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*Your Fellowship Magazine  
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and be shared with..*

*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.*

THE  
NEW/OLD  
**NA**  
WAY

*" ... 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

The New/Old  
**NA Way**

**Volume 24**

August - September 2019

WWW.NAHELP.NL



The New/Old NA WAY Magazine

Volume 24

August - September 2019

This magazine was written in open participation  
by members of the Groupwvs of The Anonimy Foundation  
and members of the Groups who participate in the  
Fellowship Service Conference and the  
European Fellowship Service Conference

**GET  
INVOLVED!**

**WE NEED YOUR INPUT!**

Please send your articles, event information,  
comics or other input to [nahelp.org@gmail.com](mailto:nahelp.org@gmail.com)

# The New/Old NA Way

September 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 2019

**Hosted By:**  
Primary Purpose Group  
Live Oak FL.



**Sponsored By:**  
Grey Book Group. Mayo FL.  
From the streets to the  
seats group. Live Oak FL.

**Date & Times:**  
Friday 4pm-7pm  
Saturday 9am-7pm  
Sunday 9am-noon

**Location:**  
1391 11<sup>th</sup> St. SW  
Live Oak FL. 32064

**G.B.S.A – L.C LIT CONFERENCE #9  
( ALL ARE WELCOME )**

Primary Purpose Group, The Grey Book Group, From the streets to the seats  
Group and

The G.B.S.A – L.C Present:

## 9<sup>th</sup> Open Participatory Literature Conference

### All addicts are welcome to attend and add input.

Our Goal: To continue working towards a complete first draft of the Grey Book Meditations Book. (In This Moment) This book is the last in a series of workbooks that have been created to use alongside the Grey Book. The Grey Book Step Work Guide and Traditions Workbook are also labors of love produced and edited by members of Narcotics Anonymous during this literature conference previously.

### Who is the G.B.S.A.-L.C?!

The Grey Book Spiritual Autonomy Literature Committee is a committee formed in 2014 by a home group in Jacksonville Florida. The home group believed that the best way to carry the message would be to create a series of books written by addicts for addicts centered around the Grey Book. The intent of writing these books is to have a full series of books; Meditation Book, Step Working Guide and Traditions Work Book to use as tools in recovery and never to be sold for profit. To date, 7 open participatory literature conferences and many workshops have completed The Grey Book Step Working Guide 3<sup>rd</sup> Draft and The Grey Book Traditions Work Book 3<sup>rd</sup> Draft. These books are available in PDF format for free online. Currently there are more than 7500 Grey Book Step Working guides in circulation among addicts in all 50 states and 17 countries!!! And over 2000 Grey Book Traditions Workbook. It is our goal to provide addicts with affordable recovery material, never for profit, written by addicts for addicts!!

**GET INVOLVED, YOUR VOICE MATTERS, FREE TO ALL**

**Contact: Hank S. 904-236-2259 Nolie S. 904-570-2828**

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The Groups of Northern Columbiana County Area of Narcotics Anonymous present...

# Annual 12 Step Retreat

February 21, 22, and 23, 2020

Das [Dutch Village Inn](#)

150 East state Route 14  
Columbiana, Ohio 44408

What to expect: Speakers, Discussion, Coffee,  
[Real NA Old School Recovery!](#)

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Pre-Register by Emailing [stepretreat@yahoo.com](mailto:stepretreat@yahoo.com)

**NO addict EVER turned away!**

Rooms start at \$94 per night for 2 adults  
(\$10.00 additional for each adult)

Prices are subject to change

Reserve your room by January 1, 2020 mention you are with the

NA retreat to get the discounted price

Call Hotel @ 330-4825050

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



The 4th annual

# E.F.S.C. for N.A.

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## Recovery is not boredom!

One addict shares:

The misconception that life will get boring and monotonous without drugs is the work of the disease. The disease told me when I first get clean that life would suck from now on, life would suck without drugs. Then these questions came up, was it really fun when we used? Was it fun to be beaten, miserable and desperate, to barely be alive?

Back then I had a twisted, destructive view of fun, pretty much the closer to death I was, the closer to OD, the better that day must have been. It was of course not fun at all, but it was a way for me to hide the pain.

When I first got clean, I thought life would be meaningless because I'm in my 20s and I could never go out to party and have fun with friends, but when looking at the truth, I have never, ever been able to go out and have fun partying with my friends because I'm an addict, I was never concerned with having fun, I wanted to use! So, I realized those thoughts were the work of the disease that wants to take me back out there again. What I did not count on was how wrong I was, life is fantastic in recovery. When I got clean, I could actually start to live, be a part of life and even enjoy it. I wasn't desperate anymore, I was free! I could for the first time explore and maybe find something I enjoy doing, because my whole being wasn't centered in drugs anymore. I found new recovering

friends in the rooms of NA that I have fun with today, we enjoy each other, and we can communicate, have fun and laugh together and mainly grow together. When I surrendered to God and NA, I could have fun, freedom is fun!

Boredom is an enemy of recovery; an addict alone is in bad company. There is always something to do, always another addict to help. Just as everything we know about the truth is up for revision, so is our idea of fun. Recovery is an exciting inward journey that is everything but uneventful. When we really surrender and live the spiritual program of Narcotics Anonymous, our whole outlook on life changes. The things we considered being "fun" in our using were often synonymous with danger and escaping reality. Reality is really the biggest "highs" of all. To be able to be present with our fellow addicts and our loved ones is so rewarding. Before we got to NA, we didn't know anything about how it is to live in the present moment. It's the change in our attitudes that changes what we now consider being healthy and fun. If we walk around feeling bored and indifferent, we need to take an urgent and close look at ourselves. What are we lacking? Usually something in our daily Program. We have the right to have fun. We don't have to take ourselves so seriously all the time. Don't forget to laugh, love, share, and do take the time to appreciate this present moment.



## Dealing with death the N.A. way

Even if we came to Narcotics Anonymous because of the pain our addiction caused, by living the N.A. way we have not only been relieved of the pain we have learned to live. Through the program we are given tools to deal with all parts of life. We can deal with happiness, sadness and even death. This is one addict's experience of using the program and N.A. to process grief and go through the death of a close family member.

It all started when this family member went to the hospital and death started to sneak up on her. The moment I learned this I started applying the program on this. The first thing to do was to surrender to the fact that I am completely powerless regarding the fact that death is a part of life. This was easier said than done. My disease could see my pain and went to work, this feeling was new and old in the same time. All the times I have been sad about being left by the people around me, the people that had told me they loved me and then left, that came back. My disease started telling me that nobody would know what I was going through and there was no use to tell anyone. It wanted me to conceal this and hide from the rest of the world. I had surrendered but I needed something else, I needed to realize that there were powers greater than me that would want to help me if I only asked. So, I asked, the first one I turned to was God, the second my Homegroup

members and my sponsor and in the end, I asked the entire community of N.A. for support and help in this. I realized there was a power greater than me that could help restore me to sanity. After this is only came naturally to ask those powers for help on how to deal with this and turn my life and will over to my God. I had to do this otherwise it would be to big for me to deal with, life would go on and if I would have dealt with this the way I have done in the past it would have ended in a relapse. My disease tried, it tried very hard to tell me that I needed something other than the program to deal with this pain. Because it was painful and it was hard, but nothing will ever be better by me using and that's what this program has taught me. Just for today I have been granted the serenity to



## 15th Annual Fellowship Service

### Conference for N.A.

When: June 26th thru June 28th, 2020 Where:

Hamburg, PA Place: Olivet Mountain Camp 1540

Mountain Ave. Hamburg, Pa 19526

**Cost: \$100.00 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 — [matrixmatchclub@yahoo.com](mailto:matrixmatchclub@yahoo.com)

Check Out Our Web [www.nahelp.org/](http://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, 2020**

**Amount \$100.00** Check NO. \_\_\_\_\_

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



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## Upcoming Events

### 15TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 26th thru June 28th, 2020  
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

### G.B.S.A – L.C.LIT CONFERENCE #9

Date: September 6-7-8, 2019  
Live Oak, FL

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## Weblinks

[www.nahelp.org](http://www.nahelp.org)

Contact: [nahelp.org@gmail.com](mailto:nahelp.org@gmail.com)  
World

[www.nahelp.nl](http://www.nahelp.nl)

Contact: [nahelp.nl@gmail.com](mailto:nahelp.nl@gmail.com)  
The Netherlands

[www.freerecovery.org.uk](http://www.freerecovery.org.uk)

United Kingdom

[www.nahelp.se](http://www.nahelp.se)

Sweden  
Contact: [AntigenFriaNA@gmail.com](mailto:AntigenFriaNA@gmail.com)

accept the thing I cannot change, the courage to change the thing I can and the wisdom to know the different.

**By Anonymous**  
**From Sweden**



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## Our Unity Lies in Our Diversity

Our unity lies in our diversity. "The greater the base, as we grow in unity in numbers and in fellowship, the broader the sides and the higher the point of freedom." (p. xi Basic Text, 3rd Ed. Revised).

"Goodwill is best exemplified in service and proper service is 'doing the right thing for the right reason.' When this supports and motivates both the individual and the fellowship, we are fully whole and wholly free."

We hear a lot about unity in our fellowship. What does the word "unity" mean? Or is it just a word we throw around to get people to believe in our cause? We also hear the word "disunity" utilized in our fellowship through our continued-on page 5 service structure. Who is causing the disunity? The ones pointing the finger or the ones the fingers are being pointed at. Our Traditions tell us how to deal with internal controversy, the problems that may arise out of our inability to communicate with each other at times. The Traditions of the fellowship of NA are like the Constitution and the Bill of Rights of the United States of America. Without them we would be in slavery.

There would be no fellowship. Over a period of time, after looking back on our history, one must wonder if we have ever followed the Traditions. The controversy which seems to have always existed in the fellowship is just a way for the disease to manifest itself within Narcotics Anonymous.

The best way for the disease to exist is to divide us through service alignments, to tell us that we have the answers and that if you disagree that you are causing disunity. We do this in the name of group conscience, and group conscience must be right. After carefully reviewing the Second Tradition it was found to my surprise that it states, "We must be constantly on guard that our decisions are truly an expression of God's will. There is often a vast difference between group conscience and group opinion, as dictated by powerful personalities or popularity." (p.59 3rd Ed Rev.)

So we ask who is right or who is wrong? Does there always have to be a right or wrong? Do we have the ability to think for ourselves or do we need someone to do the thinking for us? I personally have no answers, just questions. The longer I stay clean, the more questions I have. Some of - the questions I've asked myself are, What are the solutions, who has them, do I really have to be involved to stay clean, why can't I be just like the next guy, do we really need the service structure, and if so why? Is there a way to change the service structure without being listed as a "disunity" ? If so, how? It gets really lonely at times thinking I am



the only one thinking this way, but I know it's a lie because I've had other people share the same experience with me so I'm not alone.

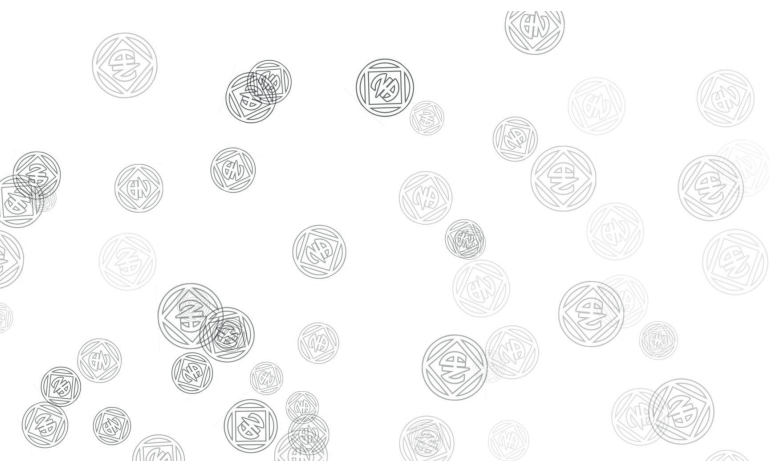
I think there are other people out there who are thinking the same thoughts I have had and just don't know where to go with them or just don't know how to find the solutions to fix the problem. I spent most of my recovery involved in the known service structure frustrated and finally got to the thought, maybe I am wrong and what is the use anyway. Maybe it's the time just to get along with my personal life anyway. Maybe I'm wrong and crazy. Did anyone ever have them thoughts? You're not alone anymore. There are other solutions. The Traditions are the answers, not the concepts.

The home group I belong to decided a year and 7 months ago that it could not participate in the known service structure, that if we were to continue to call ourselves Narcotics Anonymous that it was time we stopped negotiating our Traditions to go along with the status quo. The 12 Traditions are not negotiable [p.56 3rd Ed Rev.]. So why were we negotiating them? We left the Area we belonged to and found other groups who were also feeling the same way and formed our own Area. A solution. We started to serve the needs of the groups instead of the wants of the service workers. We decided also not to belong to a Region at this time and not to belong to the World Service Conference. Some will ask, "How do you get literature then?" Our answer

is that we print our own. It is the right of the Group. This might upset some people and cause great harm. This has not gone without notice. We also would like to thank all those who have been in support of us the last few years. Your support was needed. This also has not gone without notice. You let us know that we're not alone. Narcotics Anonymous, you are beautiful.

The Traditions are the answers, not the concepts.  
More will be revealed.

### **Anonymous USA**



## **Donations for the Literature Stockpile**

We are seeking donations to build a book stockpile in the USA for the Grey Books and the Baby Blues. This way there never has a delay on the book order ever again. In order to build this stockpile we are looking for a first shipment that contains 5000 Baby Blues and 3000 Grey Books. The total cost for this order including shipping from Europe to the U.S. is \$8800.00. Hopefully Groups will help in this area and also individual members can donate for this cause. The current balance for the Stockpile is \$2565.00 and we will continue to keep Groups posted about where we are on raising the money. Donations can be made through various methods.

1. Sending checks or money orders to the Historical Perspective Group.  
Historical Perspective Group NA  
P.O. Box 4404  
Allentown PA 18105
2. PayPal. Our address is [historicalperspectivena@gmail.com](mailto:historicalperspectivena@gmail.com). Make sure to use the Friends and Family option.
3. Zelle. Account number is: 610-428-9923 (USA only)

For any further questions please feel free to contact us through email [matrixmatchclub@yahoo.com](mailto:matrixmatchclub@yahoo.com) or by phone: +14849513305.

In Loving Service,

The Historical Perspective Group





the Netherlands (NAhelp.nl). We have a member who translates weekly a part of the GreyBook.

Our Group (and ikeminded groups) got a lot of heat and negative attention from NAWs structure and we are labelled Non-NA. This because our stance on Total Abstinence as described in the Basic Text and because we use/print/distribute

Traditional NA literature and don't participate in Area/Region. Area/Region has an active approach on telling members and outside organizations (like treatment industry) to not visit our meetings yet the addicts that visit our Groups/meetings are in general very excited about our message and our atmosphere of recovery.

Our Group (and ikeminded Groups) took a beating, but we stand firm. We have steady attendance at our meetings, we get around average 6to8 members at our monthly Group Conscience/Business Meetings. We are financially healthy. At our meetings we share a pure & clean NA Message of Total Abstinence.

There are a bunch of committees and workgroups that spun off from our Homegroup. Projects like; the EFSC weekends (this year will be our 4th annual event), translations-day for the Baby Blue, we support (and produce) a lot of recovery literature and send these out worldwide at cost price and donated lots of literature to addicts & Groups worldwide. All funds are used to carry the message.

Members from our Group are also highly involved in the NA Way news-

letter, writings of different pieces of literature and the writing/formatting/re-styling Traditional literature, and we have participated in the different Podcasts from Swan/RadioFree NA.

### From the Netherlands

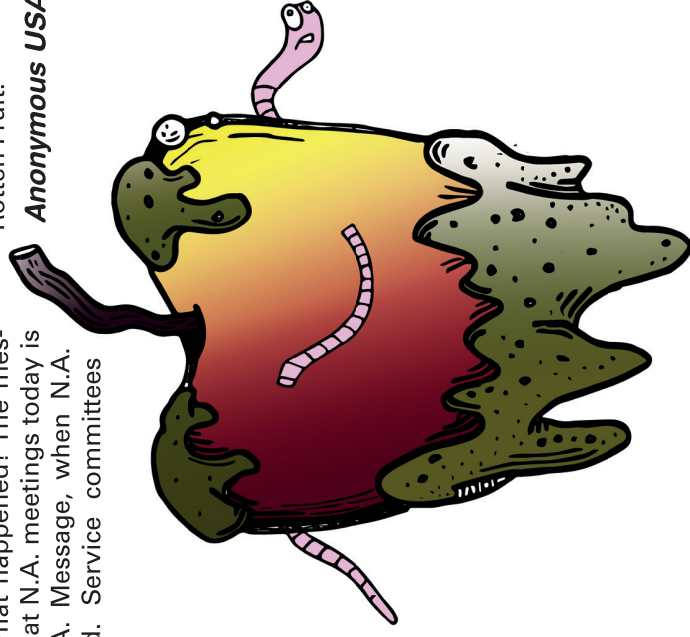


## Rotten Fruit

A very well-known person in history stated that you can judge a religion by its Fruits. Although I'm not religious and N.A. is not a religious Program, this statement can ring true by comparison. What first comes to mind is when our Literature talks about desire is not a measured commodity or is it? My experience is that my desire was directly related to my Willingness to try, and the Fruit was that I stood Clean, after arriving to NA, I reaped what I sowed. Our Second Step talks about the process of coming to believe is what restores us to Sanity, again good Fruits. All of our Steps can produce Good Fruit if Lived properly. What about N.A. as a whole? What happened? The message heard at N.A. meetings today is not the N.A. Message, when N.A. first started. Service committees

and service boards along with the wso managed to take over the N.A. Fellowship. The results of all these years under the naws rule is finally producing its Rotten Fruit. It's manifested itself in the Meetings and in the Fellowship. There's no Unity of Purpose and no Unity of Action between Groups, all over the World. Service committees are running the Groups. Group Conscience and Autonomy are being removed from Home Groups. Members are being pinned against each other because of what our Message has become, and what Narcotics Anonymous is and is not. Looks like, Feels like and Smells like Rotten Fruit. You can tell a Good Fellowship by its Fruits. Right now, I'm nawseous and it's because of this Rotten Fruit.

### Anonymous USA



## NARCOTICS ANONYMOUS

*Third Edition, Revised*  
With Original 4th & 9th Traditions

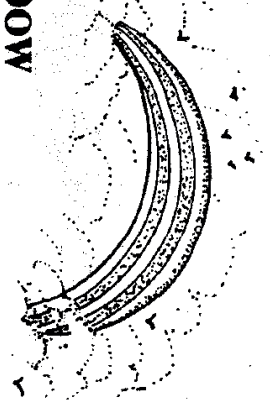
### Basic Text

*"You can't keep what you have unless you give it away."*

**FREE**

Support Your Home Group

# The Rainbow Connection



"... caring and sharing the N.A. way ..."

## Road to Recovery

To remain drug-free for a day requires the desire to stop using. And the desire must be honest and come from within. People come to NA to solve their personal problems. They wanted to straighten out their lives but didn't feel the need to stay clean. Most of them did not stay with us because if the desire to stop using is not greater than the urge that calls them back to drugs, their chances for sobriety are small. The road to recovery lies in front of the one who knows there is nothing behind him to go back to and that to change his present situation, he must stop using. He is the one we can reach out to and help. He is the one most like us, not a lot of expectations and big goals, just the desire to get clean and learn how to live. And this is enough for the beginning, their religious or political views need not coincide with ours. In NA, we wish only to help someone who wants to help himself. The program

requires people who have the desire to stop using, because it will only work if a person wants to do something about their problem. Negative people or ideas will only hinder the beneficial use of the program for themselves.

\*This historical article may contain outdated language in terms of N.A. recovery.

**Written By: Anonymous Addict  
From the USA  
From the Rainbow Connections  
volume five, number two April  
1983.**



were when the Principles were first formulated. The World and Society have changed since the Program and Traditions were created. Narcotics Anonymous does not change to fit the World and Society at large. The outside forces that are trying to change NA philosophies disguises itself as Narcotics Anonymous and NA Recovery. The fact is that these forces are really diseased based and promote money, property and prestige. This force promotes individuality between each addict which creates diversity and disunity. This force also affiliates itself with outside organizations and enterprises to generate streams of revenues for personal profits. The Literature that's written by this outside entity is written to misdirect addicts into a certain way of thinking. This form of programming and brain washing is what caused mainstream NA to change its philosophies. This governing body that calls itself naws is the cause of a division that's occurring in present NA. naws hides NA History and hides events that show a corporate takeover on a non-profit Spiritual Fellowship. This is an old system used by worldly governments to take over the masses. Keeping people away from their True History and giving them doctored Literature to reprogram their thinking, is a system cult use. These changes in Narcotics Anonymous have been all but subtle throughout the decades. Unless you were in service at the region level you probably hadn't heard about them. The majority of members back then up to today are unaware about what's

really going on. The Rotten Fruit of naws na is finally showing itself, and affecting members in today's NA. There's really two NA Programs taking place today, and both are starting to affect each other. One is a corporation and the other are HGs banning together to keep original NA alive. One is customizing NA and the other one is Honoring our Customs

**Written by a Anonymous Addict  
USA**



## Group Report Hengelo, the Netherlands.

We have 4 meetings a week, 2 GreyBook studies and 2 BasicText studies. We also study Traditions once a week. Our Home Group consist of 12 members. Our Group registered at ASIS and is totally NAWWS free. We use and give out Traditional literature.  
PI is in infant-stage, we printed flyers, business cards, we have phone line and webpage that is run by members from multiple Groups in

- we can do it alone. Recovery and Relapse-Page 82.
43. Staying clean MUST always come first. Recovery and Relapse-Page 82.

44. Some things we MUST accept, others we can change. Chapter 9: Living the Program-Page 92.

45. We MUST be willing to do whatever is necessary to recover. Chapter 9: Living the Program-Page 93.

46. We never know when the time will come when we MUST put forth all the effort and strength, we have just to stay clean. Chapter 9: Living the Program-Page 93.

47. No matter how painful life's tragedies can be for us, one thing is clear, we MUST not use, no matter what! More Will Be Revealed-Page 98.

48. In order to receive, we MUST be willing to give. More Will Be Revealed-Page 102.

**Written by an Anonymous Addict**



## Customizing Narcotics Anonymous

There are forces within and without of the Program of Narcotics Anonymous that are trying to customize the NA Program to fit their lives. Chapter Five talks about the Program won't work if you adapt it into your life. It says that you have to adapt your life into the Program. In other words, we don't change our Spiritual Principles to fit any individual. Our Literature tells us that Narcotics Anonymous don't claim to have all the answers to societies drug problems. NA has a set of Spiritual Principles that are written so simply that we can follow them in our Daily Lives, and they work. Addicts come to NA with all sorts of problems and issues. Narcotics Anonymous addresses the disease of addiction as they relate to drugs. The Program uses 12 Steps and 12 Traditional Spiritually Based Spiritual Principles that can address all areas of our lives. We have to adapt to the Program, not the other way around. Our Traditions tells us that these Principles are just as valid Today as they

***“..we don't change our Spiritual Principles to fit any individual.”***

## The 12 Traditions of NA

In the Basic Text essay on the 12 Traditions Chapter 6, it states that “personal recovery depends on NA unity, and that unity depends on how well we follow our Traditions.” This is important for all of us to know and absorb into our very beings that this statement has been added to the Traditions reading cards that are read (hopefully) at every NA meeting. This is a fact that those of us who are really sincere about our recovery can never forget.

From the very first Tradition right through the 12th, what is the message that we are being given? What is it that we individual members, MUST do (yes, there are many musts in NA in spite of what you have erroneously been told) in order to insure our recovery?

Well, the whole thing actually begins with our 12th Tradition and the spiritual principle of Anonymity because we are told that “Anonymity is the Spiritual foundation of ALL our Traditions.” Next, we realize that we must even (always) put “principles before personalities.” That means especially our own personalities folks, not just others.

The language of the Traditions is really strong and final. It allows for no slack at all. There are no loopholes-always, every, never, ever, forever, are key words in our Traditions. The 12 Traditions are NOT NEGOTIABLE. It is really amazing to me that the majority of our members are either ignorant of, or indifferent to,

our Traditions, after all, they keep our fellowship “alive and free.”

Right in the First Tradition we find out that we must put our selfish interests aside and concentrate on our “common welfare”, because our very own “personal recovery” depends upon it. Next, we see that we must lead be example and in humility, no influence or control allowed. Our leadership must be based on moral and spiritual living so that we may attract those that want what we have without any need for promotion.

Anonymity and unity still rule as equality is the key in membership. No addict is excluded for any reason. In granting autonomy to all groups we ensure that the greatest number of venues, topics, and possibilities can exist so all different kinds or addicts can find it possible to recover as long as it isn't at the expense of another group or NA.

Focus, focus, focus, we are about one thing and one thing only! The recovery from the disease of addiction, all else is NONE OF OUR BUSINESS. This is so, so important that it is explored from all possible angles in Tradition 6 thru 10.

Our non-affiliation with related facilities and outside enterprises like other fellowships, treatment centers, clubhouses, churches, etc. is paramount. The possible dilution of our message is totally unacceptable. We must be fully self-supporting, so we owe nothing to no one, our freedom depends on this.

Our service structure may employ special workers (who may or may not



## Pathway to Peace

be addicts) and that structure is made up of service boards and committees, but none of these has the power to dictate, censor, or rule the NA group. We (NA) created them only to serve the fellowship, but they are not really a part of NA as a whole.

We have no opinion on outside issues and everything other than recovery from addiction is an outside issue. As effective promoters, as we all can be, that stuff just does not work around here. The only ones to stay are those who really want to change their lives because their old lives were unmanageable. The only thing that really works is attraction. If I am living in a moral and spiritual manner this will be easily apparent to whomsoever is really watching. They will automatically be attracted. We get this program by example, not by direction.

In the end (or beginning), as we become more and more capable of placing spiritual principles before petty personality issues in our daily lives, we become more effective channels for God's love. There is no better guarantee for recovery than working with another addict. This whole thing is about surrender and service people, isn't it time we got to it?

### **Written By a Anonymous Addict**

#### **From the USA.**

#### **From New Attitudes No.17 Jan/**

**Feb -99**



The truth of our daily recovery is miraculous in nature. It far outweighs our concerns about NA service politics and the learning curves others may have before them. We've already been through hell, what's a little purgatory? There would be no point in writing this material were it not for our hope that a way be presented that allows NA members and our friends to discern exactly how we have grown and how we have dealt successfully with all the real-life problems we have encountered along the way. While nature allows us to heal, we have the disease of addiction which does not go away entirely, even in the best recovery. It sleeps, and perhaps while it sleeps, it dreams. It may dream pleasant scenes, or it may make nightmares. Maintaining our spiritual condition is one way to describe what we do to keep our sanity and optimistic attitude in mind amid all the concerns of daily life, including what is being done in our NA name. Surrender, faith, self-examination lead us into the new life. While we can hope to understand and even sympathize with the concerns that have led our world service contingents to shut down to a great degree the open communications we once had between world and our general membership, it is no great matter to be set straight or restored to some former condition. No, we have to go on with our lives, our recovery and our service. We can wish others well we have to keep act-

- Anonymous. Tradition One-Page 60.
24. We MUST live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish. Tradition One-Page 60.
25. We MUST be constantly on guard that our decisions are truly an expression of God's will. Tradition Two-Page 61.
26. An atmosphere of recovery in our groups is one of the most valued assets, and we MUST guard it carefully, lest we lose it to politics and personalities. Tradition Two-Page 61.
27. We MUST remember that officers have been placed in trust, that we are trusted servants, and that at no time do any of us govern. Tradition Two-Page 61.
28. Our Sixth Tradition tells us some of the things we MUST do to preserve and protect our primary purpose. Tradition Six-Page 66.
29. We MUST first understand what N.A. is. Tradition Nine-Page 70.
30. In order to achieve our spiritual aim, Narcotics Anonymous MUST be known and respected. Tradition Ten-Page 71.
31. To improve ourselves it takes effort and since there is no way in the world to graft a new idea on a closed mind, an opening MUST be made somehow. Recovery and Relapse-Page 75.
32. We MUST relearn many things that we have forgotten and develop a new approach to life if we are to survive. Recovery and Relapse-Page 77.
33. We realize we MUST do something. Recovery and Relapse-Page 78.
34. When we feel the old urges come over us, we think there MUST be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand. Recovery and Relapse-Page 79.
35. We come here powerless and the power that we seek comes to us through other people in Narcotics Anonymous, but we MUST reach out for it. Recovery and Relapse-Page 79.
36. Recovery found in Narcotics Anonymous MUST come from within, and no one stays clean for anyone but themselves. Recovery and Relapse-Page 80.
37. If we have relapsed, it is important to keep in mind that we MUST get back to meetings as soon as possible. Recovery and Relapse-Page 80.
38. We MUST totally surrender ourselves to the program. Recovery and Relapse-Page 81.
39. We MUST use what we learn, or we will lose it in a relapse. Relapse and Recovery-Page 81.
40. We MUST use what we learn, or we will lose it, no matter how long we have been clean. Recovery and Relapse-Page 82.
41. Eventually we are shown that we MUST get honest or we will use again. Recovery and Relapse-Page 82.
42. We MUST smash the illusion that



## 48 Musts of Narcotics Anonymous...(From our Basic Text)

1. Everything that occurs in the course of N.A. service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. Introduction-Page xvi
2. We MUST always remember that as individual members, groups, and service committees, we are not and should never be in competition with each other. Introduction-Page xvi
3. We MUST face our problems and our feelings. Why are we here? Page 15
4. We are people with the disease of addiction who MUST abstain from all drugs in order to recover. Chapter 4: How It Works-Page 18
5. A second admission MUST be made before our foundation is complete. Step One-Page 21
6. We MUST be done with the past, not cling to it. Step Four-Page 28.
7. Assets MUST also be considered, if we are to get an accurate and complete picture of ourselves. Step Four-Page 28.
8. Although He already knows, the admission MUST come from our own lips to be truly effective. Step Five-Page 31.
9. We MUST carefully choose the person who is to bear our fifth Step. Step Five-Page 31.
10. We MUST make sure that they know what we are doing and why we are doing it. Step Five-

- Page 31.
11. We MUST be exact. Step Five-Page 32.
12. We MUST realize that we are not perfect. Step Seven-Page 35.
13. Our experience tells us that we MUST become willing for this step to have any effect. Step Eight-Page 36.
14. We MUST separate what was done to us from what we did to others. Step Eight-Page 37.
15. As with each step we MUST be thorough. Step Eight-Page 38
16. We MUST remember the pain that they have known. Step Nine-Page 40.
17. It is said that for meditation to be of value, the results MUST show in our daily lives. Step Eleven-Page 46.
18. We MUST give freely and gratefully that which has been freely and gratefully given to us. Step Eleven-Page 47.
19. Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple abstinence. What Can I Do?-Page 53.
20. We MUST give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not. What Can I Do?-Page 53.
21. When we are prepared, we MUST try out our newly found way of life. What Can I Do?-Page 55.
22. We MUST learn to adapt our life to the program. What Can I Do?-Page 55.
23. Unity is a MUST in Narcotics

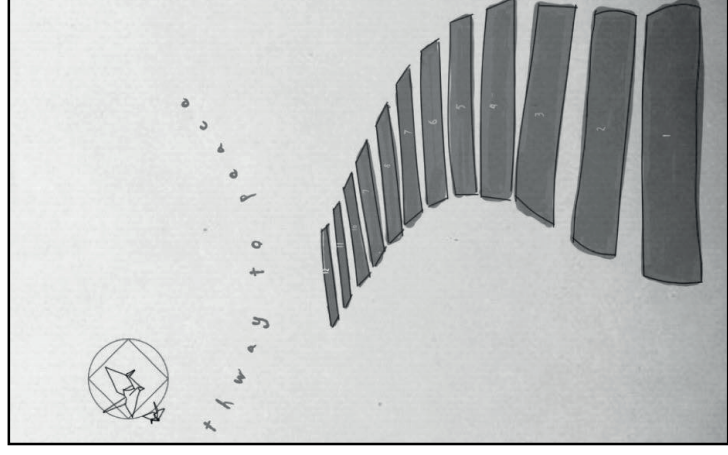
ing on the impulse to care for others and help in any way we can.

This writing can catalogue, sequence and in some cases explain what has happened - it cannot change it. We are being as through and careful as possible to restrict our statements and positions to the evidence of minutes, official reports and personal correspondence but this will surely be a lost effort to some. Negativity cannot generate stuff of its own, so it always has to find some positive effort to condemn or destroy. We, on the other hand, are as free to create and explore as anyone could want. We neither hate nor despise the poor people who have fallen to the traps of

egotism and control. We accept them and their behavior and exult in our escape from pettiness and fear. What does concern us is that others not be led into dissolution and despair by poor leadership and unavailability of study materials. People cannot be blamed for not knowing that which they cannot read and study.

We know that we have to each of us find a way into our own hearts and hold on to that peace and certainty there, born of our own true experience. While there is great beauty and joy in sharing recovery, we must each make this very private and personal journey within ourselves. All that God can give us is there awaiting our desire to know and be a part of life in all its forms. It is waiting for you and you have only to calm yourself and look within to know what we are talking about. The noisy cannot hear it, the busy cannot see it but it the reality of higher power is there always, just beyond our field of perception. We can only acquire it with our surrender.

When we can do this, we will not go crazy over what world service is doing or not doing. If other members go temporarily insane, we can stand by looking for ways to help but we will not be drawn into their illusions. God will grant us a way to help and our path will widen and deepen as time goes by. Gratitude and sincerity are the building blocks of the new life. All that we need will be brought to us as we become ready for it, with more on the way. All we have to do is calm down and accept the miracle.



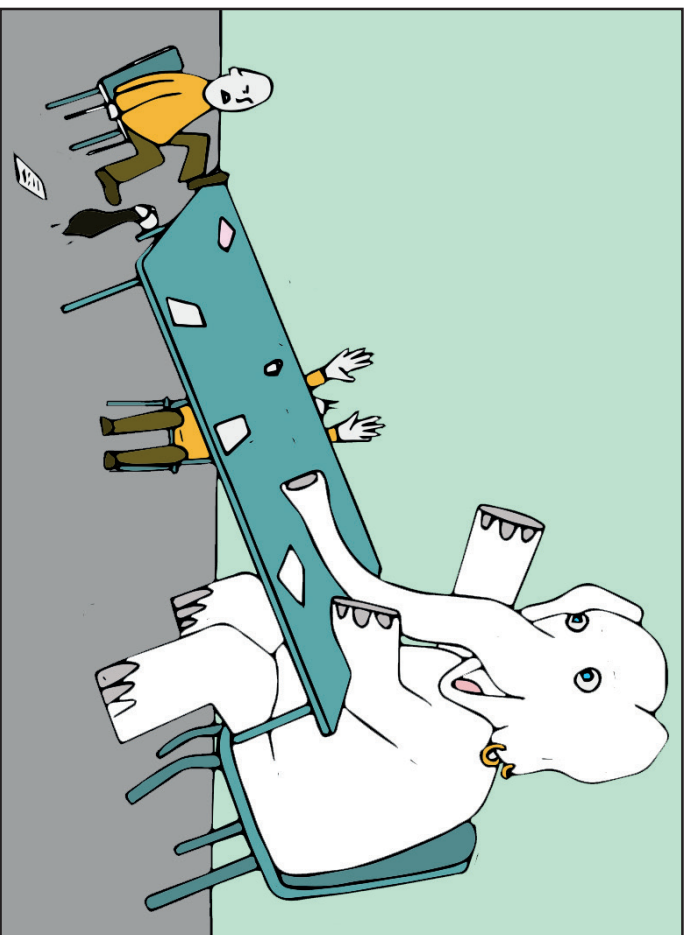
Going sour, complaining about our imperfect perceptions, blaming life for being real, forgetting that whatever pain our moments bring, we are alive and can often do something to better our situations. We will finally realize we are drawn back again and again to lessons we have to learn so that we can go on. The lessons are blessings in packages, and we forget or don't know to look inside for the meaning. When we remind each other of the reality of the Spirit, our own spirit grows

**Written by An Anonymous Addict from the USA**



## THE WHITE ELEPHANT IN OUR ROOMS

The other day I began a safari. I kept hearing about these white elephants hanging around in our rooms that no one wants to talk about. So, I looked up where the phrase "The white elephant in the room" came from. What I found was a great pleasure. It explained more than I expected to see. I found the actual phrase is "the elephant in the room." It means "a problem that everyone knows is there, but no one wants to acknowledge." That was my under-



opinion on everything. We are just asked (warned is more like it) to keep them to ourselves while involved in a meeting or carrying the message in any way. The word never is used and never is a very final word. It means at no time. Opinions are nothing more than individual interpretations of a specific situation, they are based and rooted in ego and will sidetrack us every time. Anonymity on the other hand is based in eglessness and is never controversial.

*"Our public relations policy is based on attraction rather than promotion we need always maintain personal anonymity at the level of press, radio, and film."*

Attraction rather than promotion. Promotion implies artificiality whereas we attract those to us who want what we have because our recovery speaks for itself. The spirituality of our daily lives is evident to those who are interested, it is real. It is not our great personalities that mesmerize the suffering addicts, it is the peace of God shining through our sincere eyes that hooks the ones that are ready. It is the good will that emanates from our meeting rooms because of the anonymity, because we try to place principles before personalities, because we accept and welcome and try to love one and all.

*"Anonymity is the spiritual principal of all our traditions ever reminding us to place principals before personalities."*

It is in anonymity that we are

automatically welcomed and drawn into the We were God lives in our program that is why we call it our spiritual foundation. Every time we choose to uphold the principles of the steps and traditions in our daily lives instead of continuing to live the way we used to live controlled by our fears and defects, we are changing our lives, we are getting closer to the God of our understanding. Ever means all the time 24/7 and this vigilance is what will carry us to fulfill ourselves spiritually so we can pass it on to the next aspirant.

**Greg Pierce, USA**





cessfully carry a powerfully pure message. The group must operate in total freedom, we cannot afford to be influenced by any outside forces that would contaminate our message, but more importantly in the spirit of anonymity, no addict must be allowed to contribute more than their fair share. No addict must rise above the next addict in importance. We are all equal. We are all the same. We must all contribute equally to the wellbeing and survival of the group and the message that the group carries. Anonymity is even more important in this tradition. It is very easy and almost automatic to place old-timers on pedestals or to look down on newcomers as ignorant or having a lower level of recovery, but especially here we must never forget anonymity. We are all the same.

The responsibility for the support of the group must fall equally on all of our shoulders. This applies to monetary as well as all other aspects.

*"Narcotics Anonymous should remain forever nonprofessional but our service centers may employ special workers."*

To further protect us from the danger of confusion and dilution we now begin to be advised of the separation that exists in N.A. And any service center that we (N.A.) may create. This is necessary so that if or when any professional help may be needed to help us carry the message it must be other than N.A. That gets involved. N.A. As such or N.A. As a whole consists solely of the recovery meetings.

All else is not N.A. This is necessary so that our message is not tainted or diluted. Although some of us may be professionals in some other areas of our lives, when it comes to N.A. anonymity again takes precedence and we are all just another addict seeking recovery.

*"N.A. as such ought never be organized but we may create service boards or committees directly responsible to those they serve."*

This is a further clarification of the same principle stated in the previous tradition. In any organization there must exist stratification and classification and this, of course, runs contrary to anonymity. Even those of us who are asked to lead, who have that capacity and possibility, we must do so only in the attitude of service and humility. We are always directly responsible to those we serve. Any time that we stray from this principal anonymity suffers greatly, the ties that bind us together begin to loosen and addicts start to fall by the wayside. This is why all of our organizational and professional efforts must be kept separate from our efforts to recover and carry the message, even the smallest underestimated influence could be fatal.

*"Narcotics Anonymous has no opinion on outside issues hence the N.A. name ought never be drawn into public controversy."*

Continuing to zero in on the importance of anonymity. Of course, as humans (and addicts) we have an

standing of what we were talking about. It went on to say a "white elephant" is "a troublesome or costly possession that's hard to get rid of." WOW!!!! when you put the two together it makes lots of sense and describes the issues that have been troublesome and costly in our rooms that are hard to get rid of that no one wants to talk about.

If we don't start discussing these "white elephants in our rooms" our Fellowship will continue to suffer costly consequences as it has for years. So, what are some of these issues you ask? Well here is a list some of us put together on radio free: our services, total abstinence, mental illness as how it relates to our disease, misdiagnosis, money, property, prestige, personalities.

We recently did a five-part podcast on complete abstinence that can be found on swanpodcast.com that really helped me understand some of the areas I have been wrong and why our program being based in complete abstinence from all mind-altering mood changing drugs is so important. It opened my eyes so that I could see how big that elephant really is. It opened them so much that during one of the weeks of the podcast I had a dream of me standing in a field and a herd of white elephants stampeding all around me. The amazing thing was I wasn't harmed at all. I felt a sense of calm, a sense of peace as the elephants ran by me causing a cool refreshing breeze. It was serene knowing those elephants couldn't harm me anymore

because we faced them instead of letting them scare us into hiding.

**Written by An Anonymous Addict  
From Nebraska USA** 

## The Hidden Truth

Jimmy Said Some of Us Were Misdiagnosed Before We Got To NA, When I Got Here, They Said for Most of Us This Was the Last Bus Stop, " We Have Been To Jails Institution " It Did Not Work. I Just Know in NA We Need the Desperation and Remember It Are We Are doomed To Make the Same Mistakes Over and Over Again and That Is Insanity. The Treatment Industry Does Not Work It Should Be Called the Repeat Industry.

The rooms of twelve-step fellowships are filled with countless seeking souls who have been cycled and recycled through growing numbers of "treatment" programs still expecting different results. Until the day these addicts realize that "treatment" isn't treatment, that there is no cure and that doing something different means actually doing something different, these addicts will continue to revolve through the doors of twelve-step fellowships too.

Since the "treatment" industry, with the help of a corporation misusing our name, is perpetuating the lie that twelve-step meetings are an extension of their custom-designed, client-specific, drug-of-choice-oriented "treatment" plan, folks are having difficulty separating us from what's not working. I think it is time we start talking about it again in our

meetings. Shit I heard in my first thirty days: nothing worked until I made a commitment to Narcotics Anonymous

There is a lot of misinformed people in the rooms, it makes it indeed hard to separate NA from What not works for us addicts. How do we deal with this? I think when we start to stand for NA as it is people will get informed and a lot will go away. Like standing up for Total abstinence. But in the end the people who want what we have to offer will stay, I hope.

Today many think they are committed to NA without even being committed to total abstinence. It really is sad how our cornerstone has been tried to be destroyed by those that would profit off our life saving message. Those very same ones that profit then tell others we will kill addicts and that we are sharing the message of complete abstinence freely for gain. It is a great blessing to see addicts start to take a stand again for complete abstinence. I know that many have stood the test of time and stayed true to our roots this whole time and to them I will be forever Grateful for keeping the real message of NA alive even if it was on life support some of that time. Now that we know the truth will we share it or hide? We truly are responsible for carrying our message of complete abstinence. No one else can carry it for us. Let's start instead of ignoring the white elephants in the rooms let's put some harnesses on them and use them to help carry us around spreading our message of complete absti-

nence. After all who would mess with a huge white elephant stampede.

**Written By: Anonymous Addicts  
From around the world on Radio  
Free NA**

## Escaping Naws

Sounds much like the TV shows when programmed people are rescued from a cult. My experience from Escaping Naws was less dramatical. For others, it may be more dramatical and even painful. After being a member of N.A. for over 23 years, something was missing in my Program. I went to meetings, did service, Sponsored members, worked Steps and Traditions and had a relationship with my God. I wasn't too happy about the N.A. message I was hearing at the meetings and from the service bodies we created. I thought it was me or the disease thinking, wanting to isolate me. I got on mass media and discovered there was a type of dissension taking place between two groups of members of N.A. One group was discussing corruption on what I thought was the highest level of Narcotics Anonymous, the naws corporation. The other group seem to be defending this corporate structure that I thought was N.A. I soon discovered from the debates and doing my own research that this so-called corporation did a corporate takeover on our non-profit Spiritual Fellowship. In fact, this office and its committees are not N.A. They are disguising themselves as N.A.; and fooling the masses in our Fellow-

on Anonymity, away from the importance of the self and towards the importance of the group. The needs of the many outweigh the need of the one.

*"An N.A. Group ought never endorse, finance, or lend the N.A. Name to any related facility or outside enterprise lest problems of money, property, or prestige divert us from our primary purpose."*

Having been reminded of the nature of our primary purpose in the previous tradition here we are now warned of the possible diversion from that purpose if instead of remaining totally focused in our anonymity we were to dilute the power, purity, and energy of our message by endorsing or affiliating with other fellowships, clubhouses, treatment centers, etc. Vigilance is critical and made easier the more we adhere to the principle of anonymity. Maintaining our singleness of purpose without wasting any energy by straying onto the soft shoulders of outside enterprises of related facilities we insure the directness and success of our purpose. Individually we are more vulnerable to the allure of money, property, and prestige, but in anonymity, as a member of a group, drawing from the whole we become powerful and focused.

*"Every N.A. Group ought to be fully self-supporting declining outside contributions."*

This tradition is our continuing reminder of the importance of remaining focused in order to suc-





humility and selfless service, not the usual one of fear based dictatorial control. God is the ultimate authority and in reality, our only authority and he manifests himself through the spiritual principal of group conscience. When our egos interfere, as in the search for power or prestige, when any one addict disdains anonymity and attempts to gain control, govern, or manipulate other addicts, our unity automatically suffers. We join a home group and become part of, our personal opinions, experiences and input become part of a group conscience. Anonymity is the key here again with the emphasis always being placed on the conscience of the whole group, not on the opinion or power of will of any one individual member. It is here in this joint spiritual action as we surrender our egos to the group that God shows himself. And where there is God the disease is automatically arrested, and recovery is then possible.

*"The only requirement for membership is a desire to stop using"*

Here again anonymity rules as the lowest common denominator, no emphasis is placed on individuality. It doesn't matter who we may think we are (our image) or what or how much we used. Our individual characteristics or how much or little money we have are not important or necessary for membership, just that good old desire is all any one of us needs. We are brought together again in anonymity, grouping instead of separat-

ing, blending in instead of standing out, because we all have the same desire to stop using. We put aside our individual agendas in order to join others in a new life of service and anonymity. We must recover together and equality (anonymity) is the key.

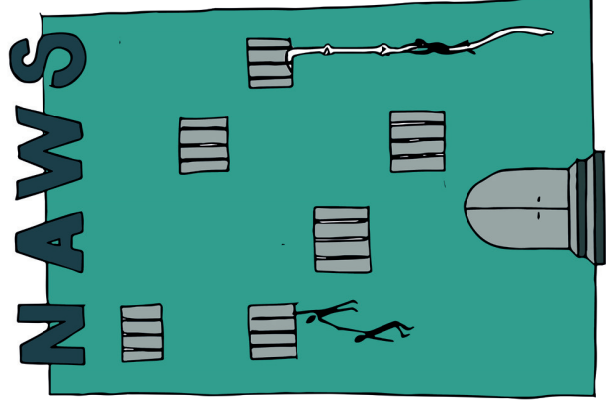
*"Each group should be autonomous except in matters affecting other groups or N.A. As a whole"*

Here we have anonymity expressing itself from the point of view of the whole group as a unit. Autonomy is critically necessary for each group to be able to function at its natural best and to have available that maximum flexibility for change while it carries out its primary purpose, it must have that freedom. But, as important as that freedom is, it must stop at the door of other groups. Even the home group is subjected to NA as a whole, to the spirit of NA, to the principle of recovery. It is group Anonymity that makes our autonomy possible!

*"Each group has but one primary purpose, to carry the message to the addict who still suffers"*

In order for each group to fulfill its purpose, carry the message of recovery, it must of course do that through the actions, desire, and example of its individual members, here again the ego self of the individual addict must subjugate itself to the greater purpose of the group. We can't keep what we have unless we give it away. All that is not given is lost. We must become channels for God's Love that is how we recover through God's Grace. The emphasis is again placed

ship. I also discovered that the N.A. Literature I studied and helped keep me clean for over 20 years was not written by us, but by professionals. I couldn't believe this other side of N.A. existed. It all made sense to me now, it wasn't me that was stagnant, it was the naws N.A. program and its meetings. I was no longer attending the Narcotics Anonymous that I first experienced when I came into N.A. in 1990. At that time, a lot of changes already took place that I wasn't aware of. No one was discussing anything at meetings and rightly so, but the service committees were also muted. I found out later that a small minority of members were against what was taking place at the world level.



The majority of members didn't care, some left, or most went with the flow. There was a cover-up to most of N.A. back then and including up to today. The more I studied our documented history the more I agreed with the minority; the members who were trying to uphold our Traditions and Group Conscience. When I began to Share this history and events that took place with other members, outside the meetings, I was referred to as creating disunity. Most stood away from us. I reached out to other's Traditionalist and didn't feel isolated anymore. These Traditionalists shared information and Literature written for addicts by addicts. Our HG, through Group Conscience, decided to use and study the Literature that was written by addicts for addicts and not professionals. Attention soon grew about our HG in the area we belonged to. The Area decided to take us off the meeting list as well as the area committee. My so-called friends that I've been Recovering with for years didn't want anything to do with me, even on a personal level. It was shocking and hurtful that because I wanted to study our Historical Literature written by us that I would lose close friends and wasn't considered N.A. anymore. Our HG grew smaller, and one of our members even lost her Sponsor behind her beliefs and choices. Since then more have joined us at our HG, mostly sponsees and the sponsor line. We study Historical Literature and are no longer part of mainstream N.A. and its service structure. Some of our HG members still

attend naws meetings because they have no choice right now. It's difficult Escaping Naws. One of them made the transition to only our HG meeting and two online Gray meetings. They claim that the naws meetings were not Sharing the N.A. message that we were Sharing at our HG. Escaping Naws is a process that only few will and can undertake. It involves challenging everything you knew to be True since coming into N.A. It's a risk that you may be ostracized by your friends and other members. It might limit the number of meetings you attend. It's about standing up for Spiritual Principles that others don't see or agree with. Helping others Escaping Naws requires a lot of information that will reprogram them. It requires time and uncovering a lot of buried Truths. Those who want to escape will have to know that there will be some consequences: some may be painful. Most of the results will be Freedom and a Creative Spirit. My and other members' Recovery, that are with us, seem to flourish. Our old Program wasn't working, this new Program does. We, with the help of other Traditional Groups, are helping others Escape Naws. The influence of naws agents surround us with their meetings and service committees. Some members stay with us, but the majority is influenced and programmed by the masses and leave. Having an open mind and searching for the Truth have made Escaping Naws a real Journey with more Growth and True Spiritual Principles. Finally, I know what N.A. Truly

is. I continue with the HG to Carry the True N.A. Message through Group Conscience. Come join us in Escaping Naws

**Written by An Anonymous Addict**  
**From NY State USA** 

### **Superficial Message**

I've heard this type of Message throughout my Recovery Process, in Narcotics Anonymous. I've heard members Share about their story and how they arrived to this Program. I've heard how through working the Steps and following suggestions how their life got better. I've always waited for the specifics in how they apply the Spiritual Principles of the Steps and Traditions of Narcotics Anonymous, but it rarely was Shared. Some Shared how "This Program" works for them and attending "These Rooms," saved their lives. They didn't mention Narcotics Anonymous or the NA Meetings by name. I've known a few members that went mostly to AA and Shared in this fashion, at a NA meeting. I didn't know what Program they were talking about. They had a very general Recovery Message, but from where? I've could've closed my eyes and it could've been from any 12 Step Fellowship. I call that "Air Recovery" I need to hear an identifiable NA Message, that is different from all other Fellowships. I need to hear about our distinct Message of Complete Abstinence and Group Conscience of a HG. I need to hear about our whole Program, including the Traditions, not just the Steps.

That's only half a Program. I'm surprised this superficial message has kept me alive all these years. I guess there's something to having a God of Your Own Understanding, and a Sponsor to guide you. The longer I'm around the more I need a Full, Clear, and Precise Message of Narcotics Anonymous. The refrigerator has been unplugged for a while now, and it started to show Spiritual decay. I'm glad I found a Group of people in Narcotics Anonymous that can Help my Recovery flourish. Finally, a Clear Narcotics Anonymous Message in the Meetings I attend now. Is that too much to ask? A NA Message at a NA Meeting. I guess for many years it was.

**Written by An Anonymous Addict**  
**From: the USA** 

## **HOW ANONYMITY IS THE SPIRITUAL FOUNDATION IN EACH TRADITION**

*"Our common welfare should come first; personal recovery depends on N.A. Unity."*

Anonymity is the critical ingredient in the first tradition, our personal recovery depends on it. It depends on unity, and unity is corroded by the egocentricity that is inherent when we are caught up in personality or individuality. Right from the very beginning the traditions point out to us the pre-eminent importance of anonymity. We are confronted immediately with the fact that we cannot recover by ourselves, the individual addict cannot find recovery in a vacuum, only in unity. Anonymity is our true nature, it is our name, and we are Narcotics Anonymous. Anonymity is clearly seen in this tradition. It is the force that drives away the ego self and fosters unity while nurturing our personal recovery.

*"For our group purpose there is but one ultimate authority, a loving God as he may express himself in our group conscience, our leaders are but trusted servants they do not govern."*

Here again it is really easy to see anonymity at the center of this tradition. No one of us carries any authority in N.A., even when we lead, we are asked to do so in an attitude of

