

The New/Old

NA Way



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The New/Old NA WAY Magazine
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This magazine was written in open participation
by members of the Groups of The Anonymity Foundation
and members of the Groups who participate in the
Fellowship Service Conference and the
European Fellowship Service Conference

The New/Old NA Way

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**My Gratitude Speaks
When I Care
And When I Share
With Others
The NA Way**

I changed my clean-date 2 times

Several years ago, I picked up my 90 days while sharing at the meeting that I got so drunk last night but I didn't have to use - that was really a miracle as I couldn't live without drugs longer than a few hours and I had not used my drugs for 90 days.

Alcohol had never been my problem and was no drugs, I even have never liked alcohol and only used it because of carnival; so, I was sure I was clean! Drugs was the problem and I got here to get rid of drugs.

I got my - I believe 90 days - chip and a hug. After the meeting someone clean many years walked up to me. He was always really friendly, always asked how I was doing and really took the time to listen. He translated for me the reading cards from Spanish to some broken English and the part about alcohol is a drug and told me please give yourself a change and please come back. After that I asked him: so, I'm Not clean for YOU guys? He told me "I'm sorry but actually you are not clean, but it is amazing that you already found some freedom". "You just have to quite also alcohol but think about it, drive safe home and you call me."

To be honest I couldn't handle it suicidal and knowing it was for me ok to drink I decided to go home, and this NA shit wasn't really my thing.

I was angry because of they told me I'm not clean after such hard work, I was bitter and based on that feeling I called my dealer ordered a lot of drugs and drank all the bottles of alcohol I

could find in the house (Some where even a few years old 'so see alcohol was not my problem and NA was wrong').. I used like it was my last time in one way or another. That 'night' lasted 27 days - and I didn't expected/plan to survive it.

The last hours of that 'night' I felt I needed help and that I was willing to do ANYTHING to not let this happen again. If YOU guys would have told me I had to walk on my gums to Amsterdam I would have tried it! Seriously.

I had only one but. I also used medicines like sleeping pills, anti-depressants and relaxers. I used that shit for 18 years and never ever mis-used it.

But naturally I felt it was a problem for NA so I got myself a temporary sponsor with a lot of clean time and asked him what I should do. He assured me that it was ok to use medicine! Anyway, I didn't feel ok with this kind of medicine, so I stopped that day all sleeping pills and relaxers and anti-depressant against what my sponsor told me and without contacting a doctor.

I told myself if my sponsor tells me it is ok to use sleeping pills, antidepressants and relaxers who can I ask to be really sure. I thought I ask NA itself, so I send an e-mail to na.org and they told me basically it is ok to use antidepressants. I got diagnosed with a clinical depression and injuries in my neck (whiplash related) before i ever used drugs so I needed medicine. Right?

Anyway, I thought maybe it would still be possible not to use this kind of medicine so I went to another country where there was a very good doctor/professor and she finally told me yes you can stop. I was happy. Then she

told me, but we can prescribe you a very mild anti-depressant witch is not a drug and it should be ok with the spiritual program you try to follow. It would be better for you and in the end, it is equal with drinking 3 or 4 cups of coffee in the morning.

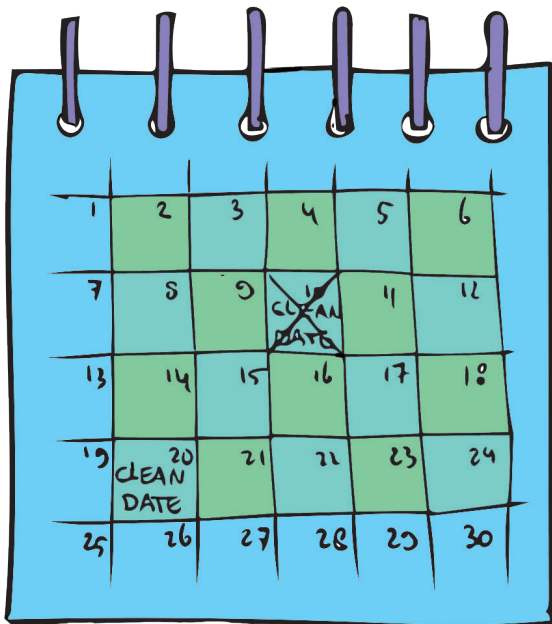
If it was equal with coffee and with all the information, I had from na.org and my sponsor i decided that I go for it and was willing to get medicated.

After arriving in my current home group there was one fellow that doubted my clinical depression. I got so angry on him in a passive aggressive form. I was always Mr. nice guy but he was really a piece of shit that he talked like that. I wanted nothing to do with him; so i avoided him and wasn't to positive about him towards other fellows.

After i got rid of several sponsors I found the perfect sponsor, he had a sponsor from the liquid fellowship while he worked the NA steps with me, I got the daily meditation book from a fellowship for families of this fellowship and I did service in again another fellowship. So, 4 fellowships and just one big happy family; right?

What I didn't see was that I was hiding. I didn't like the guy who was doubting my clinical depression in my hometown, so I went to meetings from another fellowship. I didn't like someone in this other fellowship, so I went back to NA meetings. I thought I felt home and had a home group, but I

really didn't. I was not a part of it anywhere and just a visitor; when it got hot, I did what i always did. Running



away, not taking life on life terms, take responsibility or feel also responsible.

After my multiple fellowship sponsor gave me a lot of practical advises, about housing and work he told me one day. 'you are not an addict you would be better off with professional psychological treatment or at least a good psychologist first'. You would easily be able to have a normal house and a normal job by now, but you are still sleeping until 1-2 pm etc. Really see a therapist!

I was 17 already seeing a therapist and it never really helped me. I have tried therapy for 17 years and still felt shit and couldn't handle my life and

feelings and I feel that i wanted to use drugs.

After this I decided it is enough; I asked the guy I hated - because once he doubted my clinical depression - as my sponsor. I knew he was all NA and I was done with people giving me non-spiritual advices. I was going to NA to hear the NA program and I knew this guy had to offer only 1 thing; THE N.A. PROGRAM!

I found out this guy i hated before was the upmost best sponsor you can get, really friendly and a LOT of patience and always just put me back on my feet. Nearly all his advises where spiritual, he nearly never told me what to do except pray, write, meditate and call. He still is my sponsor and I don't think I ever need a new sponsor.

After staying 'clean' several years God still worked in me and I felt that the anti-depressant i used was a reservation between me and God as I understand God. I decided that it would be nice to stop using prescribed drugs.

I talked with my sponsor about it and I talked with 2 doctors. I informed my doctors that I'm going to quit, and I don't want ANY chemical from outside in my body ever again. I asked them how can we do this? How can you help me with this? Can you guide me if needed? Can you make a plan? Can I get a phone number i can call day and night if I would end up crazy or suicidal?

So, I told my doctors what is going to happen, and I asked them how they could help me to realize what i want. I took responsibility for my own body and my life.

They made a plan to go in 1 year down to only 1 pill. After discussing the plan, we altered the plan to go down in 9 months to zero.

Shortly after my first reduction my addicted brother committed suicide. Shortly after my girlfriend left me. Shortly before my second reduction something else happens but you know what I did?

I wake up at 5.30-6.30 most of the time and started to listen to a speaker tape from Greg P. and others for 1-2 hours (some tapes I hear at least 40/50 times), I made myself available in NA and got up to 25 phone calls daily, I stayed in contact with my sponsor mostly several times a day by WhatsApp, I prayed and meditated, I visited 7-8 meetings a week and in the night I thanked God for saving me another day and felt a sleep with a speaker tape... I FELT GREAT and powerful. Sure, not all the time but what an awesome time even when all the things happened that would have given me an excuse to use i felt powerful.

After being 6 months in my reduction I spoke to a fellow who had used the same anti-depressant and she told me it is shit. so, I searched in the internet one more time to find out the headline about the brand i used "Antidepressant becomes 'poor man's cocaine' on Toronto streets". What a shock!

Together with my sponsor I paused all service and took the last months to focus on me and quitting that shit.

Today I'm 10-11 months clean instead of nearly 4 years and it is great! I see i have been mis-diagnosed for 19 years because I'm not only a live but

also never want to go back to prescription drugs for spiritual pain. The principles of N.A. are so clear in Step 1 in our Basic Text.

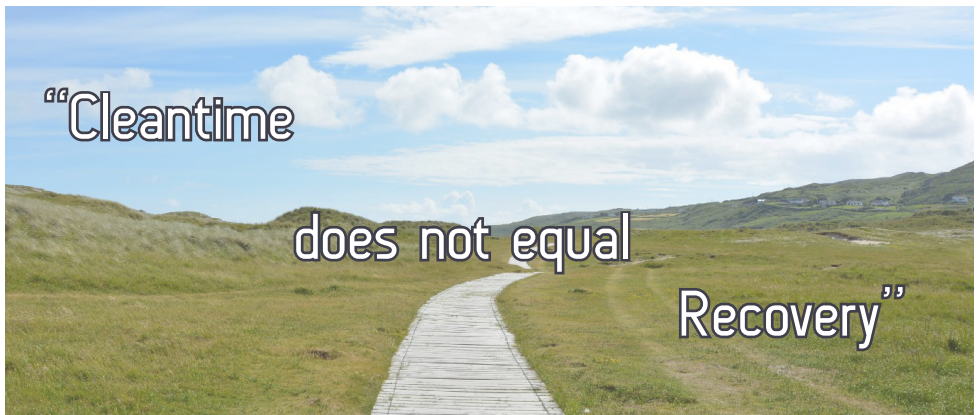
Lessons I learned:

- Alcohol is a drug (happy this guy told me even i was offended at first).
- Prescription drugs can be a mind- and mood-altering substance; a drug (happy this guy told me even i was offended a long time).
- Clean-time does not equal recovery.
- NA.org is NOT NA but just a service structure.
- When someone upset me, he is probably right.
- Angriiness and bitterness always get someone out of NA and back to using even if they don't see it that way it does!
- Cockiness and knowing stops recovery and this is a recovery OR relapse program. YOU choose which direc-

tion you want to move.

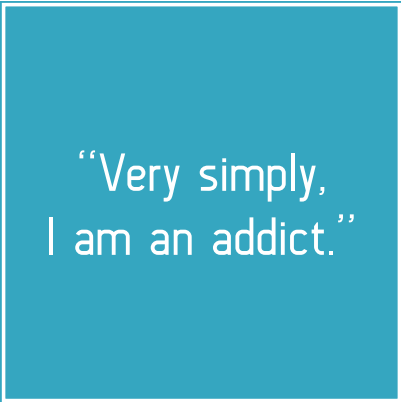
- In NA we are clean when we are off all mind- and mood-altering chemicals!
- Assholes can save my life and can become the best sponsor you can imagine.
- Nice guys can kill you.
- Doctors can be dangerous for addicts.
- Things i KNEW i know different by now.
- I got mis-diagnosed like many other addicts. i needed a spiritual program of love instead of a chemical program.
- The grey book and the basic text is actually totally about total abstinence. I missed honesty, open mindedness and willingness to see it.

Written By An Anonymous Addict From the Netherlands



IDENTITY CRISIS

For many years I pondered the philosophical question, "Who am I?" I searched for meaning in life through fantasy after fantasy. I sought purpose for my existence in cause after cause. Finally, desperate for an identity to reconcile my multi-faced personality, I began to expand my consciousness through drugs, from hippie to hype. I searched the world over for stories about drugs and the culture surrounding them. I scoured the realm of pills from doctors, the best and the worst of liquid potions. I went from upholstered sewers full of disco-glitter to cribs cluttered with filth on the nod. Nowhere could I find me. Not in the dealer, the jet-setter; in the biker, or in the burn-out. I came to this Fellowship totally lost. Not knowing who or what I was. I knew that I'd tried to be many things and had failed. I knew who and what I wasn't. My life only got worse when I used drugs - I wanted to stop. My would-be helpers tried to convince me that I was an alcoholic, but I knew alcohol was only an occasional substitute. They tried to appease me by suggesting that I was a cross addict, but I didn't have any splinters in my shoulders from carrying crosses - I wasn't addicted to crosses. Well, maybe then I might be a dual addict (they were



“Very simply,
I am an addict.”

truly trying to help me surrender), but my possessions didn't include matched swords or pistols - I wasn't addicted to dueling at all. In exasperation they put it to me that I must be a poly-addict. However, to the best of my memory, I'd never smoked or shot or -swallowed a bit of plastic. I survived the psychology and the would-be helpers caught up in their own chemical denial. I came to an N.A. meeting and finally heard Who am I? Something that made sense. I was a person whose whole life and thinking had become centered in drugs in one form or another. Very simply ••• I am an addict. Now I knew what all that mumbo-jumbo about keeping it simple meant. Eventually I was able to surrender to the idea of being powerless over my addiction, my life had become unmanageable. Today I realize that chemical identities are just a very insidious form of denial. My recovery is based on powerlessness over my addiction, not powerlessness over drugs.

I'm sick, getting well the the N.A. way, recovering from my addiction. I don't think that I can recover from drugs. My body, and maybe my mind can get over their effects. Drugs are not incurable; addiction is. I can recover from my disease if I accept my powerlessness over it and work the steps on that basis. My denial is strong, the strongest part of my addictive thinking. I'm sure that my

denial could lead me to say that I'm a drug addict, an addict alcoholic, a cross addict, a chemically dependent pill head, or any one of a number of complex chemical personality labels. The Fellowship of N.A. taught me to identify myself according to my condition, I am an addict. None of the chemical symptoms of my disease; none of the drugs I used are any more important than the others. As an addict, I am addicted to all mood changing chemicals whether I used them moderately, excessively, and even if I never used them at all. I'm an addict, recovering from addiction through the N.A. Program. The chemicals I used are not even the most important symptoms of the disease that I'm powerless over ••• today.

***An Anonymous Addict
From the USA
Reprint from issue one
NA Way 1982***



A Call for Unity

(This was written after prayer and meditation regarding some of the things going on in our area recently 1/9/19)

We have addicts attacking each other. We all are prideful about NA and how it has changed our lives. Some have been around for decades, some for minutes. How can we recover if we can't learn how to agree to disagree?

Some believe NA literature is only decided at the WSC. Some believe Groups have the Autonomy to choose what they believe NA literature is.

Some believe literature using professional editing is outside our Traditions. Some just want to give away our message for free.

How do we resolve these conflicts? We go to our Traditions. EACH Group is to have a conscience regarding these issues. To develop that conscience all information is necessary. Unity is based on how well we follow our Traditions. We are all equal, but the principles of NA stand alone. Spiritual principles are never in conflict. Some of us believe our freedom has been trampled on by those wanting to change NA into something it is not. Complete Abstinence from all mind altering, mood changing chemicals is a mainstay of our program. Yet many have tried changing this to fit their wants instead of Surrendering to the program of NA.

We have addicts confused on NA language and the separation we have from outside entities. It keeps getting more and more difficult to separate NA from all the other recovery models. How do we resolve these issues? There are lots of issues we can be joining together to resolve.

Our Home Group has seen addicts grow and learn how to live the NA way. We have addicts that were frustrated and upset that they felt like they were forced into going to meetings that were attracted to how we do the open participation writing and how it helped their recovery. We stand on our Traditions and the belief that addicts do recover. We believe addicts can still write NA literature. We believe in addicts being fully self-supported not accepting forced donations by charging more for

our message than it costs to make it. By understanding some of the freedom our Traditions provide the spirit of creative freedom that Jimmy K talked about is alive in our Home Group.

What is literature after all? It is simply the written thoughts of others. Does everything that is shared in meetings completely match up with being a perfect organized meeting? What about our speaker cds? How many have heard a speaker share something we thought was well outside the realm of our Traditions? No literature or share will ever be perfect. We can tear them apart word by word if we insist. I encourage addicts to compare literature written with no professional editing or paid writers with the literature written by addicts for addicts done with open participation with a labor of love. How many have not had the opportunity to be a part of the open participation writing process that helps make all addicts feel a part of? What has happened? How many understand our Gray Book was written using that open participation process with money from addicts donating their blood and giving of their own time and energy, so we could have what was the rough draft of our basic text? How many truly understand why the Baby Blue Basic Text was created? If you don't, I encourage you to read one and study them side by side with current editions that have professional editing. Don't just believe what anyone tells you to. Research for yourself and if anyone wants any guidance where to find documents, I am more than happy to help. Just like our recovery has to be done by ourselves though for change

to happen the research must be done by ourselves also if we want to find answers.

If literature is stolen off our literature tables or destroyed as some have suggested and, in some cases, done. That is a criminal act and is punishable in a court of law. Have we come to NA to keep committing crimes or did we come here to learn how to live a different way? I do not go into other Home Groups and tread on the freedom of their Group Conscience and I request that the same respect be given to our HG and it's members. We can agree to disagree without being disagreeable. We all are passionate about NA but let's focus on the principles and have EACH Group gain their own Group Conscience regarding these issues rather than having contempt without investigation. My question to those thinking of committing these heinous acts is how can you have a conscience to destroy Groups that are growing in Unity and the love of Narcotics Anonymous? Please visit our HG and see for yourself if we have an atmosphere of recovery that is based in the NA principles. We would love to have you there. We will support you and help you grow in your recovery.

From Nebraska



“Narcotics Anonymous is built upon a few ideas”

Narcotics Anonymous is built upon a few ideas that are not part of the twelve steps we use to recover from addiction. For example: ... "this is a program of complete abstinence from all drugs", "we have no dues or fees, no pledges to sign, no promises to make to anyone, we are" ... addicts who meet regularly to help each other stay clean ...".

Part of the philosophy Narcotics Anonymous was built upon included the idea that: " ... Jail did not help us at all, Medicine, religion and psychiatry ... (had) no answers for us we could use." To recover from addiction.

Our earliest and most basic comprehensive literature was written by those addicts who cared enough to give it away so they could keep it. The writing was open to any member who wanted to help and all of it was reviewed by the entire fellowship who were encouraged to input any changes or additions they thought were helpful.

This method must have offended some folks who seemed to think they were more qualified to write than the entire fellowship. A very limited faction of members re-wrote part of our stated philosophy to: " ... Most of us ended up in jail, or sought help through medicine, religion and psychiatry. None of these methods was sufficient for us." Changing our entire relationship to those institutional entities.

Now we are saddled with this erroneous perception. We have drug Replacement members calling themselves clean because some therapist told them that they were. We need to inventory our service errors, particularly those we made because of elitism and closing our services to full fellowship participation, and the dishonoring of complete review and input.

Written by J.M. from Ohio



SURFACE DWELLER

Deep in the pit of despair that is where I lived in active addiction. It was common for me to stay stuck in depression, isolation and degradation rather than digging myself out of the hole it seemed like I enjoyed staying in its sick comfort. I hated life and life I thought hated me. Death was wished for over and over again as if it would be some solution to the pain that I felt inside. I couldn't stand myself yet wouldn't do anything to change. I wouldn't take the actions necessary to get out of the hole.

NA helped lift me up slowly to a point where I could see the light. Life began to take on new meaning as I slowly got out of self and instead became a part of society. All of a sudden, I felt alive. I felt feelings that I never had felt before. No longer did I dread living but rather I relished in it. I learned how to say "no" and I learned how to say "yes". All of a sudden, I realized that I do have a choice on my life and that I am not a victim of life. Life happens to all of us. Once I caught my breath and started to live it got comfortable being above ground. Then I started to notice that I was not getting all that I can out of the program, so I dove into the sea of feelings so that I can deal with them. I have heard that "emotional stability is the last to return for addicts". So, I would dive and go a little bit in but get stuck in a nook or cranny. So, I would wiggle myself free and return to the surface where I was comfortable. Eventually reality took hold and I could see that there has to be more to life and so I would try again to understand those feelings that make

my life unmanageable time and time again. I go a little further and further and can see that beyond the surface that I have got to get to where is more. It is a feeling of Serenity that crashes its waves over me at times that helps me know that if I keep diving into this sea of feelings I can get to a different place. A place that is not just learning how to live life on the surface but truly understanding myself and others clearer. Those moments when I feel a spiritual being instead of just being on the surface where I can understand others and myself is peaceful. It is getting beyond that fear that complacency can give that can help me grow. Today I will dive. Dive into those feelings and get to know myself better which will help me understand life better. Today I will Surrender those fears and know that God will protect me as I go into the waters

From: Nebraska USA



Taking a Stand

The 10th tradition of our program has been used to escape the responsibility of dealing with the Medication issue. Our 10th tradition is referring to outside issues like Politics, or should we invade Iraq, ect.. They are the social issues that we do not have an opinion about. However, as a fellowship of recovering addicts, we do have an opinion on abstinence from mind changing and mind - altering drugs. All through our literature, it is written in every way conceivable so that there would be no confusion. Chapter 2 WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?" This is a program of complete abstinence from all drugs. There is only "One" requirement for membership, the honest desire to stop using. "

Chapter 3 WHY ARE WE HERE? "Before coming to the fellowship of N.A. we could not manage our own lives, we could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. Most of us realized, that in our addiction, we were slowly committing suicide, but such cunning enemies of life are narcotics and sedation that we had lost the power to do anything about it. Jail did not help us at all. MEDICINE, religion and psychiatry seemed to have No answers for us that we could use. All these methods having failed for us, In Desperation we sought Help from each other in Narcotics Anonymous"

Yet, our denial keeps us confused so we do not have to become responsible to the principle of abstinence.

Abstinence is the very first spiritual principle that we come in contact with when we enter the program of NA. Every 12-step program on the face of the earth has had the principle of abstinence as one of its fundamental principles and practices. In NA, it is called a 1st step.

Why do these NA members coddle newcomers on DRT Drug replacement? We are not doctors, they say. Yes, this is true; we are not doctors. However, we are a program of complete and total abstinence.

We have developed in our fellowship what is known as a Euphemism The use of a word that is less Expressive or direct but considered less distasteful, less offensive, than another. Instead of using Drugs, these people are on Medication. Wake Up! Isn't that what we used to do; self-medicate ourselves so we would not feel.

Let's stop playing games with words. Let's stop letting our fear guide Us, that we will lose Newcomers if we get honest and Tell the truth. The truth is this:

1. Medication is Mind and mood altering which equals drugs.
2. These people are not clean.
3. They are not abstinent from drugs.
4. They should never be allowed to serve in the N.A. Service structure at any level, especially outside the group.
5. These people need to keep coming back to our meetings.
6. We need to be honest enough with them to let them know how N.A. Deals with the Physical, Mental & Spiritual aspect of our disease,

which is complete and total abstinence.

Our Basic Text and In Times of Illness refer to using drugs for extreme physical pain due to physical illness or surgery. Nowhere is it written it's permissible to take prescribed medication to starve off withdrawals commonly known as DRT.

It's time for this fellowship to stand up for Total Abstinence. Make it clear, make it black and white, keep it simple, but we have to stand together. We don't have to stand tall, but we do have to stand. Are you willing?

N.A. Deals with a disease of the Spirit that is expressed physically and affects us mentally. The way to treat our disease is with spiritual principles. Drugs have never been able to help us when it comes to the disease of addiction. In N.A, we do not Use medication.

There's No Substitute for SURRENDER, Our Solution's Spiritual in Nature. "STAND FOR SOMETHING, OR YOU'LL FALL FOR ANYTHING"

In Loving Service, An N.A. Member

From the USA Reprint from The New/Old NA Way, April / May 2012, Volume 17



Finally Approved, No Longer Illegal and Illicit

So, it took 1,5 year but finally the other structure in Sweden has reached a point where they can say that we are not doing anything illegal and that they don't own our litterateur. The have come to the conclusion that they just have to live with our existence.

This was brought to us from one of our newer members who went to area to see what that is. He learned that the region has seen that there is nothing they can do and apparently this is happening in the states and Holland as well (you might have heard about it).

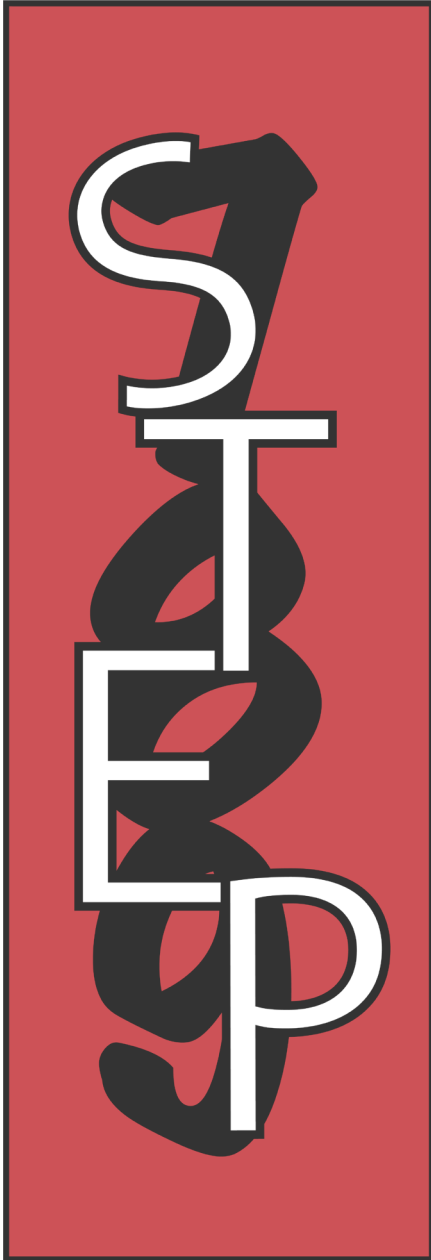
We all got a good laugh from this, especially when our topic of the day was the 9th tradition. We let this go a year ago and now they have finally found out the truth, that we are "allowed" to do this and that they can't stop it. But as a member said we would have continued anyways!

This brings me energy and a feeling of wanting to do more to inform other addicts of our rights, traditions and history!

Love you all!

From Sweden





STEPS SEVEN, EIGHT, NINE

Before I start let me clarify this article is based on my experience, strength and hope. That is how all literature is written by addicts for addicts which differ from articles written by profession writers. That is how the basic text

was written through the members of the literature committee and those who participated through the open participatory process. I will be writing an article on that for the August issue. Last month I wrote that steps 4 through 6 were the steps that clean us emotionally, mentally and spiritually and we do them in order. That we started by writing the 4th step using the Booklet a Guide to the 4th Step in Narcotics Anonymous. It is a writing guide. The Fourth Step is an automated springboard to go through the remainder of the cleansing steps. Perhaps the finest line between two steps is the one between Steps Six and Seven. At first glance, Step Seven may seem almost an afterthought to Step Six. However, we must understand the differences between defects and shortcomings. Although rooted in the same word there is difference. Defects are part of our character. Shortcomings are the acting out of those character defects. Last month this article ended with the completion of the 6th step. This month let us begin by looking at the 7th step.

Step Seven: "We humbly asked Him to remove our shortcomings."

What does humbly mean? The dictionary says, "Humbly as an adverb means, modestly, unassumingly and respectfully." And if I look at my shortcomings or the acting out of the defects unassumingly, I then become open-minded. Once I am open-minded, I can see my part in the acting out of the defects. With that admittance I can ask him to remove the shortcomings.

An important thing to remember the step says to ask Him to remove the shortcomings. It does not say He removes them. So how are they removed? Is it prayer? Well prayer is asking. At this point we can learn a lesson from the 11th step. Which says "praying only for knowledge of His will for us and the power to carry that out." The power to carry that out; which is the removal of the shortcoming. This implies action on our part. You have heard the expression God provides the shovel, but we must provide the perspiration. So, what is the shovel? The first three steps! Yes, my experience has taught me that when I own a shortcoming, I need to go from the

seventh step to the first step and see how that short coming has made my life unmanageable. I can no longer deny it but I must feel the unmanageability in my life. Then I must go to the second step and see the insanity if I continue to act out on it. Once I recognize the insanity of the second step, I must move forward to the third step. Then I must make that decision to turn it "over to the care of God as I understood him" implying a commitment. Asking Him in the 3rd step for the ability to respond, rather than to,

react to my emotions. Over a period of time that short -coming will disappear. But remember what the 12th step says: "to practice these principles in all our affairs." So, practice, practice, practice!!!! When you begin to get your shortcomings under control it is time to move on to Step Eight.

Step Eight: "We made a list of all persons we had harmed and became willing to make amends to them all."

The first seven steps focused on us getting right with ourselves and God. Steps Eight and Nine we bring other people into the process of our healing. People that we harmed while practicing active addition, people harmed in our recovery and those people who entered our lives for brief periods of time who we may not even know their names. Then there are those that we didn't mean to harm and those who we harmed by them just knowing us. They all must be included in the list. Many look at this from the bottom up. They want to become willing then make the list. The direction of this step is quite clear. Make the list and then become willing. It does not matter if they harmed us. It is our program not theirs. It is up to us to keep our side of the street clean. Step eight is a preparation of step Nine. As we write our list get in touch with the harm we caused. It is important to feel the damage we created so that when we sit with our sponsor and our higher power that the feeling of remorse is real. You will want to make it a true amend and not just words. The word sorry comes easy to us but without true remorse it is just a word. When you truly feel the hurt you

caused then meet with your sponsor. You will be directed how to make the amends in the Ninth Step.

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

By completing the eight step we did to work to see our own limitations and wrongs. Feel the damage our disease inflicted on those we harmed and ourselves. It is time to go over the list with our sponsor and follow our sponsor direction. After all that is why we asked our sponsor to sponsor us. Our sponsor goes over the list that we wrote and determines if a direct amend would injure those on the list. We will be directed to make those amends to those that won't be injured by it. I once had a sponsee that insisted on making amends to his wife for cheating on her. She had no idea of his cheating. I advised him against making a direct amend because of the hurt and damage it would do to her. I advised him to change the behavior which is part of making the amend. Also, it was unacceptable behavior and he had to make that amend which was needed through his higher power. He chose not to follow my advice and wanted to clear his conscience and guilt. He went to her and she was devastated and felt betrayed. They soon separated and never got back together. Although he said his conscious and guilt was cleared, he would never take responsibility for the damage he created. He said she should have forgiven him. His action was total self-centered which is the core of our disease. Hopefully you

will follow your sponsor advice and not injure people on your list. And what about those people that slipped in and out of our lives and we don't know who or where they are. We may not even know their names. The amends still need to be made and can be made through our Higher Power. And if our Higher Power wants direct amends to them you will find that they will show up in your life. There no co- incidents in recovery. What about the others in the step? Well your name should have been on the list. You certainly have harmed yourself and you are part of others on the list. Making amend to you is to change your behavior and actions. Going to jail is not making amend to you. The best form of rehabilitation is to change and not do the behavior again.

However, if someone is doing jail time, for your actions that is a different story. You need to take responsibility.

***From; An Anonymous Addict
USA***



A Brief History of The Baby Blue

This was written by Bill A from Pennsylvania; whose home group was the first to print the "Plain Pink" which would later become known as the "Baby Blue".

A little history on this issue. The first Baby Blue Third Edition Revised

Texts were plain pink covers. I personally tore my cover off my Third Edition Revised Text and Gene R., and I had Sir Speedy print shop print the first Text that turned into a movement called the Baby Blue era which ended with a Federal Court Case against an NA member called Grateful Dave. This was all started by WSO Inc. printing the fourth edition text without sending it out to the Fellowship for an input and review process after they elected to have a professional writer edit our text. The WSO then took money from Hazledon to print the book {talk about violating our traditions}. Then our group and area demanded they give us back our Third Edition Revised Text and instead Bob Stone - then office director - did a song and dance on the conference floor telling the RSRs that they could not go back to the Third Edition Revised Text, that they would be sued by Hazledon for breach of contract because they had funded the fourth edition printing and they now just did a line by line and had found twenty five lines in the text that should have not been changed. They then opened the floor up for discussion and proposed a motion to put the twenty-five lines back in a text and call it the fifth edition without the fellowship input to avoid the issues of returning to the Third Edition Revised Text, our Basic Text. The home group already had group conscience printing the Third Edition if the conference did not return our Text to us.

We gave them more than a year to return our Text to us and after the 1989 Conference Grateful Dave and Big Lou returned home with me from the con-

ference to our group conscience where we made it official. Dave and Big Lou went home to Philly and Miami where group conscience also led those groups to use and print the Text. We later group conscience to return the 4th and 9th Traditions as stated in the Second Edition to the text - that the book had to be what the fellowship conscience - which became better known as the Baby Blue that we still print today. The court settlement quotes Grateful Dave as printing 9,000 texts. Since 9/01/2013 we have printed tens of thousands of Texts and are preparing another order today. SO, if the Fellowship did not want them there would not be no need to print.

The addicts from Sweden are translating the Text so they can print it in their language because naws, inc. refuses to translate the text and it also costs too much to ship the text to Sweden. We will keep printing the Baby Blue, the Grey Book and original 13 I.P.'s. We also have opened up the literature process for writing literature by addicts for addicts through the open process as we wrote our Basic Text. We have been printing the Baby Blue since 1988 without World Services trying to stop us. So more of there lies, smoking guns and, mirrors. We also are ready to go to Court to defend ourselves in Federal Court in Philadelphia were the original court case that they, naws, inc., still refuse to this day to obey.

In loving service
Group Conscience Area Chair
Bill A



TO GROW TOGETHER THROUGH MEETINGS

Some members describe NA as the last house on the block, our last resort. We did not have anything more to lose. Many of us didn't have a clue what was waiting for us in there. We, that in our addiction had avoided people and certain places for so long, felt really scared when we entered the door at our first meeting. What or who we were going to meet? It turned out that we were going to meet ourselves.

We came to Narcotics Anonymous in despair and without any hope. Defeated and driven by the insanity to numb our pain. Life and our relationships with our wives, husbands, siblings, parents, friends, authorities, society and ourselves were unmanageable. We couldn't stand to live with ourselves, we wanted to be something else than what we had become. We wanted to grow as human beings and found hope in our new friends in NA. We were willing to do whatever it took. We were still afraid and ashamed. We were full of guilt. Terrified to meet others, to meet our feelings and our thoughts. We were afraid to meet life on its own terms.

We met recovering addicts who shared their experience, strength and hope about being able to live in joy and pain without having to use. We heard that we should go to a lot of meetings, exchange phone numbers, to listen, to share, to do service and to get a sponsor. We witnessed addicts grow together through spiritual principles. We met ourselves. By listening to oth-

ers, what they had done and what they were doing today, we realized that there was a solution. We continued to attend meetings and kept following direction. We didn't have to run anymore, we met everything we needed to grow as human beings. We met ourselves in our daily program and felt how life came back to us.

We could look people in their eyes. Just for today, we were free. We could and we wanted to help the still suffering addict. We continue to grow together.

We grow all the time by attending meetings, but we also grow in our relationship with our sponsor, ourselves and with God. It's easy to miss all the progress we have made whilst life happens, while we only focus on everything that's going on today. It can be rewarding to look back from time to time, to see the huge progress that we've made, but also the progress we make every day. It also allows us to understand and realize that we're on the right path, that just for today we are growing and building a better version of ourselves. Because we grow through meetings, it's so very important that our rooms remain a safe and secure place.

An addict's experience: I have grown so much these last two years, but if I only focus on how the "outside" looks, like hobbies, my apartment, my TV watching, then I feel like nothing has happened and the sick part of me thinks that it's getting okay to use again. If I'm on the other hand are focusing on what has happened inside of me and on what's important to me, there's an immense difference. In NA I have grown more whole as a person

than ever before, no matter if I used to be clean or not. I have also grown a lot through meetings with my sponsor, I mainly think about Step work were I also get to meet myself and God, but also daily conversations with my sponsor. When I first got my sponsor, he told me to call every day for 30 days before we get into any Step work, and that was very rewarding for me. It was a very good practice for a very anti-social addict like me to call and to talk with a "stranger" every day. To get to the meeting early and hang out and stay a while after has also helped me a lot with the social aspect of life.

Our addiction flourish in isolation. When we're alone, we're behind enemy lines. When we become indifferent and intolerant towards life, there's a risk that our next meeting will be with the drug dealer, if we don't do anything about it that is. When we practice our spiritual program on a daily basis, we reduce the risk of experiencing intolerance, indifference, isolation, procrastination and apathy. Recovery is about relationships, relationships is about encounters. By practicing real honesty, we get to know ourselves. By practicing our Traditions, we experience real relationships with others.

By honoring our Traditions, it's possible to keep our meetings safe from ego and insanity.

We want our meetings to be protected from outside entities, personalities, professionalism, governing, opinions, religion, politics and intolerance. We achieve this only by understanding and applying our Traditions. Our meetings need to be a safe place for spir-

itual growth, by doing so we help the Fellowship to grow as a whole as well.

All of our encounters, all of our relationships, requires communication; At our recovery meetings we share and listen to each other's experiences with recovery, how we work our program and what works for us. This is members communicating with each other, God communicating through people, places and things. Our encounters with God require communication, we often hear that prayer is to speak and meditation is to listen for Gods will for us.

Our Step work also requires communication with God, our sponsor and ourselves, this makes it possible to continue towards spiritual growth.

We need to meet and communicate with other Groups to learn the value of our Traditions and how to apply them, we exchange experiences with other Groups on how we are carrying our message, we work together to help the still suffering addict. We are growing through meetings and we need to keep an open mind towards every meeting God puts in front of us, we never know when we get the chance to save another addicts life, or to be helped ourselves.

Every day we take turns to save one another's lives.

From Sweden

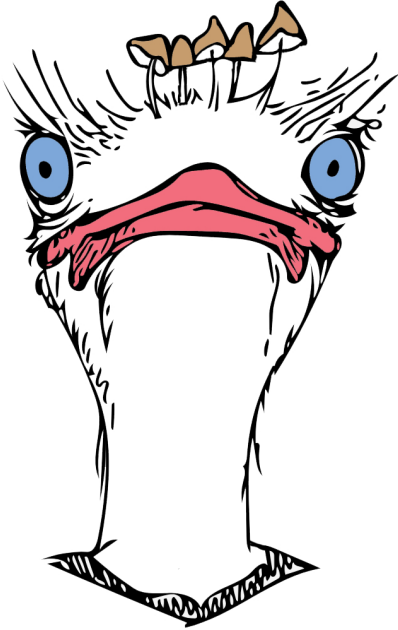


Ostriches and Mushrooms

AWARENESS & THE COURAGE TO CHANGE THE THINGS I CAN -OR- OF: Ostriches and Mushrooms (and Mushroom Farmers) I've been a bit of an 'ostrich' lately ... that is: I've kept my head in the sand. I have not shared some of what I've seen and heard. My honesty has been selective and judgmental. To me that means I've been dishonest. That sort of makes me a 'Mushroom farmer'. Mushrooms are kept in the dark and fed manure. Mushroom farmers keep mushrooms in the dark and feed them manure. I haven't shared what I see and hear because it's not real good stuff. I want people to think that everything is OK. So, I just hide my head in the sand and pretend everything is OK. By doing that I'm giving people who depend on me for information "the mushroom treatment". I'm keeping them in the dark and feeding them manure ... by default. Rationalization tells me that it's better for them to believe everything is OK. They want to believe it's OK, so I tell them about the things that are OK and just avoid telling them about the things that aren't OK. I'll turn my head or bury it in the sand. I'll share some of what I see and hear just not all of it. Some people 'farm mushrooms' intentionally. They keep us in the dark and feed us manure. That makes me mad, especially when they tell me they're doing it for my own good – they don't want to bore me with the details, they ask me to trust them (which reminds me a whole lot of "...just give me the money and I'll be

right back with the drugs"). I don't like what they are doing – it's wrong, it's not Ostriches and Mushrooms OK but I haven't said anything about it. By not sharing what I see happening I'm just as much a 'mushroom farmer' as they are. Others have the best of intentions, they aren't intentionally keeping us in the dark... they have just missed the point. It always seems they've got lots of energy. Things are happening where nothing was going on before. That's good, that's OK and I share about that, the only thing is the point they missed is important. It's part of what makes us what we are. By missing the point, the message that's carried is incomplete, or confusing, or wrong. That's not OK, but I've failed to mention it. I've focused on the new energy and activity and failed to mention that the resulting new projects may do much more harm than good. These projects may take lots of time and energy to undo: time will be lost; lives may even be limited or lost. But I've been an ostrich and I'm farming mushrooms as a result. I know that those who trust me will eventually learn the truth and be very angry with me for keeping them in the dark and feeding them manure. They may not trust me anymore. Right now, however, they think I'm great and everything is just OK. That feels pretty good except when self-honesty reminds me that I've lied by omission. My disease seeks to destroy me; I'll continue to live like this till I'm given the courage to change the things I can. I want to be honest. I want to be willing to try. What happened was I thought I was becoming open-minded. When I'd been honest

before, others called me radical. When I acted courageously others branded me a dissenter. I lost my anonymity and yearned to be just a member Ostriches and Mushrooms again.



So ... I compromised. I stopped sharing what I saw and heard and knew. Cowardice sort of felt comfortable, my name is no longer "in the news". But my conscience hurts. I can't stand it any longer and I must get honest. Recovery demands it – so here we go ... First, let me tell you who I am. My name doesn't matter but my recovery experience does. I'm neither a newcomer nor an old-timer. I have five years clean. The NA program allowed me to stop using drugs. There was essentially no fellowship here when I stopped using.

I surrendered to powerlessness over addiction and am recovering on that basis. There are no ties in my recovery to any fellowship or program other than Narcotics Anonymous. I attended my first WSC in 1980 at 1 year clean and participated in WSC '81, '82, '83 and '86. My life in recovery is dedicated to working the 12 steps of NA, becoming a responsible productive member of society and serving my higher power through NA. I was involved in the development of our Basic Text, our fellowship magazine, our service manual, a couple of regional service committees, area committees, NA meetings, and most important to me an active, effective, NA Home Group. I am fallible, human, talented, self-destructive, diseased, and recovering. Most of all I care desperately about Narcotics Anonymous. Now let me tell you what I see that I haven't been sharing: We have made some mistakes lately and are on the verge of repeating them. The mistakes we've made have compromised the spiritual principles in our traditions and it would be insane to repeat them and expect different results. The mistakes I speak of are Ostriches and Mushrooms World Service mistakes they affect all of us. Allow me to share what I've seen and ask some questions: In 1981 we decided to publish a quarterly world service report to the entire fellowship: the quarterly fellowship report. Before fellowship reports began coming out there was no effective system of unbiased fellowship-wide communication. Before fellowship reports began coming out very few RSR's knew what-all- would be voted on at the WSC

... which made it difficult to know how the Areas, Groups, and members they represented would have them vote. The principles guiding NA structural service: Traditions 2, 7 and 9, were just that – principles, very little had been done to really make them work. Our World Service Fellowship Report was a first giant step toward NA having real Group Conscience and Direct Responsibility. In '81 and '82 several dedicated trusted servants produced the first two fellowship reports. These early attempts were simple informative and effective. They worked to produce the first real unity in the history of NA. The tone of these communications was INCLUSIVE – members were led to believe that they could help with NA World services and that their help was needed and encouraged. One of the results was that a large number of members attended the 1982 World Service Conference they were encouraged to feel a “part of”. Apparently, those who became responsible for the quarterly fellowship report following WSC '82 were either unable or unwilling to produce it as the fellowship desired. World service fellowship reports were consistently late and not published quarterly. The tone of these Ostriches and Mushrooms reports became increasingly exclusive it seemed to me that members were being progressively more discouraged from participating in NA world services. Following WSC '83 more reports were published, and they were more nearly on time, however the exclusive tone of the reports accelerated. The reportage itself became excessively wordy and burdensome and one report just previ-

ous to the next WSC included a massive discussion of our service structure misrepresented as input from the WSC Policy subcommittee. This single self-willed abuse of our trust cost our fellowship an excessive quantity of time because many groups felt they must study and decide upon these ideas. Because this was not what the policy committee had requested done, the whole section was withdrawn from consideration at WSC '84. This is an excellent illustration of the warnings we were given in the discussion of Tradition 9 in the Review Form of our Basic Text ... Ostriches and Mushrooms Tradition 9 Ostriches and Mushrooms Further evidence of the exclusive tone of the fellowship report was that there were very few members attending WSC '84 just to observe and help out with sub-committees. Following WSC '84 the fellowship report has become increasingly burdensome, verbose, and exclusive sounding. In the last fellowship report we are informed that there will be no more quarterly fellowship reports. Furthermore, it is suggested that the NA fellowship should invest world level 'trusted servants' with the “authority to make routine business decisions” just as “a large corporation would assign corporate officers or chief employees”. We are further informed that the fellowship will receive equivalent (to the fellowship report) communication through the WSO Newline which is distributed to much of the fellowship free. Ostriches and Mushrooms the WSO Inc. is a business. A business in service to NA is a business all the same. A business should adver-

tise goods and services for sale. The WSO Newsline is how our business advertises the goods and services for sale to us. It is necessary that the WSO does this and by the nature of WSO the advertisement sheet called Newsline is also very informative and service oriented. But it is an advertisement from a business all the same. This is my perception of what has happened and is happening in NA World Service. We have created an administrative structure in NA world service that is forcing organization on us that has the capacity to destroy us spiritually. We have done this – you and I – by being ‘mushroom farmers’ and ‘ostriches. Money, property and prestige have insidiously diverted us from our primary purpose. Unnoticed addiction in the form of deceit and manipulative communication from world services have worked to place personalities in service to NA and their opinions before the Principles of our Steps and Traditions. MY QUESTIONS ARE SIMPLE: DO WE WANT A WORLD SERVICE ADMINISTRATIVE STRUCTURE LIKE WE HAVE TODAY? -OR- DO WE WANT DIRECTLY RESPONSIBLE TRUSTED SERVANTS WHO ACT ON MOTIONS PASSED AT WSC THAT REPRESENT THE GROUP CONSCIENCE OF THE FELLOWSHIP? Finally, we are offering ourselves a real choice ... this was written 22 years ago: Today we may amend our harm...

From JM
From Ohio USA



Beacon of Light

In the storm in the dark sea the lost suffering addicts lies. We need to light up a beacon of light to show them the way home. We need to be visible and available for the suffering addicts and everything we do should be to further our primary purpose. Total abstinence is the very light in the beacon and the storm out there is the disease that wants to keep the suffering addicts lost in a cloud of drugs, drugs disguised in the name of “medicine”. The cornerstone in NA is total abstinence, first of all we need to get clean for the program to work. Many addicts have opinions in what is a drug or not, but the NA program clearly states that drugs is any mood changing or mind altering chemical, our disease does not know the difference between the drugs from the street or the drugs that is prescribed by a doctor.

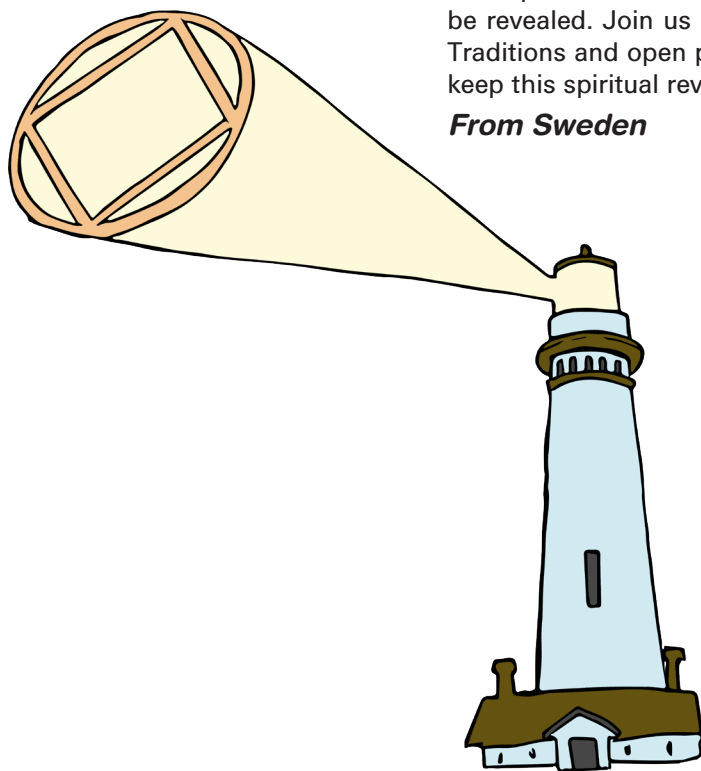
The beacon itself is our PI work, how we do that is up to the Home Groups, what my Home Group did was to put up flyers, we sent mails to institutions and visited them to talk about what, where and who we are. We opened a webpage so that the light of the beacon can travel longer distances. We need to be known and respected and be examples for the newcomers, be the light, show them home.

We have all been lost in the storm out there, we saw no hope for us and at last we saw the beacon and we came home, all that is asked is that now we need to be that beacon to show the next lost addict home, we keep what we have by giving it away. The more

beacons the better, the more suffering addicts lost in the storm we can reach, by communicating with each other and learning about our principles we can better reach the suffering addicts. Without the communication with others we would not have known how to proceed to carry our message. In prayer and meditation our Higher Power recharges our spirits, our beacon of lights. We are all part of the ultimate light and source, we turn to the God of our understanding for guidance and power, to show us where and how we spread this light to guide suffering addicts to a safe harbor.

It is easy to get stuck in all the negative, focusing on all the bad stuff instead of getting to action and get another perspective. It is simple to sit down and do nothing, but to complain about what NAWS or others do or not, but guess what, that will not help the suffering addicts, we need to take action for the better, we need to be the solution. Personalities will fade the light; spiritual principles will glow in the dark. Get involved in this beautiful process of carrying the message to the addicts who still suffers. We let the light of love and empathy shine through our spirits, it will attract more suffering addicts. The light of Narcotics Anonymous points to freedom. More light will be revealed. Join us in the light of our Traditions and open participation. Let's keep this spiritual revolution alive!

From Sweden



Truths or Non-Truths

It seems that most members in NA today don't know that naws, wsc, regions, and area with their subcommittees are not Narcotics Anonymous. NA are the HGs and each Group is Autonomous within the 12 Traditions. My HG does not follow mainstream NA Groups or their beliefs or all of their so call NA message. Our 4th Tradition talks about not dictating or forcing anything on other Groups and what they do. It's up to every individual Group, through their Group Conscience, if they're violating any Traditions or not. We do not police each other, or force anything down each other's throats. No one can revoke our membership or force us to do anything we don't want to. That's in our 1st Tradition. That's our choice. And that's their choice to follow naws na. My HG makes their decisions on Historical facts and documented files. No one can argue the Truth. Our Literature encourages members to think for themselves and be creative in their Recovery. This requires that our Truths are subjective to revision. I don't follow speculations or majority opinions or conjectures. I did the research and after 23 years of naws NA, I decided to seek and research the Truth for myself. The results 6 years later is that I and my HG only study Literature written by addicts for addicts. We believe in Group Conscience within the HG only and not in committees or service boards. Autonomy is only for HGs and not committees. Most mainstream NA HGs don't know or believe these facts. The sad thing is that they don't know, that they

don't know.

Written Anonymously NY State



Anything that we let Separate us from the NA Program Will Divide Us

Anything that we let separate us from the NA program has the potential to cause our leaving and possible death. Differences of religion among members may take on the same separation that we see in the real world. Racism will surely separate us from those who can help us get through that ugly defect. Gender differences, and our lack of ability to look at addicts as human beings asking for help and not as our next conquest in the bedroom or our next victim of our hate because we don't agree with their lifestyle.

Looking past these and many more differences shows personal growth and commitment to living this new way of life. To look into other addicts' eyes and to see their pain and to know that we felt that same pain. To see their joy when they have gained some freedom through as a result of their step work. We need to pay attention to each other and help when asked to the best of our ability.

We may feel powerless when we see another addict separate themselves because they are unwilling to surrender to the lifesaving NA program, or when they turn to religion or the medical profession for their answers to this deadly disease.

The outside world has many solutions for drug users that have nothing to do with complete abstinence. They are not our solution!

We must be vigilant to guard our personal recovery and the message carried in our groups closely, so we do not fall prey to these outside ideas. Our way is a proven program of 12 steps that has worked for the addicts who need a new way to live. It works well when worked! We need nothing else.

Love and respect,
Anonymous Member USA PA



“Finally free” Group Sweden Group Report

We are coming up on our two-year anniversary for our Homegroup and meeting. Since we started, we have been working hard to get a lot of the literature translated in to Swedish, not just the book, to make our meetings as available as possible to addicts in Swe-

den. This has not always been easy, right from the start our group was made out to be something bad and “Illegal”. This has resulted in us not having any support from other addicts in the area, but rather they worked against us and told addicts not to come to us. This is still an issue and we still have to face that not all addicts even are willing to try our meetings. Luckily since we started to focus on our message instead of what other groups say about us, more and more people has started to come. So far most of the addicts that come to us feel welcomed and as a part of the group as soon as they walk in the door. So, in focusing on our message and our traditions we have overcome the problem of addicts not coming to us. In the spirit of the message we have opened a second meeting location and looking at a third. All we want is to carry the message to the addict that still suffers. We usually have between 4 to 10 addicts attending our meetings. We are currently having 4 meetings per week, two in Delsbo and two in Hudiksvall. Monday’s Steps and Traditions meeting (Hudiksvall), Wednesday’s Literature Topic meeting (Hudiksvall), Thursday’s Literature Topic meeting (Delsbo) and Sunday’s Literature Study meeting (Delsbo). Once a month we have a speaker on Skype (we have just had one of those so far). We will meet to write literature starting the 20th of February. We have a website since last month, www.nahelp.se. Our hopes is that this will reach more suffering addicts in Sweden.

Like with most groups we have had to face not only outside issues, but also

inside issues. As we were growing, we started to have some problems in the group with personalities going before the principles. There was conflicts in the group on how to work forward and fear crept into our Group. Unfortunately we lost a couple of members in this process, but the ones who decided to stay grew stronger and we learned a lot from this period of time. The importance of not focusing on what people were saying behind our backs, to not read the districts reports from the other structure, to keep an even more vigilant eye to our Traditions, to have group inventories, to stay connected with other members and groups who's a part of A.S.I.S for NA and to keep our focus on our primary purpose.

More recently we have had issues with some of the members feeling like a few does a lot and that this makes them feel like they are not a part of the group. With this the group had to do an inventory to locate the issue. With this we could see that we need to be better at inviting to different services and making it more available by doing it on different days and times to make everyone feel like they have a choice to get involved. We have discussed the issue in the group and a lot has already been won just by talking honestly with each other, not about one another.

In our PI/H&I efforts we started by putting up posters in the areas around our meetings. Right now we are about to check our posters and put up new ones if needed. We also sent emails, with information on who we are, what we do and that we would like to meet them, to different institutions in the

area. The result was that we have had two H&I meeting, one at a local treatment center and at social services. Two of our members went to the treatment center were they informed about NA and shared some of their experience, strength and hope. We left about ten Basic Texts and about 20 IP's. We had three members go to social services were they informed the personnel working there what we are and why we exist. We also put together an IP containing different parts from our literature to inform addicts how to find us and our contact information.

Our group has seen that there is a need to be connected with other groups and members to solve the issues and get help in our growth, as with etc. PI., H&I., literature and how to carry the message and fulfil our primary purpose. We have had members going to the last two EFSC and we have 4-5 members committed to go this year. We also have 2 members going to the FSC for the first time.

We want to ask about more ESH about PI/H&I, right now we just do "maintenance" work like checking if the flyers are still up, sending some more emails and such. But we would love some ideas on what more to do in this area?

We would also love to hear some more ESH about total abstinence within others Homegroups and how you deal with people sharing, serving on "medication"? Do you ask the person if he/she is on any mood changing and mind altering substances before they taking on any service position?

Upcoming Events

14TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 14th thru June 16th, 2019

Hamburg, PA

4TH ANNUAL EUROPEAN FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: October 10th thru October 13th, 2019

Zevenaar, The Netherlands

ANNUAL 12 STEP RETREAT

Date: February 21st thru February 23rd, 2020

Columbiana, Ohio

Your event here? Send information to nahelp.org@gmail.com

Weblinks

www.nahelp.org

Contact: nahelp.org@gmail.com

World

www.nahelp.nl

Contact: nahelp.nl@gmail.com

The Netherlands

www.freerecovery.org.uk

United Kingdom

www.nahelp.se

Sweden

Contact: AntligenFriaNA@gmail.com

14th Annual Fellowship Service Conference for N.A.

When: June 14th thru June 16, 2019

Where: Hamburg, PA Place. Olivet Mountain Camp

1540 Mountain Ave.

Hamburg, Pa 19526

Cost: \$95.00 per person

Price includes all meals (and lodging if needed)

There is no registration fee all money goes directly to pay for the facility and food Write checks payable to Historical Perspective Group

For More Information: Contact Historical Perspective Group

(610) 428-9923 Ask for Ray: or e-mail — matrixmatclub@yahoo.com

Check Out Our Web www.nahelp.org/ Send check to: A.S.I.S. For NA

P.O. Box 4404 Allentown, Pa 18105 Write checks payable to Historical Perspective Group of NA (Bring sheets, pillows, Towels and soap everything else provided)

Name: _____ E - Mail: _____

Address: _____ City _____ State: _____

Zip: _____ Phone Number (____) ____ - _____

Group Name _____ Register by June 1, 2019

Amount \$95.00 Check NO. _____

(Adversity does not build character, it Reveals it.) More Will Be Revealed.....



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Reserve your room by January 1, 2020 mention you are with the
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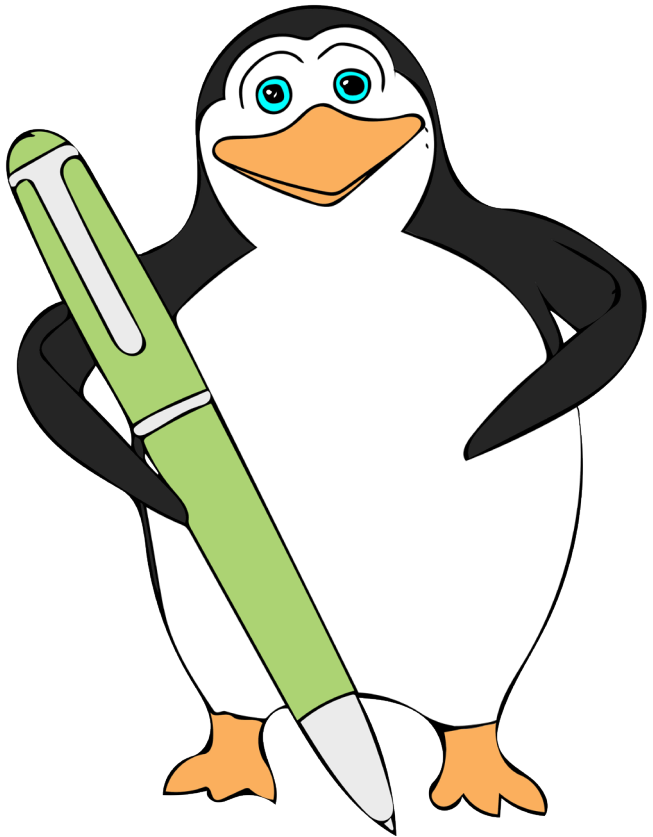
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WE NEED YOUR INPUT!

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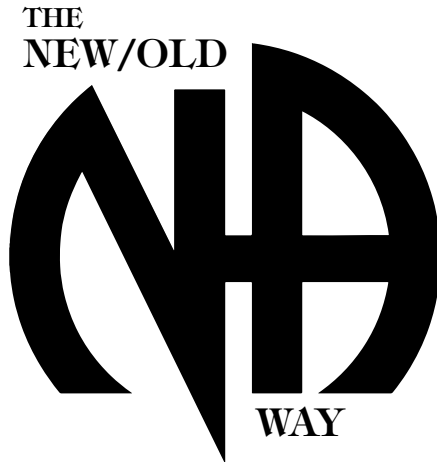
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*Like it was when NA was new and young and life or death intense:
You matter to us so we will tell you the truth as we know it with
nothing held back.*



"... so that no addict seeking recovery need ever die..."

We publish your input -- the opinions presented are not necessarily those of the New/Old NA Way or Anonymi Foundation

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