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*Your Fellowship Magazine
Share... 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
NEW/OLD
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

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The New/Old NA Way

Volume 27

Special Edition
E.F.S.C. for N.A. - 2019



The New/Old NA WAY Magazine

Volume 27

November 2019

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

**GET
INVOLVED!**

WE NEED YOUR INPUT!

Please send your articles, event information, comics or other input to nahelp.org@gmail.com

The New/Old NA Way

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My Gratitude Speaks

When I Care

And When I Share

With Others

The NA Way

*Many of us have said, "Take my
will and my life. Guide me in my
recovery. Show me how to live".*

Upcoming Events

NEW YEAR'S EVE MARATHON SPEAKER JAM

Date: December 31 2019
The Most Perfect Vehicle Group
149 South Main Street, Woodstown NJ

ANNUAL 12 STEP RETREAT

Date: February 21st thru February 23rd, 2020
Columbiana, Ohio

15TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 26th thru June 28th, 2020
Hamburg, PA

5TH ANNUAL EUROPEAN FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: September 17th thru September 20th, 2020
Ambt Delden, The Netherlands

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

Weblinks

www.nahelp.org

Contact: nahelp.org@gmail.com
World

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The Netherlands

www.freerecovery.org.uk

United Kingdom

www.nahelp.se

Sweden
Contact: AntligenFriANA@gmail.com

Growth

If I need to describe this year's European Fellowship Service Conference in 1 word it would be GROWTH. So far, we came together 3 times before this year's conference and if I compare this year's conference with previous years I feel excitement. In previous years we had workshop where only a couple of people participated. This year every workshop had an attendance of 25-40 people. That's growth right there.

This growth did not come from nothing, just like an NA meeting does not exist out of nothing. There are people putting their time and effort in to make this all happen. There are Groups that keep the doors open for the addicts to walk into and find a safe environment where they can recover. We can become a part of this from the moment we walk into the rooms of Narcotics Anonymous. We can recover together by working the Steps and Traditions and becoming a part of a greater whole in open participation. This is where our growth comes from. And this makes it possible for the still suffering addict to walk into a Fellowship that attracts them and make them feel home and a part of.

It is great to come together and feel the unity and energy. The

most important part is just beginning: we take home what we have experienced and turn that into action. So that we can keep growing personally, as Groups and as a Fellowship. We are responsible as Groups to make sure addicts in our town can find us and are responsible to welcoming them home when they do.

At this conference we talked about public information and communication. I believe this is one of the most important things we need to do in our Groups. Not once a year by coming together, but throughout the year and keep supporting and motivating each other that way. This is all about supporting each other for our primary purpose – to carry the message to the addict who still suffers. Lets do it together this year and meet again in September 2020. Looking forward to it already!

***Anonymous N.A. Member from
the Netherlands***

4 years of EFSC

The first time I attended the EFSC was in 2015. In that time I have a sponsee in the Netherlands and she asked me if I want to go to that conference with her. She told me that it would be nice and we will meet fellows from all over the world even Americans. She also told me that this American fellows have been participating in making the forerunner of the NA book as we know it today. I remember I was very excited to meet this guys. This encounter on the first day was a great disappointment and in the evening I wanted to go home. These two came with a lot of information of the problems they had with the fellowship in America. They told us that the people who 'runs' our fellowship were not honest toward the groups. I have always thought that the people in service position humbly services the groups. Now I heard that they governed us. I remember I felt very confused and angry/ not at the people in those service positions but at those two bad news messengers). Luckily the people of the organization saw the commotion and set up a few recovery meetings so we could shared about our mixed feelings. I heard then that I was not alone with this feelings and felt back connected for the rest of that

weekend. I stayed that weekend and I am glad that I stayed. This was the beginning of an whole new adventure within the fellowship. At the end of the weekend I felt an obligation toward these Americans, who took the effort to come to Europe to explain to us that where we believed in was/ is a lie. They asked me to bring this message to the Belgium fellowship. All the conversations/workshops were copied on a memory stick and the attends were asked to distributed those sticks. Now I can see it wasn't the good, loving way to bring this message. There was a lot of commotion in Belgium concerning the information they heard on those USBs. The truth is sometimes hard to swallow. I have felt that too on my first EFSC but a process has started within me and I came back the second time. On my second EFCS I got back with no expectations and an open mind. There was a year passed by and I toke the opportunity to understand more the history of our fellowship. The translation days of the basic text in the Netherlands was started up. There were fellows who helped me to know more of what was going on. For example they pointed out the differences between the 4th and 9th traditions in the two books During those translation days I have seen how much "they" had

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 — 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, 2020**

Amount \$100.00 Check NO. _____

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



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!

only \$5.00 for the weekend if you pre-register - \$10.00 at the door

Pre-Register by Emailing 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

changed things in this beautiful book written by addicts for addicts. I was perplexed and felt cheated. That second edition of the EFSC I went back home with a lot of information of how starting a group, HI, history ... and a bunch of new friends who believes in a fellowship that follow the 12 traditions in a traditional way. In that year we started with 4 members a home group in Roermond. I attended weekly this NA meeting and picked up things needed to start up a home group meeting in Belgium. I have learn a lot of the way a traditional meeting is held, what a group conscience meeting is, what total abstinence means etc. I am grateful that I had the opportunity to be a member of this new meeting and the things they taught me. At the 3th edition of this conference I remember I was excited to meet the people again from all over the world. I understood now better what we were doing and more important why. I arrived on Thursday evening and the first thing an American fellow said to me was ' welcome home sister'. This meant so much to my. I really felt that I came home to my family and that I was at the right spot That year I decided to begin a home group in Belgium. I have much support (physical and mental) of all the other home groups in the Netherlands and

that is awesome. And now on my last conference I felt welcomed, loved, connected, a part of this amazing family/ fellowship I see now that God had placed me there on my first conference and I may be his instrument to bring the message to the still suffering addicts. I will do this in the best of my possibilities

I end with the words I have heard there on that beautiful weekend WE ARE NA, I AM NA
Anonymous Member from Belgium

One member's EFSC'19 Experience

One week has passed since the EFSC '19. All preparations leading up to a weekend with great shares, lots of fellowship, friendship and fun.

It was an exciting weekend for me. Seeing old friends and meeting new ones. Listening to the GroupReports; hearing about successes, hopes and fears/challenges. During the last years a lot has happened. As a fellowship, following Traditions and standing on principles and TotalAbstinence, we all endured a lot of negativity and resistance.... yet we are growing in numbers and in spiritual practice. We mature.

Things like Pl, H&I, Translation efforts, it's all picking up momentum. We learn and we share our ESH. We grow together and we gain more serenity. Not only in personal recovery, but also within our Homegroups and within NA at large. Others see us and they, even if they are not onboard (yet), they seem to respect our enthusiasm and our commitment. They seem to be aware of our gains, and they start to develop more OpenMindedness towards us. More and more addicts open their hearts, minds, ears and eyes... there is more than what Area/Region (in the other Structure) is trying to portray, or in some cases forces, and what addicts are told to believe when they are introduced to 12-step recovery in Treatment Industry. This offcourse gives some members fear (the TotalAbstinence as we believe in and carry out, has a shock effect on some) but this weekend I have spoken to a couple of addicts that came to deeper understanding and now have the desire to go to a deeper level of freedom... this Courage and Openmindedness I respect greatly. We can't do the work for them, yet we can help them and be of service. Together we can do great things.

food preparation, etc. We did this together. And the atmosphere was great, loving and kind... and yes (when one listens to the tapes; sometimes 'tough love') but we have a disease that doesn't take prisoners, it enslaved us, but in the end it is out to isolate us and destroy us. So there is no room for pampering and/or diluting our message. Sometimes when we are passionate about our core-beliefs and TotalAbstinence as the cornerstone of our N.A. program, we get fired up and one can feel the fire within and some might think we are a bunch of madman on the lose. At the last day of the EFSC we talked about our dreams/hopes/vision for the future. And to be honest, it filled me with even more excitement and determination. Can't wait for next years EFSC. It will be again a great event, with even more dept and growth im sure. If we all stay in contact, as communication is key, and if we stay clean, and focus on our Primary Purpose we will stand tall and no matter what life throws at us, we will keep standing in Unity. Thank you for being in my life and being a great asset to my recovery. See you next year.

Ps:

I loved that all the members that participated at the workshops also helped out with the cleaning, Keep us posted on your and your Homegroups progress and

HAPPY NEW YEAR 2020!

THE MOST PERFECT VEHICLE
GROUP OF NARCOTICS ANONYMOUS



New Year's Eve Marathon Speaker Jam

December 31, 2019
149 South Main Street, Woodstown
NJ, 08098

- 6:00pm Dinner (Free)
- 7:00pm - 8:30pm Grey Book Study
- 9:00pm - 10:45pm Speakers
- 11:00pm - 12:30pm Closing Speaker
& Clean Time Celebration

Closed Meeting - Addicts Only - No Children
No Verification Papers Signed

efforts. We ought never be in competition, but let us learn from each other and get inspired by each other.

Anonymous NA Member from the Netherlands

together what I couldn't on my own and soon after the basics were sorted we were headed over to the main hall and lodgings. It is a picturesque location, had good facilities and it was well suited to our needs.

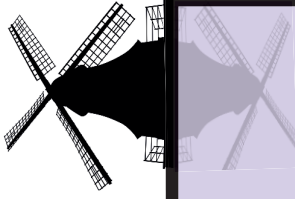
Not long after a few more members arrived. More HUGS. Just a few of us but WE were growing in numbers and from that moment I stopped being a tourist. Standing there with fellows from Russia, USA, and Holland it was quite apparent that we had come together for a loving purpose. We were home. Internally I can find this stuff awkward, but not so this day. First the practicalities of hall set up and room layout. Bringing in supplies together. "Unity is a must." This stuff doesn't just happen. Yet with a minimum of fuss and through great planning based in experience, the Groups that organised the conference did a great job. We all played a part in making a welcoming atmosphere. The flow of this type of participation and loving service was a common theme throughout the conference. We were working together for our common welfare. You see the "message is meaningless unless we live it" the purpose of the conference is to make recovery more available. To more successfully carry the message to the addict who still

Come early stay late, one addict's experience of the EFSC 2019.

I arrived in Zevenaar and left the train station to take pictures and take a tourists stroll. It wasn't long after a call to one friend that I received a call from another and he drove over to meet me. We don't physically hug each other a lot being many miles apart. A simple loving hug means alot. We both had an energy about us. For me it was an excited energy of really feeling like the EFSC was happening. After months of preparation I could strengthen the ties made from last year and look my friend in the eye with a let's do this anticipation. There is something about a shared sense of purpose that strengthens those ties that bind us together.

The basics are important and maintaining good ties with the venue meant we went straight to reception and sorted out the paperwork and logistics. My Dutch isn't too good. We did

**17th - 20th September
2020**



Location:

Kroeze Danne, Kappelhofsweg 14
Ambt Delden, the Netherlands

Price: € 125,- (All-Inclusive)
Possible to pay in terms

Register at www.nahelp.nl
or email to nahelp.nl@gmail.com

Contact: 0031642091629

suffers. The results must show in our lives for it to be an attractive message. The examples of others was powerful. We have to have something to share and we have to share it. We have to be able to share how through the NA program recovery is possible. For this visible example I was truly grateful. To be a part of after years of feeling apart from made for an experience of lasting memories to add to the spiritual tank.

Having made a commitment at last year's conference to return I made a commitment at the end of this year's to also return (with more willing servants if possible !!) Here's why...

Members from autonomous home Groups from across many miles come together to share their labour of love. Members left enthused by what others were doing and how they might do the same to further NA's primary purpose.

The Thursday was great to meet and greet and see the numbers roll in. A lovely getting to know each other start and the unity that comes from breaking bread together . Throughout the weekend we had a steady stream of members attending including Iran, Belgium Germany, Holland, England, Thailand, Sweden, USA. The content was engaging enough that nearly everyone

hung together to be present with whatever was in the agenda.

Loving education was shared in areas where some found standing on the principles of our program challenging. What it means to follow a program of complete and total abstinence from all mind and mood altering drugs was one such area and conflict resolution.

The recordings are available through links posted in the Facebook EFSC group. They are simply recordings....punctuation around the magic of caring, sharing, empathy and service.

My personal experience involved a member opening up his Home to myself and a few other members. Getting to a local meeting and then travelling back the next morning together in high spirits for such an early hour of the morning. As we parted at the airport in silent hugged prayer I felt secure in the love of the fellowship and grateful to be alive and free. A priceless gift of recovery to be kept alive at our Home Groups, to welcome each other with love. To fan the flames of the message of hope and freedom that we may return in September and embrace in our love of the NA fellowship. If we ain't growing we are going

Anonymous NA member from the United Kingdom

When the world does not meet our expectations, it is often our expectations that need adjustment, not the world. We can begin by comparing our lives today with its former ways and express our gratitude for our recovery. We can extend this action by counting the good things in our lives, and be grateful that the world does not live up to our expectations, but goes beyond them. If we continue to work the twelve steps and cultivate gratitude and acceptance, we can expect greater growth, happiness, and peace of mind in the future.

Nino

SEED PLANTERS GROUP REPORT

Delivered by the literature servant

For submission at the European Fellowship Service Conference 2019

The Seed Planters Group are a Traditions based Narcotics Anonymous Group.

We have been a Group for a little over 2 years. We have been holding regular meetings for a little over one year in the Domesne community centre in Middleton, Manchester, England. We are Studying the Basic Text (Study edition example brought to EFSC) and occasionally having main shares to share our experience of recovery in NA and further our primary purpose. We often Skype members into the meeting and have done this for those in hospital and who are physically unable to get to meetings as well as those who cannot travel the distance easily.

We have in this time maintained good attendance at the meeting and recently completed a service rotation for Group servants. We have completed numerous poster drops with the poster we sought help to make (example available). We have been out in the local community and letting people know who we are and where to find us. We have made our own local meetings lists for meetings in the Greater Manchester area and a separate one for all known UK ASIS meetings (examples available).

We have posted literature to addicts who have sought this all over the world. We have sought to better serve the fellowship as a whole. We recently completed recording on an audio Basic Text reading of the Third Edition Revised Basic Text and hope to offer that for input and review in the next few months.

Our efforts to keep the table stocked with literature are maintained with good relations to members who have access to print resources and make this available to the Group in loving service. These members efforts help to provide literature at cost or below to the Seed Planters and others who request NA literature.

We have no motions to bring and are grateful to be served by this service structure. We stand ready to serve as we were shown and to learn how to better serve the addict who still suffers.

My first Experience of the NA conference in Nederland

In the name of God Nino I am a recovering addict. God has given me the opportunity to be with you on those wonderful days of the week and to use your experiences. Thank you very much for that session. Even though I didn't understand much of the talk because my English was not that good and I was sadly denied access to school because of my addiction, sorry if I'm having trouble writing. The meeting that I had with you was the most unifying and solidarity between the members. Respect and affection for each other. There was no difference between the members of the group. No one asked me who you were, what your religion was, or how much money you had, or what you were a refugee in our group. This was a sign of empathy and solidarity. There are members of the Anonymous Addicts community, and the commitment we have to each other no matter who you are, where you came from or what you used to be. Our goal is just to help another addict. I was proven to be no longer alone in the world where I go, there are those who support me with open arms, there are those who sit and

listen to my pain and talk. And tell me about their experience and help me. One of the branches of my illness was a lack of affection and loneliness that I now thank God for acquainting me with the Society of Anonymous Addicts so that I can better understand myself. I find good with my God to figure out where I'm coming from and what my role in this world is. I have learned a lot in this community. I have been in a lot of pain so that I can get some awareness of the issues around me in the community. And no more sin I am just starting to realize that drugs or alcohol were part of my illness that They used to try to hide my flaws. By taking part in this conference, I gained a new heart, and I sincerely thank all the participants, especially the members of the rormond group who, without their support, I would never have been able to attend.

Thanks Nino (Mohammad) from iran

-The winner takes the steps and traditions seriously and focuses on himself, but the loser focuses on others.

Being a part of ...

Being a part of NA is the best thing ever happened to me, finally a way that works. A way to get me clean and to stay clean. I

did try several ways to stay clean, but nothing worked, I only fooled myself then.

Being a part of NA, of something were people know me, don't judge me, take me for who I am and where they understand me, that is amazing. It's a place where I can share everything, my problems in daily life and issues with myself and my disease of addiction. It helps me finding new contacts and friends, people who don't use drugs and gives me knowledge about my disease. Also, it helps me finding out who I am, and a way to live with myself. Accepting myself, dealing with the past and finding a new way of life. It's getting me to be a better person in all possible ways. Being a part of this, of something bigger than myself, gives me a feeling that I'm not alone in this.

In the program of Narcotics Anonymous the "I" turns to "WE." We become a part of a Group whose primary purpose is to carry the message to the addict who still suffers. We do that together; we are responsible to carry that message. We do not stand on the outside and expecting others to get things done. We need to surrender our EGO's to God and be a part of. We came to NA to find personal recovery, but when we got here, we learned that the only way to get there is to be a

part of, we need to give it away in order to keep it. Thanks to this God given program we can be a part of life, of reality. We do not need to hide from it anymore, we have learned to deal with life on life's terms.

To be a part of means to stay in the moment and be present in life and in the now. This leads to hope and it leads to communication, it leads to new friends and to finding yourself in other people. How to be a part of is to get involved. Getting involved in service in conversations in life in general. We need to stay involved and connected and a part of if we want to continue to grow and to learn more about ourselves and about life. It means accepting others around us and surrendering to the way other people are a part of. We all have our own way to be a part of and to stay connected and in that we need to respect others in this process and stay true to ourselves.

Being a part of the EFSC. When a bunch of people come together from all over Europe they have to adjust in language as well in behavior. So, I joined to the EFSC and became a member of this group. You can see that everyone is different, currently after a few hours. Some get quiet and do isolate, others mingle, some sit back and leave everything to

Dear God, protect me and provide for me.

Guide me and illuminate the path of my pilgrimage.

Grant me courage, commitment, and strength.

Teach me to care and give without reservation.

Make me aware of gratitude and principle.

Help me recognize your presence around me.

And let my life be a reflection of your love.

Greg Pierce

Group Report “No Matter What” Group, Hengelo the Netherlands.

09/15/2019

The Home Group consists of 10 members that are participating in Group Conscience. We are facilitating five meetings a week now. Tuesday and Saturday we have the Basic Text meeting in Hengelo. On Wednesdays in Enschede, we read the IWHW 1985 review form, and on Thursdays and Sundays we have Grey Book meetings in Hengelo. These are all closed meetings.

Meeting attendance goes from 5 up to 15 people. These last months we have had about 2-3 newcomers a month, most of them come from a “safe house”, also known as halfway house, based in our city. All newcomers leave with a FREE Basic Text with our phone numbers, some IP’s and a meeting list and we make sure we inform them about our message of Total Abstinence.

We print our own Literature, written by addicts for addicts. It’s free to take and funded by the Home Group. In co-operation with other Groups, we have our own website and meeting list, and a shared phone line. People will not find us on the national meeting list from NAWS Inc. since they decided that we are not a real N.A Group. We are not in competition about any of this. We know we are N.A., no matter what people say, we continue to practice our Traditions and keep growing as a responsible N.A. Group. As guided by our Group Conscience we also have been active in supporting other Groups by donating Literature. Most of our members are participating in the translation of the Baby Blue into Dutch and great progress has been made these last months. We have started PI-efforts a while ago but these last months our actions stagnated.. Together with members from the Zwolle Group we made flyers and a PI-pamphlet. We are looking to pick things up and start putting in the action again, so the public knows we exist, where to find us and what we are about.

others, while others feel the need to help out wherever they can. A lot of emotions are coming free. Certainly, after one or two nights, sleep (or not). We all react different. Some get agitated, emotional or grumpy. But in the end, everybody is glad to be here. A place where we all talk about our disease and recovery, so we feel stronger and better than we felt before.

Written by Anonymous N.A. members at the E.F.S.C. for N.A. 2019

CREATIVE FREEDOM

When we came to Narcotics Anonymous we knew little of creative freedom. While using we were driven only by the insanity that active addiction brought us. Using was our only solution to problems of living. After we found Narcotics Anonymous and got clean we realised, quite quickly, that we still carried the same behaviours with us. We still tried to solve living problems with our same old outdated survival techniques. We found that the quote was true: “If you take the drugs away from a drug crazed maniac, you still have a crazed maniac.” We had to change the way we lived. We do this by becoming a

member of NA. We come together in unity. Other addicts tell us that they will love us until we can love ourselves again. We broaden in our base as we grow in numbers.

“Our sponsors and friends can advise us regarding how to work the steps. We can talk over what the steps mean to them. They can help us to prepare for the spiritual experience of living the steps.”

We want to share this experience and this is called carrying the message. How we do that is up to us. That is what we call creative freedom. It is why we are writing this article. We are sitting here with members from different countries, who walked different paths, coming together in unity expressing ourselves creatively. This is how our early literature was created. The therapeutic value of one addict helping another is without parallel. We write together, putting our egos to one side, allowing others to share their own experiences. Through this process we become united in anonymity where through the process of creative freedom the “I” becomes “we” We are fully whole and wholly free.

Written by Anonymous N.A. members at the E.F.S.C. for N.A. 2019

“Those who attend meetings regularly and work the steps stay clean”

Grey Book p67 lines 33-34

We have learned from experience that addicts whom go to meeting regularly are more likely to stay plugged into the spirit of recovery. Without working the Steps, we might stay clean but it will be more painful than needed. Going to meetings and working the Steps make our lives easier and lessen the pain. We couldn't stay clean without the connection of our fellow addicts. We discover and experience that we are no longer alone. Through working the Steps we gain a Power greater than ourselves which makes it possible to stay clean and live life on life's terms.

In this moment: We have a choice to work the Steps. We never have to be alone again.

**This Grey Book Reflection was written by Anonymous
N.A. Members at the E.F.S.C. for N.A. '19**

ings who are participating there. There are other meetings in our town and tell newcomers they are free to attend all the meetings they wish and that they are welcome here as well. We do get questions from them because there are people that talk bad about us and our Group, we do our best not to do the same.

As a group we are excited to see the growth and change in our meetings and will continue to keep the effort up the upcoming year.

As Group we hope the following things for the upcoming year:

- the Groups in Holland (and Belgium) come together more often to talk about what is happening in their group and how we can support each other.
- that in the upcoming year we as Groups will come together more to start working together in Public Information efforts.
- that in the upcoming year the info line and webpage will get more help and input from the Groups we are using it.

We are looking forward for the E.F.S.C. and hope to hear more about the other Groups and Members that are participating this year.

ANONYM

GROUP REPORT ZWOLLE NETHERLANDS

Our Group participates in A.S.I.S. and communicates with the other groups in Holland that participate in the F.S.C. and E.F.S.C. Together we have a webpage and info phone line.

This year we sat down every Sunday after the meeting to discuss our Public Information efforts. This way we tried to commit ourselves to doing something every week. Examples are putting out letters to professionals, putting posters up in town and go to places to give away cards and flyers. We did a presentation at two treatment facilities and will do another one next month at a welfare organisation. Also we have had a conversation with the prison in our town and in the future we hope to do a presentation here and see what else is possible here.

The past year we have seen our meeting grow because of this and had more addicts find us through posters, our webpage, flyers and phone line. Right now we have 4 home group members and an average attendance of 3-9 addicts. We meet 5 times a week, 4 times in Zwolle and 1 time in Lelystad.

At our meetings we read the Grey Book, 3th Ed, Revised with original 4th and 9th Tradition. and the Dutch version of the 5th Edition until the translation of the 3th Ed, Revised with original 4th and 9th Tradition. is completed. At our Sunday meeting we translate literature. We have translated and reviewed the old 1983 IP's and approved them for our Group.

Our members visit the meeting in Hengelo and are involved in the translation efforts for the Dutch 3th Ed, Revised with original 4th and 9th Tradition.

In the past year the atmosphere at our meetings have changed. More addicts found our group through the PI efforts instead of treatments centres. So as a group we needed to learn how to welcome people who know nothing about our Program.

At our group we do not talk or focus on the other structure and meet-

"We seek solutions rather than dilemmas"

In active addiction and in our recovery, there are times when we try to deny our powerlessness. Often we react to our emotions by thinking and obsessing of things we can do or say to give us the illusion of control. When we act on these thoughts and obsessions, what we desire typically is pushed away from us and things are worse than before.

In NA we learn that when we feel bad it is better to share with our sponsor or another recovering addict. The pain and misery that we feel is lessened by the empathy we receive. If we then work our program by writing on the steps, especially step 1, we then begin to get in touch with the solution. Through prayer and sharing in meetings honestly, we are able to lighten the load and gain further hope that things can be okay without our control.

Through practice of spiritual principles we become more able to reach solutions without having to create problems or dilemmas.

The repeated experience of dilemmas reminds us of the insanity mentioned in step 2, and the only solution to this is working a program.

Step 3 talks about our will

which typically leads to problems whereas acceptance of God's will, will lead us to a solution. We need others and God to help us solve our problems.

In steps 4 and 5, we begin to look at patterns of behaviour that caused so many repeated problems in our life and our recovery. We get to own our part in them and own the fact that they were wrong.

In recovery we discover our character defects and how to not act on them. This is really new

The shortcomings our defects draw us to act on only cause new problems, and the earnest practice of step 7 prayer. Seeking God's help to remove shortcomings enables us to have a more solution orientated mindset, and that is hard.

We look at the problems we caused in our lives in step 8 and how we harmed other people. Where appropriate we make direct amends in an attempt to let go of the past.

In order to maintain this new way of life we need to practice the maintenance steps. The regular self inventory in step 10 allows us to admit our wrong and resolve problems.

In step 11, prayer and meditation allows us to be more God centered which typically creates less living problems.

By practicing all twelve steps we have an awakening of the spirit that allows us to become more solution orientated. The gratitude we feel makes us want to be visible and available to help other newcomers or suffering addicts.

From time to time we stumble across a problem or an area of our life where addiction is causing us problems. In these moments we can turn to the program and apply what we have learnt to seek a solution.

Written by Anonymous N.A. members at the E.F.S.C. for N.A. 2019



EFSC 2019

The EFSC is a great time for us to meet us as groups of recovering addicts and travel over to Holland. The journey and fellowship en route are enjoyable. The shared experiences of travelling to Holland, that the EFSC offers us, seem to make us tighter as a group. It's a great opportunity to catch up with people we see in meetings and pass some time together chatting about all things from recovery to other things. Getting the venue is good, seeing lots of other groups of addicts can be daunting initially, the old fear of rejection, the fear of being inferior can kick in. The recovery based atmosphere of the schedule provides opportunities for becoming more God centred, focussing on why we have come together and allows us to let go of our fears, we are all the same here. Meeting with other recovering addicts we do not know is a good experience as the equality recovery gives us shine through and it is good to listen to others experience, to share my experience and to laugh at some craziness. It feels like recovery connecting with a total stranger on some nuanced aspect of addiction, recovery or serving the home-group. This

- Currently 7 x home group members in Billericay and 3 in Ipswich
- Billericay has 3 x meetings a week. One is a Grey book study
- Ipswich has 2 x meetings a week
- Pl: we have started another Information drop locally, including sending out posters, covering letters with contact info, books and IPs. Covering local services such as doctors, Chemists, dentists, community centres & public places like libraries, notice boards.
- One of our home group members San has recently been very ill and this has had a large impact on us as a group. One good thing was on a few occasions we were able to organise a room at the hospital(s), take in some literature so we could hold a meeting for Sam.
- Positives; ongoing personal clean time and programme growth for home group members. We have a total of clean time of approx 110 years between ipswich and billericay. Maintaining regular meetings every week.
- We have taken part in a UK fellowship meet up earlier in the year with other groups with a view to working together and supporting each other. A fellowship service day was held up in Loughborough, Approx 70 people attended the day, involving group discussion, smaller group workshops, lunch and an afternoon meeting. From this we came up with a list of ideas to take back to group consciences for further development. We are due to arrange another get together, probably in the new year.
- Negatives; we remain isolated and censored within our local area & fellowship. We have little or no contact with surrounding groups or meetings. The result of this is a lack of visitors and newcomers. Hence instigating the recent Pl push.

Responsibilities of our members: 1/ regular attendance of our weekly meeting . 2/ carrying the message of recovery. 3/ making newcomers feel welcome in our group . 4/ attending the groupconscience meeting . 5/ servicing the group's needs.

Home group's service: we don't asked a cleantime requirements of our members.

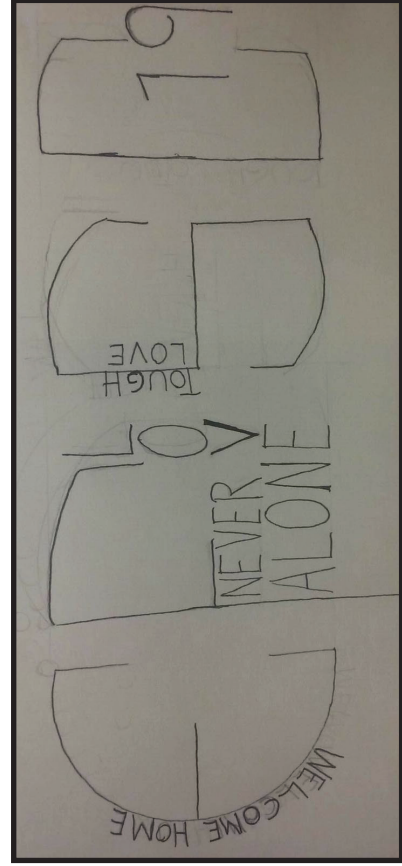
The group conscience select his trusted servants . They are clean of all mood-changing , mind-altering substance and , they have a substantial recovery by living the programme and lots of common sense . There is as for this moment a shareperson and 3 -4 attending members whom are not yet committed to this home group.

Cleantime means for our group: complete abstinence of drugs and recovery from addiction . We asked from our committed members a honest desire of stop using mood-changing and mind- altering substance.

H&I and PI work: according to our member's willingness and group conscience

- Pamphlets in doctor's waiting room
- Pamphlets in library .
- 2 institutions yet to be implemented

NA as a whole: our group participating in the A.S.I.S [alternate service informational structure for narcotics anonymous. We attend the yearly EFSC [European fellowship service convention]



year the talks on PI were particularly good - it was inspirational to see what other groups have been doing practically to make addicts and those who come into contact with addicts aware of NA. There are always things we could pick up, from creating group email addresses, using a second sim card for the NA helpline number to creating a power-point presentation that introduces NA to professionals such as doctors, pharmacists. The meetings are a great place to hear other addicts stories and challenges and empathy makes these addicts we don't know more from strangers to people we understand. It is always nerve-wracking to share in

meetings, but the fear of not sharing becomes greater than the fear of sharing and its feels good to participate. You always feel better after having moved through the fear to share and you feel like you have done your part in helping establish an atmosphere of recovery and to carry the message. Meal-times are an opportunity to connect with new people and make new friends, finding out about others in recovery is always good. Isolation and fear melt away and are replaced with friendships and positive motivation to do better in recovery. The challenge following the EFSC is to take the new found and positive momentum and integrate that into our lives, to not let the energy dissipate into the familiar comfortable complacency that everyday life in recovery can engender.

From an anonymous gentleman from England



GROUP REPORT SWEDEN

Status: 2,5 years.

Meetings: Mon- Wed- Thu- Sun. Closed meetings. Two different locations. No announced ending. (Sunday's).

Literature studies. Literature topic meetings.

The reading card "Total Abstinence in Narcotics Anonymous" is read at every meeting.

Not that many newcomers, some visitors. Attendance: 6-10 addicts. 6 committed members.

PI/H&I efforts

- nahelp.se.
- Posters.
- PI every three months at a rehab center Ljusdal.
- Free literature.
- Business cards.

Service posts

- GSR.
- Treasurer.
- Secretary.

We just approved new guidelines for service in the Group. We have Group conscience meeting once a month. Separate Group inventory once a month.

Ongoing literature projects: Translation Baby Blue (second run through), going over all IP's.

Difficulties: newcomers. To get to a Group Conscience sometimes. Micro management.

Upcoming services: Continuous PI Ljusdal.

GROUP REPORT HOME GROUP SINT TRUIDEN

- First meeting started on Tuesday 16 April 2019 . It is a closed meeting only for drugs addicts .
- Since 6 months weekly meeting with an average of 5 people. 5 newcomers of which 2 people who attend the meeting regularly
- There is no fixed home group , we are still in a development phase

On 22 October we have the first group conscience meeting . The 2 people, who come regularly, are asked if they want to commit to the group Sint truiden and are prepared to do service . A document has been drawn up how the group Sint truiden want to work according the 12 traditions . The document is an example of how the group wants to work . We have taken over the experiences of other groups in the Asis structure and the 12 traditions as a guideline to make this document. The document can be adjusted by the group members in the monthly group conscience meeting.

Example of working format for group sint truiden *onderons*

Place : stationstraat 41 3800 sint truiden Belgium

Contacts :0032479386398

When: weekly on Tuesday from 8 pm until 9.30 pm. Closed meeting

7th tradition: will be used for paying the rent for our meeting place, printing our literature and refreshments.

Literature: our literature is paid by 7th tradition . The members can freely take them at home . The literature can also find on the website nahelp.nl and is free for printing.

Description of our homegroup : a group of fellows who function together according to the steps and traditions as describes in the basic text third edition revised [with original 4th and 9th traditions]. Our group believes in a comfortable atmosphere of recovery where the newcomer can feel safe and at home. He/she becomes a part of our family. Here you can share all your fears,hopes and joys.