

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.*

THE
NEW/OLD
NA
WAY

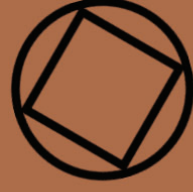
“.. so that no addict seeking recovery need ever die...”
We publish your input -- the opinions presented are not necessarily
those of the New/Old NA Way or Anonymi Foundation

WWW.NAHELP.NL

The New/Old

NAWAY

**Staying Clean
in Quarantine**



VOLUME 32

May 2020 - Special Edition



The New/Old NA WAY Magazine

Volume 32

May 2020 - Clean in Quarantine

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

Upcoming Events

15TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

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

1ST ANNUAL NORTH EASTERN COAST TRADITIONALIST GATHERING

Date: July 11, 2020
Pennsville, NJ

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

Date: September 17th thru September 21st, 2020
Ambt Delden, The Netherlands

ANNUAL 12 STEP RETREAT

Date: February 19th thru February 21st, 2021
Columbiana, Ohio

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

Weblinks

www.nahelp.org

Contact: nahelp.org@gmail.com
World

www.nahelp.nl

Contact: nahelp.nl@gmail.com
The Netherlands

www.freerecovery.org.uk

United Kingdom

The New/Old NA Way

Table of contents

Awakening is what they fear	1
Drug Addicts Are All Uniting	1
Our Traditions - Groups In Quarantine	2
What am I doing with the extra times in Physical Isolation?	4
Seventh Tradition - Virtual Hat	5
Recovery in "isolations"	6
How do we deal with isolation?	9
Greetings From The Most Perfect Vehicle Group	10
Warning, it's easy to get away with it now!	11
A needed revision of the 11th Traditions	12
EFSC 2020	15
Isolation	16
An Online Experience	17
Just curious	23

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

Annual 12 Step Retreat

February 19, 20, 21, 2021

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

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

Awakening is what they fear

These are interesting times in the world. It is a great time to reflect on our lives and they way we have been doing things in our safe routines. I believe this also happens on a Group level as I see more and more people reaching out for the truth. These Zoom meetings really open up opportunities that otherwise would have been kept from us. It reminds me of where we started on this path some 5 years ago with our Group and how it let us into Awakening. Even though we have been a small minority for a while we knew we couldn't go back to do the things the way we used to.

Learning and applying the Traditions have lead us on the path of Freedom and no service body was able to dictate and control us. We stayed together and fear didn't get the chance to stop us. I have a personal view on what is going on in the world and it relates a lot to what I have seen in N.A. And once you know, you can't not know.

It got me thinking that the Governing Corporate Structure must really hate Groups that are Awakening, because once that happens, they can't be controlled anymore. I believe that's why they downgrade our Traditions to the point they have no power and why they like having people on drugs in

the meetings. These things prevent Groups and members from Awakening so they can be controlled. Once a Group starts practicing Traditions and people carry a clear message of Total Abstinence, this control vanishes very fast.

By An Anonymous Addict from The Netherlands

Drug Addicts Are All Uniting

Drug addicts are all uniting
We've finally found a home,
This summer I've seen them
writing Our Book in Ohio

Gotta get down to it
Drugs have been cutting us
down
Now we have found recovery

Jails, Institutions & Death
have been our town,
Now we can say "C'est La
Vie, Mother-Fucker!"

*Sang at the 4th East Coast
Convention Banquet*

**Written by an Anonymous
Member Today from Virginia
USA**

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

Our Traditions - Groups in Quarantine

Many Groups have found there wasn't many options left; they either had to stop meeting where they always meet, meet on Zoom or Skype, or start meeting at people's homes.

In Tradition One it talks about our common welfare coming first, we must understand that without NA we would be in serious trouble. So, we find a way to talk with our Group and form a Group with our Group and form a Group. Conscience on this matter. What is the Group going to do next; a plan and action will be needed. If a Group is meeting on Skype or Zoom, there may be some issues they will face.

Different video conferences only allow a certain amount of people, if the conference gets full, are we still practicing our Third Tradition which states " The only requirement for membership is a desire to stop using." No addict should be turned away, and unfortunately, we've seen this happen already from meeting on these platforms.

We need to be there to carry the message to the addicts who still suffer. Unfortunately, we are already seeing that Groups are still practicing what could affect other Groups or N.A. as a whole, verifying attendance papers. Let's face it, Verification papers mostly come from Government agencies

and most of these divisions such as Probation and Drug Court have been shut down temporarily. These agencies have been put to the challenge by doing their job today and not being dependent on us to supervise their "clients" or "prisoners."

For once majority of Narcotics Anonymous has become not affiliated with any government agencies.

Our Seventh Tradition states "Every NA group ought to be fully self-supporting, declining outside contributions." Many Groups which choose to meet on these Video Conference applications may find that these services cost money to run. In order to have enough time for the meeting or have enough space for the participants it cost money to run the meeting. Now, how do we know these contributions if are present aren't coming from people outside of NA.

Many people are finding these video conference meetings on Social media, and anyone is free to join if they want to join. If the conference application account is the only thing that has to be paid for, what does the excess money go towards?

Groups aren't printing literature at the moment if they're not meeting face to face.

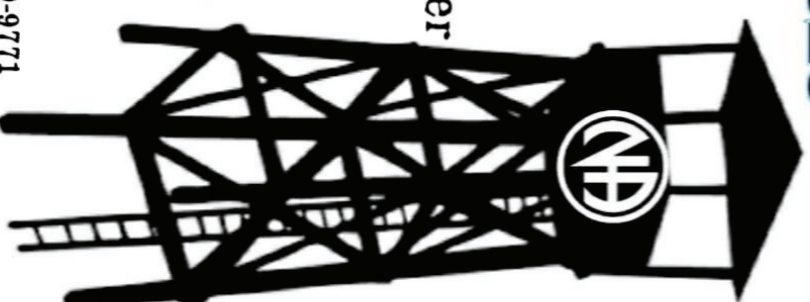
The facilities aren't charging rent if the Groups are meeting in them. These are just some examples



1st Annual North Eastern Coast TRADITION PALIST Gathering July 11, 2020

**454 Fort Mott Road,
Pennsville NJ 08070
Fort Mott State Park
{Pavilion 2}
9:00am - 7:00pm
Potluck Lunch & Dinner
Grey Book Reflection
Meeting, Speakers,
Fellowship, & BBQ**

Hosted by
The Historical Perspective Group
The Most Perfect Vehicle Group
The Rabbit Meeting
A Different Look Group
Spiritual Solution Group
Matt F (856) 803-8857 Bill C (610) 809-9771



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 — matrixmateclub@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.....



on what type of issues we may face in the future.

Lastly, Our Eleventh Tradition says, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films." Are we really maintaining our personal anonymity on these types of Video meetings? If anyone can come into these meetings and watch, listen, attend, and they're all open to the public at a push of a button are we really maintaining our personal anonymity?

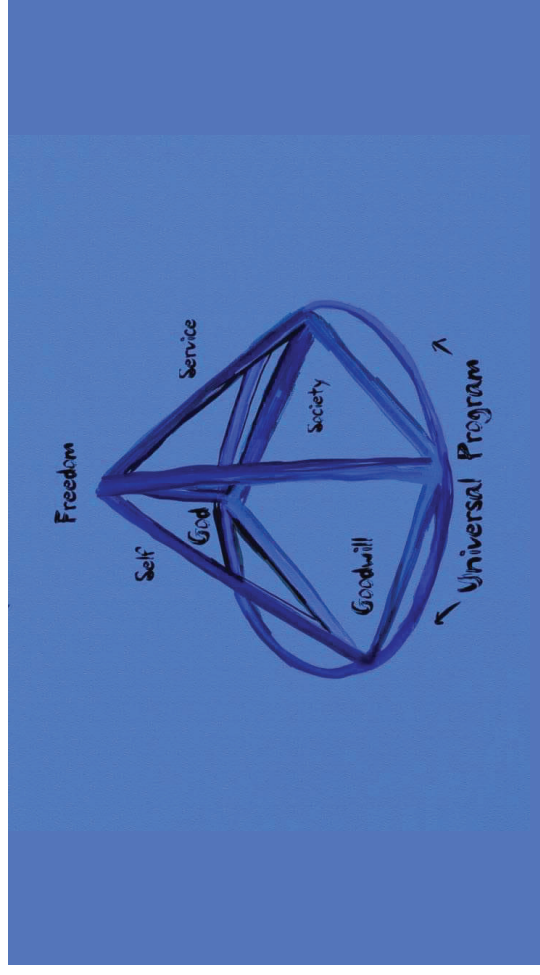
Most of these are being recorded through the companies the conferences are being rented from, so they're always saved in a file in which we probably cannot even get our hands on them.

I understand this is a lot to take it at once, and we are all doing what we can right now to keep meetings alive.

One member shared with me before; there's not much emotion happening in these meetings, we can't touch, feel, and hug these addicts. We can't sit with them at a diner after the meeting and we cannot feel the emotion when they share. The atmosphere isn't really there. We are carrying the message, but a message without an atmosphere can be rough.

We are going through some rough times right now in all of our recovery, and Narcotics Anonymous, I pray we can all get through this and come out on the other side. Written by an Anonymous Addict

From Southern N.J



“What I am doing with the extra times in Physical Isolation?”

What can I do is a question I ask myself now a bit less than normal? In early recovery when I had a day of work I was in trouble. I had all these ideas about what I could do with my day, what I should do with my time and how I could not waste this day. Today is the day! And it always felt like it was so freaking important what I could do with it.

Now it's different. There are not a whole lot of things to do with a country on lock down and rules that tell me to stay inside as much as possible. I have experienced how this situation made me feel calm at first because there was a form of simplicity in it, like being in a rehab and not having to think about what to do today, it was all planned out for me. I lose myself less in all the plans my brain comes up with and all the 'hunts' that I want to pursue. But there is a dangerous downside in all this. I stop feeling the need to put extra effort in, I get comfortable with the slow days and the small day to day things I do. I can lose my excitement and energy. I do my daily routines, I work, go for a run or walk, do my groceries and attend an online meeting.

There is not a whole lot of extra to do right now, and it can make me feel empathetic, I stop caring

about the bigger picture. Because I don't see it at this moment.

Gods will for us is that we do our best in the task that lays before us. What task does this refer to? For me this talk about my responsibilities. In our live we have responsibilities whether we like it or not. The time of being irresponsible can be over the moment we walk into the Rooms and hear that we are responsible for our own recovery. So, this means that on a daily basis we are responsible for doing what we need to do to recover from the disease of addiction. We can no longer get away with being irresponsible and sitting on our ass and stay insane in how we act, this behavior always bites us in the ass someday.

We also have different roles in the different groups we belong to like our families, co-workers and other groups within society. The most important Group for me is being a part of the N.A. Home-group. Being an active member makes it possible for me to recover and this affects how I participate in the other relationships I am a part of. The Group has a responsibility as well, to fulfil its primary purpose and help the still suffering addict. This responsibility is MY responsibility when I decide to become a member and be a part of this thing, we call The N.A. Way of Life.

So, looking at doing my best this way it's time to ask myself, what

History
#NARCOTICS ANONYMOUS

Hosted by The Historical Perfect
Group & The Most Perfect Yellow Group
of Narcotics Anonymous

MARCH 21 (2020)
8:00 AM - 10:00 PM

149 SOUTH MAIN STREET
WOODSTOWN NJ, 08098

Popcorn Lunch & Dinner

We are not giving up.
We are sitting here for the ones
coming after us. We are sitting here
for the addicts not born yet. We must
keep these doors open." Jimmy K

MATT F (856) 803 - 8857
RAY D (610) 428 - 9923

SOUTHJERSEYNARCOTICSANONYMOUS@GMAIL.COM



am I doing to help the still suffering addict today, and what can I do during this crisis that's going on?

Another thing we can do is put extra effort in our recovery and working the Steps. So that we keep growing and are able to help others work the Steps that are already learning this way of life. Changes are lot of our members and new members are struggling right now. So what part am I playing in the lives of these members? How can I be of help today? Who can I reach out to? I can start doing something extra by asking myself these questions and ask for help from other members.

Written By: An Anonymous Addict From: The Netherlands

Report Stockpile Historical Perspective Group

Due to the corona crisis we are not able to give you an accurate update on the stockpile. The meeting facility closed down before we were able to get the information we needed.

The Report will be updated in the next volume. Thank you for understanding.

Report Stockpile Europe (Hengelo)

The Report will be updated in the next Volume. Thank you for understanding.

Seventh Tradition Virtual Hat

"N.A. needs money to run the group; there is rent to pay, supplies to buy and literature to pay for. We pass the hat to cover these expenses and whatever is left over goes to support our services and to further our primary purpose. Unfortunately, there's usually pitifully little left over after a group pays its way. Sometimes members who can afford it kick a little extra in to help. Sometimes a few get together and put on some activity to help raise funds. These efforts help a lot and without them, much that we have been given to do would have had to be left undone. N.A. remains a shoe-string operation, and even though it's sometimes frustrating, we really wouldn't have it any other way; we know the price would be too high to bear." Grey Book page 107 Lines 12-24

Many of us are finding ourselves and our Groups having to switch over to an internet server such as Zoom or Skype. So, if every N.A. Group should be fully self-supporting declining outside contributions, what exactly would be an expense for the Group today?

Zoom costs money, sure; but we can pull together as a Group to pay for these expenses so we can carry our message. Isn't that our primary purpose?



We can't give away literature, so we can't print anymore at the moment.

We don't have to pay rent, because we aren't meeting in the facility at the moment.

So, what's the virtual hat for? I have seen many Groups on these video meetings sending and posting links to their "venmo, cashapp, or paypal" telling addicts or even the possible non addict if they want to donate, they can. Some of these meetings will say it over and over every ten minutes or so in these "chat rooms."

It appears some of NA forgot about our primary purpose and are using these meetings to fund raise for whatever reason they have. If funds are used to further our primary purpose, I believe God will bring it when its needed.

Many of these meetings are open to anyone. Anyone may join, anyone can just click the link and be on in seconds. So how do we know who's donating? Seems like collecting contributions from outsiders is happening more and more. How do we protect ourselves from these pitfalls?

Our Home Group decided to not have a collection until we meet back at the facility we meet in person. We have no expenses at the moment and if we do, we'll take care of it as a Group. It's our responsibility as a Group to do so. Furthermore,

Our Primary Purpose is to carry the message to the addict who still suffers, let's not forget that. We aren't fundraising and we aren't entertainers. Let's not lose focus on the addict who still suffers.

In loving service,

Recovery in "isolation"

Hey everyone! It's been 4 weeks since I last visited a physical meeting, since here in the Netherlands we aren't allowed to meet in groups anymore for an unknown extend of time. It did not take long for me to realize how much I miss the hugs and Spirit that can be felt in the regular meetings. It's not that I took things for granted, but this radical change makes me appreciate those times even more. We moved our meetings to Zoom online meetings and I feel grateful for having this alternative.

This whole situation has been quite a radical change in my personal life. Many of my routines like going to meetings, my daily job, hobbies etc. got affected by these measures. Fear and self-pity struck me at first, but it did not take long to accept and admit powerlessness over this whole situation. I never had the power to control the future and the world outside me anyway, so in that perspective not a lot has changed.

So what am I going to do with

Just Curious,

(Just curious, 'Small Businesses' he states, yet this is a non-profit* multi-million-dollar multi-national right?)

And then asking direct Donations, without set goals (as we do for things like; NAhelp-sites, website builder, etc.), who is controlling this/ is it transparent? that was a rhetoric question - and yes; 'non-profit is the legal status to date)

From: Steve Rusch

To: kw

FW: Grants

Hello - 'Thanks for writing to NA World Services' in response; as Anthony reported in the recent Conference participant web meeting, we are investigating loan opportunities that are being offered to small businesses who are affected by this emergency.

It is no different than applying for credit under normal business- circumstances, even though a disaster created the current situation. Applying for credit is a routine business function and does not violate our 'Traditions,' We are not applying for any grants.

These are trying times for all of us, and the World Board and NAWWS executive management will continue to explore all options to continue to provide services to the fellowship. NA members who can are welcome to contribute to this effort. Here is a link to our contributions portal: na.org/contribute Please consider creating a reoccurring contribution in support of NA World Services, and sharing this information with other interested NA members.

Thanks again for writing. Feel free to follow-up with any additional comments or questions.

Warm regards,

Steve Rusch
Fellowship Services Team Leader
NA World Services
steve@na.org

pick up the phone more, be visible with what I have been shown and stay connected even when the self centred part of me isn't prepared to stay on the phone that one extra minute, walk someone through how to access the online meetings and help each other get more day in clean. Service always gives more back to me.

Part of a spiritual awakening has been a concern for others. This gift of an opportunity has shown personal growth as all service does but also broadens the base of our pyramid. (please see the description at the front of our Basic Text even if you are familiar with our symbol. It keeps revealing more of the simplicity everyday to me) I am truly grateful the hard earned experience of our predecessors.

Online meetings for me are a bit like living on bread and water. I can get by. I can connect with others I may not have inside of my established geographical. They bring a restoration to sanity and much needed connection. I can really get an impression of the size and diversity of our fellowship. It sure is better than no food. When the meetings went dark there was a routine to be found with those members regularly attending meetings to help each other stay clean. I could turn to them and be Not Alone. Resourceful, caring, loving addicts doing for each other what we couldn't do on our own. We had

a place to give and receive of our precious NA message.

Wherever you meet today considered yourself hugged. Our gratitude speaks when we care and when share with others the NA way.

An addict (UK)



all this time now? From past experience, I know these situations can get tricky for me when I am not vigilant. The tendency to do whatever I want slips in very easily. Taking good care of myself doesn't seem that important for instance. Especially when I feel victimized, and I think I have all the time in the world now.

What does God want me to do in this situation? How can I be valuable to the Home Group I belong to? How can I help and share with other members who are going through this with me? I prayed and meditated a lot on how to be an example and a stable person for the Home Group. Made more phone calls, and encouraged other members to get involved in some service work.

Practicing my daily Program and tools has been vital for me in dealing with this situation. It has helped me look for the positive and have faith in a Power Greater than myself. Somehow I knew this was an opportunity for growth and that fueled my recovery. I started meditating more to get in touch with my feelings, and took the time to walk in nature everyday. I just felt the need to get more in touch with myself and grow in recovery.

The things that affected me the most where the reactions and fear of other people. It was obvious different people react differently on the types of changes, and of

course, some people are affected more than others. Our disease loves to take over when changes like this happen in our lives. It brings about a lot of fear and the need to control everything. I understand that because I lived that life, and I had to let go of my anger at times while judging people's reactions. Once again I had to let go of control. I have learned that all we can do is take our own inventories and let the rest go.

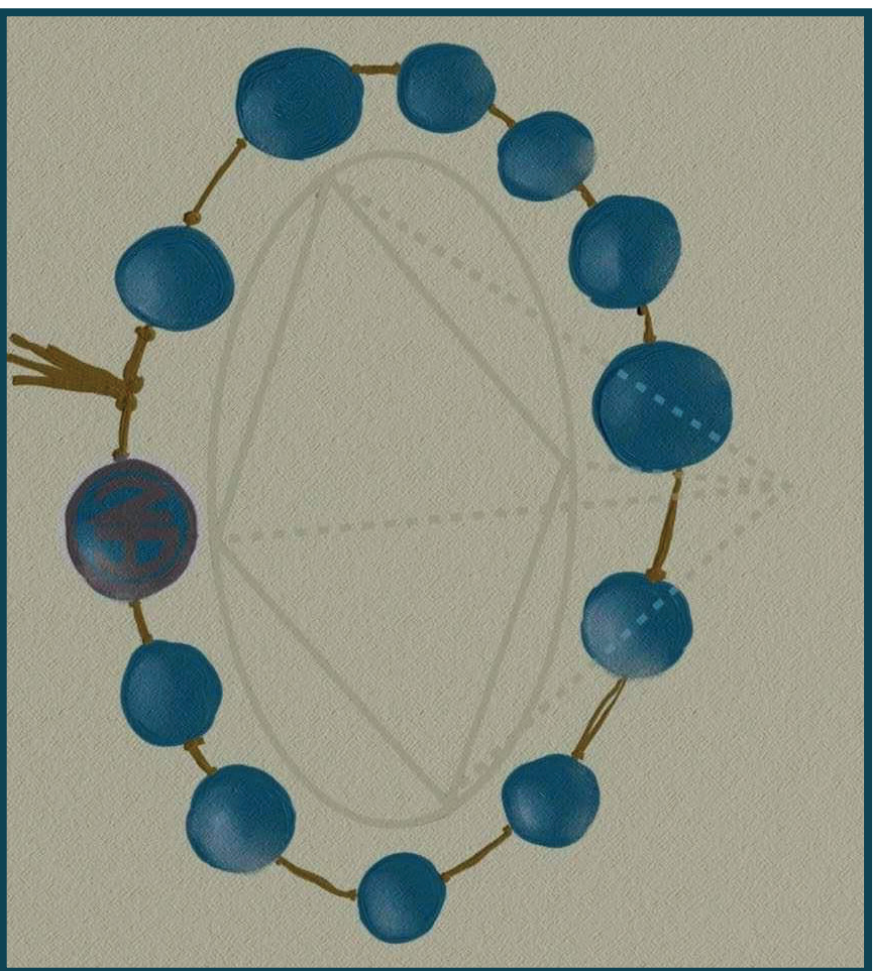
However, it's not only about my personal Program and the tools I practice daily. We are 4 weeks in now and I start feeling of missing out from this Spirit of working together for our common welfare. Things like talking after meetings, going for food, doing service work together etc. I shows me how important being part of a Home Group is for me and, how it gives us this Creative Spirit of working together. I miss part of this excitement and after some talks with other addicts, it's time to look for alternatives in this manner, instead of waiting for the crisis to pass.

Our Home Group in Hengelo is looking for ways to host an online flow read event on April 25th. I know there's Group in Venlo that had their first meeting last week. Also a Group in Sittard started hosting two morning meetings since a lot of people are forced to stay home. Those are great things. Since I have a bit more time now

I can do extra stuff like writing an article for example, or start encouraging people to help translate some literature. Communicating and feeling a part of is an important part of my recovery, and I am aware that this creative Spirit will grow when we channel our intentions and our energy into these ends. We have to be responsible for getting the message out as best as we can.

Although I miss my Home Group meetings and members, I know together we will grow through it if we stay responsible. I am praying for addicts to find our Online Meetings, and we have to be there for them even more when this crisis is over. Hope everyone stay safe and looks after each other.

Anonymous Member from the Netherlands.



they don't even have a single Basic Text. To addicts literally dying to experience our message. We are doing together what I struggled to do on my own. We are carrying the message.

Tough times recently and and effective global closure of meetings gave us, the men and women who meet regularly to help each other stay clean a new opportunities to get resourceful. Meetings were popping up everywhere many in the NA name. You can trim the ears on a donkey but it don't make it a stallion. Not everyone who was setting up a meeting and calling it NA were really feeling like NA. Some were more about friendship and connection in the unprecedented worldwide lockdown. The meetings I have gravitated toward understand the importance of a clear message of Narcotics Anonymous. We hang together or hang alone." We must live and work together as a group to insure that in a storm our ship does not sink and members perish. " We need connection and meetings serve many differing needs reflected in our communities. Without the background I'd had of already attending meetings I'd have struggled more with this transition to a solely online world of meetings. Moreover I would have been less able to help those who had little experience in finding, attending or setting them meetings up.

I recently shared via the marvels of technology directly into a recovery house at the request of a H&I committee miles away. We put the work in and leave the results to our Higher Power . Without use of this technology the gears may have slowed in giving what NA gave us away. I've shared step and Traditions work online. Two or more addicts sharing recovery online has been a regular occurrence recently for me and my friends. Meetings and Group meetings have been a staple to restore connection to an addict whose disease could have thrived in isolation.

An atmosphere of recovery is essential and we must guard it carefully. We may have struggled to keep what we have by giving it away without our predecessors. The often maligned members who stand on principles. Those who refocus us on God guided conscience and how we might more successfully carry the message to the addict who still suffers. Who shared caring and learning. The heart of NA beats....

These are times where families are struggling to look passed loss of income and health worries. Newcomers may not even find us or have access to the necessary technology. Some members may just struggle with the move to virtual meetings. Through maintained connection and a desire to live as I've been shown I've tried to

ings.

My first experience of addicts sharing recovery online was weird. Sat at home usually and a bit self conscious and often distracted. I've some online meetings in my car and out and about too. NA was wherever and whenever I needed it. NA when I was first about was weird. I embraced the weirdness. Onkine meetings felt wierd but that was ok. The novelty of topping up with friends from further away in online and historical literature meetings was great. I soon learnt to respect their purpose and treat them as I would any other meeting. I've often heard it said stick with the winners or find your tribe. Being more prickly than a cactus, I found a place where I was encouraged to learn and grow. Stick and stay or keep coming back.... I did both!

Just within the last year or so I accessed other online means to connect NA members. I joined a platform that allowed us to connect by recording shares on Grey book reflections from addicts all over the world. We could listen to them anytime regardless of time zones. I'd break off and chat to the members found there. An amazing thing happened not so long ago. I got to connect to a newcomer via a friend who pointed them in my direction from thousands of miles apart. This guy was a bit of a trip away but not overseas. What does any lengths look like? We connected, stay



connected have remained clean and he introduced me to terms like "face to face", "virtual", and a term for what the Group I belong to is doing which he said was " hybrid " meetings. He joined me in a little social media group and has been invaluable in putting long standing and new members often unsure about the whole online thing into meetings all over our country and world. I felt really assured as the world of meetings changed. We are not alone.

Many of the meetings I now attend including the Group to which I belong will send NA literature to the addict who still suffers freely. We were shown this. In a time of isolation this literature written as a labour of love is joining us as we meet to share how we have found a new way to live in the application of the NA program. We have sent literature to areas where

How Do We Deal with Isolation?

How do we deal with isolation? At no doing of our own, we find ourselves in isolation from meeting in a physical form, the first time in in our recovery. How do we deal with it without finding ourselves going back into fighting our emotions and questioning ourselves in our recovery?

I have to double check myself as I am under self-confining myself to my house not being able to go outside of the house because of the worldwide virus that has hit most us in the NA rooms, were we all seem to find ourselves in similar situations .

What I found out is that I am no different than any other addict in recovery, I still have feelings that I have to surrender and apply the steps in my life. It would be easy to fall into depression and use the sickness as an excuse why not to communicate, when I know better, it will only sink me more into depression. Instead, I fall back on my early recovery where I had to reach out for recovery. It is a little bit different today because we did not have the internet back then, we did not have all the tools we have today. We had to travel to get to a meeting sometimes 200 miles away. The excuses could have been easy back then also. I needed to go to work the next day why travel so far for

a meeting when I would be extra tried the next day. However, my sponsor ask me to go to a year to year and half of daily meetings .so I followed his direction and it built a foundation early on. He also taught me how to connect with addicts throughout the world to build up a recovery network. He gave me direction to write daily make daily phone calls go to a meeting a day and pray at least a few times a Day. Start my day off in Prayer, Reading and writing, making phone calls and then plan the meeting I was going to attend that night and when I returned home, I repeated reading, writing and prayer before I went to bed.

The more I built that foundation the less isolated I found myself in, than he got me involved in service to others through joining a Home Group and getting involved in carry our message throughout the world. Since then I have not had to deal with isolation in recovery. Now that I have been isolated because of the world wide virus and the faculties closing us down and now the government basically having us to learn social distance, it has effected myself in my recovery where I have to reach out so I am not alone in recovery . I have to use the internet to connect with positive addicts in recovery

To also let addicts, know where I am at with the sickness and also forcing myself to share with others

Greetings, from the Most Perfect Vehicle Group

Greetings, from the Most Perfect Vehicle Group of Narcotics Anonymous located in Woodstown New Jersey. In the middle of March, we were told by the facility we could not meet at the facility due to the covid 19 virus. We had to also postpone the History Day; we still have yet to find a date for that day.

We don't know what tomorrow is going to bring yet, we are just having faith.

We planned a lot for that day, we printed a lot of literature to give away, we had the food arrangements ready and we were blindsided. God's will, not ours. We surrendered, we became willing to do what we had to do next and that was make sure we could still meet on Tuesday nights.

The first week we were going to do a bonfire meeting here in town, then we sat down as a Group and realized that it wasn't going to be the best idea. The state of New Jersey shut down all gatherings. They shut down traveling and put a curfew out.

We ended up meeting on Skype and have been meeting on there since. Our Group and a Polish group also had a Sunday Speaker weekend meeting twice. We are coming together, Groups helping

sharing experience, strength and hope around recovery as found in NA but they became fewer and far between.

I didn't feel like I was connecting to the NA message or what I thought it should be in the meetings I was attending. I looked at Tradition Five and often brought it to consciences. The inventoring of what we are actually doing to carry the message continues to be very important to me. I was learning about our message of hope and promise of freedom. At some point I made a decision and travelled a little further a field and saw the larger NA fellowship. United by a desire to more successfully carry the message to the addict who still suffers I was shown how Groups held consciences not dictated by powerful personalities like mine to inventory themselves as Groups guided by God conscience.

I began to look at autonomous action such as printing OUR own literature and giving it away freely from what I was seeing and learning on these Groups. Not many around my locality were doing this but online I found many like minded. Some were in my home country. Connection to those further a field started also. Mostly on the phone and online. Today regardless of time zones NA has my back

NA Groups were holding meetings and were using historical NA literature. This wasn't popular in

the area I attended meetings but I really connected to the literature. I was hearing a strong NA message too. It filled me with hope. The Grey Form and older versions of our Basic Text were attractive to me and with another local member we started a Group that chose to use this literature to further our primary purpose. We kept what we had by giving it away freely.

When we got a few more trusted servants we started holding meetings regularly in the community. Together with like minded Groups we started to connect online to other autonomous Groups or their members. We could connect with their action as they shared their efforts, success and learning in the EFSC Facebook page and through calls and facetime calls to each other. As the Home Group formed further we sent representatives to the EFSC where other Groups like ours were carrying the message by sharing by addict for addict for addict literature. It was given away freely in our meetings.

My first online meeting's experience followed shortly after. The Home Group I belong to allowed a skype call into our meeting weekly and we were reaching addicts home bound due to illness or even from hospital beds and I institutions. Ties that bind us need actions of turning up and virtually was the way we made it consistently. I still maintained regular physical meet-

when it would be easier to pull the covers over my head and use the sickness as a reason to isolate. However, my conscience does not allow me to sink into depression with the fear of what's next. Instead I share with others my thoughts, I surrender them in the steps. I give them to God and reach out today. I get on the internet and post and commutate with others. I find another avenue to communicate today. Meeting on Skype and Meeting on Zoom. Also, on Radio Free NA. They do not replace the hugs, so I close my eyes in prayer and imagen the addicts hugging us and I can feel the spiritual hug of the addicts through God... We are not alone that I remember from early on in recovery "Never Alone , Never Alone Again" there is so much to do so .I call a whole lot more addicts and check up on them to make sure no addict is Ever Alone , "Never Alone Never Alone Again "Thank you NA for being there for me that I can share my life with others, that no addict need go through the night without hearing a message of hope and promise of Freedom that no addict need die because of the Horrors of addiction without hearing our message and that is what I am responsible for ,as Jimmy left that message with us . What we are responsible for and remember that

In Loving Service An Anonymous Addict USA

that power that's felt in the rooms of NA has always been associated with going to the rooms. Maybe it's the empathy or the energy of love feels less tangible online. Maybe I just find it harder to still the mind from the usual never ending succession of thoughts. Maybe I just fear change.

When I got clean I clearly wanted what NA had to offer and was willing to make the effort to get it. I would drag myself to meetings often with other addicts seeking recovery. Physically I got to lots of meetings. I have fond memories of Sunday's spent clean travelling on 6 buses to get to and from a meeting in a total approx 5 hour (ish) commitment to attend a meeting. I was fit and healthy. Not everyone in NA was fit and healthy though. Some were regularly meetings, but online. They were connecting to each other through the therapeutic value of one addict helping another, just differently. They kept learning and building on what was successfully building ties that bind us together. They went about things differently and faced different challenges. They were there if I wanted to be a part of instead of apart from. There was a WE in these strange meetings established in unity and our common welfare.

Overtime I would talk to another member in a different country and learn of how he topped up on his one meeting a week home Group

by attending online meetings. I'd listen, grateful for his connecting and grateful to not be him. If I chose, I could do four "physical"-meetings easily on one day in my locality. He couldn't.

I didn't see it, but I was differentiating the physical meetings I attended as better than his choice of online ones. I was chronically low in self esteem and didn't really know what to do with myself. I did a lot of service based recovery and had places to keep coming back. Physically getting to meetings got me noticed. It's odd wanting to get a name in an anonymous fellowship but in my experience not uncommon.

A couple years passed and he stayed connected with me and I stayed disconnected from online meetings. We hardly met but WE would talk regularly and we helped each other walk the path home together.

Over time, many of the meetings I had been attending lost their shine. Treatment style check-ins were the norm. Meetings opened and you were free to chat at length..." the meeting is now open to share back to the speaker, (lots of massaging ego or tales of I knew if you weren't sharing back at the speaker you were invited to share on "whatever is going on for you" (usually not the application of the NA Program) some members were

other Groups and addicts helping addicts.

We are planning on changing from Skype to Zoom so we can practice our Seventh Tradition and stop receiving a handout, by using free services.

We were in the process of getting another meeting started before this pandemic happened and unfortunately that stopped us. Not meeting face to face has been strange, not being able to hug another addict, not feeling emotion behind the shares, but we are making it work.

Public Information has been on the back burner and we feel that the addict who still suffers without technology won't get the message. There isn't much we can do but pray. We have faith this will clear up and we will all be back at our Groups soon.

**By: The Most Perfect
Vehicle Group of Narcotics
Anonymous
From N.J.**

Warning, it's easy to get away with it now!

Our disease is with us 24 hours a day. Being around the recovering addicts is a way of getting out of ourselves. Being self-obsessed and self-centered is our problem and the disease in its pure spiritual

core.

Being around other addicts in the meetings on a daily basis helps us to get to know ourselves. How often did others say, 'are you sure your all right'? It takes an addict to know an addict and often our new friends know us better than we do ourselves. This is how they help us. They understand us, they share their hope and experience and help us get to understand ourselves through the Twelve Steps of Narcotics Anonymous.

Not being able to meet other addicts in meetings physically is a problem. It takes away this environment where we can read each other's body language, see our behavior and reactions to others and see each other's eyes. Our disease loves this, and we can get comfortable being by ourselves for a while. We know how to be alone. The problem is that we don't know how to recover alone. Our lives are proof of powerlessness in this area. No matter how hard we tried to live life in a good way, we always found ourselves back into certain behavior or feelings that we can have a hard time getting out off.

So, this situation asked us to reach out more and practice honesty on a deeper level if we want to grow. We need to speak our minds and share our thoughts, or they can lead us back to what brought us here in the first place.

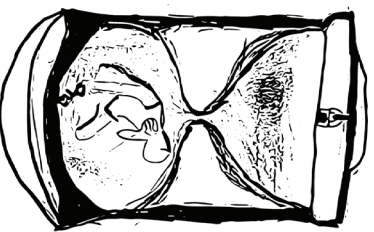
Right now, it's easy to get away

with what we our disease is trying to hide from others. Our pain, our excuses, our defects of character and our obsessions. We need to expose these things to other NA members. Right now, that is a hard thing to do because we are not around other addicts that will normally call our bluff or schemes.

That honest love we have in NA is what keeps us here if we surrender to it. It is what helps us get to know ourselves and helps us grown as human beings. Remember there is no sitting still in recovery, we recover, or we relapse, we are growing, or we are going. Even if the government locks you in your house!

Written By: An Anonymous Addict

From: The Netherlands'



*Solution because
of denial*

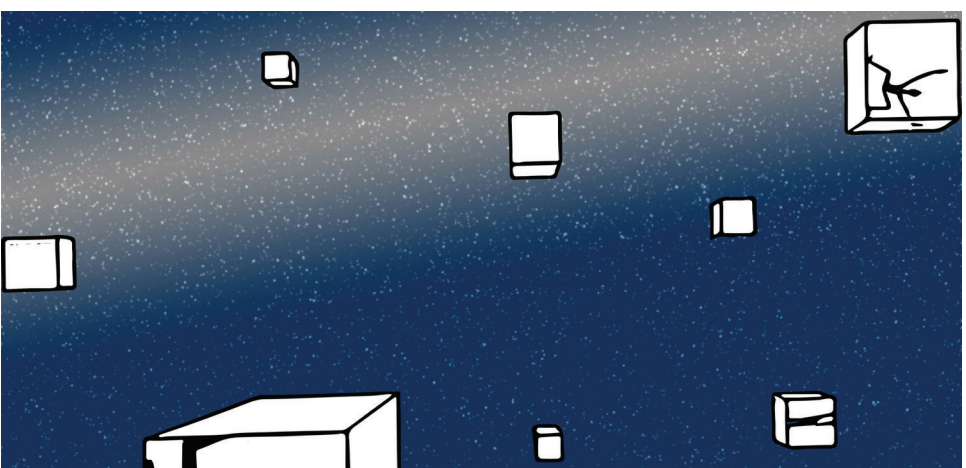
A needed Revision of the 11th Tradition

I'm an addict and my name is Michael. My clean date is July 30, 1994. Having been around for a while, I have raised this issue in a number of Group Conscience settings in different locales, but thus far nothing has eventuated from it. I'd like to offer up for discussion at this point some changes that are long overdue in my opinion to the 11th Tradition. For those who may not have it at their fingertips, it presently states: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

This Tradition was adopted directly from the Alcoholics Anonymous fellowship and was written in 1937. I don't know how many of you have had your personal anonymity breached at the level of press, radio or films (particularly...films?!), but the thrust of my argument is based upon the fact that addicts are dying and leaving the Fellowship of Narcotics Anonymous due to much more contemporary problems. The Internet, generally, and Social Media more specifically. Some things are dividing the fellowship these days, and this is certainly one of them. "Our common welfare should come first...." (Tradition 1)
There are groups all over the

get out of the way so we can have a future. Facing reality can be painful, that's why we need help and should not do this work alone. The result is freedom and something way greater: becoming who we really are. Maybe that's what we are shielding ourselves for?

An Anonymous Addicts from The Netherlands



An online experience

Not so long ago, I'd never have voiced it, but if you were doing solely online meetings I would think you were selling yourself short of hugs and not making the effort that was necessary to find recovery as found in NA. Silently judging and setting myself apart from has always served the disease.

Online, two senses are engaged. Sight (some/most meetings are visual) and nearly all are auditory (I'm not sure about the percentage of sign language meetings out there). There is something controlled through the scope of managed lens. An important element is missing from not engaging in hugs and being physically together. We often greet each other like survivors of the same near fatal disaster. A hug goodbye may be the last and can hold mircweight when we think of that. There is also the importance of making it back from wherever we have been abd getting a simple loving hug. Being weary and beaten and been welcomed with a warm beverage has been a loving experience that keeps it so much more simple. Even today, with experience of online meetings, I find something sterile when microphones are muted and I stare at 2d faces. Where identification of laughter or feelings may be audible in a physical meeting it can be lost in the virtual. A certain feel,

Isolation

The word isolation is something we hear a lot about in N.A. During meetings we hear addicts share about it. When we read our literature we will find this word many times.

What is isolation?

This word can be used for many different meanings. For example we can isolate our house in order to shield ourselves from physical influences like warmth, water or electric.

In our active addiction we isolated ourselves from others. What does this mean? This does not simply mean that we put ourselves inside our house and don't come out. Even though many of us have done this or are still struggling with getting out of this kind of isolation. This is a form of isolation or a result of it. When we isolate ourselves we are actually shielding ourselves from the outside world. This means we are no longer in connection with people, places or even reality. Living in our own built prison is a way of referring to this state of being.

Trying to protect ourselves from something and or someone is a form or control. So in fact isolation is actually the result of our own denial. In a way we are in combat with reality and try to hold on to our own reality. The weird thing is that we might not even like that

reality. But we hold on to it anyway because it gives us a false sense of control, it is familiar to us. Holding on to our own thoughts, feelings and behaviours actually makes it impossible to grow and change. It can only give us the results we have known for so long already and lead us back to drugs. This is why it's needed to surround ourselves with different thoughts, feelings and behaviours. We can do this in many ways.

Going to meetings is a very powerful way of getting out of isolation. Spending time with other addicts outside the meetings is another way of getting out of isolation. Reading, doing service and listening to speakers also helps. All these things can break our own denial and bring us back into reality. This happens when we practice honesty, keep and open mind and stay willing to put effort in. Reality is what it is and will not change, only our relationship with it can change and that's where the miracle happens. We became human being capable of reacting responsible to what is going on in our lives. Something we had a lot of trouble with in the past. We no longer have to live an unmanageable life.

Our denial stands in the way of actually seeing ourselves and the world for what it is. It isolates us from people, change and growth. Time to let go of our own past and

world now using Social Media in the name of or ascribing themselves to Narcotics Anonymous which, even though often closed, are breaching the fundamental principle of 'anonymity.' When people post anything of or having to do with the N.A. fellowship on Facebook, for example, two immediate problems come to be: First, people's identity, often their full names, photographs, recordings of their voices or anything else can appear for anyone's consumption. The second problem is that all of this information and material belongs at that point to Facebook. We all know that gossip kills. Some people have been derided on social media, mocked, scorned, compromised, ostracised or worse. What we have done in our past can be revealed without check or accountability in such forums and we may then be under surveillance (a breach of one of the basic tenets of NA) by individuals or indeed by law enforcement groups. We can be sure that there would be governmental agencies, Interpol and others who would be monitoring social media sites for any juicy information they might glean.

I personally have known one person and his partner who suicided specifically because of things that were posted on Facebook. Still others have become so pissed off with the gossip and cliquiness, the cattiness or just plain meanness of things posted there that they have left the Fellowship in disgust or in anger, confusing what is posted with Narcotics Anonymous - our fellowship. Our primary purpose, as stated in our original Basic Text, is to stay clean and to carry this message to addicts. Well-intentioned addicts posting things on social media have breached my own anonymity, posting things on my 'wall' about my past and about my membership in Narcotics Anonymous - only to be read by literally thousands of people within my profession and others who know me in my professional world. My sponsor said "why should you care, after over 20 years clean?" Well, it may have stung me, but if I had been a newcomer, I might have bailed out and used over it.

This brings me to the point of this post: The 11th Tradition needs to be updated. I will suggest this change as a possibility: ".....we need always maintain personal anonymity at the level of press, radio, films and social media." Other variations might be to simply say "press, radio, television and electronic media" or something along those lines. Few of us have had their personal anonymity breached in "films," right?

Again: Gossip kills. Facebook is all about personalities before principles. The content posted is not within our control because it becomes the intellectual property

of Facebook (and Twitter and other platforms). I would value thoughts on this subject. If there is broad agreement that change needs to be made, I would suggest that each of us represent this discussion and a general consensus of opinion within it to our own home groups. From there, the matter should be disseminated and brought to other groups. If the majority of us feel that this is important, the change can be instituted at Fellowship level. I know that this would take a great deal of time and effort, but I believe it would be worth it in the long run, even if it saves one life. There are addicts out there now who are dying because of what is posted on social media and even if it takes 10 years to institute this change, there will still be benefit even though some of us will have

passed.

A reminder: Bill Wilson, the AA dude was born in 1895. The language of the time was contemporary for them. Nowadays, we speak and interact quite differently. It's time to change with the times and adapt so that no addict needs die. We need to change this Tradition in order to effectively carry the NA message. It is bad enough that the original Grey Book was changed in a way that sanitises the language of one addict speaking to another addict and makes it sound "corporate" and "professional."

Thanks for reading this and I look forward to all input, especially if you disagree. I'll love you anyway.

**YILS, Anonymous Addicts
from Perth, Western Australia**



EFSC 2020

Dear N.A. friends,

Considering the Covid-19 crisis we have the following announcement.

The prognoses is positive so we have faith that we can come together at the E.F.S.C. in September 2020. There is a ban on events until September first.

In case the Government does prolong the ban on events we get a full refund on the facility we rented. And nobody will lose on this.

Having said this, we hope you and your Home Group-members join us for the EFSC. Please register and forward the funds to cover the expenses and commit on being with us in September. You can register here: <https://nahelp.nl/e-f-s-c/>

We will have the same program as last year. If your Home Group wants to see something on the program considering the situation your Group went through or is going through right now, please let us now ahead of time so we can include it. Contact us by email nahelp.nl@gmail.com

Again, we will keep you all posted through the EFSC Facebook Page, www.nahelp.nl, RadioFreeNA (<https://io/g/radioofreena>) and in The New/Old NA Way Magazine (www.na-way.online). In service,

E.F.S.C. trusted servants