscious Contact gives us the Power to  
21 carry out God's Will for us. Life takes on a new meaning,  
22 and we see our purpose. We become part of the whole, and we  
23 no longer feel isolated and alone. Our Hearts open like a  
24 flower in the sun, and we continue in the Recovery Process.  
25 Just For Today, we are new again.

26  
27 **In This Moment:** We will be Grateful for our Recovery. We  
28 Thank the God Of Our Understanding for the Strength we need  
29 to continue on this Journey.

March 13

"We have found that trying to help another addict is good  
for us whether the addict we try to help uses what we have  
to offer or not."

Gray Book, p. 19 (Chapter Two, Lines 27-29

Our Twelfth Step and our Fifth Tradition tell us that  
we Carry the Message to the addict who still suffers. An  
addict that is still using, most of the time, is not going  
to want what we have to offer. Our Basic Text tells us,  
"They can be analyzed, counseled, reasoned with, prayed  
over, threatened, beaten, locked up, or whatever, but they  
will not stop until they want to stop." What we do is Carry  
the Message that saved our Lives, and Hopefully that will  
fan the flames of desire for that suffering addict. Carry-  
ing our Message and Helping others, reinforces our Program,  
and we get to stay Clean another day. We don't get to  
choose who we Carry the Message to, we Carry the Message  
and God delivers it. We are seed planters, one of our  
Founding Members used to say. We don't know the season that  
the seed will Grow. We Carry the Message without any re-  
wards or expectations. Sometimes God will put people in our  
Lives without our choosing or permission; we may not even  
want to work with that person, but they keep calling us and  
want something from us. It is not always convenient or even  
pleasurable for us to work with certain people. Guess what,  
maybe it was God's Will for them, for us to be there. It's  
not about us; it's about God's Will for us or God's Will  
for that person. We are strictly instruments and vessels  
that the Higher Power uses to Help others. That's our main  
purpose, to stay Clean and Carry the N.A. Message of Recov-  
ery. Working with others seem to work also as an antidote  
to diseased thinking. With each Spiritual Awakening we keep  
the disease from claiming footage in our Lives. It's a WE  
Program.

**In This Moment:** We Carry the Message and God delivers it.  
We don't choose who it's delivered to. We just Carry it.

1 March 14

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2 "We examine in depth our relationships with people, places  
3 and situations asking ourselves what we have demanded of  
4 these relationships."

5 Gray Book, p. 42 (Step Four, Lines 26-28)

6  
7 Most of the time when we think about the Fourth Step,  
8 we think of our relationships with people. People are defi-  
9 nitely a major part of our Fourth Step. We also have to in-  
10 ventory our relationship with places and things. Some  
11 places we might want to include are, churches, schools,  
12 military, hospitals, and any other community structures and  
13 services. Have we acted out toward these places? Did we  
14 forge paperwork to get services we didn't need or qualify  
15 for? Have we stolen property from anyone of these places,  
16 or cause structural or any other kind of damage? Things  
17 that we might owe amends to can also be in forms of ideas.  
18 Have we created resentments with religious beliefs? Have we  
19 rebelled against society and therefore became a menace?  
20 Although some of these harms seem invisible to the eyes of  
21 those things, it did have an effect on our thinking, atti-  
22 tudes and behaviors. Our Literature tells us that most of  
23 all we harmed ourselves. In our active addiction we de-  
24 manded to be served or catered to, by services that are re-  
25 ally a privilege, rather than a right to have. Having the  
26 privilege to obtain a driver's license seems to be a common  
27 example of this right to entitlement, when it's really a  
28 Privilege. Resenting places because we were not hired or  
29 got fired by the establishment. Many of us held resentments  
30 against colleges and the military, and spoke against these  
31 places, when asked what we thought about them. One of our  
32 greatest resentments seem to be with God; this affected us  
33 the most. We need a Higher Power to Recover, and if we  
34 don't establish a relationship with one, we are surely  
35 doomed. We must go deep in our search.

36  
37 **In This Moment:** We will, with the Help of our Sponsors,  
38 N.A. and God, go in-depth in our inventories.

March 15

"The Fellowship, after a meeting, is a good opportunity to share things we didn't get to discuss at the meeting."

**Gray Book, p. 148 (Chapter Nine, Lines 14-15)**

"Come early, stay late" was one of the sayings we first heard. It was suggested that we join the 20/20 club. That meant to come twenty minutes before the meeting starts and stay twenty minutes after the meeting ends. How about those late-night meetings at the diner, until the wee hours in the morning. As we think back to our beginnings, we can recall that they were some of the most revealing moments in our Recovery. We got to discuss some high points of the meeting, sometimes we asked questions about things we didn't understand. Some of us even got the opportunity to choose a Sponsor, as we saw how some members interacted in public. Some of us were embarrassed because another member offered to buy us food. We didn't want to admit we didn't have money. We shared jokes and were able to laugh at ourselves. Sometimes there were functions and N.A. events that forced us to socialize with one another, without the safety and structure of the meeting. These were opportunities for us to get out of isolation and learn how to interact with each other without the use of drugs. We were Accepted by those who, like us, experienced the same thing when they were new. We felt welcome, perhaps, for the first time we felt unconditional love. The members that have been around before us, didn't want anything from us, and that felt strange. We began to feel the WE of the Program, the Fellowship part. Our walls began to fall, we began to feel Accepted, we began to feel Loved. In Narcotics Anonymous we will Love you, until you learn to Love yourself. Our diversity gives us the Opportunity to come in contact with people that we wouldn't necessarily have gotten high with. For the first time in a long time, we didn't feel alone.

**In This Moment:** We will arrive 20 minutes before the meeting and stay 20 minutes after the meeting and become part of the 20/20 club.



1 March 16

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2 "We take the Fourth Step to gain the necessary strength and  
3 insight to enable us to grow in this new way of life."

4 Gray Book, p. 40-41 (Step Four, Lines 29-1)

5  
6 For many us taking the Fourth Step was frightening, we  
7 feared what we might have to find out about ourselves. This  
8 Step mentions a fearless inventory, not a fearful one. That  
9 was the purpose of the first Three Steps; to gain the Faith  
10 that the Higher Power we met in those Steps would be with  
11 us now, and Guide us in this endeavor. The word moral con-  
12 fused many of us. We thought surely there would be nothing  
13 moral about our characters in our using past. This is not a  
14 question of us being good or bad; it's a question of behav-  
15 ior patterns that no longer are useful in this Way Of Life.  
16 There are also qualities we wish to enhance because no one  
17 of us is all good or all bad. Like the grocer our Litera-  
18 ture mentions, separating the rotten fruit from the good  
19 fruit and throwing out the bad fruit. Our bad fruits were  
20 the result of nonspiritual principles we needed for active  
21 addiction. They were our survival skills, and many of them  
22 saved our Lives, for that moment. In Narcotics Anonymous we  
23 are doing more than existing and surviving. We are finally  
24 Living a life beyond our wildest dreams. Part of this pro-  
25 cess is us looking at ourselves with a Recovery mirror. We  
26 look at ourselves with Compassion and Understanding. We  
27 learn how to separate ourselves from our diseased self. We  
28 start to become Accountable in this Step; we look at our  
29 side of the street and pick up the broom. We write our re-  
30 sentments, our fears and misconduct. We write how these de-  
31 fects affected us; and those around us. We write about the  
32 time before we used drugs, and about the people we were;  
33 and would have become, if it weren't for the progression of  
34 the disease. The information that's revealed to us in this  
35 Step prepares us for the following Steps. We start to  
36 Awaken to a Life filled with New Possibilities.

37  
38 **In This Moment:** We will view the Fourth Step as an Act of  
39 Love, not an act of fear.

March 17

"It is not shameful to relapse. The real shame is in not coming back."

Gray Book, p. 130 (Chapter Seven, Lines 32-33)

Relapse is not part of Recovery; it's a lack of it. Our Literature tells us that relapse is never an accident, but it is a reality, and it does happen. Relapse is a result of not working our Program, or being complacent after long periods of Abstinence. Our Basic Text says, "If we remain complacent for long, the recovery process ceases." By not working the Program, we are actually reserving a place for the relapse process to begin. At any given day we are walking toward a drug or away from it. It's our actions that determine whether we are arresting our disease, or arresting our Recovery. We suffer from a fatal, progressive disease, from which there is no known cure. Our Literature also says that, "We have never seen a person who lives the Narcotics Anonymous Program relapse." The last thing we do in the relapse process is use drugs. We can actually safeguard against the relapse process by recognizing its beginning. Spiritually we stop asking our Higher Power for Guidance and Strength. We stop Praying and Meditating as much. We begin to dislike the other humans around us. We begin to lose Patience and Tolerance in our everyday activities. We then start reacting instead of acting. Meanwhile, our meeting attendance lessens. We start disliking ourselves and operate on our own self-will, our Hope starts to leave us, and we question our powerlessness. Some of us are lucky to return; some of us die in active addiction. Our Literature says that we should return as soon as possible, otherwise we can be gone beyond recall. Our egos tell us we should be ashamed, and we would be criticized or judged if we come back. Those of us that are lucky enough to come back, show a Courage that's not of our own.

**In This Moment:** We will continue in the Recovery process; we will stay, so we don't have to come back.

1 March 18

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2 "As we went to meetings regularly, we also learned the  
3 basic value of talking to other addicts who shared our  
4 problems and goals."

5 Gray Book, p. 79 (Chapter Five, Lines 30-32)

6  
7 Our Literature states that the Ultimate Weapon for Re-  
8 covery is the Recovering addict. There's therapeutic value  
9 in one addict Helping another, both benefit from Sharing  
10 with each other. Going to meetings really works, that's  
11 where Recovery happens. We Carry Our Message, when we Share  
12 our problems and the Solution. Attending meetings is our  
13 Physical act of Surrender. Sharing our Recovery with other  
14 members, enforces ours even more. Our Higher Power mani-  
15 fests itself as we tap into this Power at the meetings.  
16 Meeting Makers Make It, only if they Apply what they hear  
17 at the meetings. We have to continue taking the sugges-  
18 tions, no matter how long we've been coming around. Two  
19 things happen in meetings, someone Carries the Message and  
20 someone Listens to the Message. We never know where that  
21 Message is going to come from. We have to be Physically,  
22 Mentally and Spiritually present for Recovery to happen.  
23 Since one addict Helping another is without parallel, there  
24 are no exterior motives when we Share or ask for Help. When  
25 it comes to our stories, there's nothing new under the sun.  
26 Somewhere, somehow, someone has gone through what we're go-  
27 ing through, and they can share how they remain Clean and  
28 felt Hope. In turn, we Help others when we have been  
29 through what they're going through. We offer what worked  
30 for us and we Share Hope. We first have to remember, if we  
31 are not the problem, there is no Solution. Making meetings  
32 is our First Step.

33  
34 **In This Moment:** We will Surrender Physically by going to  
35 meetings. We will not only share our problems, but also our  
36 Solutions.

March 19

"Our experience is that those who begin sharing innermost feelings, emotions and thoughts with other recovering addicts, rather than giving a drug history, tend to make more rapid growth."

Gray Book, p. 68 (Step Twelve, Lines 18-21)

Learn to Listen, Listen to Learn, that was a saying we used to hear, when we first came in. That basically meant to stay quiet and listen, or we were told to take the cotton out of our ears and put it in our mouths. That was another way of saying to listen to the message of Recovery in Narcotics Anonymous. It was suggested to Identify and not compare with people's stories. Narcotics Anonymous is a Recovery Program, not a drug program. Our main problem is the disease of addiction. Drugs were just the symptom; it was just ten percent of the real problem. The tip of the iceberg as some would say. So our Solution has to be a deep Spiritual Resolution, take away the drugs and you still have untreated addiction. We share with each other our innermost selves. We Share about our feelings, emotions, thoughts, fears, and our Hopes. We focus on the Solution, which is Recovery and not our war stories, which is the problem. We Share the message of Hope and the promise of Freedom. This allows the Process of Identification and Empathy to begin in others. This is of therapeutic value, when we see the up and down nods of other members heads, and it wasn't the drugs, LOL. This sign of approval and Identification is a form of Acceptance; we finally felt at home. For the first time in a long time, we are part of something Whole. Our Spirits are moved and begin to Awaken; this happens at a subconscious level. We tap into a Power Greater Than Ourselves, and our obsessions about using are removed or at least subsided. Either way, we lose the desire to use and find a New Way Of Life without the use of drugs. We experience our Message, and this is what we Share. We share the Message, not the mess. That's one of the strange paradoxes in our Program; we have to give what was Freely given to us, in order to keep it. We now know that our pain of our using is used as a Stepping Stone to our Spirituality.

**In This Moment:** We share the ten percent, for Identification purposes. We share the Hope, for Recovery purposes.

1 March 20

---

2 "We had no trouble admitting that addiction had become a  
3 destructive power greater than ourselves."

4 Gray Book, p. 35 (Step Two, Lines 34-35)

5  
6 By the time most of us arrived at Narcotics Anonymous,  
7 we were helpless and hopeless; there was very little that  
8 we believed in. What we believed in only caused us more  
9 hopelessness. We had little trouble believing that some  
10 force of destruction was in control of our lives. Clearing  
11 up a little, we saw the trail of wreckage we were leaving  
12 behind, while using drugs. Deep down inside we suspected we  
13 weren't the people we once were, or taught to be, by our  
14 parents or guardians. We finally saw the ugly side of ad-  
15 diction, and we wanted out. The first thing we had to do  
16 was stop using drugs. At this point we were left with the  
17 pain of living without drugs. Our Second Step tells us that  
18 this pain forces us to seek a Power Greater Than Ourselves,  
19 to help us with our obsession to use. Some of us knew that  
20 if there was a destructive power, there had to be a con-  
21 structive one. With an Open Mind we were Willing to do  
22 whatever it took to seek this relief. It was the Process Of  
23 Coming To Believe, that restored us to Sanity from the ob-  
24 session to use drugs. It was the actions we took; making  
25 meetings, talking to other members after the meeting, read-  
26 ing the Literature, joining a Home Group, and asking some-  
27 one to be our Sponsor to Guide us through the Steps. We  
28 took a Commitment in the form of service. This process  
29 leads us to tap into this Power Greater Than Ourselves.  
30 This is the process we use to fill the void the drugs left  
31 behind. We will need this Power to start on this Road of  
32 Recovery. We can call on this Power for Strength and Hope.  
33 Our actions produce Faith and Faith becomes the turning  
34 point of our Lives.

35

36 **In This Moment:** We will remain open to a Loving, Caring and  
37 Constructive Power, that makes our Recovery possible.

March 21	1
"Our addiction involved more than drug use. It aggravated	2
our character defects and reinforced personality disorders."	3
	4
Gray Book, p. 5 (Chapter One, Lines 3-4)	5
	6
Our Basic Text tells us that our disease involves much	7
more than using. The using of drugs was just the symptom of	8
a much deeper problem. The disease of addiction is a Soul	9
and Spiritual malady that shapes and twists our character,	10
attitudes and behaviors. We use to Live and Live to use.	11
Our whole mind, soul and being was centered in drugs, in	12
one form or another. This lifestyle forced our natural in-	13
stincts to go astray. Our assets became defects. Our de-	14
fects became the tools of our disease, they saved our	15
lives, and we needed them to continue using. Now in this	16
Way Of Life, in Narcotics Anonymous, these tools are use-	17
less, they don't work in this New Way Of Life. Our defects	18
of character are causing us more pain in Recovery, and we	19
no longer have the drugs to medicate. We reach a point	20
where we couldn't live without the use of drugs either. The	21
Steps are designed for the transformation necessary to con-	22
tinue to Live Clean and Serene. This transformation of our	23
Personalities, Mind and Spirit will be responsible for our	24
Spiritual Awakening. We need to continue working the Pro-	25
gram long after Abstinence, if we are to continue to Re-	26
cover and remain drug free. We have a whole Fellowship to	27
Help us on this Journey. We have a Higher Power, which	28
makes all this possible.	29
	30
<b>In This Moment:</b> We will do more than just Abstain from	31
drugs, we will work on the Spiritual Awakening that results	32
in working and Living the Steps.	33



1 March 22

---

2 "In our addictions, we were dependent on people, places and  
3 things. We looked to them to support us and to supply the  
4 things we found lacking in ourselves."

5 Gray Book, p. 106 (Tradition Seven, Lines 16-18)

6  
7 As using addicts most of us were very selfish and  
8 self-centered, we looked for ways to continue our usage. We  
9 weren't Self-supporting when we used, we stole from others  
10 to support our habits, we robbed people of their time and  
11 needs. Some things were irreplaceable. We did many people  
12 great harm; we were always looking for hand outs. Even  
13 though we were isolated, the disease affected those around  
14 us. In Narcotics Anonymous we learn to stand on our own two  
15 feet, first as a Group, as a Fellowship, and finally on our  
16 own. Our Steps and Traditions teach us to contribute and  
17 Help others, in turn we Help ourselves. As a Fellowship, we  
18 are no longer a strain on society. As individuals, we be-  
19 come Productive Members of that society. We become givers  
20 and not takers, our actions are our Amends. We not only  
21 resolute and restore our past transgressions, we also re-  
22 solve them. We Live a different way today, we regard others  
23 first, then we regard ourselves. We are finally Self-sup-  
24 porting through our own contributions. As a Fellowship be-  
25 ing Self-supporting means we are no longer using people,  
26 places and things. We are under no one's and other's con-  
27 trol because we're not asking for anything from them. Our  
28 motives stem from Love and Compassion. We are part of some-  
29 thing Whole; our apathy becomes Empathy as we identify with  
30 others. We give of ourselves without reward or recognition.  
31 Most importantly we don't take credit for it. Our Spiritual  
32 Foundation Of Anonymity becomes our goal and Way Of Life.  
33 We now give of what we have in order to keep it. Addiction  
34 is a contradiction to Living. In Narcotics Anonymous we  
35 Practice to Live and to Let Live.

36  
37 **In This Moment:** We will depend on our Higher Power to sup-  
38 ply us with everything we need.

March 23

"We have to learn to maintain our new lives on a spiritually sound basis to insure our continued growth and recovery."

**Gray Book, p. 58 (Step Eleven, Lines 28-30)**

Our Program is a twenty-four hour Program, that means we are Granted a Daily Reprieve from our self-imposed life sentences, if we work the Steps and maintain Abstinence. Our Basic Text says that, "Recovery is an active change of our ideas and attitudes." This Process involves action, and an unlearning of our former lifestyle. Since we're powerless over our addiction, we need a Power stronger than the disease of addiction. We suffer from a Spiritual disease, so our Solution has to be Spiritual as well. In Narcotics Anonymous we are given a set of tools that Helps us negotiate the Path of Recovery. We are given a Fellowship, so we won't have to be alone. We are given a design for Living, with Steps and Traditions as a Blueprint and direction. Our Literature says that, "...no addict who has completely surrendered to this program has ever failed to find recovery." Our level of Surrender is measured by our Willingness to take action, but Willingness without action doesn't get us anywhere. Hope without action, turns to despair and the relapse process begins. We are Responsible for our Recovery and continued Growth. Recovery is an Uphill Journey, so we have to keep moving forward. Even if we're on the right track, we can still get run over because there's always another train coming. This is a We Program; we don't do this alone, and we only have to do it Just For Today. "Today, secure in the Love of the Fellowship, we can finally look another human being in the eye and be grateful for who we are."

**In This Moment:** We are given a set of Spiritual Principles, so simple that we can Practice them in our Daily Lives.

1 March 24

---

2 "...that we, too could find meaning and purpose in life,  
3 and that we could be rescued from insanity, depravity and  
4 death."

5 Gray Book, p. 33 (Step One, Lines 31-33)

6  
7 Our Message of Hope and the Promise of Freedom can  
8 only be described as a Divine Gift. Most of us suffered  
9 from the horrors of addiction before coming to Narcotics  
10 Anonymous. Our Basic Text tells us that we must Surrender  
11 to the disease of addiction because, "the fight is fixed."  
12 We then, Surrender to the Principles of Narcotics Anony-  
13 mous, this is our only Solution. In the past some of us  
14 thought we can stop on our own, despite all the evidence to  
15 the contrary, denial, substitution, rationalization, dere-  
16 liction, degradation and isolation. These are just a few  
17 results of our addiction; it's also progressive, incurable  
18 and fatal. However, there is Hope, after arriving in N.A.  
19 We join others, who like us, suffered from these horrors  
20 that our Spirits visited. N.A. offers us Freedom from ac-  
21 tive addiction and a New Way to Live, without the use of  
22 any drugs. Our replacement and Solution for this disease  
23 are the Spiritually Based Twelve Steps and Traditions of  
24 Narcotics Anonymous. These Spiritual Principles make the  
25 transformation of the Heart, Body, Mind and Spirit possi-  
26 ble. Yes, We Do Recover each day from that hopeless state.  
27 We Share this Gift with all that seek it, our Journey  
28 starts with Total Abstinence and Unconditional Surrender.

29  
30 **In This Moment:** We know that we too can Recover, and Live  
31 Happy, Joyous and Free, through Narcotics Anonymous.

March 25

---

"God consciousness fills the empty place inside that nothing ever could before."

**Gray Book, p. 145 (Chapter Nine, Lines 19-20)**

Our Second Step reminds us that only a Power Greater Than Ourselves, can fill the void left by the drugs. Drugs were our solution for a time, after the drugs stopped working, we were left with even a bigger void. We tried desperately to fill that void with people, places, things and even more drugs. Everything we tried failed us, some served as a temporary relief, but soon our desperation returned. In Narcotics Anonymous we learned that what we had, was a God shaped void. The only thing that could fill this God shaped void, was The God Of Our Understanding. Our complete Surrender must be followed by our Reliance on this Power. As our Faith increases we begin to feel our Higher Power's Presence in our Lives and Hopefully in everything we do. Our Awareness turns to God Consciousness as we have that Conscious Contact with this Power. We develop Trust through our Willingness as we work the Steps with our Sponsors. With each Awakening as a result of the Steps and Traditions, we Share this Gift with others, in order to keep it.

**In This Moment:** We will develop God Consciousness, by practicing Constant Conscious Contact with that Higher Power.

1 March 26

---

2 "All too many times, doctors who meant well, but did not  
3 know of our disease, enabled our addictions."

4 Gray Book, p. 10 (Chapter One, Lines 13-14)

5  
6 Step One reminds us that, "...we've tried countless  
7 other remedies--counselors, psychiatrists, hospitals, lov-  
8 ers, new towns, new jobs--everything we tried, failed."  
9 Ours is a Spiritual disease and since you can't treat a  
10 Spiritual disease with medicine, doctors can't help us with  
11 our Recovery. In fact, one of the most dangerous places for  
12 an addict to visit, is a doctor's office. Today's doctors  
13 take a ten-hour course in the disease of addiction. On the  
14 other hand, we have years of experience in the disease, and  
15 now we also have years of experience in the Solution. We  
16 are experts in our own Recovery. The Twelve Steps of Nar-  
17 cotics Anonymous are Spiritually Based; they are our Solu-  
18 tion to the torturous existence in active addiction. For  
19 some of us, Narcotics Anonymous was the last thing we  
20 tried, and the first thing that worked. This was the last  
21 house on the block for most of us. Abstinence from all  
22 drugs in order to Recover is a Principle Cornerstone of our  
23 Program; it's part of our Message. Clean Time is what we  
24 celebrate in our N.A. Birthday Celebrations, Recovery on  
25 the other hand can't be easily measured. We arrest the dis-  
26 ease and Recovery is then possible. Ours is a Daily Re-  
27 prievie, and that depends on our Spiritual Maintenance. Our  
28 Literature tells us that we "...must abstain from all drugs  
29 in order to Recover." We cannot Recover if our minds and  
30 bodies are clouded with drugs. Substituting one drug for  
31 another, releases our addiction all over again. Our Recov-  
32 ery is our Responsibility, not the doctors. Although we  
33 have no opinions on outside issues, Clean Time in Narcotics  
34 Anonymous is an inside issue. We respect professionals and  
35 what they do, and our Traditions protect us in what we do.

36

37 **In This Moment:** We're Responsible for our own Recovery; we  
38 leave medicine to the doctors and Recovery to Narcotics  
39 Anonymous.

March 27

"No one judges, stereotypes, or moralizes us."

Gray Book, p. 20 (Chapter Two, Line 23)

What a Blessing that we can walk into a Narcotics Anonymous meeting and no one will judge us. According to our Third Tradition, "The choice of membership rests with the individual." We are free to come and go as we please. Some of us came to our first meeting, tore up, from the feet up. We were Accepted the way we were, we were asked to keep coming back. With this reception most of us kept coming back. Coming back saved our Lives, we no longer felt alone, our isolation was coming to an end. After some time being Abstemious and working Steps, we noticed we might not feel as welcome as we once did; people got to know us and maybe our inventory was being taken. The same people that clapped and told us to keep coming back, were now judging and moralizing us. It doesn't matter how long we have been coming around, we all need to be Celebrated, not tolerated. Our Traditions protect us from each other, but some may not Live by Spiritual Principles. Although we're powerless over other's actions, we're not powerless over ours. We can continue to Greet each other like it's the first time we've met. We could show Compassion even if we don't feel it. We can do our part, we could continue if we choose to, hugging the members that we feel don't like us. Judging someone's defects is a defect, it's called self-righteousness. One of the Principles of our Third Tradition can be Equality; we all have a right to Recover. Practicing Principles before Personalities keep judgments from happening. Living the Steps and incorporating the Principles of our Traditions will serve as the Resolution. We have to start with self, if we're not the problem, there is no Solution.

**In This Moment:** We can do our part in Welcoming and continue to Welcome members. Every time we see them, we will act like it's our first time meeting them.



1 March 28

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2 "Step Four helps us see exactly what our problems are and  
3 shows us our strengths."

4 Gray Book, p. 40 (Step Four, Lines 12-13)

5  
6 We addicts are negative by nature; this is a result of  
7 our self-destructive wills in action. We lived in the dis-  
8 ease; our actions were a high risk act, with no safety net.  
9 When we fell, we fell hard. Living in this insanity leaves  
10 no Hope for Solutions. We became alienated and demoralized.  
11 When we took the Fourth Step, we were asked to take a Fear-  
12 less and Moral Inventory. Many of us thought "There's noth-  
13 ing moral about my Inventory!" We reviewed our first Three  
14 Steps with our Sponsors. We Prayed and Meditated to our  
15 Higher Power. The results were that our Faith Helped us  
16 separate ourselves from the disease. We did have morals and  
17 values that were instilled in us, when we were children. We  
18 were born with the Purity of Spirit; our quest now is to  
19 see how and why our Spirits closed and eventually went to  
20 sleep. We Face, Trace, Erase, Replace and Embrace in our  
21 Recovery Process. The self-appraisal in the Fourth Step is  
22 the Erase Process. In Step One we Face it. Steps Two and  
23 Three we Trace it. Step Four we Erase it. Steps Five through  
24 Seven we Replace it and Steps Eight through Twelve we Em-  
25 brace it. Each Step cannot work without the other, and none  
26 can work without the God Of Our Understanding and the Fel-  
27 lowship of Narcotics Anonymous. The defects were our sur-  
28 vival skills in active addiction; they are no longer effec-  
29 tive in our New Way Of Life. Pretty much like that grocer  
30 who separates the rotten fruit from the good fruit, we also  
31 separate what's useless in our New Lives. Step Four shows  
32 us our Assets, so we can develop them and use them to im-  
33 prove the Quality of our Relationships with God, Ourselves  
34 and Others. Remove and Replace are our tasks. We gain Cour-  
35 age and Faith from taking the previous Steps.

36  
37 **In This Moment:** We will look at the Fruits of this Step,  
38 then we will apply the Tools to get the Fruits.

March 29	1
"Our outlooks are so limited we can only see our immediate	2
wants and needs through a loving God."	3
Gray Book, p. 58 (Step Eleven, Lines 20-21)	4
	5
When we first arrive into Narcotics Anonymous our	6
yeses should have been noes and our noes should have been	7
yeses. Our will for us is usually the exact opposite of	8
God's Will for us. We fear if we turn our Will's and Lives	9
Over to the Care of a God Of Our Understanding, we will	10
miss out on something. Some of us don't want to give up	11
some behaviors and defects; like smoking, lusting, stealing	12
and misusing our sex powers. As we Live the Program we	13
start to Change, we start to take Care of ourselves. We	14
want to be Guided by Spiritual Principles; we want to be	15
Healthy. We want to have a job, pay bills, be Responsible,	16
and we don't want to spend our Lives by ourselves without a	17
mate. Some of us want to start a family. As we Grow in this	18
Program, we soon realize that the very things we want for	19
ourselves, God also wants for us. Finally, we see that	20
God's Will for us, becomes our will for ourselves. This	21
Growth happens when we work for it, there's pain and Sacri-	22
fice in our Surrender. The Gift in Living by Spiritual	23
Principles is so rewarding it cannot be measured, we get	24
Glimpses of a Life Free of some of these defects. This	25
gives us Hope, and we learn to Let Go and Let God. We be-	26
come a Vision Of Hope to others.	27
	28
<b>In This Moment:</b> We let go of our limited vision of our	29
Lives, we Learn to Trust The God Of Our Understanding to	30
take Care of us.	31

1 March 30

---

2 "Gradually, as we become more and more God-centered than  
3 self centered, our despair turns to hope."

4 Gray Book, p. 147 (Chapter Nine, Lines 4-5)

5  
6 Self-centeredness seems to be at the center of our  
7 disease, with self-centered fear at its core. For many of  
8 us fear is the chief activator of all defects, and it dis-  
9 guises itself in many forms. From it stems all forms and  
10 manifestations of the disease. Our whole life in active ad-  
11 diction was based in fear, and the results were always neg-  
12 ative and painful, for us and others. Our Third Step treats  
13 the self-centeredness, which is the third Spiritual fold of  
14 our disease. A Spiritual problem requires a Spiritual Solu-  
15 tion. As we work the Program and Steps of Narcotics Anony-  
16 mous our Spirits Awaken. We become more Aware of our sur-  
17 roundings and the World around us. We find that we're not  
18 the center of the universe, and our actions affect others,  
19 and the World around us. Our hopelessness turns to Hopeful-  
20 ness, we are no longer numb from the drugs. We start to  
21 feel everything, that's the good news and the bad news. Our  
22 Awareness opens the door to a Power Greater Than Ourselves,  
23 that can Help us in our Recovery. We become part of a  
24 Whole; the "I" becomes "WE", and it's the end of our isola-  
25 tion. We travel this Journey with others side by side. The  
26 God Of Our Understanding becomes our navigator; we're no  
27 longer alone. We have Surrendered to the disease, now we  
28 Surrender to Narcotics Anonymous and its Principles. One of  
29 our predecessors said, Spirituality is the right Relation-  
30 ship with Reality. As we continue being more God-centered,  
31 we become less self-centered. Our Spiritual Awakening be-  
32 comes progressive. We Practice these Principles in all our  
33 affairs, in our everyday activities, with all people.

34

35 **In This Moment:** We will get out of self by working with  
36 others, our Rewards will be of a Spiritual Nature.

March 31	1
"Through the freedom in our new lives we are finally able	2
to see the special qualities that we possess as individu-	3
als..."	4
Gray Book, p. 161 (Chapter Ten, Lines 2-4)	5
	6
Our Fifth Step tells us, "The masks have to go." Liv-	7
ing in active addiction we were always trying to hide the	8
people we were. We didn't like ourselves, that's a big rea-	9
son we used. Every time we got loaded, was to get out of	10
ourselves. Drugs made it bearable to live in our own skins.	11
However, when the euphoria of using wore off, we didn't	12
like who we had become either, so we used some more. At the	13
end, we felt that we couldn't live anymore with the drugs.	14
After arriving at Narcotics Anonymous and cleaning up, the	15
greater aspect was that we couldn't live without the drugs	16
either. Some of us went back to using, to the bitter ends,	17
jails, institutions, and death. Some of us stood and found	18
a New Way to Live. In Narcotics Anonymous the only thing we	19
have to change is everything. Working the Steps has been	20
described as the peeling of an onion, layer by layer. Even	21
though there's a lot of tears, there's also a lot of	22
growth. At the core of the onion is where our true Spirits	23
resides. Our Journey in Recovery is to go back, through our	24
inventories and recapture ourselves before our Spirits went	25
to sleep. With the help of God, Steps, Traditions and the	26
Fellowship our Spirits Awaken, and we are Nurtured. We are	27
Loved, until we learn to Love ourselves. First, we have to	28
unlearn who we think we are, and become who we really are.	29
We find that the True value is in being ourselves. Self-Ac-	30
ceptance is a process, and part of that process is also Ac-	31
cepting what we are lacking. We capitalize on our Assets	32
and Share these with others. We also acknowledged our lia-	33
bilities and Share those with God. As we learn to Accept	34
and Love ourselves, we learn to Accept and Love others.	35
	36
<b>In This Moment:</b> With the Help of our Higher Power and N.A.,	37
We will be the best that We can be. We will learn to Share	38
our True selves with others.	39

1 April 1

---

2 "We became very dependent on people to carry us emotionally  
3 through life. We were always left disappointed and hurt  
4 when they had other interests, other friends and loved  
5 ones."

6 Gray Book, p. 2 (Chapter One, Lines 12-15)

7  
8 Most addicts could not hit bottom as long as their en-  
9 ablers kept enabling them to use. Just like the Pirate who  
10 carefully and patiently builds the model of a ship inside a  
11 bottle, we addicts carefully and overtime built our lives  
12 inside of addiction. At the end of the road, we were stuck,  
13 we couldn't get out. Our greatest enablers, families,  
14 friends, employers, and landlords, began to be affected by  
15 our addiction. Our families loved us, but began to show  
16 tough Love. Our romantic partners wanted someone different  
17 as a partner, so they left us. Jobs that we were so loyal  
18 to, throughout our employment, were now finding other em-  
19 ployees to replace us. We couldn't help feeling betrayed,  
20 especially at our greatest time of need. We were Emotion-  
21 ally and Spiritually bankrupt and our denial was so thick  
22 that we couldn't understand why they were doing this to us.  
23 We didn't realize that we were sick, and we were doing this  
24 to ourselves. Our illusions like that bottle had to be  
25 shattered to begin the re-construction. We became hopeless  
26 and in desperation we sought help from each other in Nar-  
27 cotics Anonymous. After arriving to N.A. we were told that  
28 we suffered from a disease and not a moral dilemma. We were  
29 told that although we weren't responsible for having this  
30 disease, we were Accountable for our Actions and Responsi-  
31 ble for our Recovery. Learning to Live with Spiritual Prin-  
32 ciples we can now see the damage and wreckage we caused  
33 while we were using. Our resentments against our enablers  
34 turned to Gratitude. We saw the value in their Actions.  
35 Living the Steps, we are transformed to different people.  
36 We start to Build our ships outside of our addiction.

37

38 **In This Moment:** We will be Grateful for the people who no  
39 longer enable us and begin to make Amends to them all.

April 2 1

---

"We should never misrepresent what we offer even if by doing so we might be able to get a few more addicts to attend our meetings." 2  
3  
4

Gray Book, p. 114 (Tradition Eleven, Lines 7-9) 5  
6

Narcotics Anonymous offers but one Promise, Freedom 7  
from active addiction. The key word here is "offers", we 8  
have to do the work for that Promise to be Fulfilled. We 9  
have Faith in our Message just the way it is. We don't have 10  
to make false promises to promote Narcotics Anonymous. N.A. 11  
is not for everyone, and our Message is clear. An addict, 12  
any addict can stop using drugs, any drug; lose the obsession 13  
to use drugs, without the use of other drugs as a replacement 14  
and find a New Way Of Life, through the use of 15  
the 12 Spiritual Based Steps and Traditions of Narcotics 16  
Anonymous. Through working and Living the Spiritual Principles 17  
contained in the Steps and Traditions, we find a Power 18  
Greater Than Ourselves that makes our Recovery possible. 19  
What makes all this a Reality, is our cleanliness. Abstinence 20  
from all drugs is the cornerstone of our Program; it 21  
is our Freedom from active addiction. N.A. does not offer 22  
to get our families or our jobs back; if it did offer any 23  
of these things, our members would leave as soon as they 24  
got these things back. Or our members would leave if they 25  
didn't receive these things back. Our Gifts are Spiritual 26  
in nature and Manifest themselves throughout our Lives. Our 27  
Attraction is a drug free lifestyle, compounded with Living 28  
by Spiritual Principles. Our Program of Recovery leaves the 29  
sick person in a better condition than they were, before 30  
they got sick. Our Message is Hope and the Promise of Freedom. 31  
32  
33

**In This Moment:** We will not be distracted from our Primary 34  
Purpose, by offering anything other than our Pure, uncut 35  
Message of Narcotics Anonymous. 36



1 April 3

---

2 "The idea of a spiritual awakening takes many different  
3 forms in the many different personalities we find in the  
4 Fellowship."

5 Gray Book, p. 59 (Step Twelve, Lines 1-3)

6  
7 Active addiction smothered the Spirit we were born  
8 with, using drugs time after time forced our Spirits to go  
9 to sleep. What we needed was an Awakening of the Spirit.  
10 Our Step Twelve in Narcotics Anonymous states that this  
11 Awakening happens as a result of "those" Steps. The first  
12 thing we needed to do was to stop putting drugs in our bod-  
13 ies and minds. The pain of living without drugs, forces us  
14 to seek a Power Greater Than Ourselves, that can relieve  
15 our obsession to use. This was the first introduction of  
16 Spirituality to our disease. It was the first shake given  
17 to our sleeping Spirits. It was the beginning of our Spir-  
18 itual Awakening. This Process starts from the First Step  
19 on; we don't have to wait until Step Twelve for this expe-  
20 rience. We Awaken a little more every time we take and Live  
21 another Step. It may be different for each one of us. For  
22 some, Freedom from active addiction is an Awakening in and  
23 of itself. For some, our Awakening began when our obsession  
24 to use drugs was lifted. Some of us had a Spiritual experi-  
25 ence when we tapped into a Power Greater Than Ourselves for  
26 the first time. Some of us began to notice the end of iso-  
27 lation and felt this was an Awakening as well. We started  
28 to regain the Trust from those we knew, including our fami-  
29 lies or employers. Whatever the form of this Awakening, the  
30 common theme is that, "Life takes on a new meaning, a new  
31 joy, and a quality of being and feeling worthwhile. We be-  
32 come Spiritually refreshed and are glad to be alive." A  
33 Spiritual Awakening can be progressive, but we have to keep  
34 moving forward. Without being an active member in N.A. our  
35 Spirits can go back to sleep. We must Practice "these"  
36 Principles through the Traditions, in all of our affairs.

37  
38 **In This Moment:** We will be Grateful for each Awakening we  
39 receive from each Step. We will continue to Share the N.A.  
40 Message that we are Living, with others.

April 4

"It was conceivable in our addictive thinking that something would work for us without any work on our part. That was how the drugs worked."

Gray Book, p. 10 (Chapter One, Lines 29-32)

For most addicts, in the beginning of their addiction, drugs were the Solution. The effects of drugs took us out of ourselves. Drugs prevented us from looking at reality, and they numbed us. We could not survive our emotions, so we buried our feelings while we were high. When the euphoria wore off, we had no choice; we had to use. The more we used, the worse we felt. As our destruction progressed, we were forced to seek help. Many of us sought help through psychiatry, religion and medicine; all these methods failed to help us. Doctors gave us drugs, but that only made our problems worse. Some of us were looking for a magic potion that would fix us. It never occurred to us that our problem was Spiritual in nature, and that it required a Spiritual Solution, not a chemical solution. In Narcotics Anonymous, Recovery is possible only after we attain Complete and Total Abstinence. There is no easy way out. There is, however, a Simple way. The Spiritual Principles of Narcotics Anonymous are our Solution, but they require Action on our part. In active addiction we depended on the drugs to get us where we wanted to go. The drugs did most of the work. After coming to N.A., some of us still thought we could still depend on drugs to do the work. The pain of Living without drugs forces us to seek a Higher Power. Without this pain, there would be no need to seek a Higher Power. Addicts today are being given false hope from the medical field. They are offered a chemical solution to a Spiritual problem, the easy way out, an easier softer way. The problem is that drugs never worked for us, they only continue to let our disease progress. Narcotics Anonymous offers a drug free lifestyle, with Unlimited Growth.

**In This Moment:** We will use the Steps, not drugs, to achieve Freedom from active addiction.

1 April 5

---

2 "This program has given us a belief in a loving God that  
3 works through people."

4 Gray Book, p. 18 (Chapter Two, Lines 1-2)

5  
6 When we first walked into Narcotics Anonymous most of  
7 us were Greeted with a hug, we were welcome and were told  
8 to "Keep Coming Back." It's been a long time since anyone  
9 had told us to keep coming back to any place, especially  
10 toward the end of our using. As we heard members Share  
11 their stories, we couldn't help but feel that we weren't  
12 alone. They were actually telling our stories. Our Hearts  
13 started to feel the Principle of Empathy, that wordless  
14 language of Identification. We kept coming back, and we  
15 started to feel at home. Members were genuinely concerned  
16 about us; we felt the Love we haven't felt in a long time,  
17 or for some of us, have never felt at all. What we didn't  
18 know at that time is that we were feeling God's Presence  
19 manifesting itself through each member. We took suggestions  
20 and followed directions; we got a Commitment, joined a Home  
21 Group, and got a Sponsor; we were well on our way. We soon  
22 found out that it was a WE Program, and that we needed each  
23 other on this Journey. As we Worked and Lived the Steps  
24 with our Sponsors, we started to develop a Relationship  
25 with the God Of Our Understanding. We began to feel con-  
26 cerned for others. We Greeted newcomers at the door and  
27 treated them exactly the way we were treated when we first  
28 came in. We were beginning to see the Power of the WE of  
29 the Program. More importantly we knew the Source of this  
30 Power. We know now that God works through people. We had  
31 become vessels where this Power can manifest itself to Help  
32 others.

33

34 **In This Moment:** We will keep tapping into this Power, so we  
can continue being a Vessel to Help others.

April 6	1
"On the practical level, adjustment occurs because what is	2
appropriate to one phase of our growth may not fit an-	3
other."	4
Gray Book, p. 157 (Chapter Ten, Lines 6-7)	5
	6
Although the Spiritual Truths of our Program doesn't	7
change, the boundaries of Truths do. When we first come to	8
Narcotics Anonymous, our obvious problem is the drugs. Once	9
we Surrender to the disease and stop using, we find that we	10
have to Surrender to the Spiritual Principles of the Pro-	11
gram. After taking the First Step, we learned that the	12
drugs were just a symptom of the disease. We find that Ab-	13
stinence although necessary, is not enough. Another adjust-	14
ment to the Truth had to be made. We were told that we	15
weren't addicts because we used drugs, we used drugs be-	16
cause we're addicts. It wasn't the drugs or the behaviors	17
that made us addicts, it was the disease of addiction. We	18
were told by our Sponsors that the only thing we had to	19
change, was everything. When it was appropriate just to	20
stay Clean and not use, the Truth also expanded to treating	21
the disease with Spiritual Principles. After taking the	22
Steps, we now had to Live them. After working the Steps and	23
focusing on ourselves, we had to start to get out of our-	24
selves by Helping others. Our Basic Text says that, "Every-	25
thing we know is subject to revision, especially what we	26
know about the truth." Spiritual complacency can lead to	27
Spiritual relapse, and that could lead to physical relapse.	28
In Narcotics Anonymous, if we're not Growing, we're going.	29
Our Spiritual Awakening has to remain Progressive, if we	30
are to continue on this Spiritual Journey.	31
	32
<b>In This Moment:</b> We will continue making the adjustments for	33
our Spiritual Growth. We will remain Open for Change.	34

1 April 7

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2 "This mass of intensive firsthand experience with all kinds  
3 of problem drug users, in all phases of illness and recov-  
4 ery, is unparalleled in therapeutic value."

5 Gray Book, p. 16 (Chapter Two, Lines 31-33)

6  
7 Our identification as addicts is one of the most pow-  
8 erful tools we have in the Fellowship. It allows us the  
9 ability to show the newcomer our Acceptance over our dis-  
10 ease. It shows our Surrender to the Spiritual Principles of  
11 Narcotics Anonymous. This Surrender, in turn, gives the  
12 newcomer Hope that one day they also can come to terms with  
13 their own disease. Our identification as addicts is only  
14 possible if we stop the comparing of our stories or the  
15 drugs we used. Chapter Two in our Basic Text tells us that  
16 we're not interested in what drugs you used, or who your  
17 connections were. We really don't care what it was you did  
18 in your active addiction. We're not interested whether you  
19 had money or not, or how many material possessions you have  
20 or don't have. Our therapeutic value of one addict helping  
21 another starts with Empathy. This means that we feel the  
22 pain in your Heart. It's about meeting you in your state of  
23 hopelessness and bringing you Hope. Our firsthand experi-  
24 ence makes it possible for us to Help addicts. Neither doc-  
25 tors, religion, psychiatry, medicine, institutions or coun-  
26 selors can help us. We are the experts in our own Recovery,  
27 only we as addicts can reach and Help addicts. Together we  
28 can do for each other, which we find impossible to do for  
29 ourselves. Our common illness drove us together, our common  
30 Solution Unites us. Our Primary Purpose, to stay Clean and  
31 Carry This Message to the addict who still suffers, keeps  
32 us together. The Heart of N.A. beats when two addicts share  
33 their Recovery.

34  
35 **In This Moment:** We will Share a simple, Honest Message of  
36 Recovery from addiction, and give Freely what was so Freely  
37 given to us.

April 8	1
"We will know happiness, joy, and freedom. Life is not just	2
a glum lot."	3
Gray Book, p. 141 (Chapter Eight, Lines 19-20)	4
	5
When some of us arrived to Narcotics Anonymous and put	6
down the drugs, we thought our lives would now be boring.	7
We associated using with fun, our denial was so thick that	8
we couldn't see the destruction addiction had caused. We	9
could only recall the few good times, in early progression.	10
We forgot what real fun and laughter was, never mind Peace	11
and Freedom that was out of the question. Now that through	12
pain we were forced to give up our drugs, we couldn't help	13
thinking, what would become of us. Yes, being glum was our	14
lot we thought. As our Spirits Awaken, as a result of tak-	15
ing the Steps, we started to laugh again. Our laughter now	16
originated from our bellies, and we began not to take our-	17
selves so seriously. Our Happiness and Joy stemmed from the	18
inside out. We experienced Freedom, first from the drugs,	19
then from ourselves, as we progressed in the Step Work. We	20
learned that there was life after drugs. We had to change	21
our perspectives, and our perceptions soon followed. Nar-	22
cotics Anonymous is more about unlearning than learning. As	23
our Spirits Awaken with each Step, we find that what we	24
have always been searching for, was hidden in plain sight.	25
Happiness is what happens outside, Joy is within, and Free-	26
dom connects them both. Our Basic Text says that when we	27
lose self-obsession, we are able to understand what it	28
means to be Happy, Joyous, and Free.	29
	30
<b>In This Moment:</b> We will enjoy the simple things in life,	31
and live life to the fullest. Each day More Will Be Re-	32
vealed.	33



1 April 9

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2 "After struggling through the daily burden with the monkey  
3 on our backs, we reached despair."

4 Gray Book, p. 32 (Step One, Lines 3-4)

5  
6 Some of us came to Narcotics Anonymous to get the mon-  
7 key off our backs. Some of us came to get people off our  
8 backs. Back problems will not keep us clean. An addict will  
9 not stop using, unless they want to. Our Basic Text says  
10 that; we can be analyzed, counseled, reasoned with, prayed  
11 over, threatened, beaten, or locked up. An addict won't  
12 stop until they've had enough. When we were beaten by our  
13 addiction, we became Willing. When the pain of changing was  
14 less than the pain of staying the same, we Surrendered.  
15 This statement has become a common theme for many of us.  
16 Surrender for us, has to be Progressive, with each layer of  
17 the onion we peel. As we Live our Program, our hopelessness  
18 turns to Hopefulness. With each Awakening as a result of  
19 the Steps, we experience Freedom, first from addiction,  
20 ourselves, others, and then from the world at large. This  
21 transformation only happens through our Desire to Change,  
22 and the Action we take. Willingness without Action, how-  
23 ever, turns to despair and the Recovery process ceases. Our  
24 Surrender deepens with each Step and Tradition we Live. Our  
25 personality change is no longer motivated by pain. "En-  
26 forced morality lacks the power that comes to us when we  
27 choose to live a spiritually-oriented life." Either we  
28 choose Humility or we experience humiliation. Even though  
29 meetings is a fence around our Clean Time, there must be  
30 some Growth inside that fence. Recovery is a Choice that we  
31 must enforce every single day. We are Granted a Daily Re-  
32 prieve which hinges on our Spiritual Maintenance. We do Re-  
33 cover to Live Clean and Happy Lives.

34  
35 **In This Moment:** Our Decision to continue on this Spiritual  
36 Journey, must come from our Hearts, and not our minds.

April 10

"We must use what we learn or we will lose it and probably  
relapse, no matter how long we have been clean."

Gray Book, p. 123 (Chapter Seven, Lines 14-15)

One of our predecessors wrote that, "Knowledge is not  
a substitute for Surrender." This means that we suffer from  
a Physical, Mental, Spiritual and Emotional disease. The  
drug use was just a symptom of this disease. We needed a  
deeper Solution. Since addiction affects every area of our  
Lives, we must Live by Spiritual Principles in every area  
of our Lives. Our Admittance must be followed with Complete  
and Total Abstinence to make Recovery possible. We had to  
unlearn our old ways. We had to be re-informed after being  
misinformed all our Lives. Our Basic Text says that, "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." That's why we hear in  
meetings, "it works, if you work it," not if you know it.  
Just like a doctor practices medicine, and a lawyer prac-  
tices law, as addicts in Recovery we have to Practice Spir-  
itual Principles. We suffer from a fatal, progressive dis-  
ease which there's no known cure. We only arrest our dis-  
ease and Practice Spiritual Principles on a Daily Basis.  
It's a Just For Today Program, a Daily Reprieve that de-  
pends on our Daily Maintenance. Our Recovery Process ceases  
when we stop working a Living Program. The relapse process  
requires no work. Another member wrote, "If the Program was  
about simple Abstinence, N.A. would have little to offer.  
The Steps bring about a New Way To Live - Happy, Joyous and  
Free. The Promise of the Steps is far more than simple  
Freedom from active addiction; it is the Promise of a Com-  
plete and Total Spiritual Awakening."

**In This Moment:** If we are to keep what we have, we have to  
make the Effort to keep it. We can't keep it unless we give  
it away.

1 April 11

---

2 "Change involves the unknown, the great source of fear."

3 Gray Book, p. 148 (Chapter Nine, Line 8)

4

5 They say most people fear the unknown. For us addicts,  
6 our whole lives have been centered in fear. Fear based liv-  
7 ing leaves no room for Faith, no room for Growth. We used  
8 because we knew how we were going to feel after the drugs  
9 entered our system. We controlled our feelings with the use  
10 of drugs. We didn't want to feel Reality. After arriving to  
11 Narcotics Anonymous, we were told that F.E.A.R. was F.alse  
12 E.vidence A.ppearing R.eal. Most of us identified with that  
13 because most of the time what we feared, never took place.  
14 Our fears existed because of a lack of Faith in our Lives.  
15 Fear comes when we live in the future. In Narcotics Anony-  
16 mous we're told to Live Just For Today. As we Live in the  
17 moment, our worries subside, and we start to feel Hope.  
18 Sharing and Caring with others the N.A. Way, we get a sense  
19 that all will be well. With each Step we take, we develop  
20 Faith; we start building Relationships with ourselves, oth-  
21 ers, and a God Of Our Understanding. We start to get a  
22 sense and a Glimpse of what our Lives could be in this New  
23 Way Of Life. We no longer fear the unknown because we know  
24 that what's waiting for us, is better than what we have  
25 now, or what it has ever been. We start and end our days  
26 with Gratitude for what we have been Granted. We make each  
27 day count, and we Live it to the fullest. Fear today stands  
28 for F.ace E.verything A.nd R.ecover. We no longer have to  
29 go through anything by ourselves. Today we have the Fellow-  
30 ship of Narcotics Anonymous and Faith in a Higher Power.

31

32 **In This Moment:** We will Let Go and Let God, we no longer  
33 dread or fear the future. Today we Live in Faith, not fear.

April 12	1
"This awakening does have some things in common throughout	2
the Fellowship. Life takes on a new meaning, a new joy, and	3
a quality of being and feeling worthwhile."	4
Gray Book, p. 59 (Step Twelve, Lines 3-5)	5
	6
Narcotics Anonymous is a "WE" Program, but our Spir-	7
itual Paths are as different, as there are Members. Start-	8
ing with our Surrender, we suffer at different levels of	9
sicknesses. We Recover at different levels as well. Our	10
Higher Powers are different from one another, the God we	11
choose is of Our Own Understanding. Narcotics Anonymous has	12
no set Spiritual Path, individually we Pray and Meditate	13
differently from one another. However, the way we do it, is	14
the same; we use the Spiritual Principles of the Steps and	15
Traditions on our Journey. We Share this set of Principles	16
that make our Spiritual Paths and Recovery possible. We	17
Help one another, we Share our Experiences, Strengths and	18
our Hopes with each other. As we Awaken, we Awaken others,	19
we show them what worked for us. With our Experience, we	20
shine the light on the road we first took, when we got	21
here. Others showed us the way, now we Share that way with	22
others. Our Sponsors should be leading us to God. We walk	23
with each other, side by side, without parallels. We Share	24
our Awakening with each other, we Share our Experiences	25
with each other. We Share our Freedom from active addiction	26
and the end of isolation. Living Happy, Joyous and Free is	27
no longer a theory, we see the evidence of Clean addicts,	28
Spiritually refreshed and enjoying a New Way Of Life. Our	29
Spiritual Awakening has to continue to Progress; Sharing	30
with others, makes it possible.	31
	32
<b>In This Moment:</b> We continue to Share our Recovery and the	33
Message of Narcotics Anonymous with all who seek it.	34

1 April 13

---

2 "This approval-seeking got us back where we started from,  
3 or worse."

4 Gray Book, pg. 24 (Chapter Three, Lines 30-31)

5  
6 People pleasing is a defect of character; we used this  
7 tool in our active addiction to get what we wanted, more  
8 drugs. Approval seeking behavior is a form of manipulation  
9 and control. Sometimes it disguises itself as Kindness, but  
10 it's all ego based. As using addicts we wore many masks,  
11 with each mask worn, our real selves continued to disap-  
12 pear. Toward the end of our using, we were no longer pre-  
13 sent, it was our disease. One of the symptoms of the dis-  
14 ease is our low self-esteem. Since as long as we can remem-  
15 ber, we never felt as though we were enough. We've always  
16 tried to fit in, even if it meant sacrificing ourselves and  
17 our values. When it came to the drugs, all bets were off.  
18 We used this defect of character as a tool to enable our  
19 using, and it worked. In Narcotics Anonymous, the real  
20 value is in being our true selves. As we progress in our  
21 Recovery, we Recover ourselves. This Journey, with the help  
22 of the Steps, takes us back to the people we were supposed  
23 to be all along. The process of Self-Acceptance leads to  
24 Self-Approval and we are finally comfortable in our own  
25 skins. We no longer seek things outside ourselves, to make  
26 us feel good about ourselves. We no longer need people,  
27 places, or things to validate us. Our Faith is in our  
28 Higher Power, not in people. Each day we ask God to remove  
29 our shortcomings. We pray to be the best people we can be-  
30 come. Just For Today.

31  
32 **In This Moment:** "Take my will and my life. Guide me in my  
33 recovery. Show me how to live."

April 14

"Do we really want to be rid of our resentments, our an-  
gers, our fears?"

**Gray Book, p. 46 (Step Six, Lines 20-21)**

Our Basic Text tells us that there's a certain dis-  
torted security in familiar pain. We sometimes hold on to  
these defects because at one time that's all we knew. These  
defects even saved our lives or enabled our using at best.  
Letting go can be painful, it's almost like giving up an  
old friend. Steps Four, Five, Six, and Seven helps us iden-  
tify and replace these old survival skills. These survival  
tools are no longer needed in this New Way Of Life. In Nar-  
cotics Anonymous we are given a Spiritual Toolbox. We keep  
these Tools effective by using them in our everyday Life.  
The Spiritual Principles contained in the Steps and Tradi-  
tions make us better people. They also give other addicts  
Hope, in that they too can find a New Way To Live. We find  
that when we Trust defects, we end up in pain and hurting  
others. When we Trust Spiritual Principles our lives and  
the lives of those around us benefit. We can carry an ef-  
fective Message, because we're Living it. With the Help of  
our Higher Power, our Sponsors and the Fellowship of Nar-  
cotics Anonymous, we live clean and productive lives. We  
are no longer fighting anger or depression. We Surrender to  
the Process and our Lives are Anew. We can only keep this  
Precious Gift, if we give it away.

**In This Moment:** We will Let go and Let God do what we can't  
do for ourselves.



1 April 15

---

2 "We have come to enjoy clean living and want more of the  
3 good things that the N.A. Fellowship holds for us."

4 **Gray Book, p. 40 (Step Three, Lines 7-8)**

5  
6 The Promise of Freedom is one of the Gifts Narcotics  
7 Anonymous has to offer. Our Journey begins with the Total  
8 Abstinence of all drugs. Freedom from active addiction be-  
9 gins with our First Step. We are finally Free from our  
10 self-imposed prisons. We became part of a Group of people,  
11 who like us, were Spiritually dead. Narcotics Anonymous  
12 brings the dead back to Life; we are given a Daily Reprieve  
13 from our death sentences. Our Second Step Frees our minds  
14 from the obsession to use drugs, the restoration to Sanity  
15 starts here. Discovering that the Greater aspect of Recov-  
16 ery is learning to Live without the drugs, we're forced to  
17 seek a Power Greater Than Ourselves. In the First Step, we  
18 stop using, in the Second Step we lose the desire to use.  
19 In the Third Step we find a New Way To Live. This resulted  
20 in Peace of Mind. We have come to know a new Freedom, and  
21 we want more. Living through Spiritual Principles, we im-  
22 prove the quality of our Lives, and at the same time, the  
23 Lives of others. One Promise, many Gifts, we Share these  
24 Gifts in order to keep it. Seeking and Surrendering to a  
25 Power Greater Than Ourselves, is an act of Faith. We keep  
26 our Hope alive with our Daily Surrender. We reinforce our  
27 Program by Sharing it with newcomers. As we Progress in the  
28 Steps, the Relationship with the God Of Our Understanding  
29 becomes our Greatest Source of Strength. The Program of  
30 Narcotics Anonymous offers unlimited Spiritual Growth. With  
31 each passing day and Spiritually Refreshed, we show our  
32 Gratitude, by Sharing our Recovery with others.

33  
34 **In This Moment:** We will tap into this Unlimited Gold Mine,  
35 and Share this vast wealth with all that seek it.

April 16

"Our willingness to try new ideas and possible solutions to problems will help open the doors to recovery."

Gray Book, p. 83 (Chapter Five, Lines 6-8)

If the above statement is True, then the opposite would also have to be True. Being closed-minded will close the door to Recovery. A closed drain won't allow anything to go down, therefore, will spoil from being stagnant. Throughout our active addiction many of us experienced this spoiling process. What we were doing wasn't working, but we were incapable of trying something new. Our denial had closed our minds, and the drugs just put a lock on it. Since you can't graft a new idea on a closed mind, an opening must be made somehow. Hitting bottom to the point of desperation was that opening we needed to Surrender to Narcotics Anonymous. Step One tells us that when we Admit our powerlessness and inability to manage our own lives, we open that door to Recovery. Beaten into submission in Step One, was a conditional Surrender. Our Second Step had to be a Surrender motivated by Hope, and Open-mindedness was that key. Our Basic Text says that, "Open-mindedness leads us to the very insights that have eluded us during our lives." Without Willingness our minds begin to close, and we shut that door again. Narcotics Anonymous is an Action Program; it consists of Twelve Steps and Twelve Traditions. The Steps are the HOW and the Traditions are the WHY. We find that the lack of any one of the three main Principles, Honesty, Open-mindedness, or Willingness, can cease the Recovery Process. Relapse has its beginning at the end of that Process. Our Recovery and our Truths about ourselves, others and the world, is subject to revision. We must use Recovery as the filter, for that now open drain. When we get stuck, we can call on the God Of Our Understanding, 24/7.

**In This Moment:** We will remain open to recognize that if we're not the problem, there's no Solution.

1 April 17

---

2 "Many have found that our sick mental processes change very  
3 slowly through repeated practice of new unfamiliar princi-  
4 ples."

5 Grey Book, p. 121 (Chapter Seven, Lines 19-23)

6  
7 It takes quite a bit of relearning how to Live Life as  
8 a part of society after we stop using. We come into the  
9 Program after months, years, or decades of surviving on a  
10 level that is not fit for a healthy person. After we real-  
11 ize that not only are we powerless over our addiction, but  
12 we are not very good at coping with Life either. We have  
13 little or no experience at Living Life on life's terms. Our  
14 old habits will die hard, and only through repeated effort  
15 on our part. We are told to attend daily Meetings, make  
16 daily phone calls, daily writing, and daily Prayer. These  
17 simple acts that we do in the course of a day will help us  
18 to relearn new healthy habits and replace the old ones like  
19 isolating and acting out. After practicing these new habits  
20 for a while, we will notice our thinking patterns begin to  
21 change. No longer do we feel that we need to be in control  
22 of everything and everyone. Some of our actions are that we  
23 begin Living the Spiritual Principles found in the Steps  
24 and Traditions. Talking and working with our Sponsors are  
25 also an essential part of getting us on the right track.  
26 That's when the Restoration to Sanity that is mentioned in  
27 the Second Step will become a Reality for us. We have to  
28 become Willing to work the Program to the best of our abil-  
29 ity. We Accept that our way of thinking needs to change in  
30 order to stay Clean. This is a Lifelong Process. We can  
31 change to become healthy and productive members of society,  
32 as long as we work for it.

33  
34 **In the Moment:** We will replace old habits with new ones  
35 that are suggested to us. We will reach out and let someone  
36 know what we're thinking. Remember, we only Recover A Day  
37 At A Time.

April 18

"We humbly asked Him to remove our shortcomings."

Gray Book, p. 48 (Chapter Seven, Header)

We as addicts have trouble being Humble. In the past, we usually had to get humiliated to recognize we have been beaten and need help. We placed our wants in front of our needs and the needs of others. We felt we needed to manage and control every aspect of our Lives. We refused to ask for Help, especially when we needed it. Our egos prevented us from seeing our liabilities and our humanness. In the Fifth and Sixth Steps, we learn that part of being human is asking for Help. The God Of Our Understanding that saved our Lives in the prior Steps is still here with us. Our Basic Text reminds us that, Humility is as important to us as food and water. Being human we will, of course, wander and during stressful times our defects are sure to activate. Defects in action become shortcomings; this is when we ask our Higher Power for help. We don't demand or get angry when asking, this is not what the Step means when it says Humbly. When we ask for Help, God will meet us half-way. Some of us do this by cutting our bodies in half, by getting on our knees. Some of us might begin to apply a Spiritual Principle that's the opposite of that defect. Some of us might ask our Sponsors or others for help. All these are signs of Humility on our part. Our defects will remain dormant, and our shortcomings minimized by Practicing some of the Spiritual Principles that are in our Toolbox on a daily basis. We are asking God for Forgiveness, while asking for the removal of our shortcomings. Practicing Patience with ourselves, we learn Patience and Tolerance of others. As we are Forgiven, we Forgive ourselves, in turn we learn to Forgive others.

**In This Moment:** We will Accept being human. Humility is a by-product when we ask God for Help.

1 April 19

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2 "Step Nine helps us with our guilt and others with their  
3 anger."

4 Gray Book, p. 53 (Step Nine, Lines 20-21)

5  
6 Our Literature tells us that timing is essential in  
7 the Ninth Step. After completing our Eighth Step list, we  
8 go over this list with our Sponsors. We cross out, wherever  
9 possible on that list, where we would injure them or oth-  
10 ers. We also make sure that it's not too soon to make that  
11 Amends. Our Literature tells us that it can do more harm  
12 than good if those people are still angry at us. Once we  
13 establish the actual Amends we are about to make, we actu-  
14 ally set out to look for these people, places and things.  
15 We proceed without any expectations on the results. We  
16 don't project outcomes. We clean our side of the streets  
17 because we have to. Cleaning up the wreckage of our using  
18 and changing, is a big part of our Recovery. The Process  
19 started with our Higher Power Forgiving us in the Seventh  
20 Step. Since we are not Greater than our Higher Power, we  
21 Forgive others and ourselves in Step Eight. These previous  
22 Steps prepare us for whatever happens in our Amends pro-  
23 cess. Projecting what may happen can become a stumbling  
24 block. Fear is a lack of Trust. We must remember that the  
25 Higher Power that got us Clean in the First Step is still  
26 with us. We take the action because we have to and leave  
27 the results up to The God Of Our Understanding. We experi-  
28 ence on a deeper level the Promise of Freedom. We are find-  
29 ing a New Way To Live and this gives us and others Hope.  
30 Since Amends means to change, we're careful not to cause  
31 more harm. We also stop practicing the defects that caused  
32 these harms in the first place. We are never even, there  
33 are those that will never experience our Amends. The change  
34 in our attitudes and behaviors will be our indirect Amends.  
35 This Journey of our Recovery is a Lifelong Process.

36  
37 **In This Moment:** We will make the Amends and leave the re-  
38 sults to the God Of Our Understanding.

April 20	1
"We became very dependent on people to carry us emotionally	2
through life."	3
Gray Book, p. 2 (Chapter One, Lines 12-13)	4
	5
For most of us in Narcotics Anonymous, our disease af-	6
fected every area of our Lives. It affected ourselves at a	7
very deep level. Toward the end of our using, it was evi-	8
dent that our Jobs, Friends, Family and almost everyone we	9
came in contact with was affected by our addiction. Our	10
Literature reminds us that, "We were constantly searching	11
for "the answer" -that person, place or thing that would	12
make everything all right." As our addiction progressed our	13
world got smaller and smaller. The disease isolated us from	14
people unless it had to do with getting, using or future	15
resource. We were addicted to people as well as the drugs,	16
we used them as well. The people who truly Loved us were	17
the last ones to let go. Then, and only then is when we	18
were able to start to hit our bottoms. The people, places	19
and things that enabled our using were soon not to be	20
found. Isolation was the beginning and the end of our bot-	21
toms. In desperation, we sought Help from each other in	22
Narcotics Anonymous. Here, we heard that we had to shift	23
our dependence to a Loving, Caring Power that can relieve	24
our obsession to use. This was a healthy dependence and its	25
results were Freedom and Hope from active addiction. Recov-	26
ery in Narcotics Anonymous taught us about self-care, not	27
self-help. We learned about a healthy reliance that in-	28
cluded our Higher Power and others. For the first time in a	29
very long time, we were present in our own Lives. We can be	30
there for others as well. If our past Relationships were	31
real, they will survive. As we Progress with our Spiritual	32
Principles our Amends cause changes in us and sometimes in	33
others. We allow people to be there for us in a healthy	34
manner. The Basic Text says, "Our spiritual condition is	35
the basis for a successful recovery that offers unlimited	36
growth."	37
	38
<b>In This Moment:</b> We will learn about healthy dependence;	39
this dependence is measured by the Spiritual Principles of	40
Narcotics Anonymous.	41



1 April 21

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2 "The full fruit of a labor of love lives in the harvest,  
3 and that always comes in its right season..."

4 Gray Book, p. 1 (Forward)

5  
6 We reap what we sow. In active addiction, we worked  
7 tirelessly to use and find the ways and means to continue  
8 using, and what we got was not so rewarding. The results  
9 were disastrous for us and others. We were harvesting rot-  
10 ten fruits because it wasn't created by Love. In Narcotics  
11 Anonymous we learn that the beginning Process of Recovery  
12 takes a lot of work, a lot of digging, and a lot of turning  
13 over of old soil. We're planting new seeds, seeds of Love,  
14 Compassion and Patience. A lot of hard work ahead of us,  
15 Amending the wreckage of our past. We start to see the  
16 fruits of our hard labor; we start to experience new feel-  
17 ings of self-worth. We start to show Empathy towards oth-  
18 ers, and we start to grow Spiritually. We did the work; we  
19 did it with Love. We finally took Responsibility for our  
20 Lives, now we're reaping the rewards. The right season is  
21 now upon us. We do the work and Share with others this Pre-  
22 cious Gift. We show others how to sow and reap the benefits  
23 when we do God's Will.

24

25 **In This Moment:** We will reap the Fruits of our labor of  
26 Love; we will give time, time. The full harvest comes in  
27 the right season.

April 22	1
"This is our road to spiritual growth, to change our character, day by day..."	2
Gray Book, p. 49 (Step Seven, Lines 31-32)	3
	4
	5
Having taken inventory of our Assets and liabilities, we become entirely ready to have God remove whatever obstacles stand in the way of our Higher Power's Will for us. Our defective character took a long time to evolve. Our defects became part of our personality and were our Solution for a long time. Change takes place over time, not overnight, but we are Responsible to take Action. The God Of Our Understanding no longer is an idle icon; we actually make God an Action figure in our Lives. We utilize this power to give us the Strength to negotiate our Recovery. We walk the talk as we slowly and carefully pull ourselves out of isolation into the mainstream of Life. We pick up the Spiritual Tools that were laid in front of us, by our Sponsors and our Higher Power. We utilize and not analyze; we use Reliance instead of compliance or defiance. We keep our initial Surrender alive, by continuing to Surrender at a deeper level. No longer are we motivated by pain. We actually get more power, when we choose to do God's Will for us. Our character transformation is a daily occurrence; we reinforce our Recovery by Daily Maintenance of our Spiritual Condition. The more we Practice the Spiritual Principles of the Narcotics Anonymous Program, the more our defects lie dormant, or at least are minimized. With each Step Lived we experience an Awakening. This Spiritual Experience gives us a Glimpse of what our Life would be, Free of defects. This gives us Hope, We Do Recover daily, from our hopeless state.	6
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	33
<b>In This Moment:</b> We will take part in our Recovery; we will take the necessary action to make our Recovery possible.	34
	35

1 April 23

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2 "If you understand God to be simply whatever keeps the rest  
3 of us clean, that's fine."

4 Gray Book, p. 38 (Step Three, Lines 24-25)

5  
6 When many of us first came to Narcotics Anonymous, we  
7 were Spiritually bankrupt, to say the least. The power of  
8 the disease used the drugs to control our Will and our  
9 Lives. Almost everything we did was motivated by the get-  
10 ting and the using of drugs. At this point, we were no  
11 longer using drugs; they were using us. We Lived to use and  
12 used to Live. We lost touch with whatever Goodness we had  
13 in our Lives. We were on a destructive mission; we were out  
14 of control. Many of us gave up Hope in whatever God we knew  
15 of, some of us never knew God at all. In Narcotics Anony-  
16 mous we were told that we didn't need to believe in any-  
17 thing. The Belief was THAT (and not IN) a Loving, Caring  
18 Power, could Relieve us of the obsession to use. We find a  
19 New Way to Live, without the use of any mind or mood alter-  
20 ing drugs. For many of us, we had a God of our misunder-  
21 standing, and it wasn't working for us. We were told that  
22 if we didn't Believe, just Believe that the rest of us Be-  
23 lieve. The evidence of addicts like us, Free from active  
24 addiction Living Happy, Joyous and Free Lives, was all the  
25 evidence we needed to see. Our Process had to start with  
26 Total and Complete Abstinence; and since addiction had  
27 spread to every area of our Lives, we had to adapt Spir-  
28 itual Principles to all areas as well. At first, all we  
29 needed was a slight opening in our closed minds, followed  
30 by a complete Surrender to the N.A. Way. After being intro-  
31 duced to our Higher Power in the Second Step, we begin to  
32 ask for strength in the Third Step to continue on this  
33 Journey. The Steps for us is more than just simple Absti-  
34 nence. The Steps offer us a Complete and Total Spiritual  
35 Awakening, with each Step taken. We continue Recovering and  
36 Sharing this Precious Gift with others in order to keep it.

37  
38 **In This Moment:** We only ask that this Power be Loving, Car-  
39 ing and Forgiving. If that's difficult, just Believe that  
40 We Believe.

April 24	1
"We, as Recovering addicts in the N.A. Fellowship, practice	2
living and enjoying life on a day to day basis by living	3
the Twelve Steps."	4
Gray Book, p. 14 (Chapter One, Lines 10-12)	5
	6
In Narcotics Anonymous there is Life after drugs. We	7
arrive at N.A. hopeless and helpless, and at the verge of a	8
destroyed life. For many, N.A. was the last house on the	9
block; it was the last thing we tried, but it was the only	10
thing that worked. We were told by other members to remain	11
Abstinent, and the Miracle would happen. We waited and	12
waited, but the only thing that happened was that we felt	13
worse. We were living without the use of drugs and nothing	14
to medicate us, so we felt everything. Since addiction af-	15
fected every area of our lives, we needed to Live by Spir-	16
itual Principles. The only Solution for a Life guided by	17
self-will, was a Life Guided by Spiritual Principles. Our	18
only Solution was locked in the Steps and Traditions.	19
First, we work the Steps, then the Steps work us, and then	20
we Live them. It's only through Understanding and Applica-	21
tion that these Principles work. Practicing the Principles	22
is how the Steps work. Studying our Literature is good, but	23
as one of our predecessors said, "Knowledge is not a sub-	24
stitute for Surrender." Surrendering requires Action, it	25
requires us to align our actions, and our wills, to the	26
Will of our Higher Power. The Steps make Recovery possible,	27
but first we must clear all the barriers that stand in be-	28
tween The God Of Our Understanding and ourselves. In the	29
first Three Steps, we get right with God. The next Three	30
Steps we get right with self. The next Three Steps we get	31
right with others, and the final Three Steps we get right	32
with the world at large. This Process is not overnight,	33
it's over time, and we don't do this alone. We have God,	34
our N.A. Sponsors, and the Fellowship of Narcotics Anony-	35
mous.	36
<b>In This Moment:</b> We are Granted a Daily Reprieve. We will	37
continue on this Spiritual Path that was set by others.	38

1 April 25

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2 "Coincidences are miracles in which God chooses to remain  
3 anonymous."

4 Gray Book, p. 151-152 (Chapter Ten, Lines 34-1)

5  
6 Some say nothing happens in God's world by mistake.  
7 Some say everything happens for a reason. These are all  
8 Positive ways at looking at the negatives in our Lives. As  
9 we Progress in our Recovery, we experience too many Coinci-  
10 dences happen in our Lives. We start seeing God's Will  
11 working in our Lives. As we stay clean and Live the Steps,  
12 events that can't be readily explained start to unfold in  
13 our Lives. People start coming into our Lives, that proba-  
14 bly we would have never met in our active addiction. Oppor-  
15 tunities that never appeared before, seeming to fall on our  
16 laps, now that were clean. Sometimes people from our past,  
17 start to appear in Narcotics Anonymous, and we're there to  
18 welcome them. Our families begin to need and depend on us  
19 to be there in times of trouble. Thank God we're clean and  
20 are able to be there for them. Coincidence? We think not,  
21 it's God's way of remaining Anonymous. Even during diffi-  
22 cult times in Recovery, or losses of Loved ones, or  
23 Friends, we are able to seek sanctuary in God's Presence.  
24 It's no Coincidence that we are clean in situations when we  
25 should be clean. Our continuing Process in Recovery is vi-  
26 tal for God to keep working in our Lives. Our GPS or our  
27 G.OD P.ositioning S.Ystem has to be in effect for these so-  
28 called Coincidences to continue in our Lives.

29  
30 **In This Moment:** We will position ourselves for the Fruits  
31 of the Program, and we will continue to Share these Fruits  
32 with everyone we come in contact with.

April 26

"We were finally free to be ourselves, because we were not trying to cover anything up."

Gray Book, p. 45 (Step Five, Lines 30-31)

As far as some of us could remember we didn't like being ourselves, we didn't like ourselves, so we thought no one else would. When we couldn't stand ourselves any longer, we used drugs. The drugs took us out of ourselves, and it gave us a false sense of well-being. When we were using, we weren't the people we wanted to be. We were what others wanted us to be. We wore many masks, and after a while we didn't know who we really were. We lost ourselves in the process. When the euphoria wore off, and we saw the ugly side of addiction, we didn't like what we have become. As our addiction progressed we became less human like, some of us functioned on an animal level. Some of us below that level, when our basic needs weren't met. For some of us, our bottoms seem to be more Mental and Spiritual than Physical. When we became hopeless, we sought Help, directly or indirectly. However, nothing worked, not until we arrived at Narcotics Anonymous. Here, we met people just like us, but we were still hiding the really shaky, insecure person we really were. As we took the Steps with a Sponsor, we found out who we are not, before we found out who we really were and meant to be. The Steps take us back on a Journey to the person we were, before we picked up the drugs. We learn to Love that person today. We Nurture ourselves with the help of our Sponsors, the Fellowship and the God Of Our Own Understanding. We finally have some Self-Acceptance and find that the True Value, is in being ourselves.

**In This Moment:** Through Living the Spiritual Principles of the Steps, we meet ourselves in the Process.



1 April 27

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2 "We want to look our past in the face and see it for what  
3 it was--and then to release it so that we can live today."

4 Gray Book, p. 41 (Step Four, Lines 4-6)

5  
6 The hardest record in the world to break, is our own  
7 track record. When we took our Fourth Step, we saw the pat-  
8 terns of our behaviors and how they affected our Lives, and  
9 the Lives of others. Our past was frightening because it  
10 was dominated by fear. Our Fourth Step asks us to make a  
11 searching and fearless moral inventory of ourselves. To be  
12 fearless, we needed Faith, to acquire the Spiritual Princi-  
13 ple of Faith we needed to take Action in the Third Step.  
14 After making the Decision to turn it over, together with  
15 The God Of Our Understanding and our Sponsors, we start the  
16 Self-Appraisal Process. We look at our past, but not dwell  
17 in it. We ask our Higher Power for Courage, and put pen on  
18 paper. We sought out our feelings, emotions and resent-  
19 ments. We write about our reactions and behaviors toward  
20 people, places and things. We write on how these situations  
21 affected us. We recall our past and Accept that we were  
22 acting and reacting through active addiction. We become  
23 willing to be accountable for the part we played. We also  
24 see where we acted the right way in the midst of chaos. We  
25 write about our newly found Assets as well. In Narcotics  
26 Anonymous we get to create a new past, one of Faith, Hope  
27 and Spirituality. We continue taking personal inventory, so  
28 we won't repeat our mistakes. We learn from our past, and  
29 we Share our experience with others. We make each day count  
30 by practicing the Spiritual Principles we were given. We  
31 begin to experience Freedom from self and the Acceptance of  
32 others. We no longer regret the past, and we no longer fear  
33 the future. We are free to live Just For Today.

34  
35 **In This Moment:** We will no longer fear the past, nor wish  
36 to shut the door on it. We will learn from our mistakes and  
37 Share the Solutions with others.

April 28	1
"Working the Steps got us out of our old attitudes. When we	2
admitted that our lives had become unmanageable, we didn't	3
have to argue our point of view."	4
Gray Book, p. 79 (Chapter Five, Lines 7-10)	5
	6
Pride always comes before the fall; toward the end of	7
our using, we didn't want to admit defeat. We viewed our	8
using as a moral deficiency; we had no concept of a disease	9
aspect. Our egos kept us from admitting defeat or Surren-	10
dering. We had all the answers, we thought. We blamed peo-	11
ple, places, and things for our situation. We couldn't	12
agree with anything anyone else had to say about our lives.	13
We always had excuses and could rationalize our actions.	14
Not until we put away our blame throwers and admit complete	15
defeat is when we open the door to Recovery. Step One di-	16
rects us to Surrender to the disease first, then Surrender	17
to the Program of Narcotics Anonymous. We Accept that we	18
suffer from a disease that was of a Spiritual nature and	19
that its symptom was the drug use. We were told that we're	20
not Responsible for the disease, but we are Accountable,	21
and we are Responsible for our Recovery. With each Step	22
taken we start the daily transformation that's needed for a	23
personality change, and a Spiritual Awakening. We no longer	24
have to stand for non-existing virtues, and we start to	25
stand for something. We apply the Spiritual Principles con-	26
tained in the Steps. The Principle of Openmindedness keeps	27
us Growing and the disease at bay. Our perspectives change,	28
and our attitudes change. We start to attract healthier re-	29
lationships in our Lives. We finally know the meaning of	30
Spirituality, which is the right Relationship with Reality.	31
	32
<b>In This Moment:</b> Through Living the Spiritual Principles of	33
the Steps and Traditions we can Accept Realty for what it	34
really is.	35

1 April 29

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2 "As we begin to live in the present, burdens of the past  
3 and the anxieties of the future slip away. We are granted  
4 the serenity to accept the things we cannot change..."

5 Gray Book, p. 147 (Chapter Nine, Lines 26-29)

6  
7 For us dwelling on the past is living in the past,  
8 which results in depression. Living in the future also cre-  
9 ates uncertainties, which lead to fear. When we were in ac-  
10 tive addiction, we weren't capable of Living in the day. We  
11 were constantly finding ways and means to keep using. One  
12 of our greatest fears was that we would run out of drugs.  
13 We were always worried about the next one. We were afraid  
14 that we wouldn't survive our emotions. We went from Living  
15 to just surviving and existing. With the Gift of Desper-  
16 ation, we were led to Narcotics Anonymous. Here, we found  
17 people like us whose Spirits visited the same horrors of  
18 addiction. Practicing these few simple Spiritual Principles  
19 we were Granted Hope for that Day. Our Basic Text says, "We  
20 are no longer fighting fear, anger, guilt, self-pity or de-  
21 pression." As we witnessed the evidence of other addicts in  
22 Narcotics Anonymous stay Clean and Live Happy, Joyous and  
23 Free, we gained Hope. Unconditional Surrender is our Solu-  
24 tion; this is Faith in Action. Faith in our Higher Power  
25 now becomes our Greatest Source of Strength. Trust in the  
26 God of Our Own Understanding enables us to Live In The Mo-  
27 ment. Remaining calm in the midst of a storm is; Trust in  
28 Action. Working through the Steps with our Sponsors, we  
29 start to Recover, Uncover and Discover who we really are.  
30 Our fears subside as our Faith begins to Grow. We begin to  
31 Share our Journey with others as we walk side by side with-  
32 out parallels. We reinforce our Recovery when we Share our  
33 Experience, Strength and Hope.

34  
35 **In This Moment:** We will through Prayer and Meditation be  
36 Granted Serenity and Acceptance. We will Live Just For To-  
37 day.

April 30

"Our recovery is dependent on our belief in a loving God who cares for us, and will do for us whatever we found impossible to do ourselves."

Gray Book, p. 147-148 (Chapter Nine, Lines 33-1)

The disease of addiction is progressive, incurable, and fatal. For those of us that have this disease, there's only the Hope of arresting and treating this disease. In Narcotics Anonymous, we look at this disease as a Spiritual Malady. We treat this disease with a Spiritual Solution, not with chemicals. We first have to be totally Abstinent from all mind altering/mood changing drugs, for Recovery to work. A Spiritual disease requires a Spiritual Solution, so our answer is a Loving, Caring Higher Power, of our Own Understanding. This Power is just as strong; if not stronger than the disease of addiction. In Narcotics Anonymous we don't only treat the symptom of the disease, but we also treat the cause of it. This disease being supernatural in nature, needs a supernatural Power to manifest itself in a Group of people, to treat and keep this disease at bay. What we can't do alone, we do it together with the Fellowship of Narcotics Anonymous. Here, we found ourselves with a special Group of people, who like us suffered from the horrors of addiction. These people we first met, seem to be Happy, Joyous and more importantly Free. As we took the Steps with the Guidance of a Narcotics Anonymous Sponsor; we started to see that this Higher Power was doing for us what we could not do for ourselves. We tapped into this Power for Strength to get and stay on the Road of Recovery. The Evidence of Sanity was all around us at meetings. Members were staying clean with surmountable amounts of clean time. We saw members finding a New Way of Life, without the use of drugs. We have Hope that we too can join others on this Spiritual Journey.

**In This Moment:** We will remain Anonymous in our Recovery. We will share the Fruits from our Loving Higher Power with others.

1 May 1

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2 "Service will get us out of ourselves..."

3 Gray Book, p. 85 (Chapter Five, Lines 3-4)

4  
5 Service is for those we Serve, but it also Helps us  
6 stay clean. We work the Steps, so we can change. Besides  
7 working on ourselves, we get out of ourselves by Helping  
8 others. In Narcotics Anonymous, Service is how we give  
9 back, what was so Freely given to us. That's our Primary  
10 Purpose. We show our Gratitude by going to Meetings and  
11 taking Service Commitments. We Recover to do Service, we  
12 don't do Service to Recover. We're not in Service; we're of  
13 Service. When we first came to Narcotics Anonymous, we were  
14 told to take a Commitment, because it would keep us coming  
15 back. After we're here a while, we come back to Give back.  
16 Our motives now are Love and Service. Sometimes keeping the  
17 focus on ourselves becomes a bit too much. We find another  
18 suffering addict we can work with. Offering newcomers rides  
19 to Meetings, coming early and staying late. Sponsoring new-  
20 comers and taking speaking Commitments, are all examples of  
21 Service. We also leave time for Step work, here we can keep  
22 the Process of Recovery going. As we Live the Spiritual  
23 Principles of the Steps and grow, we expand our Recovery by  
24 studying and Applying the Traditions of Narcotics Anony-  
25 mous. This Helps us keep our Service, Anonymity Based. Re-  
26 covery is only Progressive if we keep moving. Spiritual  
27 Awakenings are Progressive if we keep feeding our Spirits.  
28 Recovery is an uphill Journey, and if we stand still, we'll  
29 start sliding backwards. Our Gratitude has to remain in Mo-  
30 tion, otherwise the Recovery Process ceases.

31  
32 **In This Moment:** My Gratitude will show in my Service to  
33 Narcotics Anonymous. My Service will be Recovery Based.

May 2

"There is one thing more than anything else that will defeat us in our recovery, this is an attitude of indifference or intolerance toward spiritual principles."

Gray Book, p. 29 (How It Works, 2nd paragraph)

The first thing we do in Narcotics Anonymous is stop using drugs. Abstinence is the Cornerstone of our Program. Our Recovery Program rests on Total Abstinence. Recovery cannot happen unless we Accept this important Principle. We Abstain from all drugs, including drugs used for the treatment of addiction. We use a Twelve Step Spiritually Based Program to treat addiction and Recover. If we refuse to adhere to this, or are indifferent or intolerant about this Principle, we will not Recover. The Honesty in the First Step by getting Clean and Admitting our powerlessness and unmanageability, is how we open the door to Recovery. The Open-mindedness in Step Two is necessary to achieve a Conscious Contact with a Higher Power. We need this Higher Power to relieve our obsession to use. We need this Power to Guide us in our Lives and our Recovery. Our Willingness is measured by our level of Surrender, in Step Three. Our Surrender can be measured by our Actions. These Three Basic Spiritual Principles are the Foundation to our Program. These Spiritual Principles will support the other many Spiritual Principles that are contained in our Steps and Traditions. We need these Tools to make the rest of the Program work. In Narcotics Anonymous we must continue to stay open to change and continue Growing in this Process.

**In This Moment:** These Principles in Narcotics Anonymous are written so simply that we can follow them in our Daily Lives.



1 May 3

---

2 "Addiction is the disease and Narcotics Anonymous is a  
3 proven path of on-going recovery."

4 Gray Book, p. 9 (Chapter One, Lines 27-28)

5  
6 Since 1953 Narcotics Anonymous has been a proven way  
7 for addicts to get Clean and Recover. There are many meth-  
8 ods that society has tried to deal with the addiction prob-  
9 lem throughout the years. Narcotics Anonymous does not  
10 claim to have the only answer to society's problem of ad-  
11 diction. Throughout the ages; many methods have been tried,  
12 but none seem to have the results that Narcotics Anonymous  
13 has. There is no known cure to the disease, but it can be  
14 treated. Medicine, jails, religion and psychiatry held no  
15 answers for the suffering addict. Addicts continued to use  
16 and continued to die. Society first treated addiction like  
17 a moral dilemma, and put addicts in jail. After years of  
18 unproven, unsuccessful results, they treated addiction as a  
19 medical problem. Treating addiction with drugs has proven  
20 to be fatal for addicts; you can't stop using drugs, by  
21 taking drugs. In Narcotics Anonymous we define addiction as  
22 a Spiritual disease. A Spiritual problem cannot be treated  
23 with a chemical solution. So in Narcotics Anonymous we use  
24 a Spiritually Based Twelve Step Program, to arrest and  
25 treat the disease, just for one day. A twenty-four hour  
26 Program that can be Practiced daily, for the rest of our  
27 Lives. Narcotics Anonymous has been proving itself in the  
28 Lives of many addicts for decades. Our members have been  
29 Abstinent and Recovering to Live long and Happy drug Free  
30 Lives. We Live by Spiritual Principles and we Help one an-  
31 other. Addicts are the only ones that can Help addicts.  
32 There is no cure for this progressive and fatal disease,  
33 but We in Narcotics Anonymous have found the most Success-  
34 ful method, it's not religion, but it is Spiritual. Spir-  
35 itual disease needs a Spiritual Solution, We Share our Re-  
36 covery Freely, for those who want it.

37  
38 **In This Moment:** We will stick with what has worked for us,  
39 the Program of Narcotics Anonymous.

May 4

"Our primary purpose is to carry the message to the addict  
who still suffers."

**Gray Book, p. 102 (Chapter Six, Tradition Five)**

The sole purpose of Narcotics Anonymous is to carry  
Our Message of Recovery to the addict that still suffers.  
We stay Clean and Recover in the Process. The purpose of  
the Traditions is to ensure that this Primary Purpose is  
guarded and maintained. If Narcotics Anonymous loses its  
Primary Purpose, it'll cease to exist. Recovery is what  
happens at our Meetings. In order for Narcotics Anonymous  
to keep existing and saving Lives, we must be Responsible  
in keeping our Meetings Recovery Oriented. Another way to  
carry our Message at our Meetings, is to keep our Message  
unblurred. The Group and its members do not affiliate with  
outside entities by adopting ideas and sharing them at our  
Meetings. The Group should make sure that their trusted  
servants or any speakers are Clean of all drugs, including  
any form of Medication Assisted Treatment drugs (MATs). Our  
discussions should also be free of outside issues, concern-  
ing other organizations, medicine, politics or religion.  
Group formats should generate a Clear Message and offer the  
newcomer, Friendship, Literature, our Basic Text, and Spon-  
sorship. Our Group can also create a service committee to  
carry the Message to institutions and create Public Infor-  
mation. Our Group can also create Help Lines and Outreach  
Programs. We must remain Self-Supporting and Non-Affili-  
ated. To keep our Meetings with Integrity, each member car-  
ries a Responsibility to keep our Message Clear during the  
Sharing portion of our Meetings. If our Message strays,  
it's the Responsibility of a member to bring it back to the  
Narcotics Anonymous Message.

**In This Moment:** The purpose of a Group is more than just to  
hold Meetings, the Primary Purpose of the Group is to carry  
a Clear N.A. Message.

1 May 5

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2 "We hurt long enough and badly enough that we were willing  
3 to go to any lengths to stay clean."

4 Gray Book, p. 29 (Chapter Four, Lines 11-12)

5  
6 Our Third Tradition tells us that addicts can be  
7 prayed over, beaten, locked up and threatened, but an ad-  
8 dict will not stop using until the addict wants to. The  
9 price of admission to Narcotics Anonymous is pain, without  
10 it most of us wouldn't have gotten here. Even after coming  
11 to N.A., most of us didn't stay. It seems that pain might  
12 be the admission, but it's not enough to keep us here, once  
13 the pain subsides. Our initial Surrender has to be followed  
14 with Willingness, and Willingness has to be followed with  
15 Action. Desire is measured by our level of Surrender, and  
16 our level of Surrender is measured by our pursuit of Recov-  
17 ery. So even though desire is not a measurable commodity,  
18 it can be seen by our Willingness to go to any lengths. Our  
19 Basic Text says that; "If you want what we have to offer,  
20 and are willing to make the effort to get it, then you are  
21 ready to take certain Steps." The First Step is to get and  
22 stay clean. Recovery will not work if we're not clean from  
23 all mood changing/mind altering drugs, including any form  
24 of Medicated Assisted Treatment drugs. We then remain Open-  
25 minded to a Power Greater Than Ourselves, that can relieve  
26 our obsession to use. The Action we do, like attending  
27 Meetings, read Literature, and get and use a Sponsor, is  
28 the Process that restores us to sanity. We Turn our Will  
29 and Lives over to the Care of God of our Own Understanding.  
30 This is evident when our obsession to use has been lifted.  
31 Any length means that we don't put anything in front of our  
32 Recovery Program. It means that we don't make excuses for  
33 not attending meetings. It also means that we don't do it  
34 alone, and we have a Home Group, that we are part of. We  
35 don't put conditions on staying clean. We stay clean no  
36 matter what happens in our Lives. We are accountable to  
37 others, by remaining reachable.

38  
39 **In This Moment:** Any length means that we will do whatever  
40 it takes to stay Clean and Recover.

May 6	1
"The slogans are the sayings that seemed to help us most	2
when we first came to the Fellowship."	3
Gray Book, p. 81 (Chapter Five, Lines 5-7)	4
	5
When we're first new in Narcotics Anonymous, we were	6
confused by some of the language we heard. We heard a lot	7
of one liner sayings such as, Just For Today, Take It Easy,	8
Priorities, Let Go And Let God. These slogans were the	9
first Tools we learned to apply to our newly Cleaned Lives.	10
We needed to develop a different perspective on the way we	11
viewed ourselves and the world around us. Slogans were the	12
simplest way to help us change our way of doing things. The	13
slogans have been called the Banisters to the Steps. We can	14
utilize the slogans in time of Spiritual or Emotional up-	15
heavals. They can take us out of traps that the disease	16
tries to distract us with. They are simple to remember and	17
easy to apply in our everyday dealings. Slogans can also be	18
the pause button we need when dealing with difficult, peo-	19
ple, places or things. We can practice the Actions of the	20
slogans to keep us growing in Recovery. When our minds	21
start to focus on yesterday or tomorrow, we can always say	22
to ourselves, "Just For Today." When we start to take Life	23
or ourselves too seriously, we can say, "Take It Easy."	24
When we get overwhelmed with Life, we can slow down and say	25
to ourselves, "Priorities." When we feel as though we need	26
to control outcomes, or control people, we can "Let Go And	27
Let God." While sitting at a meeting and our minds are rac-	28
ing, or we're too busy thinking what we're going to say	29
when it's our turn to Share, we can say to ourselves,	30
"Achieve Adequacy Not Perfection." There are many more slo-	31
gans we can use to set us back on track, or stay on the	32
right track. We use the Steps to keep moving because	33
there's always another train coming. The slogans are not	34
only for newcomers; they continue to help us no matter how	35
long we've been Clean in N.A.	36
	37
<b>In This Moment:</b> We will Apply these simple slogans, on a	38
Daily Basis.	39

1 May 7

---

2 "If we take a Fifth Step, but we really don't get honest,  
3 we will have the same negative results that dishonesty  
4 brought us in the past."

5 Gray Book, p. 43 (Step Five, Lines 26-28)

6  
7 Our Fifth Step calls for a deeper level of Honesty.  
8 First Step Honesty was Practiced with our Actions. Attend-  
9 ing Meetings, reading N.A. Literature, and finding a Spon-  
10 sor is how we Practiced Honesty. Now our Fifth Step is ask-  
11 ing us to Practice Honesty with our mouths; the same mouths  
12 that helped sicken us, as an intake for some of the drugs  
13 and the lies we told with them. Now in our Fifth Step we  
14 are asked to use our mouths to Help Heal us. Admitting to  
15 God, ourselves and another human being the exact nature of  
16 our wrongs, calls for a deeper form of Honesty. Like the  
17 previous Steps, it calls for a deeper level of Surrender.  
18 The Faith we Practice Helps overcome our fear. We start to  
19 recognize that self-centered fear is at the root of all our  
20 defects. As we Share our fears with God, ourselves and our  
21 listeners the defects seem to peel away. We get to the ex-  
22 act nature of our defective character. We also, through  
23 this Admission, reveal some Assets that were buried, and  
24 some newly formed since coming to Narcotics Anonymous. If  
25 we don't get Honest in this Step, we don't get to know our-  
26 selves, and the negative and positive aspects of our per-  
27 sonalities. The Light of Exposure Helps us remove the masks  
28 we wore that was so necessary in our active addiction.  
29 These tools of the disease are no longer necessary in this  
30 New Way Of Life. The Spiritual Principle of Trust takes on  
31 a deeper meaning as we reveal our secrets to another human  
32 being and the God Of Our Own Understanding. We tell the  
33 Truth cut and dry. We don't rationalize our actions or be-  
34 haviors. Through Honesty, we take Responsibility and become  
35 Accountable for the part we played.

36  
37 **In This Moment:** We are not Responsible for having this dis-  
38 ease, but we are Responsible for our Recovery.

May 8

"God consciousness fills the empty place inside that nothing ever could before."

**Gray Book, p. 145 (Chapter Nine, Lines 19-20)**

As addicts, we spent our whole Lives trying to fill our void, with people, places and things. At first, some of these seem to work, temporarily anyway. The drugs were the last to go. Some of us lost jobs, family, and possessions, but we kept using drugs. After a while even the drugs stop working; they only created a bigger void and more problems as a result. After arriving at Narcotics Anonymous, we had to first stop using drugs. Our Second Step replaces the void left by the drugs. We soon found out that no matter what we used to try to fill the void left by the drugs, only makes the void bigger. Little we knew that only a Spiritual Solution was to be of any effect. Some of us tried other methods, we tried filling it in with sex, we found that we were left feeling worse than before. Some of us tried other drugs as a substitution and found ourselves still using drugs. We tried working extra hours thinking if we made extra money all will be well. As our void got bigger, many of us were in more pain than when we were in active addiction. No longer having drugs to medicate ourselves, we were actually feeling worse than before. The only solution for us would be a Spiritual one, and only Living by Spiritual Principles did we have a chance at Recovery. Step Two is the start of this Process after we stop using. Step Two is what relieves our obsession of drugs and anything else we find ourselves obsessing about. The process of coming to believe is what restores us to sanity. This Higher Power will be our Strength. As our Spirits Awaken, as a result of working Steps, we begin to rely more and more on Spiritual Principles. We begin to feel Hope and begin to experience a Freedom we never experienced in our past using Lives.

**In This Moment:** Awareness of this God-Centered way of life will be our New Way Of Life.



1 May 9

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2 "Sit down with a notebook, pray, pick up your pen and start  
3 writing!"

4 Gray Book, p. 41 (Chapter Four, Lines 33-34)

5  
6 Writing our Fourth Step is one of the most Loving  
7 things we can do for ourselves. We are now ready for an  
8 Honest Self-Appraisal, only after we have taken the First  
9 Three Steps. Step Three prepares us for this vital Step; it  
10 Frees us from fear. Our inventory must be Free of fear to  
11 be of any long-lasting effect. There's a Spiritual prepara-  
12 tion for Step Four. With the help of our Sponsors and the  
13 God Of Our Understanding, we sit down by ourselves, with  
14 pen and paper, and we begin to write. We can write too lit-  
15 tle, but never write too much, we ask our Higher Power for  
16 Strength and Guidance. We ask our Higher Power that we can  
17 be as Honest as we can. Remember it's an inventory of OUR-  
18 SELVES. As we write, the healing process takes place. Our  
19 Basic Text tells us that writing; "...will unlock parts of  
20 our subconscious which remain hidden..." that otherwise  
21 would be locked, unless we write. Our patterns, anger, re-  
22 sentments, fears and misconducts are written down, from as  
23 far back as we can remember. We write about people, places  
24 and things that we interacted with. We write about our  
25 fears, real or imagined. We write about our sexual behav-  
26 iors and our motives as we saw them. We write how we've  
27 been affected by other's reactions or behaviors toward us.  
28 The Fourth Step asks us to write a Searching and Fearless  
29 Moral Inventory. So, we write about our Assets as well as  
30 our Liabilities, we learn from both. We see the traits we  
31 want to keep, and the traits we don't need, in our new  
32 Lives. As we write, we might want to Pray for Inspiration.  
33 As our fear subsides, our Faith increases, and we are given  
34 Courage. The Fourth Step calls for deeper level of Honesty  
35 and a deeper level of Surrender. The Higher Power that was  
36 with us in the previous Steps, is still with us at this mo-  
37 ment.

38

39 **In This Moment:** We ask our Higher Power for Strength and  
40 Discernment to work this crucial Step.

May 10

"When we see how our defects exist in our lives and accept them, we can let go of them and get on with our new life."

Gray Book, p. 47 (Step Six, Lines 2-3)

Awareness is the key. Through an Honest Self-Appraisal of ourselves and sharing what we find with our Sponsor, the defects that have plagued us for years are revealed. This is how our disease controls us. We plunge into the abyss of Spiritual darkness. Identifying these defects is only half of the battle. With the help of our Sponsor, we see what part we act out on, in this downward spiral. Shortcomings are the pathway that defects take to destroy our Spirits from within. Our Sponsor helps us understand we are not unique; they share how they stood naked in front of the mirror face-to-face with their disease. They shared with us how they cried out for the God Of Their Own Understanding, to please remove these defects of character. Defects that have plagued us and created so much destruction in our lives and in the lives of others. Working with our Sponsor is the key to Awareness. We identify both the defect we act on, and how we paint ourselves into a corner with our shortcomings. We roll up the sleeves of Willingness and go to work. Many of us have found that a diligent Tenth Step helps us recognize the patterns, allowing us to choose a different course, using Spiritual Principles. We Grow when we Apply the Principles of the Steps and Traditions, to our daily Lives. Our Higher Power will be our Greatest Source of Strength.

**In This Moment:** Acceptance will start the Process of Letting Go and Letting God do for us, what we can't do for ourselves.

1 May 11

---

2 "We remember our part in the divine partnership with God  
3 and we are more tolerant and patient with other people."

4 Gray Book, p. 56 (Step Eleven, Lines 28-29)

5  
6 Our Recovery is our contract with the God Of Our Own  
7 Understanding, not with anyone or anything else. We pleaded  
8 through our Surrender in the First Step to get clean. We  
9 begged for the obsession to use to be lifted in the Second  
10 Step. Now in our Third Step Decision, we are Deciding to  
11 form a partnership with this Loving, Caring Power we met in  
12 the prior Step. We call on our Higher Power for Strength  
13 and Guidance as we Surrender to the Spiritual Principles of  
14 Narcotics Anonymous. Throughout our Recovery we fall short  
15 because we're human. We fall short because we suffer from  
16 an incurable disease called addiction. Since this disease  
17 manifests itself in every area of our Lives, we need to  
18 Live by Spiritual Principles, in every area of our Lives.  
19 We need to maintain a Conscious Contact with our Higher  
20 Power to achieve the Power to Live by Spiritual Principles.  
21 When we fall short, we ask the God Of Our Own Understanding  
22 first to Forgive us and second to give us the Power and  
23 Courage not to fall short. If we are asking God to be Pa-  
24 tient and Tolerant with us when we fall short, we must ap-  
25 ply the same Principles to ourselves and others. We have to  
26 remember that other people, like us, are still growing emo-  
27 tionally. It would be senseless to get angry or have great  
28 expectations from people who like us, are suffering from  
29 growing pains. Patience and Tolerance are things that are  
30 not contained in us, we get it from outside ourselves. We  
31 get it from the God Of Our Own Understanding, if we ask for  
32 it.

33

34 **In This Moment:** The same Patience and Tolerance that we ask  
35 for ourselves, we ask for others as well.

May 12

"We have to learn to maintain our new lives on a spiritually sound basis to insure our continued growth and recovery."

Gray Book, p. 58 (Step Eleven, Lines 28-30)

Spirituality is one of the last Fruits we receive in this Program. However, it's one of the first things we lose in the relapse process. So our Spirituality must be maintained in order to keep Growing in this Process. In Narcotics Anonymous we are Granted a Daily Reprieve, this is only possible by our continued Willingness and Surrender to Spiritual Principles. In N.A. if we're not Growing, we are going, the disease of addiction is progressive, incurable and fatal. This Program offers a set of Principles that are written so simply that we can follow them in our daily lives. The Evidence is seen all around us, addicts Living Clean, Happy, Joyous and Free. When we think about the first part of our Lives, it was filled with hopelessness and despair. After arriving at Narcotics Anonymous, we were told that we didn't have to feel like that anymore. We were told that we didn't have to use, and there was a way out. We meet people who were like us, who suffered, and now they are Living Spiritually Sound Lives. We wanted what they had, so we had to do what they did, and we had to put the effort to get it. The Program of Narcotics Anonymous is more than just abstaining from drugs, even though that is our Cornerstone. The Steps offer a Spiritual Awakening along with the opportunity to Grow, and become the people that we were meant to be all along. Narcotics Anonymous not only saves our Lives, but it offers a Life beyond our wildest dreams. It offers Freedom from active addiction, and introduces us to a God Of Our Understanding. This Message of Hope, and Promise of Freedom, can only be topped with a Relationship with a Power Greater Than Ourselves. This Source for Power, once tapped, offers Unlimited Growth.

**In This Moment:** We will Share this Precious Gift with those who seek Recovery.

1 May 13

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2 "Progression of recovery is a continuous journey uphill  
3 with loving effort. Without love or effort we start the  
4 downhill run."

5 Grey Book, p. 128 (Chapter Seven, Lines 30-32)

6  
7 Recovery is an uphill journey, when we stand still in  
8 our Recovery proces, we begin to backslide. The Recovery  
9 Process ceases, when we stop working the Program. The dis-  
10 ease of addiction is progressive, no matter how long we've  
11 been clean. Recovery is possible on a daily basis, our  
12 daily reprieve consists of Total Abstinence, and the Appli-  
13 cation of Spiritual Principles. A twenty-four hour Program  
14 means that the Recovery Cycle can begin again the next day,  
15 if we work on it. We can't stay clean on yesterday's  
16 shower, so we can't stay clean on yesterday's Recovery. We  
17 renew our Commitment to our Recovery, by Surrendering to  
18 the Principles of Narcotics Anonymous on a daily basis. The  
19 disease of addiction is more than just our drug use, so our  
20 Recovery has to be more than Complete Abstinence. The Prin-  
21 ciples embodied in our Steps and Traditions transform our  
22 Personalities and Awakens our Spirits. The Program of Nar-  
23 cotics Anonymous is not for those who need it, it's not  
24 even for those who want it. Narcotics Anonymous is for  
25 those who work it. Living The Program keeps us on the Spir-  
26 itual Path. Love and Effort are Faith in Action, the God Of  
27 Our Understanding makes Recovery possible for us today.  
28 Sharing this Gift of Love and Service with others is the  
29 only way for us to keep this Precious Gift. The Process of  
30 Recovery takes work, the Process of relapse takes no work,  
31 it's automatic. Through Prayer and Meditation we are  
32 Granted the Power to apply the Spiritual Principles of Nar-  
33 cotics Anonymous into our Lives. The Source of this Power  
34 is our Greatest Source of Strength. We begin each day by  
35 Surrendering our Will and Lives over to the care of this  
36 Loving and Caring Power. Some say that our Will has its be-  
37 ginning at the end of God's Will.

38  
39 **In This Moment:** We will keep moving uphill on this journey,  
40 to prevent backsliding downhill.

May 14

"The mind signals drugs when the body may actually be asking for vitamins, food, rest or companionship. So we need daily H.A.L.T.S. maintenance."

**Gray Book, p. 36-37 (Step Two, Lines 35-1)**

Our First Step deals with the Physical aspect of our disease. The first thing we do in this Program is stop using drugs. Complete and Total Abstinence is needed for Recovery in Narcotics Anonymous. Many of us neglected our basic needs while using. For some of us, our diet was unbalanced, our bodies didn't get the exercise it needed, and many of us didn't replace the nutrients that the drugs took away. Our Mental and Spiritual Health were also negatively affected, to say the least. Our answer to all of our problems was using more drugs. Years of drug usage causes a lot of damage, it'll take years of Abstinence, to get healthy again. As we get clean, we have to get in touch not only with our Emotions, but with our Physical Selves as well. When we're feeling in rare form, the first thing we do is practice H.A.L.T.S. Don't get too Hungry, Angry, Lonely, Tired and don't take yourself too Seriously. With these spot checks we can avoid extra grief we can bring to ourselves. It can also help us practice the Spiritual Principles we've learned so far, to make us better people. Recovery is about Self-Care; it's about having a healthy balance in our lives. Recovery is also about building healthy relationships with people, places and things. One of our members wrote that; Spirituality is the right relationship with reality. When we were using, we weren't functioning in reality. We can build healthy relationships with reality. When taking the First Step, we learn to have a relationship with Honesty. Next we start to take care of our physical needs. We get proper rest and begin to have a balanced diet. Some of us get a physical from our doctors. All this contributes to our Recovery and Health.

**In This Moment:** Through N.A. we will ask our Higher Power for help, so our basic needs will be met.



1 May 15

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2 "We have been afraid to open that closet for fear of what  
3 that ghost may do to us."

4 Gray Book, p. 41 (Step Four, Lines 7-8)

5  
6 Our Fourth Step asks us to do a searching and fearless  
7 moral inventory of ourselves. The Faith and Strength we  
8 need to accomplish our Self-Appraisal is supplied by the  
9 God Of Our Understanding. Looking at our past and the  
10 things we did in and after active addiction, causes us  
11 shame and guilt. Although we are different people now and  
12 don't practice those behaviors anymore, some of us still  
13 feel haunted. There still could be some fear of reliving  
14 some of our experiences. Our Higher Power can help Guide  
15 our feelings, during this Process, if we let it. The Cour-  
16 age we will receive will be after walking through the fear.  
17 Before beginning Step Four, we should review the first  
18 three Steps with our Sponsors. We can choose whatever set-  
19 ting we need to sit down and pick up the pen and write. We  
20 Pray to our Higher Power for the Strength and Honesty we  
21 need to start our inventory of ourselves. We write about  
22 our fears, resentments and conduct. We also write about our  
23 Assets, many of them newly acquired since we've been clean.  
24 We go as far back as we can remember with our writing. Eve-  
25 rything that has affected our lives and the lives of oth-  
26 ers, is material for our inventory. We can Pray throughout  
27 the Process, we can call our Sponsors if we get stuck. As  
28 we write, some of us felt the weight come off our shoul-  
29 ders. The shame and guilt seem to subside, and we began to  
30 feel better about what we're doing. The Fourth Step is one  
31 of the most Loving things we can do for ourselves. It Frees  
32 us from the burdens of the past, and gives us Hope for the  
33 future. Our Fourth Step should be followed by a Fifth Step  
34 as soon as possible, in order to reap the maximum Benefits.

35  
36 **In This Moment:** We will Pray for Faith, we will Trust that  
37 what's on the other side will be better than what we have  
38 now.

May 16

"We now know if we pray to do God's will, we will receive  
what's best for us."

**Gray Book, p. 58 (Step Eleven, Lines 14-15)**

When we first arrived to Narcotics Anonymous, we were told that the only thing we had to change was everything. This statement scared most of us, after all, we had built our whole lives around addiction. Our wills were accompanied by our defects of character. Our defects were the tools of the disease, they were our survival skills. The first defect to go, was our use of drugs. Recovery was not possible unless we got Clean first. Total and Complete Abstinence was foreign to us, and we didn't think it was possible. Our Second Step was the Solution to the void Step One left. When our obsession was lifted we gained Hope, that anything was possible. However, these defects were part of us, and we wondered what would we become if we let them go. This hesitation kept us sick, we were still acting out. Many were still smoking cigarettes, which was ultimately hurting us. Some of us were acting out sexually, blocking ourselves and others from recovering. Some of us were still stealing and being dishonest in our interactions with others. We had to hit bottom with these parts of ourselves, before we were Willing to ask for Help. We Pray to our Higher Power, who Helped us get Clean, to Help us with this other stuff. As we Progress in the Steps, we see that each Step requires a deeper Surrender. Freedom is our ultimate goal, Freedom from drugs, Freedom to choose our own Higher Power. Freedom from self, others, and the world at large. When we clear the wreckage that's in the God Of Our Understanding's way, that Power can work in our Lives. As we Pray and ask for Power to carry out God's Will for us, we see God's Will is what we wanted for ourselves all along. Who wouldn't want Health, the means to make a Living, or a Family or Mate to share our Lives.

**In This Moment:** We will align our wills with God's Will and all will be well.

1 May 17

---

2 "We were entirely ready to have God remove these defects of  
3 character."

4 Gray Book, p. 46 (Step Six, Header)

5  
6 We were entirely ready means that the First Five Steps  
7 qualified us for this Process, up till now. Being entirely  
8 ready to Surrender at this deeper level is another story.  
9 Up to now we know what our defects of character are. We  
10 know that these tools of the disease don't work in Recovery  
11 of Narcotics Anonymous. The defects helped us survive in  
12 active addiction, but we must be Willing to let the God Of  
13 Our Understanding remove them. The way we let our Higher  
14 Power remove our defects, is by Practicing the Spiritual  
15 Principles we learned up till now. We have new tools to re-  
16 place our old tools. The more we Practice the Spiritual  
17 Principles of Narcotics Anonymous, the less we will Prac-  
18 tice shortcomings, which are defects in action. We make a  
19 list of the exact nature of our wrongs we learned about in  
20 our Fifth Step. We then learn about the opposite of that  
21 defect, or what activates that defect, and apply the Spir-  
22 itual Principle instead. The more we Practice Principles,  
23 the less we Practice defects. We start to feel better about  
24 ourselves as we Live the Program. Being Entirely Ready is  
25 just the beginning, our Willingness has to be followed by  
26 Surrendering, and then by Action. The Sixth Step is like  
27 Spiritual surgery performed by our Higher Power. Letting go  
28 of defects is like saying goodbye to an old friend. Our  
29 Awareness can be followed by a feeling of grief. We grow  
30 closer to our Higher Power as we rely on its Strength. Our  
31 Faith grows as we put this Belief into Action.

32  
33 **In This Moment:** We will Trust that our Higher Power knows  
34 what's best for us, we will Let Go and Let God.

May 18

"We made direct amends to such people wherever possible,  
except when to do so would injure them or others."

**Gray Book, p. 52 (Step Nine, Header)**

All the Steps of Narcotics Anonymous provides Freedom. Step Nine is no exception. Step Nine helps us clear the wreckage of our past, and Frees us to Live Today. Step Eight prepared us for this Process by making a list of people, places and things we have harmed, or negatively affected. We became Willing to actually look for these people, places and things, to make Amends to. We go over the List with our Sponsor, and they will show us Wherever possible on the List, that we can make Amends. Our Sponsor will also show us Where on the List, that Making Amends would cause more harm to those and others. With the Help of our Sponsors and the God Of Our Understanding, we take this crucial Step. Some Fruits of this Step are, Freedom, Integrity, Courage, Humility, Dignity, Peace of Mind, and Spiritual Awakening to say the least. Some Principles that make this Process possible are, Willingness, Responsibility, Humility, Anonymity, Forgiveness, Openmindedness, Justice, Trust, Faith, Love, Patience and Tolerance. We ask our Higher Power for the Strength to apply these Principles. We ask our Higher Power, to have no expectation and ask for the Acceptance of the results. Our Amends is unconditional, for the exception to wanting to change. We make Amends for others, but we also do it for ourselves. We walk through the fear and our Higher Power will supply the Courage. There's also indirect Amends we might have to make, in cases where we can't contact some people, places or things we have harmed. Remember, we don't do any of these Steps by ourselves. We will be in Conscious Contact with the God Of Our Understanding, our Sponsors, and the Fellowship of Narcotics Anonymous. For this we are Forever Grateful.

**In This Moment:** Our Spirits will continue Growing in this Process.

1 May 19

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2 "This Step must cut into our character defects and expose  
3 our motives and our actions for what they really were. We  
4 have no right to expect these things to reveal themselves."

5 Gray Book, p. 45 (Step Five, Lines 11-14)

6  
7 When revealing ourselves to God and another human be-  
8 ing, there's nowhere for the ego to hide. We had to tell  
9 the Truth cut and dry without justification or rationaliza-  
10 tion. However, there's still work to do. Admitting, like in  
11 the First Step is just that, a First Step. Our actions from  
12 there on, have to be aligned with the Will of our Higher  
13 Power and the Spiritual Principles of the Narcotics Anony-  
14 mous Program. We start to Practice a Living Program, not a  
15 dying program. We incorporate and apply the Spiritual Tools  
16 we are given, to our everyday activities. We take the op-  
17 portunity to Practice the opposites of our defects. We ap-  
18 ply the Spiritual opposition to our old ways. We find ways  
19 to become more Aware of our defense mechanisms that served  
20 us while we were in active addiction. We start to realize  
21 that the ego will always try to protect itself from us. We  
22 ask for the Power, from our Higher Power, to Practice these  
23 Spiritual Principles in every area of our Lives. We begin  
24 to ask ourselves, "Are we just talking the walk, or are we  
25 walking the talk?"

26  
27 **In This Moment:** We will Practice Honesty which means to  
28 align our actions to the Truth, and not just admitting our  
29 wrongs.

May 20

"In N.A. we have feelings we never dreamed of having. We are able to entertain ourselves today. We do things beyond our wildest imagining."

**Gray Book, p. 155 (Chapter Ten, Lines 14-16)**

As addicts, we used drugs to get out of ourselves, we didn't feel comfortable in our own skins, in the Process we stood away from others as well. At the end of our bottoms, the isolation and desperation seemed too much for any human being to handle. For most of us, this is what it took to want to seek a Solution. We still weren't sure that N.A. was for us; we just wanted to stop hurting. Arriving at Narcotics Anonymous, we were given suggestions. As we learned to follow these subtle commands, our Perspectives started to change. We found out that we didn't have to use anymore, and that was a great revelation. We joined others in their Journeys, and they Shared their Recovery with us. They showed us the way that was shown to them, when they first came around. One addict Helping another proved to be that which was missing in our Lives all along. As others Helped us, it Helped them as well. As we Helped others, our own Recovery was enforced. As we got introduced to the God Of Our Understanding and took the Steps with a Sponsor, we also started to feel comfortable in our own skins. We experienced Compassion and Empathy toward others. We learned by working with others; we got out of ourselves. The more we gave of ourselves, the more of ourselves we received. Working the Steps and Practicing Spiritual Principles in our Lives, we began to Change. We started to become the person we always wanted to be. We grew to Love Freedom, and our Lives began to be something we wanted to experience. We experienced Love of self and others. Some of our dreams became possibilities, now that we weren't trapped in the disease of addiction.

**In This Moment:** We can build Healthy Relationships, with God, Ourselves, Others and with the World at Large. Living Happy, Joyous and Free becomes a Reality.



1 May 21

---

2 "Gradually, as we become more and more God-centered than  
3 self centered, our despair turns to hope."

4 Gray Book, p. 147 (Chapter Nine, Lines 4-5)

5  
6 For us, a big part of Surrendering is to Admit that we  
7 alone can't and don't try to do this on our own accord.  
8 This is part of what Anonymity means that God does for us  
9 what we can't do for ourselves, or for others for that mat-  
10 ter. So, we don't take credit for our Recovery; we make the  
11 effort with each Step we take. We leave the results up to  
12 the God Of Our Own Understanding. Chapter Five in our Basic  
13 Text tells us that the Program doesn't work if we adapt it  
14 into our Lives, that we must learn to adapt our Lives into  
15 the Program. This means that Narcotics Anonymous has to be  
16 at the center of our Lives. This same concept goes well  
17 with the God Of Our Understanding. Putting God Conscience  
18 before our own, protects us and others from ourselves. Hope  
19 can turn to despair if we don't follow it up with action.  
20 Daily practice of Spiritual Principles, turning it over to  
21 God's Will eventually makes life, people, and ourselves  
22 more Serene and acceptable. It Frees us from self-centered  
23 fear because it gives us Hope. Hope and Faith becomes part  
24 of our New Way of Life. At the end all will be well.

25

26 **In This Moment:** We won't put God into our Lives; We will  
27 put our Lives into God.

May 22	1
"Life takes on a new meaning, a new joy, and quality of be-	2
ing and feeling worthwhile. We become spiritually refreshed	3
and are glad to be alive."	4
Gray Book, p. 59 (Step Twelve, Lines 4-5)	5
	6
It's been said that Narcotics Anonymous brings the	7
dead back to Life. Active addiction has been compared to	8
suicide on a time payment plan. With every drug use our	9
Spirits went into a deeper sleep. Step Twelve discusses a	10
Spiritual Awakening as a result of those Steps. We don't	11
have to wait to take Step Twelve to experience a Spiritual	12
Awakening. The Freedom from active addiction we experience	13
when we take Step One, opens a feeling of Hope. This Awak-	14
ening is only effective if we follow it through by taking	15
Step Two. Life starts to take on a new meaning as we lose	16
our obsession to use drugs. Our Spirits that were smothered	17
by our addiction begin the Process of Awakening. Practicing	18
the Living Program of Narcotics Anonymous we find a New Way	19
to Live. Since the disease of addiction is progressive, our	20
Spiritual Awakening has to be Progressive. Practicing the	21
Spiritual Principles of Narcotics Anonymous on a daily ba-	22
sis, Grants us a daily reprieve, from the horrors of addic-	23
tion. The Program of Narcotics Anonymous not only saves our	24
Lives, but also Grants us a Life we only dreamed existed.	25
We no longer just exist, but we start to Live. This Pre-	26
cious Gift of Recovery in Narcotics Anonymous can only be	27
kept by Sharing it with other suffering addicts. We can	28
only keep what we have by using it and Giving it away. One	29
of the Greatest Gifts we receive in this Spiritual Journey	30
is a Relationship with a Higher Power of Our Own Under-	31
standing.	32
	33
<b>In This Moment:</b> We show our Gratitude by Sharing and Caring	34
the N.A. Way.	35

1 May 23

---

2 "A meeting a day, getting and using phone numbers, and  
3 reading literature each day are good forms of insurance for  
4 cleanliness."

5 Gray Book, p. 82 (Chapter Five, Lines 29-31)

6  
7 When we first came to Narcotics Anonymous, we heard  
8 older members give us suggestions. At meetings, the secre-  
9 tary often read some suggestions during the format. Make 90  
10 meetings in 90 days. The Program suggests that we stay away  
11 from people, places, and things we used to use with. Come  
12 early stay late, get phone numbers, dial them, don't file  
13 them. Get and use an N.A. Sponsor. These were the sugges-  
14 tions that were Free, the ones we paid for, were the ones  
15 we didn't take. We paid the price by returning to active  
16 addiction. Some of us were lucky enough to come back after  
17 a relapse. Some of us weren't that lucky, and some got in  
18 deeper trouble than when we first came in. Whatever the  
19 case we soon learned that taking suggestions helped us stay  
20 Clean. We also learned that the opposite was also True. We  
21 were told that we suffered from an incurable, progressive,  
22 fatal disease. The only Hope for us was to arrest and treat  
23 the disease, Just For That Day. It was a 24-hour Program,  
24 and that depended on our Daily Maintenance. Each day called  
25 for a new Surrender, and the Practice of Spiritual Princi-  
26 ples in every area of our Lives. No matter how long we've  
27 been Clean, we would have to stick to the Basics for our  
28 Daily Reprieve. Narcotics Anonymous offers only one Prom-  
29 ise, Freedom from active addiction, and we would have to  
30 work for that Promise. Our message is Hope and Promise of  
31 Freedom, Just For Today. Through working and Living the  
32 Steps, our Personalities do change. In order to keep this  
33 Precious Gift and continue experiencing Spiritual Awaken-  
34 ings, we must give this Message away. We continue to Prac-  
35 tice the Basics, and do service for Narcotics Anonymous.

36  
37 **In This Moment:** We continue doing what we were doing when  
38 we first got here, and even more.

May 24

"In N.A. we have feelings we never dreamed of having. We are able to entertain ourselves today. We do things beyond our wildest imagining."

Gray Book, p. 155 (Chapter Ten, Lines 14-16)

As addicts, we used drugs to get out of ourselves. We didn't feel comfortable in our own skins, in the process we stood away from others as well. At the end of our bottoms, the isolation and desperation seemed too much for any human being to handle. For most of us, this is what it took to want to seek a Solution. We still weren't sure if N.A. was for us, we just wanted to stop hurting. Arriving at Narcotics Anonymous, we were given Suggestions. As we learned to follow these subtle commands, our perspectives started to change. We found out that we didn't have to use anymore, and that was a great revelation. We joined others in their Journeys, and they shared their Recovery with us. They showed us the way that was shown to them, when they first came around. One addict helping another proved to be what was missing, in our Lives all along. As others Helped us, it Helped them as well. As we Helped others, our own Recovery was Enforced. As we got introduced to the God Of Our Understanding and worked the Steps with a Sponsor, we also started to feel comfortable in our own skins. We experienced Compassion and Empathy toward others. We learned by working with others; we got out of ourselves. The more we gave of ourselves, the more of ourselves we received. Working the Steps and Practicing Spiritual Principles in our lives, we began to change. We started to become the person we always wanted to be. We grew to Love Freedom, and our Lives began to be something we wanted to experience. We experienced Love of self and others. Some of our dreams became possibilities.

**In This Moment:** We can build Healthy Relationships, with God, Ourselves, Others and with the World at Large. Living Happy, Joyous and Free is now a Reality.

1 May 25

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2 "Relapse is never an accident. Our knowledge of addiction  
3 is not enough to stop us from using."

4 Gray Book, p. 124 (Chapter Seven, Lines 34-35)

5  
6 Relapse is never an accident, and it's not part of Re-  
7 covery. To relapse is to die, therefore it's part of the  
8 disease. The continuing process of relapse is ongoing even  
9 through Abstinence. Our Basic Text says that we never fully  
10 Recover no matter how long we've been Clean. Addiction is  
11 progressive and fatal and can only be arrested each day.  
12 Although knowledge is essential in the Recovery Process,  
13 it's not a substitute for Surrender. The same way doctors  
14 practice medicine, and lawyers practice law, we as addicts  
15 must Practice Spiritual Principles. Our Literature says  
16 that relapse is never an accident, it's a sign that we had  
17 a reservation in our Program which left loopholes in our  
18 daily Lives. Our Program stops when we don't attend Meet-  
19 ings or stop getting involved in Narcotics Anonymous. The  
20 relapse process begins before we actually use drugs. We get  
21 high at the end of the relapse, not the beginning of it.  
22 The relapse process begins with our Spiritual decay. Just  
23 like food decays when the refrigerator is unplugged. Every-  
24 thing seems fine at first. However, the decay process al-  
25 ready started. Sometimes this process is unbeknownst to us.  
26 Usually, our fellow members remind us that we haven't at-  
27 tended Meetings in a while. Our Sponsors or our Home Group  
28 members may call us on our attitude and behavior. We are  
29 each other's eyes and ears, so it's important to stay visi-  
30 ble or at least connected. Working with others is a Solu-  
31 tion that enables us to keep what we have. Surrendering to  
32 the Principle of Honesty in the First Step can keep us in  
33 the basics. If we don't use what we've learned in Narcotics  
35 Anonymous, we will lose it in a relapse. Spiritual Mainte-  
36 nance means ongoing Recovery.

37  
38 **In This Moment:** Our best guarantee against relapse, is Liv-  
39 ing the Spiritual Principles of Narcotics Anonymous.

May 26

"You can call it love, or harmony, or peace, or cleanness,  
or good, or you can call it God."

**Gray Book, p. 35 (Step Two, Lines 25-27)**

One of the Precious Gifts of Narcotics Anonymous is that we get to choose a God Of Our Own Understanding, and develop a Relationship with that Higher Power. When we first came to Narcotics Anonymous, some of us didn't have a working Relationship with Life, never mind with a Loving, Caring Higher Power. Some of us had a problem with the God word, or any concept of God. Our First Step shows us that we're not God, and that we had to Admit that we didn't have any answers, when it came to our addiction. The Second Step tells us that the void the drugs left, once removed, had to be replaced with a Power Greater Than Ourselves and that will remove our obsession to use. This Higher Power can be the Group, it can be the Principles of Narcotics Anonymous, it can be our Literature, or it can be God. The only criteria is that this Power be Loving, Caring, and for some members, Forgiving, but it can't be us. Some concepts that work for us is, Good Orderly Direction, another one is Gift Of Desperation, or Grow Or Die. This dependence has to be more about Reliance than just compliance. The important thing is that it's the Process of Coming to Believe that restores us to sanity. The Process is the Action we take, going to Meetings, reading Literature, connecting with others, finding a Sponsor, and joining a Home Group and doing Service in that Group. Our obsession gets removed and is replaced by Spiritual Freshness. Our Spirits Awaken, and we finally feel the Hope and the Promise of Freedom we heard about. With this growing Awareness we start to feel a euphoria, different from the one the drugs first gave us. This one really means that All Will Be Well.

**In This Moment:** We will be Honest when choosing a Power Greater Than Ourselves, for that we are Responsible.



1 May 27

---

2 "At these times in our Recovery, the Third Step is our  
3 greatest source of strength and courage."

4 Gray Book, p. 39 (Step Three, Lines 20-21)

5  
6 Life after drugs can sometimes seem tumultuous. Like  
7 the inertia felt when we first stop using drugs. It seems  
8 like everything catches up to us. At these times in our Re-  
9 covery, our world seems to be falling apart. We cannot give  
10 up Hope, our Third Step decision was based on Trust. The  
11 Trust that the same Higher Power that removed our obsession  
12 to use, is still with us. Narcotics Anonymous is the eye of  
13 the storm. Remaining Calm is Trust In Action. In our Recov-  
14 ery, this is our Greatest Source of Strength. The Courage  
15 comes after we walk through fear, or despite the fear. Our  
16 Faith Grows as we Practice the Spiritual Principles of Nar-  
17 cotics Anonymous. The Evidence that All Will Be Well, Re-  
18 stores our Hope. We do the footwork, and we leave the re-  
19 sults to the God Of Our Own Understanding. We Rely on this  
20 Power to Guide us through not only rough times, but also  
21 through the smooth times. The Tenth Step in our Gray Book  
22 says, "The line between where God does or does not help us  
23 is absolutely irrelevant." This means that we Let Go and  
24 Let God, unconditionally, this is True Surrender. We as ad-  
25 dicts are used to instant results, much like when we were  
26 using. Over time not overnight becomes our new mantra.  
27 Trust and Patience are Spiritual Principles that can also  
28 act as the anecdote for disease thinking. The pause between  
29 acting or reacting is an action of Faith. Sometimes when we  
30 don't know what to do, the best thing to do, is nothing. We  
31 Pray and we continue doing the next right thing. We don't  
32 stop to wait for the answer. We help others to get out of  
33 ourselves. God's Will has its beginning at the end of ours.

34  
35 **In This Moment:** We will Acknowledge that the Steps are the  
36 shortcut to God, and God is the shortcut to the Steps.

May 28

	1
"We have all spent much of our lives being anything but	2
humble. We have been humiliated by many of the things that	3
happened to us while using..."	4
Gray Book, p. 48 (Step Seven, Lines 15-17)	5
	6
"...most of us avoided true humility until we worked	7
the First Step." Our Unconditional Surrender made it possi-	8
ble to seek Help from a Power Greater Than Ourselves, in	9
the Second Step. In the Third Step, through our Decision,	10
we Humbly asked God to Guide our Will and our Lives. In	11
Steps Four through Six, we Accept being human by acknowl-	12
edging and loudly Admitting our faults. First to God, our-	13
selves and to another Human being. Steps Seven through Nine	14
we start to display our new-found Humility, by practicing	15
Forgiveness in all aspects. Our Literature states that,	16
"Humility is a part of staying clean, as food and water are	17
to staying alive." Our Literature says, we devoted our en-	18
ergy towards satisfying our material needs. We never	19
thought of Spiritual growth or asking a Higher Power for	20
direction. Drugs were our Higher Power. We will volunteer	21
for Humility or suffer humiliation.	22
	23
<b>In This Moment:</b> By Admitting our powerlessness and unman-	24
ageability we achieve our first Glimpse of Humility.	25

1 May 29

---

2 "N.A. reawakened old memories of what it felt like to be a  
3 member of the human family."

4 Gray Book, p. 85 (Chapter Five, Lines 19-21)

5  
6 Our Literature states that when we were using our liv-  
7 ing skills were reduced to the animal level. Many of us  
8 were just surviving and existing, we weren't Living. It  
9 seemed that our whole purpose became about using and find-  
10 ing the ways and means to continue using. Addiction is a  
11 contradiction to life. As addiction gained more and more  
12 territory of our Spirits, we went to sleep. We forgot how  
13 it was to be human. We became slaves to our addiction, and  
14 our worlds slowly shrank. Narcotics Anonymous was our wel-  
15 come back to Life. It was our homecoming. Here, we met oth-  
16 ers that helped us with our Awakening. The first thing we  
17 were told was to achieve and maintain Total and Complete  
18 Abstinence from all mind and mood altering drugs. It was  
19 suggested that a meeting a day for the next 90 days would  
20 be a good idea. We were told to connect with others, get  
21 phone numbers, to dial them and not file them. The close  
22 contact along with the hugs, from these other members, en-  
23 couraged us to keep coming back. The Fellowship of Narcot-  
24 ics Anonymous Loved us till we learned how to Love our-  
25 selves. We learned that Spiritual Awakenings occurred as a  
26 result of Living the Program. The Steps and Traditions of  
27 Narcotics Anonymous gave Life to our Spirits. It gave us a  
28 Way Of Life that we never knew existed. This new-found Gift  
29 can only be renewed each day. We keep this Precious Gift by  
30 Sharing it with other new arrivals.

31

32 **In This Moment:** "Touching, sharing, and loving are actual  
33 tools of recovery for us."

May 30

"Through the freedom in our new lives we are finally able  
to see the special qualities that we possess as individu-  
als..."

Gray Book, p. 161 (Chapter Ten, Lines 2-4)

In Narcotics Anonymous one of the people we will meet,  
will be ourselves. After hitting our bottoms, we weren't  
too happy to see what we have become. Now Abstinent, we  
feel all our feelings, and most were guilt, shame, and re-  
morse. Most of us didn't like ourselves, and now we get to  
face it. Living with ourselves without the use of drugs was  
even more painful, we no longer had the drugs to numb us.  
N.A. does not only offer Abstinence from drugs, it also of-  
fers Freedom from the obsession to use, and it offers a New  
Way to Live through the Spiritual Awakening we experience  
from Living each Step. This Awakening of the Spirit allows  
us to nurture the person we were meant to be all along.  
This Process is over time and not overnight, and at times  
our pain requires Total Surrender. There's Freedom con-  
tained in each Spiritual Principle. Freedom from active ad-  
diction, Freedom from self, Freedom from others, and Free-  
dom from the world at large. We no longer need the masks;  
we no longer had to be the people others wanted us to be.  
We finally could be ourselves and be okay with that. We're  
a work in Progress. We're still not the person God knows we  
could be. We're still not the person we want to be. We're  
the person we are supposed to be right here, right now.  
With the Help of the God Of Our Understanding, our Spon-  
sors, the Steps, and the Fellowship of N.A., this transfor-  
mation is possible, Just For Today. We see ourselves real-  
istically, with our liabilities and our Assets. We Surren-  
der to this Process and receive Self-Acceptance and Ac-  
ceptance of others. We learn to Live in our own skins; we  
get glimpses of the people we could one day be. Today  
there's Hope.

**In This Moment:** We don't only have Self-Acceptance, but we  
also Accept what we are lacking, we also develop Compassion  
for ourselves and others.

1 May 31

---

2 "If we do not maintain our spiritual condition daily, some  
3 of us find the resulting pain and confusion lead to a re-  
4 turn to drugs and our old way of life."

5 Gray Book, p. 144 (Chapter Nine, Lines 27-29)

6  
7 We use drugs at the end of a relapse. Our Spiritual  
8 decay starts to happen first, then our defects take over,  
9 and we could pick up soon afterwards, then we're just us-  
10 ing. We discover that if we're not working on our Recovery,  
11 we're working on a relapse. The Recovery Process takes  
12 work; the relapse process is the lack of work. Since Recov-  
13 ery is an uphill Journey, standing still, we begin to back-  
14 slide. Our Daily Reprieve is contingent on our Spiritual  
15 Condition that day. Our Recovery consists of our Daily Sur-  
16 render to the Principles of Narcotics Anonymous. The Prin-  
17 ciples consist of Honesty, aligning our actions to the  
18 Truth. Regular Meeting attendance is one way to align our  
19 actions to the Truth. Living The Program throughout our day  
20 in all of our actions, is another way of practicing Hon-  
21 esty. Calling our Sponsors and being accountable to them  
22 and others is also practicing Honesty. Serving others  
23 through Service and Sponsorship reinforces our Recovery and  
24 helps keep us Honest. Narcotics Anonymous is a Program of  
25 Action, practicing Spiritual Principles daily, changes our  
26 thinking. Since a sick mind can't cure itself, we have to  
27 Live our way into Good thinking. We transform daily, we  
28 have to continue progressing in our Recovery, so that we  
29 don't revert to our old behaviors. When we stop Living The  
30 Program, the Recovery process ceases, and the relapse pro-  
31 cess has its beginning. We must continue to have a Con-  
32 scious Contact with our Higher Power and continue asking  
33 for Power to walk this walk. With God, our Sponsors and the  
34 Fellowship of Narcotics Anonymous, we continue on this  
35 Spiritual Path.

36  
37 **In This Moment:** We will continue moving forward on this  
38 Spiritual Journey. With an addict on our left and an addict  
39 on our right.

June 1

"We don't have to be clean when we get here, but after the first meeting, we suggest that you keep coming back to the meetings and coming clean."

Gray Book, p. 20 (Chapter Two, Lines 6-8)

Addiction is a progressive, fatal and incurable disease. Sounds pretty hopeless, right? For many years, and for most of us, it was. After decades of suffering and dying of drug use, addicts finally found a Solution. Narcotics Anonymous offers a daily reprieve from the horrors of addiction. Narcotics Anonymous is for using addicts that have unsuccessfully tried every other method to stop using. For most of us Narcotics Anonymous was the last house on the block. Everything else we tried, religion, medication, psychiatry, drugs, rehabs and other institutions failed us. The cornerstone of our Program is Abstinence from all drugs in order to Recover. This seems to be an impossible task at first. Fortunately, the only requirement to start on our Journey is a desire to stop using. Once Total and Complete Abstinence is reached, Recovery is then possible. We meet at a certain time and place for the purpose of Recovery. We Help each other get Clean, stay Clean and finally Recover, A Day At A Time. We are told; "Keep Coming Back", even if we're still using. It's suggested though that we come back clean. Although the only requirement is the desire to stop using, it's not okay to keep using. We will Welcome and Love you, but we won't enable you. Our Recovering members will lay down a clear path to Recover. It's up to the newcomer to take the necessary Actions to achieve and maintain Abstinence while Recovery becomes possible. In Narcotics Anonymous we fan the Flames of Desire by Sharing the Joy, we experience Freedom and Growth. We Recover by Practicing the Spiritual Principles locked in the Steps and Traditions. When we Share these Spiritual Tools with others, the Spiritual Fruits manifests in our Lives. The Evidence becomes clear to others, and they want what we have found. This is the Attraction we have as we Carry This Life Saving Message of Recovery in Narcotics Anonymous.

**In This Moment:** We will Welcome all who come to N.A. We will Encourage Abstinence to those still using. We will offer Recovery to those that are not using.



1 June 2

---

2 "It was conceivable in our addictive thinking that some-  
3 thing would work for us without any work on our part."

4 Gray Book, p. 10 (Chapter One, Lines 29-31)

5  
6 One of the slogans we hear in Narcotics Anonymous is,  
7 "It works if you work it." That means if we want to Recover  
8 we have to take Action. In active addiction, we depended on  
9 the drugs to make us feel good and take away any physical,  
10 mental or emotional pain. We used drugs to be able to live  
11 that day. The drugs did for us what we couldn't do for our-  
12 selves. Arriving to N.A., other members told us that we  
13 never had to use again. We read in the N.A. book that if we  
14 Lived the Narcotics Anonymous Program on a daily basis we  
15 wouldn't use just for that day. Living the Program meant  
16 that we had to have a desire to stop using. It meant that  
17 we had to embrace the Spiritual Principles of Narcotics  
18 Anonymous. Our Surrender to Total and Complete Abstinence  
19 was one of the Spiritual Principles we had to Surrender to.  
20 We had to stop letting drugs use us. We needed to find a  
21 Power stronger than our addiction to help us get and stay  
22 Clean. Following the suggestions through Action is what re-  
23 moved our obsession to use drugs. The pain of not using  
24 drugs forced us to seek this Power Greater Than Ourselves.  
25 Making the Decision to turn our thinking and our behaviors  
26 to the Care of this Higher Power required our Open-minded-  
27 ness and Willingness. We Applied the Spiritual Tools we  
28 were given to unlock the Spiritual Fruits contained in each  
29 Step and Tradition. The results from our efforts had not  
30 only been Freedom from active addiction. Through the re-  
31 sults of those Steps, we achieved a Spiritual Awakening.  
32 Through our Spiritual Awakening we were capable of Practic-  
33 ing these Spiritual Principles in all our affairs.

34  
35 **In This Moment:** We will Live the Spiritual Principles of  
36 Narcotics Anonymous by Sharing this Message with those who  
37 still suffer.

June 3	1
"We can only make our amends to the best of our ability and	2
they can either accept it or deny it."	3
Gray Book, p. 53 (Step Nine, Lines 16-18)	4
	5
True Freedom hinges on this important Step. The Ninth	6
Step of Narcotics Anonymous is part of that Promise of	7
Freedom our Message talks about. In the first three Steps,	8
we achieve Freedom from drugs and active addiction. The	9
next three Steps, we start to achieve Freedom from bondage	10
of self. Steps Seven, Eight and Nine is the beginning of	11
Freedom from people, places and things that imprisoned us.	12
Addiction had our Minds, Bodies and Spirits trapped by in-	13
stant gratification. The Ninth Step frees us from the	14
wreckage of our past. Since timing is an essential part of	15
this Step, We need Guidance from The God of Our Understand-	16
ing and our Sponsors. We Amend the harms we caused by	17
changing our ways. We also make Restitution to the best of	18
our abilities. We approach this Step without expectations	19
of the results. We make Amends because we have to. Self-	20
centered fear may try to creep in again. We rely on our	21
Higher Power for Strength and Courage and proceed. We clean	22
our side of the street. We do not clear our conscience at	23
the expense of others. By the same token, we're not respon-	24
sible for the responses or results of those Amends. We make	25
Amends to the best of our abilities; our victims can either	26
accept it or reject it. Our Recovery flourishes as we let	27
go of our self-obsessions and self-centered fears. This	28
life-time process enables us to find A New Way To Live.	29
	30
<b>In This Moment:</b> With the Principles of Narcotics Anonymous,	31
we get the opportunity to repair our past Relationships and	32
establish new Healthy ones.	33

1 June 4

---

2 "Our negative sense of self was replaced by a positive con-  
3 cern for others."

4 **Gray Book, p. 26 (Chapter Three, Lines 26-27)**

5  
6 Our Basic Text tells us that our whole lives, one way  
7 or another, became centered in drugs. It appeared that our  
8 personalities and who we were dissipated with each run.  
9 Like tornadoes, we became self-centered, as we ripped  
10 through people's Lives. We were harming ourselves the most  
11 by neglecting our own responsibilities. One of our members  
12 stated that, "Addiction altered my behavior. Reality became  
13 uncomfortable, eventually intolerable. I needed more and  
14 more drugs to survive. When I was under the influence of  
15 drugs, Honesty and Integrity were less important and often  
16 inconvenient. Between 'runs', Honesty and Integrity were  
17 burdens that would have prevented getting more drugs and  
18 the relief I needed." Lost and Spiritually broke we found  
19 ourselves in Narcotics Anonymous. Here, we came in contact  
20 with others that were in the same place we were at one  
21 time. These members of Narcotics Anonymous showed us uncon-  
22 ditional Love. They told us we didn't need to hurt anymore.  
23 They told us that they had found Freedom, from the horrors  
24 of active addiction. Their hugs, along with the wordless  
25 language of Empathy, became the beginning of our healing  
26 process. This New Way To Live became our New Way Of Life.  
27 Freedom from active addiction gave us a sense of self. Our  
28 relationship with reality was the start of our Recovery.  
29 The Spiritual Principles of Narcotics Anonymous was the end  
30 of our isolation. We were given this Precious Gift freely.  
31 The only condition to keep this Precious Gift was to give  
32 it away freely without charge. Through the results of our  
33 Spiritual Awakening we developed a natural concern for oth-  
34 ers. We began to feel Adequate and Worthy. Most importantly  
35 we were capable of Helping others.

36  
37 **In This Moment:** The strange paradox of keeping what we have  
38 by giving it away, became a normal Way Of Life for us.

June 5	1
"Honesty, the search for the truth, is our most difficult	2
and yet most challenging objective."	3
Gray Book, p. 148 (Chapter Nine, Lines 26-27)	4
	5
One of the first Spiritual Principles that we learn in	6
Narcotics Anonymous after Abstinence, is the Principle of	7
Honesty. The First Step calls for us to Admit our power-	8
lessness and unmanageability. Our Honesty can be measured	9
by the level of our Surrender. Our Surrender can be meas-	10
ured by our Action. We first have to connect our using with	11
the trouble it caused our Lives. Since addiction affected	12
every area of our Lives, we must apply Spiritual Principles	13
to every area of our Lives. Attending Meetings, joining a	14
Home Group, reading Literature, getting a Sponsor, are all	15
part of Honesty. With each Step a deeper level of Surrender	16
and Honesty is needed, if any Progress is to be made in our	17
Spiritual Growth. Our Literature tells us that Honesty is	18
the antidote for disease thinking. Honesty is one of the	19
Principles that are indispensable. Honesty means that we	20
have to align our actions to the Truth. As we get Honest	21
with ourselves, we learn to get Honest with others. Honesty	22
has to be progressive if we are to continue Growing in our	23
Recovery. Our Literature tells us that everything we know	24
is subject to revision, especially what we know about the	25
Truth. We have to remain Honest in our search for the	26
Truth. Keeping an Open Mind is also a Principle that goes	27
hand in hand with the Principles of Honesty and Willing-	28
ness, with these we are well on our way. Taking Daily In-	29
ventory helps keep us Honest. Together with Narcotics Anon-	30
ymous, We Do Recover.	31
	32
<b>In This Moment:</b> We will continue to practice the Spiritual	33
Principle of Honesty in every area of our Lives.	34

1 June 6

---

2 "The Twelve Steps of Narcotics Anonymous are a progressive  
3 recovery process established in our normal living."

4 **Gray Book, p. 147 (Chapter Nine, Lines 31-33)**

5  
6 The Twelve Steps and the Twelve Traditions are what  
7 makes up our Spiritual Program. The Spiritual Awakening  
8 that results from those Steps and these Traditions, are  
9 what makes Recovery possible. The disease of addiction af-  
10 fected every area of our lives. The Program of N.A. offers  
11 Spiritual Tools as the Solution to a life affected by the  
12 disease of addiction. Our Literature says that these are a  
13 set Principles that are written so simply that we can fol-  
14 low them in our daily lives. It also says that the most im-  
15 portant thing about them is that they work. Narcotics Anon-  
16 ymous brings the dead back to life. Not only does it offer  
17 a New Way Of Life, it gives us a life we never knew possi-  
18 ble. Narcotics Anonymous is the only proven Solution to a  
19 disease that has plagued the world for decades. For the  
20 Program to work, we have to Surrender to its Spiritual  
21 Principles. One of the first Spiritual Principles is Total  
22 and Complete Abstinence of any mind mood altering sub-  
23 stance. The Program cannot work if our minds and bodies are  
24 clouded with drugs. As we practice this Living Program, our  
25 Spirits Awaken. We tap into a Power Greater Than Ourselves  
26 and it becomes our Greatest Source of Strength. The disease  
27 of addiction is fatal, incurable and progressive. We are  
28 granted a Daily Reprieve contingent on our Spiritual  
29 Maintenance and Sharing this Program with those who want  
30 it. Our Primary Purpose in Narcotics Anonymous is to Re-  
31 cover and help others find this Way of Life.

32  
33 **In This Moment:** We will Practice these Spiritual Principles  
34 in our Way of Living. We will Share this Way of Life with  
35 those who seek it.

June 7	1
"JUST FOR TODAY I will have faith in someone in N.A. who	2
believes in me and wants to help me in my recovery."	3
Gray Book, p. 143 (Chapter Nine, 2nd Sentence)	4
	5
In active addiction many of us had lost Faith in any-	6
thing or anyone. The disease of addiction put our Spirits	7
to sleep. We didn't have a Relationship with Reality. Our	8
Personal Relationships slowly deteriorated as we progres-	9
sively disappeared into our disease. We were no longer pre-	10
sent to participate in our Lives or in the Lives of others.	11
We had lost one of the main reasons of being Human, our	12
partnership with another person. The disease isolated us,	13
until in desperation we found Narcotics Anonymous. Here, we	14
met other addicts like us that were no longer alone. They	15
had each other, but most importantly they had themselves.	16
They told us that they too had suffered from the horrors of	17
addiction. They appeared to be Happy, Joyous and Free. They	18
showed us unconditional Love and Acceptance. We finally	19
felt at home being so Welcome. They Believed in us and	20
wanted to help us achieve what they achieved, Freedom from	21
active addiction. The Members of N.A. showed us by applying	22
the Spiritual Principles of Narcotics Anonymous; we too can	23
Recover. We found that it was a twenty-four hour Program.	24
Its effectiveness was based on Total and Complete Absti-	25
nence from all mind and mood altering drugs. It also was	26
contingent on an ongoing application of these Spiritual	27
Principles on a daily basis. The best thing about it was we	28
didn't have to and couldn't do it by ourselves. NA also	29
means, Never Alone.	30
	31
<b>In This Moment:</b> JUST FOR TODAY we will be unafraid, our	32
thoughts will be on our new associations, people who are	33
not using and who have found a New Way of Life.	34



1 June 8

---

2 "The only thing we ask of our members is that they have  
3 this desire. Without it, they are doomed, but with it mira-  
4 cles have happened."

5 Gray Book, p. 97 (Tradition Three, Lines 22-24)

6  
7 Our Third Tradition tells us that the only requirement  
8 for Narcotics Anonymous membership, is a desire to stop us-  
9 ing drugs. We don't have to be Clean when we first come to  
10 Narcotics Anonymous. We are told at our first meeting, to  
11 keep coming back, but to come back Clean. The Program of  
12 Narcotics Anonymous only works through Complete and Total  
13 Abstinence from all mind-mood altering drugs. Our level of  
14 desire for ourselves can be measured by our Actions, Will-  
15 ingness is just a start. Regardless of our Cleanliness we  
16 can still call ourselves members. Many of our members re-  
17 turn to active addiction. This doesn't mean they are no  
18 longer members. At that point our members need to come back  
19 as soon as possible, and get Clean. Desire must be our  
20 first acquirement, without it we are doomed, our Literature  
21 states. Once we are Completely and Totally Clean we can  
22 start to Recover. Our First Step reminds us that social ac-  
23 ceptability, which includes Clean time, does not equal Re-  
24 covery. Recovery can be seen as a change of attitudes and  
25 behaviors. This change is only possible through Living the  
26 Spiritual Principles of Narcotics Anonymous. These Princi-  
27 ples are a result of working and applying the Steps and  
28 then the Traditions of our Program. Every day Living has to  
29 include the Practice of these Spiritual Principles, for our  
30 Recovery to be of any effect. Our Daily Reprieve is depend-  
31 ent on our Spiritual Progress. Clean Time is our Corner-  
32 stone.

33  
34 **In This Moment:** Clean Time is a fence around our Recovery.  
35 Without it nothing can Grow. It all starts with a Desire to  
36 stop using.

June 9	1
"Lost dreams awaken and new possibilities spring."	2
Gray Book, p. 142 (Chapter Eight, Lines 3-4)	3
	4
How many times do we hear this statement by speakers	5
or other members? What might come to mind to the newcomers	6
or other members? Some might interpret this to mean that we	7
can get rich and famous. Our rich and famous members know	8
better. Some addicts came in with money, houses and high	9
educations. They can tell you that money, property and	10
prestige did not help them feel any better about themselves	11
in active addiction. In fact, many will tell you that it	12
actually prolonged their agony. Denial kept them out there	13
longer. Our Basic Text tells us that, "...through recovery,	14
our dreams come true. We don't mean that we necessarily be-	15
come rich or famous. However, by realizing the will of our	16
Higher Power, dreams do come true in our recovery." Our	17
Gray Book goes on to say, "How many times have we heard	18
something over and over again, until it finally takes root	19
and blossoms. With each meeting we attend, seeds planted in	20
earlier meetings are watered until we can see them grow to	21
harvest. This harvest is a form of spiritual growth." This	22
Spiritual Awakening, the relationship with Reality, the	23
Freedom to worship and develop a relationship with the God	24
Of Our Own Understanding, those are our dreams come true.	25
That relationship with Reality is where our new possibili-	26
ties spring or arise. We cannot confuse our Message with	27
material gain. Our rewards are measured with our Spiritual	28
Fruits that result from Living and Sharing this Living Pro-	29
gram called Narcotics Anonymous.	30
	31
<b>In This Moment:</b> We will carry our Message of Hope and the	32
Promise of Freedom. This is the only thing Narcotics Anony-	33
mous offers us.	34

1 June 10

---

2 "When we finally get our own selfish motives out of the  
3 way, we begin to find a peace unmatched to a drug-induced  
4 high."

5 Gray Book, p. 58 (Step Eleven, Lines 6-8)

6  
7 Our Literature tells us that once the euphoria of us-  
8 ing wore off, we saw the ugly side of addiction. For many  
9 of us, we lost that good feeling of getting high a long  
10 time ago. Toward the end of our using, we either suffered  
11 the pain of withdrawals, or we took more drugs. Many of us  
12 took more drugs. We no longer used drugs, drugs used us.  
13 Coming to Narcotics Anonymous and Achieving and Maintaining  
14 Total and Complete Abstinence, it left us with a void. Our  
15 Basic Text tells us that the purpose of the Second Step was  
16 to fill that void. Unfortunately many members attempted to  
17 fill that void with other things instead of our Higher  
18 Power. These other things used to fill the God Void, in-  
19 cluding illegal drugs and prescribed medication, caused  
20 others and us more pain. Our motives were selfish, our mo-  
21 tives had motives. Finally, when the pain of staying the  
22 same was greater than the pain of changing, we took the  
23 necessary Steps to relieve our obsessions. Practicing Spir-  
24 itual Principles left us feeling good about ourselves and  
25 others. Working Steps and Traditions with our Sponsors, be-  
26 ing of Service to Narcotics Anonymous, we found a different  
27 type of euphoria. Sharing this Precious Gift with others  
28 and thinking of others resulted in a peace unmatched to  
29 any drug-induced high we ever experienced. We no longer  
30 needed people, places or things to feel good about our-  
31 selves. We sought self-approval and not the approval of  
32 others. We begin to Stand and Live by Spiritual Principles.  
33 The only way to get out of self, is to work with others.

34  
35 **In This Moment:** We will Practice selflessness. We are actu-  
36 ally doing God's Will by getting our selfish motives out of  
37 the way.

June 11	1
"Now that we are in N.A. we have a new outlook on being	2
clean... Opening these doors and entering them becomes a	3
new adventure in living."	4
Gray Book, p. 141 (Chapter Eight, Lines 12-17)	5
	6
In Narcotics Anonymous our definition of being Clean	7
is more than just physical Abstinence. Getting Clean mostly	8
pertains to the Abstinence of all mind altering and mood	9
changing drugs. Living Clean suggests that we encompass	10
Spiritual Principles in every area of our Lives. Our Basic	11
Text states, "Social acceptability does not equal recovery.	12
We have found that we had no choice except to completely	13
change our old ways of thinking or go back to using." So	14
for us getting Clean is easier than staying Clean. We only	15
have to get Clean once. Staying Clean requires a new Change	16
and Practice of Attitudes and Behaviors, different from our	17
active addiction. Many of us returned countless times and	18
picked up the white chip, or key tag. Many returned to ac-	19
tive use, kept coming back, and finally did the work to	20
stay Clean and Recover. Some of us were lost beyond recall.	21
Some of us died. For us, being Clean and Living Clean and	22
has to mean something more, and different. We started to	23
see that Freedom was more than just the end of active ad-	24
diction. We began to focus and work for the Spiritual Awak-	25
ening each Step and Tradition has to offer. Our Gray book	26
tells us that a Meeting is like a fence around our Clean	27
time. Without Recovery, we don't really need a fence, do	28
we? Or is it just a fence protecting soil with nothing	29
planted? Those of us that Practice a Living Program enjoy	30
the Blessings of the Spiritual Fruits. Life starts to take	31
on a new meaning as our perspectives change. We are finally	32
Living and not just existing. We Live in the moment, but	33
have Hope for the Future. Each day is filled with the Op-	34
portunity for Unlimited Growth. We become Grateful and it	35
shows as we Share this Precious Gift with all that seek Re-	36
covery in Narcotics Anonymous.	37
	38
<b>In This Moment:</b> We will Honor our Clean Time by planting	39
Spiritual Seeds in this rich Clean soil.	40

1 June 12

---

2 "...the Twelve Steps guide us from a state of humiliation  
3 and despair to a state wherein we are able to act as in-  
4 struments of God's will."

5 Gray Book, p. 60 (Step Twelve, Lines 7-9)

6  
7 The Recovery Process in Narcotics Anonymous, is just  
8 that a Process. Unlike the addiction process, it takes  
9 work. When we became beaten and arrived at Narcotics Anony-  
10 mous humiliated and in desperation, we were forced to Sur-  
11 render. Admitting our powerlessness over the disease was  
12 one of our greatest examples to the newcomer. They too can  
13 Surrender and seek help through Narcotics Anonymous. Our  
14 Surrender is one of the first Spiritual Principles we en-  
15 counter in N.A. It's a Power of Example. Our most painful  
16 days in our Recovery can serve as a touchstone for growth.  
17 Our Literature reminds us that Humility is a good place for  
18 an addict to be in. The Spiritual Principle of Anonymity  
19 reminds us that we're not doing this on our own. The WE in  
20 our Steps show us that the whole is greater than the sum of  
21 all of its parts. As we progress as a result of those  
22 Steps, we Practice these Principles in all of our affairs.  
23 This Process has its results as we Practice our Traditions.  
24 For here is where we take Recovery on the road. The Process  
25 of Living the Steps is proportional to how we relate and  
26 interact with others, and the world at large. Surrender and  
27 powerlessness are no longer negative aspects. Our Basic  
28 Text states that, "When we admit our powerlessness and ina-  
29 bility to manage our own lives, we open the door for a  
30 Power greater than ourselves to help us."

31  
32 **In This Moment:** We will submit to God's Will for us, no  
33 matter how painful it may be. The Hope is that we can al-  
34 ways help someone else with our experience.

June 13

"The program works a miracle in our hearts... We become  
free to move about without compulsion or guilt."  
**Gray Book, p. 18 (Chapter Two, Lines 23-26)**

One of our members stated, "Steps Seven, Eight and  
Nine is where our Hearts start to Recover." They go on to  
explain that Love, Forgiveness and Kindness for others stem  
from this part of our bodies. The beginning quote from our  
Gray Book states, "We become new people. The Steps and ab-  
stinence gives us a daily reprieves from our self-imposed  
life sentences." For the Recovering addict in Narcotics  
Anonymous, these are Miracles. Before we can begin to Love  
and Genuinely Care for others, we have to Care for our-  
selves. Part of Recovery is about implementing Self-Care.  
Steps Four, Five and Six are the Steps where we start to  
get right with self. We begin with the Inventory Process  
and begin to eliminate guilt and shame of self. We start  
the Self-Acceptance and Self-Care process, before we can  
Accept and Care for others. Our guts start to Recover, from  
here stems feelings of oneself. Then our Hearts start to  
Recover, from here stems feelings for others. Our guilt,  
shame and remorse transfers into Acceptance, Love, Patience  
and Understanding. We start to walk with our heads held up  
high, and it's not because of pride. We are Free to be the  
people we were meant to be before we got sick. Were able to  
look at other people in the eyes, because we are Free of  
guilt, shame and compulsion. Today we are capable of feel-  
ing and showing Empathy for others. Our Hearts are Free to  
Love and Forgive, but more importantly, to show Compassion.  
As we continue in the Steps we Recover from the neck up,  
that's where Meditation and Spirituality subside.

**In This Moment:** Through Living the Spiritual Principles of  
Narcotics Anonymous our Hearts are Transformed. We become  
Loved and Loving people.



1 June 14

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2 "If we do not maintain our spiritual condition daily, some  
3 of us find the resulting pain and confusion lead to a re-  
4 turn to drugs and our old way of life."

5 Gray Book, p. 144 (Chapter Nine, Lines 27-29)

6  
7 Spirituality is one of the last Gifts we receive in  
8 this Program. Ironically it's one of the first things we  
9 lose in the relapse process. Our Eleventh Step states, "We  
10 have found that our spiritual condition is the basis for a  
11 successful recovery that offers unlimited growth." Offers,  
12 implies that it's not a given. We have to do the work if we  
13 want to Recover. Chapter Ten states, "Narcotics Anonymous  
14 offers only one promise and that is freedom from active ad-  
15 diction." The Promise of Freedom and the Message of Hope  
16 requires us to practice a Living Program. Spiritual compla-  
17 cency can begin the relapse process. We get loaded at the  
18 end of a relapse, not in the beginning. The daily reprieve  
19 we are offered is dependent on this daily maintenance. When  
20 we first get Clean, we enjoy the Freedom from active addic-  
21 tion. We are finally Free from our self-imposed prison. To  
22 stay Free, we have to have an active change of our atti-  
23 tudes and behavior. We can't think our way into good Liv-  
24 ing. The Steps enable us to Live our way into good think-  
25 ing. Our Spiritual Awakening must continue to be progres-  
26 sive. Recovery is an uphill Journey, if we pause, we may  
27 backslide. Unfortunately some of our members pause in their  
28 Recovery and some will return to active addiction. Our Lit-  
29 erature tells us that, "...a whole new life opens up. In  
30 this way, we do recover."

31  
32 **In This Moment:** We will continue with this Program of ac-  
33 tion. We will continue to work a twenty-four-hour Program.

June 15	1
"Many of us cling to our fears, doubts, and self-loathing	2
or hatred of others, because there is a certain distorted	3
security in familiar pain. It seems safer to hold on to the	4
old familiar pain than to let go of it for the unknown."	5
Gray Book, p. 46 (Step Six, Lines 22-26)	6
	7
Some members describe Step Six as a grieving process.	8
Character defects were the tools for the disease. Like	9
drugs, they were our solution for a long time. Toward the	10
end of our bottoms, they turned against us. The drugs and	11
defects that went hand in hand with our active addiction,	12
were no longer needed in this New Way Of Life. We had to	13
say goodbye to those old survival skills. Since that's all	14
we were familiar with, it was difficult and painful to let	15
go. But like our Gray Book states, "Letting go of character	16
defects should be done with love. Fear and hate cannot give	17
us new lives. We should approach old defects with patience	18
and understanding, for they have served us well in days	19
past." We must be careful not to take ourselves so serious	20
in this process. The Spiritual Principle of Willingness	21
prepares us here. We have to let the God Of Our Own Under-	22
standing remove these defects or at least minimize them.	23
God only removes what we really want Him to remove. This is	24
why letting go of these defects must be done with our per-	25
mission. We decide the ones that are causing us and others	26
the most pain. Those are the ones we must become entirely	27
ready to have them removed. We can start with our selfish-	28
ness. Our Basic Text tells us that this defect has to be	29
intolerable to us. It goes on to say that it becomes a de-	30
structive chain that ties us to our bad habits. As we prac-	31
tice these Spiritual Principles, we begin to replace the	32
old with the new. These old tools don't work in this New	33
Way To Live. We start to see glimpses of the people we	34
could become, without some of these defects. Our fear of	35
the unknown is lessened if not dissipated. Our Faith in-	36
creases the more we Practice these Spiritual Principles.	37
	38
<b>In This Moment:</b> For a long time our vision of our New Life	39
gives us Hope. This Hope increases our Willingness.	40

1 June 16

---

2 "Change involves the unknown, the great source of  
3 fear...The wisdom to know the difference involves growth in  
4 the program."

5 Gray Book, p. 148 (Chapter Nine, Lines 8-12)

6  
7 In active addiction our lives were controlled by fear.  
8 Even before active addiction, fear was present in our  
9 lives. Fear can take many forms; positive and negative,  
10 healthy and unhealthy. For many of us our drug use dis-  
11 torted our senses. We were unable to have a relationship  
12 with reality. Hope turned into hopelessness. Through des-  
13 peration, positive fear disappeared. Self- centered fear  
14 controlled our lives. After coming to Narcotics Anonymous  
15 we saw evidence of Hope in the members, who like us, suf-  
16 fered from the horrors of addiction. We saw the twinkle in  
17 their eyes and wanted what they had. Attending N.A. meet-  
18 ings we saw evidence of a Power Greater than ourselves at  
19 work. Members shared with us how they came to Believe. They  
20 Cared enough about us to show us the way. Living the Spir-  
21 itual Principles of Narcotics Anonymous, some of our fears  
22 begin to be replaced with Faith. Through the help of our  
23 sponsors and the Fellowship of Narcotics Anonymous, we are  
24 introduced to the God Of Our Own Understanding. Through our  
25 belief in this Power we become less fearful of the unknown.

26  
27 **In This Moment:** We ask God to Grant us the Serenity to Ac-  
28 cept the things we cannot change, Courage to change the  
29 things we can and Wisdom to know the difference.

June 17

"Reaching out is the beginning of the struggle that will  
make us free. It will break down the walls that imprisons  
us."

Gray Book, p. 130 (Chapter Seven, Lines 23-25)

When we are using, we protect ourselves by putting up  
barriers between us and the outside world. We fall into the  
illusion of self-sufficiency, believing that we can take  
care of ourselves and do everything on our own. Many of us  
used to believe that we would be better off without the  
help of anyone else in our lives. We rarely realize that we  
have never been self-supporting as we continue leeching off  
of the resources of others. We separated ourselves from an-  
ything that did not have to do with getting or using drugs.  
Some would say that the exact nature of the disease of ad-  
diction is isolation. The proof of this statement can be  
shown when addicts hit their bottoms, they're usually  
alone. Our using slowly eliminated the positive people,  
places and things from our lives. Our worlds shrank as we  
used to live and lived to use. At the end of our using, the  
desperation drove us to seek help from others in Narcotics  
Anonymous. How It Works in our Gray Book tells us that, "If  
what you want what we have to offer, and are willing to  
make the effort to get it, then you are ready to take cer-  
tain steps." These Principles are written so simply that we  
can practice them in our daily lives. The Principle of Sur-  
render can be measured by the actions we take. Our Litera-  
ture tells us that the antidote to our diseased thinking is  
Honesty. A member once said that, "Honesty is aligning our  
actions to the Truth." This realignment helps us to Trust  
our fellow members and also build Integrity. Both of these  
Spiritual Principles are essential to our ongoing Recovery.  
To help us practice these Spiritual Principles, we need to  
tap into and rely on our Higher Power. We have been devel-  
oping a relationship with this Power that helped us achieve  
Complete and Total Abstinence.

**In This Moment:** With Complete and Total Abstinence and  
practicing the Spiritual Principles of the Steps and Tradi-  
tions we are given a Daily Reprieve from our self-imposed  
life sentences. We become Free to Live.

1 June 18

---

2 "There are some things we can make direct amends for; some  
3 we can only make partial amends for; and some that we re-  
4 member nothing about."

5 Gray Book, p. 53 (Step Nine, Lines 29-31)

6  
7 In active addiction, addicts created a destructive  
8 path that affected our lives and the lives of others. Just  
9 like a tornado the end of it brings much relief. Unfortu-  
10 nately, we were left with the wreckage. Physical, mental,  
11 spiritual and emotional harms were some results of active  
12 addiction. Chapter Three in our Basic Text states, "We did  
13 many people great harm, but most of all we harmed our-  
14 selves." One of the first Amends we make is staying Clean  
15 because we are no longer part of the problem. Now we are  
16 part of the Solution. Direct Amends involves looking for  
17 the people, places and things we caused harm to. Then we  
18 make Amends by rectifying and offering resolutions. We ap-  
19 proach our Amends without any expectations of the results.  
20 In the Program of Narcotics Anonymous, we make these Amends  
21 because we have to. It's not necessarily to feel good about  
22 ourselves or clear our conscience. We also can make indi-  
23 rect Amends when direct Amends would cause more damage than  
24 good. Our Sponsors will help us with our completed list of  
25 names. They will show us where on the list can be more  
26 harmful or where we can't make direct Amends at all. For  
27 us, sanity can mean effectively relating to others. The  
28 Amends process can relieve fears, guilt and remorse of the  
29 past. It allows us to Live Happy, Joyous and Free. We will  
30 always be open to the Amends process in our lifelong Jour-  
31 ney.

32

33 **In This Moment:** With the guidance of the God Of Our Under-  
34 standing and the Fellowship of N.A., we continuously expe-  
35 rience a miracle as we discover and Admit our faults.

June 19	1
"Having fun and being happy doesn't have to be searched	2
for; it surrounds us. It is all there. So just do it. Be	3
clean, have fun and be happy."	4
Gray Book, p. 156 (Chapter Ten, Lines 1-3)	5
	6
When we arrive to Narcotics Anonymous, many of us can-	7
not remember the last time we had a good laugh. We can't	8
remember the last time we had any kind of "fun." Some of us	9
were so loaded that we were barely grasping any awareness	10
or for some, consciousness. What we should remember is the	11
pain. Being Clean in early Recovery, the pain of not using	12
felt so real, so tangible that it seemed as though we would	13
never have a good time ever again. Some of us asked our-	14
selves, "Is there life after drugs?" Some of us felt an-	15
noyed or uncomfortable with the smiles and laughter of oth-	16
ers, as we attended meetings. Their Joys and Happiness	17
caused us pain because it reminded us of what was missing	18
in our lives. Our attraction grew as we were invited to	19
Fellowship after the meetings. Those late nights at the	20
diner, or to a member's house to continue talking about Re-	21
covery, gave us Hope. We begin to experience what fun re-	22
ally is, without the use of drugs. Our World gets a little	23
brighter. With the attendance of meetings and the camarade-	24
rie of the Fellowship, we begin to experience Living Happy,	25
Joyous and Free. Life is not just a glum lot. Living the	26
Steps and having a Growing relationship with our Higher	27
Power, we begin to see new evidence of sanity all around	28
us. More Will Be Revealed as we Keep Coming Back.	29
	30
<b>In This Moment:</b> Our Gray Book says, "It is important for us	31
to have fun in our recovery without the dying."	32



1 June 20

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2 "The Eleventh Step helps us, in the face of a problem, to  
3 be aware of God. The underlying principle of this Step is  
4 God-consciousness."

5 Gray Book, p. 58 (Step Eleven, Lines 10-12)

6  
7 In active addiction, some of us developed strange ways  
8 of praying. Our prayers seem to be fox hole prayers. We  
9 prayed when we desperately needed help in our active addic-  
10 tion; "God, please let me make it out of this one. If I do,  
11 I swear I'll never..." Some of us have never prayed until we  
12 entered N.A. Many of us received the suggestion early on to  
13 start praying. This early introduction to prayer was for  
14 our obsession to use drugs, be lifted. The pain of not us-  
15 ing forced us to seek this Power to relieve our obsession.  
16 Any resource we have for communicating with this Higher  
17 Power is useful. It allows us to tap into a Power that can  
18 help us stay clean, one that we so desperately need. Step  
19 Two starts this Process. This Power Greater Than Ourselves  
20 becomes more and more evident because we are staying clean.  
21 We learn how to Pray, which is talking to the God Of Our  
22 Understanding. More importantly we learn to listen for the  
23 answers, which is called Meditation. We can use this Power  
24 even when we are not in pain or in a critical condition. To  
25 be God-conscious we have to practice the Spiritual Princi-  
26 ples of Narcotics Anonymous in everything we do. Our Liter-  
27 ature tells us that emotional balance is one of the first  
28 Fruits of Meditation we experience. Narcotics Anonymous  
29 asks us to cultivate new healthy habits that can enhance  
30 our Recovery. One of the ways we do this is by establishing  
31 a relationship with a God Of Our Understanding.

32  
33 **In This Moment:** God-consciousness is having the Awareness  
34 that God is present in our lives.

June 21	1
"A warning about rationalization is that it has killed more	2
of us than anything else. At times, our motives will be ob-	3
scured by clouded thinking."	4
Gray Book, p. 57 (Step Ten, Lines 1-3)	5
	6
Our Literature tells us, "What we knew about living	7
when we got here had almost killed us." Arriving to Narcot-	8
ics Anonymous and seeing the mess we made of our lives only	9
caused us to rationalize even more. We blamed the drugs to	10
make sense of it all. In active addiction, we found our-	11
selves defending our actions, constantly explaining our-	12
selves. Many times we thought these explanations were what	13
the other person wanted to hear. We justified our behaviors	14
in order to protect our using. This quickly moved us into a	15
pattern of lies and self-deception. This pattern became our	16
lifestyle. We found ourselves immersed in a life of deceit	17
and rationalization. After achieving Abstinence, we saw how	18
sick we really were, especially without the drugs. These	19
old defense mechanisms were the tools of the disease of ad-	20
diction. These rationalizations served us well in active	21
addiction. In our Recovery, we learn to get Honest. We	22
learn to face the Truth. With each Step we take and live,	23
the onion gets peeled another layer. We help each other by	24
becoming each other's eyes and ears. Our Literature says,	25
"We began to see that we had rationalized the most outra-	26
geous sort of nonsense..." This can still follow us in our	27
Recovery. The Fruits of Living the Spiritual Principles re-	28
leases us from denial. We Surrender our Wills and Lives to	29
the Care of the God Of Our Understanding. We are no longer	30
part of the problem, because we're part of the Solution.	31
	32
<b>In This Moment:</b> As we find ourselves Growing into mature	33
consciousness, it becomes more uncomfortable to ration a	34
lie.	35

1 June 22

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2 "We have found it essential to accept reality. Since that  
3 time we have not found it necessary to use."

4 Gray Book, p. 138 (Chapter Eight, Lines 1-2)

5  
6 Spirituality has been described by one of our prede-  
7 cessors as the right relationship with Reality. In active  
8 addiction, our relationship was mostly with the drugs. Our  
9 Literature mentions that we spent time getting, using and  
10 finding ways and means to get more drugs. After a while, it  
11 was a one-way relationship; the drugs used us. Our reality  
12 became distorted. With our minds and bodies clouded with  
13 drugs, it was difficult for us to determine the Truth. We  
14 were in denial about our reality; Awareness and Acceptance  
15 were foreign to us. Active addiction is a contradiction to  
16 Living. When we used drugs, we violated Spiritual Princi-  
17 ples; some of these were the Laws of Nature. Living self-  
18 ishly actually caused our isolation. Our Literature tells  
19 us that our Living skills were reduced to the animal level.  
20 Unconditional Surrender means having the Willingness to go  
21 to any lengths. Investing our time in getting, using and  
22 finding ways and means to Recover. Some Suggestions are  
23 given to us like, attending meetings, staying in touch with  
24 other members and studying our Literature. Another sugges-  
25 tion is finding a Sponsor that will Guide us through our  
26 Steps and Traditions, which will eventually lead us to the  
27 God Of Our Own Understanding. These Actions will reconnect  
28 us to Reality and Awaken our Spirits. Since our Spiritual  
29 Awakening is progressive, we must continue to do our part  
30 in being part of.

31  
32 **In This Moment:** We keep growing in this Process. We will  
33 secure our own existence by the positive Actions we keep  
34 taking.

June 23	1
"None of us stumbled into this Fellowship brimming with	2
love, honesty or open-minded willingness. We have all	3
reached the point where it seemed we could not longer con-	4
tinue because of intense pain: physical, mental and spir-	5
itual."	6
Gray Book, p. 32 (Step One, Lines 18-21)	7
	8
Most members said that for them, Narcotics Anonymous	9
was the last house on the block. Some go on to say that	10
they tried everything else first, but nothing worked, so	11
they continued to use. Some members said that Narcotics	12
Anonymous was the last thing they tried, but it was the	13
first thing that worked. Our Literature states in Chapter	14
Three, "...we tried countless other remedies--counselors,	15
psychiatrists, hospitals, lovers, new towns, new jobs--eve-	16
rything we tried, failed." Our Gray Book goes on to say,	17
"We gave up--quit struggling--surrendered, completely and	18
unconditionally. Then, and only then did we begin to Re-	19
cover from the disease of addiction." Only with Total and	20
Complete Surrender to Narcotics Anonymous and its Spiritual	21
Principles did we have a chance. After coming into the N.A.	22
Program, we realized that we were sick people. Unfortu-	23
nately, "If you take the drugs away from a drug-crazed ma-	24
niac, you still have a maniac." So most of us arrive to	25
N.A. with all our defects and bad habits. Our lack of Trust	26
of others kept our defenses up, and our minds closed. When	27
the pain of staying the same became greater than the pain	28
of changing, we Surrendered again. Finally, an opening in	29
our closed minds was made, new ideas could be Accepted.	30
Chapter Eight, We Do Recover says it best, "That wordless	31
language of recognition, belief and faith, which we call	32
empathy, created the atmosphere in which we could feel	33
time, touch reality and recognize spiritual values long	34
lost to many of us."	35
	36
<b>In This Moment:</b> Practicing the Spiritual Principles of Nar-	37
cotics Anonymous can result in us, brimming with Love, Hon-	38
esty and Open-mindedness.	39

1 June 24

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2 "Anonymity is the spiritual foundation of all our tradi-  
3 tions, ever reminding us to place principles before person-  
4 alities."

5 Gray Book p. 115 (Tradition Twelve, Header)

6  
7 Part of Anonymity means to remain nameless, not taking  
8 credit for. It also means being equal and not single out  
9 any person. The Principle of Anonymity is so huge it has  
10 many Spiritual Principles within it. Anonymity is also the  
11 foundation of our whole Program, our Twelve and Twelve.  
12 Placing the Spiritual Principles of Narcotics Anonymous  
13 ahead of our and each other's personality makes our Recov-  
14 ery possible. This main Principle also protects us from  
15 ourselves. It also helps to protect N.A. from us. Princi-  
16 ples before personalities allow the common welfare of N.A.  
17 to come before our personalities and individual needs.  
18 Principles before personalities allow God Conscience to be  
19 created in the Group and not in any one person. Anonymity  
20 makes it possible for any drug addict to become a member of  
21 N.A. We don't differentiate between men and women, creed,  
22 sexual preference, age, race and social status. Autonomy  
23 with the Principle of Anonymity means not to label a Group  
24 better or less than any other Groups. This can create disu-  
25 nity. The Group's Primary Purpose is its Anonymity, to-  
26 gether we carry one message. When we lend the Narcotics  
27 Anonymous name to anything outside of N.A., our Anonymity  
28 is destroyed. Personalities would take over through money,  
29 property and prestige. This would destroy our Primary Pur-  
30 pose, and many would die. Anonymity allows each member to  
31 contribute their own personal share of time and money Anon-  
32 ymously. Principles before personalities and profession al-  
33 low our members equal status with other members. Direct Re-  
34 sponsibilities to those they serve, committees are not Au-  
35 tonomous and must follow the Group's Conscience. Service is  
36 for those we serve, is a good example of Anonymity. Not  
37 taking personal sides with our personal opinions keeps the  
38 individuals and Groups from public opinions. Keeping our  
39 personal Anonymity in the public spotlight assures others  
40 from using our personalities to judge N.A. Inner Anonymity  
41 of this last Tradition enables us to place The Spiritual  
42 Principles of Narcotics Anonymous before ourselves and oth-  
43 ers, in all our Traditions.

44  
45 **In This Moment:** Putting Principles before personalities  
46 protects ours and other's Anonymity and ultimately ours and  
47 their Recovery.

June 25

"Most addicts have strong feelings about their Higher Power and vigorously defend their right to their own understanding of Higher Power. The strength to move into action comes from our Higher Power."

**Gray Book, p. 37 (Step Two, Lines 2-5)**

Our Literature tells us that a belief in a Higher Power is necessary to achieve any sort of ongoing Recovery. We were forced to seek this Higher Power as a Solution for our obsession to use. After achieving Complete and Total Abstinence in the First Step, we needed a Power Greater Than Ourselves to stay Clean and Recover. This Process of Recovery cannot only work with knowledge and belief. Willingness must be transferred into Action for our Surrender to have any kind of effect. In Narcotics Anonymous we have the Freedom to choose the Higher Power Of Our Own Understanding. It's suggested that this Power be Loving, Caring and Greater than ourselves. Because we first come in with a lot of guilt and shame, some members add Forgiving to this list. Our Third Step tells us that if we are to Grow Spiritually, it's necessary to be Honest about our belief. The Action that creates Faith springs from the Hope that's evident all around us as we attend meetings. Our sanity progresses as we seek a conscious contact with this Power. This relationship with our Higher Power Grows as we practice the Spiritual Principles of Narcotics Anonymous. We share about our relationship with our Higher Power with those around us. We can share about our Higher Power in meetings, within the Guide Lines of our Traditions. We defend our right to a God Of Our Own Understanding. By the same token, we don't endorse or call this Power by name at meetings. Narcotics Anonymous is a Spiritual Program, not a religious one. We can share through the Process of the Steps and Traditions how this Power manifested itself in our Lives. We can also see the evidence of other's Higher Power working in their Lives. We need this Power to Practice these Spiritual Principles in our daily Lives.

**In This Moment:** We can share our Higher Power with new members until they find their own. Newcomers can use the Group as a Power Greater than themselves as well.



1 June 26

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2 "We have surrendered... We are no longer fighting fear, an-  
3 ger, guilt, remorse, self-pity, anxiety, depression and a  
4 thousand other ills."

5 Gray Book, p. 39 (Step Three, Lines 22-27)

6  
7 Many of us who have Surrendered to the Program of Nar-  
8 cotics Anonymous tried everything else first. Using drugs  
9 not only masked our feelings but it also affected our minds  
10 and bodies, on a deep level. The feelings mentioned above  
11 are some side effects of the lack of drug use and lack of  
12 Spirituality. Drug use was our solution for a while, till  
13 they stopped working and turned against us. Living without  
14 the drugs seemed more difficult and painful. Our Second  
15 Step offers a Solution for our mental state. The first  
16 thing we have to do is Surrender totally and uncondition-  
17 ally. Stop fighting means we stop resisting the Program.  
18 We've already seen this Power at work in our and in the  
19 Lives of others. We Trust in this Power and turn our think-  
20 ing and behaviors over to the care of this Power. As we  
21 work those Steps a lot of our obsessions are relieved. We  
22 learn to identify our feelings through personal inventory.  
23 The exact nature of our wrongs are brought to light. We  
24 Surrender to the Solution Narcotics Anonymous offers. Prac-  
25 ticing and Living the Spiritual Principles of the rest of  
26 the Program we are released from these other ills. Self-  
27 pity, anxiety and depression have no hold on us as we quit  
28 fighting. We don't fight by taking medication for these  
29 Symptoms. We Surrender to the Spiritual Principles of Nar-  
30 cotics Anonymous and work the Steps. This is an overtime  
31 process, not overnight. With each Step we will experience a  
32 Spiritual Awakening that will make each Step going forward  
33 possible. Our Recovery becomes a gold mine as we Share it  
34 with others.

35  
36 **In This Moment:** We continue to Surrender on a deeper level  
37 as we progress through the Steps and Traditions of Narcot-  
38 ics Anonymous.

June 27	1
"When someone points out a shortcoming, our first reaction	2
is one of defensiveness. If we truly want to grow, we will	3
take a good look at what is pointed out."	4
Gray Book, p. 49 (Step Seven, Lines 24-26)	5
	6
Our Literature reminds us that we are each other's	7
eyes and ears. That means that members of our support group	8
including our Sponsors might see or hear something that's	9
not right with us. In this Journey of Recovery we must re-	10
main Humble. That means we remain teachable and stay open	11
to suggestions by our closes NA friends. Our Gray Book	12
states, "When we were using, our spiritual and emotional	13
growth came to a halt." The disease left us emotionally	14
crippled. Although most of came in as adults we were still	15
emotionally like children. Our egos prevents us from asking	16
or accepting Help. As we Live the Spiritual Principles of	17
Narcotics Anonymous we Grow into mature Consciousness. We	18
learn to be less defensive and get Open-minded about our	19
Assets and Liabilities as well. As we learn Self-Acceptance	20
we also learn what we're lacking. We then are open to get	21
direction from others that Care about us. In Step Seven we	22
are asking God to remove our shortcomings. This means we	23
already know we're not perfect. This opens the door to Ac-	24
cept God's Help through our Friends in the Fellowship. This	25
is our road to Spiritual Growth.	26
	27
<b>In This Moment:</b> We will Live without the limitations of our	28
past ways. We will Accept the Help in this New Way Of Life.	29

1 June 28

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2 "When a decision needs to be made for a group, each of the  
3 members should take time to meditate on what is most bene-  
4 ficial to our common welfare."

5 Gray Book, p. 93 (Tradition Two, Lines 18-21)

6  
7 Most members of Narcotics Anonymous confuse Group Con-  
8 science with a vote. Although it may end up with members  
9 voting or deciding on a motion or an issue. Group Con-  
10 science is a process. Some describe a Group Conscience as a  
11 collective Eleventh Step. Each member should reach a Con-  
12 scious Contact with their Higher Power about the decision  
13 that's being made. Members can talk to their Sponsors,  
14 Pray, Meditate and check that no Traditions are being vio-  
15 lated in that decision. Our decisions should be based on  
16 the Common Welfare of the Group and Narcotics Anonymous as  
17 a whole. Our individual needs and desires should not be  
18 part of this process. Our Gray Book says, "In working the  
19 Steps we need to come to depend on a Power greater than  
20 ourselves. We continue this relationship and utilize it for  
21 our Group purposes." After working those Steps our control  
22 issues and selfishness should have been addressed, for the  
23 most part. Our Sixth Step reminds us that selfishness be-  
24 comes an intolerable destructive chain that ties us to our  
25 bad habits. We have to stay Vigilant that our decisions are  
26 Truly an expression of God's will for the Group. Group  
27 opinions happens when one or two personalities dominate the  
28 decision. The stronger personalities or the members with  
29 the most Clean time could try to tilt any decision for  
30 their own reasons. It's important that each member of the  
31 Home Group has a working Relationship with the God of their  
32 Understanding. God Consciousness will never violate any of  
33 the Spiritual Principles of our Program. The newer members  
34 can consult with their Sponsors and other members they  
35 Trust and Respect; if they lack a Second Step and a Con-  
36 scious Contact with Higher Power in their Lives. Before we  
37 start a Group Conscience or Business meeting, it's im-  
38 portant to start with Prayer. It is also important to read  
39 the Header of the Second Tradition. We ask our Higher Power  
40 to Guide us to the Solution that will Benefit the Group.

41  
42 **In This Moment:** We take our time to make decisions that can  
43 affect the Group, or the Group's Primary Purpose. There is  
44 no time limit when it comes to carrying our message.

June 29	1
"This is our road to spiritual growth.....This comes not	2
from wishing, but from action and prayer".	3
Gray Book, pg. 49 (Step Seven, Lines 31-36)	4
	5
Wishes and dreams were some of the things that the	6
disease of addiction robbed us from before they were ful-	7
filled, or in some cases, even developed. Our Hopes became	8
wishes, and our wishes became dreams. The disease of addic-	9
tion even took those away from us, we were left with des-	10
pair and uncertainties. After arriving at Narcotics Anony-	11
mous we saw our Hopes and dreams in others, but we still	12
failed to see it in our own Lives. As we work the Steps we	13
seemed to Awaken and the fog was lifted. Our bodies and	14
minds were no longer clouded with drugs. When the obsession	15
to use was removed in the Second Step, we began to feel	16
Hope. We worked the Steps with God and our Sponsors. Our	17
Gray Book tells us that we, "carefully and simply pull our-	18
selves out of the isolation of addiction into the main-	19
stream of useful Fellowship." We begin to see that anything	20
is possible, even our lost dreams. Writing our Fourth Step	21
we see where we went wrong, we see our obstacles, which in	22
most cases was ourselves. We begin to be released from our	23
self-imposed prisons. As we write our Honest Assessment our	24
lost dreams start to slowly reappear, our wishes and dreams	25
become Hopes. Our Hopes become Realities as we work and	26
Live the Spiritual Principles of those Steps. We Share	27
these Hopes with others as they witness it manifest in our	28
Lives.	29
	30
<b>In This Moment:</b> We will stop wishing and start working, our	31
lost dreams can become a Reality as we stay on this Journey	32
of Recovery.	33

1 June 30

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2 "Our lack of fear and our new found faith serves as a firm  
3 foundation for courage in the future."

4 Gray Book, p. 65 (Step Twelve, Lines 14-15)

5  
6 Before arriving to Narcotics Anonymous, for many of  
7 us, our lives were dominated by fear. Every decision we  
8 made was made with our default thinking. The disease of ad-  
9 diction affected every area of our lives. Our whole mind  
10 and bodies were clouded with drugs. We were trapped by the  
11 chains of addiction, and saw no way out. Narcotics Anony-  
12 mous offers a simple Program that can be Practiced in every  
13 area of our Lives. The Spiritual Principles of N.A. treats  
14 our bodies, minds and Spirits. Honesty, Open-mindedness and  
15 Willingness are the HOW of our Solution. Achieving Complete  
16 and Total Abstinence from all mind and mood altering drugs  
17 is where Honesty has its start. Our Literature says that  
18 Honesty is the antidote to our disease thinking. Honesty  
19 can be measured by aligning our actions to the truth. Our  
20 Gray Book says that by Practicing Honesty, "We lose the  
21 fear of being cornered." As we Practice gut level Honesty  
22 through our Step Process our Faith in our Higher Power in-  
23 creases. Faith gives birth to Courage as we walk through  
24 our fears. Like Surrender, the Spiritual Principle of Hon-  
25 esty enables us to get to the bottom of our emotions. In  
26 our Recovery Process we are constantly reinforcing our  
27 Foundation, because we're constantly building on it. Chap-  
28 ter Five tells us, "Guilt and worry keep us from living in  
29 the here and now." If we worry why Pray and if we Pray why  
30 worry. We strive to Live Life on God's Terms.

31  
32 **In This Moment:** We will continue to Practice the HOW of the  
33 Program by reinforcing our Spiritual Foundation.

July 1	1
"In our addiction, we feared change because we had lost control of our lives and most changes were for the worst."	2
Gray Book, p. 84 (Chapter Five, Lines 5-7)	3
	4
	5
Change is inevitable, too bad as using addicts this wasn't a good thing. The disease of addiction is progressive. At any given point we were getting worst. That was the extent of our change. The disease of addiction affected every area of our lives. Our using took priority over anything we considered important to us. At the end we tried everything and anything to find a solution to our problem, "ourselves." Everything we tried failed, many of us tried switching drugs, some of us tried religion and psychiatry, none of these methods worked for us. Arriving at Narcotics Anonymous seem like a miracle for most of us. It was the last stop for most of us.	6
Afflicted by addiction some of us still weren't sure that Narcotics Anonymous would work for us. We came into contact with other addicts like us, but now were Happy, Joyous and Free. Their change was for the best. They Shared the Message of Narcotics Anonymous and how it worked for them. We found Hope as we ourselves stood Clean. Some of the changes in our Lives were of a positive nature. We no longer had to be slaves to our addiction. We found a Higher Power that Guides us in this Journey. Practicing the Spiritual Principles of Narcotics Anonymous gave us a Life we thought we could ever imagine. Today we look forward to change, because now it's mostly for the best.	7
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	30
<b>In This Moment:</b> We Appreciate our new Lives that consist of a God of our own Understanding, and the Fellowship of Narcotics Anonymous.	31
	32
	33



1 July 2

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2 "Our personal stories may vary in individual pattern but in  
3 the end we all have the same thing in common."

4 Gray Book, p. 132 (Chapter Eight, Header, Line 3)

5  
6 "Identify don't compare," we've all heard this at one  
7 time or another at meetings in Narcotics Anonymous. Compar-  
8 ing our using stories and the drugs we used separates us  
9 from each other. Our Literature tells us that we're not in-  
10 terested in what or how much you used, who your connections  
11 were, or how much or how little you have. Narcotics Anony-  
12 mous is only interested in what you want to do about your  
13 problem and how we can Help. This Helps to get to root of  
14 the problem, "addiction." This also Helps us find a common  
15 Solution, which is Recovery in Narcotics Anonymous. Our  
16 identification as addicts is on a deeper level, than just  
17 the use of drugs. Feelings and emotions are how we Empa-  
18 thize with each other. Our healing takes place at this deep  
19 level and not the symptom, which was our drug use. We Share  
20 our stories with this in mind. We Carry a Message of Hope  
21 and the Promise of Freedom. The identification takes place  
22 when we Share about the hopeless and helpless state we  
23 found ourselves as a result of addiction. We Share how we  
24 arrived to Narcotics Anonymous. We Share about the Fellow-  
25 ship we found with people just like us. We Empathized with  
26 each other because just like them, we visited the same hor-  
27 rors of addiction. Today our Common Welfare comes first. We  
28 are able to Help one another because we are the same.

29  
30 **In This Moment:** We will focus on the Solution not the Prob-  
31 lem. Our Identification as addicts provides a Common Solu-  
32 tion.

July 3	1
"We forget we are given only a daily reprieve. We must ask	2
for help each morning and remember to thank God at night."	3
Gray Book, p. 144 (Chapter Nine, Lines 25-26)	4
	5
Our Gray Book reminds us that as our Lives become more	6
comfortable many of us lapse into Spiritual Complacency.	7
This Spiritual relapse can result in a mental and physical	8
relapse if we're not Vigilant. Lack of maintenance of this	9
Daily Reprieve can result in feelings of uselessness and	10
lack purpose. Many of us forget where our True Strength	11
lies. We break our own Anonymity by taking credit for our	12
Recovery. Some of us find ourselves in trouble coping with	13
everyday life. We must continue to do the things we've been	14
doing and not let up on our Spiritual Program. We begin by	15
asking God for Help, we call our Sponsors and let them know	16
where we're at. We Practice our Gratitude by Practicing	17
Spiritual Principles. Some of us Practice having a Constant	18
Conscious Contact, with the God of Our Own Understanding.	19
We ask for Guidance in the Morning, check in throughout our	20
day and Thank God at night for our Life and our Recovery.	21
Since God's Will ends where our's begin we're careful in	22
monitoring our attitudes and behaviors. We should ask for	23
God's Help even if we think we don't need it. Our Gray Book	24
talks about not measuring the ways God Helps us or not. All	25
the Thanks goes to our God.	26
	27
<b>In This Moment:</b> We will not leave the Basics, so the Basics	28
wont leave us. We will give Thanks where is due.	29
	30

1 July 4

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2 "We learn that conflicts are a part of  
3 reality and learn to be grateful for them. We learn new  
4 ways to resolve conflicts instead of running from them."

5 Gray Book, p. 138 (Chapter Eight, Lines 6-8)

6  
7 Coping with life isn't something addicts do well,  
8 that's part of the reason we use drugs. Addiction and using  
9 drugs served as a distraction to life and its terms. Where-  
10 ever some of us felt a confrontation, or conflict about to  
11 happen; we managed to escape. We were excellent escape art-  
12 ists, Houdini had nothing on us. Most of us couldn't face  
13 life and it's events unless we were loaded. Drugs the  
14 greatest anesthesia was our source of denial. Drugs seem to  
15 make living bearable for most of us. We couldn't survive  
16 our emotions without them. So in a sense drugs were our so-  
17 lution for a while. Since addiction is a progressive dis-  
18 ease, the drugs stopped working. Fear that originally ran  
19 our lives was now the dominant factor in our lives. At this  
20 point most of us were missing from our own lives. After  
21 trying everything else without success, we found ourselves  
22 in Narcotics Anonymous. Here we learned to stop running. We  
23 learned that fear can mean, face everything and Recover. We  
24 found a Fellowship to support us. We learned about Complete  
25 and Total Abstinence. Living without drugs forced us to  
26 find a God of our own Understanding. With the Help of our  
27 Sponsor Guiding us through the Steps and Traditions we fi-  
28 nally stop Living in fear. We learn that with each conflict  
29 there's an opportunity to Grow. We also Strengthen our Re-  
30 lationship with God, with our Families and the people  
31 around us.

32  
33 **In This Moment:** Fear now stands for Face Everything and Re-  
34 cover. Today we will use whatever is bothering us as our  
35 greatest Teacher.

July 5

"The Eleventh Step helps us, in the face of a problem, to be aware of God. The underlying principle of this Step is God-consciousness."

Gray Book, p. 58 (Step Eleven, Lines 10-12)

Our Basic Text tells us that one of the results of Step Eleven is emotional stability. How many times even after working the Steps and Traditions some of us still experience emotional volatility. This means not stabled at all. Does this make us bad NA members? Are our egos in the form of pride keep us from asking for Help? Do we feel or think we should be in a better place at this point in our Journey? Then our Sponsors asks us have we been Praying, all of a sudden a bell rings in our heads, DUH! A moment of clarity LOL. Most of us then realize that the Solution is always in the Steps and Traditions. Step Eleven calls for the seeking to improve a Conscious Contact with the God Of Our Own Understanding. This means we don't stop; it's a consistency through Prayer and Meditation that we maintain this connection. Let's face it; Life is a constant change of situations that happens to us and all around us. Some might seem like problems that can overwhelm us if we take them on alone. Today we have a Source of Power that can Help us. We Pray to our God for Guidance in our Recovery. We're Blessed now that we're Clean to participate in our own Lives. Our Gray Book states, "We gradually begin to find some order in the universe, and accept that some power... was supplying us with a conscience we had never had before." We need to continue to Tap into this Power for our Source of Strength.

**In This Moment:** We will use God-consciousness to Guide us in our Recovery and all our Affairs.

1 July 6

---

2 "The Eight Step is not easy; it demands a new kind of hon-  
3 esty about our relations with other people."

4 Gray Book, p 50 (Step Eight, Lines 27-28)

5  
6 We made a list of the people, places and things we  
7 harmed. Most of us had a lot of our list from our Fourth  
8 Step. We found that by the time we reached our Eighth Step  
9 list; we were the major cause of our dysfunctional rela-  
10 tionships. The common denominator was ourselves in the us-  
11 ing mode. The disease of addiction seemed to have formed a  
12 lot of our ideas and perceptions. Since we live what we be-  
13 lieve, we acted and reacted very poorly. Our relationships  
14 in active addiction grew to be conditional and one sided.  
15 This form of dishonesty affected our personalities at a  
16 deep level. Like our Literature says, "...most of all we  
17 harmed ourselves." Our Literature says by writing we,  
18 "...unlock parts of our subconscious which remain hidden  
19 when we simply think about or talk about who we are." The  
20 healing is in the writing. That's why as we make our list  
21 and write the harms we caused each person, place, or thing,  
22 we become Willing. The Willingness comes after we make our  
23 list. Some of us had to Pray to become Willing just to make  
24 the list. The Honesty we displayed to God, ourselves and  
25 another person in the Fifth Step will Help us here. The  
26 level of Honesty will increase with each Surrender we make.  
27 The Promise of Freedom keeps Fulfilling itself with each  
28 Step taken and Lived.

29  
30 **In This Moment:** With our God's Guidance and Conscience we  
31 will be as Honest as we can be at this point in our Recov-  
32 ery.

July 7	1
"Alienation and isolation are symptoms of the mental part	2
of our disease. To the practicing addict, life is just a	3
movement between connections and oblivion."	4
Gray Book, p. 77 (Step Twelve, Lines 4-7)	5
	6
One of our Predecessors stated that during our active	7
addiction our mental and Spiritual condition were affected	8
the most. The mental and Spiritual part of the disease lin-	9
ger long after Complete and Total Abstinence. Although	10
these parts of our disease start the relapse process; it's	11
also where we Grow in the Recovery process. In active ad-	12
diction most of us alienated ourselves by doing the things	13
we did to get the next one. Our world became smaller and	14
smaller the more we used. Isolation is the exact nature of	15
the disease of addiction. This is why we usually hit bottom	16
by ourselves. Active addiction is like a runaway train, and	17
we must be stopped, in order to keep living. Our physical	18
Surrender must come first in order to Recover. Complete and	19
Total Abstinence sets the Foundation that our Recovery can	20
be built on. As we Recover our world starts to expand. With	21
God and this beautiful Fellowship, we're able to tap into	22
unlimited Spiritual Growth.	23
Recovery in Narcotics Anonymous allows ourselves, as well	24
as others, to participate in our Lives as well as our Re-	25
covery. Our N.A. Symbol reminds us that the Greater the	26
Base, the Higher the Point of Freedom. We increase our Base	27
by developing healthy relationships within Narcotics Anony-	28
mous and Society as a whole.	29
	30
<b>In This Moment:</b> By Practicing Spiritual Principles in every	31
area of our Lives, we Recover in every area of our Lives.	32



1 July 8

---

2 "Those of us who have relapsed found the true progression  
3 of the disease that plagues us. To know and come to under-  
4 stand that there is a Power greater than ourselves desiring  
5 to have a relationship with us, in spite of our faults,  
6 comforts us all."

7 Gray Book, p. 127 (Chapter Seven, Lines 10-14)

8  
9 Our Literature tells us that relapse is never an acci-  
10 dent. We as addicts suffer from a disease that's subject to  
11 relapse. That means it doesn't have to happen; it's not a  
12 requirement. Relapse is not part of Recovery; it's lack of  
13 Recovery. When we slight in our Program, we open the door  
14 for the relapse process to begin. The Gray Book says, "Re-  
15 lapse can be the destructive force that kills us or leads  
16 us to the realization of who and what we are." Those who  
17 were fortunate enough to survive a relapse tell us it's not  
18 getting any better out there. They tell us that N.A. ruin  
19 their high. Their relapse only confirms everything the Pro-  
20 gram of Narcotics Anonymous has been telling them all  
21 along. Our Literature reminds us that those who return to  
22 N.A. after a relapse show a Courage not of their own. The  
23 God Of Our Own Understanding is ready to Guide us if we let  
24 it. After all God didn't move, we did. Members that return  
25 are now ready to apply a rigorous Program to the disease.  
26 They realize that the suggestions that were given, were re-  
27 ally subtle demands. The suggestions are free, the ones we  
28 pay for are the ones we don't take. There are those that  
29 haven't relapsed since arriving to N.A. These members learn  
30 by the example of those who go back out. Those that did go  
31 back out learned from the stickers. We all get a Daily Re-  
32 prieve Granted by our Higher Power. This Reprieve is also  
33 conditional, pending on our Spiritual Maintenance.

34  
35 **In This Moment:** We learn that the Love of our God is uncon-  
36 ditional and is ready to Comfort us, if we let it.

July 9	1
"...that the time has come when the tired old lie, "Once an	2
addict, always an addict", will no longer be tolerated by	3
either society or the addict himself. We do recover."	4
Gray Book, p. 133 (Chapter Eight, Header, Last Line)	5
	6
Society in the past viewed addicts as social menaces.	7
The disease of addiction manifest itself in unsavory behav-	8
iors. Our Literature tells us that the disease of addiction	9
aggravated our character defects and reinforced personality	10
disorders. So for a long time it was considered a moral di-	11
lemma. Society including our Friends and Families thought	12
that addicts were weak willed people. They thought as ad-	13
dicts we had a choice in this matter. Our Gray Book says,	14
"The term "drug addict" conjured up visions of street	15
crime, fear of the law, and needles. Our belief was that	16
the drug addict lived in a skid-row environment." The dis-	17
ease of addiction expresses itself in ways that are anti-	18
social and make detection, diagnosis and treatment diffi-	19
cult. In 1953 a Fellowship and a Program were formed to	20
treat those who suffered from addiction in the form of drug	21
use. The Spiritually Based Twelve Step and Twelve Tradi-	22
tions of Narcotics Anonymous arrests and treats our dis-	23
ease. Thousands and Thousands of addicts have Recovered to	24
Live drug free Lives. Narcotics Anonymous also provides a	25
blueprint for Living a Happy, Joyous and Free Life. The	26
Program of Narcotics Anonymous stretches all over the World	27
offering the Message of Hope and Promise of Freedom to all	28
those that make the effort to get it. The Recovering addict	29
is a Vision of Hope. The World and the addict him or her-	30
self will no longer tolerate that old lie, "once an addict	31
always an addict." We Do Recover.	32
	33
<b>In This Moment:</b> With The God Of Our Own Understanding and	34
the Fellowship of Narcotics Anonymous We will Recover to	35
Live Clean and Healthy Lives.	36

1 July 10

---

2 "The word humble applies because we approach this Power  
3 greater than ourselves to ask for the most wonderful gift  
4 of the program; the freedom to live without the limitations  
5 of our past ways."

6 Gray Book, p. 49 (Step Seven, Lines 7-10)

7  
8 Whenever we're talking or thinking positive about God  
9 it's a form of Prayer. Our positive actions using Spiritual  
10 Principles is a form of Prayer. When we're writing in our  
11 daily journals or writing our Steps our Audience is God.  
12 Our Spirituality is connected to God. Narcotics Anonymous  
13 is connected with God. So it's no surprise that our Recov-  
14 ery should be connected to God. True Anonymity in action  
15 dispels the idea of taking any credit for our Recovery.  
16 Some members say that Humility is not thinking less of  
17 yourself, it's thinking of yourself less. The results of  
18 applying these Spiritual Tools is Humility. We get Humble;  
19 Humble gets us. Humility is the Spiritual Fruit of all our  
20 selfless actions. Step Seven reminds us to approach the God  
21 Of Our Own Understanding with this attitude and Principle.  
22 Demanding God or telling God what to do is not approaching  
23 God with Humility. In fact, some members will get on their  
24 knees for this Step. After all, how many times in our Lives  
25 have we gotten on our knees to ask for something, well,  
26 this should be one of those times; at least in a Spiritual  
27 sense anyway. Our Gratitude is set in Motion when we Prac-  
28 tice the Spiritual Principles of Narcotics Anonymous in our  
29 Lives on a daily basis. The opposite can also be said about  
30 separating ourselves from God and the Program when we don't  
31 Practice Spiritual Principles. We're not perfect, but we  
32 can strive for Adequacy. We ask for Help, which is a form  
33 of Humility. We learn Self-Acceptance through acknowledging  
34 our limitations. We finally make our God an action figure  
35 in our Lives.

36  
37 **In This Moment:** We will recognize when God is and not pre-  
38 sent in our thoughts and actions. We will ask for Help.

July 11

"Giving comfort and encouragement to others encourages and comforts us."

**Gray Book, p. 69 (Step Twelve, Lines 10-11)**

The Spiritual Principle of Sharing is one of our greatest tool for Recovery. We learn that pain Shared is pain lessened, because others Share our pain. When we Share Joy our Joy is doubled, because others Share our Joy. When we Share our Recovery, we reinforce our own Recovery. Let's face it, as using addicts the concept of sharing was foreign to us. The disease of addiction is solely about satisfying our addiction and most basic needs. There were never enough drugs for us, never mind sharing with others. The disease of addiction cut us off from this Spiritual human experience. We use to live and live to use was our motto. Arriving to Narcotics Anonymous members that came before us Shared their stories, Hopes and Recovery with us. As we Shared in meetings, members responded with the nod of Empathy. We learned more about this Sharing experience when we chose a Sponsor. We soon learned that this one on one intimate Sharing was an antidote to our disease thinking. Sharing with others made it possible for others to know us, and we also got to know ourselves. Our selfishness started to dissolve as we worked and Lived the Steps and Traditions. We became selfless in our Share and in our service to Narcotics Anonymous. We receive this Precious Gift only to Share it with others. We Share these Spiritual Principles as we interact with others and in our personal relationships. The God Of Our Own Understanding makes this selfless act possible in our Lives. Today we receive in order Give.

**In This Moment:** We Freely Give what was so Freely Given to us. We get Encouraged as we Encourage others.

1 July 12

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2 "We were trapped by our need for connections and cash...  
3 During that time our total being, the mind, body, the soul  
4 was dominated by the drug."

5 Gray Book, p. 37 (Step Three, Lines 12-16)

6  
7 Our Literature tells us that there're two things that  
8 make up the disease of addiction, obsession and compulsion.  
9 Most of us can't argue that this describes how we used  
10 drugs. In fact, it probably describes how we as using ad-  
11 dicts lived most of our lives, even before the drug use.  
12 Drug use enhanced our addiction, after a while, for most of  
13 us, it was all we can think about. Drugs and addiction be-  
14 came the center of our lives. We use to live and live to  
15 use. Most of us put using ahead of the welfare of our Fami-  
16 lies, Friends and ourselves. The drugs came first, then  
17 everything else, if at all. At this point most of had to  
18 use, we had no choice. We were caught in the grip of our  
19 addiction and saw no way out. We couldn't stop on our own,  
20 we needed something to happen that stopped us. We call this  
21 our bottom. Arriving to Narcotics Anonymous and Surrender-  
22 ing to its Spiritual Principles opened up the Solution to  
23 our problem. The First Step treated our compulsion, and the  
24 Second Step treated our obsession. We realize that we can-  
25 not do the Program by ourselves. We need the Help of a God  
26 Of Our Own Understanding and the Fellowship of Narcotics  
27 Anonymous. In Narcotics Anonymous we treat more than just  
28 the symptoms of our disease. Working and Living the Program  
29 results in a total Spiritual Awakening.

30

31 **In This Moment:** We will Practice Spiritual Principles in  
32 every area of our Lives, because addiction affects every  
33 area of our Lives.

July 13	1
"If we are hurting, and most of us do from time to time, we	2
learn to ask for help."	3
Gray Book, p. 131 (Chapter Seven, Lines 21-23)	4
	5
Recovery in Narcotics Anonymous does not make us im-	6
mune from pain. In fact living without the use of drugs can	7
make Life even more painful. After all, we're not medicat-	8
ing ourselves any longer. Our Second Step reminds us that	9
we need a Power Greater than ourselves to relieve our pain.	10
In fact pain of Living without drugs will force us to seek	11
this Power. Many of us do not seek the Narcotics Anonymous	12
Steps as a Solution; even after being a member for some-	13
time. These unfortunate members go on to seek medication	14
from doctors, and some go on to use street drugs again.	15
This is what our Literature calls a relapse, a return to	16
using drugs. If we're lucky enough to return after a re-	17
lapse, we seek Help from our Fellowship. The welcoming back	18
Helps us from being too hard on ourselves. We began our	19
Program again; we are new again. This time we learn to Live	20
in the Moment. Our members take pleasure in Helping a re-	21
lapsar Recover. We take Step One, this time we apply Hon-	22
esty and Align our actions to the Truth. We Surrender to	23
the Spiritual Principles of Narcotics Anonymous and Prac-	24
tice them in every area of our Lives. This time, we Prac-	25
tice a Living Program. We learn that no amount of Spiritu-	26
ality will keep us from experiencing Life's pains. We do,	27
however, have our HP, Steps, Sponsorship and the Fellowship	28
of Narcotics Anonymous to Help us during these painful	29
times. No one said Life on God's Terms was going to be	30
easy. It is Simple though.	31
	32
<b>In This Moment:</b> Pain Shared is pain lessened. We will be	33
there for others when they're in pain. We will also ask for	34
Help when we're in pain as well.	35



1 July 14

---

2 "Having decided we want God, as we understood Him, to re-  
3 lieve us of the useless or destructive aspects of our per-  
4 sonalities, we have arrived at the Seventh Step."

5 Gray Book, p. 48 (Step Seven, Line 12-14)

6  
7 Our personalities were greatly influenced by our dis-  
8 ease. We wore many masks, and many times compromised our  
9 beliefs and Principles, just to get the next one. The more  
10 and the longer we used, the more we as a person were disap-  
11 pearing. Toward the end it was mostly our disease that was  
12 present. In Narcotics Anonymous the Steps and Traditions  
13 are designed to repair our broken personalities. Our Spir-  
14 its are Awakened, and we find a New Way To Live, drug free.  
15 Our defects, although were useful to us in active addic-  
16 tion, have no use for us in our New Way Of Life. After com-  
17 ing to Narcotics Anonymous, many of us although clean,  
18 still refuse to change. Being Physically clean and Spiritu-  
19 ally dirty is a contradiction to Recovery. When the pain of  
20 remaining the same becomes greater than the pain of chang-  
21 ing, we Surrender. A deeper level of Surrender is what's  
22 call for as we go through each Step. The God Of Our Own Un-  
23 derstanding will supply us with the Power we need to Live  
24 these Spiritual Principles. Letting go of our Defects and  
25 asking the God Of Our Understanding to remove our shortcom-  
26 ings along with action, is what makes our Recovery possi-  
27 ble. Living the Principles of the Steps is how we work and  
28 Live the Steps. We learn to Live the Program and share it  
29 with others.

30

31 **In This Moment:** We ask God to remove these useless traits  
32 that are no longer needed in this Way Of Life.

July 15	1
"We made a list of all persons we had harmed, and became	2
willing to make amends to them all."	3
Gray Book, p. 50 (Chapter Eight, Header)	4
	5
Our Gray Book says that the point of the Eighth Step	6
is Willingness. Are we Willing to make Amends for all the	7
harms we caused. Some of us had to be Willing to make the	8
list in the first place. Willingness To Try is the Spir-	9
itual Principle we want to Practice at this point. We ask	10
and Pray for Guidance. The prior Steps if worked to the	11
best of our abilities will supply the Faith and Courage	12
that's needed for this Spiritual task. Like any of our	13
Steps the Healing is in the writing. Parts of our subcon-	14
scious are unlocked as we write. Revealing each person,	15
place and thing we harmed and how we harmed them; will show	16
us exactly how the disease of addiction affected us. We	17
should also include ourselves on the list because of the	18
Spiritual and mental damage we caused ourselves while hurt-	19
ing others. The purpose of this Step is to Achieve Freedom	20
from the guilt that burdens us. The Spiritual Principle of	21
Forgiveness will be our focus here. We were already For-	22
given by the God Of Our Own Understanding in the previous	23
Steps. Since we're not Greater than God, we Forgive our-	24
selves as well as others. We become Willing even though in	25
some cases Amends to them won't be practical or possible.	26
Part of the Amends Process is that we are Willing to	27
Change. We learn about personal boundaries and how to Re-	28
spect boundaries. We learn that most of the times we were	29
the victimizers and not victims. We look at our side and	30
what we did. Because of our using, most of us put ourselves	31
in a position to be hurt by others. In the Seventh Step God	32
Forgives us; in the Eighth Step we Forgive us; in the Ninth	33
Step possibly we are Forgiven.	34
	35
<b>In This Moment:</b> It is Revealed to us that the Twelve Steps	36
are all Amends Steps.	37

1 July 16

---

2 "Before coming to the fellowship of N.A., we were irrespon-  
3 sible with our lives. We used drugs to cover up our humili-  
4 ation, guilt, inferiority and feelings of inadequacy."

5 Gray Book, p. 23 (Chapter Three, Lines 1-3)

6  
7 For a lot of us, drugs were our Solution for a long  
8 time. Drugs were the answer to our lack of Spirituality and  
9 coping skills. Most of us would've committed instant sui-  
10 cide if it wasn't for medicating ourselves with drugs. We  
11 realize that addiction was present long before we picked  
12 up. Our spiritual decay had its beginning and progressing  
13 as children. Some symptoms of the disease of addiction were  
14 depression, anxiety, frustration, low self-esteem and many  
15 other ills. Many of us were misdiagnosed, doctors enabled  
16 our disease by prescribing medication. This only made  
17 things worst and made our addiction progress. Some of us  
18 sought answers through religion and other institutions. We  
19 used people to fill our voids. All these things failed to  
20 not only produce Abstinence but any type of Recovery at  
21 all. Our addiction continued to progress until we arrived  
22 to Narcotics Anonymous. This Solution wasn't even our idea.  
23 We were beaten into submission and forced to try something  
24 new we never tried before. Narcotics Anonymous became the  
25 last thing we tried and the first thing that worked. Today  
26 with Spiritual Principles we're able to have a different  
27 perspective of our Lives. We have a new set of feelings we  
28 can feel. It started with the Hope that was Shared by oth-  
29 ers. With this new evidence we were able to have Hope that  
30 we to can Recover. For the first time in a long time, we  
31 became Responsible, first for our Recovery and then, to  
32 Carry the Message of Narcotics Anonymous to those seeking  
33 Recovery. We're no longer using drugs or anything else to  
34 cover up our feelings of self and others. We gain a new vi-  
35 sion of how our Lives could and should be. Today we are ok  
36 with being Adequate for perfection is a Divine quality, our  
37 Gray Book tells us.

38  
39 **In This Moment:** We feel our feelings and survive our emo-  
40 tions. We no longer use drugs or anything else to numb us.

July 17	1
"Do we fully accept the fact that our every attempt to stop	2
using or control our using failed?"	3
Gray Book, p. 29 (Chapter Four, Lines 4-5)	4
	5
Our Literature tells us that we became powerless over	6
our use of drugs. How many times in our active addiction	7
did we try to control our using? We told ourselves we	8
wouldn't use today, or only on certain days, only to use	9
again against our Will. After a while we saw that we didn't	10
use drugs; drugs actually used us. Many times we found our-	11
selves using drugs at the most inconvenient times. We used	12
before or during work. We used before special events that	13
we should have been mentally and emotionally present for.	14
Some of used right before a court date, not knowing or car-	15
ing if we would be tested that day. Our denial prevented us	16
from acknowledging our powerlessness. The spiritual part of	17
the disease kept us from seeing the destruction addiction	18
was causing around us. When we did see the harms we caused	19
because of our addiction; we were unable to stop. After ar-	20
riving to Narcotics Anonymous and achieving Complete and	21
Total Abstinence, we started to experience the inertia from	22
the wreckage that resulted from our using. Working and Liv-	23
ing the First Step Help to shatter our illusion that we	24
were in control. Powerless meant that we used drugs against	25
our Will, and regardless of the consequences. The Second	26
Step in N.A. treats the mental part of the disease. A Power	27
Greater Than Ourselves is what's used to relieve our obses-	28
sion to use. Turning our Will and Life over to the Care of	29
this Higher Power in the Third Step enforces that our de-	30
nial has been broken.	31
	32
<b>In This Moment:</b> We will Surrender to the Principles of Nar-	33
cotics Anonymous as an act of Faith that this Program	34
works.	35

1 July 18

---

2 "Medicine, religion and psychiatry  
3 seemed to have no answers for us that we could use. All  
4 these methods having failed for us, in desperation, we  
5 sought help from each other in Narcotics Anonymous."

6 Gray Book, p. 23 (Chapter Three, Header)

7  
8 Why Are We Here Chapter describes the life of a using  
9 drug addict. It describes the progression of the disease of  
10 addiction as it pertains to drug use. Our Identification as  
11 addicts comes from some of these symptoms and events. Our  
12 irresponsibility in our lives was causing our own problems.  
13 Medicating ourselves to cover up feelings of inferiority  
14 and inadequacy just to mention a few. Waking up sick and  
15 doing whatever it took to keep using. Our path of destruc-  
16 tion was unbeknownst to us, and hurting mostly the ones we  
17 loved. Toward the end of our bottoms, we tried several  
18 other remedies to our problems. We tried new jobs, new  
19 towns, new lovers. We tried religion, therapists, doctors,  
20 psychiatrists, medication, other drugs and institutions,  
21 including jails. Our Literature tells us that these so call  
22 solutions did not hold any answers that we could use. Most  
23 of us tried them all and it failed to bring us Complete and  
24 Total Abstinence and Recovery. Most of us arrived to Nar-  
25 cotics Anonymous when we ran out of choices. For many of us  
26 it can be described as the last house on the block. We ar-  
27 rived out of desperation and were beaten into submission by  
28 our pain. Narcotics Anonymous was what was missing, all our  
29 lives. We felt what home is supposed to feel like here. The  
30 members Greeted us with Unconditional Love. Our Identifica-  
31 tion as addicts came at a deep level of feelings and emo-  
32 tions. This is the wordless language of Empathy. Welcome to  
33 Narcotics Anonymous, Welcome Home.

34  
35 **In This Moment:** We will have Gratitude for this God Given  
36 Program by Sharing it with others that seek it.

July 19	1
"Those dreams we gave up long ago can now become realities	2
with God's help."	3
Gray Book, p. 106 (Tradition Seven, Lines 23-24)	4
	5
Before coming to Narcotics Anonymous, many of us had	6
dreams. We dreamed of being successful, and having Families	7
of our own. Most of us had our dreams destroyed by active	8
addiction. Not only our dreams were cut short, but we also	9
through our using, destroyed the dreams of others. We	10
needed money to support our addiction, so we depended on	11
others for money and stole from them and others. After com-	12
ing to Narcotics Anonymous, working and Living the Steps	13
and Traditions, we learned to stand on our own two feet.	14
Our Freedom, first from active addiction, then we experi-	15
enced Freedom from self and then others. Our Literature	16
tells us that "...the sooner we face our problems within	17
our society, in everyday living, just that much faster do	18
we become acceptable, responsible, and productive members	19
of that society." Even though social acceptability doesn't	20
equal Recovery, we learn to function without the use of	21
drugs. This is a dream come True. We also become responsi-	22
ble, for ourselves and our Loved ones. In the same way as	23
individuals, we become fully self-supporting, as Groups we	24
become fully self-supporting as well. Our Seventh Tradition	25
tells us that we no longer ask for handouts. As individuals	26
and Groups we experience the Principle of Freedom. This	27
Freedom gives us the ability to grow in Spiritual ways. In-	28
dividually our wildest dreams become a Reality, as a Group	29
we share the Message of Hope, and the Promise of Freedom	30
with the suffering addict and others.	31
	32
<b>In This Moment:</b> Recovery gives us the opportunity for Un-	33
limited Spiritual Growth, this Growth should affect us in	34
all areas of our Lives and in the Lives of others.	35



1 July 20

---

2 "We admitted that we were powerless over our addiction,  
3 that our lives had become unmanageable."

4 Gray Book, p. 30 (Step One, Header)

5  
6 In Narcotics Anonymous our Admittance must be followed  
7 by actions. Aligning our actions to the Truth is a form of  
8 Surrender. This is how the Honest Desire can be measured by  
9 ourselves. Our First Step states when we Admit our power-  
10 lessness and unmanageability, in our Lives, we open the  
11 door to Recovery and a Power to Help us. We don't take  
12 credit for arriving to Narcotics Anonymous. We were beaten  
13 into submission. Our level of Surrender is measured by our  
14 Willingness to Try. We do the action called for in the  
15 First Step by Attending Meetings, getting and using a N.A.  
16 Sponsor, reading our Literature, joining and getting a com-  
17 mitment at a Home Group and developing a Support network.  
18 These are just suggestions if you want to Achieve and Main-  
19 tain Abstinence and make Recovery possible. There's a  
20 deeper level of Surrender and Admittance as we progress  
21 with the Steps and Traditions. We Practice this Living Pro-  
22 gram of Narcotics Anonymous to Maintain this Daily Re-  
23 prieve, from the horrors of addiction. In the First Step we  
24 develop smart feet as we Attend Meetings. We start to Re-  
25 cover from our feet up. If we don't Practice these sugges-  
26 tions, then we're not Practicing Honesty, and we're actu-  
27 ally closing that door to Recovery and that Power that will  
28 Help us.

29

30 **In This Moment:** We will do more than Admit we're addicts  
31 with our lips. We will Align our actions to the Truth.

July 21

---

"If after a period of time we find ourselves in trouble with our Recovery, we have probably stopped doing one or more of the things which helped us in the earlier stages of Recovery."

Gray Book, p. 144 (Chapter Nine, Lines 17-20)

For the Recovering addict using drugs usually comes at the end of a relapse. Many members with substantial clean time sometimes fail to see its beginning. Spiritual Complacency is the beginning of the relapse process. As we travel on this Journey of Recovery, our Lives start to get busier. Our Literature tells us that part of our Recovery is to become Productive, Acceptable, and Responsible members of Society. It also tells us that Social Acceptability does not equal Recovery. Our Primary Purpose is to get Clean, Live these Spiritual Principles in all of our affairs, and carry the Narcotics Anonymous Message to the suffering addict seeking Recovery. Some symptoms of Recovery are that we receive Gifts. Some members start to Live Life to the fullest. Some of us become employed, some get married and start Families. These Gifts mentioned should not be connected to our Recovery. We have to work the Program whether these things are in our Lives or not. Material things are not the point or purpose of our Recovery. Even some of our richest members always had material possessions after they hit bottom. That didn't Help them get or stay Clean and in Recovery. Some of us get too busy to Recover, and we start to slight in our Program. This is the beginning of the Relapse process, and if we don't recommit to our Program, the Recovery process ceases, and we can find ourselves hopeless, isolating and eventually returning to using drugs once again. By working with others and continuing to Practice the Basics, we will never have to return to the Basics. Our Program is an Uphill Journey, so standing still will cause us to backside. What worked for us in the beginning of our Recovery can continue to work for us Today.

**In This Moment:** We will continue moving on the right track, because there's always another train coming. We don't measure our Recovery by our Social and material successes.

1 July 22

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2 "For us, to use is to die. We have seen addicts come to our  
3 Fellowship, try our program, stay clean for a period of  
4 time, only to drift gradually away."

5 Gray Book, p. 119 (Chapter Seven, Lines 1-3)

6  
7 Our Literature reminds us that addiction is a contra-  
8 diction to living. There's no cure for our disease in N.A.,  
9 and addiction is also progressive and fatal, but we can  
10 treat it with a Daily Reprieve. Since addiction and with-  
11 drawal distort rational thoughts, We as newcomers shouldn't  
12 think for ourselves. We need to follow the N.A. Sugges-  
13 tions. Focusing on not using and achieving Total and Com-  
14 plete Abstinence should be our first Priority and Task. We  
15 first learn about the most obvious Symptom of our disease,  
16 which is the using of drugs. Living without the use of  
17 drugs, however, is the greater aspect of our disease. Our  
18 Second Step is what's needed to fill in the void and ease  
19 the pain of Living without drugs. The disease we in Narcot-  
20 ics Anonymous suffer from tells us we don't have a disease.  
21 Although some of our member's obsession might be lifted,  
22 some can confuse this for being cured; but can still be  
23 suffering from untreated addiction. The Daily Reprieve we  
24 get is dependent on our Spiritual Maintenance, which stays  
25 active only if we work a Living Program. Some members make  
26 the effort to keep Recovering. Some skip the Second Step  
27 and seek medication as a Solution. Eventually many drift  
28 away from N.A. Some members float out on a cloud of reli-  
29 gious or social zeal. Many die from returning to active use  
30 of drugs or its lifestyle. Even if we don't see these mem-  
31 bers after they leave N.A., we can almost assume they are  
32 living the horrors of addiction. Some may not have been  
33 real addicts in the first place. Whatever the case, we find  
34 that Complete and Total Abstinence; and Practicing a Living  
35 Program with the Help of God and the Fellowship of Narcot-  
36 ics Anonymous is the best treatment for this treatable dis-  
37 ease.

38

39 **In This Moment:** We will stick and stay by Practicing the  
40 Spiritual Principles of Narcotics Anonymous.

July 23	1
"For so long, we have wanted and demanded that things go	2
our way... We know from our past experiences that our way	3
of doing things did not work."	4
Gray Book, p. 144 (Chapter Nine, Lines 4-10)	5
	6
The most difficult record to break is our own track	7
record. The insanity of the disease kept us repeating the	8
same mistakes over and over. Our Gray Book goes on to say,	9
"Addiction is a disease which manifested in us at an inde-	10
terminable point in our lives." It goes on to say, "In a	11
rare moment of clarity, we were able to look at the whole	12
scene in all its insanity." This is the opening that was	13
needed to Graft a New Idea on a close mind. This quick	14
opening of our closed mind can be the beginning of making	15
Surrender. We get to see that our old way did not work. We	16
begin to develop the Willingness to try; our Honest desire	17
for ourselves will be determined by our actions. In Narcot-	18
ics Anonymous we unlearn as well as learn new Attitudes and	19
behaviors. We're introduced to a Higher Power that makes	20
our Recovery possible. As we continue to Progress in our	21
Recovery, we continue to increase our Faith and our Hope	22
continues to progress, as a result. We keep Surrendering by	23
Practicing the Spiritual Principles of Narcotics Anonymous	24
on a daily basis in every area of our Lives. Our Literature	25
tells us that when we refuse to Practice Acceptance we are,	26
in effect, denying our Faith in a Higher Power. The Spir-	27
itual Principle of Anonymity shows us not to take credit	28
for our Recovery. We do the footwork and leave the results	29
to the God Of Our Own Understanding. We give our God all	30
the Glory by showing our Gratitude in Motion. We Share this	31
Precious Gift with all who seek Recovery in Narcotics Anon-	32
ymous.	33
	34
<b>In This Moment:</b> We will continue to break the most diffi-	35
cult record in the world, our own.	36

July 24

---

"For many years, we have covered up our low self-esteem by hiding behind phony images that we hoped would fool people. Unfortunately, we ended up fooling ourselves more than anyone... The masks have to go."

Gray Book, p. 45 (Step Five, Lines 22-28)

As the disease of addiction progressed in our lives, our True selves seemed to have disappeared. Our personalities took a dark twist for the worst, on a deep level. Addiction took us to places we've never gone before. Using drugs, for a lot of us was a twenty-four hour job. Just the getting, using and finding the means and ways to use some more, was a destructive cycle. At that point we had no choice; we had to use. We were in the grip of a destructive, deadly powerful force. Our defects of character became the tools that enabled us to use drugs. We wore many masks to manipulate people, places and things to make our addiction possible. Most of us even broke some, if not all, of our personal beliefs and morals. We were not ourselves, we were more of the disease in our practices. We live to use and use to live. Our low self-esteem and insecurities became one of the reasons we picked up in the first place. After arriving to Narcotics Anonymous, we find out that we were sick from the disease of addiction before we even started using drugs. Our First Step confirms that we're not addicts because we use drugs. We use drugs because we're addicts. It's the disease of addiction that makes us addicts, not the drugs. Active addiction and withdrawal distorted rational thoughts. Denial, self-obsession and self-centeredness became our core problem. Practicing the Spiritual Principles of Narcotics Anonymous gives us the Blueprint for a much-needed personality change. This is a daily transformation that's possible with the God Of Our Own Understanding and by Practicing the Living Program of Narcotics Anonymous. With each Step we Live we make the Surrender needed to Grow in this Journey of Recovery. We are no longer seeking approval from others to validate our True selves. We Gain the Promise Of Freedom that Narcotics Anonymous offers, but we must continue to do the footwork each day.

**In This Moment:** Step Five gives us the mask removal process, so we can be our Honest, True selves, even if it's for the first time.

July 25

"Having had a Spiritual Awakening as a result of these Steps, we sought to carry the message to addicts and to practice these Principles in all our Affairs."  
Gray Book, p. 59 (Step Twelve, Step Twelve Header)

The original Step use to read, "as a result of THOSE Steps...practice THESE Principles in all our Affairs", that was to imply that our Spiritual Awakening happens during and as a result of Practicing the Spiritual Principles of each Step up to Step 12. Steps 1-11 prepare us to take the show on the road. Love and Service are the main Principles behind Step 12. Love of self should occur before we love others. We start to love ourselves as we work Steps 4-11. It only makes sense that we have Love in order to give Love away. Any Service done before this can be confused with prestige and ego, which actually does a disservice to us and those we are trying to serve. Many conflicts happen in the name of Service; have you been to a naws area meeting lately? Egos clash and disagreements create dissension and our Primary Purpose is not Primary anymore. When members work the Steps and have a working Relationship with the God Of Their Understanding, the Spiritual Principles Practice wouldn't be in conflict. A working Knowledge of the Traditions may not be enough, an actual study and application may be needed in certain levels of Service. Electing members before they are Spiritually ready for Service positions, can do more damage than Good. Our Symbol talks about Good Will, doing the right thing for the right reasons, our motive for doing Service should be to Serve others, not ourselves. Us staying clean is secondary. A symptom of helping others, is that we get to keep what we have. If what we have is not working then, we get to keep that as well. Service Based Recovery is actually self-defeating, we don't Recover through Service. We Recover through working the Steps, then we Practice these Principles through our Traditions. We have to ask ourselves; is my Service, Recovery Based? Or do I have Service Based, Recovery? Taking inventory on why we're serving may open up some insight, and it makes sure our motives don't have motives. Love and Service should be our only motive, if we've worked THOSE Steps.

**In This Moment:** We will continue working on self, so we will have something to give, we can't give what we don't have.



1 July 26

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2 "We gave up--quit struggling--surrendered, completely and  
3 unconditionally. Then and only then did we begin to recover  
4 from the disease of addiction."

5 Gray Book, p. 33 (Step One, Lines 13-15)

6  
7 Surrender to win. We have heard this several times  
8 throughout our Recovery, but many don't truly understand.  
9 In order to have any chance to Recover against the disease  
10 of addiction, we must stop fighting the disease; the fight  
11 is fixed. First we must surrender to complete abstinence  
12 and to our powerlessness and unmanageability of our lives.  
13 Until we accept this, the door to Recovery will remain  
14 closed. We can rationalize and justify excuses over and  
15 over. We can be beaten, locked up, almost die, lose Family,  
16 jobs and everything we have, but it doesn't matter if we  
17 don't Surrender. Unconditional Surrender means that we ac-  
18 cept the Principles of Narcotics Anonymous. The message  
19 says that we can stop using and lose the desire to use.  
20 N.A. does not work if we adapt it into our lives, we have  
21 to adapt our lives into N.A. Every thing we tried before  
22 coming to N.A. failed. Our First Step calls for Honesty.  
23 Honesty means we align our actions to the Truth. Attending  
24 meetings, reading and studying Literature, working with our  
25 Sponsors, doing Service and helping others, is how we Prac-  
26 tice Honesty. Practicing Honesty is a form of Surrender.  
27 Unconditional Surrender means that we work the Program no  
28 matter what. Job or no job, Family or no Family, money or  
29 no money, during sickness or health. This is why there is  
30 only one requirement for membership in N.A. Without it we  
31 can't Recover.

32

33 **In this moment:** We will practice the Principle of Surren-  
34 der. It will let us grow in our Recovery on a daily basis.

July 27

"After coming to the Narcotics Anonymous Fellowship, we find ourselves among a very special group of people. Many were a great deal worse off than we were. Here we found hope."

**Gray Book, p. 17 (Chapter Two, Lines 9-12)**

For a long time we have been looking for a way out. We tried multiple ways, things and people to stop our using, but nothing worked. We found out that we could not control our addiction. Beaten down and defeated we sought help from Narcotics Anonymous. Here we met people much like ourselves, whose lives were controlled and ruined by the use of drugs. These same people were now Happy, Joyous and Free, and they weren't using drugs. They have found a way out, not only did they not use drugs anymore, but they were happy without them. The message of Hope and the Promise of Freedom was evident soon after we entered the rooms of Narcotics Anonymous. We were told Welcome Home and to Keep Coming Back, and we did. We found what we were always looking for, in Narcotics Anonymous, Unconditional Love. People Loved us until we learned to Love ourselves. The more we heard other's experiences, the more we heard, "That Wordless Language of Recognition, Belief and Faith, which we call Empathy." Our Identification as addicts is more about the hopeless state we found ourselves from our active addiction, to the Hopeful state we found with others in Narcotics Anonymous. It's a We Program, so We need others to work the Program. Steps One through Eleven begin with the word We, because We need each other for Recovery to work. One Addict Helping Another Is Without Parallel. Our Basic Text says that, "The Heart of N.A. beats when two addicts share their Recovery." So we get and use a N.A. Sponsor to work the Steps; as our Spirits Awaken, we share this Gift with others. Our Gratitude is shown by the way we Live.

**In This Moment:** With the Help of the Fellowship of Narcotics Anonymous, we continue on this Spiritual Journey.

1 July 28

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2 "We have feared that if we ever revealed ourselves as we  
3 really were, we would surely be rejected."

4 Gray Book, p. 44 (Step Five, Lines 14-15)

5  
6 For years, we had rejected ourselves, our active ad-  
7 diction took us to places, we thought we would never go to.  
8 Sometimes we did things we thought we would never see our-  
9 selves doing. These strange twists of our personality was  
10 caused by us wearing different masks to fit our addiction.  
11 Sometimes it's not the people who change, it's the mask  
12 that falls off. I remember that I first needed the ac-  
13 ceptance of others in N.A. Eventually N.A. helped me not  
14 need to seek out that acceptance, but love myself for my-  
15 self instead. When we first arrived to N.A., we're encour-  
16 aged to keep coming back; we were apprehensive about let-  
17 ting anyone in. Most people we'd ever trusted had let us  
18 down, maybe even abandoned us. Through working the steps,  
19 we gained the Acceptance of ourselves, defects and all; and  
20 when we can accept our own imperfections, we learn to ac-  
21 cept the imperfections of others. We discover they're not  
22 so different from us after all. We learned in our Fifth  
23 Step that the masks have to go. Self-Acceptance was our So-  
24 lution; the Steps direct us to first Accept our disease and  
25 ourselves as addicts. We begin the Process of Self-Ac-  
26 ceptance in Steps Four through Six, once we Accept our-  
27 selves as we are, we start to Accept others.

28  
29 **In This Moment:** With this new-found Humility we stop feel-  
30 ing self-rejection and rejection from others.

July 29

"The Eighth Step starts the procedure of forgiving other people, being forgiven by them, and learning how to live in the world as a drug-free human being."

Gray Book, p. 50 (Step Eight, Lines 15-18)

Our Basic Text says, "This step is the test of our new-found humility." This Step Frees us from the guilt we achieved through our harms to ourselves and others. The Spiritual Principle of "Willingness To Try", would be a good start. We had to Practice the Privilege of feeling good about ourselves that our Fourth Step offers. For many of us our Eighth Step list will nearly double from our Fourth Step list. A word to the wise; don't burn your Fourth Step list, you're going to need it. Our disease will try to convince us that we were the victims. We must not forget that we, along with our addiction, put ourselves in a position to provoke others. For some of us there were some situations that we as children, or by default, were actually true victims, of others and their addiction. Holding on to these resentments can actually cease the whole Forgiveness Process. Our Basic Text reminds us that we become ready to understand rather than to be understood. We can Pray to the God Of Our Own Understanding to relieve our aggression and fears. The Healing is in the writing. Writing unlocks certain parts of our subconscious that are hidden from us. We learn that during active addiction almost everyone we came in contact with, we affected negatively. Some harms were so subtle that we didn't even know we caused them. As the Forgiveness Process progresses, we see that we hurt ourselves by causing harm to others. We put ourselves on the list and learn to Forgive ourselves as well. We finally can lift our heads straight forward. We learn True Freedom and are capable of looking at other people in the eyes and face the World At Large.

**In This Moment:** The Process of Steps Seven and Eight will Help us execute the actions in our actual Amends, in our Ninth Step.

1 July 30

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2 "Continuing to take personal inventory means that we form a  
3 habit of looking at ourselves, our actions, our attitudes,  
4 and our relationships on a regular basis."

5 Gray Book, p. 57 (Step Ten, Lines 14-16)

6  
7 Although all the Steps in Narcotics Anonymous are In-  
8 ventory Steps, the Tenth Step reminds us to make it a Daily  
9 Inventory. Since all we are Granted is a Daily Reprieve  
10 from active addiction; this Reprieve is contingent on a  
11 Daily Practice of the Spiritual Principles of Narcotics  
12 Anonymous. While using, we looked at everything and every-  
13 one, but ourselves. Lying and destructive behaviors were  
14 the way to get what we wanted, usually more drugs. Now that  
15 we are clean, we try to Live according to the Spiritual  
16 Principles of N.A. instead of our old ways. Through working  
17 the Steps with a Sponsor, we examine our behaviors and get  
18 in touch with ourselves. We examine our Assets and our lia-  
19 bilities. Every day, we Surrender to the fact that we have  
20 a disease and our way of living did not work. We examine  
21 how we live, so we can keep growing Spiritually to the best  
22 of our ability. We will make mistakes, but we will learn  
23 from them. We will Change, and we will Grow by not using  
24 and Living this new-found Way Of Life. God will help us, if  
25 we let Him. When Practicing Step Ten we are actually doing  
26 Steps One through Nine, the Process of looking at our  
27 Strengths and Weaknesses. We look at the True Nature of our  
28 Defects and also look at our Assets. The Tenth Step seems  
29 to have a negative connotation in that some focus on the  
30 corrective part of the Step. Focusing on the Preventive  
31 part seems to be more conducive to Growth. Getting in a  
32 Habit of Practicing Spiritual Principles will make us fall  
33 short less. It also allows us to Inventory the Good we do,  
34 and the Good we're Capable of. Our Relationships with God,  
35 Ourselves, and Others will Flourish.

36  
37 **In This Moment:** We will continue Growing on this Spiritual  
38 Journey, if we Continue to take Personal Inventory.

July 31	1
"We get relief through the Twelve Steps, and sharing with	2
trusted friends. We love them and believe in the promise	3
and hope that they offer."	4
Gray Book, p. 140 (Chapter Eight, Lines 1-3)	5
	6
Our Gray Book in Chapter Eight states, "...our actual	7
participation in recovery provides the health we need to	8
respond to life and to arrest the disease of addiction."	9
Since the disease of addiction is incurable, progressive	10
and fatal, we have to do more than "don't use no matter	11
what." Once we Surrender and achieve Cleanliness through	12
Complete and Total Abstinence we're capable of Recovery.	13
The Message of Hope and the Promise of Freedom is not auto-	14
matic, it's what the Program of Narcotics Anonymous has to	15
offer. We must Learn and Practice the Living Spiritual Pro-	16
gram of Narcotics Anonymous. Living without medicating our-	17
selves with drugs can be also a living hell. We soon learn	18
that addicts cannot live with or without the use of drugs.	19
However, there's a Spiritual Solution to our Spiritual	20
problem. We base our Recovery on Twelve Spiritually Based	21
Steps and Traditions as the Solution. Our Literature and	22
evidence show that those who work and Live the Narcotics	23
Anonymous Program do not fail to find Recovery. Our best	24
guarantee against the Spiritual, Mental and Physical re-	25
lapses are the Steps and Traditions of Narcotics Anonymous.	26
Recovery becomes a Reality as we Share this Precious Gift	27
with others and Practice these Spiritual Principles in	28
every area of our Lives on a Daily Basis. Now it's about,	29
"don't use, now what?" Narcotics Anonymous offers more than	30
Freedom from active addiction.	31
	32
<b>In This Moment:</b> We will focus more on just not using. We	33
will remember that Narcotics Anonymous is not a drug pro-	34
gram; it's a Recovery Program.	35



1 August 1

---

2 "We turned to drugs because we are people who demand in-  
3 stant gratification and drugs gave us that instant satis-  
4 faction."

5 Gray Book, p. 39 (Step Three, Lines 8-10)

6  
7 In Narcotics Anonymous we're not concerned how or when  
8 we became addicts. Some might say they were born addicted.  
9 Some might say that their upbringing had an effect in caus-  
10 ing their addiction. Some might even say it was a choice  
11 and a bad decision to use drugs, then they got hooked. In  
12 Narcotics Anonymous, we focus on the Solution and not the  
13 problem. We Accept that we suffer from a progressive, in-  
14 curable, fatal disease. Our focus is on the treatment of  
15 the disease, not how we got it or the most obvious symptom,  
16 the drugs. We suffered from a disease that we always wanted  
17 instant gratification of our basic desires. The initial eu-  
18 phoria the drugs first gave us stopped; we had to use. We  
19 could no longer enjoy the simple things in life. The drugs  
20 stopped working and turned against us, and now the drugs  
21 were using us. Whatever felt good we did to the extreme, we  
22 were still chasing that high the drugs gave us in the be-  
23 ginning. We tried filling this void with people, places and  
24 things. In Narcotics Anonymous we learned that a Spiritual  
25 problem had to be treated with a Spiritual Solution. The  
26 Steps are our Solution; it's our blueprint for Life. We  
27 learned that only a Higher Power can relieve our obsessions  
28 and compulsions. We unlearn our old ways. Through Living  
29 the Spiritual Principles of the Steps and Traditions, we  
30 develop another Perspective of our Lives. Our Perceptions  
31 about ourselves, God, others and the World at large, change  
32 for the better. We are no longer self-seeking. We focus on  
33 Helping others and get out of self. Our Spiritual Gratifi-  
34 cation helps us Grow. We want more of this so, we keep com-  
35 ing back.

36  
37 **In This Moment:** We will replace our instant gratification  
38 for Gratitude. We will take it easy and work the Program on  
39 a daily basis.

August 2

"Whenever we feel trapped or pressured, it takes great  
spiritual and emotional strength to be honest."  
Gray Book, p. 123-124 (Chapter Seven, Lines 36-1)

When we first came around, we might have heard that things around us might not get better; but we will get better with the things around us. The defects that have been saving our Lives until now are still with us. Trying to solve our problems while still acting on default is not a viable Solution in Recovery. Step One gives us the opportunity to practice Honesty. Aligning our actions with the Truth results in some of our initial problems being resolved. We see how our original Surrender worked when it came to our using. As we progress in our Recovery, we will experience deeper levels of Surrender. Our Second Step tells us that, "We grow to feel comfortable with our Higher Power as a source of strength. As we learn to trust this Power, we begin to overcome our fears of life." In times of stress our defects that we thought we let go of can surface again. Sometimes they look different and seem subtle, but they're the same defects dressed up in different clothing. Once again we forget that change is not difficult, it's the resistance to change. Our Greatest Source of Strength becomes our Solution. One of the Spiritual Principles we can reach for and practice is Gratitude. As we practice some Spiritual Principles, it becomes like the domino effect. Honesty becomes the antidote to our disease thinking. The old tools of our disease seem to subside, and the Spiritual Solution becomes the answer. We tap into our Higher Power for the Strength to apply these Spiritual Principles. Honesty takes on a deeper meaning, once again we align our actions to the Truth. As we practice these Principles in our Daily Lives, the evidence becomes clear. Our Sixth Step tells us that Faith, Humility and Acceptance replace pride and rebellion. We Share this experience with others as we Live the Program.

**In This Moment:** We can tap into this Power Greater Than Ourselves for the Strength and Guidance to face Life on God's Terms.

1 August 3

---

2 "Many of us would have nowhere else to go if we could not  
3 trust our N.A. groups and members."

4 Gray Book, p. 119 (Chapter Seven, Lines 11-12)

5  
6 For many of us Narcotics Anonymous was the last house  
7 on the block. Toward the end in our active addiction, many  
8 of us searched for answers or solutions for our problem.  
9 Our Literature says that before coming to Narcotics Anony-  
10 mous, everything we tried failed to hold any answers that  
11 we could use. Our disease always re-surfaced, ours was more  
12 than an Abstinence problem. In some cases Abstinence wasn't  
13 even achieved. Having tried everything in desperation we  
14 found Narcotics Anonymous. For some of us it was the last  
15 thing we found, but the only thing that worked. Here we  
16 found people just like us that suffered from a hopeless  
17 state. We learned that a Spiritual problem needed a Spir-  
18 itual Solution. We found a Fellowship of people; we didn't  
19 have to be alone anymore. We were finally home, and the  
20 members of Narcotics Anonymous became our Brothers and Sis-  
21 ters. We attended meetings where there we heard the Life  
22 Saving Message of N.A. Recovery. With other's Experience,  
23 Strength and Hope, together with the application of the  
24 Living Program of N.A., we too started to Recover. The Em-  
25 pathy and Identification at meetings kept us coming back.  
26 Recovery is what happens at our meetings. We grow to Trust  
27 and depend on one another with our Lives. This Healthy De-  
28 pendence on God and the Groups sustains our Recovery and  
29 unlimited Growth. Finally, we found a viable Solution for  
30 our addiction problem. Through Total and Complete Absti-  
31 nence, we are able to apply Spiritual Principles to arrest  
32 and treat this disease of addiction.

33  
34 **In This Moment:** We will never forget that nothing else ever  
35 worked for us, besides the Program of N.A. We will continue  
36 to apply what worked the first time, In This Moment.

August 4

"We were finally free to be ourselves, because we were not trying to cover anything up. It was a great relief to be rid of all our secrets, to share the burden of past guilts."

**Gray Book, p. 45 (Step Five, Lines 30-33)**

We've often heard at meetings that we're as sick as our secrets. After arriving to Narcotics Anonymous, most of us realized we were sick people. Living in active addiction requires that we hide behind a lot of phony images. The things that some of us had to do to keep using only caused us degradation. We had feared if people got to know us we would surely be judged and rejected. Since dark places are where negatives are developed, we got sicker. Our Literature reminds us that defects grow in the dark and die in the light of exposure. The Fifth Step is the Solution to having these defects exposed and identified. Admitting to God, ourselves and another human being starts this process. Our first spoken Inventory might not reveal all our past mistakes. Our Goal with our Recovery in Narcotics Anonymous is to Achieve Adequacy, not perfection. The process of Prayer will be our most important Spiritual Tool at this point. We continue with the Help of the God Of Our Own Understanding, our N.A. Sponsors, and the Fellowship of Narcotics Anonymous. We no longer have to be bogged down in our self-made prisons. The Fifth Step is the Key to a deeper level of Freedom. Since we are only Offered a Daily Reprieve, our self-assessment will have to be a lifelong process, "A Day At A Time."

**In This Moment:** We will take a Healthy risk motivated by Faith to keep Growing in our Spiritual Journey in Narcotics Anonymous.

1 August 5

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2 "The ability to accept God's will and feeling serene inside  
3 is freedom for us. Faith has replaced our fear and has  
4 given us a freedom from ourselves."

5 Gray Book, p. 160 (Chapter Ten, Lines 17-20)

6  
7 The Offer of the Promise of Freedom is part of the  
8 Narcotics Anonymous Message. Most of us experience Freedom  
9 from drugs and active addiction shortly after our arrival.  
10 For us, the N.A. Program is more than just Freedom from ac-  
11 tive addiction. After all, if all we sought was Freedom  
12 from active addiction, we would be considered just another  
13 drug program. The N.A. Program Offers a New Way Of Life  
14 through Our Twelve Spiritually Based Steps and Traditions.  
15 Working and Living this Spiritual Program unlocks our Spir-  
16 itual Awakenings as a result. Our initial and consistent  
17 Surrenders make us available for our Personal Recovery. An-  
18 other great Benefit from the N.A. Program is that it makes  
19 it possible to Seek and establish a Relationship with a God  
20 Of Our Own Understanding. This Relationship will be our  
21 Greatest Source Of Strength and will Help make our other  
22 Relationships Healthy and possible. We first achieve Free-  
23 dom from active addiction through Complete and Total Absti-  
24 nence; then Freedom from our self-imposed prison. The Pro-  
25 cess of the Steps and Traditions will Grant us Freedom from  
26 others and the World At Large. Most of us have been our  
27 biggest obstacles. God cannot Help us if we keep getting in  
28 the way. The Program Helps clear these obstructions and Ac-  
29 ceptance is then possible. For our Daily Reprieve and Se-  
30 renity, we need to stay in Conscious Contact with our  
31 Higher Power. For our Progress in our Recovery, we need to  
32 do the Action. Finally, we begin to Live more with Faith  
33 and less with fear. We must remember that we don't do this  
34 alone. We need the Help of The God Of Our Own Understand-  
35 ing, Sponsors, and the Fellowship of Narcotics Anonymous.  
36 We Share this Precious Gift with all those who seek Recov-  
37 ery in Narcotics Anonymous in order to keep it.

38  
39 **In This Moment:** By Accepting and making Surrender, we make  
40 ourselves Available for God's Will.

August 6	1
"Before, we thought in terms of self-centered materialism	2
that could not possibly bring us Happiness. Now we live	3
with a new outlook, that of caring and sharing the N.A.	4
Way."	5
Gray Book, p. 159 (Chapter Ten, Lines 31-34)	6
	7
Our Literature tells us that we're not interested in	8
how much or how little you have, but only in what you want	9
to do about your problem and how we can help. The Third	10
Tradition talks about how we are all Equal in N.A. Member-	11
ship. The disease of addiction does not discriminate; our	12
Members come from Park Ave or park bench, from Yale or	13
jail. Homeless or Hopeless we're all the same. Money, prop-	14
erty or prestige does not Help or hinder our chances at Re-	15
covery, or in Carrying the Message. We hear it in our Meet-	16
ings that Recovery is an inside job. The First Step also	17
says that social acceptability does not equal Recovery.	18
With the Help of our Higher Power, Sponsor, Fellowship and	19
Steps, we change from the inside out. The material Gifts	20
are sometimes a symptom of Recovery. We cannot afford to	21
float out on a cloud of Social Zeal. Humility is a Princi-	22
ple that when practiced, keeps us right sized and our pri-	23
orities in order. Adapting our lives into N.A. and not N.A.	24
into our lives helps with this. It doesn't matter how our	25
outsides look if our insides are already in an emotional,	26
mental and Spiritual relapse, no amount of material items	27
will change that. Giving back what was Freely given to us	28
changes how we view ourselves, others, and the World. We	29
gain a Spirit of Empathy towards our fellow Recovering ad-	30
dicts that we didn't have before coming to N.A. We need to	31
allow ourselves to become vulnerable and open to sugges-	32
tions. If not, we get the same results jails, institutions	33
and death.	34
	35
In this moment: I am the richest of the richest because I	36
have learned the N.A. way, investing in myself and others	37
rather than materialism.	38



1 August 7

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2 "When we forget this or the effort and tenacity it took us  
3 to get a period of time in our Lives when we experienced  
4 Freedom from within; ungratefulness sinks in and self-de-  
5 structive behavior begins again."

6 Gray Book, p. 128-129 (Chapter Seven, Lines 34-1)

7  
8 The Spiritual Principle of Gratitude should be our  
9 First and Greatest Tool against dis-ease thinking. We must  
10 not forget that, "The progression of the disease is an on-  
11 going process, even during abstinence, no matter how long."  
12 We must always keep up front, the Beauty and Freedom, that  
13 resulted from N.A. and the God Of Our Own Understanding.  
14 Not using and Social acceptability alone, can guise as Re-  
15 covery. We forget that the progression of our Recovery is a  
16 continuous uphill Journey. Our Spiritual Awakening must be  
17 on going, lest we shall fall asleep again. Since relapse is  
18 a process, we could be in our last 30 days. Our Literature  
19 says, "Unless recognition and action is taken immediately  
20 that fall will encompass our existence and then we are  
21 along for the ride." In other words we are in a downward  
22 spiral. Only returning to the Basics can save us. Praying,  
23 Making meetings, calling our Sponsors, working with others;  
24 will get us out of ourselves. The N.A. Program is a twenty-  
25 four-hour Program. We are only as good as our last Step  
26 Practiced. Our Daily Reprieve expires when we go to bed.  
27 Since we can't stay clean on yesterday's shower, we must  
28 begin the input again. Are we Grateful before our feet hit  
29 the floor? Is our next move the next right thing? Are we  
30 asking for the Power to walk the walk? Only a Program of  
31 Action can guarantee the next twenty-four. It can all start  
32 with the Spirit of Gratitude. Peace and Serenity usually  
33 follow. We are now ready to do God's Bidding; we can now be  
34 Armored with our Higher Power's Love. We start to Practice  
35 a Living Program, not a dying one.

36  
37 **In This Moment:** "Our Gratitude Speaks When I Care And Share  
38 With Others The N.A. Way."

August 8

"When we refuse to practice acceptance we are, in effect,  
denying our faith in a Higher Power."

**Gray Book, p. 144 (Chapter Nine, Lines 10-12)**

Our Literature tells us that worrying is a lack of Faith; we must also include Surrender and Acceptance. Even though we don't hear about Faith until the Third Step, we can't help looking at the Evidence thus far. We were forced to stop using in the First Step, and Accept that we suffered from a disease. This Admittance was followed by action in the Second Step. Our obsession was lifted as a result of this action and that gave us Hope, so there's no blind Faith. We did the action, and that Process took away our obsession to use. Faith is the action that has to follow Hope, without the action of Faith, our Hope turns to desperation, once again. Part of Anonymity is not taking credit for our Recovery. We can't do this alone. The Fruit of Trust is a result of our Faith; we need this in order to continue on this Journey we call Recovery in Narcotics Anonymous. When we forget who really got us clean, we start to run on self-will. We have to remember that God's Will has its ending at the beginning of ours. We can cease the Recovery Process when we stop Practicing the Principles of Narcotics Anonymous. Since addiction affects every area of our lives, we must live by Spiritual Principles in every area of our lives as well. Surrender means we don't resist; Acceptance usually follows. The longer we're in Recovery, the deeper our Surrender must go. Acceptance followed by Action is how we develop our Faith. The proof is evident in the way we Live. One of the Greatest aspects in Narcotics Anonymous is that we don't have to do this alone because in Reality we can't.

**In This Moment:** We will continue to look at the Evidence on what has worked for us thus far. We will see that our Faith is not blind Faith.

1 August 9

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2 "The love was there all the time, waiting for us to accept  
3 it."

4 Gray Book, p. 57 (Step Ten, Line 28)

5  
6 As addicts, we were confused about Love. We spoke of  
7 Love with our lips, but our actions proved different. Our  
8 Loved ones soon grew tired of enabling our using in the  
9 name of Love. We grew resentful when they stopped enabling  
10 our addiction or didn't care to have us around anymore.  
11 Many of us were hurt by Loved ones as Children, even before  
12 active addiction. We became Love veterans, hurt by Love.  
13 Since we didn't Love ourselves, how can we Love anyone.  
14 Most of our interactions with others were motivated by our  
15 addiction. We used drugs, but we also used people, places  
16 and things. Like our Literature says, "We use to live and  
17 live to use." If we felt unloved by people who were visi-  
18 ble, with our eyes, how can we Believe something we could-  
19 n't see could Love us. When some of us hit our bottoms, we  
20 reached out in desperation and called out for Help. This  
21 cry for Help was the end of our bottoms and the beginning  
22 of our Journey to Recovery. In our First Step we were  
23 beaten into submission. The pain of Living without drugs  
24 and nothing to replace them, force us to seek Help from a  
25 Power Greater than ourselves. This Power we're introduced  
26 to in the Second Step is one that's Loving and Caring.  
27 Whether it's the Group or a Higher Power we experienced un-  
28 conditional Love. We heard members say, we'll Love you un-  
29 til you learn to Love yourself. We discover that Love was  
30 present all the time, we just needed to tap into it. Recov-  
31 ery in Narcotics Anonymous is Free and Available for all  
32 those who seek it. Love is one of the Highest forms of  
33 Spiritual Principles manifested in our Lives. Yes, Love be-  
34 comes an action word, not just a feeling. Motivated by Love  
35 and service, we Help supply Love for new members. Through  
36 the Steps and Traditions of Narcotics Anonymous, we are  
37 able to Practice Love and other Spiritual Principles in all  
38 our affairs.

39  
40 **In This Moment:** We learn to Accept the unconditional Love  
41 from our God and others in and out of the Fellowship of  
42 Narcotics Anonymous.

August 10

"Many times, our efforts have produced in us feelings of peace and serenity that we have never known before. We know that in doing God's will, our lives will be fulfilled."

**Gray Book, p. 58 (Step Eleven, Lines 34-36)**

Our Literature tells us that the Fruits of the Eleventh Step is Emotional Stability. We Pray for the Power, not over addiction, but the Power to Practice the Principles of the Program, in our daily lives. The Eleventh Step can be said to be the last preparation Step, before we take the Show on the Road. When Praying to our Higher Power, we're Asking for His Will for us. When we Meditate to our Higher Power, we're Listening for the answer and the Power to carry His Will for us out. One of the Spiritual Awakenings as a result of those Steps is Serenity and Peace of Mind. Most of us never experienced these Principles while using. For us it's a great Freedom to experience the Fruits of the Eleventh Step. At this point in our Recovery, we're not motivated as often by pain to do the right thing. Our Gray Book says that, "Enforced morality lacks the force that comes from our own choice." We are no longer using foxhole Prayers to get us out of jams that our defects can put us in. Seeking though Prayer and Meditation to improve our Conscious Contact, is Surrender at its Finest. Humility and Anonymity are also Principles that come as a result of this Step. This God Consciousness will prevent some of our pitfalls. It will also serve as an Example of Power to others. Walking the talk is almost an impossibility without the God Of Our Own Understanding and the Program of Narcotics Anonymous. During our Journey, we will see Glimpses of the people we can become without our defects. As we continue on this Path of Recovery, we will see that God's Will for us is exactly what we want for ourselves.

**In This Moment:** We will Trust that God's Will for us will lead us to Living Happy, Joyous and Free.

1 August 11

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2 "Often it means simply listening to those hunches and Intu-  
3 itive feelings that we think would benefit others or our-  
4 selves and acting on them spontaneously."

5 **Gray Book, p. 151 (Chapter Ten, Lines 24-26)**

6  
7 One saying you might hear is: "Learn to Listen and  
8 Listen To Learn." In some meetings you might hear: "Take  
9 the cotton out of your ears and put it in your mouth."  
10 These suggestions are life savers; it makes it possible for  
11 us to hear the life saving Message of Narcotics Anonymous.  
12 When we first came into N.A., our minds were filled with  
13 unending thoughts of using. This obsession is part of what  
14 makes up the disease of addiction. The Solution is in our  
15 Message, but we won't be able to hear it if we're filled  
16 with thoughts of insanity. The disease is loud, and its  
17 voice is heard over anger, confusion and anxiety. To hear  
18 our Recovery Message, which are Whispers from a Higher  
19 Power, we must remain Silent and Calm. When we're new, it's  
20 suggested that we Listened. First of all we don't know what  
21 Narcotics Anonymous is about. Narcotics Anonymous is a Pro-  
22 gram of its own, we have our own Language, Steps and Tradi-  
23 tions. The way we Practice our Spiritual Principles are  
24 different from any outside entities. What we consider being  
25 Abstemious from all drugs in order to Recover, is different  
26 from what all other organizations practice. As we gain some  
27 Clarity, we will see that our Truth and Perceptions were  
28 actually twisted by our addiction. Listening to those who  
29 came before us, we're able to hear their Experience, Empa-  
30 thy and Solution. This Identification with others is what  
31 keeps us coming back and eventually saves our Lives. As we  
32 Progressed through the Steps, our voices in our heads get  
33 quieter. This Process is usually confirmed in our Eleventh  
34 Step. Here we are asking our Higher Power to give us in-  
35 structions on how to carry out His Will for us. Emotional  
36 Stability is one of its Fruits. Active Listening has its  
37 beginning when we first walk into the Program of Narcotics  
38 Anonymous, if we Listen to Learn.

39  
40 **In This Moment:** In order to pass on a Clear Message of Re-  
41 covery in Narcotics Anonymous, we would have to Listen to a  
42 Clear Message of Recovery in Narcotics Anonymous.

August 12

"For us, an addict is a person who uses drugs, in any form,  
to the extent that the individual cannot live normally with  
or without them."

Gray Book, p. 4 (Chapter One, Lines 26-28)

This is a good definition for us in Narcotics Anonymous. Many of our members didn't consider themselves addicts while in active addiction. Before arriving to N.A., many of us had a different perception of what an addict was. Our Gray Book says, "The term "drug addict" conjured up visions of street crime, fear of the law, and needles." This wasn't our experience for many of us. Our Literature also says that; everything from the sweet old lady hitting doctors for prescription drugs; to the junkie snatching purses for a fix, were both considered drug addicts, as well. Although drugs don't make us addicts, it's actually the disease that makes us addicts. However, for Narcotics Anonymous purposes, we needed the identification of our unmanageability and powerlessness of our drug use, to first draw us in. Our identification as addicts come more from a deeper level of feelings and emotions, rather than the type or amount of the drugs used. The apparent symptoms of our disease, after a while, was what was first noticeable. Some of us were so deep in our denial that a lot of times we were the last to know. Denial help build the walls that imprisoned us mentally. In Narcotics Anonymous most of us arrive because of the apparent symptoms. These symptoms, which are the drugs themselves, accompanied by our intolerable behaviors toward others is what brings most of us in. After arriving to N.A., we find out we were sick people. We find out that it was the disease of addiction that made us addicts, the drugs were just a symptom. An addict cannot live with the use of drugs, but more importantly an addict cannot live without the use of drugs either. This is the purpose of N.A. to provide a Spiritual Solution to a Spiritual problem, which is the disease of addiction, and the drug use that is one of the results.

**In This Moment:** Have we convinced our innermost selves that we are addicts? The idea or belief that we can use drugs safely has to be shattered.



1 August 13

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2 "We have learned this kind of unconditional love from our  
3 fellow addicts in Narcotics Anonymous. Through the love we  
4 have received in our Fellowship, we begin to feel lovable  
5 ourselves."

6 Gray Book, p. 72 (Step Twelve, Lines 24-28)

7  
8 We so often hear at meetings; we will love you, until  
9 you learn to love yourself. Some using addicts feel that  
10 they were rejected by their Friends and Family. This act of  
11 tough Love is often mistaken for lack of Love by the addict  
12 and by some loved ones as well. That's why it's called  
13 tough Love, because it's tough on both parties. It seemed  
14 like it was conditional Love from both sides. Families and  
15 some close friends are not able to Twelve Step the using  
16 addict without any ineffective results. Arriving to Narcot-  
17 ics Anonymous, we were Greeted by strangers with a hug and  
18 words of comfort. We wondered about their motives, after  
19 all, most of our recent experiences with Love; from our  
20 loved ones, appeared conditional. They Loved us as long as  
21 we didn't use. This unconditional Love and Empathy shown to  
22 us by the N.A. Fellowship started our Healing process. We  
23 began to feel the end of isolation that was so prevalent in  
24 our Lives until then. We began to feel Worthy of something  
25 Good; and Good for us. As our Healing and Recovery Process  
26 began, we became more Lovable to ourselves and to others.  
27 The Principle of Love becomes one of the most underlying  
28 Spiritual Principles that forms our Foundation in Narcotics  
29 Anonymous.

30  
31 **In This Moment:** We will Freely Give to others what was so  
32 Freely Given to us; Unconditional Love in Narcotics Anony-  
33 mous.

August 14	1
"We don't want to settle for the limitations of the past.	2
We want to examine and re-examine all our old ideas, and	3
constantly improve on them or replace them with new ones."	4
Gray Book, p. 18 (Chapter Two, Lines 6-8)	5
	6
Our Literature reminds us that we cannot graft a new	7
idea into a closed mind. It tells us that an opening has to	8
be made somewhere. For most of us our bottoms were that	9
opening, and our Surrender was the Solution. Regardless how	10
we got here or why we must agree that we all made new dis-	11
coveries. Living with or without drugs was our plight now.	12
With a Fellowship and a Belief in a Power Greater Than Our-	13
selves, we can arrest this fatal, progressive and incurable	14
disease, just for that day. Our Gray Book says, we become	15
new people with Abstinence and the Steps. It tells us that	16
our Daily Reprieve Frees us from our self-imposed life sen-	17
tences. We Recover with each Spiritual Awakening as a re-	18
sult of Practicing a Living Program. Our Creative Spirits	19
enable us to a re visioning of all our Truths. Our Litera-	20
ture reminds us that what worked for us in one phase of our	21
Recovery may not work for us in another. We as Recovering	22
addicts must keep raising the bar in what our Truths and	23
Sanity are. We keep making Surrender without pain as a mo-	24
tivator. Our Gratitude for this Unlimited Growth shows as	25
we continue in our Journey. It shows as we improve this Re-	26
lationship with our God. It shows as we Share this Precious	27
Gift with those who seek Recovery. It Manifests itself when	28
we carry the True Message of Narcotics Anonymous.	29
	30
In This Moment: We move forward on this Spiritual Journey	31
by the re visioning of everything we know, especially what	32
we know about the Truth.	33

1 August 15

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2 "We are probably not going to recover--physically, mentally  
3 or emotionally--overnight."

4 Gray Book, p. 40 (Step Four, Lines 18-19)

5  
6 Our Literature says that we didn't become addicts  
7 overnight. Recovery in Narcotics Anonymous happens overtime  
8 not overnight. Narcotics Anonymous offers the Promise of  
9 Freedom and the Message of Hope. This Message of Hope only  
10 manifests in our Lives if we make the effort to get it.  
11 Fortunately, there's plenty of evidence from the surround-  
12 ing members to Spark the Hope that leads to action on our  
13 part. Many of us were surprised to see just how sick we  
14 were after arriving to N.A. and became Completely and To-  
15 tally Abstinent. It was revealed to us that the disease of  
16 addiction affected every area of our Lives, and not just  
17 the physical use of drugs part. We soon learned that Recov-  
18 ery in Narcotics Anonymous is more than just Physical Ab-  
19 stinence from all drugs. Our Recovery involves Applying the  
20 Spiritual Principles of the Steps and Traditions, of Nar-  
21 cotics Anonymous, to every area of our Lives. Since there's  
22 no cure for this progressive and fatal disease, our Recov-  
23 ery has to be Progressive in our Daily Reprieve. The Pro-  
24 gram of Narcotics Anonymous, the God Of Our Own Understand-  
25 ing, Sponsorship and the Fellowship of N.A. are the Spir-  
26 itual Tools; it's what makes our Recovery possible. Emo-  
27 tional Stability and Spirituality are the last to return to  
28 us in our Recovery process. Sharing this Precious Gift with  
29 those that seek Recovery in Narcotics Anonymous is how we  
30 keep it.

31  
32 **In This Moment:** We will Accept that this Recovery Process  
33 in Narcotics Anonymous is an overtime Solution, not an  
34 overnight process.

August 16

"Failure to accept the N.A. program and the full implications of our powerlessness has proven for many of us to be a fatal stumbling block in our recovery."

Gray Book, p. 129 (Chapter Seven, Lines 20-22)

Our First Step, at the beginning says that, "When we admit our powerlessness and the inability to manage our own lives, we open the door to recovery." The last paragraph says the same thing, except that, "...we open the door for a Power greater than ourselves to help us." Both these passages are reminding us that Acceptance of our disease and our condition, is necessary for Recovery and ongoing Recovery. Our basic text talks about reservations we can have in our Program. In the NA Program, we surrender our will and our lives to a Higher Power as we understood it. We became willing to practice the Spiritual Principles contained in Narcotics Anonymous. We started following suggestions given by others in our Journey and found that they work and helped us stay Clean. Something we could have never Achieved before on our own. We learned that we cannot stop here, we're not powerless over drugs, but we learned that we have a disease called addiction that we have no Power over. This disease may manifest itself in the ways that we react, towards people, places and situations. If we do not accept our powerless in all areas of our lives, the pain and misery will return and many of us will return to active addiction. By applying the N.A. Program to all areas of our lives, and in our Daily Affairs, we can stay Clean and Recover from our self-destructive personalities. Narcotics Anonymous Grants us a Daily Reprieve and Offers only one Promise, the Freedom from active addiction. Anymore Spiritual Gifts we have to work for. With the Help from our Sponsors, Our Higher Power and the Fellowship of Narcotics Anonymous, we never have to return to active addiction. Working the Steps and Traditions are the best guarantee against relapse and a seemingly hopeless state.

In this moment: We will Accept our powerlessness against the disease of addiction. We Surrender to a Higher Power on a Daily Basis that will Guide us to overcome any obstacles.

1 August 17

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2 "Upon working Step One, we affirmed our surrender to the  
3 principles of N.A., and only then did we overcome the al-  
4 ienation of being a drug addict."

5 Gray Book, p. 31 (Step One, Lines 1-3)

6  
7 Accepting through our Surrender to the disease of ad-  
8 diction, also initiates our Surrender to the Spiritual So-  
9 lution to this disease. Narcotics Anonymous offers us a vi-  
10 able and proven method to treat our disease of addiction  
11 and Recovery from. The Steps and Traditions of Narcotics  
12 Anonymous is the Program that offers us a Daily Reprieve  
13 from active addiction and makes our Recovery possible. One  
14 of Narcotics Anonymous Spiritual Principles is Complete and  
15 Total Abstinence from all drugs in order to Recover. We  
16 can't Recover if our minds and bodies are still clouded  
17 with drugs, illegal or prescribed, it doesn't matter. Our  
18 minds and bodies don't know the difference. Working and  
19 Practicing the Honesty behind Step One proves we have Faith  
20 in the Program of Narcotics Anonymous and that it will  
21 work. We have countless proof of the Program working in the  
22 Lives of those addicts that arrived before us. After work-  
23 ing and Living the Steps, we learn that the drugs were the  
24 surface symptom of a deeper disease. We learn that the dis-  
25 ease of addiction is what makes us addicts, not the drugs.  
26 If we really work the First Step in Narcotics Anonymous we  
27 begin to identify ourselves as addicts not drug addicts.  
28 With our Admission and Surrender to the Spiritual Princi-  
29 ples of N.A., we open the door to a Power Greater Than Our-  
30 selves; that can Help us in our Recovery. This Power  
31 Greater Than Ourselves becomes the God Of Our Own Under-  
32 standing as we Progress through the Steps and Traditions.

33  
34 **In This Moment:** We will Recognize our God as our Greatest  
35 Source of Strength that will Guide us in our Recovery.

August 18	1
"From liars, thieves and wards of the state to responsible	2
productive members of society; these are the themes of	3
character changes that take place in Narcotics Anonymous."	4
Gray Book, p. 122 (Chapter Seven, Lines 2-5)	5
	6
Chapter One in our Gray Book states, "We did not	7
choose to become addicts. We suffer from a disease which	8
expresses itself in ways that are anti-social and make de-	9
tection, diagnosis and treatment difficult." Because the	10
disease of addiction manifests itself in ill behaviors,	11
sometimes we are still cast out of society. At least in the	12
past anyway, where once an addict always an addict was so-	13
ciety's view of addicts. Since 1953 Narcotics Anonymous has	14
been proving the old lie to be untrue. Our Literature says	15
that the sooner we can return to become Productive and Re-	16
sponsible members of our society, the better it is for us	17
and society. That doesn't mean we rush it just means that	18
the sooner we work the Narcotics Anonymous Program, the	19
sooner we can change that old lie; and have positive con-	20
tributions to our Lives and the Lives of others. Today, ad-	21
diction is considered a disease and not a moral deficiency.	22
Narcotics Anonymous already knew that; it's been in our	23
readings since the 50s. That's why our views and treatment	24
of our disease of addiction and our Recovery have to remain	25
separate from society's views and treatment. Narcotics	26
Anonymous is not a drug Program, we just don't treat the	27
main symptom, which is the usage of drugs. Our Program of-	28
fers more than just Freedom from active addiction. Narcot-	29
ics Anonymous offers a Spiritually Based Program based on	30
Twelve Steps and Twelve Traditions without the use of drugs	31
as a Recovery Program. Recovery in N.A. offers us a Total	32
and Complete Spiritual Awakening as a result of Practicing	33
a Living Program, Just For That Day.	34
	35
In This Moment: We will not only Achieve and Maintain Com-	36
plete and Total Abstinence, but we will also Practice a	37
Spiritual Daily Recovery Program.	38



1 August 19

---

2 "Let us apply our efforts to the obtainable and let the  
3 rest go. As we do the job at hand the balance changes and  
4 new opportunities for improvement present themselves."

5 **Gray Book, p. 83 (Chapter Five, Lines 9-11)**

6  
7 As addicts, we often find ourselves trapped in either  
8 resentments of the past or fear for the future. Anywhere  
9 but right here and right now. We cannot change our past,  
10 nor do we know what the future holds for us. By focusing on  
11 the unobtainable, we find ourselves stuck and going no-  
12 where. We are often told by our friends in Narcotics Anony-  
13 mous "First Things First," "Just For Today," and "Look At  
14 Your Feet." All we truly have is the present. The present  
15 is where we're able to participate in change. When we first  
16 come to the Fellowship, obtaining and maintaining Complete  
17 Abstinence is our First priority because this Abstinence is  
18 the cornerstone of our Recovery. "Staying Clean Must Come  
19 First." Once we're Clean, a void is created that forces us  
20 to seek a Power greater than ourselves to relieve the ob-  
21 session to use. From there our minds are finally clear  
22 enough for us to make a decision to turn our Will and Lives  
23 over to the Care of God as We Understood Him. Being in the  
24 Care of that Power gives us the Courage to assess ourselves  
25 in Step Four. This assessment gives us the information nec-  
26 essary to make an admission in the Fifth Step. The logical  
27 conclusion of that admission is the Willingness of the  
28 Sixth Step. Our Process continues in this manner through  
29 the Twelfth Step in which we use our Spiritual Awakening to  
30 Carry this Message to others. Carrying this Message to oth-  
31 ers requires that we Live it by continuing to look at our-  
32 selves and improve. In this way, each time we look at and  
33 act on our present state, the Balance changes and new pos-  
34 sibilities present themselves. A member once explained Bal-  
35 ance as a dynamic force which requires constant adjustment,  
36 like a tightrope walker. If we're not continuing to adjust,  
37 we will lose Balance and fall. However, so long as we main-  
38 tain Balance by focusing on where we're at right now, we  
39 get to move forward.

40  
41 **In This Moment:** With the Help of the Fellowship, we can see  
42 what task is in front of us. By focusing only on what we  
43 can do right now, the God of Our Understanding will open  
44 new avenues for us to travel.

August 20

"The Program of Narcotics Anonymous provided an opportunity for us to relieve our pain by applying the spiritual principles."

Gray Book, p. 150 (Chapter Ten, Lines 6-8)

Pain is what brought many of us to Narcotics Anonymous. Physical, Mental, Spiritual, and we can add Emotional pain, forced us to seek relief. Many of us tried other solutions through religion, medicine, other people and other institutions. After all these methods failed for us, we ended up in Narcotics Anonymous. For most of us, it was the last thing we tried, but it was the first that worked. The last house on the block you could say. After years of self-inflicted pain, as a result of addiction, we finally sought help. In Narcotics Anonymous we were told from other members that we didn't have to live this way, that we had a choice. We heard we didn't have to hurt ourselves or others anymore. The pain led us to Surrender, first to the disease, then to the Spiritual Principles of N.A. Our Second Step tells us that the pain of living without drugs or anything to replace them; forces us to seek a Power Greater Than Ourselves that can relieve our obsession to use. Withdrawal is pain that also is relieved by this Power. The pain we experience as a result of addiction cannot be treated with more drugs. Ours is a Spiritual problem, not a medical one. Living by Spiritual Principles as we work the Steps with a N.A. Sponsor, relieves us from our self-imposed pain. Living The Program helps us to live life to the fullest without needing to escape. Living Clean and by Spiritual Principles prevents us from causing more pain to ourselves and others. We progress toward Healthy Living, Physically, Mentally, Spirituality and Emotionally and yes in that order. Recovery in N.A. is an uphill Journey. We are Granted a Daily Reprieve, and that's continual depending on our Spiritual Maintenance.

**In This Moment:** We will seek Spiritual Relief from Life on Life's Terms. We know that We can't solve a Spiritual problem with a chemical solution.

1 August 21

---

2 "Today we have real feelings of love, joy, hope, excite-  
3 ment, sadness and friendship--not the old drug induced  
4 feelings."

5 Gray Book, p. 153 (Chapter Ten, Lines 25-26)

6  
7 Many of us, upon arrival to Narcotics Anonymous heard  
8 that the good news is that we get our feelings back. We  
9 also heard that the bad news is that we get our feelings  
10 back. We asked ourselves, how can both statements be True?  
11 We find that after Achieving Complete and Total Abstinence  
12 we were no longer medicating our feelings. Many of us began  
13 to feel better. The problem was that we began to feel eve-  
14 rything better; including the physical, mental and spir-  
15 itual withdrawals. We also began to feel bottled in nega-  
16 tive feelings, including the effects, the drug use and its  
17 lifestyle had on our Lives. We soon learned that the dis-  
18 ease of addiction was also a feeling disease. Many of us  
19 used drugs to mask our feelings of self. We used the drugs  
20 to control our feelings; we knew exactly what drugs we  
21 wanted to use and amount, thus, "controlling our feelings."  
22 The Program of Narcotics Anonymous offers a New Way Of  
23 Life. It offers a Spiritually Based Program that when Lived  
24 results in positive feelings about us and others. We don't  
25 use the Steps to medicate or numb us. The Steps Helps us  
26 trace our feelings and survive our emotions. We also with  
27 the Help of our God, Sponsorship and the Fellowship replace  
28 hopelessness with Hope. Practicing the Spiritual Principles  
29 of Narcotics Anonymous, we develop new good feelings of  
30 ourselves and what we're doing about our Recovery. We find  
31 a new Euphoria and know deep down inside that all will be  
32 well. Our feelings and emotions can still define our dis-  
33 ease even in Recovery. It's the Practice of the Spiritual  
34 Principles and positive actions that can define our Recov-  
35 ery.

36  
37 **In This Moment:** We will replace our old drugged induced  
38 high with positive feelings as a result of our actions.

August 22

"Afraid, unable to let go of old ideas, still working to  
"run the show" he found no answer to what he saw as his  
problem. Blinded by what he saw as important, unwilling to  
let go of the old familiar ways, he used again."  
Gray Book. p. 129 (Chapter Seven, Lines 33-36)

In N.A. it is Suggested that we keep our Priorities in  
Order. First of all we don't use drugs, no matter what. In  
this freedom, we found that we had a Choice; we didn't have  
to use again. We had to find a new way to respond to life  
and our daily situations. Because we are powerless over our  
addiction and our inability to manage our own lives, We can  
use the N.A. Program, We Do Recover. We have seen addicts  
trying to solve Life on their own; our diseased thinking  
will trick us into trying our own way. We can lose our-  
selves in thinking we can manage our own lives. Our way of  
doing things will eventually end us up in an Emotional,  
Spiritual, Mental, and finally a Physical relapse, we can  
feel sicker than ever before. If We do not let go of old  
reservations, we are doomed to make the same mistakes over  
and over again. Only a complete Surrender of our old Atti-  
tudes will allow us to receive the Benefits the N.A. Pro-  
gram has to Offer us. A Total Surrender of these reserva-  
tions will allow us the Ability to work the Steps and find  
Freedom from active addiction; and see ourselves for who we  
Truly are. If we are lucky enough to survive a relapse, we  
Surrender again, this time totally. The humiliation we ex-  
perienced in our relapse made the opening in our minds  
needed to Graft a new idea into it. We were beaten into  
submission once again, only this time the seed had been  
planted. Once we know, we can't unknow. We found that the  
only Suggestions we paid for, was the ones we didn't take.  
We were Welcomed back by other Members free of judgement.  
In Narcotics Anonymous we are Loved until we learn to Love  
ourselves. Getting an N.A. Sponsor, we start to read the  
Basic Text and with our Sponsor's Guidance, we work the  
Steps. Day after Day with the Help of Meeting attendance  
and the Fellowship we begin to Recover. We finally found a  
New Way To Live.

**In This Moment:** We have to keep our Priorities in Order, or  
God will do it for us. We use our Experiences to Help oth-  
ers on their Journey of Recovery in Narcotics Anonymous.

1 August 23

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2 "Before we got clean, all our actions were guided by im-  
3 pulse."

4 **Gray Book, p. 137 (Chapter Eight, Lines 24-25)**

5  
6 Our Literature speaks of our Living skills becoming,  
7 "reduced to the animal level" and an accompanying loss of  
8 conscience caused by our drug use. Conscience can be de-  
9 scribed as the use of our Morality to Guide our Actions.  
10 This animalistic state is associated with the compulsive  
11 nature of our disease. We needed drugs and would let noth-  
12 ing stand in the way of our obtaining them. We react to  
13 situations immediately like an animal acting on instinct  
14 instead of taking time to think of the consequences of our  
15 behaviors. Our decision making process doesn't automati-  
16 cally change just from getting Clean. We can even have sim-  
17 ilar behaviors with some time in Recovery, especially if we  
18 find ourselves becoming obsessive, in any area of our  
19 Lives. Narcotics Anonymous teaches us to put the I.ntellect  
20 before the E.motion. We Learn through Step One that we are  
21 powerless over our first thought, and that sometimes it  
22 comes from our disease. Some members have said, "My first  
23 thought is always a felony." Through the N.A. Program, we  
24 learn to use a set of Spiritually Based Tools that can re-  
25 store our Sanity and as a result, our conscience. We gain a  
26 "pause button" which allows us to think before we act. We  
27 can call our Sponsors or other Recovering addicts with ex-  
28 perience in the situations we deal with, who can Guide us  
29 toward a New Way Of Living. In the Fourth Step, we take In-  
30 ventory of our Morality so that we can stop damaging our-  
31 selves by violating our own Beliefs. We learn to Trust and  
32 Rely on a Loving Higher Power to Help us Live beyond our  
33 defects of character and find Freedom from self. This Power  
34 Helps our actions move toward Helping other addicts escape  
35 the hell we once lived. We no longer have to go through  
36 Life constantly trapped by the pain of problems we've  
37 brought on ourselves.

38  
39 **In This Moment:** Our actions are no longer Guided by im-  
40 pulse; we are now Guided by the Spiritual Principles of the  
41 Narcotics Anonymous Program, our friends in N.A., and the  
42 Love and Care of the God Of Our Own Understanding.



August 24

"The underlying principle of this Step is God-consciousness. We try to avoid asking for specific things."  
Gray Book, p. 58 (Step Eleven, Lines 11-12)

The Eleventh Step in the Basic Text says, "Through prayer we seek conscious contact with our God. In meditation we achieve this contact and the Eleventh Step helps us maintain it." Many of us refer to Prayer as speaking with the God Of Our Own Understanding and Meditation as listening to that God. In active addiction many of us treated whatever God we thought we had like a cosmic bellboy. Most of whatever Praying we did was in the form of "foxhole prayers." In desperation, we ask for our immediate wants. We asked, but did not listen to any answer or Solution. Most of us didn't have a working relationship with God, reality or with others. In Narcotics Anonymous we're told that we need a Loving Power Greater than ourselves to achieve and maintain Recovery. Although this Power brought us to Step Eleven, we must continue to seek and improve this Conscious Contact. Some of us Pray for specific things because we still think we know what's good for us. We forget that we're not running the show. Sometimes we ask for specific things, and then we asked for them to be removed when we get it. Most of the time it's because we don't Achieve the contact by listening in Meditation. We sometimes take actions without thinking of the consequences or our motives. This Step asks us to Pray for God's Will for us, not our Will for ourselves. We learn to Trust that the Power that got us and keeps us Clean and Recovering is still with us. As we Recover, we will see that God's Will for us is what we need to Live a Fulfilled Life. We learn to keep God's Will first. As we Progress through the Steps and Traditions of Narcotics Anonymous, we develop God Awareness and Consciousness. Our Prayers change as we Achieve the Meditation part because now we wait for the answer. Sometimes the answer is no, sometimes it's yes, and sometimes, not now. We learn that this Power is our Greatest Source of Strength.

**In This Moment:** We will learn the Power of Prayer and Meditation. We will use this Spiritual Principle responsibly.



1 August 25

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2 "Staying clean is also an amend because we're no longer  
3 part of the problem. Now we're part of the solution."

4 **Gray Book, p. 53 (Step Nine, Lines 33-35)**

5  
6 Our Twelve Steps in Narcotics Anonymous can be seen as  
7 Twelve Amends. When we first come in, we first have to get  
8 Clean. Our first Three Steps can be understood as making  
9 Amends to a Higher Power. We found that we weren't God and  
10 had to Surrender that job to a Power Greater Than Our-  
11 selves. Our ideas of God start to change, in the Third  
12 Step, which is an Amends. In the Fourth Step, we start mak-  
13 ing Amends to ourselves by taking an Honest look at our be-  
14 havior and the thinking that leads to misbehavior. In the  
15 Fifth Step, we begin making Amends to society by getting a  
16 reality check before acting on our thinking. In the Sixth  
17 Step, we are making Amends to ourselves and society by be-  
18 ing aware of our character defects, and doing what we can  
19 to lessen their affects. In the Seventh Step, we again are  
20 making Amends to God as we Admit we are powerless and need  
21 God's Help. Forgiving self and others in the Eighth and  
22 Ninth Step, we learn Compassion for ourselves and others.  
23 God Forgives us, We Forgive us, and perhaps Others Forgive  
24 us. The Tenth Step can be looked as an Attitude Adjustment,  
25 an Amends to the World at Large. We no longer are fighting  
26 fear, depression, anger or anxiety. We continue taking Per-  
27 sonal Inventory by Practicing Spiritual Principles. As a  
28 result, we start to feel Good about ourselves and others.  
29 By Practicing Spiritual Principles we need the corrective  
30 part of the Tenth Step less. Our Amends to ourselves, God  
31 and others continue as we try to Achieve Emotional Stabil-  
32 ity through Prayer and Meditation. We are making Amends in  
33 the Eleventh Step by Achieving that God Conscience, through  
34 Conscious Contact with Our Higher Power. In the Twelfth  
35 Step, our Amends becomes a continuance of all the Steps,  
36 and Practice those Principles in Working and Living our  
37 Traditions in all our affairs.

38  
39 **In This Moment:** We will continue making Amends. Since  
40 Amends means Change, We continue to work on Change for the  
41 better; with the Help of our Higher Power, our Sponsor and  
42 the Fellowship of Narcotics Anonymous.

August 26

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"We continued to take personal inventory, and when we were  
wrong promptly admitted it."

**Gray Book, p. 54 (Step Ten, Header)**

Regular self-assessment is imperative to our New Way  
Of Life in Narcotics Anonymous. We learn to make a habit of  
looking at our feelings, thoughts, motives and our suc-  
cesses daily. We look at where we have practiced Spiritual  
Principles over defects and where we fell short. We examine  
our H.A.L.T.S. Are we too hungry, angry, lonely, tired and  
are we taking ourselves too seriously? Are we staying Hon-  
est? Are we slipping back into old fears and resentments?  
Our Gray Book reminds us "It's a vaccination against insan-  
ity on a continuing basis." We find it Helpful to Share our  
Tenth Step with God and another member of Narcotics Anony-  
mous. Another person can best Help us see through our own  
self-deception and rationalization. We see where we did  
well and where we could do better. When we see where we are  
wrong, we need to take corrective measures. Whether that's  
making a Direct Amends to a person, place or thing, or mak-  
ing an Amends in our behavior with a Spiritual Principle.  
This allows us to address our defects before our Lives  
tailspin. Step Ten is the Spiritual Principle of Humility  
in Action.

**In This Moment:** Through Narcotics Anonymous and a Higher  
Power, we make a habit of looking at ourselves to continue  
to reap the Spiritual rewards the Program has to offer.

1 August 27

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2 "Our old ways were so self-destructive and egocentric, we  
3 hurt ourselves and those we loved. Learning a new way of  
4 living is a blessing from our Higher Power..."

5 Gray Book, p. 140-141 (Chapter Eight, Lines 32-1)

6  
7 As addicts our egos have controlled our Lives in many  
8 ways. One of those ways is by not allowing others to Help  
9 us, when we needed Help. Often we also rebelled against  
10 those who tried to interfere with our will; especially if  
11 they were trying to lend us a hand. The idea that we do not  
12 need Help has to be shattered. Self-sufficiency is part of  
13 the disease of addiction, and it's a lie. Acceptance of the  
14 idea that we don't have all the answers is part of learning  
15 how to Live Our New Way of Life in Narcotics Anonymous. The  
16 initial Surrender we experience in Step One starts the Pro-  
17 cess of deflating our egos. We begin to Practice the Spir-  
18 itual Principle of God-consciousness and start to look for  
19 God's role in our Lives. Many of us start to see that we  
20 experience the most Freedom from our self-destruction when  
21 we are being of Service to our Higher Power. It's been said  
22 that ego's acronym is "Easing God Out." Since ego is part  
23 of the disease of addiction, it's in opposition to Living a  
24 Spiritual Solution; it would be just the opposite to "Eas-  
25 ing God In!"

26  
27 **In This Moment:** We will be Grateful to our Higher Power for  
28 that's the reason we have this New Way Of Life.

August 28

"This Step must cut into our character defects and expose  
our motives and our actions for what they really were."

**Gray Book, p. 45 (Step Five, Lines 11-13)**

Many of us arrive to Narcotics Anonymous with a hundred stories, real or imagined from the past and the present; good, bad or indifferent. When we Share our stories we've held on to for so long in the Fifth Step with God, ourselves and another human being, we get to the exact nature of our wrongs. The exact nature of our wrongs are our defects of character. Once we share these stories, we are now able to see that they were just a handful of defects manifesting themselves in all areas of our Lives. Our Literature reminds us, "These defects grow in the dark, and die in the light of exposure." In exposing the exact nature of our wrongs, our higher power gives us the Spiritual Direction and Guidance we need. The disease of addiction is the opposite of Spirituality and a contradiction to Living, so we must practice the Spiritual Principles of Narcotics Anonymous to replace them. In doing this, we starve the disease of addiction and feed our Recovery. These defects of character are repetitious, so we must continue our Recovery efforts. This allows us to Live Clean and Recover Just For Today without the limitations of our past ways. We have Surrendered our past and do not have to cling to it. We are Free.

**In This moment:** We cannot make these changes alone. We need our Higher Power's Help and the Help of the Narcotics Anonymous Fellowship.

1 August 29

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2 "The Eighth Step is a mighty stride away from a lie domi-  
3 nated by guilt and remorse."

4 Gray Book, p. 51 (Step Eight, Lines 14-16)

5  
6 The Spiritual Principle of Willingness is the stride  
7 that will free us from the guilt we have been carrying all  
8 of our Lives. We write the list of those we have harmed  
9 only concerned with where we caused harm to people places  
10 and things. We make an Honest Assessment and Admission in  
11 the roles we played in all of our Relationships. Although  
12 some of the people we have harmed have also us harmed us we  
13 still must become Willing to put them on our Eighth Step  
14 list. Many of us retaliated against those who mistreated us  
15 in an effort to get even. This old attitude has no room in  
16 our New Way Of Life in Narcotics Anonymous. Seeing how we  
17 need to be Forgiven ourselves, often makes us more Forgiv-  
18 ing toward others. Our Gray Book asks us "Are we willing,  
19 if it is possible and practical, to make amends; once, and  
20 for all, clear away the shadows of fear that our past holds  
21 for us?" We strive to Practice the Spiritual Principles of  
22 Narcotics Anonymous unconditionally and the stride we make  
23 in this Step is Unconditional Willingness. This allows to  
24 look the world in the eye with neither aggressiveness nor  
25 fear. No longer condemned by our own guilt we are stepping  
26 out of a sea of isolation and into the land of the Living.

27  
28 **In This Moment:** We will Pray for the Willingness to let go  
29 of guilt so our past behavior no longer dictate our present  
30 Freedom.

August 30	1
"At times, our motives will be obscured by clouded thinking. We can pray for humility and use it as a light to examine our real motives."	2
	3
	4
Gray Book, p. 57 (Step Ten, Lines 2-4)	5
	6
Our Basic Text tells us, "We have been experts at self-deception and rationalization..." However, when we Pray to our Higher Power and we Share our thoughts and actions with our Sponsors; we can better see our real motives. We do this regularly, through our Personal Inventory on a daily basis. Our Literature reminds us that defects can drive us into a corner that we can't come out of Clean. Fear, guilt and resentment often causes our motives to have motives. These defects of character can cloud our thinking and decisions. The disease of addiction often manifests its self-obsession and fantasy. What we really need is Spiritual Principles, which is the opposite of that. Spirituality is often described in Narcotics Anonymous, as having the Right Relationship with Reality. Like any other meaningful Relationship it requires our daily Effort and Commitment. We Maintain this Right Relationship with Reality through Honest Sharing and Prayer. These actions allow us to see our True motives, however, this is only part of our Spiritual Solution. The Healing is in the Corrective part of our self-examination. We correct this by asking our Higher Power for the Strength, Courage, Humility and Willingness to be motivated by His Will and not our own self-centeredness.	7
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In This Moment: We will Practice Humility by asking our Higher Power to Help us see through our own self-deception.	31
	32



1 August 31

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2 "No one can explain the incredible fact that addicts, hope-  
3 less in their addiction, can reach for and receive help in  
4 Narcotics Anonymous."

5 Gray Book, p. 136 (Chapter Eight, Lines 23-25)

6  
7 Narcotics Anonymous has the power to bring the Spirit-  
8 ually and Emotionally dead Back to Life. All we have to do  
9 is reach out for Help and be Willing to let that Help Guide  
10 us. The state of desperation and hopelessness many of us  
11 first come into Narcotics Anonymous with often fuels our  
12 Willingness. Some members come in thinking the Program of  
13 Narcotics Anonymous couldn't help them; yet, in despera-  
14 tion, become Willing to bet their Lives on the Program.  
15 When we are Completely Willing to bet our Lives on Narcot-  
16 ics Anonymous, our Recovery always flourish. We find Free-  
17 dom from active addiction and eventually experience an  
18 Awakening of the Spirit. When We achieve Complete and Total  
19 Abstinence and begin to Embrace Narcotics Anonymous, a Mir-  
20 acle occurs. We make meetings, get involved with a Home  
21 Group, find a Sponsor, start taking the suggestions the  
22 Program offers us; and We start building a relationship  
23 with a Higher Power Of Our Own Understanding. This is when  
24 the incredible Miracle happens. We lose the desire to use  
25 and start Living a New Way Of Life. Our Grey Book tells us,  
26 "We saw that we could learn to function in the world we  
27 live in, that we, too could find meaning and purpose in  
28 life, and that we could be rescued from insanity, depravity  
29 and death."

30

31 **In This Moment:** Through continuing to ask for Help from  
32 Narcotics Anonymous, we will keep our Miracle Alive.

September 1	1
"By living clean we are giving up using. We are giving up	2
the right to be close-minded, selfish, dishonest, hateful	3
and generally unhappy."	4
Gray Book, p. 155 (Chapter Ten, Lines 31-33)	5
	6
Some of us couldn't fathom life without the use of	7
drugs. Stopping the use of drugs wasn't really our choice;	8
we often thought we couldn't see ourselves living, without	9
the use of drugs. Surrendering to Complete and Total Absti-	10
nence and Living without drugs was our first task. We soon	11
found out that the only thing we had to change, was every-	12
thing. Surrendering to the Spiritual Principles of Narcot-	13
ics Anonymous called for a complete change of attitudes,	14
behaviors and ideas. The Steps and Traditions of Narcotics	15
Anonymous provide the vehicle for this physical, mental and	16
Spiritual Transformation. We discover from others that Re-	17
covery is more than not using. N.A. not only offers Freedom	18
from active addiction, but also, a New Way To Live. When we	19
choose Recovery, we choose the whole Narcotics Anonymous	20
Program. Admitting our powerlessness and unmanageability,	21
we open the door for a Power Greater Than Ourselves to Help	22
us in our Recovery. The Daily Reprieve allows us to give up	23
our old ideas. We now have a set of Spiritual Principles	24
that can be applied to our Daily Lives. The tools of the	25
disease from our old way of life does not work in the N.A.	26
Program. Today with the Help of the God Of Our Own Under-	27
standing, Sponsorship and the Fellowship of Narcotics Anon-	28
ymous, we don't have to suffer from untreated addiction. We	29
can tap into this Unlimited Source of Strength and Growth,	30
which offers Freedom from self, others and the World at	31
Large.	32
	33
<b>In This Moment:</b> We choose Life today. We Learn to apply	34
this Simple, Spiritual, not religious Program of Narcotics	35
Anonymous.	36

1    September 2

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2        "Daily practice of the Twelve Step program enables us to  
3        change from what we were to what our Higher Power would  
4        have us become."

5                    **Gray Book, p. 122 (Chapter Seven, Lines 8-10)**

6  
7        The Key for Recovery in Narcotics Anonymous is a Daily  
8        Practice of its Spiritual Principles. In active addiction  
9        most of us used drugs in one form or another, on a daily  
10       basis. We focused on the next one with very little in be-  
11       tween. As our disease progressed, our worlds began to  
12       shrink; we lost people, places and things. Some of us were  
13       on a twenty-four hour mission to find and use drugs. Our  
14       personalities took a dark twist and began to disappear with  
15       every use of drugs. Toward the end of our progression, not  
16       even our Families and Friends recognized us. We became the  
17       product of the disease of addiction. Some of us sought help  
18       through medication, religion, psychiatry or rehabs. Our  
19       Literature tells us that these things failed to find any  
20       solution that we can use. Arriving to Narcotics Anonymous  
21       was the Solution that worked for addicts like us. The Pro-  
22       gram of Narcotics Anonymous first called for the Surrender  
23       of its Spiritual Principles. Complete and Total Abstinence  
24       from all mind and mood altering chemicals had to be  
25       Achieved for Recovery to be possible. The Spiritual Princi-  
26       ples of N.A. are written so simply that we Practice them in  
27       our Daily Lives. The Steps and Traditions are our Living  
28       Program. Our Literature is our written Program. Since  
29       Knowledge is not a substitute for Surrender, we have to  
30       make more Surrender. Our Positive actions and a Total Sur-  
31       render are what makes our Recovery possible, Just For That  
32       Day. Recovery in Narcotics Anonymous is capable of Trans-  
33       forming our personalities and Spirits. Narcotics Anonymous  
34       not only saved our Lives but also Granted us a Life most of  
35       us never knew. One of our Greatest Gifts is to be able to  
36       have a Relationship with a God Of Our Own Understanding.

37  
38    **In This Moment:** It works if we work it. It works if we  
39    don't work it, it'll just not work for you.

September 3	1
"In attraction rather than promotion, we give the addict	2
the right to join in our anonymity and find recovery."	3
Gray Book, p. 117 (Tradition Twelve, Lines 23-25)	4
	5
Anonymity is the Spiritual Foundation of all our Tra-	6
ditions, ever reminding us to place Principles before per-	7
sonalities. Our Symbol section in the Basic Text reminds us	8
that in Narcotics Anonymous there's room for every manifes-	9
tation of the Recovering addict. Our Message is one of Love	10
and Inclusiveness. Our Steps and Traditions make Recovery	11
possible for any addict that seeks Recovery. Narcotics	12
Anonymous Offers only one Promise, the Freedom from active	13
addiction, and a New Way Of Life. It's Offered through a	14
Daily Reprieve and the Practice of Spiritual Principles for	15
that Day. Narcotics Anonymous works on a twenty-four hour	16
basis. We can arrest the disease of addiction and Apply the	17
Narcotics Anonymous Spiritual Principles to every area of	18
our Lives. The Great thing about it is that it has worked	19
for countless others. We are given Hope from others that it	20
can also work for us. Narcotics Anonymous is not for people	21
who need it, it's not even for people who want it. It's for	22
people who work it. We don't promote our Program; we don't	23
make Promises to anyone. We Carry our Message of Freedom	24
and the Promise of Hope. This is conditional if we are	25
Willing to make the effort to get it. We learn that we	26
carry the Pure Narcotics Anonymous Message, to the next	27
suffering addict. We learn that God delivers that message	28
when the time is right.	29
	30
<b>In This Moment:</b> By carrying the Pure message of Narcotics	31
Anonymous, we give every addict the right to Accept or re-	32
ject Our Way Of Life.	33

1    September 4

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2    "We can only make our amends to the best of our ability and  
3                    they can either accept it or deny it."

4                    **Gray Book, p. 53 (Step Nine, Lines 16-18)**

5  
6            Our Basic Text reminds us that we make Amends to those  
7    we have harmed because we have to. Step Nine comes with a  
8    lot of warnings. Timing seems essential in our Amends. How  
9    many times in our active addiction did we say we were  
10   sorry, only to repeat our harms. Families and Friends lost  
11   any Trust in our words. That's why our Literature says,  
12   when it comes to the Family, Clean Time speaks for itself.  
13   Show me, don't tell me, was a phrase we heard a lot. The  
14   main part of the Amends Process is that we've changed. We  
15   are no longer creating havoc in our and the lives of oth-  
16   ers. For many of us in Narcotics Anonymous, this can be a  
17   difficult Step. We learn to approach this Step with no ex-  
18   pectations. Step Nine warns us about making Amends while  
19   people are still angry with us. We use the God Of Our Own  
20   Understanding and Sponsor for Guidance. Our Hearts start to  
21   Recover in this Step and the Process of Forgiveness is in  
22   full force. As changed people we're able to Forgive people  
23   who don't Forgive us. We are changed people and our Respon-  
24   sibility is to clean our side of the street. We repair what  
25   we have damaged, and we give others the opportunity to let  
26   go of their anger. We're not Responsible for their reaction  
27   or feelings; we've done our part. Let's not forget this is  
28   a lifelong process. With Step Nine we gain another great  
29   Freedom from the chains of addiction.

30

31    **In This Moment:** We will make Amends to the best of our  
32    Abilities and Capabilities and leave the results to God.

September 5

"We have an incurable, progressive, terminal disease called addiction."

Gray Book, P. 30 (Step One, Lines 23-24)

Before Narcotics Anonymous existed, many addicts died from the horrors of addiction. Chapter Eight in our Basic Text talks about the end of the road for many of us. This is where our Surrender starts, without this Surrender there is no Hope. Many of us went to the bitter ends, and few of us were fortunate enough to find ourselves in Narcotics Anonymous. Many times we have asked ourselves; "what is wrong with me?" Everything we tried to better ourselves and our lives failed. Most of the time it seemed to make things worse. Every time we stopped using drugs; we found ourselves returning to using. The inner turmoil and pain we experienced without drugs made us look for a Solution. We searched everywhere for that Solution, for a problem we didn't even understand. Coming into N.A., we were told that we have a disease, not a moral dilemma. Even though we knew we were sick and needed help, we could go back to find our old and familiar ways; trying to obtain the comfort, we once knew. We have a disease that is incurable, progressive, and terminal. If the drugs didn't kill us, we will do the jobs ourselves; this is our self-destructive personality. When we fully Accepted the fact that we could not Live with or without drugs the Solution appears. We knew we belonged in NA, when we met people just like us who were trapped in our own self-imposed prisons. These same people now seem to be Free of using drugs and Free of the self-bondage that kept us going back to using time after time. They told us that we were Home, and that they found a way out. The suggestions that they gave us were Free, the ones we would have to pay for were the ones we didn't take. Together with these other members we were able to get Clean. We were able to stay Clean that day and apply Spiritual Principles to arrest the disease for that day. We were told that it was an I disease, followed by a dying program; to a We Solution, followed by a Living Program. We are given a Daily Reprieve from the horrors of addiction. That Reprieve depended on Daily Maintenance of our Spirits. By staying and working the Steps we were able to Live with this disease, instead of dying from it. We Recover from addiction, just for that day. With the help of our Program, fellow addicts and our Higher Power, we never have to use again.

**In this moment:** We will ask God to Help us understand the full extent of our disease of addiction. I will Thank God for giving us the Gift of desperation necessary for Daily Surrender.



1   September 6

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2       "We have learned from our group experience that those who  
3       keep coming to our meetings regularly stay clean."

4                   Gray Book, p. 15 (Chapter Two, Header)

5  
6       Since 1953 the Narcotics Anonymous Program has proven  
7       itself to be a viable and effective answer to drug addic-  
8       tion. Many have Recovered from the horrors of addiction, a  
9       Day At A Time. Narcotics Anonymous not only offers the pos-  
10      sibility of Complete and Total Abstinence from all drugs;  
11      but also a new way to Live without the use of drugs. The  
12      important thing for us to remember is that we don't do it  
13      on our own. The first Eleven Steps begin with the word  
14      "WE." This Spiritual Principle of Anonymity is probably  
15      what we first experience when we first come in and Surren-  
16      der. The Narcotics Anonymous Groups provide, in its Recov-  
17      ery Meetings, an Atmosphere where our Life Saving Message  
18      can be Shared. Our Recovery Meetings provide the study of  
19      Narcotics Anonymous Literature and the Experience, Strength  
20      and Hope of the older members. The Spiritual Principles of  
21      Empathy and Identification starts our Recovery Process. At-  
22      tending Meetings is a physical act of Surrender. If we're  
23      newcomers, we listen to other members as they carry the  
24      Message of Narcotics Anonymous. We Share the Solution of  
25      our problem, addiction. We realize that we have a Fellow-  
26      ship to Share our concerns with. We can ask questions after  
27      the Meeting and learn how to socialize with others. We see  
28      firsthand that we don't have to use drugs, Just For Today.  
29      Recovery is what happens in our Meetings. It is our one and  
30      only purpose. Overtime we see members Celebrating various  
31      amounts of Clean Time during N.A. Birthday Celebrations.  
32      That gives us Hope that we also can continue to attend  
33      Meetings, and work a Living Program of Narcotics Anonymous.

34  
35      **In This Moment:** We still continue to do the physical act of  
36      Surrender by attending Meetings.

September 7	1
"Working the Steps will give us a relationship with a Power	2
greater than ourselves, correct old defects, right old	3
wrongs, and lead us to help others."	4
Gray Book, p. 19 (Chapter Two, Lines 3-6)	5
	6
Ask ourselves, what does Recovery in Narcotics Anony-	7
mous mean to us? Many of us would say that it saved our	8
Lives, some would say that they stopped hurting. Many would	9
say that we got our Families back. Some of us would say	10
that we became employable, we were able to become finan-	11
cially successful. Some would say that we finished school,	12
and became productive members of society. Although some of	13
these things are True, that's not what our Recovery should	14
be about, those are just symptoms of staying Clean. Nothing	15
ever seemed to fill the void/emptiness inside of us. In	16
N.A. we Learn to Live in a New Way. By working and Living	17
the Steps and Traditions we allow ourselves to Change and	18
Grow. For this we needed the Help of God As We Understood	19
Him and the Help of other addicts. By staying in contact	20
with the N.A. Program, fellow addicts and our Higher Power,	21
we're capable of a Transformation. We move from using to	22
Helping ourselves and others, from isolation to Fellowship-	23
ping and from emptiness to Fulfillment. One of the most im-	24
portant aspects of Recovery is that our Spirits Awaken.	25
We're able and capable of seeking a Relationship with a God	26
Of Our Own Understanding. We're able with the Help of the	27
Steps, the Fellowship, our Sponsors, and our Higher Power	28
to change from our old ways. We're able and capable to	29
Amend the wreckage of the past. We find a New Way To Live	30
without the use of drugs and to incorporate Spiritual Prin-	31
ciples in our Lives. We are then able to Share this Pre-	32
cious Gift with all those that seek it. Yes our Recovery is	33
more than just about us and material gain. We find our-	34
selves through the Process of the Twelve Steps and Twelve	35
Traditions. Then, we lose ourselves through Service and	36
Helping others.	37
	38
<b>In This Moment:</b> We start to lose the stigma of the phrase	39
"Once an addict, always an addict." We learn to Love our-	40
selves and others, Forgive ourselves and others.	41

1    September 8

---

2    "When we are working Step Six, it is important to remember  
3    that we are human and should not place great expectations  
4    on ourselves."

5                    Gray Book, p. 47 (Step Six, Lines 7-9)

6  
7            Even though Steps One through Five qualified us to be  
8    entirely ready for Step Six, Willingness is the Spiritual  
9    Principle here. Our Gray Book states, "...there is a cer-  
10    tain distorted security in familiar pain. It seems safer to  
11    hold on to the old familiar pain than to let go of it for  
12    the unknown." Here again we have to Admit Complete defeat  
13    over these defects. They served us well in active addic-  
14    tion. Some call these defects the tools of the disease.  
15    Some of us become attached to them like an old friend. So  
16    it can be a grief process in getting rid of them. Fortu-  
17    nately, we don't have to, the God Of Our Own Understanding  
18    will remove them for us. What's needed from us is a deeper  
19    level of the Spiritual Principle of Surrender. We learn to  
20    Achieve Humility when asking for Help. We learn that yes we  
21    are addicts, but we're also human. Our aim here is to  
22    Achieve Adequacy and not perfection. Our Gray Book reminds  
23    us that perfection is a Divine quality that we as humans  
24    don't possess. Since the God Of Our Own Understanding only  
25    removes what we really want Him to remove; we must want  
26    these defects to be removed decisively. God will not force  
27    his Goodness on us. He will need our cooperation, God will  
28    move mountains, but we have to bring the shovel. This Spir-  
29    itual Surgery can only be done with our Complete and Total  
30    Surrender.

31  
32    **In This Moment:** We will develop the Spiritual Principle of  
33    Willingness To Try. We will use the Spiritual Tools we were  
34    given in Narcotics Anonymous, to Practice the opposite of  
35    our defects.

September 9

"One of our biggest stumbling blocks seems to be in unreal-  
ized expectations of ourselves and others."  
Gray Book, p. 127 (Chapter Seven, Lines 32-33)

When we arrive in Narcotics Anonymous battered and beaten by the disease of addiction, it is clear that neither we, nor the world have met our expectations. Spiritually bankrupt, many of us gave up on ourselves and others long ago and many of us expected nothing more than pain and perhaps the relief of death. After attaining Complete and Total Abstinence, and beginning to Live the Spiritual Principles of the Narcotics Anonymous Program, most of us begin to regain some things, and along with these things we may regain expectations of ourselves and those around us. As addicts, we have a tendency to try to project into the future. No human has the ability to predict the future and as people with a disease which distorts rational thought, we're particularly bad at it. Worse still we have a pension for reacting with resentment and hostility when our expectations are not met. Many have heard the expression "expectations are premeditated resentments." We find that this is painfully true. Part of the Admission we make in the First Step is that we have no control over people, places and things. Our struggle against this fact is where we stumble. An insane person is one who lives out of harmony with Reality. This is exactly what we're doing when we attempt to control outcomes which are out of our control. Through the Help of Narcotics Anonymous, we have found a Loving Higher Power which can restore us to Sanity. We no longer have to cause harm to ourselves and others when Life doesn't go the way we planned. We can Forgive, and be Forgiven. We don't have to carry the exhausting burden of our resentments. We're reminded that we're Responsible for the footwork and the God of Our Understanding is Responsible for the results. We do our best to Live the Spiritual Principles of Narcotics Anonymous, and we Surrender the rest to our Faith and Trust in God. We learn that God may not always give us what we want, but He will always give us what we need. It is not the world that must change, it is our perceptions that must change. We realize that not only is it ok for people to make mistakes, it's ok for us to be human as well. We're not perfect and that's ok. God Loves us for who we are and so does the Fellowship of Narcotics Anonymous. Now we must learn to do the same for ourselves and others.

**In This Moment:** Through the Narcotics Anonymous Program I will Maintain my Awareness that we're all perfectly imperfect. All we do is give our best and Trust the God of Our Understanding to Care for us.

1    September 10

---

2    "This can show up as an unexplainable depression or disori-  
3    entation. It is really related to a poor spiritual condi-  
4    tion and can be remedied by an ongoing application of the  
5    Twelve Steps of recovery."

6                    **Gray Book, p. 140 (Chapter Eight, Lines 19-22)**

7  
8            How many times we hear at Meetings, "don't use no mat-  
9    ter what". Addicts use no matter what. If it was that sim-  
10   ple, then we wouldn't need Narcotics Anonymous, God and our  
11   Sponsors. There would be no need for Steps, Traditions and  
12   the Practicing of Spiritual Principles. Our Literature re-  
13   minds us that addiction affects every area of our Lives,  
14   not just the physical use of drugs. Just not using is still  
15   untreated addiction. It can be an illusion that just be-  
16   cause we Achieved Complete and Total Abstinence that were  
17   ok. One of the symptoms of the disease of addiction is the  
18   using of drugs. We can arrest this disease A Day At A Time,  
19   but it is still progressing and there's no cure. In Narcot-  
20   ics Anonymous we treat not only the symptom, but we also  
21   treat the mental, Spiritual and emotional parts of this  
22   disease. We use a Spiritual Solution to a Spiritual prob-  
23   lem. Narcotics Anonymous offers us a set of Spiritual Prin-  
24   ciples that work on a twenty-four hour basis. Many members  
25   old and new forget about this Daily Reprieve. The Spiritual  
26   Conditioning has to be maintained for relapse to stay at  
27   bey. The relapse process starts when we stop Practicing  
28   these Simple Spiritual Principles. It can show up as anxi-  
29   ety and depression. Our Spirituality is the first to go in  
30   this relapse process. Then, our mental disorder kicks in  
31   and the obsession starts. Then, we get loaded at the end of  
32   the relapse. The only thing that can save us is the reap-  
33   plication of the Spiritual Principles and Practices of  
34   them.

35  
36    **In This Moment:** We will never leave Practicing the Basics  
37    of the Narcotics Anonymous Program, so we won't start the  
38    relapse process.

September 11	1
"Seperation from the atmosphere of recovery and the spirit of service to others slows our spiritual growth and can threaten relapse."	2 3 4
Gray Book, p. 156 (Chapter Ten, Lines 28-30)	5 6
Our Literature reminds us that complacency is a red light indicator. It's indicating that we could be in the relapse process. When we stop doing the things that have been keeping us Clean and Recovering, we start to back slide. Since Recovery is an Uphill Journey, we can find ourselves in trouble. Our Gray Book states, "Complacency does not go with recovery. The deadly and insidious nature of our disease can disguise itself as boredom or superior- ity and generate the old "apart from" feelings." We can only keep what we have unless we give it away. This might sound like a strange paradox to most people, but it's what works for us in Narcotics Anonymous. Our Primary Purpose in Narcotics Anonymous is to carry the N.A. Message to the still suffering addict. In the process we get to stay Clean ourselves. Complacency starts when we start to put anything in front of our Recovery. We must Guard our Recovery, "The program doesn't work when we adapt it to our life, we have to adapt our life to the program." We must remain Vigilant by continuing to Practice the Spiritual Principles of Nar- cotics Anonymous in every area of our Lives on a Daily Ba- sis.	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
<b>In This Moment:</b> We get to keep what we have by working a Living Program, and Giving away what was so Freely Given to us.	29 30 31



1 September 12

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2 "There is a danger that we will exaggerate our wrongs, and  
3 an equal danger that we will minimize or rationalize away  
4 our part in situations... This Step must cut into our charac-  
5 ter defects and expose our motives and our actions for what  
6 they really were. We have no right to expect these things  
7 to reveal themselves."

8 **Gray Book, p. 45 (Fifth Step, Lines 7-14)**

9  
10 One acronym for EGO is, "Easing God Out." Step Five  
11 asks us to Admit to God, ourselves, and another human being  
12 the exact nature of our wrongs. In this Step, we have to  
13 involve The God Of Our Own Understanding out loud with our  
14 own lips and voice. Prayer as in all the other Steps and  
15 Traditions, is essential. The ego will protect itself from  
16 ourselves. Our egos served us well in active addiction, but  
17 it's not conducive to our Recovery. Since we are as sick as  
18 our secrets, we must be vigilant against our egos. In ac-  
19 tive addiction, our mouths contributed a lot to our addic-  
20 tion. We used drugs with our mouths and used our mouths to  
21 lie and exaggerate in order to keep using. Step Five is  
22 asking us now to use our mouths for healing. Admitting,  
23 Praying and being Honest are some effective tools we use in  
24 Narcotics Anonymous to work the Program and Heal. Sometimes  
25 the stories and lies we told ourselves and others became  
26 distorted from the Truth and Reality. After a while, we  
27 couldn't tell the Truth from fantasy. Many of us included  
28 these exaggerations and lies when we told our stories. Over  
29 time and Complete Abstinence our minds and bodies start to  
30 clear up. Working the Steps the fog starts to lift; it's an  
31 overtime not overnight Process. A deeper Surrender is es-  
32 sential as we progress through the Steps. With each Step  
33 the Spiritual Awakening we experience as a result, will  
34 begin our Uncovery process. Faith resulting from Hope will  
35 allow us to ask for Help. Our Higher Power, Narcotics Anon-  
36 ymous, Sponsor and the Fellowship will Guide us in this  
37 Process. Today we use the same mouths that sickened us, to  
38 Heal us.

39  
40 **In This Moment:** After using our mouths to Heal, we will use  
41 our mouths to Help others as we Carry the Life Saving Mes-  
42 sage of Narcotics Anonymous.

September 13	1
"We had to have something different and we thought we had found it in drugs."	2 3
Gray Book, p. 23 (Chapter Three, Header)	4
	5
As addicts, it seems that we were always searching for something. We used drugs to satisfy that constant yearning. Something was missing in us, but we didn't know what it was. The use of drugs temporarily filled that need, but it wasn't enough, so we used more. What we didn't realize was that drugs were that great eraser, which made our void even bigger. Finally, after erasing our Families, Friends, and our part in society, it erased us. In Narcotics Anonymous, we use Spirituality and all its Principles to fill whatever void we have. Drugs were our solution for a long time until it turned against us. The more we used the worst we felt and our problems worsened. By this time we didn't use drugs; drugs used us. We were trapped by our ball and chain, in our self-imposed prisons. Narcotics Anonymous of- fers something big and Good that can change our Lives for the better. Narcotics Anonymous offers us a drug free life- style and a Spiritual Awakening as a result of the Steps. Since our problem is Spiritual in nature, our Solution has to be Spiritually Based. We Practice a Living Program in every area of our Lives on a Daily Basis. We become Loving and Caring people. We finally found what we've been search- ing for, ourselves. In Narcotics Anonymous we're never alone, we have the God Of Our Own Understanding, our Spon- sors, and a Fellowship of people who really care. We Share this Precious Gift with all who seek it.	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
<b>In This Moment:</b> We are finally Home. We no longer have to search outside ourselves to feel good about ourselves.	31 32 33

1 September 14

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2 "Faith is the key. It takes a firm belief in a loving God  
3 before we can possibly begin to turn our wills and lives  
4 over to His care."

5 Gray Book, p. 139 (Chapter Eight, Lines 25-27)

6  
7 Many of us came into N.A. with no experience turning  
8 our Wills and our Lives over to the Care of a Loving, Car-  
9 ing God. We haven't seen Miracles that happens by just  
10 Practicing Faith. We talked about Belief, but truly didn't  
11 Believe. Our new-found lives are based on Faith. We had  
12 trouble Accepting life the way it was, and we lived in a  
13 way that was rooted in fear. By working the Steps, we come  
14 in contact with a Higher Power in which we can Believe in.  
15 At first, it was difficult to believe in anything different  
16 from what we believed was True. But by working Step Two we  
17 opened ourselves to the possibility that something Greater  
18 Than Ourselves could restore us to sanity. If we Believe  
19 that there is a Loving God, by opening our minds to this  
20 possibility, we Practice Belief and eventually our Trust  
21 and Faith will Grow, giving us Strength. Our Gray Book  
22 says, "...a Spiritual Experience is necessary to arrest our  
23 addiction." Working the Steps and Traditions of Narcotics  
24 Anonymous charts that course. Our First Spiritual Experi-  
25 ence starts when we Surrender to Total Abstinence. The pain  
26 of living without drugs forces us to seek a Power Greater  
27 Than Ourselves. This Power relieves our obsession to use.  
28 This is the Beginning of our Spiritual Awakening. We begin  
29 to Trust this Power, and it's Guidance in our Daily Lives.  
30 Having only a Daily Reprieve from this fatal, progressive,  
31 incurable disease, we need to Recommit ourselves with a  
32 Daily Surrender. We wake up every morning by showing our  
33 Gratitude with a Prayer. We Pray for God's Will for us and  
34 the Power to carry it out. We do the next right thing for  
35 the right reason; we look at every situation throughout the  
36 day as an opportunity for Growth. No matter what happens,  
37 we make time for Meetings, call our Sponsors, help another  
38 suffering addict and Live the Spiritual Principles of Nar-  
39 cotics Anonymous. This is our Safeguard against the relapse  
40 process. Each day with God's help our Spirits gain more  
41 territory against this deadly disease.

42  
43 **In This Moment:** After some time doing things the N.A.  
44 Way and not our own way, we begin to Develop the Faith which  
45 Leads to Trust that our Higher Power has better plans for  
46 us than ourselves.

September 15	1
"Spirituality is to isolation as recovery is to addiction."	2
Gray Book, p. 121 (Chapter Seven, Lines 32-34)	3
	4
We often hear Shared at our Meetings "An addict alone	5
is in bad company!" The disease of addiction strengthens	6
when we are in isolation and it's only a matter of time un-	7
til the thought of using sounds like a solution. At times,	8
we can feel condemned by our own guilt and fear. We feel we	9
want to run away from the world. Our disease thrives off	10
isolation, and our Recovery thrives off Connection with the	11
Fellowship of Narcotics Anonymous. This is why using the	12
phone and going to Meetings are so vital to our Recovery.	13
Often our Higher Power works through others. Although we	14
can't see or touch this Power, we can hear and feel it from	15
others if our minds and hearts are open. This is a "We"	16
Program, "We" can't do alone what "We" can do together. It	17
wasn't until we joined others in this Way Of Life in Nar-	18
cotics Anonymous, did we ever find any Freedom from the	19
horrors of addiction. We must remain visible in Narcotics	20
Anonymous if we want to Recover.	21
	22
<b>In This Moment:</b> We will "Keep Coming Back" no matter how we	23
feel. We will allow our Higher Power to reach us through	24
others.	25

1 September 16

2 "Many times, our efforts have produced in us feelings of  
3 peace and serenity that we have never known before."

4 Gray Book, p. 58 (Step Eleven, Lines 34-35)

5  
6 Peace and Serenity were very foreign feelings for many  
7 of us, before coming to Narcotics Anonymous. We lived a  
8 life of confusion and contradiction. Many of us were domi-  
9 nated by worrying and uncertainty fueled by our fear of  
10 running out of drugs. In the pursuit of our addiction, we  
11 had lost the ability to be alive and enjoy the lives other  
12 people had. However, in Narcotics Anonymous we have found a  
13 way for addicts to find Freedom from the horrors of addic-  
14 tion. First, we stop using. Once we are Completely and To-  
15 tally Abstinent we begin to feel the pain of withdrawal.  
16 The pain of our physical, mental and Spiritual withdrawals  
17 forces us to seek a Power Greater Than Ourselves that can  
18 relieve our obsession to use. We come to learn to Trust and  
19 Serve this Higher Power. We start see the Spiritual Princi-  
20 ple of Reciprocity come alive. When we give Freely of our-  
21 selves in helping others, the Higher Power gives us Gifts  
22 of Happiness, Peace, Self-esteem and sometimes even Seren-  
23 ity. We must remember God Grants Serenity, not us. We are  
24 only capable of Living God's Will to the best of our abil-  
25 ity, and God will give us the Spiritual Gifts. We see that  
26 what we're longing for all our Lives was for an Awakening of  
27 the Spirit. We just hadn't known until we were in the Pro-  
28 gram of Narcotics Anonymous!

29  
30 **In This Moment:** We will continue doing the Higher Power's  
31 foot work and leave the results up to Him.

September 17

---

"The spiritual basis of the program is strong enough to  
support a person with the disease."  
Gray Book, p. 137 (Chapter Eight, Lines 13-14)

Narcotics Anonymous is a Spiritual Program with a  
Spiritual Solution to a Spiritual problem, the disease of  
addiction. We use 12 Spiritually Based Steps and 12 Spirit-  
ually Based Traditions to treat our Spiritual malady. Our  
problem is not the drugs, in fact drugs for a short time  
were our Solution to a hopeless state of existence. Drugs  
made our suicide a slow process, slow enough that many of  
us got sick and tired of being tired and sick. A Spiritual  
problem cannot be solved with chemicals. Our hopeless state  
of desperation is what made our Recovery possible. Surren-  
der is the Key that opens the door up to Recovery. Once  
that door is open our Willingness and Action make it possi-  
ble to step through. Many of us tried other alternatives,  
religion, medicine, new lovers, new towns and psychiatry.  
All these methods failing as a Solution, we finally came to  
N.A. It was the last thing we tried, but it was the first  
thing that worked. While practicing active addiction, we  
were slowly committing suicide. Many times we tried to stop  
using on our own, but no matter how many times or what we  
tried, it failed. Many times we were so hopeless that we  
thought there was no other option then to keep killing our-  
selves. Our experience shows that The Spiritual Basis of  
the N.A. Program is strong enough to support our Recovery.  
We have come to rely on a Power Greater Than Ourselves. For  
the first time, Recovery from the disease of addiction was  
a Reality for us. In Narcotics Anonymous we keep this Pre-  
cious Gift alive by Sharing it with all those who seek a  
Solution from the disease of addiction. In Narcotics Anony-  
mous we keep this Precious Gift alive by Sharing it with  
all those who seek a Solution from the disease of addic-  
tion.

**In This Moment:** We live to Experience life on God's Terms  
and Grow from this Experience.



1 September 18

---

2 "As we became responsible for our own recovery, we became  
3 responsible for our fellow addicts."

4 Gray Book, p. 79 (Chapter Five, Lines 32-33)

5  
6 Our Literature says that we keep what we have by giv-  
7 ing it away. Giving away what was so Freely Given to us  
8 seemed to be secondary, in our beginnings, we just didn't  
9 want to use. As we received the Spiritual Gifts by Working  
10 and Living those Steps, we wanted to Share this Precious  
11 Gift with others. Sponsorship offers that one on one oppor-  
12 tunity to Help others, without parallels. Because we truly  
13 care, staying clean then becomes our second motive. Before  
14 we could give away what we got, we have to have something  
15 to give away. The Gray Book calls this Responsibility two-  
16 edged. It states, "The other edge is our own need to pre-  
17 serve our recovery. We found from experience that our own  
18 recovery is strengthened when we share it with others, who  
19 ask for help." One of our Narcotics Anonymous Founders  
20 stated that only an addict can Help another addict. Since  
21 our disease is anti social in nature, it makes detection,  
22 diagnosis and treatment  
23 difficult. Religion, psychiatry and medication all failed  
24 us. Empathy in the form of Identification is what makes us  
25 qualify to Help the suffering addict. One of our Founders  
26 wrote, "You and I have been given... through illness,  
27 through suffering and through disease, a talent for helping  
28 other human beings like ourselves. Let's never forget that  
29 we have it and are responsible for others." Recovery in  
30 Narcotics Anonymous is the Gift that keeps on Giving. We  
31 learn in Step Twelve that Love and Service is the N.A. Way,  
32 Just For Today.

33  
34 **In This Moment:** Some of our motives might still have mo-  
35 tives, but this motive is a good one. We will Help others  
36 to stay Clean by Sharing this Precious Message of Narcotics  
37 Anonymous.

September 19

"Patience is the great method of the Fellowship. The unconditional love we experience will rejuvenate our will to live and each positive move on our part will be matched by an unexpected opportunity."

Gray Book, p. 54 (Step Nine, Lines 17-20)

One of our slogans in our Gray Book is, "Take It Easy." In active addiction it wasn't about taking it easy, or easy does it, and definitely not Patience. As using addicts it was about instant gratification, and more of it. We used to live and lived to use. When we were running out of drugs, we found the means and ways to use more, we just couldn't get enough. This made waiting for anything in our Lives difficult. We were looking for the same results the drugs gave us, instantly. Coming into Narcotics Anonymous we heard that TIME meant, "Things I Must Earn." We also were told that Recovery was an overtime process not overnight. We learned to Live In The Moment and stay in the day. We experienced Love and Patience from the other members, toward us. The Unconditional Love and Acceptance we received Helped us develop Patience with ourselves, and later with others. Although we were seeking micro-wave Recovery, we knew we had to work for it. The Literature reminds us that we did not become addicts overnight, so getting better would take time and effort on our part. As we Work and Live the Steps with the Guidance of a Higher Power, our Sponsors and the Fellowship of Narcotics Anonymous, we experience an Awakening of our Spirits. We do the footwork and leave the results to the God Of Our Own Understanding. Our Faith increases; we start to see the results of Recovery in our Lives. We experience the Message of Hope and the Promise of Freedom our Message talks about. Since addiction affected every area of our Lives, we have to Practice these Spiritual Principles in every area as well. One of the ways we Practice these Spiritual Principles is by serving others in our Program. We do Service, keeping in mind that Service is for those we serve. Our Recovery blossoms, and we lose self-obsession when we get out of self and help others. Narcotics Anonymous offers Spiritual Unlimited Growth as we Live The Steps and Traditions.

**In This Moment:** We will show the same Patience and Unconditional Love that was shown to us in our beginnings, to the newcomers and other members in Narcotics Anonymous.

1 September 20

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2 "This can show up as an unexplainable depression or disori-  
3 entation. It is really related to a poor spiritual condi-  
4 tion and can be remedied by an ongoing application of the  
5 Twelve Steps of Recovery"

6 **Gray Book, p. 140 (Chapter Eight, Lines 19-22)**

7  
8 Chapter One in our Gray Book p. 7, Lines 25-27 says  
9 that "Addiction is a treatable disease: as soon as we begin  
10 to "treat" our addiction by working the Twelve Steps that  
11 have worked repeatedly, we experience very positive re-  
12 sults." Many of us arrive at our first N.A. Meeting Spirit-  
13 ually dead; Emotionally crippled and in poor Physical  
14 Health. Overwhelmed by shame, guilt, self-hatred and the  
15 painful rewards of our self-centered lifestyle, we are re-  
16 lieved to find that we have a treatable disease. In N.A.,  
17 we have evolved a concept of the disease of addiction, as  
18 derived by addicts Recovering in N.A. Ours is a Spiritual  
19 Solution, a Daily Application of Spiritual Principles that  
20 arrests our disease and makes Recovery possible. Our Liter-  
21 ature tells us that "With each meeting we attend, seeds  
22 planted in earlier meetings are watered until we can see  
23 them grow to harvest. This harvest is a form of spiritual  
24 growth." This tells us that our Spirits need to keep Grow-  
25 ing and Awakened as a Process and Progression. Recovery is  
26 a Process that takes WORK to keep the Miracle alive. Re-  
27 lapse is an automatic Process that takes NO WORK, for us to  
28 die. Time after time, we've seen long timers in Narcotics  
29 Anonymous, tired of Working the Program, give in to medica-  
30 tion as an answer to their poor Spiritual condition. A  
31 Spiritual Problem cannot be solved with chemicals. If we  
32 find ourselves in poor Spiritual condition, we've probably  
33 slighted in our Step Work, Praying to the God Of Our Under-  
34 standing, and stopped working with others. A return to the  
35 Basics is the only thing that can Help save us at this  
36 point. Complacency is the enemy of any addict with clean  
37 time. If we never leave the Basics of this Program, we  
38 never have to return to them.

39  
40 **In This Moment:** We will be Grateful we have a Spiritual  
41 problem that is treatable by applying the Spiritually Based  
42 Twelve Steps and Traditions in our Lives.

September 21	1
"When we pray a remarkable thing happens; we find the	2
means, the ways, and energies, to perform tasks far beyond	3
our capabilities."	4
Gray Book, p. 58 (Step Eleven, Lines 23-25)	5
	6
When we first arrived to Narcotics Anonymous, most of	7
us found getting and staying Clean was beyond our own capa-	8
bilities. We had to Surrender to Complete and Total Absti-	9
nence from all mind and mood changing chemicals. After this	10
form of Admission through Action, we were forced through	11
the pain, in Step Two, to tap into a Power that can help us	12
with our Cleanliness. Practicing a Living Program requires	13
Working and Living the Steps of Narcotics Anonymous. We	14
soon Learned that Living and Practicing these Spiritual	15
Principles were also beyond our own capabilities. We would	16
have to continue tapping into this Power to remain Clean.	17
We would also have to improve this contact with this Power,	18
to continue this Path of Recovery. Practicing through Con-	19
stant, Conscious Contact, we seek to Improve this Relation-	20
ship. Our Basic Text states, "We have found that our spir-	21
itual condition is the basis for a successful recovery that	22
offers unlimited growth." This Growth is contingent on a	23
Daily Reprieve that's dependent on our Spiritual Mainte-	24
nance. The Evidence of this phase in Recovery, sometimes	25
called Discovery, can lead us to Emotional Stability. Our	26
Spiritual Awakening has to be Progressive, for our Spirits	27
not to fall asleep again. We attend Meetings, work with our	28
Sponsors, do Service and work with others to ensure our Re-	29
covery. We also have to remind ourselves that this is a	30
Twenty-Four hour Program.	31
	32
<b>In This Moment:</b> We will continue to Depend on this Power	33
not only to keep us Clean, but also to continue to Recover.	34

1 September 22

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2 "Now we live a new outlook, that of caring and sharing the  
3 N.A. way. We are surrounded by like-minded addicts, who  
4 once were at the depths of misery and despair, and now se-  
5 rious about their own recovery and helping the suffering  
6 addict."

7 **Gray Book, p. 159-160 (Chapter Ten, Lines 33-3)**

8  
9 "A New Way To Live", this is part of our Message in  
10 Narcotics Anonymous. What does that mean to us? What our  
11 Higher Power has revealed to us is that Practicing these  
12 Principles and Sharing this Gift with others is a New Way  
13 to Live. In active addiction this wasn't the way we Lived.  
14 In active addiction, we did not Practice Spiritual Princi-  
15 ples, material possessions did not change our way of life.  
16 Most of us, while using, did not care much about anyone or  
17 anything. We put our addiction before anything, including  
18 our Lovedbones. Arriving at Narcotics Anonymous we met oth-  
19 ers that were in the grip of despair, as we were. They now  
20 seemed to be Free and reasonably content. Out of the ashes,  
21 they found Hope. They Shared their Hope and showed us that  
22 wordless language of Empathy. It was the Narcotics Anony-  
23 mous Message of Hope and the Promise of Freedom. We were  
24 told that to receive this Gift of Life, we had to put the  
25 effort to get it. Once receiving this Gift, we had to give  
26 it away to other suffering addicts in order to keep it. To-  
27 day we use our past as a stepping stone and a touchstone  
28 for Spiritual Growth. The worst day of our Lives is now  
29 considered the best day of our Lives because it enables our  
30 Unconditional Surrender. Surrendering to the Spiritual  
31 Principles of Narcotics Anonymous we are set Free. We work  
32 Steps with our N.A. Sponsors. We develop a Relationship  
33 with a Higher Power of our own Understanding. We answer to  
34 the cry for help from others that are newly arriving to  
35 N.A. We attend Meetings to Carry Our Message, and we serve  
36 the Fellowship in form of service. Our Recovery is enforced  
37 as we Share it with others.

38  
39 **In This Moment:** We will not forget why we are Clean, Just  
40 For Today. We will show Gratitude by taking some time to  
41 Share freely what was so freely Shared with us.

September 23	1
"The unconditional love we find at meetings makes it possible to relax and review our assumptions about ourselves and reality."	2
	3
	4
Gray Book, p.19 (Chapter Two, Lines 1-3)	5
	6
"We used to live and lived to use." In active addiction, the tools of the disease helped shape our personalities. It also affected what we thought about ourselves. Isolation shrank our world. A lot of our time was spent using and finding ways to use more. Toward the end of our using most of us had very little contact with others, except to serve our active addiction. Many of us arrived to Narcotics Anonymous thinking of ourselves as a defect looking for a character. When others shared their stories with us, we Identified with their feelings and suffering. After coming to Narcotics Anonymous we found out that we were sick people trying to get better, not bad people trying to get well. We learned that our problem was one that was Spiritual in nature. The Narcotics Anonymous Program offered us a Spiritual Solution. The Solution required us to take action by applying Spiritual Principles in every area of our Lives. It offered us Freedom from active addiction. The Program offered us a Fellowship, so we wouldn't have to do it alone, because we can't. The unspoken language of Empathy became one of the Principles that led us to Self-Acceptance. Our Literature tells us that part of Sanity is effectively relating to others. The Steps and Traditions makes this possible. We start to experience a relationship with Reality, as we Share these Spiritual Principles with others in our Lives.	7
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	32
<b>In This Moment:</b> We will not moralize or judge each other.	33
We realize as we kept coming back, that what makes us	34
unique, is that we are all the same.	35



1 September 24

2 "The only thing we want to emphasize is that you should  
3 feel comfortable with your Higher Power and be able to make  
4 the statement that your Power cares about you."

5 Gray Book, p. 35 (Step Two, Lines 12-15)

6  
7 Our Literature tells us that we need the Second Step  
8 in order to achieve any sort of ongoing Recovery. Working  
9 this Step relieves our obsession to use, and Helps us with  
10 our withdrawals. Narcotics Anonymous Grants us the Freedom  
11 to choose a Power Greater than ourselves that can restore  
12 us to Sanity. What's asked of us is that this Power be Lov-  
13 ing and Caring. This Higher Power of our own understanding  
14 does not come without catches. Our Third Step asks that we  
15 be Honest about our Belief. Part of being Honest is to be  
16 Willing to try to Emulate some of its Qualities and show  
17 Empathy to others, as it is shown to us. The Care, Trust,  
18 and Patience we are shown through our relationship with  
19 this Power can be reflected to others. Our Literature tells  
20 us that it is better to understand rather than to be under-  
21 stood. If we are asking our Higher Power to remove our  
22 shortcomings, we are asking for Forgiveness at the same  
23 time. In turn, we will show this Spirit of Forgiveness to  
24 others.

25  
26 **In This Moment:** We will choose a Higher Power of our own  
27 understanding. We will choose a Power that will reflect how  
28 we want to be treated, and how we will treat others through  
29 the Spiritual Principles.

September 25

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"As using addicts, we lived under a regime of fear. In attaining our new life, we want it free of unreasonable fear."

Gray Book, p. 42 (Step Four, Lines 20-21)

A fearless moral inventory of ourselves, it sounds easy right? As addicts, our Lives were dominated by fear. Self-centered fear was at the root of all our problems. We acted out on our defects as a means to cover up what we were really feeling. These defects served us well for a while in our active addiction. Our lack of self-esteem made us create false images of ourselves, for others to see. We didn't like ourselves, and we were sure if others got to know us, we would be rejected. Our Literature tells us that the masks have to go. Fear was our default mode; it motivated us to act and react. We were always covering who we really were. Putting pen on paper and revealing ourselves to ourselves was our Solution. We need a Loving God to Guide us, and give us the Courage to go through this fear and expose the real from the imagined. Writing our Inventory unlocks certain parts of our subconscious that just talking about it won't. Our Healing is in the writing in this Step. As our Faith increases with every stroke of the pen, our fears are lessened. We have to remember that the Higher Power that got us Clean in the first few Steps is still with us during this Process. Listing our Assets and liabilities Helps us with our Self-Acceptance. One of the results from this Step is that we peel another layer of the onion. Our Goal in Recovery is to get to the Core, because that's where our Spirituality resides.

**In This Moment:** God will help remove these thorns from our sides. We have to be thorough and write through our fears.

1   September 26

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2   "It will not make better persons to judge the faults of an-  
3       other. The thing that will make us better is to clean up  
4       our lives by relieving ourselves of guilt."

5                   Gray Book, p. 51 (Step Eight, Lines 12-14)

6  
7       By the time we reach the Eighth Step, we should have  
8   put away our blame throwers. In our addiction, we put our-  
9   selves in situations to be hurt by others. We also, through  
10   our defects, have managed to bring out the worst in people,  
11   our families, and employers. We were told that although we  
12   are not responsible for our disease, we are accountable for  
13   our Recovery. In our Seventh Step, we learned that God has  
14   Forgiven us, and since we're not greater than God, we learn  
15   to Forgive ourselves. This will also enable us to become  
16   Willing to Forgive others, especially if we're not Forgiven  
17   by them. In this Step we achieve Freedom from the past  
18   guilt that trapped us. We become Willing to make a list of  
19   people, places and things that we brought harm to. Almost  
20   anything or anyone we came in contact with, during our ad-  
21   diction, was a victim. Our Literature says that we also  
22   hurt ourselves in the process. The harms we caused others  
23   could've been minor or major. The harms were physical, men-  
24   tal, Spiritual and emotional. We began to look at our side  
25   of the street. As we wrote, our anger and resentments  
26   seemed to melt away. We began to build Awareness and gain  
27   new Perspectives about ourselves and others. We experience  
28   a deeper level of the Promise of Freedom. We Share our  
29   Amends list with our Sponsor. They will show us except  
30   where to do so, would injure them or others.

31  
32   **In This Moment:** We will clean up our side of the street. We  
33   will also, in time, learn to Forgive those that we think,  
34   real or imagined, harmed us.

September 27

---

"There is something in our self-destructive personalities  
that cries out for failure."

**Gray Book, p.126 (Chapter Seven, Lines 34-35)**

No matter how long we are Clean, no matter how much we  
Recover through Working and Living the Steps; we in our  
normal state, is to feel like failures. Our default mode is  
self-destruction. Recovery is an Uphill Journey, so this  
implies some work on our part. The Willingness to Change is  
up to us. Our Journey in Recovery starts with a Desire. The  
Actions we take in our Recovery will determine that Desire.  
We reap the Fruits of Recovery when we sow with Spiritual  
Principles. By attending Meetings our self-destruction but-  
ton is misplaced, that day. Our Spirits are lifted, and we  
get to Recover through our Reprieve another day. The oppo-  
site is also True. The longer we stay away from our Meet-  
ings the closer we get to finding that self-destruction  
button. Our Second Step reminds us that we bought our de-  
struction on the time plan. What we lacked was a Relation-  
ship with Reality. The disease of addiction put our Spirits  
to sleep, and then we picked up. This disease was present  
in us long before we knew and even before our actual use of  
drugs. Our Third Step in the Gray Book states that, "This  
is the Step where we come into contact with sanity we are  
promised in Step Two." This is where insanity meets God.  
Narcotics Anonymous offers us Spiritual Principles to Live  
by. They are written so simply that we can follow them in  
our Daily Lives. We find that the best way to get out of  
self, is to work with others. Sharing Hope gives us Hope  
and that makes us take the Actions that propels us into  
Faith.

**In This Moment:** We will continue, through attending Meet-  
ings, and Working a Living Program, to misplace our self-  
destruction button.

1    September 28

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2        "Gradually, as we become more and more God-centered than  
3                self centered, our despair turns to hope."

4                        **Gray Book, p. 147 (Chapter Nine, Lines 4-5)**

5  
6        Living the Steps of Narcotics Anonymous is how we come  
7    in contact with Sanity. With each Step taken, our Relation-  
8    ship with the God of Our Own Understanding deepens. Our  
9    Higher Power becomes our safety net in our Lives. As our  
10   Trust increases so does our Faith. God becomes an action  
11   figure in our Lives instead of this distant faraway icon.  
12   We become more and more God Conscious rather than self-con-  
13   scious. We become more God-centered and less self-centered.  
14   As our Spirits Awaken, as a result of those Steps; we be-  
15   come an asset to those around us. We are no longer making a  
16   mess out of our Lives and the Lives of others. This is a  
17   gradual process. Our Seventh Step tells us that, "We change  
18   every day to gradually, carefully and simply pull ourselves  
19   out of isolation and loneliness of addiction into the main-  
20   stream of life." It's an overtime progress not overnight.  
21   In our Recovery we get out what we put in. We Share this  
22   Message of Hope with others in order to keep it. We learn  
23   to work with addicts who seek Recovery. We light up the  
24   path for them as it was lit up for us. We Practice being  
25   God Conscious in everything we do. We continue on this  
26   Journey so that our Spiritual Awakening stays Progressing.

27  
28    **In This Moment:** We will Share this Precious Gift of Hope  
29    with those that are in despair.

September 29

---

"Sometimes, after a few days of neglecting spiritual maintenance, things begin to really get out of hand in our own lives."

**Gray Book, p. 146 (Chapter Nine, Lines 4-6)**

Our Basic Text reminds us that when we stop Living in the here and now, our problems become magnified unreasonably. This Process happens slowly and without notice, until we're in Spiritual trouble. Like a pair of focused binoculars in the trunk of a moving car, it becomes unfocused with the bumps and curves during its daily travels. We're usually unaware how unfocused they are until we pick them up and look through them again. We realize how unfocused they really were. The same happens to us without the Daily Maintenance of our Spirits. Without Daily Practice, we become like those binoculars in the trunk of that car, unfocused. In the Seventh Step there's a Spiritual Tool Box laid in front of us as a result of Step Six. With the Help of the God of Our Own Understanding, we tap into the Power to walk this walk. We Surrender on a daily basis and Trust that God will take care of our needs. Our Third Step starts to bridge that gap between Faith and fear. This Relationship had its beginning in Step One, when we Surrendered to the Program of Narcotics Anonymous. At that point our minds are opened. We recognize the Hope all around us as evidence in the Lives of ourselves as well as others. We become part of our Message as we Live this Program and Share it with others.

**In This Moment:** We will continue to focus on Spiritual Principles daily, during the bumps and curves of the day.



1    September 30

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2    "Through the freedom in our new lives we are finally able  
3    to see the special qualities that we possess as individu-  
4    als..."

5                    Gray Book, p. 161 (Chapter Ten, Lines 1-3)

6  
7            Part of the disease of addiction is loathing our-  
8    selves. We used drugs to get out of self, and be someone  
9    else. The problem with using drugs is that we didn't like  
10   what we have become either. We couldn't Live with or with-  
11   out drugs. After a while, we didn't like living in our own  
12   skins. The more we used the worst we felt. A lot of us  
13   reached a point where suicide seemed like a good idea; so  
14   we used more to cover up these feelings. In Narcotics Anon-  
15   ymous we're Offered a New Way of Life. We're Offered the  
16   Promise of Freedom. First; Freedom from drugs, then Freedom  
17   from self, finally Freedom from others and the World at  
18   Large. Through the Process of Working Steps and Practicing  
19   the Principles of the Program, and the Help of our Higher  
20   Power; we become who we were really meant to be. We become  
21   Loving, Caring people. We develop Gratitude for our Lives  
22   and for the people in our Lives. Narcotics Anonymous re-  
23   stores sick people back to a better condition than they  
24   were before they got sick. With this new condition, we're  
25   able to help others. We no longer have to pretend we're  
26   someone else. In this Journey, we are introduced to our-  
27   selves. Today, we Accept and start to Love ourselves. We  
28   help others by Sharing who we really are.

29  
30    **In This Moment:** We will see that the real value is in us  
31    being ourselves. We will Share our real selves with others.

October 1	1
"It is important to remember where we came from so that we	2
don't return. We had to go through what we did to get to	3
where we are now."	4
Gray Book, p. 42 (Step Four, Lines 4-6)	5
	6
Most of us have heard the phrase, "no pain, no gain."	7
The pain in active addiction didn't seem to make any sense,	8
as far as a "gain." Most of the times it seemed senseless	9
and self-afflicted. Most times the result of this pain was	10
followed by negative circumstances and consequences. Arriv-	11
ing to Narcotics Anonymous, most of us didn't realize that	12
the worst day of our Lives would turn out to be a positive	13
stepping stone that would actually Help us. The pain drove	14
most of us to our Initial Surrender. We recall the poison	15
from the horrors of our addiction. The pain motivated us to	16
change; it also helped us Empathize with others. The Second	17
Step states that this pain forces us to seek a Power	18
Greater Than Ourselves. As we work our Fourth Step, we use	19
that pain to write, as we write we heal. In the beginning	20
of our Journey, many of us used pain as a motivator to	21
change. Working a Living Program we begin to heal. With	22
each Spiritual Awakening, we are Enlightened and the Prin-	23
ciples of Freedom and Joy replace our motives. In Recovery,	24
we move through pain and no longer rely on it to motivate	25
change. Our Steps and Traditions are Spiritual Principles	26
to Live by. Whenever we go against Spiritual Principles, we	27
begin to feel the pain that our self-will produces. Living	28
a Spiritual Life sometimes conflicts with our Human condi-	29
tion and not to mention our addiction. Change and pain	30
might be inevitable, but suffering is optional. Today, we	31
welcome Change and Accept the growing pains that sometimes	32
accompany it. Whatever is troubling us at any given moment,	33
becomes our Greatest Teacher.	34
	35
<b>In This Moment:</b> We initially use pain as a motivator to	36
change. As we grow with the Help of God, our Sponsors and	37
the Program of Narcotics Anonymous, Goodwill replaces pain	38
as the motivator.	39

October 2

"It is important we keep faith and renew it through daily prayer."

**Gray Book, p. 58 (Step Eleven, Lines 26-27)**

Our Eleventh Step says that we continue to seek through Prayer and Meditation, to improve our Conscious Contact with God, as we understood Him. We gain the Power we need to continue to walk this Spiritual Life by renewing this commitment on a Daily basis. The same way yesterday's shower doesn't keep us Clean today, yesterday's Program served its purpose that day, and it brings us to today. All we get is a Daily Reprieve, and that depends on our Daily Spiritual Maintenance. Maintaining our Conscious Contact with The God Of Our Own Understanding will ensure our continued Growth and Recovery. Our Literature says, "Enforced morality lacks the force that comes from our own choice." Today we can learn without experiencing pain first. We Practice these Spiritual Principles in all areas in our Lives. Through Prayer, we tap into this Power. We Humbly ask to show us His Will for us. In Meditation, we achieve this contact. We gain, through this process, the Power to Carry and Live the Message of Narcotics Anonymous. In the Eleventh Step, we gain Emotional Stability and possibly Achieve Emotional Recovery. This process of Recovering, Uncovering and Discovering takes place over time with lots of actions on our part. The Benefits of Living this Way of Life comes to us soon after incorporating these Spiritual Principles in our Daily Affairs. Our Spiritual Awakening becomes a Dynamic not static force in our Recovery. When we Share this Gift of Hope with others, we tap into Unlimited Growth.

**In This Moment:** We will Practice a Daily Program of Recovery. We will continue participating in our Journey Day by Day.

October 3	1
"The principle of surrender, is admission of responsibility	2
when we are at fault, and practicing faith."	3
Gray Book, p. 146 (Chapter Nine, Lines 22-24)	4
	5
When we first arrived to Narcotics Anonymous, we were	6
told that we were not Responsible for our disease. We were	7
told that we would be Accountable for the harms we caused.	8
We heard from others that were here before us to "Take It	9
Easy." All we had to do right now was not to use and to	10
Keep Coming Back. In time, we would learn to take Responsi-	11
bility for our Recovery. Our initial Surrender included the	12
Admission of being an addict in the First Step. We then	13
Surrender to the Spiritual Principles of Narcotics Anony-	14
mous. Complete and Total Abstinence was another Spiritual	15
Principle we had to Embrace and Surrender to. The Principle	16
of Honesty means we Align our Actions to the Truth in Step	17
One. We tap into a Power Greater Than Ourselves that re-	18
lieves our obsession to use drugs. This Surrender is shown	19
through our Actions, that is what we're Responsible for.	20
This Process is what restores us to the Principle of San-	21
ity. We begin this Relationship with this Power Greater	22
Than Ourselves in our Third Step. We Surrender to God's	23
Will through Aligning our Actions to that Will. Our Admis-	24
sion of our powerlessness and unmanageability of our Lives,	25
is how we Practice the Spiritual Principle of Faith. We	26
continue to Practice the Spiritual Principle of Surrender	27
by Sharing this Gift, by Carrying the Pure Message of Nar-	28
cotics Anonymous.	29
	30
<b>In This Moment:</b> We will take Responsibility for our Recov-	31
ery, we will Practice Faith through the Principle of Sur-	32
render; Aligning our Actions to the Truth.	33

1   October 4

---

2       "...giving away that which has been given to us--is our  
3               best possible insurance against relapse..."

4                       **Gray Book, p. 59 (Step Twelve, Lines 22-23)**

5  
6       In the Gray Book, p. 59, Lines 10-11, it says, "This  
7   great Step is to be proceeded by the working of Steps One  
8   through Eleven." This implies that the preceding Steps have  
9   to be Worked and Lived first. This recycle of our Recovery  
10   also means it doesn't end at Step Twelve, if we stop here  
11   the relapse process will begin. The Spiritual Awakening is  
12   an ongoing process. We have to continue on this repetitious  
13   Journey. The same way our Spirits Awakens, as a result of  
14   those Steps, our Spirits can go back to sleep again. We  
15   have to realize that even if we are on the right track, we  
16   have to keep moving, because there's always another train  
17   coming. The Spiritual Principles of Narcotics Anonymous has  
18   to be Practiced in every area of our Lives. One of the ways  
19   we keep our Recovery is to Share it with another suffering  
20   addict. Step Twelve is how we individually Carry our Mes-  
21   sage from one addict to another. Our Gray Book says,  
22   "...the Twelve Steps guide us from a state of humiliation  
23   and despair to a state wherein we are able to act as in-  
24   struments of God's will." This Revelation that our Recovery  
25   is more than us staying Clean and Recovering is a new con-  
26   cept for a lot of us. God's dual plan is that He saved us,  
27   so we can Help Him save others.

28  
29   **In This Moment:** We will continue recycling our Recovery, we  
30   will remember that relapse is also a process.

October 5 - NA BIRTHDAY October 5 <sup>th</sup> 1953!!!	1
"We were forced to cut away all our justifications and all	2
our ideas of being a victim."	3
Gray Book, p. 52 (Step Eight, Lines 11-12)	4
	5
For a lot of us, by the time we wrote our Eighth Step	6
list, our Fourth Step list of names nearly doubled our list	7
for the Eighth Step. The reason for this is the result of	8
the Fifth, Sixth, and Seventh Steps. What began as anger	9
and resentments toward what was done to us in our Fourth	10
Step, was flipped around in the Fifth, Sixth, and Seventh	11
Steps. Our own defects were then revealed to us. We got to	12
see our part in those situations. We saw that our addiction	13
and drugs put us in situations to harm and be harmed by	14
others. Our part is that if we weren't practicing the dis-	15
ease of addiction, we probably wouldn't be in a position to	16
get harmed. We no longer could play the blame game. We cut	17
away our justifications and see the part we played. One of	18
the purposes for this Step is to achieve Freedom from the	19
guilt of the past. Many of us were truly victims as chil-	20
dren. We may still hold resentments against our perpetra-	21
tors. It will still hurt our Spirits to hold on to these	22
resentments. The Eighth Step makes Forgiveness of these	23
people possible. We also Forgive ourselves in this Step. We	24
are shown in this Step how our actions and behaviors, in	25
active addiction, actually affected us at a deep level.	26
That's why it's suggested that we also put ourselves on the	27
list. With Prayer and the Help of our Sponsors, we become	28
Willing to Amend our past. Our Gray Book says that in this	29
Step, "...we are gaining new attitudes about ourselves, and	30
how we deal with other people."	31
	32
<b>In This Moment:</b> We will acknowledge that in most cases, we	33
were the victimizers, not the victims. We will learn the	34
Spirit of Forgiveness as a result.	35



1   October 6

---

2       "Projecting about the Ninth Step can be a major obstacle  
3       both in making the list and in becoming willing."

4                   **Gray Book, P. 52 (Step Eight, Lines 14-16)**

5  
6       In active addiction, we became excellent projectors;  
7       we never Lived in the Moment. We regretted our past, and we  
8       borrowed from tomorrow. We projected how situations and  
9       events were going to take place, with the worst scenarios  
10      and results. We became good script writers in a horror  
11      flick. The whole plot put us in the worst case possible and  
12      was not based in Reality. Most of the time, our predictions  
13      were wrong. Now that we're in Narcotics Anonymous, our pro-  
14      jections can still be based on fear. Fear is never in the  
15      present; it's us Living in the future, causing our own anx-  
16      iety and obsessions. We find if we Live in the Moment our  
17      fears are lessened. As a result, our Spirituality Flour-  
18      ishes. We are then able to make the list of all those peo-  
19      ple, places and things we have harmed. We are then capable  
20      and possibly become Willing to Amend our wrongs. Our Liter-  
21      ature says, "We try and work this Step as if there were no  
22      Ninth Step." It goes on to say that it can be a stumbling  
23      block in making a list and become Willing. We have to re-  
24      member that the purpose of this Step is for us to achieve  
25      Freedom from guilt, from our past. We are preparing to  
26      Practice the Spiritual Principle of Forgiveness. We place  
27      ourselves on the list for the harm we caused others. As we  
28      Forgive ourselves, we are able to Forgive others. Some will  
29      put God on the list because in our active addiction, we vi-  
30      olated most of the Spiritual Principles that He Created.

31  
32      **In This Moment:** We will not project about making Amends. We  
33      will stay in the Moment with the presence of God.

October 7	1
"As recovering addicts, we find that we are still depend-	2
ent, but our dependence has shifted from the things around	3
us to a loving God and the inner strength we get in our re-	4
lationship with Him."	5
Gray Book, p. 106 (Tradition Seven, Lines 18-21)	6
	7
In active addiction, we depended on people, places and	8
things to feed our addiction. This unhealthy dependence led	9
us to become slaves to our addiction. We couldn't be our-	10
selves or stand on our own two feet. We were our own pris-	11
oners and were held hostage by the disease of addiction. In	12
Recovery, our dependence is shifted to a Higher Power, and	13
to the Program of Narcotics Anonymous. We found that this	14
was a Healthy dependence. We found that we no longer had to	15
be alone. We no longer have to be hostages in our self-made	16
prisons. Our Reliance, not compliance, is actually a	17
Healthy Relationship with a Positive Force in our Lives. We	18
see and experience the evidence of Sanity in our Lives and	19
in the Lives of others. We develop Faith as a result of	20
this Trust and action. No longer is it blind Faith. It's	21
actually a working Relationship with a God Of Our Own Un-	22
derstanding. This is something many of us lacked in active	23
addiction and before coming to Narcotics Anonymous. We con-	24
tinue to tap into this Source for inner Strength and con-	25
tinuous Spiritual Growth. Our Spirits Grow and we gain more	26
Freedom. In this Living Program, we continue depending on	27
God and the Support of others. Although Spirituality is an	28
individual path, we still do it together, no longer are we	29
forced into isolation.	30
	31
<b>In This Moment:</b> We will shift our dependence from the dis-	32
ease of addiction, to God and the Program of Narcotics	33
Anonymous.	34

1   October 8

---

2       "We suspect that if we do not use what we have, we will  
3                                   lose what we have."

4                                   **Gray Book, p.119 (Chapter Seven, Heading)**

5  
6       Recovery is a process, but so is a relapse; the pro-  
7       cess of a relapse requires no work on our part. The fact  
8       is, not working on our Recovery process is when the relapse  
9       process begins. The Recovery process requires constant ac-  
10      tion on our part. Our Literature says that our Program is a  
11      set of Principles written so simply that we can follow them  
12      in our Daily Lives. The most important thing about them is  
13      that they work. Addiction affects us in every area of our  
14      Lives. We must Practice these Spiritual Principles, in  
15      every area, for them to work. Our Literature reminds us  
16      that if we don't use what we have, we lose it in a relapse.  
17      The last physical action in a relapse is that we use. We  
18      get loaded at the end of a relapse. The process of Recovery  
19      ceases when we stop using what we've learned, at that point  
20      the relapse process begins. We must stay active in our Re-  
21      covery. We must continue to attend meetings. We also con-  
22      tinue working with our Sponsors and Sponsees if we have  
23      any. Our Literature tells us that we continue Living the  
24      Spiritual Principles of the Steps and Traditions. We also  
25      have to give away what we have in order to keep it.

26  
27      **In This Moment:** We will Practice the Spiritual Principles  
28      of Narcotics Anonymous Daily, moment to moment. We will use  
29      what we have or lose it in the process of a relapse.

October 09

---

"Sometimes, after a few days of neglecting spiritual maintenance, things begin to really get out of hand in our lives."

Gray Book, p. 146 (Chapter Nine, Lines 4-6)

Living Just For Today entails that we renew our Recovery on a Daily Basis. We did work Steps, and yes; we went to hundreds of Meetings previously. This is a twenty-four-hour Program and all that work we did brought us up to where we are today. Anonymity suggests that we don't take credit for our Recovery. We give Thanks to the God Of Our Own Understanding. We demonstrate our Gratitude by showing up at Meetings and staying available for Service. We also show our Gratitude by Sharing it with other suffering addicts. For us, not to continue on a Daily Basis to renew our Surrender and our Commitment to Recovery, magnifies the problems in everyday Living. Our Recovery is only as good as our last Step Work, Meeting, and the last Principle we've just Practiced. Ongoing Recovery means just that, ongoing. We can't stay Clean on yesterday's shower, so we can't stay Clean on yesterday's Recovery. One member Shared that when they go to sleep that night, their Recovery expires. When they wake up the next day, they renew their Recovery with the Third Step Prayer. This Daily Surrender allows us to stay Clean for that day. This Daily Reprieve Granted to us is contingent on our Total Surrender to Spiritual Principles on a Daily Basis.

**In This Moment:** We will renew our Commitment to our Recovery. We will continue to Surrender on a Daily Basis as if it were our first time.

1   October 10

---

2       "Before we got clean, all our actions were guided by im-  
3               pulse. We seldom thought constructively..."

4               **Gray Book, p. 137 (Chapter Eight, Lines 24-26)**

5  
6       In our active addiction, we seldom made our own deci-  
7       sions. Our decisions were made for us by default. Sometimes  
8       our decisions were made for us by others. As using addicts,  
9       we were guided by what seemed to be animal instincts. We  
10      acted out of impulse and most of the times; the results  
11      were negative. We were creating problems on top of the  
12      original problem. We Lived in the problem instead of the  
13      Solution. Learning how not to act on impulse is a result of  
14      Practicing the Principles of Narcotics Anonymous. We learn  
15      that by hitting the pause button before acting or reacting  
16      can make all the difference in the world, and saves us a  
17      lot of grief. Step Ten reminds us to take those extra ten  
18      seconds, or dismiss those first ten ideas, to act and not  
19      react; to stop and give ourselves the Privilege of think-  
20      ing. Our Literature reminds us that a Clean addict is in an  
21      abnormal state. Recovery has been described by some like a  
22      right-handed person doing things with their left hand. We  
23      can start our day over at any given time. We can take a  
24      spot check Inventory during the day. We can use Step Ten as  
25      a pressure relief valve. We Practice the preventive part of  
26      the Step to avoid the corrective part. We make self-re-  
27      straint a habit and act with Positive actions and atti-  
28      tudes. We Practice these Spiritual Principles until they  
29      become automatic.

30

31      **In This Moment:** We will not act on impulse. We will stop  
32      and give ourselves the Privilege of thinking.

October 11	1
"The willingness to try new ideas and possible solutions	2
will help open the door to our recovery."	3
Gray Book, p. 80 (Chapter Five, Lines 26-27)	4
	5
Our Literature tells us that what we knew about liv-	6
ing, before we got to Narcotics Anonymous nearly killed us.	7
Our addiction forced us into surviving instead of Living.	8
Denial had us trapped in these endless loops that only led	9
to destruction and self-destruction. The Solution was right	10
in front of our eyes, but our disease caused us to miss it.	11
In the Gray Book, p. 80 lines 8-9 says, "We often miss what	12
we are looking for because it isn't hidden." For many of	13
us, Recovery was beyond our reach. In Narcotics Anonymous	14
with the Help of our Higher Power, our Sponsor, and others,	15
we will find what we were always missing, "ourselves." We	16
have to be willing to try something different; something	17
that has worked for many years and countless others. The	18
First Step tells us that Admitting our powerlessness and	19
unmanageability that addiction has over our Lives, opens	20
the door to Recovery. Our Admittance has to be followed by	21
Action to be effective. We confirm our Surrender by follow-	22
ing the suggestions and the Spiritual Principles of Narcot-	23
ics Anonymous. We Admit that our way did not work. We get	24
Honest with our using by doing it the N.A. Way. The sugges-	25
tions we are given are free. The only suggestions we pay	26
for are the ones we don't take. Our minds are opened as we	27
witness and experience the many Miracles in Narcotics Anon-	28
ymous.	29
	30
<b>In This Moment:</b> The door of Recovery will open, if I'm	31
Willing to knock, new ideas and Solutions will answer.	32



1   October 12

---

2       "When we admitted that our lives had become unmanageable,  
3               we didn't have to argue our point of view."

4                       **Gray Book, p. 79 (Chapter Five, Lines 8-10)**

5  
6       One of the first things we experience in Narcotics  
7   Anonymous, when we stop using drugs, is an inertia like  
8   that of a speeding car that suddenly stops, everything  
9   that's in the back seat flies to the front seat. We begin  
10   to see and experience the wreckage of our past. Although  
11   the tornado is over, the wreckage we caused is left behind.  
12   The results of our using finally start to catch up to us.  
13   The powerlessness and the unmanageability of our Lives are  
14   evident and become hard to deny. However, there is a Solu-  
15   tion. Our First Step says repeatedly that, when we Admit  
16   our powerlessness and unmanageability of our Lives, we open  
17   the door to Recovery. The opposite is also True, not Admit-  
18   ting our powerlessness and unmanageability, closes the door  
19   to Recovery. This can happen no matter how long we've been  
20   Clean and in Recovery. We no longer make excuses or blame  
21   the disease. We take Responsibility by taking Action to  
22   make sure we don't repeat our history of using. The Steps  
23   and Traditions of Narcotics Anonymous are designed to  
24   change our Future. Today we will use the Principles of Nar-  
25   cotics Anonymous to change our past by changing our pre-  
26   sent. Our present becomes the past in the Future. We Learn  
27   to Accept our disease as well as our Recovery. We will no  
28   longer have excuses for our disease, or in being an addict.

29  
30   **In This Moment:** We will Admit that our Lives are unmanagea-  
31   ble, by our own accord. We will seek Help from God and the  
32   Program of Narcotics Anonymous.

October 13

"To be able to receive we must give and more importantly we  
have to receive in order to have something to give."

Gray Book, p. 152 (Chapter Ten, Lines 21-23)

Another way of saying the above quote is, we can't  
keep what we have, unless we give it away; and yes, we  
can't give away what we don't have. This saying sounded  
strange when we first came to Narcotics Anonymous, it didn't  
make sense in our active addiction. We no longer had  
what we gave away, and most of the time we had nothing to  
give away anyway. We lived a selfish, self-centered life in  
active addiction. In Narcotics Anonymous we received Freely  
from addicts who were here before us. Many of us wondered  
if there was a motive behind it. When we first arrive to  
Narcotics Anonymous, we have to receive the Message from  
those who were here before us. Before that, we really had  
nothing to give away. Our active addiction is all we knew,  
and it didn't serve as a Solution. Our past will serve as a  
Stepping Stone later. When we are new, we need to take the  
cotton out of our ears, and put it in our mouths. In other  
words, we had to Listen to Learn. Only then we would have a  
full Narcotics Anonymous Message to Share. As we Grew Spir-  
itually, we saw that this Gift when Freely Shared with oth-  
ers, multiplied our sense of Humanity and also kept us  
Clean and wanting more. If our cups are full, we are unable  
to Receive more. We have to give some away to Receive more.  
Today our cup will not runneth over and go to waste.

**In This Moment:** We will continue to Give away what we have  
Received, in order to get more and have more to Give away.

1   October 14

---

2    "This is our road to spiritual growth, to change our char-  
3    acter, day by day, to gradually, carefully and simply pull  
4    ourselves out of the isolation and loneliness of addiction  
5           into this mainstream of useful Fellowship."

6                   Gray Book, p. 49 (Step Seven, Lines 31-35)

7  
8           The road to Spiritual Growth is sometimes a painful,  
9   Joyous, and at times a tedious path. The word "gradually"  
10   seems to let us know that it happens overtime not over-  
11   night. The word "carefully" in this quote implies that we  
12   remain vigilant. Recovery is a slow process, but it is pro-  
13   gressive. The Steps and Traditions of Narcotics Anonymous  
14   is a blueprint for Life. It is also the instructions on how  
15   to Change. Our Spiritual Awakenings has to be followed by a  
16   Change in our attitudes and behaviors. We have to replace  
17   our old habits with new habits, that are conducive to our  
18   Recovery. We must always guard our Recovery no matter how  
19   long we've been Recovering. Some people, places and things  
20   can be detrimental to our New Way of Life. The way we Lived  
21   in isolation, in the past, can cause us to sometimes be un-  
22   aware of the daily traps that Life itself may incur. De-  
23   volving our new character through working the Steps, helps  
24   us avoid some of these pitfalls. We heard from others that  
25   people and the Fellowship can fail you, but the Program  
26   won't. The Gray Book tells us, "From the isolation of our  
27   addiction, we were thrust into a fellowship of people with  
28   a common bond: addiction, N.A. is like a lifeboat in a sea  
29   of isolation, unwillingness and chemicals." We Thank N.A.  
30   for God, and we Thank God for N.A.

31  
32   **In This Moment:** Through Living the Steps with the Help of  
33   God, Sponsors and the Fellowship of Narcotics Anonymous, we  
34   will avoid some of the obstacles and pitfalls on this Spir-  
35   itual Path.

October 15	1
"Few of us set out to become addicted, because when we	2
used, we thought we were in our normal state."	3
Gray Book, p. 6 (Chapter One, Lines 10-11)	4
	5
We first used drugs, then drugs used us. Our using be-	6
gan as a normal event and was recreational. We soon became	7
preoccupied with using drugs even when we weren't using.	8
The progression sometimes rapid, at times slowly, at the	9
end drugs used us. That earlier euphoria that drugs gave us	10
no longer came. The feelings of emptiness and despair re-	11
turned whenever we put the drugs down. Toward the end of	12
our drug use, we used to avoid getting sick. We didn't set	13
out to become addicts. After a while, we found that we	14
couldn't Live with or without the use of drugs. We used	15
drugs to survive, and it was the only way we knew how to	16
Live. Our Lives became unmanageable and most of us sought	17
help from religion, medicine, institutions and doctors;	18
some of us went to jails or institutions; all these methods	19
failed us. The last house on the block was Narcotics Anony-	20
mous. We found our Solution in Narcotics Anonymous. We	21
found out that we suffered from a Spiritual disease. Doc-	22
tors and modern medicine just seem to enable our disease	23
even more. We soon learn that a Spiritual problem needs a	24
Spiritual Solution not a chemical one. Today being Clean	25
and Serene is an abnormal state for us. It's the best Life	26
we ever have known. Every day, More Will Be Revealed.	27
	28
<b>In This Moment:</b> Although we had no choice in being addicts,	29
we can choose Recovery. We could take advantage of what	30
N.A. has to offer us.	31

1   October 16

---

2   "...we pray only for knowledge of his will for us and the  
3                                   power to carry it out."

4                                   **Gray Book, p. 58 (Step Eleven, Lines 17-18)**

5  
6           When we first arrived to Narcotics Anonymous, most of  
7   us were broken. A lot of us were in pain, and had lost al-  
8   most everything that was near and dear to us; most of all  
9   we lost ourselves. We were at the end of our road. Every-  
10   thing we tried failed to bring any relief or answers to our  
11   problems. Our pain and withdrawal from using drugs were in-  
12   evitable. The pain of Living without drugs, and the life-  
13   style, forces us to seek a Power Greater Than Ourselves.  
14   After Complete and Total Abstinence, this Power relieves  
15   our obsession to use. This Power restores our Hope and  
16   Grants us Freedom from active using. We identify this Power  
17   in the Third Step. We build Trust with the God Of Our Own  
18   Understanding as a result of the evidence in our and oth-  
19   er's Lives. This Relationship takes on a more personal  
20   meaning as we progress through the Steps. In the Eleventh  
21   Step, we see that most of our Prayers are answered. By this  
22   time in our Recovery, our Prayers become really simple. We  
23   pray for our basic needs. At times, we Pray for our wants;  
24   things we think we need. We soon find out that it isn't  
25   God's Will for us. What we received caused us more pain and  
26   sometimes insanity in our Lives. Our Sponsors told us to be  
27   careful what we Prayed for because we might get it. Then we  
28   might have to Pray for its removal. We learned to be Re-  
29   sponsible in our Prayers.

30

31   **In This Moment:** We will Pray for Knowledge of God's Will  
32   for us. We will Pray to want the things we have. Not Pray  
33   to have the things we want.

October 17	1
"If our spirituality cannot help us today, then we need to	2
re-evaluate what we term spiritual."	3
Gray Book, p. 146 (Chapter Nine, Lines 10-11)	4
	5
Our Literature tells us that what was appropriate to	6
one phase of Recovery may not be for another. In this Jour-	7
ney of Recovery, with the Help of our Higher Power, each	8
other, and Working Steps, we need to keep redefining our	9
Truths. Our Gray Book, in our Twelfth Step says, "Every-	10
thing we know is subject to revision, especially what we	11
know about truth." One of our first Truths that needed de-	12
fining was what we defined as Sanity. The bar on the defi-	13
nition of Sanity must constantly be raised. It's no longer	14
just about not using. Our Third Step bridges that gap, from	15
insanity to Sanity. We are constantly evolving and there's	16
always work to be done. As we recycle through the Steps,	17
they take on a deeper meaning. Overtime, the Steps seem to	18
be different because we're different. Some of our defects	19
of character appear to have subsided. The Truth is that	20
some defects learn to disguise themselves. They come out of	21
the closet with different clothes on. They are the same de-	22
fects just a little more subtle. The Solution is to stay	23
Open-Minded to new ideas about ourselves and others. We	24
keep developing our God Consciousness in the Eleventh Step.	25
We complete this Conscious Contact through Prayer and Medi-	26
tation. We keep studying our Literature, and we continue	27
taking Personal Inventory. Every day is different and so	28
are we. There's always an Opportunity for Growth. We keep	29
what we have through Spiritual Vigilance.	30
	31
<b>In This Moment:</b> We will keep re-evaluating what we term as	32
Spiritual. With the Spiritual Principle of Open-mindedness,	33
we will avoid becoming Spiritually complacent.	34



1   October 18

---

2       "Although "Politics makes strange bedfellows", as the old  
3           saying goes, addiction makes us one of a kind."  
4           **Gray Book, p. 132 (Chapter Eight, 1st Paragraph)**

5  
6       Addicts come from all walks of life. The disease of  
7       addiction does not discriminate. It's an equal-opportunity  
8       destroyer. Addicts differ in age, race, sexual identity,  
9       creed, religion, or lack of religion. Since the disease of  
10      addiction is so inclusive, Recovery also has to be inclu-  
11      sive. The Program of Narcotics Anonymous is like an island  
12      that is filled with shipwrecked people. Our Gray Book tells  
13      us that, "...we were thrust into a fellowship of people  
14      with a common bond...." Narcotics Anonymous offers a Pro-  
15      gram that its Spiritual basis is strong enough to support a  
16      person with the disease of addiction. We Share a common  
17      bond of addiction. We also Share a common bond of Recovery.  
18      This Common Welfare is what Unites us. Together we can Help  
19      each other where no one, or anything else could. Chapter  
20      Eight in our Literature says we Share, "That wordless lan-  
21      guage of recognition, belief and faith, which we call empa-  
22      thy, created the atmosphere in which we could feel time,  
23      touch reality...." The Identification from the horrors of  
24      addiction we suffered creates our Empathy. Together we're  
25      United for the Purpose of Recovery for ourselves and to  
26      Help others Achieve Cleanliness and Recovery as well. In  
27      Narcotics Anonymous we're given a set of Spiritual Princi-  
28      ples. These Spiritual Principles can be applied to every  
29      area of our Lives. The results are different levels of  
30      Freedom and Hope that only Recovering addicts can Under-  
31      stand. Narcotics Anonymous has been described, by many of  
32      us, as a ship in a sea of isolation. Either we hang to-  
33      gether or we hang individually.

34  
35      **In This Moment:** We will use our Diversities as our  
36      Strength. We will use our differences to Help every mani-  
37      festation of the Recovering addict.

October 19	1
"That wordless language of recognition, belief and faith,	2
which we call empathy, created the atmosphere in which we	3
could feel time, touch reality and recognize spiritual	4
principles..."	5
Gray Book, p. 133 (Chapter Eight, 2nd Paragraph)	6
	7
One of our members said, "Spirituality is having a	8
right relationship with reality"; these words ring True.	9
Living in active addiction was anything but right, or based	10
on Reality. It was a dysfunctional relationship at best. We	11
never Lived in the moment. Our feet never matched our	12
minds; our feet might've been in that moment, but our minds	13
were in fantasy. Some of us talked about traveling and do-	14
ing all kinds of things. The fact was that we couldn't	15
leave the drugs that were right in front of us. Our world	16
was constantly shrinking; it soon involved nothing but us-	17
ing and finding means and ways to use more. The only trav-	18
eling we did was back and forth to cop drugs. Little by	19
little we lost ourselves. The disease was gaining more and	20
more territory as we continued to use. At the end of our	21
active use, we were isolated from others. Although our bot-	22
tomms were physical, mental and Spiritual, they differed in	23
degree. We identified with the feelings and the desperation	24
of others. Coming to Narcotics Anonymous has been described	25
as a coming home. We began to feel the Unconditional Love	26
and Empathy from others. We finally felt time and touched	27
Reality. We finally felt like we belonged. We were finally	28
part of something big and Good. Today we Live by Spiritual	29
Principles, some like the ones we first experienced from	30
others when we first arrived to Narcotics Anonymous.	31
	32
<b>In This Moment:</b> We will Share this Precious Gift of time	33
and space with another suffering addict. Today we will re-	34
main Grateful for our Homecoming.	35

1      October 20

2 "Enforced morality lacks the force that comes from our own  
3 choice."

4 Gray Book, p. 58 (Step Seven, Lines 32-33)

6 As addicts, sometimes we have to learn the hard way.  
7 As we grow Spiritually we find that we can learn from our  
8 own humiliations. We can also learn from the experience of  
9 others. We see members struggle; we see some pull through,  
10 and some return to active addiction. If they're fortunate  
11 to make it back, they tell us about those experiences. They  
12 learned through their experience and so did we. We don't  
13 have to go back out there to learn. It isn't worth it; Re-  
14 covery is much better. We learn to Share our experience  
15 with others. We Share our experience for identification  
16 purposes. We also Share our experience so that some won't  
17 have to go through with what we went through to learn from  
18 it. We learn by Choice; we learned through Wisdom this  
19 time; we didn't have to experience it. When we work the  
20 Program, we find that we still experience consequences of  
21 our actions. We also find that when we practice the Princi-  
22 ples of the Program and are Guided by God's Will, we will  
23 get the Power necessary to go through whatever we need to  
24 learn this lesson. Today we don't necessarily have to  
25 choose pain as a motivator. Wisdom sometimes comes from ex-  
26 perience, but experience usually comes from lack of Wisdom.

28     **In This Moment:** We will seek Change when we see the Light  
29     and not wait to feel the heat.

October 21

"This is the Step where we come into contact with the sanity we are promised in Step Two."

Gray Book, p. 39 (Third Step, Lines 29-30)

Our Literature tells us that in Step Three, we made a Decision. For the first time, for many of us, we made a decision. After a while, working and Living the Steps, the pain of our addiction was not the reason we were still here. We were not mandated or coerced by someone or something, anymore. The desperation of our using was replaced by Hope, and our insanity replaced by Faith. Our Decision was made strictly by us. We got a taste of the Program, and we wanted more. For many of us, it was the first time we ever had a working Relationship with the God Of Our Own Understanding. For some of us, Life didn't necessarily get better; we got better with Life and the things going on around us. Our Third Step reminds us that this Decision implies Action. Our Literature tells us that if you want what we have to offer, you have to be Willing to make the effort to get it. This statement implies that there's action on our part. This Commitment entails everything we heard when we first came to N.A. We first had to practice Acceptance through the Surrender to the disease. Then, we had to Surrender to Narcotics Anonymous and its Spiritual Principles. We had to continue to improve the contact with the God we met in Steps One and Two. We might've made the Decision early on, but this is a Daily, Twenty-Four-Hour Program. A Daily Reprieve is all we get and that is dependent on our continued effort to Practice these Spiritual Principles on a Daily basis. This Daily Reprieve is also contingent on us Sharing our Recovery with other suffering addicts who seek it.

**In This Moment:** We will Practice Surrendering to the Principles of Narcotics Anonymous on a Daily basis. We will continue doing what first worked for us when we first got Clean.

1   October 22

---

2   "The progression of the disease is an ongoing process, even  
3       during abstinence, no matter how long."

4       Gray Book, p. 128 (Chapter Seven, Lines 32-33)

5  
6       The Basic Text tells us that the disease of addiction  
7   is progressive, fatal and incurable. This disease can only  
8   be arrested "A Day At A Time." There is no cure for the  
9   disease of addiction. The disease once manifested is always  
10  worse than before. Even during our Cleanliness the disease  
11  is still progressing. Recovery, on the other hand, only  
12  progresses with Action. Our Literature tells us that the  
13  progression of Recovery is a continuous Uphill Journey.  
14  This means that we can't stop doing the things that got us  
15  Clean at the beginning. When we stop going to Meetings,  
16  working Steps with a Sponsor and a Higher Power, we start  
17  the downhill spiral into jails, institutions and possibly  
18  death. Ongoing Recovery means we have to keep "on-going."  
19  Abstinence does not equal Recovery; however, it can equal  
20  to Recovery if we put the work in. Our Clean time can be-  
21  come our enemy if we become too complacent. We learn to re-  
22  cycle through the Steps and Traditions. We draw a deeper  
23  meaning to these Spiritual Principles as we Grow in this  
24  Process. The Principle of Perseverance must come into  
25  place, if we are to stay. If we never leave the Basics, we  
26  would never have to return to them. If we stay, we never  
27  have to Keep Coming Back. We get out of ourselves by work-  
28  ing with others. We Share Freely what was Freely Shared  
29  with us. Today we will continue working a Living Program of  
30  Action.

31  
32  **In This Moment:** We will work the Narcotics Anonymous Pro-  
33  gram for Twenty Four hours at a time. We will continue on  
34  this Uphill Journey.

October 23

"By the surrender of our own power, we gain a far greater  
power that will see us through."

Gray Book, p. 58 (Step Eleven, Lines 25-26)

In the First Step, we Admit our powerlessness and our  
unmanageability of our Lives. Surrendering to the Princi-  
ples of Narcotics Anonymous is our Admission of defeat.  
This Unconditional Surrender is the beginning of our Jour-  
ney. We are not on this Journey on our own; we have the  
support of a whole Fellowship of people just like us. We  
also have a set of Spiritual Tools to make our Recovery  
possible. The Second Step is where we tap into a Power that  
can do for us what we can't do for ourselves. This Power is  
Greater than ourselves and is Spiritual in nature. This  
Power Helps us with our obsession and withdrawals from  
drugs. By using this Power, we actually gain the Power we  
need to Recover. We gain the Power to Practice Spiritual  
Principles in our Lives and in all our affairs. Our Gray  
Book says, "...we simply recognize that there is a force  
for good in the world and we cooperate with that force."  
The Eleventh Step is where we ask for Power to continue on  
this Process of Recovery. Through this Process, we gain God  
Consciousness and Practice the Principle of Anonymity. We  
Admit that we can't do this on our own accord. This is a  
supernatural Step because this Power is not from any human  
source. This Power that saved us from the horrors of addic-  
tion is still here for us, if we seek it.

**In This Moment:** We will continue tapping into this Power;  
we will Surrender to win.



1   October 24

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2   "We are not responsible for our disease. We are responsible  
3   for our recovery.... As we begin to apply what we have  
4   learned, our lives begin to change for the better."

5           Gray Book, p. 139 (Chapter Eight, Lines 8-9, 16-17)

6  
7           We're guilty until proven innocent; how many times  
8   have we felt this way in our active addiction? Our guilt  
9   and shame only brought us down deeper into the depths of  
10   addiction. Narcotics Anonymous tells us that we're not bad  
11   people trying to get good, we're sick people trying to get  
12   better. We suffer from a Spiritual disease, not a moral di-  
13   lemma. Part of Admitting that we have a disease releases us  
14   from being Responsible for having it. Admission releases us  
15   from that remorse and self-condemnation. We realize that  
16   the only way to feel better, is to get better. We Surrender  
17   to the fact that although we are powerless, we are not  
18   hopeless. There's a Solution and the Solution is up to us,  
19   and it's in Narcotics Anonymous, if we want to make the ef-  
20   fort to get it. Yes, we are Responsible for our Recovery  
21   and Accountable for our disease. In our New Way of Life,  
22   with the Help of our Sponsors, others and a Higher Power,  
23   we are able to start the healing process and start to clean  
24   up the wreckage of our past. We begin to experience a Free-  
25   dom we've never known. We start to Live Happy, Joyous and  
26   Free. We find a New Way To Live. We Share this Message of  
27   Hope and Promise of Freedom with other suffering addicts  
28   who seek Recovery, for that we are Responsible and Account-  
29   able.

30

31   **In This Moment:** Although we are not Responsible for our  
32   disease. We are Responsible for our Recovery. Today we are  
33   Accountable.

October 25

"The spiritual truths at the heart of our program do not  
change but the edges are constantly Growing."

Gray Book, p. 157 (Chapter Ten, Lines 4-5)

If it's not Practical, it's not Spiritual, that's what  
our Literature tells us. The Spiritual Principles of Nar-  
cotics Anonymous do not change, but the edges are con-  
stantly Growing as the Gray Book states. The indispensable  
Principle of Honesty, for instance, may mean cash register  
honesty at first. As we Live the Principle of Honesty in  
the First Step, it comes to meaning more. Honesty Grows  
into aligning our Actions to the Truth. No longer is it  
about just being Clean, it's about Action. We attend Meet-  
ings; we work with a Sponsor; we read our Literature and  
apply its Principles to our Lives daily, in all our af-  
fairs. As we Awaken Spiritually, the Principle of Open-  
Mindedness increases as we Tap into the Higher Power we met  
in the Second Step. Our Higher Power not only relieves our  
obsession to use drugs, but also, we use this Power to re-  
lieve our other obsessions. Anything we use to fill in the  
void left by the drugs becomes subject for removal by our  
Higher Power. We made the Decision to turn our Thinking and  
our Actions to the Power we tapped into in the Second Step.  
We then became Willing to turn over all parts of our Lives,  
not just our using. Our Surrender deepens with every Step  
we take. Our Spiritual Awakening becomes a Progression as  
we continue on our Spiritual Journey.

**In this moment:** We will Trust our HP to Guide and Direct us  
into learning more ways to Live life the N.A. Way.

October 26

"For years, we have avoided seeing ourselves as we really are."

**Gray Book, p. 44 (Step Five, Lines 8-9)**

We used to Live, and Lived to use. We used to cover up what we've become in our active addiction. The guilt, shame and remorse were too painful for us to face Clean. The more we used, the more shame, guilt and remorse we created. After a while, our conscience stopped bothering us because it left, soon after we stop listening to it. All that was left is what we've become, and we weren't too proud of that either. We created masks to enable our using. The problem is that our feelings got masked as well. The Fifth Step tells us that the masks have to go. We've been taking Inventory of our Lives since coming to Narcotics Anonymous. Writing our Inventory unlocks parts of our subconscious that normally wouldn't have been revealed by just talking about it. The healing we get from working the Steps, helps us Accept our Assets. The Steps also reveals what we are lacking, so we can work on those liabilities. It gives us the tools we need and with the Help of God and others in Narcotics Anonymous, we are able to become the people we were meant to be. We become Free to be ourselves. We no longer have to seek approval from others. We learn to Love ourselves. Part of our Recovery is also about Self-Care. We no longer participate in risky behaviors. We learn to take Care of ourselves. We learn Self-Forgiveness and Forgiveness of others with all their liabilities.

**In This Moment:** We will work toward Self-Acceptance. Through the Steps, we will Accept both Assets and liabilities in ourselves and others.

October 27	1
"We want to look our past in the face and see it for what	2
it was--and then to release it so that we can live today."	3
Gray Book, p. 41 (Step Four, Lines 4-6)	4
	5
Fear kept us trapped in the past. When we dwelt in the	6
past it kept us angry and depressed. The only way out is to	7
go through it, and use the information as not to repeat it.	8
When we take a Personal Inventory in the Fourth Step, we	9
see that we caused most of our problems through our active	10
addiction. We developed patterns that made our using possi-	11
ble. We put ourselves in positions that the only way out	12
was to lie, steal and cheat. Taking a Moral Personal In-	13
ventory we see that we weren't bad people trying to get	14
good; we were sick people attempting to get better. We were	15
guided by a destructive force that was slowly killing off	16
our spirits. These defects or tools of the disease enabled	17
us to keep using. Committing a slow suicide by using ena-	18
bled us to exist just long enough to get rescued by Narcot-	19
ics Anonymous. We needed every single defect of character	20
for our survival of the disease of addiction. In Recovery,	21
none of these old tools are no longer needed. They served	22
their purpose in our old way of life. In Narcotics Anony-	23
mous we find a New Way To Live. Today we jot these situa-	24
tions on paper. Our written Inventory helps us see the	25
Truth for what it was. We develop the Willingness to Change	26
by taking Positive Action in our behaviors and attitudes.	27
We Surrender our fears and our anger to God. We learn to	28
Live in the Day. We stop creating more wreckage and Prac-	29
tice Spiritual Principles instead. We no longer walk with	30
shame, and we're released from our chains. Today with Nar-	31
cotics Anonymous we are Free to Live, Just For Today.	32
	33
<b>In This Moment:</b> We will look at our past and then learn to	34
turn our negative experiences to positive lessons.	35

1   October 28

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2   "Working the Steps got us out of our old attitudes".

3                   Gray Book, p. 79 (Chapter Five, Lines 7-8)

4  
5       Our Literature reminds us that our disease is one of  
6   attitudes and behaviors. Although this is not what makes us  
7   addicts, it's one of the characteristics of the disease.  
8   Our personalities took a dark twist as we practiced our ad-  
9   diction day in and day out. The result was that our Percep-  
10   tions were changed and that led to our Perspectives being  
11   changed, as a result our minds got sick. We had to lose our  
12   heads to find our minds. We had to put ourselves in the po-  
13   sition of "Surrender", to be found. The Second Step reminds  
14   us that it is the Process of Coming to Believe that Re-  
15   stores us to Sanity. This Restoration requires Action on  
16   our part. A new Idea cannot be Grafted into a closed mind.  
17   This means that we have to Live our way to Good thinking.  
18   We can't think our way into Good Living. The actions that  
19   the Steps required for Change is what we needed. Some of us  
20   had to fake it till we made it. We can only fake it for so  
21   long. Developing a Good Attitude required Gratitude. To be  
22   Grateful that we're not in active addiction. To be Grateful  
23   that we're still alive. To be Grateful that we have a Fel-  
24   lowship that can Help us in this Journey. A Personality  
25   Change is what we needed. We have Narcotics Anonymous and a  
26   God Of Our Own Understanding as the necessary Tools for us  
27   to Change. We first need to Surrender to these Spiritual  
28   Principles of Narcotics Anonymous.

29  
30   **In This Moment:** We will position ourselves where our Alti-  
31   tude and Longitude will be our Attitude and our Gratitude.

October 29

"As we begin to live in the present, burdens of the past  
and anxieties of the future slip away."

**Gray Book, p. 147 (Chapter Nine, Lines 26-28)**

Living In The Moment means to focus on what's right in front of us. Some of our members say, "fantasy is where your head is at, Reality is where your feet are at." In Narcotics Anonymous we're told to bring the body, and the mind will eventually follow. Our Literature tells us when we don't Live in the Present, our problems become unreasonably magnified. We as addicts tend to make mountains out of mole hills. Living with lack of Faith affects our Spirits. We start to project false Realities, and our fears begin to set in. We dwelled in the past, so we began to Live in the past. Depression, anger and resentment begin to set in. We Surrender again to our Higher Power and let Him do what we can't do for ourselves. We learn to focus at the task at hand and Live in that Moment. We ask our Higher Power to relieve our obsessions, and we continue to do the next right thing. The Steps and Traditions of Narcotics Anonymous make it possible for us to get out of the way, so our Higher Power can reconstruct us. It's an inside job, so we might not see the changes right away. In fact, we are sometimes the last ones to see these changes. We come to enjoy Living in the Present and develop Gratitude for where we're at. We ask God to Guide our thoughts and our Recovery and continue on our Spiritual Journey. Our fears and anxieties slip away, and we're Free again.

**In This Moment:** We will Live In This Moment, We will come to realize that fear and anxiety are feelings that are based in the future. Depression and anger are feelings based in the past. We shall Live with the Joy from Living in Today.



1   October 30

---

2       "Our new found way of life may have its problems. When we  
3       ask for help, the road ahead won't be so rocky."

4               **Gray Book, p. 146 (Chapter Nine, Lines 18-19)**

5  
6       When we arrived to Narcotics Anonymous, we were told  
7       that things around us may not necessarily get better, but  
8       we will get better with the things around us. Regardless  
9       what happens to us, in Recovery; we don't have to go  
10      through it alone. In our active addiction we suffered alone  
11      and often we saw no Hope insight. Today with the Help of  
12      the God Of Our Own Understanding and the support we get in  
13      Narcotics Anonymous, we can face anything and not use over  
14      it. They say that the calmest place in a hurricane is in  
15      the eye of the storm. In Narcotics Anonymous, the safest  
16      place for us to be is right in the center. Our Gray book  
17      says, "The program doesn't work when we adapt it to our  
18      life, we have to adapt our life to the program." N.A. has  
19      to be at the center of our Lives; everything else has to be  
20      around the center. Together we can face Life on God's  
21      Terms. With our new found Way Of Life, we find it's okay to  
22      ask for Help. We can have the Faith that all will be well.  
23      We realize that no problem is bad enough that using can't  
24      make worst. We Share whatever is troubling us with our  
25      Sponsor and our support group. We listen for a Solution  
26      from their experience. We become part of the Solution and  
27      not part of the problem. We learn that whatever we go  
28      through will serve as a Stepping Stone to Help others.  
29      Thank God we are each other's eyes and ears.

30

31   **In This Moment:** No matter what happens on this Journey,  
32   with an addict on our left and an addict on our right we  
33   can stay in the middle, where it's calm.

October 31	1
"Our recovery is dependent on our belief in a loving God	2
who cares for us, and will do for us whatever we found im-	3
possible for ourselves."	4
Gray Book, p. 147-148 (Chapter Nine, Lines 33-1)	5
	6
When we tapped into a Higher Power in the Second Step,	7
we found that this Power did for us what we found impossi-	8
ble for us to do for ourselves. One of the things this	9
Power did for us was that it relieved our obsession to use	10
drugs. This was a supernatural event in our lives, an ad-	11
dict that can stop using drugs, and lose the desire to use.	12
Indeed, this was an abnormal act for an addict, but not im-	13
possible for this Supernatural Power most of us call God.	14
As we progressed through the Steps, we took the action, and	15
we experienced the results. Results that can only be at-	16
tributed to a Loving, Caring Power outside ourselves. This	17
Recovery process didn't take place by our own accord. As we	18
progress in our Recovery, we see that it would be impossi-	19
ble for us to accomplish these tasks without this Higher	20
Power. We wouldn't be able to stay Clean. Without this	21
Higher Power we wouldn't be able to Practice Spiritual	22
Principles in our Lives on a Daily Basis. We get to see	23
ourselves and other members go through crisis in Life and	24
not use. This Belief along with Action that creates Faith,	25
is what restores us to Sanity. The God of Our Own Under-	26
standing is still with us to Help us in our Recovery.	27
	28
<b>In This Moment:</b> We will acknowledge that the Power that	29
saved us from the horrors of addiction is still with us and	30
can help us do what we can't do for ourselves.	31

1 November 1

---

2 "As clean addicts in the Fellowship of Narcotics Anonymous,  
3 we help ourselves by helping others."

4 Gray Book, p. 70 (Step Twelve, Lines 35-36)

5  
6 One of our members shared that he spent years in Nar-  
7 cotics Anonymous, working on himself. The member spent  
8 countless hours working with the Literature, working Steps.  
9 The whole focus was on his progress in his Recovery. This  
10 member found himself still depressed and not benefiting  
11 from all the Fruits the Program offered. Not until he  
12 worked with others, not until he actually got out of self  
13 and worked with another suffering addict, did he start to  
14 fully experience Growth. That is when his Recovery began to  
15 flourish. The work this member did on himself by himself  
16 was like planting seeds and not watering them. Growth can-  
17 not take place in Narcotics Anonymous by ourselves. We  
18 can't keep what we have, unless we give it away. On the  
19 other hand, we must have something to give away. One of the  
20 Greatest phenomena we can Share is when the desire to use  
21 was lifted. This abnormal state of being Clean gives Hope  
22 to the newcomer. This Miracle also demonstrates a Power  
23 Greater Than Ourselves at work, earlier on in our Recovery.  
24 Recovery in Narcotics Anonymous does not work with us doing  
25 it by ourselves. This is a WE Program, so we need each  
26 other in order to Grow and keep Growing Spiritually. Are we  
27 working with others? If we've been around for a while, do  
28 we have a newcomer in our Lives? Our Gray Book states, "A  
29 great magic is found when we help others."

30

31 **In This Moment:** We will stop working on self by ourselves.  
32 We will get out of self by working with others. We will  
33 continue to Share this Life Saving Message of Narcotics  
34 Anonymous.

November 2

"If sharing the pain we have been through helps but one  
person, it will have been worth the suffering."  
Gray Book, p. 80 (Chapter Five, Lines 1-2)

Who knew that the worst days of our Lives, the hope-  
lessness, isolation and desperation we felt those final  
days, hours, or minutes, would be our Greatest asset in  
Helping others. We were beaten into submission. We still  
needed to Surrender Totally and Unconditionally to Narcot-  
ics Anonymous and it's Spiritual Principles. The pain from  
the horrors of addiction also served as a positive stepping  
stone for us. The pain we experienced in our active addic-  
tion became the touchstone to our Spirituality. The pain  
and devastation we felt of our first Total Surrender, would  
later serve as the bedrock for our Recovery Foundation. We  
Helped others as they witness our Admission of powerless-  
ness, over the disease of addiction. We lessen our past re-  
grets when we can help just one person besides ourselves.  
As we Recover, we see that our Higher Power is our Greatest  
Source of Strength. We soon learn that part of Anonymity  
meant that we don't credit for our Recovery. The Gray Book  
states, "Being grateful begins when we realize that some-  
thing other than ourselves blessed us with what we have."  
Some of us may not be happy that we became addicts. We hurt  
a lot of people, including ourselves. This is the process  
some of us had to take, to get where we are today. We can  
now take our Experience, Strength and Hope to Help others.  
We can Share Hope for a better future, filled with Serenity  
and Purposefulness. Our useless destructive past has turned  
out to be a Goldmine. We keep reaping the Benefits from our  
past, by Sharing it with others.

**In This Moment:** We shall Share our pains with others in  
Hope to Help others, at the same time we Help ourselves and  
not regret the pains of Growth.

1 November 3

---

2 "We eventually have to stand on our own feet and face life  
3 on its own terms, so why not from the start."

4 **Gray Book, p. 133 (Chapter Eight, Third paragraph)**

5  
6 "Carry the message, not the mess." That's a motto we  
7 try to Live by, another saying is, "If you carry the ad-  
8 dict, you will bury the addict." As active addicts we lived  
9 in lies and contradictions. We lied and we're lied to. When  
10 we arrived to Narcotics Anonymous we appreciated the Truth,  
11 even if it hurt. Recovery isn't for the Faint of Heart, the  
12 sooner we face the problems of everyday Living, just that  
13 much faster we can become productive people. Facing the  
14 Truth as soon as we can will Help us with our denial. We  
15 had to face some hard Truths after becoming Clean. The "Why  
16 Are We Here" chapter in our Basic Text mentions the Three  
17 disturbing realizations. We face Reality and put away our  
18 blame throwers. We Accept our woes and ask for Help. We  
19 never have to carry our burdens by ourselves any longer.  
20 Today we have a whole Fellowship of people in N.A. Through  
21 Practicing a Living Program we learn to Live our Lives with  
22 Spiritual Principles. No amount of Recovery or Spirituality  
23 will shield us from the pains of Growth. We learn to Live  
24 and Accept Life on God's Terms. Our Higher Power, Sponsors,  
25 Fellowship and Narcotics Anonymous will Help us through our  
26 trials and tribulations. What we have to do is Trust and  
27 continue to have Faith. Our Program only offers one Prom-  
28 ise, Freedom from active addiction. Life still shows up,  
29 and we show up for Life. Our struggles become points of  
30 references that we don't have to use no matter what. Our  
31 Recovery sometimes may not be Graceful, but we can become  
32 examples of God's Power to others.

33

34 **In This Moment:** We will not sugarcoat our Recovery process.  
35 We will also Share the hard Truth with newcomers.

November 4

---

"The full fruit of a labor of love lives in the harvest,  
and that always comes in its right season..."

Gray Book, p. 1 (Forward)

We reap what we sow. In active addiction, we worked tirelessly to use and find the ways and means to continue using. What we got was not so rewarding. The results were disastrous for us and others. We were harvesting rotten fruits, if any because it wasn't created or planted with Love. In Narcotics Anonymous, we learn that the Process of Recovery takes a lot of work, a lot of digging, a lot of turning over of old soil. The Gray Book states, "A meeting is like a fence around our clean time." We do not only have to achieve Complete and Total Abstinence, but we also have to attend N.A. meetings. Recovery is what happens at our Meetings. Members that Live a Narcotics Anonymous Program carry the Message; newer Members listen to the Message. When the newcomers start Living N.A. Spiritual Principles, they too can carry a Message of N.A. We're planting new seeds, seeds of Love, Compassion, Empathy and Patience. As a result of Those Steps we Practice These Principles. A lot of hard work is still ahead of us, Amending the wreckage of our past. Our transformation is always in process. We start to experience new feelings of Self-worth. We start to show Empathy towards others, and we start to Grow Spiritually. With the Help of our Higher Power, Sponsors and the Fellowship of N.A. We did the work; we did it with Love. We finally took Responsibility for our Lives, now we're reaping the rewards. The right season is now upon us. Recovery happens overtime not overnight. We Harvest the Fruits and Share with others this Precious Gift. We Help and show others how to sow and reap the Benefits when we do God's will.

**In This Moment:** We will reap the Fruits of our Labor of Love. We will give time, time. The full Harvest comes in its right season.



1 November 5

---

2 "We no longer feel alone; we have a partner in our Higher  
3 Power, who is with us all the time."

4 Gray Book, p. 147 (Chapter Nine, Lines 1-3)

5  
6 One of the exact natures of the disease of addiction  
7 is isolation. During active addiction our contact with the  
8 rest of the world was under false pretense and shrinking  
9 day by day. Some of us couldn't wait to get out of work, so  
10 we could go use. Some of us used on the job. Sometimes we  
11 didn't go to work at all. Eventually, some of us lost our  
12 jobs. Many of us couldn't wait to get away from our fami-  
13 lies; we were usually on our way to go use. Our minds  
14 seemed to be more and more preoccupied with the next time  
15 we could use again. We were hardly ever present, either  
16 physically or mentally, for our families, friends or em-  
17 ployers. At the end we felt alone, we felt the isolation of  
18 the disease, and it was killing our Spirit. In Narcotics  
19 Anonymous we heard N.A. stands for "Never Alone" and that  
20 we didn't have to suffer alone anymore. We found a place  
21 where there were people like us who hit a bottom filled  
22 with hopelessness and helplessness and found a New Way To  
23 Live. We found that we can tap into a Power Greater than  
24 ourselves, that was Loving and Cared for us and was always  
25 with us at all times. This Relationship with this Higher  
26 Power is one of the greatest Gifts in our Recovery. Like  
27 any other relationship, or partnership, it requires work on  
28 our part. We continue this constant, Conscious Contact  
29 throughout our Spiritual Journey. The Eleventh Step states  
30 that, "We have found that our Spiritual condition is the  
31 basis for a successful Recovery that offers unlimited  
32 Growth." We never have to feel alone anymore.

33

34 **In This Moment:** We never have to feel alone. We can rest  
35 assured that this Power will always be with us, as long as  
36 we ask.

November 6

"The main objective of Step Seven is to get out of our-  
selves and strive for achieving the will of our Higher  
Power."

**Gray Book, p. 49-50 (Step Seven, Lines 36-2)**

Humility is a by-product of getting Honest with our-  
selves. In other words, we don't get humble, humble gets  
us. We made a Decision in the Third Step to turn our Will  
and Lives over to the Care of the God of Our Understanding.  
With this Decision comes the action to back up that Deci-  
sion. The Principle of Surrender means we don't resist. The  
Principle of Honesty also means that we align our actions  
to the Truth. In our Personal Assessments we work on remov-  
ing the old and in with the new. Up to now we've been ob-  
stacles in our own Recovery. The remove and replace Process  
in Living our Steps and Traditions Help us get out of our  
own way. We Help clear the path for God to reconstruct us.  
One of these Truths is that we on our own, cannot Recover  
by ourselves. The Principle of Anonymity also means that we  
need our Higher Power; we need the Fellowship, and we need  
each other. Throughout our Step Process we learn how to get  
out of self and work with others. Asking God to remove our  
shortcomings will Help us get out of the way and let God  
work through us. The more we Practice these Principles the  
less we practice our defects. Some of our shortcomings are  
removed, some are minimized, as we Practice the opposite of  
our defects. In Step Seven we open our Spiritual Tool Box  
and Practice these Principles with the Tools we are given,  
one of the results is Humility.

**In This Moment:** We will achieve this Humility indirectly by  
aligning our thinking and our actions over to God's Will  
for us.

1 November 7

---

2 "We who have lived in darkness and horror for so long begin  
3 to walk freely in the sunlight of reality."

4 Gray Book, p. 39 (Step Three, Lines 33-35)

5  
6 Our Twelfth Step starts off saying "Having had a spir-  
7 itual awakening", that signifies that we had a Spirit and  
8 it went to sleep. Our Spirits were smothered by drugs and  
9 the disease of addiction. The drugs polluted our bodies,  
10 minds, Spirits and it twisted our personalities on a deep  
11 level. We became different people from what we were meant  
12 to be. We no longer walked in the Sunlight of Reality, we  
13 walked in the darkness and lived in fantasy. We lived with  
14 the horrors of addiction and it was killing us, first our  
15 Spirits, and then eventually it would kill us. Our Gray  
16 Book states, "What we knew about living when we got here  
17 had almost killed us." We first had to Learn about Honesty  
18 and Surrendering to the Spiritual Principles of Narcotics  
19 Anonymous. Other Members told us that we needed to be  
20 Opened- minded for us to Learn a New Way To Live. We needed  
21 the Spiritual Principle of Willingness to take the action  
22 needed to secure our Recovery and Help other's Recover. We  
23 Share with new members what worked for us, and what didn't.  
24 This is the HOW of our Program. Narcotics Anonymous brings  
25 dead people back to Life. Living the Steps Awakens our  
26 Spirits and brings us toward this Sunlight of Reality. Nar-  
27 cotics Anonymous and it's members serve as a beacon to Help  
28 Guide other suffering addicts to this new Reality.

29

30 **In This Moment:** We will Help Guide others to the Light of  
31 Recovery, where their Spirits can Awaken, as ours did.

November 8

"Do I believe it would be insane to walk up to someone and  
say, "Would you please sell me my own death--on the time  
plan?"

Gray Book, p. 34 (Step Two, Lines 14-16)

If anyone of us has a problem with the word insanity,  
all we have to do is think back in all the times we used  
drugs against our will. We just have to think back at all  
the things we did to continue using drugs. All the dangers  
we put ourselves and loved ones in, just to get that one  
more. Looking back there's no denying that we were slowly  
committing suicide and in some extreme cases, homicide. Day  
after day even after knowing the results of our using, we  
still continue to pick up once again and started the deadly  
cycle all over again. Few can actually argue that we were  
acting insane. There's another death we suffered that was  
worse than a physical death, it was the death of our  
Spirit. We hurt ourselves and others. Whatever the case we  
were committing a slow suicide. By the time we approached  
Step Two, most of us hadn't had a problem with the word in-  
sanity. Some of us still had the obsession to use, some  
went back to using. This is insanity at its best. Recovery  
in Narcotics Anonymous grants us a Daily Reprieve from this  
insanity. Recovery in Narcotics Anonymous is not only about  
Freedom from active addiction. The N.A. Program also offers  
a Spiritual Awakening with each Step taken. The Spiritual  
Principles when Lived, offer unlimited Spiritual Growth.  
What we have to do is Surrender Daily and Practice a few  
simple Spiritual Principles in all areas of our Lives. Each  
day We Do Recover from the thrones of addiction. We are a  
Vision of Hope.

**In This Moment:** We will recognize the insanity of the dis-  
ease we Lived in. Today, through applying the Second Step  
we will Gradually be Restored to Sanity.

1 November 9

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2 "It is the action that is important, not the result. We  
3 leave all results to God."

4 Gray Book, p. 142 (Chapter Eight, Lines 18-19)

5  
6 How many times at meetings we hear that if we want to  
7 make God laugh, make plans. This doesn't mean that we stay  
8 idle and don't take any actions. In our active addiction,  
9 we functioned through default. Most decisions were made for  
10 us, by others, and by the drugs. Our Third Step asks us to  
11 make a Decision. This Decision is based on the evidence we  
12 experienced with the Power Greater Than Ourselves we met in  
13 the Second Step. The Third Step is the bridge into Sanity.  
14 We experienced the results of our actions, in the Program,  
15 and they were Good. Our doom and gloom were replaced by  
16 Hope, and our Hope turned into Faith by our actions. Like  
17 turtles, we can only make progress by sticking our necks  
18 out of the shell. In this journey, we take Healthy risks  
19 based on the positive evidence in our Lives and in the  
20 Lives of those around us. We participate in our Lives and  
21 leave the results up to the God Of Our Understanding. Our  
22 Gray Book states, "With each meeting we attend, seeds  
23 planted in earlier meetings are watered until we can see  
24 them grow to harvest. This harvest is a form of spiritual  
25 growth." As we begin to Trust, our Faith Grows. We are re-  
26 leased from that paralyzing fear we've known before we came  
27 to Narcotics Anonymous. We Trust God and Narcotics Anony-  
28 mous with our Lives. We now make Decisions based on Princi-  
29 ples, and we Believe in our Hearts that all will be well.

30

31 **In This Moment:** We will make right choices, based on Spir-  
32 itual Principles. These choices will be backed by the Faith  
33 we have found in Narcotics Anonymous.

November 10	1
"We were frightened and ran from the fear, but no matter	2
how far we ran, the fear followed us."	3
Gray Book, p. 25 (Chapter Three, Lines 5-7)	4
	5
Fear dominated us all our lives, most of our actions	6
and reactions were feared based. As addicts, we lived our	7
lives without Faith, without a working Relationship with	8
God or a Higher Power, without a safety net. It's no wonder	9
that when we fell, we fell hard. Most of our decisions were	10
based on false evidence appearing real, which is the acro-	11
nym for F.E.A.R. The part that was real we could do little	12
or nothing about. We were victims of ourselves. We were	13
trapped in our portable self-made prisons and could not es-	14
cape. Our Gray Book states, "The peculiar inertia that	15
keeps a person going the way they are, acted on us." Many	16
of us spiraled downward out of control. Hopelessness and	17
helplessness became our way of life. Not until we arrived	18
to Narcotics Anonymous did the negatives in our lives turn	19
to Positives. Recovery in Narcotics Anonymous teaches us a	20
new acronym for fear can mean; Face Everything And Recover.	21
Surrendering to the Spiritual Principles of Narcotics Anon-	22
ymous, our fear turns to Faith. When we fall today, our	23
Higher Power serves as a safety net to catch us gently. Go-	24
ing through and Living the Steps of Narcotics Anonymous our	25
Lives are no longer dominated, or ran by fear. Our Step	26
Four reminds us that fear is lack of Faith. Later on in	27
Chapter Nine it also tells us that worrying is also a lack	28
of Faith. It doesn't mean they both can't exist together.	29
It means that lack or the level of one can influence the	30
other. Today with the Help from the God Of Our Own Under-	31
standing, Sponsors and the Fellowship of Narcotics Anony-	32
mous, we no longer have to run from anything, including	33
ourselves. Today we can Face Everything and Recover.	34
	35
<b>In This Moment:</b> Fear has a different meaning. We can Live	36
just for This Moment. Our fears subside by having Faith	37
(Feel. As. If. There's. Hope.).	38



1 November 11

---

2 "The only price is to quit fighting, surrender quietly and  
3 let the God of our own understanding take care of us."

4 **Gray Book, p. 40 (Step Three, Lines 4-6)**

5  
6 One of our predecessors wrote that; "there's no sub-  
7 stitute for Surrender." Our experience is that neither med-  
8 icine, knowledge or religion can take the place of a quiet  
9 Surrender. A Complete and Total Surrender means we no  
10 longer have to fight people, places and things. Our Third  
11 Step asks us to Trust the Higher Power we met in the Second  
12 Step, with our Lives. Our Decision to keep coming back to  
13 NA wasn't made because of fear. It wasn't made because our  
14 families or the law was on our backs. We made this Decision  
15 with our Hearts. We experienced enough evidence that this  
16 Program works, and we wanted more. We do whatever it takes,  
17 to let the God Of Our Own Understanding Care for us and  
18 Guide us in our Recovery. This calls for a deeper Surrender  
19 than we did in Step One. This Decision was based on Faith;  
20 we weren't beaten into submission, like in the First Step.  
21 We replace self-defeating behaviors with behaviors that  
22 Help builds our Self-esteem. We learn to turn our thinking  
23 and actions over to the Care of God as we Understood Him.  
24 The longer we are in Recovery and Live the Spiritual Prin-  
25 ciples of Narcotics Anonymous, we find that it is the eas-  
26 ier softer way. Although it's not always Graceful, at the  
27 end; we Surrender to Win, we walk over to the winning side.  
28 When we Surrender quietly to the Will of our Higher Power,  
29 we find that God's Will for us becomes the very same things  
30 we want for ourselves.

31  
32 **In This Moment:** We will try the last thing we tried, first.  
33 We will not resist, in essence we will Surrender.

November 12

"If we are not first honest with ourselves, we can't be  
honest with others."

**Gray Book, p. 148 (Chapter Nine, Lines 29-30)**

It's no coincidence that one of our first Principles in Narcotics Anonymous following Total and Complete Abstinence, is Honesty. This Journey of Recovery starts by getting Honest with our using, with ourselves, God, and with others. This Journey of Recovery in Narcotics Anonymous starts with the First Step. It begins with Admitting with our lips and our actions, that's our Admittance to N.A. Our actions must align to the Truth, that's Honesty in Action. We Grow by Practicing this vital Spiritual Principle of Honesty. We are able to Share our Truths and get Honest with others. The Spiritual Principles of Narcotics Anonymous deepens with each Step we Live. The cash register Honesty we started off with in our First Step, takes on a new meaning. This deeper meaning of Honesty means that we Practice these Spiritual Principles in every area of our Lives, not just the not using. Honesty and Surrender deepen even more as we progress in the Steps and Traditions. This Foundation will be based with the unlimited Growth that our Lives are built on. When we Honestly tell our story and Share our Recovery with others, in Narcotics Anonymous, we are able to Help those who seek Recovery. As we get more Honest with ourselves, we Grow and get more Honest with others. That's when the Principle of Empathy, "...in which we can feel time, touch reality and recognize spiritual values long lost to many of us," has its beginning.

**In This Moment:** We will Share our experience and an Honest N.A. Message of Recovery. We will not cloud our Message with opinions and untruths.

1 November 13

---

2 "We are not going to be perfect. If we were perfect, we  
3 would not be human."

4 Gray Book, p. 43 (Step Four, Lines 11-12)

5  
6 We as addicts thought we needed to be perfect in eve-  
7 rything we did. Since we thought we would fail, sometimes  
8 we didn't even try. We looked at mistakes as failings, so  
9 we never learned from them. We continued repeating the same  
10 mistakes over and over. We became extremist, it was either  
11 black or white, there was never any gray area in our lives.  
12 Fear dominated our lives, once again. Lack of Faith became  
13 our default in all our work. Our Gray Book defines insanity  
14 as, "poisoning one's self for no apparent reason." The  
15 Basic Text reminds us that making the same mistakes over  
16 and over; and expecting different results, was a form of  
17 insanity. In Narcotics Anonymous, we learn from our mis-  
18 takes; we learn that Sanity meant we could make new mis-  
19 takes. As we progress in Living the Steps, we Accept our-  
20 selves as we really are. We also Accept what we're lacking  
21 and work on that. We accept ourselves and others as just  
22 being human. We Accept ourselves with all our flaws, we  
23 learn to Accept others with all their faults. Our Gray Book  
24 says, "We are trying to achieve adequacy, not perfection."  
25 God Forgives us in Step Seven, as we Humbly ask for our  
26 shortcomings to be removed. We Forgive others and our-  
27 selves, for all the harm we caused in Step Eight. We extend  
28 the same Forgiveness we ask for ourselves, from our Higher  
29 Power, to others. We learn to be Patient with ourselves. We  
30 give ourselves and others a break.

31  
32 **In This Moment:** We will not strive for perfection. "Ade-  
33 quacy can be achieved, but perfection cannot." We will al-  
34 low ourselves and others to be human.

November 14

"Sharing enables us to return to the realm of human experience..."

Gray Book, p. 69 (Step Twelve, Lines 1-2)

Active addiction isolated us from the rest of the world. The longer we used, the smaller our world got. After some time, for some of us, our only contact with others was to use and find the ways and means to use more. Our world shrank, and we weren't Sharing anything with anyone. We were cut off from this human experience of Sharing thoughts and feelings with another human being. Most of our actions were motivated by our using and no one knew how we felt or what we were going through. Coming to Narcotics Anonymous is described by some as a coming home. We were Greeted with a hug and were told to keep coming back. We were finally rescued from that sea of isolation. We found people who we could Identify with. We began to listen to others Share a Message of Hope and the Promise of Freedom. We began to feel the magic of Empathy. We started Sharing both good and bad feelings. As we Shared with others, we began to feel part of. We began to feel human again; a feeling that we long-lost by active addiction. By our Positive actions and Practicing Spiritual Principles, we began to define and shape our Recovery. With the Guidance and Help from the God Of Our Own Understanding and the Fellowship of N.A., we start to Grow. We became part of a Fellowship, and our Recovery started to Flourish. We began to Share with others from this experience. We keep this Precious Gift as a result.

**In This Moment:** We will become part of something Whole. We will, through Practicing a Living Program, have a Relationship with Reality. We begin to mature Spiritually.

1 November 15

---

2 "I can't solve my problems and I ask you to take care of me  
3 and show me how to live."

4 Gray Book, p. 38 (Step Three, Lines 28-29)

5  
6 We see the evidence of a Power Greater than ourselves  
7 working in our Lives; and in the Lives of others. This evi-  
8 dence resulted in Faith, not blind Faith either. We develop  
9 Trust in this Step. We begin to rely on this Power in our  
10 decision-making process. Asking for Help from our Higher  
11 Power becomes our Greatest Source of Strength. We made a  
12 Decision in the Third Step to turn our Wills (which is our  
13 thinking), and our Lives (which is our actions) over to  
14 this Power we tapped into in the Second Step. The Third  
15 Step is the Bridge to Sanity. We gain Faith as we cross  
16 over to the winning side. This Higher Power, which some of  
17 us call God, is what makes our Recovery possible. A deeper  
18 level of Surrender is what's needed. Whenever we need to,  
19 we can ask this Power to Guide our thoughts and actions  
20 during the day. This short Prayer, at the beginning header,  
21 is so simple that we can use it whenever we need to. The  
22 Spiritual Principles of Narcotics Anonymous does not shield  
23 us from pain. There will be the pain that leads to Spir-  
24 itual Growth. This type of pain is less self-inflicted.  
25 Narcotics Anonymous has been referred to as a Program for  
26 Learning. Most of the time it's a Program of unlearning.  
27 Talking to our Higher Power confirms that we Truly believe  
28 that we can't do this on our own. Day by day our Faith in-  
29 creases as we experience this Power at work. Our Surrender  
30 has to be followed by actions to be effective.

31  
32 **In This Moment:** We will say these simple words whenever we  
33 feel stuck. We will ask for Guidance as we work on the So-  
34 lution.

November 16

"The main objective of Step Seven is to get out of our-  
selves and strive for achieving the will of our Higher  
Power. Our will didn't work."  
**Gray Book, p. 49-50 (Step Seven, Lines 36, 1-2)**

As addicts, we became our own worse enemy. For years,  
we locked ourselves up in our own self-made prisons.  
Against our will we let our disease out to control our  
Lives. Needless to say, we made a real mess of our Lives.  
Active addiction became a destructive force in our Lives  
and in the Lives of others. Our will was detrimental to  
Life itself. Our best made plans was the Admission to Nar-  
cotics Anonymous. After arriving to Narcotics Anonymous, we  
realized that most of our pain was self-inflicted. In Nar-  
cotics Anonymous we're introduced to a Spiritual Program.  
The Program laid out a blueprint for Living and a road-map  
for Recovery. We became Aware that we were the hindrance  
for a Higher Power to work in our Lives. The First Three  
Steps removes us out of the way. We now had to take further  
Steps to make God, as we understood it, an action figure in  
our daily Lives. We had to Surrender Totally and Completely  
to the Spiritual Principles of Narcotics Anonymous. We  
Practice Honesty by Aligning our will and our Lives to our  
Higher Power's Will. Asking for Help resulted in Humility.  
We were no longer our own obstacle. Being Human we will, of  
course, wander. We ask the God Of Our Own Understanding, to  
Forgive us when we fall short. Humility keeps our feet on  
this Spiritual Path. Our Third Step reminds us that our De-  
cision to ask for God's Help is our Greatest Source of  
Strength and Courage.

**In This Moment:** We will get out of ourselves. We will let  
the God Of Our Understanding, and the Spiritual Principles  
of Narcotics Anonymous, work in our Lives.



1 November 17

---

2 "Addiction is a feeling disease."

3 Gray Book, p. 121 (Chapter Seven, Line 5)

4  
5 As addicts, we used over feelings, yours and mine. We  
6 used not to feel certain feelings, and we also used to feel  
7 other feelings. We got loaded to change what we were feel-  
8 ing at the moment. Drugs helped us bury our feelings. Lit-  
9 tle did we realize that when we buried our feelings we bur-  
10 ied them alive. Drugs that were once our solution, are now  
11 part of the problem. The good news in Narcotics Anonymous  
12 is once we stop using drugs, we get our feelings back. The  
13 bad news is that when we stop using drugs, we get our feel-  
14 ings back. In our Recovery we learn that feelings are not  
15 facts, but it's a fact that we have feelings. The Steps  
16 help us sort these feelings, separating the real from the  
17 imagined. We learn that feelings are just signals that are  
18 trying to tell our Body, Mind and Spirit something. Our  
19 Literature tells us that the Steps are not designed to numb  
20 us like the drugs did. Through working and Living the Steps  
21 we find out what these feelings are trying to tell us. The  
22 Steps make us Aware of the things we have to address. When  
23 our feelings stop overwhelming us, we can learn to be part  
24 of the Solution. We Empathize with others as we learn from  
25 our feelings. Today we sometimes just feel our feelings; we  
26 will not label them neither good nor bad. Today working a  
27 Living Program we Understand what our feelings are showing  
28 us. We then can take the action to work on the Solution.

29  
30 **In This Moment:** We realize that for the most part, our  
31 thinking and feelings define our disease. It's our Positive  
32 Actions, and the Practice of Spiritual Principles, is what  
33 defines our Recovery.

November 18

"The thing we do is check for the surfacing of defects  
early on by working Step Ten daily."  
**Gray Book, p. 55 (Step Ten, Lines 34-35)**

The Tenth Step asks us to continue taking our daily personal inventory and promptly admit when we were wrong. The reason we take our personal daily inventory is to prevent the corrective part of this Step. As addicts, we sometimes don't know when we are wrong; we have to work this Step to find out. We have to examine our actions and reactions. We have to monitor our emotions, feelings and fantasies throughout the day. When we fall short, we have the opportunity to make the corrections and start our day over again. We can also feel good about our Recovery when we Practice our Spiritual Principles and feel good about ourselves. We show our Gratitude by Thanking God in quiet moments. At nighttime before bed, we can recall our day and all our interactions with others. After taking our inventory, we are able to see where we fell short. We can decide if any amends need to be made. If we Practice Spiritual Principles in all our affairs, we will falter less. Overtime, by working Steps and having a constant Conscious Contact with our Higher Power, we are able to see ourselves coming. The Tenth Step has a negative reputation because it addresses being wrong and making Amends. The Tenth Step is also asking us during that inventory, to look at our Assets and to Practice them in our daily affairs. This daily Practice of our Assets and Spiritual Principles make us better people.

**In This Moment:** We will Practice the Spiritual Principles of Narcotics Anonymous in our attitudes and behaviors, in doing so, some of our defects can be minimized, and in some cases removed.

1 November 19

---

2 "...the addict would find from the start as much identifi-  
3 cation as each needed to convince himself that he could  
4 stay clean, by the example of others who had recovered for  
5 many years."

6 Gray Book, p. 133 (WE DO RECOVER, First Paragraph)

7  
8 For many years addicts were dying, unnecessarily, from  
9 the disease of addiction. Addicts had no where to go, ex-  
10 cept for jails and institutions. It was illegal for addicts  
11 to assemble or meet in public, even for the sake of Recov-  
12 ery. Many of us were forced to go to other fellowships or  
13 other places, for the sake of Recovery. Our identification  
14 as addicts was still not met, many of us continued to die.  
15 Our disease is one of feelings and emotions, not the symp-  
16 tom, which is the use of drugs. When Narcotics Anonymous  
17 was started, addicts finally found somewhere they could  
18 identify with others. This identification was what made our  
19 Recovery possible. One of the most powerful statements a  
20 newcomer can hear at Narcotics Anonymous meetings is the  
21 powerlessness and Surrender to the disease of addiction,  
22 from another addict. The First Chapter in the Basic Text;  
23 Who Is An Addict, talks about our first identification  
24 comes from our Life being centered in drugs. The powerless-  
25 ness and unmanageability, the Living to use and using to  
26 Live. The identification of the feelings from hopelessness  
27 and the isolation that came next. After seeing people like  
28 us staying Clean and finding a New Way to Live, we start to  
29 experience Hope, a Spiritual Principle long-lost for so  
30 many of us. We finally felt that we no longer had to use,  
31 we also, like so many, could stay Clean. We finally found a  
32 place where we felt we belonged. We learned about the Spir-  
33 itual Principle of Empathy, "That wordless language of  
34 recognition, belief and faith." For us, Empathy means, your  
35 pain in my Heart. As others Shared their Experience,  
36 Strength and Hope with us, we nodded our heads in approval  
37 and said, "Me too." We finally were home. Isolation which  
38 is at the center of our disease, began to disappear. We be-  
39 came a part of a Whole. Our Basic Text says, "We become  
40 fully whole and wholly free."

41  
42 **In This Moment:** We will learn to identify and not compare  
43 with others. We will serve as examples of the Power that  
44 keeps us Clean. We share this Divine Gift, with all those  
45 who come after us.

November 20

"We weren't focused on the fulfillment of life, but on the  
emptiness and worthlessness of it all."

**Gray Book, p. 135 (Chapter Eight, Lines 2-3)**

Our literature says that addiction is an enemy of  
life. When we were using, we were slowly committing sui-  
cide, and we couldn't help it. Our Lives had become an ex-  
ercise in survival, but we were also killing ourselves at  
the same time. We sought no Solution that worked. We blamed  
everyone and everything for our condition. We saw no way  
out, so we used drugs to cover up our feelings of failure.  
We were trapped in an endless cycle with no end in sight.  
After Surrendering to the Program of Narcotics Anonymous,  
and tapped into a Power greater than ourselves, our Lives  
began to have meaning. We no longer were just surviving or  
existing. We actually found something to Live for, our-  
selves. We started to see that staying Clean was paying  
off. We started to feel Hope, as we were released from our  
self-made prisons. We were doing more than just existing,  
we were finally Living. Each day we didn't use we saw that  
our Lives were worth Living. In practicing the Spiritual  
Principles of Narcotics Anonymous, we began to gain self-  
worth and our Faith grew as a result. We became the people  
we were meant to be all along. In Living the Program, our  
Lives became full and Fulfilling. We show our Gratitude by  
Sharing and Caring with others the N.A. way.

**In This Moment:** With the Help of N.A. and the God of Our  
Own Understanding, our Lives will be worth Living. No  
longer are our Lives just an exercise in survival.

1 November 21

---

2 "Having decided we want God, as we understood Him, to re-  
3 lieve us of the useless or destructive aspects of our per-  
4 sonalities, we have arrived at the Seventh Step."

5 Gray Book, p. 48 (Step Seven, Lines 12-14)

6  
7 Defects are the tools of the disease; they helped us  
8 survive our addiction. Now in Recovery, we're different  
9 people, who found a New Way To Live and no longer need  
10 these old tools in our New Life. Working and Living the  
11 Steps with our Sponsors and the God Of Our Understanding,  
12 we are ready to rid ourselves of these useless traits; that  
13 are now causing others pain and us. These defects of char-  
14 acter that can lead to shortcomings, have no purpose in our  
15 Recovery. The Seventh Step in Narcotics Anonymous offers us  
16 a Spiritual kit. These new tools will replace the old  
17 tools, and we start to feel some relief. We replace the old  
18 with the new and our defects start to subside, or at least  
19 less present in our Lives by Practicing Spiritual Princi-  
20 ples. Either way they stop causing others pain and us. We  
21 are able to start building a New Life. We become a Power of  
22 example to others. We start to see glimpses of God's Will  
23 for us. We experience moments free of defects that drain us  
24 of time and energy. We experience some moments of Serenity,  
25 and this gives others Hope and us. Step Seven like all the  
26 others, is an Action Step. We continue Practicing the Spir-  
27 itual Principles of Narcotics Anonymous in all areas of our  
28 Lives.

29  
30 **In This Moment:** We will seek relief from our defects. We  
31 will with the Help of God, our Sponsors, and N.A. replace  
32 our old survival skills with New Living skills.

November 22	1
"As long as we preserve our clean time we enjoy the great-	2
est possible advantage over our disease."	3
Gray Book, pg. 125 (Chapter Seven, Lines 28-29)	4
	5
Our Gray Book tells us that, "A meeting is like a	6
fence around our clean time." It keeps positive things in-	7
side, and it also keeps the insanity of active addiction	8
out. Like anything else that needs to flourish, it must re-	9
main fertile. Abstinence from all drugs is how Recovery be-	10
comes possible. We cannot Recover if our minds and bodies	11
are still clouded with drugs. A lot of our compulsions are	12
relieved by remaining Clean. The obsessions which are part	13
of the disease of addiction still permeate in our Lives. As	14
long as we don't use drugs, we can use the rest of the	15
Steps to Grow Spiritually. The disease of addiction affects	16
every area of our Lives. Recovery has to be more than phys-	17
ical Abstinence. The disease of addiction affects us men-	18
tally and Spiritually as well. Working and Living the Spir-	19
itual Principles of Narcotics Anonymous preserves our Clean	20
Time and makes the other stages of Growth in our Recovery	21
possible. Besides Freedom from active addiction, Narcotics	22
Anonymous offers a Spiritual Awakening with each and every	23
Step Lived. Even though addiction is an incurable progres-	24
sive disease, we can arrest it just for that day by remain-	25
ing Clean. With Total and Complete Abstinence, we still	26
have an advantage over the disease. Our Higher Power, the	27
N.A. Steps, Traditions, Sponsors, Meeting attendance and	28
the Fellowship allow our Recovery to Flourish. Our Recovery	29
can offer us Spiritual Unlimited Growth, if we Practice a	30
Daily Living Program.	31
	32
<b>In This Moment:</b> Our Clean Time will preserve our Recovery,	33
in turn our Recovery, will preserve our Clean time.	34



1 November 23

---

2 "The release by letting go and letting God helps us develop  
3 what works here and now."

4 Gray Book, p. 38 (Step Three, Lines 32-33)

5  
6 When soldiers surrender in battle, the first thing  
7 they do is stop fighting. Then they let go of whatever they  
8 are holding in their hands. They hold their hands up and  
9 wait for further instructions and direction. In Narcotics  
10 Anonymous we are told, "Let Go and Let God." Both are an  
11 act of Surrender. The First Step was a forced Surrender,  
12 we were beaten into submission by the disease. We then Sur-  
13 render to the Spiritual Principles of N.A., In our Second  
14 Step. The Third Step asks us to make a Decision, to let the  
15 God Of Our Understanding take Care of us. What we have to  
16 do is let go of whatever we are holding on to, so we are  
17 able to receive what the God Of Our Understanding is trying  
18 to hand us. Lack of Trust and fear of the unknown is what  
19 kept us trapped in the past, and nervous about the future.  
20 Today we shouldn't forget to Trust the Power that got us  
21 Clean in the First Step. We should Trust that Power that  
22 relieved our obsession to use and kept us Clean in the Sec-  
23 ond Step. We must remember that this same Power is still  
24 here with us in our Third Step. This Power we can call God,  
25 will continue to Help and Guide us on our Spiritual Jour-  
26 ney. Today we will Practice Faith by letting go of what is  
27 troubling us today. We will learn from our past and present  
28 mistakes. We will Trust that whatever is troubling us, "In  
29 This Moment", will be our greatest teacher. We can also let  
30 go of what's affecting our Recovery in a negative way.

31

32 **In This Moment:** We will Practice "Letting Go and Letting  
33 God", Just For Today, In This Moment.

November 24

"Separation from the atmosphere of recovery and the spirit  
of service to others slows our spiritual growth and can  
threaten relapse."

**Gray Book, p. 156 (Chapter Ten, Lines 28-30)**

It's ironic that Spirituality is one of the last  
things we receive in this Program, but it's the first thing  
we lose in the relapse process. For us, using drugs is the  
last thing we do in the relapse process. We get high at the  
end of a relapse. Complacency can be one indicator that the  
relapse process already started. We miss meetings because  
of work or other reasons that are only possible because we  
are now clean. We forget that we only get a Daily Reprieve  
from active addiction. That Reprieve is only possible  
through Daily Practice of Spiritual Principles. Narcotics  
Anonymous is a twenty-four-hour Program, and we are only as  
good as our last Meeting, Step or Principle. The disease  
convinces us through priorities that Recovery comes second  
or even last. We need to Practice the Principle of Surren-  
der by the physical act of attending Meetings, Sharing with  
Empathy, serving others, calling our Sponsors, working  
Steps and Practicing these Principles. Just doing one or  
two of these things might keep us clean, but remember, we  
are Clean right before we use drugs, so being Clean can't  
be the only point, either we Grow or we go. Recovery is a  
Journey, not a destination. Recovery is an Uphill Journey,  
and we can easily slip backwards if we don't keep it mov-  
ing. Recovery in Narcotics Anonymous is a process, but so  
is relapse and this one you don't have to work on; it's al-  
ways happening even while we are Clean.

**In This Moment:** We will continue to renew our Recovery  
daily by physical, mental and Spiritual acts of Surrender.

1 November 25

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2 "The Eleventh Step helps us, in the face of a problem, to  
3 be aware of God."

4 Gray Book, p. 58 (Step Eleven, Lines 10-11)

5  
6 One of the first Fruits of the Eleventh Step is Emo-  
7 tional Balance. Seeking God's Will for us through Prayer  
8 and Meditation, is an act of Faith. What we are saying with  
9 our actions is that we cannot Recover by our own accord. We  
10 need to Humbly seek Constant, Conscious Contact with the  
11 God Of Our Understanding. We first have to Practice being  
12 calm. Calm is Trust in action. We clear the thoughts that  
13 have been causing us turmoil by breathing and remaining  
14 still. Next, we Trust the God Of Our Understanding will  
15 supply us with the Power to overcome our problems and the  
16 Strength to seek a Solution. Our Basic Text says, "...that  
17 our spiritual condition is the basis for a successful re-  
18 covery that offers unlimited growth." This act of Faith re-  
19 stores our Hope and makes us really internalize that we're  
20 not alone. We see and feel God's presence and start to ex-  
21 perience God Consciousness. We intuitively know that all  
22 will be well no matter what happens. We are only Responsi-  
23 ble for the action of the Solution, and we leave the re-  
24 sults to our Higher Power. Our Gray Book states, "It is im-  
25 portant we keep faith and renew it through daily prayer."  
26 We quickly recall again that if we're not the problem,  
27 there's no Solution. We Surrender quietly and let the God  
28 Of Our Understanding Care for us.

29  
30 **In This Moment:** We will show Trust by remaining calm in the  
31 midst of the storm. We finally Believe in our Hearts and  
32 Spirits, that all will be well.

November 26

"A lot happens in one day, both negative and positive, and if we don't take time to appreciate both, chances are we will miss something that will help us grow."

Gray Book, p. 147 (Chapter Nine, Lines 24-26)

As using addicts, a lot happened to us in one day. Most of it was negative, and most of it was self-inflicted. In the past, we never learned from our mistakes. We continued to repeat the same mistakes expecting different results. In some cases we knew what the results would be. When something positive happened to us we felt unworthy, so we didn't take time to appreciate it. We lived with the doom and gloom. We waited for the other shoe to fall off. After arriving to Narcotics Anonymous and started adapting our Lives to the Program, we began to experience Life both the negative and positive; this time Clean. We heard from our predecessors that when we stop using we would feel better. They were right, we felt everything better; we felt anger, fear, remorse, guilt and shame better. We no longer had the drugs to numb us. However, we also felt Hope and Freedom. Some of these feelings were long-lost to many of us. What we experience, through Living the Spiritual Principles of Narcotics Anonymous, is that we can learn from both experiences. We now could appreciate the negative because we can learn valuable lessons from it. We also learn to appreciate the positive because now we feel worthy of it and use it as a Touchstone to Reality. This Relationship with Reality becomes our Spirituality. In Narcotics Anonymous, we Share this Precious Gift of Recovery and Awareness with one another. We Share that we don't have to use no matter what we're going through. We learn to survive our feelings and use our experiences as reference points for Growth. We Grow from each experience. We Share the Message of Hope and the Promise of Freedom from active addiction with others in and out of Narcotics Anonymous.

**In This Moment:** We will learn that everything passes. We appreciate both negative and positive experiences. We will learn from them and Share our feelings, thoughts and Solutions with others.

1 November 27

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2 "At these times in our recovery, the Third Step is our  
3 greatest source of strength and courage."

4 Gray Book, p. 39 (Step Three, Lines 20-21)

5  
6 Our Third Step says that as using addicts we turned  
7 our Will and Lives over many times to a destructive power.  
8 The result of that power left us in a hopeless state, to  
9 say the least. Now in Narcotics Anonymous we're asked to  
10 turn our Wills and Lives over to the Care of a Loving Power  
11 that will Guide us and will serve as force for Good. As we  
12 grow to Trust this Power, we can see the evidence of that  
13 Power in our Lives and the Lives of others. Tapping into  
14 this Power in the Second Step makes our Recovery possible.  
15 This Power Greater Than Ourselves gives us the Strength and  
16 Courage to work the Steps and Practice these Principles in  
17 our Daily Lives. This same Power can offer relief in times  
18 of stress and turmoil. There are times in our Recovery  
19 where no amount of Spiritual Awareness will relieve the  
20 pain of losing loved ones, suffering through health issues,  
21 or financial difficulties. However, this Power will be  
22 there for us in our times of need when no one else, or any-  
23 thing else is sufficient. The Eleventh Step tells us that  
24 we can grasp the limitless Strength provided by Prayer and  
25 Meditation. Through this Constant, Conscious Contact, the  
26 answers we seek will come to us. When we forget where our  
27 real strength lies, we're quickly subjected to the useless  
28 patterns we followed before we came to Narcotics Anonymous.

29  
30 **In This Moment:** We will remember where our real Strength  
31 lies. We will utilize this Power, by allowing it to Guide  
32 all our actions.

November 28

"We are trying to achieve adequacy, not perfection; for  
perfection is a divine quality."

Gray Book, p. 50 (Step Seven, Lines 7-9)

One of the Spiritual Principles we receive from working and Living the Steps and Traditions is Humility. Humility comes from the word human, to be human is to err. If we didn't make mistakes, we wouldn't be human. In Narcotics Anonymous we try to achieve adequacy, not perfection. The disease of addiction had us trapped in the idea that we had to be perfect. Many of us wouldn't try anything new because we thought we would fail. Failure became the stumbling block that kept us from actually learning to take healthy risks. Afraid of the unknown and dominated by fear, we retreated to our distorted security in familiar pain. In Narcotics Anonymous by working Steps we learn it's OK not to try to be perfect. Steps Five through Seven teach us that it's OK to be ourselves; it's OK to be human. Steps One, Two and Three shows us that we're not God, and we can stop trying to be God, that job is already taken. We let go and let Him. The result is that we become ourselves; we become human, perfectly imperfect. Perfection is a Divine quality of our Higher Power, we are never going to be perfect. Through Living the Steps, we reach a point in our Recovery that our true value is just being ourselves, with all our flaws. It's OK to be human and learn from our imperfections.

**In This Moment:** We will stop trying to reach perfection. We will strive for Adequacy and Self-Acceptance. In turn, we learn to Accept others right where they're at.



1 November 29

---

2 "Now we have learned that we can, and must, go to our  
3 Higher Power for help in solving problems."  
4 Gray Book, p. 80 (Chapter Five, Lines 32-33)

5  
6 In active addiction, we depended on the drugs for all  
7 our answers. The drugs we used numbed our feelings. Drugs  
8 were our Solution for a long time. After some time instead  
9 of solving our problems, we were actually creating new ones  
10 on top of the original problems. We had no control over  
11 this deadly dependence; we were powerless. We were actually  
12 slowly committing suicide. Our Gray Book states, "The pro-  
13 gression of the disease was not apparent to us." The wreck-  
14 age of our path was obvious after we had stopped using. We  
15 needed relief and drugs, people, doctors, religion and  
16 other institutions could not provide a solution. In desper-  
17 ation, we sought Help through Narcotics Anonymous. We  
18 sought relief, but first we needed an Unconditional Surren-  
19 der. We first Surrendered to the disease, then we Surren-  
20 dered to the Principles of Narcotics Anonymous. Surrender  
21 can only be achieved through a Total and Complete Absti-  
22 nence from all drugs. Working and Living a Spiritually  
23 based Twelve Step Program, we found that our Higher Power  
24 not only offered relief; but also blessed us with the Spir-  
25 itual Awakening that the Principles offered. We could Live  
26 by Simple Spiritual Principles and Practice them in every  
27 area of our Lives. Our Gray Book says, 'The most important  
28 thing about them is that "They Work."' Today we have a  
29 Source we can turn to. We have a force for Good that works  
30 in our Lives. We continue to seek this Conscious Contact by  
31 Prayer, and we use Mediation to Achieve this Contact.

32  
33 **In This Moment:** We learn that we on our own, can't Recover.  
34 Along with our Sponsors, Narcotics Anonymous and our Higher  
35 Power, we can.

November 30	1
"Spirituality and sharing is the essence of our recovery."	2
Gray Book, p. 129 (Chapter Seven, Lines 4-5)	3
	4
Spirituality has been described, by one of our Prede-	5
cessors, as having the right Relationship with Reality. In	6
active addiction, we didn't have right Relationships, never	7
mind any with Reality. The disease of addiction is the	8
Great isolator. Addiction isolated us from our feelings; it	9
isolated us from everyone and everything, every chance we	10
got. Isolation is one of the exact nature's of the disease.	11
Our world, which once was so full and big, became smaller	12
and smaller because of our active addiction. The Gray Book	13
says that, "This loneliness will kill us inside and the	14
drugs which always comes next, may do the job completely."	15
Narcotics Anonymous offers us a Fellowship with a Twelve	16
Step and Twelve Tradition Program. Practicing a Living Pro-	17
gram frees us from our self-made prisons. N.A. offers us a	18
Total Spiritual Awakening filled with Unlimited Spiritual	19
Growth. Through Sharing our Recovery with others in Narcot-	20
ics Anonymous; we are able to keep this Precious Gift. In	21
Narcotics Anonymous, we learn to have a right Relationship	22
with God, ourselves, others, and the world. This is our Re-	23
ality; this is our Spirituality. As we continue on this	24
Spiritual Path, we will come in contact with addicts that	25
are still suffering from the disease of addiction. We Carry	26
the N.A. Message and Share our Experience, Strength and	27
Hope, so no addict need ever die from the horrors of addic-	28
tion. This is also part of our Spirituality.	29
	30
<b>In This Moment:</b> We will continue our right Relationship	31
with Reality. We will continue Sharing this Precious Gift	32
with all who seek it.	33

1 December 1

---

2 "We now know if we pray to do God's will, we will receive  
3 what's best for us."

4 Gray Book, p. 58 (Step Eleven, Lines 14-15)

5  
6 The Eleventh Step in Narcotics Anonymous tells us that  
7 Prayer carries a certain Responsibility. This Step asks us  
8 not to Pray for specific things or results, when we're  
9 Praying. This Step tells us to Pray for God's Will for us  
10 and the Power to carry that Will out. In active addiction,  
11 some of us used fox hole Prayers for specific results. In  
12 Narcotics Anonymous some of us still find ourselves Praying  
13 for specific things or specific results. We can find our-  
14 selves still using God as a cosmic bellboy. This is not the  
15 purpose of Step Eleven. Some of us only Prayed and didn't  
16 Meditate. Meditation Achieves this Contact, many of us did-  
17 n't wait for the answer. We blamed God when the results  
18 weren't what we Prayed for or when we got what we Prayed  
19 for and didn't expect some side effects that came with the  
20 results. Praying for God's Will for us can almost guarantee  
21 that we will receive what's best for us and others. In the  
22 Third Step we made the Decision to turn our Will and Lives  
23 over to the Care of God. In the Eleventh Step we reaffirm  
24 this Decision. We Trust the God Of Our Understanding knows  
25 what's best for us. We increase our Faith by aligning our  
26 actions with that Will. We learn that God's Will consists  
27 of the very things we want for ourselves. We then see that  
28 our Greatest Source of Strength comes from our Higher  
29 Power. The results can be seen in our Emotional Stability  
30 and in the way we Live.

31  
32 **In This Moment:** We will continue to have a Constant Con-  
33 scious Contact with God. We will Pray for God's Will for  
34 us. We will use Meditation to Listen for His answer.

December 2	1
"We can stay clean by going to a meeting when we feel we do	2
not want one or need one."	3
Gray Book, p. 128 (Chapter Seven, Lines 5-7)	4
	5
When all else fails, we can always not pick up and go	6
to a Meeting. This physical act of Surrender keeps us	7
Clean, saves our Lives, and makes Recovery possible. Some	8
members say that the best time to go to a Meeting is when	9
we don't want to go. Even though the Steps are written from	10
top to bottom, One through Twelve, we Recover inversely	11
from our feet up. We start developing Smart Feet, by at-	12
tending Meetings; that's part of our First Step. We have to	13
bring our bodies and after time our minds will follow.	14
Spirituality is one of the last things we receive in the	15
Recovery process. Ironically, Spirituality is the first	16
thing we lose in a relapse process. The Step Process re-	17
verses, at this point. We can find ourselves thinking that	18
using is a good idea. The disease talks to us in a voice we	19
don't talk back to, our own. The disease fools us into	20
thinking that we don't need a Meeting today. It makes us	21
shift our Priorities from Recovery and Meetings, to work	22
and family. Some of us forget that we only have those Gifts	23
because of Recovery and Clean Time. Our Second Step tells	24
us that it's the process of coming to believe that restores	25
us to Sanity. The Second Step treats the mental illness	26
part of our disease, by relieving our obsessions. It's the	27
actual action of going to Meetings and Sharing the Solution	28
to the problem. We get Hope when listening for the Solution	29
as other members Share their Experience, Strength and Hope.	30
Just For Today we have to ask ourselves; "Is Recovery in	31
Narcotics Anonymous still number one or is it somewhere in	32
the top forties this week?"	33
	34
<b>In This Moment:</b> We will perform a physical act of Surrender	35
by attending a Meeting. This is the Spiritual Principle of	36
Honesty in Action.	37

1 December 3

---

2 "We decide what our priorities are and envision life free  
3 from defects."

4 Gray Book, p. 48 (Step Six, Lines 3-4)

5  
6 As using addicts we depended on our defects for our  
7 existence and survival. Our defects were the tools of ad-  
8 diction. They served their purpose in that way of life. In  
9 Narcotics Anonymous, we are doing more than just existing  
10 and surviving. Through working and Living these Steps, we  
11 are finding a New Way To Live. Practicing the Spiritual  
12 Principles of Narcotics Anonymous, we render these defects  
13 useless. Step Five tells us that the masks have to go.  
14 There's much work to do after we stop using drugs. That  
15 phrase we hear in our Meetings, "don't use no matter what"  
16 becomes, "don't use now what?". When we stop using, it's  
17 just the beginning to the end of that way of life. Practic-  
18 ing the Spiritual Principles of Narcotics Anonymous is the  
19 beginning of a New Way of Life. One of our first priorities  
20 is to achieve and maintain Complete and Total Abstinence.  
21 Our Gray Book states, "The program doesn't work when we  
22 adapt it to our life, we have to adapt our life to the pro-  
23 gram." When we Practice these Spiritual Principles in our  
24 Lives, our priorities change. We are no longer living to  
25 use, and using to live. Through Living the Steps and Prac-  
26 ticing a Living Program; through our Relationship with The  
27 God Of Our Understanding, we get glimpses of what Freedom  
28 from some of our defects can be. We experience Hope as we  
29 trade the tools of the disease for the Spiritual Tools of  
30 Recovery. Our character and personality begin to change. We  
31 become entirely ready, as a result of Those Steps. We begin  
32 to Practice These Principles in every area of our Lives.  
33 Our Eleventh Step tells us that enforced morality lacks the  
34 power we get by Practicing Spiritual Principles. We no  
35 longer wait for pain to motivate us. Recovery becomes our  
36 top priority; everything else is extra. Our Higher Power is  
37 always ready and able to Help us, if we seek it.

38  
39 **In This Moment:** Living a Spiritually Principled Life will  
40 be our top priority. We will experience Hope with each  
41 Spiritual Principle, as we put them into action.

December 4

---

"By the surrender of our own power, we gain a far greater  
power that will see us through."

**Gray Book, p. 58 (Step Eleven, Lines 25-26)**

In Narcotics Anonymous we are told that we have to  
"Surrender to Win." After years of trying it our way, we  
found that the fight was fixed. Our addiction continued to  
progress and we continued to suffer. The First Step says  
that when we admit our powerlessness and unmanageability in  
our lives, we open the door to Recovery. We open the door  
that allows a Higher Power to Help us with our Recovery. We  
learn that the opposite is also true, when we think we have  
the power to manage our own lives, we close that door and  
Recovery is not possible. After tapping into this Power in  
the Second Step, we became Aware that we need this Power to  
begin in our Spiritual Journey. We Trust this Power and  
make the Decision to allow this Power to Guide us. The  
Steps in Narcotics Anonymous are designed to get us out of  
our own way. The Eleventh Step tells us that when we Pray a  
remarkable thing happens; we find the means, the ways, and  
energies to perform tasks far beyond our capabilities. Sur-  
rendering after enforced morality tends to lack this  
Growth. Our Spiritual Conditioning is what makes our Unlim-  
ited Spiritual Growth possible. It becomes a Reality for us  
when we Trust to rely on this Power. We now are given the  
Power to walk the talk. We can now Carry a Message suffi-  
cient enough to attract others to Recovery. This Higher  
Power will also Guide us and sustain us through Life's tri-  
als and tribulations. We now learn to Live Life on God's  
terms.

**In This Moment:** We will Surrender to Win, we will continue  
to ask God for the Power to carry out His will for us.



1 December 5

---

2 "We have seen it work for every one who honestly and sin-  
3 cerely wanted to stop using."

4 Gray Book, p. 17 (Chapter Two, Lines 19-20)

5  
6 When we were using drugs, our minds and bodies were  
7 clouded by drugs. Many of us couldn't even imagine a life  
8 without drugs. Our whole lives were centered in addiction  
9 in one form or another. Toward the end of our active addic-  
10 tion, we saw no way out. Many of us envisioned ourselves  
11 living and dying as using addicts. We accepted this deadly  
12 self-imposed death sentence. For most of us jail, medi-  
13 cine, religion and psychiatry failed to Help us. Arriving  
14 to Narcotics Anonymous, we heard from others that we didn't  
15 have to use anymore. We saw the evidence of Clean addicts  
16 Living and enjoying Life without the use of drugs. We heard  
17 these members say that working the Program transformed them  
18 into different people from when they were using. Narcotics  
19 Anonymous offers a set of Simple Spiritual Principles to  
20 encompass our existence. We heard other members at Meetings  
21 say, "It works if you work it", not, it works if you know  
22 it. Utilizing the Spiritual Principles of this Program with  
23 the Help of our Higher Power and others, we could also re-  
24 ceive this Special Gift. All we had to do first was to Sur-  
25 render to the disease and then to the Program of Narcotics  
26 Anonymous. We had to Practice Complete and Total Abstinence  
27 from drugs to start to Recover. We then had to Practice  
28 these Simple Spiritual Principles to every area of our  
29 Lives. We've seen it work for countless others. First they  
30 had an Honest Desire to stop using, then they applied these  
31 Spiritual Principles to every area of their Lives. With  
32 this Hope we experienced we were propelled into action.  
33 This action turned into Faith as the Program worked for us  
34 as well. Our Twelfth Step says, as our Recovery progresses,  
35 Spiritual Principles touch every area of our Lives.

36  
37 **In This Moment:** We see the evidence of addicts around us  
38 Living a Life filled with Happiness, Joy and Freedom. We  
39 also see with the Help of others, the work that this Way Of  
40 Life requires.

December 6

"Relationships are a terribly painful area."  
Gray Book, p. 127 (Chapter Seven, Lines 33-34)

The disease of addiction is partially a disease of isolation. It's a disease that one of its many symptoms is separation. During our active addiction any Relationships we had with people deteriorated and in many cases died. Addiction isolated us from our Loved ones, our Friends and any type of employment we might have held. Our Spirits finally went to sleep, after years of smothering it with drugs. Our worlds became smaller, and the only relationship we were left with was with the drugs. No longer did we have a right Relationship with Reality. After a while, even the drugs turned against us. We found ourselves isolated and all alone. With nowhere to turn to, in desperation, we found the last house on the block, "Narcotics Anonymous". After coming to N.A., we found out just how sick we were. We saw how much our lives were affected by our addiction and drug use. Practically everyone we came in contact with was affected by our addiction. We caused a lot of pain to a lot of people, but most of all we were hurting ourselves. Today in Narcotics Anonymous, we learn to apply the Steps to our Lives. We begin the process of change and making Amends. We Practice the Spiritual Principles of Narcotics Anonymous. With the Help of the God Of Our Own Understanding, our Sponsors and the Fellowship, we begin to Live a New Way of Life. We start to develop healthy relations, first with God, ourselves and then others. We Amend our past Relationships. We learn to form true partnerships in the Fellowship. Relationships, however, still seem to cause us pain when they don't work out. We don't give up. We Pray to God for Discernment and Understanding. We Pray for the Wisdom to learn something from our experiences. Asking for direction and God's Help is our Greatest Source of Strength. Our Gray Book says, "...part of sanity is effectively relating to others." In Narcotics Anonymous we keep changing for the best by Living the Spiritual Principles of Narcotics Anonymous. We Grow when we Share this Message with the addict that still suffers and seeking Help.

**In This Moment:** Although Relationships can be a painful area, we will learn from our mistakes and use the pain as a Stepping Stone for ongoing Growth.

1 December 7

---

2 "We use the tools available to us, and because we do not  
3 want to lose any of what we have gained, we will want to  
4 continue in the program."

5 Gray Book, p. 43 (Step Four, Lines 13-15)

6  
7 Our Twelfth Step reminds us to Practice These Princi-  
8 ples in all our affairs. To keep and Grow in our Recovery  
9 we must keep Practicing Spiritual Principles. Our Awakened  
10 Spirits can always go back to sleep if we don't use what we  
11 got. The Program of Narcotics Anonymous altered our Lives  
12 for the best. Our Gray Book states, "No addict has ever  
13 failed to recover who has surrendered completely to our  
14 program." As Recovering addicts if we're not Growing, we  
15 are going. Our Spiritual Awakenings must be an ongoing Pro-  
16 cess. We must be constantly stepping forward. Even if we're  
17 on the right track, we must keep moving, because there's  
18 always another train coming. Recovery is an Uphill Journey.  
19 Addiction is a progressive disease even while we're absti-  
20 nent. Our Literature tells us that lack of using our Tools  
21 is a sign of complacency. If we don't use what we have, we  
22 will lose it in the relapse process. Going to Meetings,  
23 working with our Sponsors, Sponsees, and Carrying the Mes-  
24 sage to the suffering addict is part of it. The other part  
25 is actually Practicing these Spiritual Principles in our  
26 personalities, and with the personalities of others. In all  
27 our affairs means everywhere we go and in everything we do.  
28 We especially have to Practice these Spiritual Principles  
29 when others are not. Step Four provides us with the infor-  
30 mation; and provides the beginning of the removal Process.  
31 The rest of the Steps provide the replacement process. For  
32 us to Live we must continue in this Process. The God Of Our  
33 Own Understanding will supply us with the Power to carry it  
34 out.

35  
36 **In This Moment:** We will make our Recovery an ongoing Pro-  
37 cess. Our Daily Reprieve will depend on this Spiritual Con-  
38 ditioning.

December 8	1
"When we see how our defects exist in our lives and accept	2
them, we can let go of them and get on with our new life."	3
Gray Book, p. 47 (Step Six, Lines 2-3)	4
	5
Our Gray Book tells us: "We should approach old de-	6
fects with patience and understanding, for they served us	7
well in days past." What that means is that these defects	8
were developed to save our lives in active addiction. Many	9
of us would have killed ourselves if we didn't use. We	10
couldn't face Life without the use of drugs. We needed	11
these defects to continue to use. Letting go of character	12
defects is like letting go of an old friend. This old	13
friend is not conducive to our Recovery. So there is some	14
grief involved, but it's time to let go in order to move	15
on. We no longer need these old survival skills. Today we	16
are doing much more than just surviving and existing, we	17
were finally Living. In the Sixth Step, we are asked to be-	18
come Entirely Ready and Willing to let go of these defec-	19
tive traits. Our Gray Book states, "We are trying to	20
achieve adequacy, not perfection." The purpose of the Sev-	21
enth Step is to replace these defective traits with new	22
Spiritual Traits. As a result of working and Living the	23
previous Steps we became Entirely Ready for this Spiritual	24
Surgery. Part of this readiness is to Accept ourselves with	25
both Assets and liabilities. Part of Self-Acceptance is	26
also acknowledging what we were lacking. With this readi-	27
ness we make God an Action Figure in our Lives. As long as	28
we Practice these Spiritual Principles embodied in the	29
Steps and Traditions our defects will be minimized and at	30
best they can lie dormant.	31
	32
<b>In This Moment:</b> We will let go and acknowledge that our de-	33
fects served their purpose. Today we are Living with Spir-	34
itual Principles and not just surviving.	35

1 December 9

---

2 "Ours is a message of the Spirit, not of words. Words can  
3 describe the process but not explain it completely."

4 Gray Book, p. 157 (Chapter Ten, Lines 17-19)

5  
6 The Message of Hope was given to us from others, when  
7 we first came to Narcotics Anonymous. This Message was more  
8 from the demonstration of the Spirit through actions, not  
9 words. Our Twelfth Step says: "Words cannot describe the  
10 sense of spiritual awareness that we receive when we have  
11 given something, no matter how small, to another person."  
12 And; "The message is meaningless unless we live it." As we  
13 feel the Compassion of others toward us, our Spirits start  
14 to Awaken, and we start to heal. The Empathy that others  
15 Shared with us was a language all of its own. The nod of  
16 identification and approval we sought for so long, was  
17 given to us unconditionally without asking. For once in a  
18 long time, if ever, we felt part of something, we were fi-  
19 nally home. This wordless language from the Spirit that was  
20 present in Meetings was what we were always searching for  
21 and we thought we found it in drugs. This was a different  
22 euphoria that we got from the drugs. What we found in Nar-  
23 cotics Anonymous was a real sense of well-being. This is  
24 the New Way to Live that our Message mentions. This Spirit  
25 can only be attained through Complete and Total Abstinence  
26 from all drugs. Recovery can only be retained through con-  
27 stant Practice of these Spiritual Principles. Principles in  
28 action is how our Recovery Grows, words cannot explain it.

29  
30 **In This Moment:** We will make our Recovery more than just a  
31 theory, our Spirits will do all the talking, by our ac-  
32 tions. Acting as examples of Recovering addicts is a Gift  
33 to the newcomer.

December 10	1
"Addiction is a disease which manifested in us at an inter-	2
minable point in our lives."	3
Gray Book, p. 13 (Chapter One, Lines 7-8)	4
	5
After coming to Narcotics Anonymous we realize we were	6
sick people, not bad people. We got sick overtime not over-	7
night. The using of drugs was just a symptom of the disease	8
of addiction. The using was just the tip of the iceberg.	9
The submerged part of the iceberg is the greater part of	10
the disease. Addiction in Narcotics Anonymous is considered	11
a Spiritual disease, not a medical one. Our Solution has to	12
be Spiritual in nature. Addiction is a Spiritual disease	13
because it affects our Relationship with God, ourselves,	14
others, and the world around us. In other words, it affects	15
our Relationship with Reality. When we arrived to Narcotics	16
Anonymous, we came in with different bottoms. Most of us	17
suffered either Physically, Mentally, or Spiritually. Some	18
of us lost everything and everyone that were in our Lives.	19
Some of us arrived with our families and jobs still intact.	20
Regardless as to how and why we got here, we all suffered.	21
Our Spirits visited the same horrors of addiction. It was	22
at that interminable (incapable of being terminated) moment	23
that we had to Surrender. We found that in Narcotics Anony-	24
mous there's room for all manifestations of the Recovering	25
person. When we identify and not compare, we develop that	26
Wordless Language of Empathy. With this Spiritual Principle	27
we are able to help one another. In Narcotics Anonymous our	28
diversity creates Unity in Strength. We carry the Message	29
of Hope and the Promise of Freedom for all who seek it.	30
That's our Unity of Action and our Unity of Purpose.	31
	32
<b>In This Moment:</b> In Narcotics Anonymous if we don't remember	33
our bottom, then maybe we haven't had it yet. We share this	34
valuable experience with all who seek Recovery.	35



1 December 11

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2 "We take the Fourth Step to gain the necessary strength and  
3 insight to enable us to grow in this new way of life."

4 Gray Book, p. 40-41 (Step Four, Lines 29-1)

5  
6 Fearless and Moral are two words that are in our  
7 Fourth Step; these are positive Spiritual Principles. The  
8 Fourth Step has a reputation for being painful and shame-  
9 ful. In reality, it's the most loving thing we can do for  
10 ourselves. The Fourth Step helps us remove the unnecessary  
11 personality traits that served us during our active addic-  
12 tion. The Fourth Step supplies the information we need to  
13 begin this process. We trap this shameful part of our per-  
14 sonalities on paper. These negative traits and patterns are  
15 no longer necessary for our New Way of Life. We also list  
16 our Assets and decide to keep those, after all it is a  
17 Moral inventory. These newly discovered Assets are neces-  
18 sary to negotiate the rest of our Recovery. The first Three  
19 Steps provide us with the Strength and Faith to work this  
20 crucial Step. Working, then Living the Steps, Helps us be-  
21 come useful and Spiritual people. Our personalities get a  
22 make over, which allows us to be our True selves. We start  
23 to be useful in our Lives and in the Lives of others. Nar-  
24 cotics Anonymous makes it possible for us to create a new  
25 past. A past filled with Positive experiences and Positive  
26 changing decisions. The Reality and actions of our present  
27 become our past in the future. This overhauling begins in  
28 the Fourth Step. This transformation is only possible with  
29 the Help of the God Of Our Own Understanding, our Sponsors  
30 and others. Lost dreams start to Awaken and the Hopes that  
31 seemed impossible become possible. As we Practice this re-  
32 move and replace process and Share it with another person,  
33 it becomes a Reality for us.

34  
35 **In This Moment:** We will allow ourselves the Privilege of  
36 change. We will look forward to Honest self-appraisal.

December 12	1
"By working the Steps, we came to accept our Higher Power's	2
will and this acceptance led us down the road of recovery."	3
Gray Book, p. 27 (Chapter Three, Lines 8-10)	4
	5
In Narcotics Anonymous the only thing we have to	6
change about ourselves is everything. When we first arrived	7
to Narcotics Anonymous our Spirits were broken and, for	8
many of us, our Lives were in utter shambles. We Surren-	9
dered to the disease of addiction. We stop fighting, and we	10
Surrender to the Program of Narcotics Anonymous. We first	11
had to Achieve and maintain Complete and Total Abstinence.	12
We had to complete this Admittance of our powerlessness and	13
unmanageability for anything to happen. In working Step	14
One, we opened the door to a Power Greater than Ourselves.	15
This Power makes our Recovery a Reality. Being Abstinent	16
from all drugs leaves a void in our Spirits. The purpose of	17
Step Two is to fill this Spiritual void with the Hope of	18
the Narcotics Anonymous Program. Tapping into a Power	19
Greater than Ourselves relieves our obsession to use drugs.	20
Our Gray Book says, "We now have a workable idea of a	21
Higher Power." This Hope propels into Faith through posi-	22
tive action. Our Third Step Decision provides our Spiritual	23
Foundation in which to build our Recovery on. To sum up our	24
Program, first we get right with God, we get right with	25
self, we get right with others and; finally, we get right	26
with the world at large. We continue the cycle of Recovery	27
on a Daily Basis by Practicing these Spiritual Principles.	28
We can only keep our Recovery by Sharing it with others. We	29
reinforce our Recovery as we work with our Sponsors and	30
Newcomers. We Live Life Happy, Joyous and Free. We become a	31
power of example and give our Higher Power all the credit.	32
We are on the road of Recovery, We Do Recover.	33
	34
<b>In This Moment:</b> We will work the Steps, then the Steps work	35
us. Finally, we learn to Live the Steps by Practicing the	36
Spiritual Principles contained in them.	37

December 13

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"There is only "One" requirement for membership, the honest desire to stop using."

Gray Book, p. 15 (Chapter Two, Header)

When we talk about using, we're talking about using drugs. An addict is a man or woman for whom drugs controlled and made their Lives unmanageable. The symptom of our disease is what usually brings us to N.A. It also Helps us with our identification. Our Gray Book states, "We are Narcotics Anonymous and our problem is addiction,..." The honest desire to stop using drugs cannot be measured. It's left up to the individual whether the honest desire to stop using is a wish or a real desire. Usually, our level of desire can equal to our level of Willingness to try. Before coming to Narcotics Anonymous, some of us wished we had a desire to stop using. The bottom line is that we didn't have a choice; we had to use. One way or another we had to get stopped. Some of us just got tired of being tired and sick. Whatever the case we were Accepted into Narcotics Anonymous. Our Third Tradition is focused more on the Spiritual Principle of Equality. We can become members no matter what age, race, sex or sexual preference, creed, religion or lack of it. We all can be members if we choose to. We all have the equal opportunity to have access to this Program. Our literature also reminds us that membership is not automatic when the addict walks in through the door, or stops using. It's an actual decision that has to be followed by Embracing the Spiritual Principles of Narcotics Anonymous. "The choice of membership rest with the individual." An example is like meeting the requirements for membership to be a firefighter. Once you meet the requirements and you're a firefighter, you're expected to fight fires. That's if you're planning to stay. In our Program you can stay as sick as you want that's up to the individual member. Requirements do not necessarily equal membership. Not using any mind altering or mood changing chemicals is the First Step in our Program. To get all the Benefits this Program has to offer, we need to follow this Decision with action. Our desire can be measured by our Willingness to take that action. Aligning our actions to the truth, that's the Honest part.

**In This Moment:** We will Welcome all at the end of their road, as we were Welcome. We will also Share with others who seek Recovery, the Narcotics Anonymous Message.

December 14

"...we tried countless other remedies--counselors, psychiatrists, hospitals, lovers, new towns, new jobs--everything we tried, failed."

Gray Book, p. 33 (Step One, Lines 6-8)

In Narcotics Anonymous the disease of addiction is defined as a physical, mental, Spiritual and emotional disease that affects every area of our Lives. Our Gray Book states, "Addiction is a feeling disease." Our drug use was just a symptom of a much deeper problem. As far back as many of us can remember, we never felt complete. We suspected that something was wrong, but didn't know what it was. We masked our feelings with things outside ourselves. Some of us tried religion, medication, psychiatry, and other people. All these methods failed to solve our problem, ourselves. When these things failed to fill our void, we used more drugs. Drugs were our only solution for a while. Our drug use provided us with suicide on the time plan, instead of instant death. When the drugs stopped working and caused us enough pain and suffering, we turned to Narcotics Anonymous. After putting down the drugs, we found ourselves physically Clean; but still suffering from the mental, Spiritual and emotional pain. In the first Three Steps, we learned that we weren't God and had to find a Power Greater than Ourselves that can relieve us of this insanity. Once we Surrendered and turned our Will and Lives over to the care of that Power we tapped into, we began to feel Hope. Our Foundation for our Recovery was now in place. Steps One, Two and Three formed this Foundation where we can build our Recovery on. Steps Four through Twelve treat this disease and gives us a Daily Reprieve. Practicing the Spiritual Principles of Narcotics Anonymous we Recover into a drug free Life. We can Live Happy, Joyous and Free. We finally can Live without the use of drugs or anything to replace them. Our Eleventh Step in our Basic Text says, "...our spiritual condition is the basis for a successful recovery that offers unlimited growth."

**In This Moment:** We will learn that we suffer from a disease that affects us in more ways than just physically.

1 December 15

---

2 "Many times, our efforts have produced in us feelings of  
3 peace and serenity that we have never known before."

4 Gray Book, p. 58 (Step Eleven, Lines 34-35)

5  
6 Some of us during active addiction acted on self-will.  
7 Acting on our self-will resulted in our Lives becoming un-  
8 manageable. This is one of the reasons that in desperation,  
9 we arrived to Narcotics Anonymous. Another reason was that  
10 we were powerless over our addiction. In Narcotics Anony-  
11 mous, the Decision in the Third Step to turn our Will and  
12 Lives to the Care of God sounded like a big order. Some of  
13 us weren't ready for this alignment. To stop using drugs  
14 was one thing, but some of us weren't ready to quit smoking  
15 cigarettes. Some of us didn't want to stop sleeping around  
16 with different sex partners. Some of us weren't ready to  
17 stop stealing and lying. The drug lifestyle seemed to fol-  
18 low us, even after we got Clean. Participating in killing  
19 ourselves softly wasn't conducive to our New Way of Life.  
20 Our Basic Text states, "Recovery is an active change of our  
21 ideas and attitudes." Only a complete change in our person-  
22 alities would enable our Recovery to continue to Grow. Our  
23 Spirits experienced periods of Serenity only to be followed  
24 by periods of remorse whenever we fell short, or every time  
25 we took our Will back. The longer we stayed in Narcotics  
26 Anonymous and Lived the Steps, our Conscious Contact with  
27 our Higher Power increased. We found that as long as we  
28 Prayed for God's will, we actually were getting what we  
29 wanted for ourselves all along. God's Will for us is to  
30 continue to Recover, to be of good health, to not be alone,  
31 and to be Self-supporting. Through applying the Spiritual  
32 Principles, God's Will for us becomes our Will for our-  
33 selves. We begin to experience longer periods of Joy and  
34 Serenity, as long as we continue this Conscious Contact.

35

36 **In This Moment:** We know that as long as we continue doing  
37 God's will, our Lives will be Fulfilled.

December 16	1
"Some of us reach a point of complacency in recovery. If we	2
stay at this level for long, the recovery process ceases	3
and we begin to backslide."	4
Gray Book, p. 127 (Chapter Seven, Lines 22-24)	5
	6
Our Literature tells us that addiction is a progres-	7
sive disease. It's progressive even during abstinence. In	8
Narcotics Anonymous, we are granted a Daily Reprieve and	9
that depends on our Spiritual Maintenance that day. Complac-	10
ency is the enemy of members with substantial amount of	11
Clean Time. Our Gray Book states, "Clean time in the pro-	12
gram acts as insurance." We have to Practice our Spiritual	13
Principles in order to keep this insurance from lapsing.	14
Early signs of complacency can be missing Meetings, not	15
working with others, not staying Open-minded, and thinking	16
we don't need to continue working and Living the Steps.	17
When we stop paying these dividends, is where the process	18
of relapse has its beginning. Some of us become Spiritually	19
complacent, we slow down on our Prayer and Meditation.	20
Since our Spiritual Conditioning is the basis for a Suc-	21
cessful Recovery, we lose the Power to Practice these Prin-	22
ciples on a daily basis. We start to backslide on this Up-	23
hill Journey. This process happens so subtly that we fail	24
to notice it. We depend on our Clean Time to carry us	25
through our day to day activities. Our addiction starts to	26
manifest itself in other areas that seem justifiable, like	27
working a lot of overtime, or spending time with our fami-	28
lies and not attending Meetings, for example. The longer we	29
stay in this condition, our Recovery process ceases and the	30
relapse process begins. We have to remember our Recovery	31
comes First, or we will lose these Precious Gifts in the	32
relapse process.	33
	34
<b>In This Moment:</b> We will realize that Recovery is a process	35
that requires daily work. Relapse is a process that re-	36
quires no work.	37



1 December 17

---

2 "Everything that occurs in the course of N.A. service must  
3 be motivated by the desire to more successfully carry the  
4 message of recovery to the addict who still suffers."

5 **Gray Book, p. v (Introduction, Third Paragraph)**

6  
7 The Primary Purpose of the N.A. Group is to carry the  
8 N.A. Message to the still suffering addict. That's the  
9 whole reason we exist. For the member to carry the N.A.  
10 Message, we must have an N.A. Message to carry. Being Of  
11 Service is one of the ways we can carry the N.A. Message.  
12 When we first come to Narcotics Anonymous, we are told that  
13 a Commitment will keep us coming back. Our first Privilege  
14 of serving others occurs in our Home Group; as a result, we  
15 get to stay Clean. That's at the beginning of our Recovery.  
16 After being here for a while, our primary motive for Ser-  
17 vice will be to Serve others. We start to Share this Pre-  
18 cious Gift with others. Service is one way of giving away  
19 that which was so freely given to us. Our motive should be  
20 Love and Selfless Service. We have to ask ourselves; do we  
21 have Service based Recovery or do we have Recovery Based  
22 Service? Are we doing Service or are we Of Service? Service  
23 might keep us Clean, but are we Recovering? Are we using  
24 Service to take the place of Step work? Are we missing  
25 Meetings to do Service commitments in service committees?  
26 Are we holding to Service commitments past our rotation  
27 term because it keeps us Clean? Is that what we mean by  
28 Selfless Service? Are we truly motivated to carry the Mes-  
29 sage because we Care for the suffering addict, or for our  
30 own selfish motives? These are the questions we should be  
31 asking ourselves to determine if our motives have motives.  
32 Goodwill is exemplified by doing the right thing for the  
33 right reason. Doing Service to stay Clean is doing the  
34 right thing for the wrong reason. Our Service to N.A.  
35 should be pure and not motivated by selfishness, money,  
36 power or prestige. As long as we keep our Primary Purpose  
37 up front, we will reach addicts and save Lives.

38  
39 **In This Moment:** We will check our motives for doing Ser-  
40 vice. We will be Of Service. We will make sure that our  
41 Service is Recovery Based, and not Service based Recovery.

December 18

"The fact that we require each and every group to focus on  
carrying the message provides consistency."  
Gray Book, p. 102 (Tradition Five, Lines 21-23)

Our Fifth Tradition states that, "Our primary purpose  
is to carry the message to the addict who still suffers."  
The Primary Purpose of a Group is more than just holding  
Meetings. The Primary Purpose of a Narcotics Anonymous  
Group is to Carry the N.A. Message. Primarily and lastly we  
do it in our Meetings. Some members Share the N.A. Message  
and other members Listen to the N.A. Message. That's the  
only thing that should take place in our Meetings. It means  
that when Sharing everyone should have some Consistency in  
the Narcotics Anonymous Message being carried. That Message  
is Hope and the Promise of Freedom. We Share Solutions to  
the problems that plague us. Recovery is what happens in  
our meetings. In the Twelfth Step we Carry the Message as  
individuals, which can be interpreted by our personalities.  
However, as a Group our common theme should be the same,  
Freedom from active addiction and the Hope of Recovery;  
that's our purpose and why we exist. All of our Traditions  
exist to protect our Primary Purpose. Our predecessor's  
hard won experience proved over and over that when they  
strayed from their Primary Purpose, their members died. Our  
Gray Book states, "The group is the most perfect vehicle we  
have for carrying the message to the addict who still suf-  
fers." It's vital that we carry an Unblurred and Pure Mes-  
sage of Narcotics Anonymous, because this is all we have to  
give. When we stray from this Purpose, addicts continue to  
die.

**In This Moment:** For the individual the only requirement for  
N.A. membership is a Desire to stop using. The only re-  
quirement for an N.A. Group is to Carry the Narcotics Anon-  
ymous Message.

1 December 19

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2 "The program doesn't work when we adapt it to our life, we  
3 have to adapt our life to the program."

4 Gray Book, p. 80-81 (Chapter Five, Lines 34-2)

5  
6 When we first come to Narcotics Anonymous most of us  
7 just wanted to stop hurting, some of us wanted to stop us-  
8 ing. We saw how our drug use brought us to our knees in a  
9 state of despair. We stopped using drugs, and we started to  
10 work some Steps with our Sponsors. Soon our Lives started  
11 to get busy. We were around our families more, and some of  
12 us gained much-needed employment. Some of us went back to  
13 school. We felt we had to make up for lost time. Many of us  
14 forgot that these new Gifts were possible because we were  
15 in N.A. Some members mistook the point of Recovery in Nar-  
16 cotics Anonymous. At first our whole Life was centered in  
17 N.A. Then, some of us forgot our priorities; and put these  
18 Gifts in front of our Recovery. Narcotics Anonymous was no  
19 longer number one. We were too busy to attend Meetings,  
20 call our Sponsors or Carry the Message to others. We forgot  
21 that we can't keep what we have unless we give it away. We  
22 stopped making Surrender to this Way Of Life. Many of us  
23 returned to active addiction. If we were lucky enough to  
24 survive and come back, we learned to put our Lives into  
25 Narcotics Anonymous; instead of putting Narcotics Anonymous  
26 into our Lives. We learned that our Lives had to be in the  
27 center of N.A. Our Recovery must come first, our Lives  
28 hinges on this fact. We have to be always on our way to a  
29 Meeting; we just have to stop and work first. We're on our  
30 way to a Meeting; we just have to see our families first.  
31 In other words, we should always be on our way to a Meet-  
32 ing. Meetings are a fence around our Cleanliness. This  
33 Physical Act of Surrender protects our Clean Time. It keeps  
34 making our Recovery possible and Growing.

35  
36 **In This Moment:** N.A. will be in the center of our Lives;  
37 everything else has to revolve around N.A. Our Recovery  
38 must come first in order to keep it.

December 20	1
"The Twelve Steps of Narcotics Anonymous are a progressive recovery process established in our normal living."	2
	3
Gray Book, p. 147 (Chapter Nine, Lines 31-33)	4
	5
The Third part of our N.A. Message says that we can find a New Way to Live. This Promise of a New Way to Live that's offered, largely depends on us Practicing the Principles of Narcotics Anonymous in all our affairs. Staying Clean and maintaining Total and Complete Abstinence is the cornerstone of our Program. The Spiritual Principle of Abstinence is what makes the rest of our Recovery possible. Our Literature tells us that social acceptability does not equal Recovery. Part of that acceptability is our Clean Time. Don't be confused about it, it's not Recovery. There are plenty of people in the world that are abstinent. Many are not Practicing the New Way of Life of Narcotics Anonymous. Even our own members celebrate lengths of Clean Time only to miss the whole point of our Program of Recovery. Narcotics Anonymous is not a drug program, it's a Recovery Program. Our Steps and Traditions focus on Recovery from the disease of addiction. Our Principles offer more than just freedom from active addiction. They offer a Complete and Total Spiritual Awakening as a result of each Step. Not just Freedom from the symptom, which are the drugs. The Spiritual Principles that are locked in our Steps and Traditions can only be unlocked by Working and Living the Program through practical daily application. That's only possible with the Help of Narcotics Anonymous and the God Of Our Own Understanding.	6
	7
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	31
<b>In This Moment:</b> We will unlock the Spiritual Principles of our Program by the Practical application of our Steps and Traditions.	32
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	34

1 December 21

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2 "Personality change is a natural progression set in motion  
3 by our surrender to the program."

4 Gray Book, p. 81 (Chapter Five, Lines 4-5)

5  
6 The use of drugs stopped our Spiritual and Emotional  
7 Growth. Most of us started using drugs at an early age, so  
8 there wasn't much Growth to begin with. Our Spirits com-  
9 pletely closed and went to sleep. Some say that when we  
10 stopped using drugs we were actually the same age emotion-  
11 ally, when we first started. Not to mention our Spirits  
12 were still asleep. What we needed was a personality change  
13 and an Awakening of the Spirit. Narcotics Anonymous offers  
14 a New Way to Live and an Awakening of the Spirit through  
15 Working and Living the Steps. The first thing we have to do  
16 is stop using all drugs. The pain of Living without the  
17 drugs introduces us to a Power Greater than Ourselves in  
18 Step Two. This Power Greater than Ourselves relieves our  
19 obsession to use drugs. We Decide to let this Power Guide  
20 us in our Recovery and in our Lives. This same Higher Power  
21 we call God in the Third Step makes it possible for us to  
22 Work the rest of the Steps. Practicing a Living Program is  
23 so necessary for our personality transformation. We have to  
24 Live our way into good thinking, not think our way into  
25 good Living. The Action must come first. As we use the  
26 Tools of the Program with the Help of our Higher Power,  
27 which some of us choose to call God, Sponsors, and the Fel-  
28 lowship, we start to Change over time. Sometimes this  
29 Change occurs behind our backs as we work and Live the  
30 Steps. We start to become the people we were meant to be  
31 all along. The process begins with that first and continu-  
32 ing act of Surrender.

33  
34 **In This Moment:** We will use the Necessary Tools in N.A. to  
35 Achieve a Personality Change and we will meet ourselves in  
36 the Process.

December 22

"When at the end of the road we find that we can no longer  
function as a human being, with or without drugs, we all  
face the same dilemma...."

**Gray Book, p. 132 (Chapter Eight, 3rd Paragraph)**

Before Narcotics Anonymous addicts had no where to go,  
to get Clean and Recover. We went to other places but they  
failed to offer any Solutions. Most of us went to the bit-  
ter ends, jails, institutions, and death. Some of us con-  
tinue to use till we reached a state of degradation. Some  
were lost beyond recall. Today some addicts still suffer  
some of these results. Today Thanks to a small Group of ad-  
dicts, exists a Program called Narcotics Anonymous. Addicts  
no longer need to suffer or die from the horrors of addic-  
tion. Addicts are more fortunate to find the identification  
with the feelings and emotions that was needed. There are  
Narcotics Anonymous Meetings in most neighborhoods around  
the World. Meetings are available to every person that seek  
Recovery from the use of drugs and the disease of addic-  
tion. The only price for admission was our suffering. That  
with the desire to stop using is our cover charge . When we  
get sick and tired of being tired and sick, we can benefit  
from what Narcotics Anonymous has to offer. A drug free  
life style with the opportunity for Recovery with Unlimited  
Growth. It's up to us, no one is going to force us to give  
up our misery. Our Gray Book states, "The pain of working  
the program did not seem as great as the pain of addiction,  
so we surrendered." The Narcotics Anonymous Program has  
worked for countless addicts who Surrendered to the Spir-  
itual Principles of Narcotics Anonymous. For the first time  
in man's history a Solution exists to the age old problem  
in society of the hopeless state of drug addiction. We  
treat a Spiritual problem with a Spiritual Solution. We Do  
Recover. This is our Program of Narcotics Anonymous.

**In This Moment:** We will show our Gratitude for Narcotics  
Anonymous by Sharing it with all that seek help.



1 December 23

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2 "God consciousness fills the empty place inside that noth-  
3 ing ever could before."

4 Gray Book, p. 145 (Chapter Nine, Lines 19-20)

5  
6 For many of us our Spirits were voided at a young age.  
7 That was the beginnings of our addiction. We turned to  
8 drugs to fill that void in our souls. For a long time the  
9 drugs worked, they were our solution. When we used drugs,  
10 we didn't have to feel. We didn't have to face our emo-  
11 tions. In fact, we needed the drugs to survive our emo-  
12 tions. Then one day the drugs stop working and turned  
13 against us. The more we used the bigger our void got. Noth-  
14 ing could fill that hole in our soul. Our usage caused de-  
15 struction in our Lives and in the Lives of others. In N.A.  
16 living without the use of drugs can be just as painful. We  
17 have to use the Spiritual Principles of Narcotics Anonymous  
18 to fill that void. The purpose of the Steps is to bring us  
19 closer to the God Of Our Understanding. Our Gray Book  
20 states, "God consciousness fills the empty place inside  
21 that nothing ever could before." God's Grace fills in the  
22 missing parts of our personalities and Spirits. We tapped  
23 into this Power Greater Than Ourselves in the Second Step.  
24 We developed Trust and a Relationship with the God Of Our  
25 Own Understanding in the Third Step. We treat our addiction  
26 in Steps Four through Ten. We learn to Live with this Guid-  
27 ance through a Constant Conscious Contact in the Eleventh  
28 Step. This God Consciousness fills the void that was left  
29 and created by the disease of addiction. Through our Uncon-  
30 ditional Surrender, our Complete and Total Abstinence from  
31 all drugs, and the Practice of Spiritual Principles, we can  
32 find a New Way to Live. We take the show on the road in  
33 Step Twelve.

34

35 **In This Moment:** We will fill that God void with the things  
36 that come from God, because nothing else fits.

December 24	1
"The Twelfth Step of our personal program also says that we	2
should carry the message to the addict who still suffers."	3
Gray Book, p. 102 (Tradition Five, Lines 26-27)	4
	5
Our Fifth Tradition states that the Primary Purpose of	6
each Group is to Carry the N.A. Message. In our Personal	7
Program we are also asked to Carry the Narcotics Anonymous	8
Message. In the Twelfth Step we work with others on a one-	9
to-one basis. One addict helping another addict is why the	10
Program works. Only addicts can help addicts Recover. Spon-	11
sorship is the most direct way that one addict helps an-	12
other addict. The Gray Book states, "We found that the ul-	13
timate weapon for recovery was the recovering addict."	14
Sponsorship makes this possible. We begin to develop Trust	15
between ourselves and another human being. For many of us,	16
this could be the first time we ever developed a healthy	17
intimate Relationship with another human being. Sponsorship	18
gives us the Opportunity to develop that True bond. A Rela-	19
tionship with Love and Caring as the only True motive.	20
There are as many ways to Carry the Message as there are	21
addicts. Each one of us has our own personal style; no one	22
style is better than the other, just different. This diver-	23
sity makes it possible to reach every type of addict from	24
all walks of Life. Carrying the Narcotics Anonymous Message	25
reinforces our Program and helps us keep what we have. Af-	26
ter a while, True Love and Service become our Primary Mo-	27
tive. Selfless service becomes our Goodwill. Our Twelfth	28
Step reminds us that the Message is meaningless unless	29
we're Living it. We continue our Constant Conscious Contact	30
with our Higher Power and ask for the Power to Carry this	31
out. Our job as Sponsors is to lead our Sponsees to God. We	32
are Responsible to Carry the Message, God is the one who	33
delivers it.	34
	35
<b>In This Moment:</b> We will Share this Precious Gift with oth-	36
ers in order to keep it. Our Primary Motive is because we	37
Genuinely Care.	38

1 December 25

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2 "Anonymity is the whole basis of the program; it is truly  
3 the foundation."

4 Gray Book, p. 115 (Tradition Twelve, Lines 13-14)

5  
6 Our Gray Book says, "The awakening of anonymity in  
7 each of us occurs when we finally give up trying to manage  
8 our lives and begin to depend on a power greater than our-  
9 selves." The experience of this Spiritual Principle happens  
10 as soon as we Surrender to Narcotics Anonymous. The defini-  
11 tion of Anonymity is to remain nameless, part of that means  
12 that we don't take credit for our Recovery. We also don't  
13 take credit for helping others. Our contract to stay Clean  
14 and Recover is with the God Of Our Own Understanding. This  
15 protects our Anonymity that we are doing it for ourselves,  
16 but not by ourselves. This belief confirms the WE of the  
17 Program. Our True Motive for serving the Fellowship and  
18 N.A. should be Goodwill, in other words; doing the Right  
19 Thing for the Right Reasons. As we become part of the Whole  
20 in Narcotics Anonymous, we learn that the Whole is Greater  
21 than the sum of all its parts. That means although we are  
22 part of that Whole, our contribution is Selfless and the  
23 Power to Carry that Will out comes from our Higher Power.  
24 Recognizing every addict's right to Recover is also an ac-  
25 knowledgment of Anonymity. We don't break their Personal  
26 and Spiritual Anonymity by, e.g.; taking advantage of their  
27 sexual identity. We are here to Serve Narcotics Anonymous,  
28 not fulfilling our selfish and sexual needs. Service is for  
29 those we Serve, yes it keeps us Clean, but it can't take  
30 the place of Step Work and our Personal Recovery. Every-  
31 thing we do in Narcotics Anonymous is for the still suffer-  
32 ing addict and all admiration and credit goes to the God Of  
33 Our Understanding. We are just messengers and vessels for  
34 delivering this God Sent Message. We can't keep this Pro-  
35 gram of Narcotics Anonymous unless we Share it with all who  
36 seek Recovery.

37  
38 **In This Moment:** We will remain nameless in our Service  
39 Work. We will not pat ourselves on the back for our Recov-  
40 ery.

December 26	1
"By opening the gates of our hearts, we become ready to receive the help we need."	2
Gray Book, p. 37 (Step Two, Lines 7-8)	3
	4
	5
For most of us active addiction closed not only our minds, but it also closed our hearts. The drugs numbed us, and that's exactly what we wanted. We didn't want to think, and we wanted to control what we felt. Our minds were closed to anything, but using. The using process also closed our Spirits. At the end of the road, many of us wanted to die, but our desire to Live was just a little stronger. After all else failing us, and with this desperation we sought Help through Narcotics Anonymous. Beaten into Surrender and powerlessness we were forced to open our minds to try something different. In Narcotics Anonymous we saw the evidence of other members staying Clean and Enjoying Life without the use of drugs. This Open-mindedness gave us the Hope we needed to want the same for us. This Hope propels our Willingness to make the Decision in the Third Step. Our Literature tells us that this Decision is not a mental decision, but a Decision we make with our Hearts. The Second Step made the opening we needed in our minds. Now in the Third Step we open our Hearts to this Power. We now start to form a Heartfelt Relationship with the God Of Our Understanding. This is the Spiritual Foundation that we can build a successful Recovery on. Our Gray Book states, "The only price is to quit fighting, surrender quietly and let the God of our own understanding take care of us." This opening of our Hearts and minds make us available to receive the help we need to continue on this Journey of Recovery in Narcotics Anonymous.	6
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<b>In This Moment:</b> We will keep an Open Mind as well as an Open Heart. We will also Share these Spiritual Principles with others.	34
	35
	36

1 December 27

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2 "The mind begins to accept new ideas which lead to a new  
3 way of life as the grip of drugs and our past way of think-  
4 ing and doing begins to relax."

5 Gray Book, p. 10 (Chapter One, Lines 35-37)

6  
7 After arriving to Narcotics Anonymous, many of us wit-  
8 nessed addicts around us celebrating various amounts of  
9 Clean Time, most of them Living Happy, Joyous and Free.  
10 This Attraction of the Program at work moved us to also  
11 want this Precious Gift in our Lives. We soon found out  
12 that Recovery in N.A. was more than wishing, it was more  
13 than just Admitting our powerlessness. We soon learn that  
14 Hope without Action turns into despair. One of the main  
15 Spiritual Principles of our Second Step is Open-mindedness.  
16 The pain of withdrawal forces us to seek a Power Greater  
17 Than Ourselves; this Power relieves our Obsession to use.  
18 Since a sick mind cannot cure itself, we meet this Power  
19 through our Actions. Our Second Step says that it's the  
20 Process of Coming to Believe that Restores us to Sanity.  
21 It's the coming to meetings; it's the studying of our Lit-  
22 erature; it's the getting and using a Sponsor and working  
23 with others through Service. The Practicing of the Spir-  
24 itual Principles locked in the Steps. This is what Restores  
25 us and what keeps our Spiritual Awakening Progressive. We  
26 don't think our way to Sanity, We Live our way to Sanity.  
27 As we continue to Trust The God Of Our Own Understanding,  
28 we begin to loosen our grip on the things we can't control,  
29 Everything. Letting go and Letting God is proof of our Sur-  
30 render. Our Gray Book says; "Problems that had no solutions  
31 became transparent and unreal in the light of our new un-  
32 derstanding." In other words we lose the grip fear had on  
33 us. We learn to Live In The Moment.

34  
35 **In This Moment:** We begin to see that if we're not part of  
36 the Solution, we're part of the Problem.

December 28	1
"We are no longer fighting fear, anger, guilt, remorse,	2
self-pity, anxiety, depression and a thousand other ills."	3
Gray Book, p. 39 (Step Three, Lines 25-27)	4
	5
When we first arrived to Narcotics Anonymous, we were	6
beaten into submission. This made us admit our powerless-	7
ness and our Surrender to the disease of addiction. We had	8
to stop fighting the disease, the fight was fixed, and we	9
would lose. We then Surrendered to the Program of Narcotics	10
Anonymous. This was evident as we started to Practice its	11
Spiritual Principles. The Principle of Surrender has to be-	12
come a daily Practice. We attend Meetings, after some time	13
we Sponsor members and get Sponsored. The Steps and Tradi-	14
tions of Narcotics Anonymous changes our personality as we	15
learn to Live them. We learn about Acceptance, Courage and	16
Wisdom in our decisions. We are no longer fighting anything	17
or anyone. Our Basic Text tells us, "We no longer need to	18
make fools of ourselves by standing up for nonexistent vir-	19
tues." We are no longer seeking approval from others. We	20
are finally Free to be our True selves. Our Relationship	21
with our Higher Power improves through Constant Conscious	22
Contact. We no longer have to dwell in the past, which can	23
lead to being depressed. We no longer project into the fu-	24
ture, which can lead to anxiety. We learn to stay in the	25
Moment; we no longer borrow from tomorrow. We start to let	26
go of trying to control everything and everyone. We tap	27
into this Higher Power for our Daily Strength to stay Clean	28
and Carry this Life saving Message of Narcotics Anonymous	29
to the addict that still suffers. As a result, we Grow and	30
stay Serene, and get to keep what we have.	31
	32
<b>In This Moment:</b> We will not get into the ring with the dis-	33
ease because the fight is fixed, and we will lose our Se-	34
renity and eventually our Recovery.	35



1 December 29

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2 "When someone points out a shortcoming, our first reaction  
3 is one of defensiveness."

4 Gray Book, p. 49 (Step Seven, Lines 24-25)

5  
6 Our Basic Text tells us that we are each other's eyes  
7 and ears. That's because I can't see my own eyes and ears,  
8 but I could see yours and you can see mine. The same ap-  
9 plies to our Assets and Liabilities, sometimes it's diffi-  
10 cult for us to see our attitudes and behaviors, but others  
11 can. In Narcotics Anonymous we suffer from the same dis-  
12 ease, and we can see each other coming. We may in our Jour-  
13 ney react negatively if someone points out a shortcoming.  
14 We may also downplay a compliment when it is given to us.  
15 Both reactions are a result of low self-esteem. Our Gray  
16 Book states, "If we truly want to grow, we will take a good  
17 look at what is pointed out." As we Share this Journey, we  
18 see each other at our best and at our worst. We learn how  
19 to Empathize with each other and offer each other our Expe-  
20 rience, Strength and Hope. When we approach each other to  
21 offer our help, we do it with Love and Compassion, not with  
22 judgment and criticism. We Share our Experiences and our  
23 Solutions, more importantly we Share Hope and Understand-  
24 ing. No matter how long we've been in Recovery we are still  
25 human and will make mistakes. Our Seventh Step offers a way  
26 out, through God's Forgiveness, as we ask him to remove our  
27 shortcomings. These Spiritual Tools and the act of Humility  
28 helps us Open our Hearts when others fall short. As we de-  
29 velop Patience, Tolerance, Understanding and Forgiveness  
30 with ourselves, we in turn Practice the same Spiritual  
31 Principles with others.

32

33 **In This Moment:** We will let our guards down and let our  
34 fellow members in. We will Honor each other's suggestions,  
35 when it's done with Love.

December 30	1
"This is our road to spiritual growth... This comes not	2
from wishing, but from action and prayer."	3
Gray Book, p. 49 (Step Seven, Lines 31-36)	4
	5
Hopes, Wishes and Dreams were some positive things	6
that the disease of addiction robbed us from. Some even be-	7
fore they were fulfilled or, in some cases, even developed.	8
We were left with despair and uncertainties. After arriving	9
to Narcotics Anonymous, we witnessed the Hopes and Dreams	10
of other members. We still failed to see it in our own	11
Lives, but now we had Hope. As we work and Lived the Steps	12
we seemed to Awaken and the fog was lifted. The Complete	13
and Total Abstinence from all drugs, in our First Step,	14
first had to be achieved and maintained. Our bodies and	15
minds were no longer clouded with drugs. When the obsession	16
to use drugs was removed in the Second Step, we began to	17
experience the Spiritual Principle of Hope. This Hope was a	18
result of the Spiritual Principle of Open-mindedness. We	19
then decided to Trust our Will and Lives over to the Care	20
of this Higher Power. We worked the Steps with this Higher	21
Power many of us called God and our Sponsors. Living the	22
Steps, we began to see that anything was possible, even our	23
lost Dreams. Practicing the Principles of our Traditions	24
gave us the WE of the Program. Writing our Fourth Step we	25
saw where we went wrong, we saw our obstacles, which in	26
most cases was ourselves. As we wrote, our lost Dreams	27
started to slowly reappear, our Wishes became Hopes. Our	28
Hopes became Realities as we worked the Steps. Faith became	29
our new Foundation. We share these Hopes with others as	30
they see it manifest in our Lives.	31
	32
<b>In This Moment:</b> We will stop wishing and start working.	33
Lost Dreams can become a Reality as we stay on this Journey	34
of Recovery.	35

1 December 31

---

2 "Service will get us out of ourselves, and our concern for  
3 others will be reflected in our own ability to accept con-  
4 cern from others."

5 Gray Book, p. 85 (Chapter Five, Lines 3-5)

6  
7 In Narcotics Anonymous we learn to focus on ourselves,  
8 to work on ourselves. What we soon find out is, to keep  
9 what we have, we have to give it away. In other words, we  
10 learn to work with others. We have to get out of self to  
11 have self, to have our Recovery and continue to Live. The  
12 way we do this is through Selfless Service. Service is for  
13 those we serve. In our beginning as newcomers, other mem-  
14 bers suggest that we take a service commitment in our Home  
15 Group. As newcomers, we make coffee for the Group, or we  
16 greet others as they arrive at the Meeting. These early  
17 service commitments keep us coming back week after week;  
18 this gives us the opportunity for Recovery. We are still  
19 serving others whether we realize it or not. As we continue  
20 in this Journey, the motive to stay Clean by doing service  
21 becomes secondary. Recovery happens as a result of the  
22 Steps, not service. Service might keep us Clean but does  
23 not equal Recovery. Service Based Recovery is temporary and  
24 with little Growth. Recovery Based Service on the other  
25 hand results in the Spiritual Principle of Humility. We do  
26 service because we truly Care for other addicts. We freely  
27 Share this Gift because it was freely shared with us. One  
28 of our Founding Members said, "You and I have been given  
29 through illness, through suffering and through disease, a  
30 talent for helping other human beings like ourselves. Let's  
31 never forget that we have it." In other words only addicts  
32 can help addicts. We do this through service. As we Share  
33 with others, we also learn how to Accept Help from others.  
34 This is true Humility, admitting that we can't do this on  
35 our own. Accepting Help from others gives them an oppor-  
36 tunity to serve others.

37

38 **In This Moment:** Through serving others we will learn the  
39 Humility it takes to ask for and Accept Help when we need  
40 it.