

Your Fellowship Magazine

Share...
and be shared with..

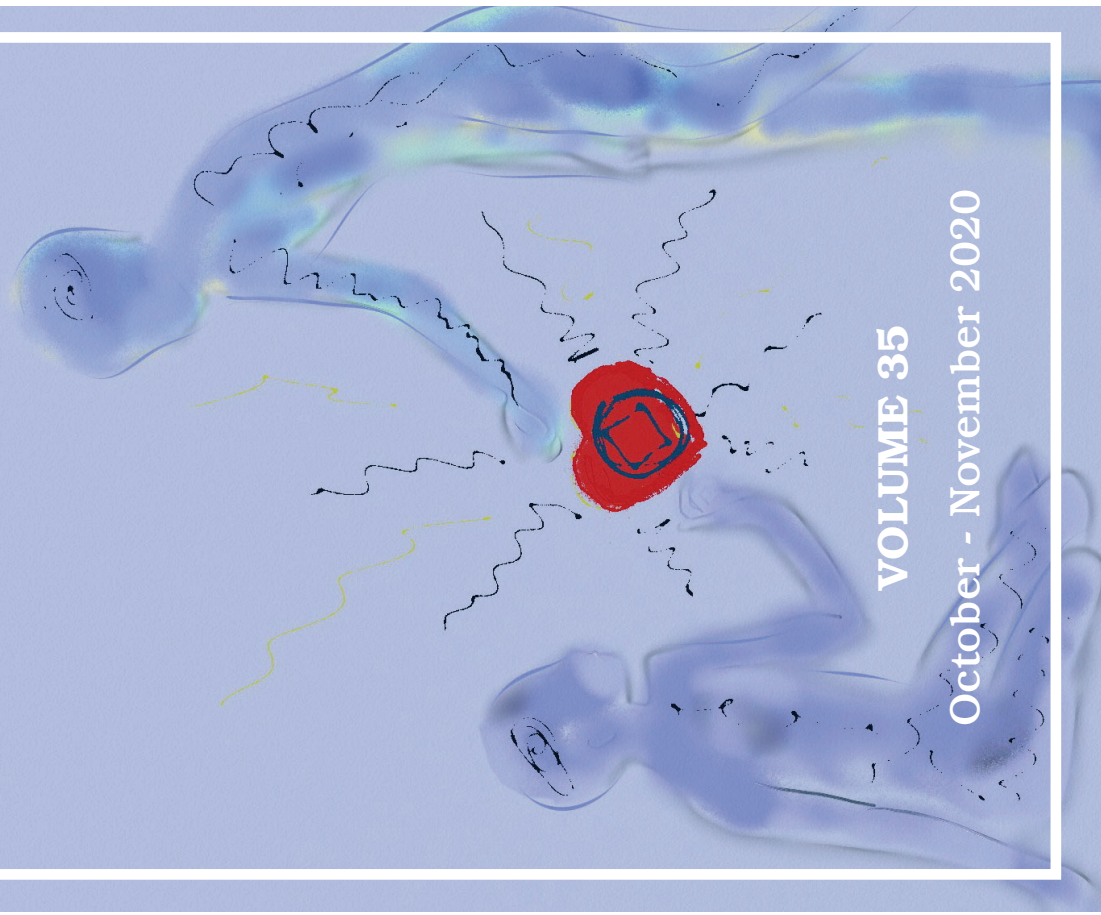
Like it was when NA was new and young and life or death intense:
You matter to us so we will tell you the truth as we know it with nothing
held back.

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

The New/Old
NA Way





The New/Old NA WAY Magazine

Volume 35

October - November 2020

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



We need your input!

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

Upcoming Events

ANNUAL 12 STEP RETREAT

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

16TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 25th thru June 27th, 2021
Hamburg, PA

6TH ANNUAL EUROPEAN FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: September 16th thru September 19th, 2021
Hunzel, The Netherlands

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

Weblinks

www.nahelp.org

Contact:
nahelp.org@gmail.com
USA

www.nahelp.nl

Contact:
nahelp.nl@gmail.com
The Netherlands

www.freerecovery.org.uk

United Kingdom

www.nahelp.se

Contact:
antigenfriana@gmail.com
Sweden

The New/Old NA Way

Table of contents

You are Rubber, I am Glue	1
Journey to the FSC 2020	1
The Beginning	3
Diversity is not Anonymity	4
A God of Our Understanding	5
Why I Choose FOrgiveness	6
The Journey	7
Memphis - Early Spring 1981	8
NA Made a Difference	10
“Baby Blue We Love You” Have you been Served? “History”	11
We That are Fortunate Enough to Have Been Blessed	14
Unity	15
“Tradition Three States”	16
OWNING RESPONSIBILITY	18
Experience with Writing an Article	18
Ego IP - FLC 2020	20
Personal Responsibility booklet - FLC 2020	22
Stockpile Update Hengelo	26
Updat on Book Stockpile Historical Perspective Group	27

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

Annual 12 Step Retreat

February 19, 20, and 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

You are Rubber, I am Glue

When I was younger, like in elementary school, and people were picking on someone we would say "I am rubber, you are glue anything you say bounces off me and sticks back to you." There are so many things that we do as addicts to keep hold of our old behaviors and thought patterns. We form this shield around us of isolation so that nothing can hurt us, nothing can get to us. We don't give them the chance. I got used to hearing things like "Junkie" or "Bang bang -shoot- em -up" when people would see me around town. At first, I would get defensive and mad because I was in denial. Later in my active addiction I would laugh because I was better than them, I did not have to work, have responsibilities, or feel anything. Poor saps.

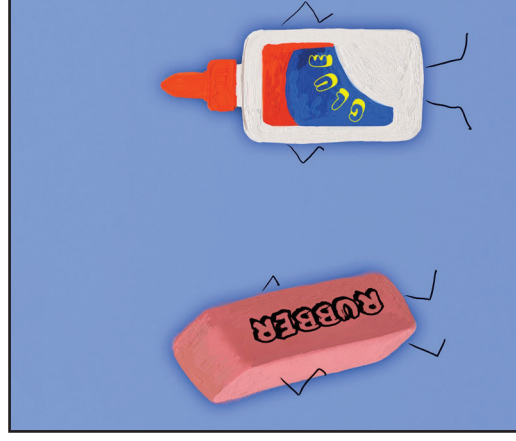
Now in recovery these old behaviors and thinking patterns, if held onto I am told, will get me nothing but what I've always got, except I don't have the luxury of not feeling the pain from it anymore. My coping mechanism is gone, my defense mechanisms do not work anymore. It's time to do something different. I find I am becoming eager to learn. Soaking up as much experience strength and hope as I can because all I want is what the people in this program have. I want to learn to be okay with myself. I must be open minded now and let the walls down. I have to take the advice and the suggestions and not let it bounce off. What is the harm in trying? If it worked for them it could work for me.

So, I will be glue and you will be rubber. I will bounce my ideas, thoughts, feelings, and behaviors off of you and your experience, strength and hope will stick with me.

Written By; An Anonymous Addict From: NJ

Journey to the FSC 2020

About six months ago when I first heard about the Fellowship Service Conference, I decided that I wanted to try to attend. When looking over my work schedule, I saw that I had to work part of the weekend. Luckily, I have a few



16th Annual Fellowship Service Conference for N.A.

When: June 25th thru June 27th, 2021

Where: Hamburg, PA Place:

Olivet Mountain Camp

1540 Mountain Ave.

Hamburg, Pa 19526

Cost: \$105.00 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 NA**

Projected Agenda: How to get involved: Projected Agenda: Annual Conference Serving NA Home Groups through Group Conscience and Setting up services directly accountable to the groups through the Traditions. {Anonymi Foundation / A.S.I.S. for N.A.} **The Facility has asked us to Not Arrive before 4PM Registration starts at 4:30pm**

For More Information: Contact Historical Perspective Group (610) 428-9923 Ask for Ray; or e-mail – matrixmatclub@yahoo.com – Check Out Are Web - Page 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: _____ State: _____ Zip: _____

Phone () _____ Group: _____

Check No. _____ Amount **\$105.00** _____

Send Check by June 6, 2021



Report Stockpile Historical Perspective Group

Last update before the virus.

We had a Total of - 4250 Baby Blues in Stock

Since than we sold -3050 Baby Blues

We have – 1200 Baby Blues In Stock as of 7/30/2020

Grey Books - We had 3244 in Stock

Grey Books Sold 744

Grey Books left in Stock - 2500

We bought in +\$2745 Dollars in Baby Blue

Grey Books bought in +\$1413.60

Total beginning Balance

\$1,521.49

Ending balance

\$5254.51with the Credit of +\$415.58 owed from Printing company
= \$5680.09 in Balance for Book purchase

In Service

Historical Perspective Group

Contact for Book Information Matrixmatchclub@ayhoo.com

personal paid holiday days where I work so I requested that day off. My supervisor ended up telling me that too many people had already requested that day off so I would have to work but he told me that he would put my name down in case a spot opens up to where I could take it off. At this point I became discouraged but prayed and turned the situation over to God. I knew that if it was God's will for me to go to the FSC that he would make it possible. About a month later my supervisor called me and asked if I still wanted that day off because someone else decided to back out. I was so excited that I would get to go so I started talking to others about going with me and planning it.

weeks before it was scheduled the conference had to be moved to a state that had looser guidelines for social distancing so it was decided that it would be held in Atlantic City, NJ. Once I found this out, I rallied the people together that showed interest in going and I booked our hotel rooms. One of my friends who was newer to NA decided to go so I was really excited for this trip. The night before we were set to leave for New Jersey my daughter came down with a fever. Once again, I felt that I was not going to make it to the conference. After discussing it with my girlfriend, we decided the morning of that she would stay home with our daughter and that I would still go to the conference. I felt horrible leaving them behind, but I trusted that she was ok and that it was important for me to go. We drove nine hours to get to the conference and there was never a dull moment on the way there or back. We talked about recovery, listened to speaker tapes and laughed a lot. When we arrived at the conference, there were only about twelve to fifteen people there the first day. I got to meet my Sponsor and Grand Sponsor in person for the first time. I also got to meet several other members who I knew from Radio Free NA. The facility we were meeting in required us to adhere to strict social distancing guidelines in order to meet there so it wasn't as welcoming and close as I imagine it normally is. However, I still felt a spirit and

Stockpile update Hengelo (Europe) 07/2020

Original Count per Dec. 2019: (Book Order from Printer)

Book	Amount	Price	Total
Grey Book	700 pcs	€1,50	€1050,00
Baby Blue	700 pcs	€0,75	€525,00

In stock per 5 July:

Depot	Book	Amount	Price	Total
Deiden	Grey Book	200 pcs	€0,75	€150,00
	Baby Blue	224 pcs	€1,50	€336,00
Hengelo	Grey Book	122 pcs	€0,75	€91,50
	Baby Blue	221 pcs	€1,50	€331,50
Total	Grey Book	322 pcs	€0,75	€241,50
	Baby Blue	445 pcs	€1,50	€667,50
		Total		€909,00

Total books sold:

Book	Amount	Price	Total
Grey Book	225 pcs	€1,50	€382,50
Baby Blue	378 pcs	€0,75	€283,50
	Total		€666,00

Original Stockpile: €1575,00
 Cash in account : €666,00
 Books in depot: €909,00

ALL FUNDS ACCOUNTED FOR

excitement about being there with people who love Narcotics Anonymous and believe in Our Traditions and service for NA as defined by Our Traditions.

The second day after the conference we got everyone together to have a meeting on the beach. It was one of the first in person meetings any of us had been to in months and it was a really special moment. The third day we finished up the conference and said our goodbyes. On the way home, I remember feeling filled up spiritually, I felt like something really special had just taken place and

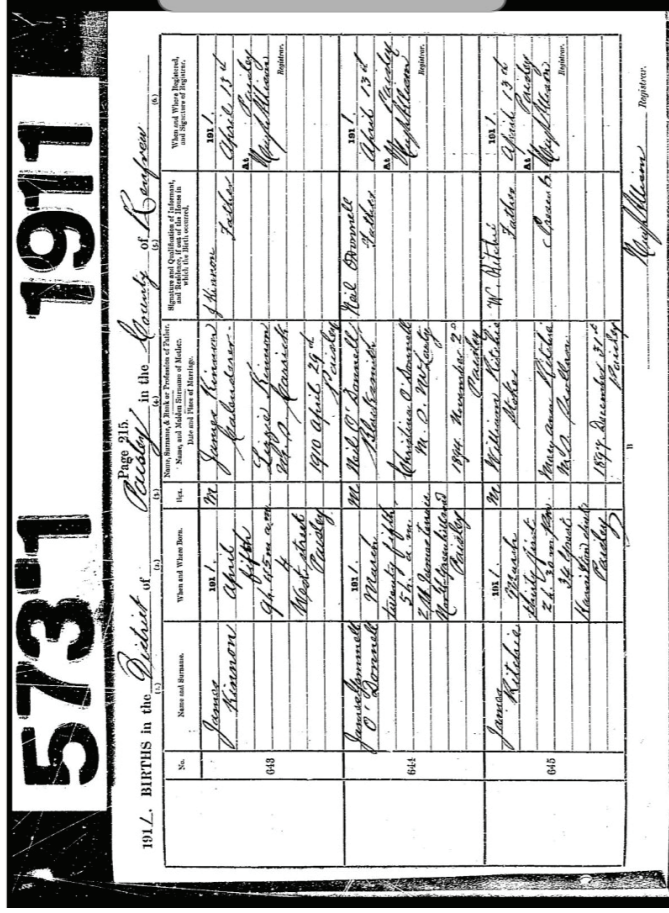
that my recovery was impacted in a profound way. I'm so grateful that I made the effort to get to the conference no matter what and that other addicts were going to go no matter what as well. I'm grateful for the relationships that started and the ones that got stronger as a result of that weekend. I am grateful for the opportunity to broaden my base. I'm grateful for the meeting on the way there and on the way back. I am grateful for Narcotics Anonymous and the Twelve Traditions.

Written By: An Anonymous Addict From: Ohio USA

The Beginning

1911 KINNON, JAMES (Statutory Births 573/01 0643)

© Crown Copyright. Image was generated at 02 August 2014 06:13



Diversity is not Anonymity

We sometimes hear addicts say, "Diversity is our strength." It sounds very cliché.

In fact, it seems like it could be taken out of context very easily.

I used to hear people used that phrase followed by, "It says it in our literature."

I had to do some research to find where this was exactly located, and I found it one day. It is in the JFT that was written by a hired writer, Lee Manchester. "Today, we are grateful for the diversity of our group's membership, for in that diversity we find our strength."

I believe Anonymity would be a better word for this idea. Anonymity makes us all equal and Diversity seems to separate us. Yes, we come from different backgrounds and all walks of life, but when we walk into a Narcotics Anonymous meeting, we are all equal.

I was once a part of a Home Group and none of us had much in common besides the disease of addiction. We were all addicts. One member was over 7-foot-tall, he was a black man and he used to play basketball. One member was a woman, and she was a lesbian. Another member was a single mother, and another member was a Grandmother. We didn't divide anyone for any reason, we didn't identify as what society would identify us as if they didn't know we were addicts. We all identified

as addicts and with that we practiced Anonymity. We were all equal. I have walked into meetings in an inner city and felt like I was at home just as if I walked into my Home Group that's located in the middle of nowhere.

Recently, I came across on social media that a member was arguing with another member about some political stuff. One person pointed to the other and said, "Your racists." They then told everyone and said, "He has over 40 years and he's racists." It was because the one addict did not agree with something that another organization is doing. But because this organization was created by a certain culture or a person of a certain color of skin everyone did not like when someone had a disagreement.

My sponsor attempted to clear things up, letting them know that this addict in fact isn't a racist but he just disagrees on this outside issue.

Things when downhill from there for what I witnessed. I told myself from the beginning that I was not going to interfere or get in the middle of it.

The one addict reached out to me and said "Is ___ your sponsor?" I told him; I do not want to get in the middle of this. He didn't know what else to say.

About a year ago, before I started to understand how to turn something over to the care of God I would have jumped in the middle

"God, grant us the knowledge that we may write according to Your Divine precepts; instill in us a sense of Your purpose, make us servants of Your Will and grant us a bond of selflessness that this may be truly be Your work, not ours, in order that know addict, anywhere, need die from the horrors of addiction." {Grey Book 1981}

Anonymi Foundation, P.O. Box 4404, Allentown PA 18105

TM 09/07/2020

Literary Work in progress. Please copy and share this with your local Home Group for Review and Input. This document was written in open participation by members of the Groups of The Anonymi Foundation. Please send your input to nahelp.org@gmail.com



Our disease tells us to avoid taking responsibility for our own lives. We have become quite adept at avoiding personal responsibility for our actions. We have learned to be angry and resentful of others. It seems normal to immediately seek someone to blame and resent. This is just another way that our disease keeps us from growth and change. We are not victims. We are not the disease that we suffer from, nor are we God.

We discover what the rules are for us and strive to become ready to have God remove our defects of character and shortcomings. We surrender and allow God to heal us. We are able to respond to life in the moment. We no longer have to live in resentment, anger and fear because our behavior is no longer in conflict with our values. The pathway to becoming the people we want to be is clear because we have a loving God working in our lives today. Understanding our disease, developing a relationship with God and coming to know ourselves are some of the miracles of recovery.

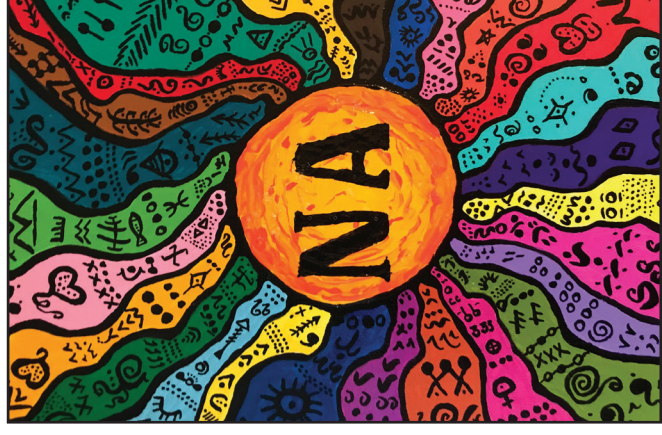
After working the First Step, most of us experience a sense of humility and relief that we were not in control of our addiction. This knowledge allows us to stop beating ourselves up over the things that our disease made us do. However, some things that we do have control over are our attitudes and actions. We can no longer do whatever we want to with no accountability. The more responsible we become, the less often others have the right or need to correct us.

We may find ourselves in positions that generate harmony and order instead of disunity and chaos for the first times in our lives. We find out exactly how our lives intertwine with the lives of other. Each part ultimately affects all others and a frayed edge will destroy the whole cloth if not mended.

The Steps guide us in changing until our inner reality matches up with life around us. Things work out better if we adjust our attitudes to match reality. By evaluating our attitudes, we can respond appropriately. We work ourselves into the fabric of life by doing what we can when we can. We no longer strive to be the person we should be or even the person we could be but to be the person we are. Personal responsibility is a duty we have to ourselves as well as the Fellowship. Responsibility requires action, both spiritual and physical. Maintaining recovery is our first responsibility. Daily effort and commitment maintain our responsibility and we can see progress. A sense of integrity comes from being responsible. This is a direct result of fulfilling our fundamental obligations. When we practice personal responsibility, we become personally responsible for our lives and recovery.

of this disagreement, for whatever reason and defend people. Today I do not have to act out, and for others to see that they can't understand why. I am powerless over others and how they think, feel, or act. What I do know is no matter what your political party preference is, or your favorite sports team, it's an outside issue in a Narcotics Anonymous meeting. I don't care what the color of your skin is, if you're gay, or straight; if you prefer meat, or vegetables, it's an outside issue, and it only causes us to dis-unify when we aren't practicing anonymity.

**Written In loving service,
From: NJ USA**



A God of Our Understanding

When I came to Narcotics Anonymous, one of the things that attracted me was that this is a spiritual not religious program and that we each have the right to a God of our own understanding and that we only ask that this God be loving and caring and greater than ourselves. I was not particularly fond of religion or religious people when I first arrived and if I thought that this was leading me toward a particular religion or that I had to believe in a particular God, then I really don't think I would still be here. I've seen members stop coming to meetings and start getting more involved in church and that doesn't seem to work for most addicts. I usually see these people go back to using eventually. I have seen members wear certain religious jewelry and t-shirts that directly endorse a specific religion or God and that rubs me the wrong way too. I have even heard members try to force their God on other members in the meeting saying that their God is mightier than everyone else's.

I had a conversation early in my recovery with an old timer from a different fellowship that said what we are really supposed to be doing here is leading people to "a specific God" and how can you be growing spiritually without reading "a specific religious book"? This really turned me off to the Program at the time and I'm so grateful that

I had a sponsor who was not religious and believed in this program that explained to me the difference between religion and spirituality.

I'm not saying that it's wrong to be religious or to believe in what ever God we want to but I am saying that this is a spiritual not religious program and there is a God that works in Narcotic Anonymous and by expressing our particular religious views in meetings are we really helping the newcomer feel at home? Or just the ones that believe the same thing?

Our concept of God comes not from dogma but from what we believe ourselves, what works for us. Many of us understand God to be simply whatever keeps us clean. The right to a God of your understanding is total and without catches. Because we have this right, it is necessary to be honest about our belief if we are to grow spiritually. (BB Basic Text Step 3 page 22)

Written: By An Anonymous Addict From: Ohio USA

Why I Choose Forgiveness

"As I learn to surrender in step one. I see how Forgiveness is vital without out forgiveness I am trying to be in control and my life is filled bitterness and resentment I must surrender so I can grow and overcome the addictions in my life

If I want someone else to be punished but I expect forgiveness for the bad things I have done, I am living in unmanaged life and I just keep making more misery for myself. I am not hurting them; I only hurting and damaging my own chances for recovery.

Forgiveness involves past, present, and future: living just for today in this 24-hour period.

God my Higher power has forgiven me multiple times in the past way too many to count.

My resentments only hurt myself.

It like drinking poison and wanting someone else to get sick, far too often I found myself wallowing in self-pity.

It was critical that do me to forgive anyone from my past who had hurt me I had to stop fighting and surrender I had to realize I was powerless over people place and things

because my Higher power had forgiven me for my past, and he has promised to be with day by day me in the future.as I live out the steps one at a time

Just for today I will have a program and let my higher power walk with me in forgiveness

Written By: An Anonymous Addict From: NC USA

ligerent people. The belief that this illness exists and is treatable will help us get results while denial of its existence will kill us. While we already admitted to powerlessness over our addiction, our addiction exists with or without drugs. Even without the drugs, the disease is still present.

Expressing love opens the door for us to obtain freedom. We learn how to love by working the Steps and the Traditions. We learn to apply the spiritual principles embodied in them into our lives. It takes time, repeated effort and a willingness to learn real love. Many addicts have said that working with others got them through particularly tough times. When we show concern for another, we manage to divert attention from ourselves and our compulsions. We identify with the feelings that many addicts share because we have been there and done that. We have found that the only way out is by total surrender. In spite of all the denial, evasive actions and repeated attempts to use successfully, nothing seemed to work. We came to a place where recovery started sounding good, even though it meant we could not continue using. Of course, we knew there would have to be changes.

Our actions define our personalities to the world. Our choices can cause us pleasure or pain. Perspective is the way we look at things. Attitudes influence our perspective of the world and how we react to it. Our attitude affects our choices. As we change, our attitudes change. If we see something wrong with our thoughts or actions, it is our responsibility to correct them. God will assist us in improving our lives.

Some of us are still tender from the scars of active addiction and hold back from participating in society as a whole. As we grow in recovery, we will find ourselves taking on responsibilities before we know it.

A deconstruction of our lives resulted as our disease progressed. We reverse this process in recovery and re-integrate into society. Many of us have to develop restraints that we never thought we needed before. Some of us have to develop our ability to assert ourselves.

Our disease tells us that we can control everything around us, but we need to remember that the universe is God's to control. Even though we have heard, "Through our inability to accept personal responsibilities, we were actually creating our own problems.", personal responsibility goes much further than just this. Personal responsibility in recovery means the process of using the tools of the program in all areas of our lives. We must do this in our Home Groups, with our Sponsors, in service work, and in our personal recovery. It involves honest sharing; We create more problems when we do not share what's going on with us. By not sharing our problems honestly, we deprive the listener and ourselves the opportunity for a spiritual connection. We recover by being able to reach out when the walls are closing in on us.

Personal Responsibility booklet - FLC 2020

Many of us arrive at our first NA meeting spiritually dead, emotionally crippled and in poor physical health. Overwhelmed by shame, guilt, self-hatred and the painful consequences of our self-centered lifestyle, we are relieved to find that we have a treatable disease. Our moral values, which we thought were long gone, can be revived by living in harmony with the principles found within the 12 Steps and Traditions of NA.

One of the first and most important tools we are given in our struggle to overcome addiction is an understanding of the disease. A thorough grasp of this new-found reality has opened the door to recovery for countless addicts worldwide. Clinging to any reservations we may have in accepting the fact that we have a disease called addiction is referred to as denial. Denial of our condition is nothing more than an invitation to further pain and confusion. Denial is the mind game that all addicts play to avoid dealing with reality and the consequences of our using. Often times our lifestyles have become quite bizarre, yet we remain convinced that everything is normal. Denial is a mental operation of rationalization and justification used to shield us from the pain of our current situation.

NA offers a solution to those who stubbornly embrace denial and who doubt the fact that this disease is the source of our unmanageable lives. Having accepted our disease, we must be careful to realize that our addiction can be easily transferred to other destructive behaviors. New members are especially susceptible as many will use almost anything in an attempt to fill the void such as food, money and sex. Emotional emptiness was left as a result of giving up the primary symptom. Although applying the steps, going to meetings and using a sponsor does not offer us immediate gratification, it does offer the long-term solutions we truly seek.

Addiction is a physical, mental, spiritual and emotional disease. Understanding this concept is a great advantage to the addict seeking recovery. This has enabled hundreds of thousands of NA members to recover. The more we understand our disease, the less likely we are to allow ourselves to drift back into the patterns that lead to relapse. We have to take care that our self-centered motives are kept in check. Pain does not cure our illness, it can motivate us to seek solutions. The most solemn vow and the strongest will power offer only temporary solutions. In our experience, until an addict finds the sincere desire to stop using, there is little hope for recovery. It is this desire that fuels our recovery.

We have come to understand that we suffer from a disease called addiction. This disease tells us that we do not have a disease, and therefore our minds work against us. That is how it fools even the most intel-

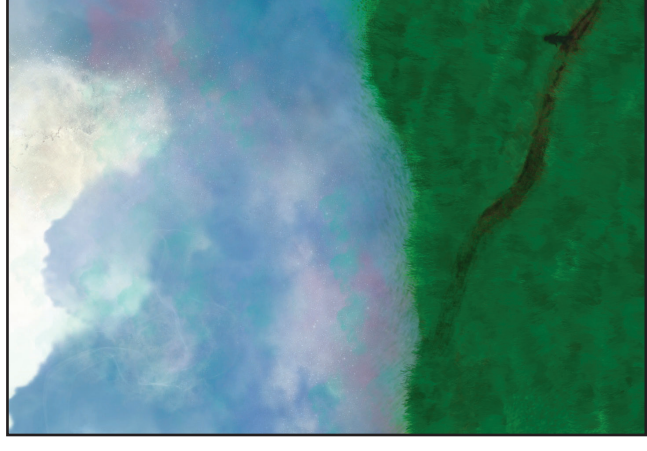
The Journey

Our spiritual principals continue to allow us to live a life, unlike anything that we could have ever expected. We have been set free to walk a journey that is based not only on a sound foundation of hope and freedom, but we are given the opportunity to walk in the light of recovery. With these new principles, we are now in the process of the miracle of that transformation in which we are blessed. For out of that state of humiliation, hopelessness, and despair our spirit has awakened and we have been picked, and given this newfound purpose, we are carrying a powerful, life-saving message of hope and freedom, to those that continue to suffer from this dark disease that we call addiction.

We have been given all the necessary tools to maintain our independence from the disease of addiction. With tools like sponsorship, the Light, and prayers we are able to live life on life's terms, we have been shown that acceptance and surrender is the cornerstone of our walk through life and that change is not our issue but it is the resistance to change that is the direct source of our pain and discomfort. Like our basic text tells us, we are not responsible for our disease but we are responsible for our recovery. We must use the tools, practice them and remember that a blade of grass can only grow so much in a 24 hour period of

time, Like that grass, we are in the process of becoming that in which we are intended to be as we to can only grow so much in that same 24-hour period of time. Be patient the miracle will happen.

My Prayer is my source of communication with my Higher Power, allowing me the opportunity to share my gratitude for the guidance in which I have been given. This tool is very powerful and is helping me to maintain a healthy mental attitude of appreciation and faith as I move forward on this journey. No longer is this journey just about me for today I know that wherever I am there is God also. I have come to believe that God's plans for me truly are better than anything that you or I could ever come up with.



Just as prayer is a powerful tool, so is the opportunity to listen, with meditation I am learning to stop the restlessness of my mind by focusing my undivided attention to what I am experiencing and hear the answer in which I often missed. During meditation, I get to hold my mind still, focusing on the light and the message, or perhaps listening to another member to share the message of hope. This takes practice and I am still in practice, often falling short.

Just for today, each of our steps and traditions will allow us to grow in and with the spiritual principles that is there to show us the truth and the way that is if we choose to explore and discover them. Oh, practice will be required that is for sure, perhaps one must not be so naive to think that they can grasp this new way of living in just a short period of time or perhaps even in a way that would resemble perfection, as we are not a program of perfection, but one of progress. Love and hugs and may your day be blessed with much joy and happiness as you walk in and with the light of our principles,

Written by An Anonymous Addict From: Michigan USA

Memphis- Early Spring 1981

WLC-3 If you ever wondered when NA as we now know it was born, it was at the world literature conference after the majority of the fellowship became aware of the writing of our book: WLC-3 in Memphis, Tennessee, in February of 1981. As far as I'm concerned, everything that happened before then simply formed the foundation upon which NA as we now know it was built. But that foundation does not define the true philosophy of NA, any more than the things that happened to each of us prior to our surrender define the philosophy of our recovery.

If you disagree with me show me the writing about recovery from addiction in clear concise terms that occurred before February 1981. Show me the written discussion of powerlessness over addiction as opposed to powerlessness over drugs. Show me the testimonial to exclusive commitment to Narcotics Anonymous as the program of recovery from addiction.

This is not to minimize the contribution of the many folks who went before, or the many supporters from outside the fellowship who paved the way for us.

There were many sincere people who helped NA before we clearly stated our autonomy as a fellowship and the uniqueness of our 1st step at Memphis in '81, but who still

the end. We know that ego will either put us on our knees in pain or lead us back to a life of isolation followed by the horrors of using again. Our ego has to go if we want to survive and stay clean.

We need to be honest about our dilemma and remember that we are powerless over our addiction. Our Basic Text tells us: "We are powerless not only over drugs, but our addiction as well. We need to admit this in order to recover. Addiction is a physical, mental and spiritual disease affecting every area of our life."

To surrender on a deeper level, is an act of love. Freedom from our ego and pain that we fought so long for in fear of what would happen to us or what other people would think.

One member shares:

"So long I can remember I felt like an outsider looking in. Afraid of my own friends and parents. I quickly learned to adapt. I learned that if I'm doing my best to be the best in whatever I was doing, I would be accepted and allowed to be a part of something. In school, in sports and so forth. In my early years I created an alternative reality where I was a star detective solving crime. In this parallel universe I was untouchable and in control. As I got older, I grew out of this and as the abuse progressed in my home I turned to crime. I was to one you turned to if wanted to get anything stolen from the store next to our school. From the start I was set to be the be the "best thief" they ever seen. To be accepted and liked. From star detective to amazing thief in a heartbeat. I usually "worked" alone. I have learned early on not to trust anyone. Shortly after this I used for the first time and I got blown away how empowering in felt. All my fears vanished, and I was king of the world, I felt that anyway. I'm also a musician so I've been standing on a lot of stages performing. Another way to feed my ego, to get accepted and admired. If I displayed my talents no one would know how scared and worthless I felt inside."

When we surrender our ego, we can become part of something bigger than ourselves. We must do this if we are to grow. Our ego walks hand in hand with our pride cutting us off from all our spiritual principles. In order for the principles of our program to work we must surrender our individual egos, and we get out of the me and being a part of the WE.

Anonymi Foundation, P.O. Box 4404, Allentown PA 18105

TM 09/07/2020

Literary Work in progress. Please copy and share this with your local Home Group for Review and Input. This document was written in open participation by members of the Groups of The Anonymi Foundation. Please send your input to nahelp.org@gmail.com



Ego IP - FLC 2020

Ego is the main thing that affects us addicts. We made ourselves the center of the universe, thinking only of our own wants. We thought we could do it alone. We lived in isolation for so long that we forgot how to connect or feel connected with other human beings. We could not relate to other human beings. Because we were "better than" or "worse than". We isolated more and more while our addiction progressed. The feelings of isolation we had were a product of our addiction. We felt inferior and superior at the same time. Selfishness and self-pride caused us to feel apart from rather than a part of the human race.

Fear and low self esteem stem from our ego. As our using progressed, we did not trust anyone, let alone ourselves. We had put all our trust in drugs. Anyone or anything that threatened our using became our enemy. Even though we could not stop using we still felt that we did not need help. The way we saw ourselves and the world around us was distorted because of our self-obsession. Finally, in desperation we could see that we had no control over using or our lives.

We could not admit fears, because we did not want to appear vulnerable. Failing to admit that our actions caused our own problems limited our self-worth. We had trouble sharing honestly and asking for help. In our self-obsession we lose the ability to see reality. Hope is a new reality we find in NA.

Without the help of NA, we cannot stay clean and recover. We repeatedly tried and failed. Practicing vigorous honesty is a way in which we begin to surrender our ego. Understanding we need help; we start practicing this way of life. Our basic text tell us "We begin by asking for help, and this is accomplished by working the Twelve Steps. The foundation is the admission that we, of ourselves, have no power over addiction." This can be difficult, even for experienced members of Narcotics Anonymous. We turn on ourselves and think we should know better. It is important to understand that we are not alone and others in the rooms can help us. You are not alone.

We want to fit in and be part of, yet we fear rejection and being alone. This leads us astray from connection with our Higher Power and ego and self-centeredness take control. Feeling "better than" and "worse than" again can make us want to leave NA. At this point we need to practice the basics we learned in our program. We need to be ready to do what it takes. The wisdom found in our Steps and Traditions can help us.

By thinking we can do it alone and living our way again we Edge God Out. Following our ego and isolating ourselves in the fellowship will lead to spiritual, mental, and emotional relapse. Surely drug use will follow in

retained their affiliation with other fellowships and other philosophys.

If you need for some reason to know who the "founders" of the program are, look at the names printed in the front of the Review Form of the Basic Text, commonly known as the Grey Book. I personally believe this program to be a gift from the god of my understanding, and all who came before me to be the messengers of that god, anonymous members of the fellowship of people who found this program to be the answer to their problem.

They were no more than suffering addicts who found relief here and tried to leave a better, more effective fellowship than the one they found. How some of them expressed things has helped me and, I am grateful for that.

But I don't thank or blame them for their contribution. I know it was nothing more or less than what they needed to do to recover. When I mention these people throughout this book, please understand that I do it without either praise or criticism.

In February of 1981 the World Literature Committee for NA held a conference in Memphis, Tenn. The two previous conferences had taken care of some important details but this conference was where the serious writing and editing began, and this conference is where the fellowship came together and made the first serious attempt to address recovery from addiction in the history of mankind. I was

there. You could have been there too if you were clean then.

For months and months every known group in the fellowship and every member who had ever expressed an interest in literature had received letters from the NA World Literature Committee. These letters were the most ambitious attempt to include everyone in our fellowship in a service project that has ever taken place, and I took them seriously.

Actually, I joined up with a group of members who were headed to Memphis a few days before the start of the conference. I met them in Marietta, GA and we all helped Bo finish a job before traveling together. In the process we learned a bit of how to work together.

Page, Hank, Bo and I got to Memphis just before the conference began. It was held at Memphis State University, and we were all able to stay right at the site in the dormitories. Joseph had arranged it all and provided constant organization.

One of the really terrific things about open participatory service is that it allows people's talents and abilities to come to the forefront so they can be best used for the good of the project. When we got to Memphis Joseph had, with the help of the local fellowship, taken care of all the details. Our working facilities, food, lodging, supplies, equipment such as typewriters and copy machines, and comfortable workspaces all were ready for

us to begin. Additionally, the local fellowship was ready to support us with regular meetings and positive energy. Joseph himself did very little if any writing, but he made it possible for the writing and editing to be done, and he verbally participated in final editing.

I can remember being tremendously excited to be a part of this effort. Having spent some time with Bo and several others who had been working on this project for a while was helpful and encouraging. Three things stand out in my memory:

First, every bit and piece of input that anyone had ever sent in was treated as precious, and although its form might change the thought included would find its way into the manuscript.

Second, every member who came to help was given a valid, important job, never marginalized or patronized or ignored, no matter what their apparent educational level or perceived ability to write.

Third, when we got jammed up or started to argue or became impatient with each other – whether it was a small editing group, or an assembly of the entire conference – we would stop and join hands in a circle and pray. We prayed the literature prayer: “God, relieve me of self-will and ego sufficiently to use me as your instrument”.

Written by An Anonymous Addict From: USA

NA Made a Difference

It's been a little over three years since I first got out of treatment and was introduced to Narcotics Anonymous. The only thing that I have done right consistently is kept trying and kept coming back. I've had quite a few setbacks and I've relapsed twice. Part of my struggle has been that I still had reservations and some of it was misinformation. The more I've wanted real recovery, the more research I've done about this program and the closer I've gotten to what this program was founded on: Complete Abstinence and Group Conscience. Learning about what our literature means when it talks about Complete and Total Abstinence from All mood changing substances and mind-altering chemicals was part of a spiritual awakening for me. Learning about how this included prescribed medications and that there is no safe use of drugs for us helped clear up my reservations about medications and professional help. The importance of Group Conscience as part of our foundation is equally important. True Group Conscience makes all of us equal regardless of our profession or station in life and allows God to work through our Groups. I feel that Group Conscience keeps us non-professional in our way of recovery from addiction which includes our recovery literature. This is why my Home Group does not use literature written by profes-

about various cool stuff going on in Narcotics Anonymous at the Radio Free NA forum, this was no exception.

Articles were requested so that we could start producing the Old/New NA Way magazine like it was done when it all started, in open participation with total creative freedom. Doing the right thing for the right reason you could say.

Nothing is being edited in this magazine, just some spellchecking. Raw uncut material by addicts for addicts. All you need on a personal level is a willingness to try

to share your experience, strength, and hope. I know that I'm my own worst critic, so the creative process I usually go through is as follows.

I pray to be humble enough to practice anonymity and not to strive for perfection. This does not always come easy. Hopefully, my writing reflects my gratitude and experience of living the NA Way, that is all I got anyway. What is your experience with being a part of the New/Old NA Way?

Written: By an Anonymous Addict From: Sweden

The Serenity Prayer

God, grant me the

**Serenity to accept the things I cannot change,
Courage to change the things I can, and
Wisdom to know the difference.
Patience for things that take time,
Appreciation for all that I have, and
Tolerance for those with different struggles.**



OWNING RESPONSIBILITY

As I was growing up, I learned quickly to make excuses for our inappropriate behaviors and choices I made. This was to continue even as an adult, there are times even today I continue to blame other people and circumstances as a way to avoid accepting responsibility.

"It's not my fault." "I was made to do it." "It's not fair." I learned quickly how to use those excuses in an attempt to avoid the punishment I knew was coming. But as I look back There are many things, however, that happened to me that I was not responsible for. No matter the hurt that was dealt with I was not responsible for the emotional and physical abuse I had to endure. I was powerless. I was, however, responsible for reactions to the traumatic events in my life. And I needed to seek help and be accountable for my behavior. I arrived at my first NA meeting spiritually dead, emotionally crippled. Overwhelmed by shame, guilt, self-hatred, and the painful rewards of my self-centered lifestyle,

After finding the fellowship of NA and a loving God this new-found reality had opened the door to recovery I learned that I could get stuck in my recovery when I can't stop placing the blame on others who have hurt me. Denial is a mental operation of rationalization and justification used to shield us

from the pain of our current situation. If I find that I am not accepting responsibility for my actions, and then I am seeking to be powerful by still blaming others for the way I misbehave today, I had to realize that addiction can be easily transferred to other destructive behaviors such as going to extremes in the areas of; compulsive spending, over-eating, and sexual acting out. but if I rely on God, He will give me the strength to face life. He will give me the courage to be able to break free from living in yesterday. I will be able to enjoy the blessings found in today. Giving up does offer the long-term solutions we truly seek. offer the immediate gratification found in addictive lifestyle, steps, going to meetings and using a sponsor does not give up the primary symptoms I had to learn to live the steps

Written: By an Anonymous Addict From: NC USA

Experience with Writing an Article

This is What We Need to Write an Article.

An open participatory process, creative freedom, experience, strength, and hope. Then we are well on our way. Easy does it. This is some my experience with being a part the making of the magazine. I have gotten a lot of information

sionals.

When I was in treatment, there were about twelve other people that I was there with and some of them I became close to. Some people went right back to active addiction upon leaving treatment. Some got sponsors in NA and other fellowships and stayed for a while before returning to active addiction. Some of them have died. Some are now in prison and some have been back to the same treatment facility multiple times in the last three years. Most have them have tried to take the softer easier way by taking medication and taking the advice of doctors and professionals. I'm pretty sure that I am the only one of those twelve people that has stayed clean and in recovery this whole time. I'm not saying that to brag or to be better than anyone, I'm saying this because it shows that NA Works! If we want what this program has to offer and are willing to make the effort to get it then it certainly works. Yesterday, my mom told me that she ran into my best friend from treatment at the park down the road from her house. She said he looked bad and she thinks he might be homeless. His feet and legs were all bandaged up and he was very badly sunburnt. This makes me so sad because I care so much about him and a lot of the other people that I was in rehab with, but I can only be a living example and carry the message. I can't force this program on anyone, and I can't

deny them their pain. I pray that an opening is made somehow and that this addict hits a bottom and becomes willing to change before he dies.

Written: By an Anonymous Addict From: Ohio USA

--"Baby Blue We Love You" Have you been Served? "History"

An Open letter to the trustees concerning the printing of the 3rd. Edition, revised Basic Text

After seeing a copy of the letter put out by the trustees stating violations of Narcotics Anonymous Traditions as a result of the printing of an altered version of the Basic Text, 3rd Edition revised, I found it necessary to voice another opinion so that the fellowship as a whole is not misguided by the trustees simply because of the "WSO says so, so it musts be true" attitude.

The first thing I felt it was necessary to do was to go through some basic facts from the Basic Text, any edition, in this case the WSO's very own 5th Edition, on page 59, we read in the 1st tradition about unity, half way down, "No one can revoke our membership or make us anything we do not choose to do, "and" we found that is best for the group is usually good for us" and on page 60, "This is not to say that we do not have our disagreements and conflicts, we do. When

people get together there are differences of opinions, however, we can disagree without disagreeable, Time and time again, in crisis we have set aside our differences and worked for the common good." The 2nd Tradition talks about the only ultimate authority, we have on page 61... "We rely on a loving God as he expresses Himself in our Group Conscience, rather than on personal opinion or ego," "We must be constantly be on guard that our decisions are truly an expression of Gods will" and that "Direction and manipulation fail, We choose not to have presidents, masters or directors, Instead we have secretaries, treasures and representatives. These titles imply service rather than control". The 3rd tradition states that "Desire is our only requirement, Addiction does not discriminate, This Tradition is to ensure that any addict, regardless of drugs used, race, religious, beliefs, sex, sexual preference or financial condition is free to practice the N.A. way of life," Tradition 4 asks, "Are we truly autonomous"? Don't we have service committees, offices, activities, hot lines, and other activities in N.A.?" The answer is these things are not N.A. "They are services we use to help us in our recovery and to further the primary purpose of our groups". The 5th Tradition then tells us about our primary purpose, but not before adding that" ... dictate to other groups or force anything upon them...then all

will be well." "I thought our primary purpose was to recover from drugs addiction. For the individual this is certainly true; our members are here to find freedom from addiction and a new way of life, however groups aren't addicted and don't recover. All our groups can do is plant the seed off recovery and bring addicts together so that the magic of empathy, honesty, caring, sharing, and service can do their work." "What would happen if our groups had another primary purpose? We feel that our message would be diluted and then lost. If we concentrated on making money, many might get rich...If our group purpose was anything other to carry the message many would die..." And tradition six talks about the money, property and prestige issue by saying on page 66, that this tradition" is extremely important to the continuation and growth of Narcotics Anonymous," It "goes

could be replaced with a Sixth Edition. And if we are only trusted servants and not governing than where would we find ourselves? The message of total abstinence could be lost.

I've seen this happen in face to face meetings and I can't imagine whats in store for the future. Eventually many of us will go back to our daily "normal lives" and many may stay online still isolating in their homes.

I don't like giving anyone an excuse to sit home and "attend a meeting" when they can do so surrounded physically by addicts. Many newcomers may not hear about our message of Total Abstinence or our literature written by addicts for addicts unless more addicts start helping on another to start meetings in their communities. I believe this is the time when we come together in the spirit of unity. Without NA few of us would have survived, so let's show the places that do not have NA how to start a NA meeting.

I don't believe we can sit on our computers and carry the message regularly to the still suffering addict. I know too many addicts today that do not have cell phones let a lone computer. Recently while visiting my Hometown I seen an addict who said he just came out the local hospital/detox facility, and due to Covid-19 they're just slipping everyone scripts for Suboxone and calling it a day. Narcotics Anonymous has failed the addict who

still suffers in that town. There's no meetings available anymore. There was once over 15 meetings a week and there's none today. There is no information anywhere on where to find a meeting or talk with another addict. Public Information has turned into Public Relations and Public Relations has forgotten about our primary purpose. Addicts there have to be locked up, put on probation or drug court, to even find out who we are and where we are. We have done a disservice to the addict who still suffers in that town, and I wonder how many other places are like that today.

Let us not repeat the insanity today. Let us make sure Narcotics Anonymous is available for the addict who still suffers when they are willing to get clean and find a new way to live.

Written: By an Anonymous Addict From: Part Unknown



“Tradition Three States”

Tradition Three states “The only requirement for membership is a desire to stop using.”

Many things come to mind today when thinking about the meetings that are meeting on an online platform. What if someone wants to join the Home Group? As our Traditions would probably not prevent them from joining the Group; Would it be more practical that we show these addicts who are seeking to join how to start a Group in their local communities?

Recently, as local states are starting to open up during this Covid-19 pandemic I have found myself not participating on these online platforms anymore. I'd say majority of the addicts that I talked with about these subjects would feel the same; the atmosphere wasn't the same.

At the Fellowship Service Conference this year we were able to meet on a beach in Ventnor NJ, that was my first face to face meeting in months; other than sitting on the porch with my wife talking about recovery.

Last Friday we were able to attend the opening of the Historical Perspective Group as they started meeting again face to face. I felt the atmosphere in both of those places. We hugged each other if addicts were open to hugging, we were not bound by fear of meeting together.

During the time of our Group “The Most Perfect Vehicle Group” I heard the message being carried by addicts, but I never really felt the atmosphere of recovery. Eventually after having some speaker meetings and our weekly Grey Book study we decided to close the online meeting and prepare for meeting face to face.

We fortunate to say that we did not have to close it down while having someone from out of state or out of the country belonging to our Group.

I believe fear could be a factor on why addicts will not start a meeting. Fear of the unknown or what the locals may do if they do start a meeting. Fear of if anyone will even show up. Fear of if they will be attacked. And fear of being isolated. All of these fears are a lack of faith.

If the Group is the most perfect vehicle for carrying the message than we should be encouraging addicts to start meetings in their communities. Like a baby bird getting kicked out of the nest, the bird will not fly until we show them it's possible.

Another thing that comes to mind is what if a bunch of addicts join the Group and start altering what the message is. What if the original addicts who started this Group were “outnumbered” and the Group's Conscience had taken a turn. A closed meeting could turn to an open meeting. The Grey Book

on to warn us what may happen; ‘lest problems of money property and prestige divert us from our primary purpose’. The problems often become obsessions and cut us off from our spiritual aim. For the individual, this type of abuse can be devastating; for the group it can be disastrous. When we as a group waver from our primary purpose, addicts who might have found recovery die.” The 7th Tradition tells us how we get our money and why, on page 68. “...members who can afford it give a little extra to help N.A., services remain in need of money, and even though it is sometimes frustrating, we really would not have it any other way; we know the price would be too high.” Tradition 8 warns us about professionals on page 69 of the 5th Edition Basic Text, “If we employed professionals in N.A. groups we would destroy our unity” and on page 70, as hypercritical as it is, Our special workers on the other hand, work within our traditions and are always responsible to those they serve, to the Fellowship.” The 9th Tradition says, “... that we may create service boards or committees to serve the needs of the fellowship. They exist solely to serve the Fellowship; this is the nature of our service structure as it has evolved and been defined in the N.A. Service manual.” Tradition 10 says that “One of the most important things we can do to further our primary purpose is to let people know who, what and where

we are.” Tradition 11 says “...It is important to reach as many people as possible...” and on page 72, the 12th Tradition says that “The spiritual foundation becomes more important than any one group or individual.”

I first quote these traditions to show that the Board of Trustees is totally and completely hypocritical solely to their own means. “As long as the end results suits their personal desires the BOT will say anything they want to and because the letterhead reads, “World Service” most people think that it must then be so. The true hypercritic comes through in the latest letter from the trustees, at the top of the page; by using the copyrighted symbol of N.A. they've violated their definition of the fourth tradition which says that if it's not a meeting than it isn't N.A. The letter goes on that, “This action contradicts our 12 Traditions” Not the 12 Traditions I just read. Whose traditions is it violating? Maybe the Boards tradition of using N.A. funds to travel around the country, depleting the cash flow from the services we really need. The letter goes on about how the book is not conference approved. I remember having a 3rd Edition revised text straight from the WSO in 1986, and the other parts in approved literature before that. So, what, stories were left out in this version, the “Fat Addict” didn't do a thing for me anyway. I'm trying, also to figure out how the Trustees had

the audacity to write “as a result of broad consideration within the N.A. Fellowship” when the 5th Edition was a quick cover-up for the riff-raff 4th Edition that was spit out. This was WSC approved, but not “Fellowship as defined in the service manual.” “Without consulting any of N.A.’S worldwide decision-making bodies” is a scary thought and an insult since reading the Traditions which say that the Fellowship is the decision-making body not the other way around. The services are set up to serve the Fellowship, not to “rule, censor, decide or dictate” as it reads in previous editions of The Basic Text.

I did not write this however it is in my files and this is a reason to be at the world convention (2013) handing out Baby Blue 8 blocks away from where they sued Grateful Dave Join us in this effort.

In loving service Written by: An Anonymous Addict From: the USA

We That are Fortunate Enough to Have Been Blessed

We that are fortunate enough to have been blessed this day know the truth that self-sufficiency is a lie. In fact, it blinds us to the truth while keeping us as a hostage to that deep-seated fear that is rooted within our spirit. Our resistance and our need to control and or

our unwillingness to let our Higher Power lead us on our journey feeds our fear. These rebellious actions allow it to grow, as a result of our pride in our unwillingness to hear what others have to say. This resistance leaves us to face this addition alone. We that have stayed clean, and spend time exploring and discovering the principles of our steps and traditions know that this is the pathway to relapse, death, jails, institutions, or perhaps a lifetime of misery for your loved ones and yourself.

We that have sought more than just being clean have experienced many miracles along the path that we have been walking. We are given the opportunity to experience that few will ever get, as today we get to walk out of the darkness of the hell that we once lived in. The miracle of a transformation takes place, as today we get to walk into the light of recovery, we get to notice and enjoy the beauty that surrounds us and that which is growing within us. Thanks to the program of narcotics anonymous and the guiding love of our sponsor, we are no longer trapped in that state of humiliation, despair, and living hopelessly, as today the miracle, which we hear others talk about is occurring in our life. From that addict that was hopelessly lost in fear and their world of self-centeredness, we have come a long way, as today we are clean but not only walking and living our recovery through our newfound princi-

ples. We are no longer walking our life journey blinded by our denial as the conversion is in the process of creating that in which we were met to be.

As a result of our willingness to trust in Gods plans for us, we have come to enjoy our journey; our dreams are coming true, life is becoming clear to us, no longer is it about wanting what we want but wanting what we have, and filled with gratitude I know that our needs are being met. Faith and love are like the wind you cannot see it but you can get to fill its effects upon your life. Today with the light of hope, the light of love, the light of forgiveness, the light of wisdom, the light of my journey I will continue to trust that Gods

plans for me truly will be better than anything that I can come up with.

Just for today How blessed am I to have heard the message of recovery through Narcotics Anonymous. To have been guided by a sponsor who taught me about unconditional love of the Light and sponsorship. This I know for sure until that day my eyes close here and open in heaven I will remain grateful for all that, he gave me. I will continue to give it back to others through sponsorship, and by sharing the good news of recovery at our meetings, NA works that is if you work and live our principles

Written: By an Anonymous Addict From: Michigan, USA

Unity happens when oneness is expressed.

Unity happens when there's no self, only spirit.

Unity is sprung from the principle of anonymity.

Unity sees no separation, no boundaries nor obstacles.

Unity is felt as love and freedom.

Unity implies a union with a Greater Power.

Unity is based on principles before personalities.

Unity isn't dependent upon organization nor control.

Unity isn't the same as uniformity.

Unity is energetic and it's shaped like the heart.

Unity is practical and therefore solution oriented.

Recovery feeds on unity.

Written by An Anonymous Addict From Sweden