

The New/Old

# NA Way

Volume 28

December 2019 - January 2020





The New/Old NAWAY Magazine  
Volume 28

December 2019 - January 2020

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

# The New/Old NA Way

## Table of contents

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A Letter to Mom	1
COMMENTS ON SERVICE: IN N.A.	2
Nothing is Free Except	10
FINDING A HOMEGROUP	10
How I apply the 5 Tools in Daily Life	12
In Our Inner Room	15
Don't Unleash the Beast	16
Response to: Don't Unleash the Beast	17
Fourfold's of Recovery	18
Armor of Recovery	20
From a MESS to MESSAGE RECIPE	22
Prayer	23
What is an NA Group	24

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

## A Letter to Mom

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After I got clean it seemed like my mom didn't want to talk about my addiction much. I mean who could blame her? The hell I put her through, the hell I put me through. But being in recovery taught me that talking about it was the best medicine, a way to bring the disease to light and expose it so it wouldn't grab hold again. So, I would talk about it... to her...constantly. Then I would be disappointed when I didn't get the same reaction from her as I got from other recovering addicts. So, I realized maybe she wants to forget it happened. So, I stopped talking about it so much.

But I would call her about my milestones. "Hey Mom, I have 60 days today" "that's great honey!" She would reply. "Hey mom I have 6 months today..."hey Mom I have 1 year today!"

I get excited about my clean time achievement and she would always say "that's great!"

I know my mom is somewhat of a private person. Your daughter being a drug addict is not something you want to scream out into the sky and announce to everyone. Even though I was proud of how far I'd come, I was still an addict.

A few months ago, my mom told me that she met a lady whose daughter was in the grip of addiction and my mom opened up to this person, this stranger. Telling this stranger that I, her daughter was an addict too, but that I was clean and that it was possible.

I couldn't believe what I was hearing! My mom was sharing the hope and probably didn't even realize it! My mom shared her experience with another mother who was struggling. All I could think of was, "wow my mom is so strong"

I regret my addiction, I'm sad a lot of the time about it and how I hurt the ones I love. But it seems that even with our darkest memories we can pull something from them that will help another person.

I love you Mom, continue to share the hope.

***Love you Mom***  
***Your Daughter USA***



## COMMENTS ON SERVICE: IN N.A.

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There are some very disturbing things going on with service in general and specifically World Services. I do not choose to participate in a spiritually bankrupt service structure that cares more about conventions, fundraisers, politics, in looking good, sounding good, budgets, plane flights, positions, ego, etc..., than the primary purpose of Narcotics Anonymous.

It has been a long time since I've sat in a service meeting and heard any Serious discussion about how best to fulfill our' primary purpose, and seen any subsequent action taken as a result of those discussions.

In this package of papers that are being handed out to you, you will see a report from an RSR Alt. from the C&P Region that accurately describes the reality of our World Service Conference. You will see how different it is from the report we were given by our RSR, and Alternate. There are other reports that I could bore you with, but I will let this one suffice. I was there at the conference, and my viewpoint is the same as the C&P report. Last region I communicated this to you verbally. It seems to have fallen on deaf ears.

It makes no sense to participate in service in a region that believes in Group Conscience but will not act upon it. Our World Service Conference, World Service Office, and & Board of Trustee have no use for us. Our beliefs, spiritual principles, or group conscience. The ideals, values and beliefs that our fellowship were founded upon have been rolled away into a dark closet that nobody dares to open for fear of having to examine themselves in the bright light of these truths.

Approximately 60 cents of every donated dollar in our home group is siphoned off and goes directly to a corporation called WSO, Inc. This money, due to the nature of the corporation, never returns to the service structure to carry the message to the addict who still suffers. This total is approximately 5 million dollars. Along the east coast, the regions contribute 2 million dollars of that total. In the east coast regions there are approximately 4,000 meetings per week that represents 25% of the fellowship worldwide. We have been ignored and were ridiculed for our beliefs and our Group Conscience on the floor, of the WSC and in the N.A. media. Are we going to lay down and allow this to continue?

Due to the events at the Conference such as; the continuation of

work on the Guide to Service, the continuation of the Trustees writing our Traditions, the approval of Behind the Walls as a piece of N.A. literature, the approval of the Group Booklet as a piece of N.A. literature, the passing of motions that took away the review and approval process of our literature and the approval of the motion to allow the WSC/WLC to hire professionals to draft (write) our literature. In World Service there is a general disdain for all things remotely connected to what we in this part of the world believe to be the spiritual principles of Group Conscience. It seems that we have to enter into discussions immediately upon what our relationship is to this World structure and whether we need it at all.

Part of that discussion should include options that we may want to pursue in the formation of a structure that more responsibly and correctly fulfills the mandates given to us by our Steps and Traditions. That structure should take on the task of carrying the message around the world to the addict who still suffers in place of our world service conference. It seems that our world services have been ineffective and inefficient in doing so. It is time to change!

In the pages attached you will see the lies, manipulation, and

total insanity of our current World Services. The letters from trustees and the lawyers do not contain a single documentable fact or legal reality. The "little blue book" has sent them over the edge because they are not in total control any more.

If you think for one minute that most people in World Service really give a damn about carrying the message to the addict who still suffers, then you are wrong. They are more concerned with plane flights, budgets, prestige and what great new expensive useless project they can take credit for while they are in their positions. World H&I is the only remnant of the spirit left of service that made this fellowship grow.

Since approximately 80% of our fellowship has arrived here in the last 3 years, it is not so hard to understand why most of our fellowship has no conscience or understanding of the spirit and reality that formed and fed the great movement of growth in the 80's. That growth and that spirit was a result of the literature movement and an attempt on the part of many addicts to promote the growth of N.A. in the face of much controversy and resistance.

Our 9th Tradition states that we MAY create service boards and committees directly responsible to those they serve. The flip side of

this Tradition is that we MAY NOT CREATE or we MAY UNCREATE service boards and committees that have NOT been responsible to those they serve. The reason for the great growth of World Service has been directly attributable to the money generated by the style of literature and the necessity for some type of structure within which to promulgate the sales and distribution.

World Level Committees of the World Service Conference used to be a place where people from different geographical locations came to share experience, strength and hope with one another in an atmosphere of love, respect and anonymity, taking what they learned and shared home with them for use in their respective service areas.

It would seem that N.A. as such, which is the groups of N.A., have very little use, in reality, for World Services. The only way that World Service interfaces at all into the group is in the sales of highly overpriced merchandise. This makes our home groups store fronts, franchises if you will, for WSO, Inc. We really do not need this type of commercialization and intrusion into the primary purpose of N.A. groups. We can do everything they do at much cheaper prices.

There is no reason to pay \$10

for a Basic Text when the groups can print one themselves for less than 1/10 the price. There is no reason to pay \$.30 for a key tag when they can be purchased for \$.02 each by the groups or a group of groups. There is no reason to pay \$.15- \$.20 for an I.P. when they can be purchased or printed by the groups for \$.01 \$.03 each. There is no reason to pay \$10 for a Basic Text when WSO pays \$1.47 for it. These are but a few examples of the exorbitant markups that make the average profit per item 4000%.

In the attached documents you will see letters from the Board of Trustees, from the lawyers Wagner and Middlebrook. You will also see some responses from other people in other places. You can draw your own conclusions. I am not alone. Obviously, there are other people who understand the truth of what I am saying and recognize the need for alternative behavior.

Some of you may not like my personality and some of you don't share my beliefs. Some of you are so paralyzed with fear because of the bullshit threats, lies and credit that spring from the mouths of our world servants that you are playing right into their plans for you.

Whether or not you like my personality doesn't mean shit to



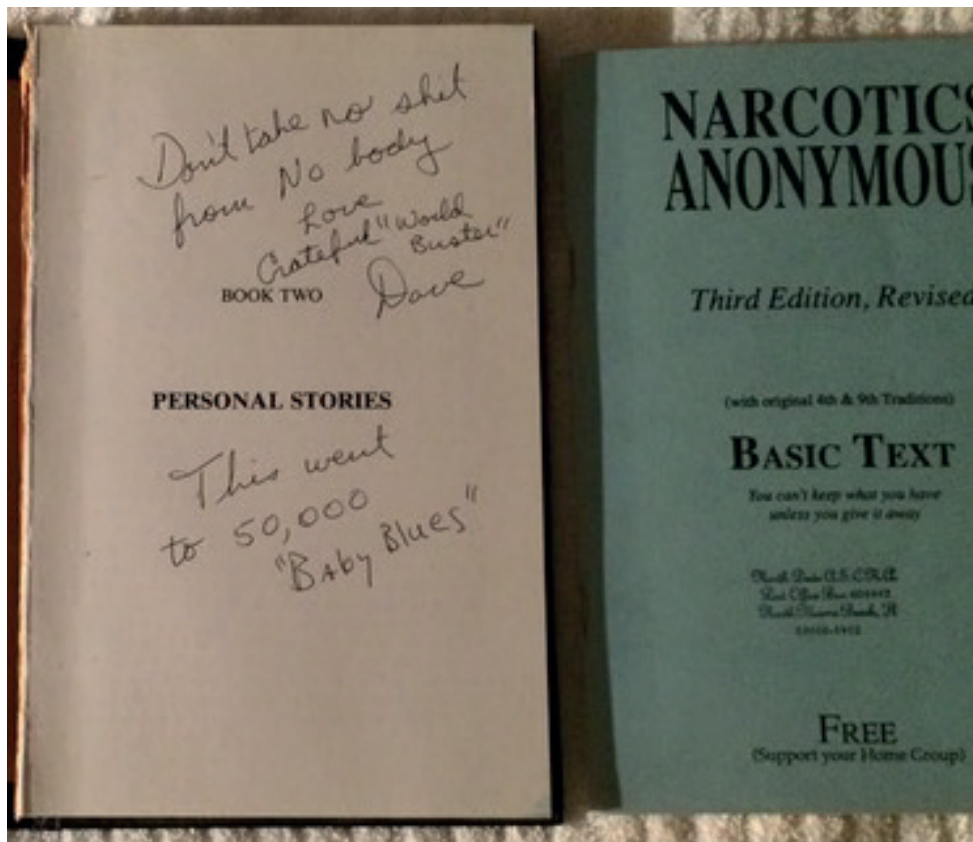
me and whether you believe like I do doesn't mean shit to me either. All that is important is my relationship with myself, a loving God and my friends. The truth is the truth and whether or not you want to believe it doesn't matter either. One day you will wake up and wonder what happened to Narcotics Anonymous and the spirit that used to be here and you'll say, "Boy, Dave was an asshole, but

he was right!" Believe me I take no joy in being right. I would be very happy if none of the things that I know to be true were true!

Let me give you a few facts.

(1) There was only one Basic Text that was ever approved by the groups. This was the approval copy of the Basic Text. It contained no stories.

(2) The original 4th and 9th Tradition were in both the gray



review form and the small white approval form.

(3) The stories were never approved for use in N.A.

(4) The Tradition language was deleted between the approval copy by WSO and the red special edition and the stories were added by the WSO. No other Basic Text was ever voted on or approved.

(5) 1986 World Service Conference approved by a vote of 72 - 0 the changes in the little white book recommended by the trustees. These changes were what later became changes to our Basic Text resulting in a 3rd Edition Revised text. A motion was made by the Literature Chair at the Conference (which was not a unanimous vote) to reflect the white book changes in all our literature.

(6) 1985 Conference passed a motion to edit the Basic Text for Grammar, punctuation, capitalization, single and plurals and syntax. This is generally the wording of the motion. An editor was hired, and changes were made resulting in a 4th Edition that was in the process of being edited and changed during the 1986 conference year and after the publication and distribution of the 3rd Edition revised. In November 1987, the 4th Edition was distributed without a review by the groups to approve changes. At the 1987-88 conference after much

discussion, disunity and controversy resulting from the publication of the 4th Edition, the conference nor the fellowship accepted the 4th Edition as conference approved material. There were motions made that year by region to "immediately return to the 3rd Edition Revised". Bob Stone made a plea, telling everyone it couldn't be done and that we should just "fix" the 4th edition. A 5th Edition was never expected, approved or authorized by the World Service Conference. So, the Red Book, the 1st Edition, the 2nd Edition, the 3rd Edition, the 4th Edition and the 5th edition were never group conscience approved.

The Trustees in their letter to the fellowship regarding the "illicit, illegal Basic Text" leave these facts and many others unstated. The Trustees are relying on your ignorance and your apathy and the Unavailability of World Service Conference minutes for you to research the truth and, therefore, they used lies, fear and manipulation to justify their claims in these reports.

The letter from Wagner & Middlebrook, Attorneys, that appears to be a legal document is the most gross, blatant bunch of lies ever perpetrated upon members of Narcotics Anonymous. I would like to state a few more facts for you.

(1) The members of N.A. own the World Service Office and, therefore, copyrights and all other intellectual and physical property. The claim by this law firm means that N.A. is suing itself which it cannot do.

(2) In the facts given to you prior you will see why the "little blue book" says "Fellowship Approved". Conference approved is anything that the conference decides to stamp "Conference Approved" and bears no relationship to what we know as our fellowship approval processes.

(3) There is some quote from Title 17 and Title 35 of the U.S. Code. And if you will not accept this letter and look at these titles you will see absolutely no relationship to literature written, produced and distributed within the context of a fellowship like ours.

(4) Paragraph 3 says "you are hereby directed to cease and desist". ONLY A COURT CAN ISSUE A CEASE AND DESIST ORDER! Wagner and Middlebrook, Attorneys, know that and are in complicity with our World Service Office Directors and our Board of Trustees in perpetrating a hoax upon the membership.

At a cost of approximately \$50 per "legal letter" for postage, handing and legal fees, 150 of these letters were sent. Subse-

quent to the sending of these letters "apology letters" went sent by overnight mail at a cost of approximately \$12 each bringing the cost to between \$9,000 and \$10,000 for the distribution of lies.

If it had been the purpose and intent of WSO to sue for remedy of this situation, they would have done that immediately and discretely. However, there is no body of law that would substantiate a claim to ownership of said copyrights conferred to the WSO. It is apparent to anyone who knows anything at all about law that this attempt on the part of WSO to control the thoughts and actions of members of Narcotics Anonymous has no basis in legal reality.

The truth is that the law firm of Wagner and Middlebrook advised WSO that to pursue this course of action for suit, would in fact be an expensive and possibly futile pursuit. In order to obtain a Cease and Desist from a court, much research, money and time would need to be expended. There is a distinct possibility that WSO would find itself powerless under law to substantiate the assertions claimed by Wagner and Middlebrook, Attorneys. In other words, WSO is afraid that it will lose any legal action brought on by itself or members in regard to ownership of all intellectual and physi-

cal property.

In another interesting truth not being told there is a "perjury statement" attached to the back of this letter. ONLY A COURT CAN DETERMINE PERJURY! So, what we have is a fear campaign being waged against defenseless groups, areas and members at great expense by people who are supposed to serve our wishes. Assertions in these letters have been made about unity and violation of traditions and other such good sounding bullshit which are fashioned specifically to intimidate through fear and guilt. If Unity and traditions were actually anything that these people had any understanding of then they would not have pursued this damaging course of action in the first place.

When I came to N.A. service was something beautiful and open and lovely. There was never a moment in World Services or services at the area, group or regional level that felt like service "feels today". I have spent over 6 years involved in service to this fellowship from world level to the group level and all points in between. It is with great sadness and concern that I watch the de-evolution of what once was irrefutably a place where God could be felt and experienced. That is not the case in service

today.

Only radical action could have brought about the growth and development of N.A. and only radical action will sustain that initial creative energy. This is a program of change and although fear plays a part we will never change if the tear is so overriding that it paralyzes us and makes us helpless. Change is doing something differently. We must do something differently today.

Our blind acceptance and trust of World Services has led us into a dead- End alley from which there will be no escape unless we forcefully and resolutely return up that blind alley onto a street that gives us choices and options for the directions that we need to take.

N.A. groups do not need World Services. N.A. groups can best fulfill their primary purpose with participation in an active, vital area service committee that does H&I, P.I., phone lines and prints its own literature and meeting lists.

We need to reevaluate our relationship with our World Services. If you seek to recover in an atmosphere where creative expression and availability of all information and points of view are gladly accepted then we must change the current atmosphere of lies, distortions, censorship and manipulation.

The current structure is set up

and maintained for the self-aggrandizement of our members who chose to participate in money, property, positions and prestige. They will not relinquish their stranglehold on our service structure without a fight. We are capable of giving them that fight, and we should carry the fight to them. If you haven't rolled over and become wimpy and weak then you can join me in the fight to retain Narcotics Anonymous for future generations.

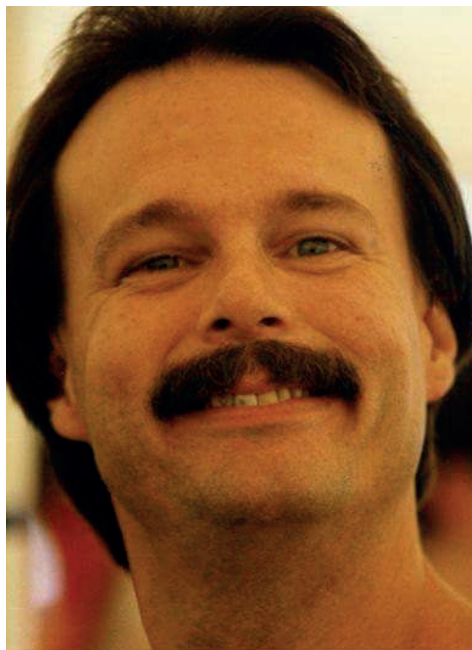
If you want to purchase these "little illegal, illicit blue books", you can purchase them from me. As an agent of my home group I am the representative for sales and distribution of these Basic Texts. I have produced and distributed 7000 of these books at the behest of my home group. World Services knew this fact long before the fear campaign of letters from the Trustees and the attorneys.

The current plans are to produce 50,000 Basic Texts and make them available to groups for \$.50 a book. Anyone wishing to donate money or to purchase books in advance, please write Grateful Dave at 1110 East Palmer Street Philadelphia, PA 19125 or call 215-425-5157.

Please send a copy of this letter to WSO and to Wagner & Middlebrook, Attorneys so they do not

waste their time and our money sending letters and threats to everyone else in the fellowship.

***With great sadness,  
Grateful Dave***



## Nothing is Free Except

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Nothing is Free Except are ability to Give of our Time, even that is not free we have to give something up to give our Time. When we say Free Literature, we must remember someone has paid for it and it is the Group where it becomes Free is, we hand it out to the newcomer when they have walked in the doors. However really when they become members, they pay for what they have received freely by participating by giving of their time, energy, and donations in the Basket when we pass the basket are whatever your customs are, even a candy box. Other places I seen a cup, other places I seen where they leave the box basket are cup at the entrance are exit and leave a message donation excepted, we are fully self-supporting decline outside donation (Funding).

Where Free came in on the Baby Blue was because of legal matters in a pending court battle with world service office and its boards. It was created that if you gave the book away and there was no profit being made and it was being put out at cost it would benefit the fellowship in their battle with the corporation and there 400% profit mark up. That are Book and literature was written by addicts for addicts and

should never be used to profit off. However, it still is not Free it cost the NA Home Groups to Print. So it removes the narrative off a Free Literature movement, It was never about a free Literature Movement, however it was about restoring the decision making process back to the NA Home Groups and that NA Home Groups would direct it services not it services directing the N A Home Groups. It has been about restoring the Spiritual Principles. directed by N A Home Groups through there trusted servant to their service structure to be directly Accountable to the NA Home Groups. That no service body has the ability to make decisions for NA Home Groups.

In Loving Service

***An Anonymous Addict  
USA***

## FINDING A HOMEGROUP

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*"We come to this program from homes and apartments, offices and schools, treatment centers and jails, parks and gutters. We come from many different places, but they all share loneliness, pain, and fear. Somehow addiction draws us together in Narcotics Anonymous."*

**Grey Book Page 88 Lines 1-5**



In Narcotics Anonymous we tell newcomers “welcome home.” For so long most of us have not felt like they belonged anywhere. We are the world’s best isolators and know very well what it’s like to feel alone. Making the commitment to be a productive part of a Group in NA is a very big step for most of us. Being responsible to be there every week to help set up the meeting, make coffee or greet the newcomers that show up is very special and helps us grow in many ways.

Most addicts start going to meetings and are not concerned with joining a Homegroup. Part of our disease is our total self-centered lifestyle. Most times we cannot see beyond the tip our own nose and are only focused on our own wants and needs. If we want to stay clean, we need the help from other recovering addicts who have found a way to live without drugs. Our Groups are a place where addicts can come freely and find recovery in their own rate. Once we experience the help, we get from the people we get to know in the meetings we learn about giving away what we must do to keep it. We need to start giving what we have found in Narcotics Anonymous in order to keep it. One of the things we have found right from the start is a place to be

ourselves, a Group of people that made sure there was a meeting for us to go to. Making sure this place is available for the next addict that is looking for help is a way of giving back what we have been given freely. When we start to commit to a group and start to chip in our part by doing service, we start to become a responsible member of a group of addicts that come together regularly. We have found a home group where we want to be a part off.

*“Our meetings are very special to most of us. They’re a place where we feel safe; a place where we fit in. But what keeps it that way?”*

#### **Grey Book Page 89 Lines 5-6**

Soon we will start to hear and learn more about the NA Twelve Traditions of Narcotics Anonymous. The Traditions are what keeps our atmosphere save. They are our Unity and protect us from what could drive us apart. The beauty of a home group is that it has its own character. Even though the disease of addiction is the same everywhere on the planet this does not mean that people, cultures and cities are. The Group fulfils the need of their members and focusses on the addicts they are trying to reach. This is the primary purpose of a Group and who is better able to

reach the addict in that city than the ones that have lived addiction in that same place? What might work in the United States might fail miserably in a different country.

This is what makes our Groups autonomy so special. It gives us the opportunity to be ourselves as members and groups in total creative freedom and by that way we are better able to reach the addict nearby. We have the Traditions to keep us save from ourselves and outside influences and can learn about applying them together as a Group. As long as every NA Homegroup takes its responsibility, we all have a place to find recovery and many addicts can be saved by finding a place where they belong. A Group to call Home!

***Anonymous addict  
From the Netherlands***



## How I apply the 5 Tools in Daily Life

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The 5Tools of recovery is tools we can utilize in our daily living that helps us stay in recovery, if anyone have missed reading the IP, I am certainly recommending you to read it, it helped me see what I needed to do for my recovery. The 5 tools we are talking about is Praying, Reading, Writing, Calling and Meetings.

The Five Tools IP is a great template for me to use in my daily life, I am leaning on that one daily in my recovery. We need to remember that this is a daily program, we only get a daily reprieve, so we need to practice the tools daily. The very first time I read that IP I thought that was too much to do in one day, "How can I possibly do all that!?" I thought, how could I fit that into my daily life, I saw it as impossible, and that it was, until I realized that I needed to fit my daily life around the tools, the Program. To make an image so can I say that if I was about to draw a weekly schedule for myself, I would have putted out the time necessary for my daily Program first, put up the time to apply the tools. And after that put in the other pieces of my life, like work, school, exercise. I was thinking on how I would lay



this up, I heard at meetings about living prayer to prayer and I also heard about members sharing about starting the day with Prayer, reading and writing and then end the day with reading, writing and praying. That is three of the five tools right there.

To get those into my life took a lot of surrender and letting go of my ego. Since I need the time to do all this in the morning before I need to go to school/work. And I am really not a morning person, but I need to prioritize. I realized getting up in time to do these things in the morning, gave me more energy and power than that extra sleep would have ever done. But it took a while to get there, I needed to be consistent, it was hard until I got it into a habit. So today, does it not matter when I start in the morning, I will make sure I get up in time to Pray, read and write. I won't get in so much in detail on how I pray and to what/who, because then I rob the reader of getting a completely own understanding.

The very first thing I do when I wake up is to pray, I need to invite God in my life right from the start, it grants me perspective and God consciousness. Right after do I read NA literature written by addicts for addicts, there's no given rule on how or what to read, but me personally like to flip

up a random page from the Basic Text and just read, when I flip a random page like that, I usually are granted exactly what I need to read. I love to read our written message in the morning, it helps me get my mind on recovery that will help me throughout the day. After the reading do I write, what I write on depends on what I have talked to my sponsor about, I usually do my step writings, or a gratitude list to get the process of recovery, growth and gratitude going right from the start.

When I start my day like this it really helps me to have a positive view on the rest of the day, it actually sets my approach to my daily life. And of course, it helps me grow and to put my ego aside. This is also how I end my day, that keep my mind on recovery that follows me to the next morning. It helps me see how the day has been and check that my actions have been in line with the principles in our Program, or not, then I can admit and amend if wrong has been done. So, the evening routine looks pretty much the same, the thing that differs is at the evening I write my Step inventories and also "Living the program" IP.

Between the prayer to prayer is there rooms for calls and meetings, which is the other two tools. When it comes to calling, commu-

nication is key for recovery and essential for my growth. If we weren't communicating in different ways, we would be isolated and alone, and an addict alone is in bad company. So, I make calls to recovering addicts daily, and by that, I mean except my sponsor. That say that I call my sponsor daily and also other recovering addicts daily. The value of these phone calls go down to the very heartbeat of our program, one addict helping another.

I need other recovering addicts in my daily life. Many times, I've thought for myself that I don't have nothing to say so I'll skip the call today, or I was thinking that I was at trouble for the ones I called and such. I need to call on that, actually it does not matter if I don't have anything to say, then maybe I need to listen to the one I call today, or maybe I will get something to say when talking with this person. And the thing about being of trouble or being in the way. I need to go to myself; I see it as a gift when other recovering addicts are calling me, I do not see any addict that calls me as someone who disturbs me. So why would they think that about me? Even if they did, so is it their responsibility to express that, not my responsibility to make that up in my head.

The good thing with these

calls also is, as I already have mentioned, is that I receive calls daily also. That is one of the beauties when more members apply the 5 tools, that I maybe will end up on some other addicts calling list, and I really appreciate that. There's also barely any limitations of where we can call today, I speak to addicts from abroad every day.

Last but not least of the tools is the meetings, that atmosphere of recovery haven't I experience on any other place, it is there my spirit really can be touched. I need meetings in my life if I am to recover, by attending meetings I can receive and share the message of Narcotics Anonymous. At meetings do we share our experience, strength and hope with each other, how we apply the principles in our every day living. We also receive the message from our literature and also get to communicate with recovering addicts. It's a safe place for me to find recovery. It's at meetings we can carry the message, it's at meetings newcomers will come, it's there we can greet them and make them feel as the most important person in the room, because they are, the very lifeblood of NA!

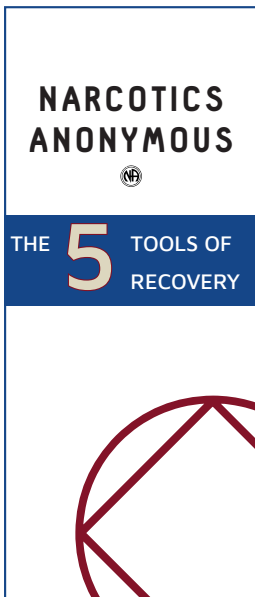
Our primary purpose is to carry the message to the addict that still suffers, we can do that in many

ways, but the goal is to get that addict to the meeting so the miracle truly can begin.

This is my experience on applying the 5 tools in my daily life, I do not say that this is the only way to apply these tools, and I am not telling anyone how, when and where some may apply them. What I want to express is that applying these tools made a huge change in my life and the result is growth, and I feel safe and protected from the disease, every day. As long as I follow this path I've nothing to fear.

In Service

***By an Anonymous Addict  
From Sweden***



## **In Our Inner Room**

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In our inner room, where our ego can't find us. Where there is light and infinite love. In here our spirits are floating in an ocean of awakening. There's no separation. This place smells from the perfumes of unity, trust and anonymity.

What if there was a physical place like this? A place of unconditional love, unselfishness, to just give back to life. A place of sharing and caring, both pain and happiness. Faceless people just sharing and listening. No violence. Only love.

Oneness of purpose and existence.

In this place there's power, there's total openness here, no demands nor governing. This is a place for spiritual growth. In this place they're only concern is how they can help each other.

If there was such a place, I would go there as often as I could.

Every member has a responsibility to make this a reality.

We have the blueprint. Let's make it happen.

***Written by Anonymous  
Sweden***

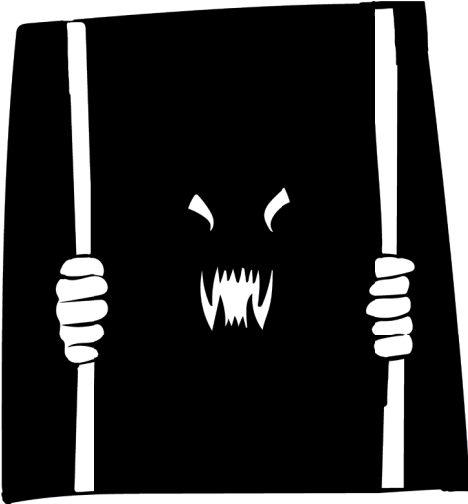
## **Don't Unleash the Beast**

For many of us our disease started off as a cute little pet that needed little care to keep it going. That pet quickly grew beyond any of our controls. For some it started by causing little messes to clean up and we followed behind it cleaning up those messes for a while. For some it broke free from the fence and started impregnating every other little beast around it creating a herd of little beasts all over the place. No matter whether our beast grew up quickly over night or if it took its time to grow, we all have some things in common with those things we thought were cute little pets at one time. The beast got loose and started wreaking havoc every place it went. When we thought we may have finally got it trapped in a corner so we could tame it then it ran right over the top of us and was loose once again. We needed help and looked multiple places. We tried only using certain drugs, some used other drugs to try to tame the beast, some tried religion. No matter what we tried it always failed until we found a Group of others just like us that were trying to tame their beasts also. We learned to listen to each other on what worked and what didn't work. We gained tips from each other as some had seemed

to have arrested their beast for a while. We learned we needed to get a leash with 12 parts to it so we could arrest the beast and keep it in a state that we were able to start cleaning up the messes that it had created. We always were warned that we need to stay alert and keep an eye on the beast because if we forget what it did, we will turn our head and let it start nibbling away at the leash that is keeping it secure. Some forget and remember the beast for it being a cute little beast. They tried putting a different leash on the beast only to find that leash wasn't strong enough to keep the beast in check. The chaos started all over again for them and some have died from these attempts to control the beast. Not only did we find we needed all twelve parts of the leash to keep it in check, but we found if we tried holding the leash, we would just get dragged all over the place. We have to let a Greater Power hold the leash as the beast is too strong for us. When we let that Greater Power hold the leash things get simpler. We may start to see the real damage that has been caused and it can create a sense of failure and disappointment if we forget that our Greater Power is strong enough to hold the leash for us. My question is why anyone would think they can give that beast even a little bit of

a chance to run free and destroy our lives again. We must never unleash the beast unless we want to get the pain once again.

**Written by Anonymous  
USA**



## **Response to: Don't Unleash the Beast**

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Yes, you're on point; still the item that sinks my boat is the death grip corporations lock us into. Then slowly drain or blood. For profit. The most important thing in my life become NA. In 1993. The only reason for my reply here now comes from one source. There is a addict in Florida who needs help, but either refuses it or lacks the resources to seek it out. His trapped in his disease. I

meet him many years ago. When he got out of a hospital close to downtown Miami. He had shoot himself. While setting in a tub as his mother n uncle walked into the bathroom. Been contacted to him now for over 20 yrs. I became his daughter godfather. Caring a pure NA message has remained my primary purpose even though I keep stepping into crap. Keep in mind it's under my shoes and not inside me. All the mixed messages his accepted as his truth kills his spiritual development. The only thing in my mind a few minutes ago was to give him a connection to the resources here. It's the only thing I found clean that's genuine. His name is AJ and his near Fort Lauderdale, Fl.....A power greater than one has always been an army of addicts supported by a foundation built upon the truth with the literature to back it up. Love it.... been homeless myself and without a real home group, which I needed to grow. If anybody here happens to bump into him here. Keep in mind No addict Needs to Die without a chance to find a better way to live. We all believe that here or we wouldn't be here. Keep the Dream Alive....No Matter What.

**Written by Anonymous  
USA**

## Fourfold's of Recovery

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The disease of addiction is a disease that affects every area of our lives, physical, mental, spiritual and emotional. So that means we need to take action to recover in all those areas, and how do we do that? This is our experience.

### **Physical**

By getting clean and being total abstinent from all drugs we start to recover in the program of Narcotics Anonymous, we lose the compulsion to use, we are granted freedom. Our message is "That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom." We don't have to use anymore! We, however, need to remember that there's a difference between just being clean and recovery, being physically clean and spiritually dirty will eventually take us back out there.

When we start to recover, we would stop hurting ourselves physically. While using we didn't take care of our self physically, many of us walks into NA with a lot of scars, diseases or injuries as a result of our using, it would be good to get ourselves checked out and do the action necessary to recovery from those conditions. When we came to NA we hear

many talk about doing differently, to change, we need to stop treat our bodies as a garbage bin, that is hurting us and are affecting other areas in our life. Our Basic Texts tells us that we need to keep a watchful eye on our daily H.A.L.T.S maintenance. When we live physically dirty it affects our mental state in a negative way. When we take care of our bodies physically it makes mental recovery possible

### **Mental**

With the physical recovery in balance we make mental recovery possible.

We need to get rid of the insanity in our lives. The 2nd Step says that "We came to believe in a power greater than ourselves that could restore us to sanity." So here again, by working these Steps we can get our sanity restored by a Greater Power, if we allow it and get out of the way. We need some hope after accepting and admitting the powerlessness and unmanageability that the first Step shows us. We learn to start relying on a greater power rather than our own thinking. Eventually we start to see that the areas we thought would never change do change. We begin to truly believe and trust that our Greater Power has our best interests in mind. We learn to let go more and more as the layers of insanity are peeled

away by each surrender. Before the obsession of our self-controlled our lives. We sought relief by our own means rather than seeking a power Greater than ourselves to help with the mental anguish that being stuck in our own self-made prison can cause.

### **Spiritual**

The hole we carry within us that we've tried to fill with drugs and other things, but nothing has ever fit the hole. When we came to NA we learned that this hole is God sized and the anything that fits in that hole is spirituality. Through this program that is now possible, we put our faith in God and let God take care of us in Gods way, we surrender and stop trying to fill the hole that get our lives even more unmanageable. By recovering spiritually, we will recover in all other areas of life. To do so we need to first and foremost get abstinent from all mind altering and mood changing chemicals.

"That is what we call becoming God-centered instead of Self-centered." We continue to grow learning we are not the center of the universe but rather that we are a part of. We are able to be humbled and seek a better relationship a God of our understanding. We learn how to live by spiritual principles such as Honesty, Open mindedness and Willingness as well as a multitude

of others.

### **Emotional**

Emotional recovery is a result when we recover in the other areas in our lives, when physical, mental and spiritual recovery are in balance, we gain emotional stability.

We've been told that emotional stability is the last part in which we recover. By maintaining our spiritual condition daily, we find emotional stability. One result of meditation is emotional balance. Emotional is the first to go and the last to come back. It requires daily maintenance. We lose are emotional state first, then we start to question God in our lives again. We start to question the meaning of life. We struggle with Prayer and we have a hard time feeling God in our lives. While our emotional stability is the last for us to recover it seems it always starts the relapse process if we are not careful to watch how our emotions affect our lives. We can do this even before we gain emotional stability as it helps us grow towards it. Eventually we are able to not let our emotions get the best of us and can instead live life on life's terms.

***Written By:  
Anonymous Addict  
From Sweden***



## Armor of Recovery

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We hear in our rooms that ‘an addict alone is in bad company’. Our experience is that we need protection from ourselves, because by ourselves we have no power over the disease of addiction. The armor we need to put on are the tools and principles that help us build a relationship with other members, the God of our understanding and ourselves. This way we are never alone again. We surround ourselves with the help we need to recover.

There’s a difference between just staying clean and being in recovery, when we just stay clean, we are completely exposed to the disease of addiction. When we start to recover on a daily basis, without reservations, we put on that armor of recovery that makes sure that the disease cannot take over our lives, it makes sure that we, just for today, never have to use against our will again.

Why do we need armor? some might ask. Isn’t being clean good enough to keep us from the insanity we lived before? After all who would want to return to those old ways? Our disease is constantly with us it never leaves. It watches for the weakest link to get in. We can’t afford to have any weak links in our armor.

When we first wake up in the

morning if we do not put this armor on we are vulnerable to the disease. We need this in order to stay in recovery today.

Reading, writing, prayer, meditation, our sponsor, our home group and other addicts are all a part of this armor we wear.

By calling other addicts we protect ourselves from isolation. We let others in to our lives. We let others hear how we are and because addicts know each other best if we are hiding something normally someone will hear it in our voice. We also protect ourselves by ensuring that there are going to be other recovering addicts around. Phone calls help others know we care. It is one way of getting out of self.

By writing each day we can see how our disease is affecting our lives. It keeps us rooted in reality. It helps us grow in ways that protect us from the lies of addiction. We can see things as they are rather than as we feel. Sometimes just getting things on paper helps us understand the insanity that our disease is keeping us in. We need the armor of writing to pierce our innermost beings getting to the heart of the matter.

Reading NA literature helps us keep focused on recovery rather than the disease. It protects us from our own wandering eyes. We learn to stay focused on the



solutions rather than the problems. We learn daily and by reading daily we are safeguarding our recovery.

Prayer keeps us safe by helping us remember we need a power Greater than ourselves to restore us to sanity. It keeps us looking for spiritual solutions rather than the using that controlled our lives for so long. It reminds us we are not the center of the universe and that there is a power greater than ourselves.

“The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our fellowship alive and free”

We’ve now identified the problem, so we should also identify the solution.

Our solution relies on the strength of our service committees; namely PI and H&I. Our PI committees would inform the related facilities and outside enterprises of our default and put them into contact with our H&I committees. Our H&I committees could then ensure that the NA message and meeting schedules are carried to the potential addicts that are under the direction of the legal system or treatment industry. These individuals would then have the choice to come and go, freely and anonymously, into or out of Narcotics Anonymous; just as any other addict does.

In conclusion, As Groups we need to remember what our literature says, “We are not connected to any political, religious, or law enforcement groups, and are under no surveillance at any time.” We want the place where we recover to be a safe place, free from outside influences. When we inform related facilities and outside enterprises that we do not sign verification attendance papers our meetings become a much safer place for addicts to recover. We feel totally free to express ourselves within the Fellowship, because no law enforcement agencies are involved.

We are free, and we will not put our freedom on the line.

***Written by Anonymous Addicts  
In Open Participation***



## From a MESS to MESSAGE RECIPE

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How can something so hated by many become attractive? We come in lost. We are hurting from what the disease of addiction has done to our lives. It made us afraid to face life. It made us afraid of ourselves and anything unfamiliar to us. We come in beaten and broken. We are a hot mess that many have given up on. The disease has beaten us to a pulp so much that we can't even recognize our true selves. Is it possible for this mess to become a message?

Many of us question this as we come in. We have no hope as to what we can do. We think the pain will never end. How do some of these addicts share their experience that there is hope. We want some of that because the only thing we ever knew to numb the pain was dope. The drugs quit working and we are afraid of a existence of pain and misery for the rest of our lives.

We can't spell message without mess. We have been taught that it is going to take all of us as we have been given a gift through our pain and misery that we can reach addicts. We may be the only hope for some as they may never see the miracle of another addict

that has suffered and recovered like us. So how did we get to the point that we are able to be a glimmering light in a sea of darkness. A beacon of hope?

We find there is a recipe and it is right in front of us. When we spell message, we can separate mess from age and time is a great healer. As we age in our recovery, we are able to see clearer. We learn who we truly are and what the disease did. We are able to separate the mess from our lives as we age. During that time though what do we do to start cleaning up the mess?

We have a recipe that is in our Steps. First, we have to own the mess. After we are able to see it for what it is and what we are responsible for and what we aren't we then can start looking for some hope without dope. We learn there is hope in a Greater Power than ourselves. We find we can't do this alone. We need help cleaning up the mess. After we realize we need help we become willing. We started to stir up things we hid from for so long so that we can see them for what they truly are. We then get into action searching through the mess for what can be salvaged and what must be thrown away. We share the exact nature of our wrongs with another, ourselves and God so that we can start to break the

links in the chain that have kept us enslaved. We do more inventory and learn that the special ingredient is humility. Without humility and understanding our place in the universe none of the cleanup crew works. We learn to forgive ourselves and others. We don't hide from not being perfect in fact we admit it as soon as we can so that we don't start adding to the mess again. We continue to seek out God's will rather than our own and we share the gift that has been given to us so that we never have to return to be a hot mess. Today we have a message that attracts those stuck in the mess to believe they too can turn a mess into a message.

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

## **Prayer**

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God

May this work be completely free from ego, so that this service may penetrate the heart of the suffering addict, if only for a brief moment.

May this be an act of unselfishness and unconditional empathy, from one addict to another, a heart to heart effort, so that all suffering can evolve to spiritual awakenings.

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

### **What is an NA group?**

When two or more addicts come together to help each other stay clean, they may form a Narcotics Anonymous group. Here are six points<sup>1</sup> based on our traditions which describe an NA group:

1. All members of a group are drug addicts, and all drug addicts are eligible for membership.
2. As a group, they are self-supporting.
3. As a group, their single goal is to help drug addicts recover through application of the Twelve Steps of Narcotics Anonymous.
4. As a group, they have no affiliation outside Narcotics Anonymous.
5. As a group, they express no opinion on outside issues.
6. As a group, their public relations policy is based on attraction rather than promotion.

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**



# VERTAALDAGEN

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

## 4 & 5 Januari 2020

Nieuweweg 87, 8051 EC Hattem

Dit gaan we doen: Tijdens de voorgaande vertaaldagen hebben we de eerste vertaling van input voorzien. De eerste conceptvertaling van het boek is af. Op deze dagen zullen we gezamenlijk de conceptvertaling vanaf het begin doornemen. Dit gebeurt het hele weekend door in één groep, in blokken van een uur.

**Eten en drinken wordt ter plekke gekocht met/door de aanwezigen. Slaapplek of meer informatie nodig?  
Bel 06 14584190. Welkom op 4 januari vanaf 09:30**

[www.nahelp.nl](http://www.nahelp.nl) - [www.groups.io](http://www.groups.io) ( Radio Free NA Forum)



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](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

# 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)

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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.....



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

or email to [nahelp.nl@gmail.com](mailto:nahelp.nl@gmail.com)

Contact: 0031642091629



## Upcoming Events

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### NEWYEAR'S EVE MARATHON SPEAKER JAM

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

### VERTAALDAGEN BABY BLUE

Date: 4 & 5 January  
Hattem, the Netherlands

### 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](mailto:nahelp.org@gmail.com)

## Weblinks

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[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: [AntligenFriaNA@gmail.com](mailto:AntligenFriaNA@gmail.com)

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

**GET  
INVOLVED!**

**WE NEED YOUR INPUT!**

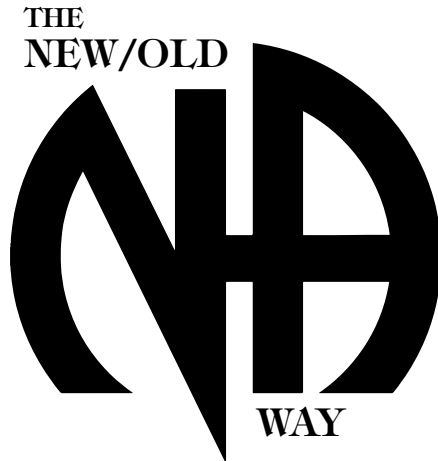
Please send your articles, event information, comics or other input to [nahelp.org@gmail.com](mailto:nahelp.org@gmail.com)

[WWW.NAHELP.ORG](http://WWW.NAHELP.ORG)

*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.*



*".. 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

[WWW.NAHELP.NL](http://WWW.NAHELP.NL)