

An artistic illustration featuring a hand holding a dark mug filled with a brown beverage, with a wisp of white steam rising from it. To the right of the mug is a plain, light-colored book cover with the words 'NARCOTICS ANONYMOUS' printed on it. The scene is set against a vibrant purple background with dark, wavy lines. In the upper portion, a blue, rounded creature with large white eyes and a small mouth is visible. The entire composition is framed by a white border.

The New/Old

NA Way

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The New/Old NA WAY Magazine

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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

The New/Old NA Way

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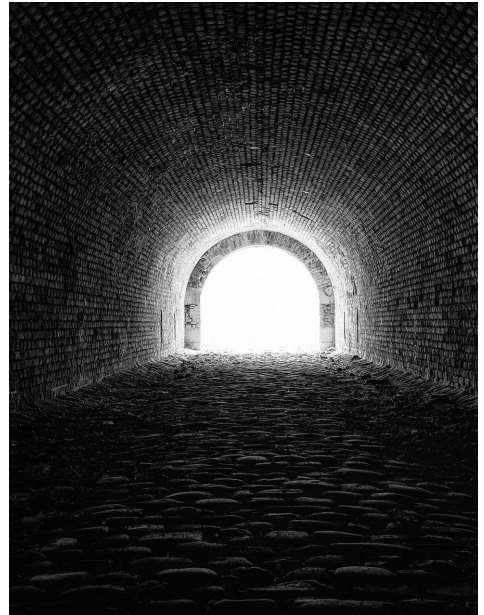
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My Gratitude Speaks
When I Care
And When I Share
With Others
The NA Way

HOPE

When I arrived in the rooms of Narcotics Anonymous, I was surprised to find that it was home. I found other addicts that could understand me and where I had come from a place of no hope. I learned that we are more alike than we are different. We all struggle, and we all make mistakes. It was a fellowship of men and women, a place that we could learn to live free from the spiritual and emotional prison we found ourselves in, a palace where we could share our feelings of powerlessness that made our lives unmanageable and overwhelming. an environment without hope. In the rooms of NA and threw the step we could begin to find the hope to change our lives with the help of our Higher Power, God had always been there I just was not looking. As I began by facing my denial and powerlessness, I could begin my journey of recovery. As I began to read the litter and study the basic text, working the steps and found a sponsor, someone that was living the program and understood how-to guide on this journey forming accountability friends to help and listened to their experience strength and hope I learned different behaviors that would enable me to cope with life both inside my spiritual emptiness. Many of us are trapped inside our own walls. Sometimes we are afraid to hope for a life free of hurt or pain. We do not want to be disap-

pointed again. We may think we do not deserve a better life. Or we may assume that our faith is too small to get us through the process of change. But we can break the chains of our past by putting our faith, no matter how weak or strong, in God. In the first recovery principle, we admitted that we were powerless. It is through this admission that we are able to both believe and receive God's power to help us recover. However, we do need to resist the temptation to cover the bottomless pit of our hurts, hang-ups, and habits with layers of denial or just to try some quick fix. Instead, we need to keep those hurts exposed to the light so that through God's power they can truly heal. In the second principle we come to believe that God exists and that we



are important to him. “without faith it is impossible to please God and find recovery from our hopeless dilemma God is the source of our hope: “in the fellowship of NA my soul, found rest in God; my hope comes from him.” In working this principle, we come to understand that God wants to fill our lives with his love, joy, and presence. God’s love is looking for us, no matter how lost we may feel. And God’s searching love can find us, no matter how many times we may have fallen. God’s hands of mercy are reaching out to pick us up and to love and forgive us. It is in God we find hope, I found that freedom from active addiction does not begin with death; it begins with faith. All we need is a little faith to begin the journey of freedom from our addiction. Faith—When we put whatever degree of faith we have in God; he promises that our lives will be changed. We will find the hope for which we have been searching in the only Higher Power. He will come with supernatural power and move into our hearts. Today I can live free

Written: By an Anonymous Addict From: NC USA

The Process of Growing in and With the Light of Recovery

The process of growing in and with the light of recovery can be a challenge, and at times can even become more difficult as we watch others receive gifts in which we are not. Our denial and resistance of letting go of our illusion of power, to letting go of control is a challenge in which we struggle and often the direct source of our pain and setbacks. Fear, anger, resentment, jealousy, and envy may show their ugliness and their power trying to convince us that this is not for us. We begin to compare perhaps what others have and what we don't have, self-doubt begins to invade our thinking, don't quit before that miracle happens for your gifts are in the process of becoming that which will free you from that state of hopelessness and despair.

Be patient for this I know that God's plans for you will be far better than anything that you can come up with, his timing will be impeccable and the gifts will come just at the right moment, not when we think they should but in his time. In the meantime continue to let your faith guide you through the events in which life will bring your way, you have been given the tools to and it is up to you to incorporate them into your day to day affairs. No one else can, only you begin to live this program,

but remember this that there are no intellectual solutions to your spiritual issues. You will need to seek spiritual solutions through our steps and traditions. We must become willing to seek that in which we cannot see, but can see and feel the effects of, after all, we have walked out of the darkness and hell of addiction and today we are living life on life's terms with the gifts of our principles and that of the light.

With acceptance and surrender as the cornerstone of our walk-through life and our recovery, we have come to see that those old values and principles, just will not work in this program. We lay them down, and we begin to walk this journey the NA way. With the gift of choice, we are walking this journey in freedom from active addiction. As a result of our principles, along with the unconditional love of our sponsor, we are able to face life on life's terms today. This opportunity to face life is not always easy; rest ensured that with the light, our principles, and sponsor we have all that we need to continue to walk our journey in freedom. It is good to live in recovery; we have been set free from the bondage of self-centeredness to live with the light of life. Our gifts are many as today. I have been given freedom from self-hatred to live with self-love, from self-rejection to self-acceptance for who I am, from self-punishment to self-forgiveness, from the negative sense of self to a positive image of who I am

today. From the darkness and the depth of hell to the gift of the light our creator, yes, our gifts are many. Often we walk this journey, blinded by our wants and often we do not see the gifts that recovery has brought our way, this journey is not about wanting what we want but it is about wanting and appreciating what we have. Yes, today we are loveable, worthy, and deserving of all of those most wonderful and beautiful treasures, that recovery has made possible for us along with all of those treasures that continue to await our arrival, as more will be revealed. That is when our spirit matures, and we become ready to recognize the value and the purpose in which they will bring to us and others.

Just for today, we are living in and with our dreams, we have been set free from the darkness and shown the way out of the hell we once lived in. Today we are walking in and with the light of love, the light of hope, and the light of freedom, with these gifts and a path that is led by the light we are set to become that in which we are intended to be.

Written: By an Anonymous Addict From: Michigan USA

Principles Before Personalities

Non professionalism before professionalism.

Open participation before closed committees.

Spirit before mind.

Heart before head.

Suggestions before direction.

Example before speech. Experience before theory.

Reality before oblivion.

Love before fear.

Spiritual principles before ignorance and intolerance.

Life before death.

Light before darkness.

Fellowship before isolation.

Written By: An Anonymous Addict From: Sweden



PRINCIPLES
personalities

Empathy VS Sympathy

Empathy has been described by many as "your pain in my heart". Are we really describing someone else's pain, or ours? Are we as addicts, that much alike, that we can just coin this phrase, or use it as a cliquey?

That this was what was principally needed, has proved itself in these passing years. "That wordless language of recognition, belief and faith, which we call empathy, created the atmosphere in which we could feel time, touch reality and here in

which we could feel time, touch reality and recognize spiritual values long lost to many of us." I submit that a using addict cannot touch reality or feel time. Thus, is lost on its own. We need one another to recognize this phenomenon. The members before us can describe that moment of clarity that can become that starting point. An addict without this starting point is lost. Identification at a deep emotional level and not just surface feelings and comparison was our Solution. I was one that was lost and could not feel time or space. With my recent illness with cancer and its pain medication. It separated me from others and self. I felt alone with no Hope. I had no purpose it seemed, and isolation was forced upon me. For this was the first time I actually knew what I was experiencing. For those that continue experiencing relapsing will continue to experience this loss of purpose. Like our Litera-

ture reminds us that some of us are lost beyond recall. The Solution is to keep that nod of recognition and approval we first experience at a Narcotics Anonymous Meeting. Keep Coming Back.

Written: By an Anonymous Addict in 2019 From: NY USA

Alarm Bells

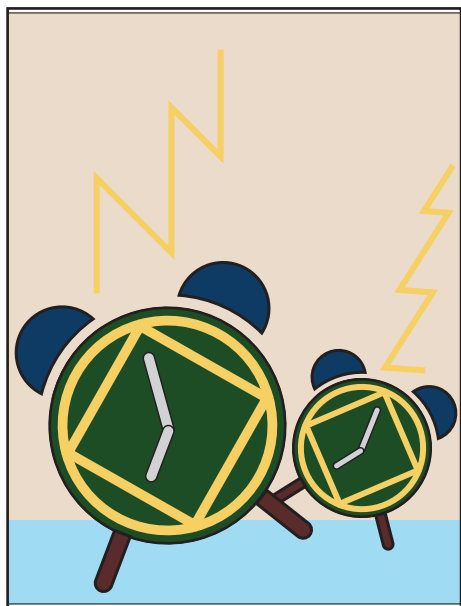
In Narcotics Anonymous we learn about remaining vigilant in our Program. We learn how to act responsible Just for Today and let go of the results. This calls for action on our part and we start putting the action in that is needed for us to recover.

A danger for addicts can be that we surrender the drugs but do not surrender our self-centered lifestyle. Especially when things seem to go all right with our lives. When all our actions are only focused on our own wants and needs, no matter how healthy or spiritual they might be we become obsessed with self. This is insanity for this way of thinking is exactly what lead us down the road of destruction in the first place. We surrender this way of thought and open up for sanity in the 2nd Step. We start surrendering our lives and recovery to a greater power.

Gratitude is giving back and taking care of what is given to us. We were not able to live life alone and used drugs to deal with it. Being a

part of Narcotics Anonymous means giving back. If we are only here to take, we have not changed. We hear this in our rooms so many times. If we do not give back, we will lose it. And whatever we place above our recovery we will lose.

Doing the extra is what keeps us clean. Why is that? Because when we challenge ourselves to do a bit more we are growing in many ways. It closes the door to apathy and complaining. These are alarm bells for us. How many times have we not thought about doing a bit less? Or felt sorry for us because we need to go to these meetings or do all other kinds of stuff to maintain a clean live. Apathy and complaining open a door to relapse.



We might stay clean while doing less, but we sure miss out on spiritual growth if we do not put the extra effort in. It is our Gratitude that feeds our recovery. And if we are not growing, we are going.

Written: By an Anonymous Addict From: The Netherlands

A Cup Half Full are Half Empty

remember someone told me you either see a cup half full or a cup half empty. The way I see things is when it comes to my spirit, I can keep dumping a little bit out for others. Being there for other addicts and helping them and little by little the cup becomes either fuller or emptier.

The cup can become emptier when I am not taking care of myself spiritually, mentally, physically, or emotionally. Yet we may find ourselves even during times of lack of maintenance helping others. Eventually we can become burned out, overwhelmed, or not able to even help anyone at all in that moment.

We fill ourselves up with hearing the message, reading, writing, talking with other addicts, praying, meditating.

Without doing those things we will find ourselves empty.

If we fill ourselves up with negative things, such as isolation, gossip, anger, fear, we are not going to get

any better in that moment.

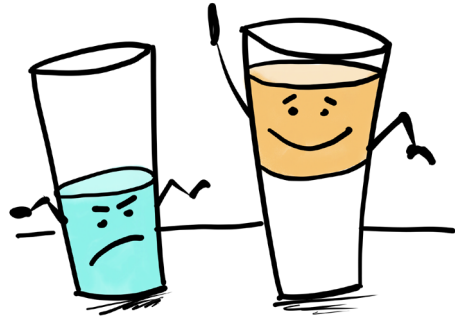
We can only help others when we have helped ourselves. If we are lacking spiritual growth we are not growing, and we cannot help anyone.

Meditation without prayer is just getting out of our own thoughts, Prayer is what keeps us centered with God and Meditation is what allows us to listen to God's will for us and the power to carry that out. If we have not practiced all of the Steps in our daily lives applying a Step 12 would be pointless.

The way I've been trying to keep things is not having my glass half full or half empty, but I want my glass overflowing. I take a quiet moment when I'm feeling overwhelmed. I pray before I answer the phone, so I can get out of my own way and be guided by God.

If we neglect our wellbeing and our physical, mental, spiritual, and emotional state we can find ourselves at a breaking point; the cup becomes cracked. We take care of ourselves so we can be there for others. We have a daily reprieve, and we need to maintain our condition daily. If we lack in daily maintenance our disease can take over. We then would find our cup empty. Our spirit would become empty, and eventually we would use and die.

We trust in the program, and the guidance of other addicts. We practice the principles in all of our affairs. We practice the tools; reading, writing, praying, calling our sponsor,



going to meetings and we will find our cups overflowing with gratitude.

When we get involved in service without applying the principles, we will find ourselves in service-based recovery. We strive for recovery-based service. We put our program first, maintain our spiritual condition, apply the principles and everything in life afterwards will come together.

Written: By an Anonymous Addict in 2019 From: NJ, USA

An Addicts Experience with My First FLC 2020

This year was the first year that I attended the Fellowship Service Conference and that weekend made a big impact on me. Shortly after the Conference I started to see a flyer for the Fellowship Literature Conference. The FLC was scheduled three months after the FSC and I thought it was too soon to be able to commit to going and I didn't know if I wanted to drive all the way to New Jersey for the second time this year. I looked at my work schedule and it just happened that I had all four days of the conference off. I talked to a few other addicts to see if anyone was interested in going and to my surprise two other addicts were willing to commit to going. I started getting really excited about going and seeing some of the people that I met at the FSC. We even had a friend from our city that doesn't normally attend our meetings with historical literature show interest in going. He said that he was planning on going to this annual spiritual retreat that is held in southern Ohio, but they ended up cancelling it because of the pandemic. I assured him that it was going to take more than that to stop this literature conference from happening.

Finally, the time had come for us to leave for the conference. I was working nights the night before, so we left when I got off of work in the morning and I was planning on getting some

sleep on the way there. There was definitely a spirit of excitement in the car on the way there. There was very little dead air as far as conversation goes and I remember thinking that this must have been what it felt like back in the day when addicts had to drive hours away to get to an NA meeting or function. The drive through Pennsylvania is absolutely beautiful so I did not get the sleep I was planning on getting and drove almost the whole way. Around 8:30 pm we were finally in the pine barrens in Tabernacle, NJ. I had never heard about this place but discovered that it was the setting for the Jersey Devil folklore and was also a popular spot for the mob the burry bodies. I love history and things like this, so it added to the excitement of the trip.

The camp was dark when we arrived, but I could tell that the forest was thick, and the ground was white with sand. We made our way to the main building where everyone had gathered after they just finished dinner. We were greeted with hugs and felt so welcomed by everyone that was there. It was so great seeing people that I communicate with daily on the phone and RFNA again. It was really a surreal feeling. After a member officially opened the conference and informed us of the financial report that would be read twice daily to show full transparency he informed us of what was going to be taking place over the next couple of days, then we had a Grey Book meeting

and went to bed to get ready for the next morning.

Over the next two days we broke into three different workshops. I was in the one that worked on the Personal Responsibility booklet. We said the Literature Prayer several times throughout the process and tried to listen to everyone's ideas on the changes that were to be made. The content of the literature brought up conversations about Steps and Traditions and personal stories and when it was over, I felt closer to everyone and felt like I understood things a little better. The whole process made me feel so much gratitude for the addicts who helped write our original literature and sacrificed so much so we could have a book. Both nights we had a bonfire meeting which ended the day perfectly. It felt so good to be gathered together with so many people who loved this program and had decades of experience with this open-participation literature process written by addicts for addicts.

The end of the conference seemed to come too soon. It seemed like we were just getting started. I noticed that the first day I felt nervous and withdrawn a bit being in an unfamiliar place and not knowing what to expect and then two days later, feeling really close to everyone and not wanting to leave. We said our goodbyes and headed home. All of us in the car were riding a spiritual high from the conference that I don't think I've really come down from. I feel more motivated and

closer to the addicts that I've been getting to know, and I feel like there is a fire in me for the original message of this program. It makes me more excited to do service in my Home Group and to carry this message to addicts that are looking for recovery in Narcotics Anonymous. I think one of the best parts about that weekend was bringing someone from my town that had no frame of reference for what we were doing or about the open-participation process of literature written by addicts for addicts. This addict went in with an open mind and I think it changed everything for him. I know that this conference effected my recovery in a powerful way and that it will never be the same. I'm grateful to the addicts who wrote our original literature and I'm grateful to be a part of this process that is happening now. I am grateful for the freedom and growth that I am finding in Narcotics Anonymous.

Written: By an Anonymous Addict From: Ohio, USA

Drain of Energy

When I first came to the fellowship of Narcotics Anonymous and the 12 steps, I learned the power to change comes only through God's grace. Principle One states: We admitted we were powerless over our addiction, that our lives had become unmanageable.

As I surrendered and admitted that I was powerless, I recognized my need for a power greater than myself that could restore me to sanity. This power became my Higher Power, God.

In Principle One I discovered that I had been in DENIAL of my Addiction. It was the force in my life that was draining my energy. I cried out to someone to stop the world I wanted to get off. I was always seeking for someone to please show me what the meaning of life was. It was truly draining my energy to go on. A major side effect of denial is anxiety. Anxiety causes us to waste precious energy dealing with past hurts and failures, as well as with fear of the future. As we go through the steps, we will learn that positive change can occur only in the present. Worrying about the past and dreading the future both limit our ability to live happy and productive lives and to enjoy God's plans for us in the present.

We can easily allow our past failures, as well as our fears and worries about the future, to paralyze us. The truth is that the only lasting way to break free from the tyranny of our fears and worries is to hand them over to God. If I wanted to be free from my addicted lifestyle, I had to deal with past failures, resentments, hurts, shame, and guilt once and for all. I needed to claim the good sense of God's instruction "Forget the former things; do not dwell on the past." That did not mean I was supposed to ignore the past. Instead, I needed to learn from the past, if I didn't, I was setting myself up to repeat it all over again

I had to find some way to get a second chance. That second chance began for me as I worked on step one.

When I started, I was worried about those areas in life over which I lacked personal control or the power to change. That is why, as I began



recovery, I needed to store the Serenity Prayer in my heart.

I had been stuck for so long that it had become part of how I perceived my identity. I was thinking “What will happen if I really give recovery a chance? Will I change?”

If I give up my old addictions, what will be left of me? What will I become? Who will I be?” I was afraid of what I would do without a substance in my life. The truth, though, is that I could face the possibility of change without doubt or fear because as I learned how to grow in recovery, I would learn with increasing confidence that God is indeed there to give me life and show me how to live in total abstinence.

And that he would offer encouragement: “There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love.” And I was told that I needed to find a Loving and Caring God. Even though the past had been extremely painful, I no longer could resist change and if I wanted freedom that can be found in starting to work through step One. Because of my fear of the unknown and my lack of motivation caused by despair was overwhelming that kept screaming out and showing me feelings of guilt and worthlessness, I no longer could afford to have a closed mind to the possibility of positive change. If I would just transfer the energy required to maintain my denial into

learning God's plan, the steps would work in my life. I could see it on the faces of the other addicts in the fellowship that had learned to live the program. I learned to have a healthy love for others and for myself and I would begin to emerge. As I depend more and more on my Greater Power, just for today I will Trust the Fellowship and God to regain the energy that addiction Drained from my life

Written: By an Anonymous Addict From: NC USA

Peace & Blessings to You on This Day

Peace & blessings to you on this day, of which God has granted us a reprieve; it began by being on the wake-up list, so here we are...

The disease of addiction had smothered our spirits during active-using of Chemicals; it rocked us to sleep and since sleep is the cousin of death, many of our fellow NA members have described themselves as zombies or the walking-dead during active addiction; some have gone on to say they were dead before getting to the rooms of narcotics anonymous; we thank God for allowing us to survive our own horror-novels; despite the fact that we inflicted much abuse to ourselves, many of us managed to retain all our faculties and motor-skills, thus still being anatomically whole. We were

graced with the gift of recovery and through working the 12 steps with the guidance of a NA sponsor, our spirits began to awaken, day by day, step by step, a situation at a time, an applied spiritual principle at a time... we then get into the logistical dynamics of this miraculous process, by carrying the message, knowing fully well that only God can deliver...often times, what happens for most of us, as we become vessels is that we tend to want to be overtly descriptive in whichever step or tradition we are sharing; we want to break it down to the nitty-gritty, tapping into every aspect of our written program, leaving no room for others to perhaps, share their 2 cents worth...we may fail to realize, that our duty in that moment is simply to set the tone and all we truly are entrusted with by a higher power is to set the stage so that the atmosphere of recovery can take place, igniting a desire for others to also share their experience and working knowledge, during the second portion of the meeting...

In this moment: we will acknowledge that our disease continues to express itself through obsessive & compulsive ways, even as we try to carry the message...it will do us well to remember that a simple honest message of recovery rings true; for we are not the message, all we can do is carry it!

Written: By an Anonymous Addict From: NYC, USA

A New Members Experience at the FLC

The F.L.C was simply put; one of the greatest spiritual experiences of my life...I hale from Findlay Ohio and have been working my recovery the N.A way for a little over two years. I'm working step eight with my sponsor and working step one with my first sponsee. I have done every service work at a group level and I am currently our secretary and treasurer. One thing I have never done is attend a conference of any kind. I work weekends but one of the great many things' recovery, has given me is a good job and some vacation hours to go with it. Never having vacation hours ever because of active addiction, so there were a few first for me attending F.L.C. On our way to New Jersey I did learned a lot, mostly about the books I have used in N.A. I brought my backpack full NAWS approved literature. So naturally the fellow addicts I was riding with showed me radio free N.A and began to talk about the history of our literature. My homegroup has free baby blues to pass out but I had never made the connection. The nine-hour drive finally ended I tried taking it all in, but my mind was overwhelmed with all the new information. It was a lot to process and all I was thinking about was the simple changes that could be made to my home group. Once we arrived at the conference, I was met with fellow members who

were ready to greet us with hellos and hugs. I immediately felt welcome and we sat down to discuss an overview of the weekend and finish the night with a meeting. That meeting was so powerful, and the spirit of the group was so great my God I have never felt such a natural high. A spiritual feeling so great I had to shake myself at one point just to come to my senses. The conference was on... The next day the revising began and I was lucking enough begin working on the ego PI amongst other things during F.L.C. Ego is something my sponsor is always saying I should work on and figured I could get a better understanding if I picked that PI and sure enough I learned a lot. Meeting new addicts from all over is a powerful experience. Hearing everyone's background yet having a unified fellowship like N.A, there was still a brotherly connection between us all. One of the best parts of it all was having a meeting every night right before bed. Going to bed with a high spirit and then waking up to be there with everyone all day, just to do it all over again. This was unlike anything I have ever known. It was like the N.A spirit kept growing on us all each and every day and I finally felt like I was living the NA way to a potential I have never seen before. The weekend strengthened me in so many ways. I wish more addicts could have this experience because it sharpened my sword of recovery. I want to thank the fellow addicts who

help put the event together, I will be jumping at a chance to join the next F.L.C. I'd also like to thank the addicts anywhere and everywhere who helped write and revise our literature. And of course, the brothers I got to meet at my first fellowship literature conference, bless you guys. Thank you

Written: By an Anonymous Addict From: Ohio, USA

My Spouse got Totally Abstinent

t started one winter right after the summer FSC when my spouse learned about Total Abstinence. Up until that point it was not something we really discussed. I always had different views on Total Abstinence than the mainstream NA did. I was taught incredibly early in this process about it when I had just walked into a meeting in Southern California when a man told me to "Get clean or die." That man helped me get off of all mind-altering mood changing chemicals. I remember detoxing in the rooms of NA and majority of the time he was there with me. We shared the same clean date and when I was really going through the withdraw, he would turn the fan on to me so I would cool down.

I was in a treatment facility at the time and I was coming off of a bunch of psychotropic drugs. About three

years later. my spouse and I met in a meeting and we became close quickly. After a few weeks I discovered she was on psychotropic drugs used to treat different things such as Bi-polar and depression.

I started to put it in my mind that maybe she was different and maybe she needed these drugs.

We attended an FSC one year and she met a bunch of addicts there. A few months later she was developing relationships with these addicts when she discovered that she wasn't different than any of us, she had the disease of addiction and that disease is treated with the Steps. That is our solution. A few addicts told her that she could live without these drugs and a lot of family members told her she could not. Eventually it became a back and forth thing where she was telling me that those people were crazy and that her family was right; the fear was setting in. Then she would say, "Well it's been a few days off of them, maybe this won't be so bad." Only to be followed up with severe withdrawal, emotional flooding, and depression. She would resist and then surrender, then resist, then surrender. I realized how powerless I really was. As we were approaching the FSC again I had found myself completely cut off from NA for a few months. I did not want to be stuck in the middle of all of this and we had just become parents again. We had our children that were about three months old when we decided on

going to the FSC. When we got there, we were welcomed again with love. There was another addict there who had recently made the decision to come off of mood stabilizers and other psychotropic drugs and she was clean. She had changed her clean date and she was still in the withdrawal stage.

They sat down and talked on this hill as I saw them discussing things, I could feel the energy coming from them. One addict helping another.

When Sunday came, they all approached me and told me take care of her and those babies because this is going to be a rough ride.

She had made the decision to call her doctor and come up with a plan to come off of the drugs; instead we got home, and she just stopped taking them all together.



It was about six months of more of ups and downs. Everything would be going well one moment and next everything seemed like a catastrophe for her. It was a challenge in my own personal program to understand the difference between the withdrawal and reality.

Surrendering moment to moment and learning how to be there for another addict. Making sure another addict did not hurt themselves or others.

Understanding that words were not meant to be said and not to take everything to personal. Most importantly learning how to love someone and walk through life with them.

She eventually came to a moment where everything seemed to be ok. The children were growing, and everything seemed to be going well. Simple mental setbacks would happen, and it would feel like this is failing.

I watched another addict believe in this program and have faith and trust. Trusting the process and grow through the pain.

When I reflect back on these days it makes me think; when an addict comes to us for help the last thing, we should be doing is telling them to seek outside help.

We can be there to help addicts get off drugs and learn how to live without drugs.

We don't turn on backs on any addict and we walk with them through this process, we do not leave it to

their own devices to figure it out.

As time went on she had changed her clean date, the day she had become totally abstinent, no one made her do it but it was only the truth.

We can only get clean when we become totally abstinent and we should only count a clean day as a successful day.

Through this process I have learned that not only will her story help someone, but our story will help others.

I am grateful for everyone that we have met in this program for helping us have the life we have today.

Written: By an Anonymous Addict From: NJ, USA

The Year 1981

I'm 50 years old. If I do not tell this story soon no-one will be left who can. And you, dear reader, will never know. The theme is my recovery; how I learned about recovery, what I was taught and when, and by whom, and where it happened. It is also about N.A.; from embryonic (600 "groups") to exploded (6000 groups) in little over two years. N.A....from a spirited fellowship of hopeful struggling service givers to an apathetic, misinformed mass of members with only corporate mentality to guide them. For years, the title of this begged to be "DEATH of A DREAM". But now I think

there's life in the hope that you will change things so that NARCOTICS ANONYMOUS can know and accept it's heritage, insuring that there won't be a hiding place for disease, evil, and manipulation ever again in structural service to our fellowship.

I will not try to reference this with specific quotations, my memory is my research. I may be wrong about when things happened. I may even be wrong about exactly what did happen. But I do know how it affected me. And I know how it affected our fellowship. Another thing I'm not going to do is try to make atrocities palatable. I won't be politically correct. The evil and disease of what has happened have limited lives and recoveries, squashed spirit in some of our most talented and surrendered members, and therefore killed people. Now is the time you knew where you came from, and what has really happened and what is really happening.

1 - MEMPHIS

Around the table there were no two exactly alike: there was a 'Dope fiend', an Addict/Alcoholic, a Cross-Addicted, a Drug Addict & an Alcoholic, etc. etc. ...I was disappointed, discouraged, and more than a little angry. I'd spent my own money to be a part of this event, flown to a strange city, helped someone get their business together so they could come along, and I had hoped to find

what I needed, as well as, be allowed to help with this project. It came my turn to share; we were going around the table speaking to the topic of why we were here and what we hoped to accomplish. I burst out something like, " how do you people intend to write a BOOK for Narcotics Anonymous when you can't even be consistent describing who you are? My name is Jim, and I'm an addict."

In Memphis Tennessee, in February of 1981 most of what we now know as the philosophy of Narcotics Anonymous was written down definitively for the very first time. That should be known and celebrated because the very course of history changed that week. Mankind did not have a truthful, clearly stated written program for recovery from addiction before the World Literature Conference in Feb.'81 at Memphis.

By the way, had you been around then and been a member of N.A., you would have been welcomed as a full participating member of the World Literature Committee just by coming to that conference and being willing to help.

2 – SPIRIT

There is a Spirit in our meetings, an energy, very real, yet intangible, fleeting, mercurial. Even the newest of newcomers, full of agony, and the most calloused of old-timer, cynical and pessimistic, feel it-the ebb and flow as we get honest and revert from

denial. Some call it GOD--I do. And IT was so very there in Memphis.

Recently, I was sharing with a new friend about my perception of spirituality. Knowing that God is real and with me. 'God' is my shorthand for it. My actual, very real and very, very personal vivid perception of 'It' is quite complex and has to do with time, energy, spirit, and continuity. And I realized that perception in Memphis. The Spirit touched me and guided my hand there. One of the most consistent topics of conversation was the intimate Spiritual guidance, no Spiritual control we each felt.

The strength of 'IT' filled me with awe. Words, phrases, and concepts came through people who swore they didn't write what they did write just moments previously. I was truly amazed. My surrender completed itself. Words can't accurately describe the experience. I genuinely came to believe.

Many people have criticized me for years for being too concerned with precision in language: diction is what I'd learned to call it, semantics is what they throw in my face. Maybe they are right, but I don't think so. There's a conceptual difference between sobriety and recovery, and in a very personal way my life and its quality depend on my ability to embrace that difference. If I have one true spiritual goal in life it is to delete the word Alcoholism from the English language except as an archaic

misnomer.

And drug-abuse, and co-dependent, and... well...etc. Addiction is the problem, and recovery is the solution. Period, end of concept. Memphis, and the Basic Text Narcotics Anonymous took the world one huge giant leap forward away from it's deadly Aloholic, substance abuse-istic, death dealing, life limiting, denial. Many, many years ago a visionary wrote "...half-truths avail us nothing..." and then perpetuated perhaps the most disastrous half-truth for people like us ever written - "...we admitted we were powerless over <substance>...".

It really does not qualify as a half-truth, it's a downright lie, a misconception. My passion stems from the fact that this lie almost killed me. I knew that I could not be powerless over an inanimate object (alcohol/drug/substance) however I was told that I must accept that, or I would use and die. Which I almost did till the real truth caught up with me at an N.A. meeting. "We admitted we were powerless over ... addiction." The difference is huge, and lifesaving. And the real valid living TRUTH began to emerge at Memphis. Of the spirit through us.

It happened because we allowed it to happen, we just didn't know any better. We didn't know that what we were doing couldn't be done. The synthesis of a reasonably cohesive book, the definition of a philosophy was developed by a free and open

committee where the only requirement for membership was the desire, the passion for truth, the desperate need to be there.

**Written By: J.M. May he rest
in Peace From: The Great
Meeting in the Sky**

The Signs of Relapse

How do we know if we are in relapse mode? It is something we are the last to know, hopefully we are not in relapse before we are aware of the relapse before we use. It all starts attitude that we unaware of. It starts with behavior change

First, we start to think we are well and do not need to go to as many meetings as we have been going to, we do not need to involve, as much as we have been. We cut back in are service, others can do that service. Some of us go to different meeting. We have excuses why we should change are patterns of the meeting we have been attending. We start to change are friends in recovery. We surround ourselves with people who justify are behavior. We start to find ourselves more alone in recovery. We start to find that we are including old playmates in our lives, feeling we can save them from addiction are they really did not have a problem we had. We slowly find ourselves down to one meeting week saying we are still clean. We are not as visible as

we were. We now have a life and NA takes up two much of our time.

It becomes hard to look another addict in the eye and we start to feel different again. We start to blame personalities in the room as the reason we do not want to be involved in our Home Group we find ourselves blaming others for how we feel. We find ourselves lonely and apart from the Group. We are not making as many phone calls as we were used to. We even stop calling are sponsor daily an than we find it hard to even pick up the phone. We start to believe the lie we are too busy, and we just forgot to call. We stopped writing daily. It gets harder to call and write to we stop calling all together and it is hard to write. Everything becomes a chore.

Then we start to believe maybe we are not an addict maybe we can try one more time. The Party life starts to look attractive again. We find ourselves in places we normally would not be. Old friends start to show up in our lives once again and we have less time

for are NA friends. We make excuses why we do not have time for are friends. We to involved in life, just too busy. Life has changed and you would not understand!

We start to wonder why we feel depressed, it is harder to get ourselves motivated to get to a meeting, so we do not go at all. We find ourselves alone in are thoughts not believing that we have returned to the

thoughts we once had in are previous life. We once again feel we are alone and have nowhere to turn. It's hard to call are old friends in NA. We are at that point where we either get humble are we return to a life we once lived before. We are at turning point either we get Humble are humiliated by our own thought that keep us from returning to are Home Group and calling are sponsor. It all comes to a choice to get back into recovery are lose everything again. Relapse does not just happen we make it happen. We do not need to let this happen to us we just need to see the signs. Follow the program and be honest with ourselves an other's, there is no need for us to put ourselves in position to return to addiction. If you had any of these thoughts call your sponsor

In Service

**Written By: Anonymous
Addict From: A Place
Unknown**

My Experience at the FLC

Myself and my spouse had been part of the planning committee for the Fellowship Literature Conference, he was the kitchen coordinator and our homegroup was to hold the conference at our meeting place. Unfortunately, when Covid hit we learned that our venue would not be open to have the conference there. We

went on an excursion to find a place to hold it. We had called hotels with conference rooms, spoken to other churches and meeting places. We finally found a boy scout camp with cabins and dining areas and a large conference room. It was much like where the Fellowship Service Conference is held every year. We sent videos of our tour around the camp so that everyone could see them. Once the decision was made to have the Conference there the pre-registration process started as well as the excitement. Within a month we had over 20 addicts from all over ready to meet up and input and review literature.

On our side of it there was a lot of anxiety because we did not have a babysitter for our three children. When the day arrived, we packed all the kids up into the car and made our way there. By the end of the first day my youngest was hot and cranky and refused to sleep in the cabin. So, we started going home every night and coming back in the morning. My van blew up on the way home one night and it felt like one thing after another. But I kept coming back to the Conference every day, even though I was not getting to participate as much. I was to take people to the airport, being there and present just to be in service to other addicts who did get to participate. It did not bother me; I was happy to be amongst friends.

I was able to work out the car situation and I was able to get everyone where they needed to go. The last

day of the conference I volunteered to take home the Grey Book Reflections that still needed to be typed up and finish them. When I went home and started typing them, I was alone, but I was not. I may have not gotten to participate during the conference, but I still felt very much a part of after. I felt like the conference was just beginning for me. Typing the Reflections, I got to read the literature and all the notes and changes made me happy to see that my fellow addicts had come together and worked on these literature pieces. I was very blessed and grateful to have had this experience. I am forever in debt to this life saving program and everyone in it.

Written By: Anonymous
Addict From: NJ, USA

One Addicts Experience at the FLC 2020

Since I have been involved with the open participation literature process, I have always wanted to attend a literature conference. It has not been possible for me until the FLC 2020 in Tabernacle NJ. What an experience it was. The anticipation of waiting years to have the opportunity truly added to the excitement for me. I had been participating at our HG and also online with other addicts but here was a chance to be in the room with others writing and feel the excitement. Of course, we are doing all of this during a pandemic which also makes things more interesting on the way there. No issues with the flight getting there then was picked



up by a couple from GA that showed the love and care that we should all be with helping each other out. My buddy from FL arrived almost the same time as me so it was a short wait in the airport baggage claim for him. He arrived basically the same time the couple from GA arrived to pick us up. What a great feeling being able to see addicts who have touched my life at the airport all at the same time. We got on the road to Tabernacle. Of course, we stopped at a convenience store which I'm not going to name by name, but it seems every time to the east coast it is a necessity to stop there. If we didn't stop there, I'm sure it would sound like someone crying. We arrived at the conference and then went to the store to get items we needed. Before leaving was met by my friend from NY that have been talking with regularly for some time. We were able to hug for the first time and it was powerful to be able to hold someone that's life we had been building a relationship with. He introduced me to his girlfriend, and we all rode together to the store. We got back to the conference and the first day we then went over what we were going to accomplish at the conference. We discussed wanting to go over the EGO Ip as my HG had sent me wanting to go over that IP. Others had suggested going over GBR writings starting with the input from the Washingtonville NY Group. We also decided to go over the Personal Responsibility booklet.

That night then I sat with my Sponsor and we worked on getting things ready for the conference for the next day. It was so great being around other addicts that were here to help input and review literature for the addicts yet to come. Got a couple hours sleep and then we had breakfast. We then got to being of service as for the GBR input and review we had 6 addicts who wanted to work on that. We broke into two groups of 3. Each group would go over a writing in the book as we tore apart a book to do the input and review. The process was amazing as it was great seeing some addicts doing this process for the very first time in their lives. Taking the time to read and discuss each piece really helps open the mind to what was written. It made it possible to feel the literature. We looked for anything we felt needed worked on. We were able to discuss how the literature got to the stage it was in before we received it. We were able to be grateful for the Group that wrote what was already written and the effort that was put into this labor of love already up to that point. Each piece after one group went over it then was given to the other group for them to review. Many times, the reviews matched but there were times more things were brought up which helped us discuss things together. For a short while we had more that wanted to get involved. So, we had 3 groups of 3 working on the GBR at one point. Whenever someone needed a break there

were others that stepped in at times and we were able to keep moving forward. We saw some addicts start being willing to type up the input that was getting done. How beautiful it was seeing addicts believing in this process and feeling a part of something much bigger than ourselves. We kept working and at night we had bonfire meetings with two fire pits going. Each day we repeated with stopping for breakfast, lunch, and supper. The one night was able to go for hikes in the woods with Sponsee and get to know them on a more personal level and see where each of them is with their recovery. It was a very spiritual conference one that will never be forgotten.

Written: By an Anonymous Addict From: Nebraska, USA

Recovery and Religion

I don't like writing but religion a for me killed my living spirit in 2018 I stopped going to meetings I made decision to follow a person that had time from the fellowship in to religion I stopped doing all what NA had meeting step work everything. I was told that I could not do NA that is how I was taking it in I was in a 4th or 5th step but had not that good recovery. slowly my suicide thoughts coming back everything was about holding myself over the surface driven out demons did not work either. My demon

slowly was coming back to life one night I was calling psychiatrist telling them that I want to killed my self they did not take me in and I am grateful for that because then I had not being clean.. My demon will never go away it is only can get arrested by doing a daily program. Being around addicts going to meetings have a sponsor steppe work all the tools that NA has offer. One day in church is happening something and that I was surrender that fight that's was inside me being in the stadium when a was using when I don't want live but not want to die this time I did not using I was just whit my nose above the surface not living just be alive. People starting to go away from me probably because my demon/addiction acting out. Before going back to my Home Group, I went 2-3 meetings followed people I was living with, I remember at after one I had a headache.

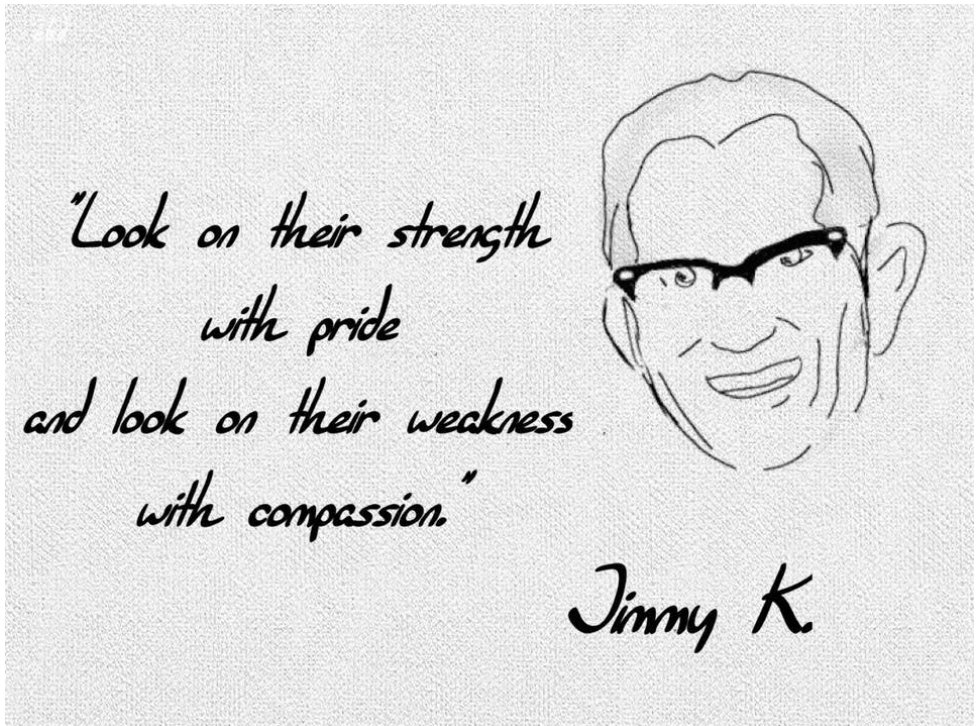
One day in church I was surrender I do not remember what was told by the preacher, but I know that day I surrender that fight and went back to my home group. And that's it's what is keeping me clean today and is making it possible for me to grow and being human being. Whit that I know today and my experience how it worked god in the beginning slowly the demon coming back I would never do it again. After that I have done one more surrender and today, I cannot ask for more living a dream and is not because of any church or religion. It is only because NA program and the

grace god Love

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

"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends-jails, institutions, or death-or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual-not religious-program, known as Narcotics Anonymous."

JK



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
Delden	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

Update on Book Stockpile July 2020 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 Matrixmatclub@ayhoo.com

FELLOWSHIP LITERATURE CONFERENCE

September 3rd, 4th, 5th, & 6th , 2021



Open Participatory Literature Writing Conference
Literature Written by Addicts for Addicts!

110 Buttersworths Bogs Rd, Tabernacle NJ, 08088

Cost: \$125 per Person

Price includes meals and lodging. 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 - Literature Coordinator - Bill A (484) 951-3305: or e-mail – matrixmatchclub@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, Blankets, Towels and Soap everything else provided)

{Doors Open at 10:00am on Friday and Close 2pm on Monday}

Name: _____ E - Mail: _____

Address: _____ City _____ State: _____

Zip: _____ Phone Number (____) _____ - _____

Group Name _____ Register by August 20, 2021

Amount \$125.00 Check NO. _____

European Fellowship Service Conference

16th - 19th September 2021



Location:

Groepsaccommodatie Bekerhof, Beekstraat 9
6013 RV Hunsel, the Netherlands

Price: € 125,- (All-Inclusive)

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

Contact: 0031631304649

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

**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

A.S.I.S. for NA

{Adversity does not build character, it reveals it.}

More Will Be Revealed

Upcoming Events

ANNUAL 12 STEP RETREAT

Date: February 19th thru February 21st, 2021

Columbiana, Ohio

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

16TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 26th thru June 28th, 2020

Hamburg, PA

FELLOWSHIP LITERATURE CONFERENCE

DATE: SEPTEMBER 3TH THRU SEPTEMBER 6TH, 2021

TABERNACLE, NJ

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

Date: September 16th thru September 19th, 2021

Hunzel, The Netherlands

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

www.nahelp.se

Sweden

Contact: AntligenFriaNA@gmail.com



**GET
INVOLVED!**

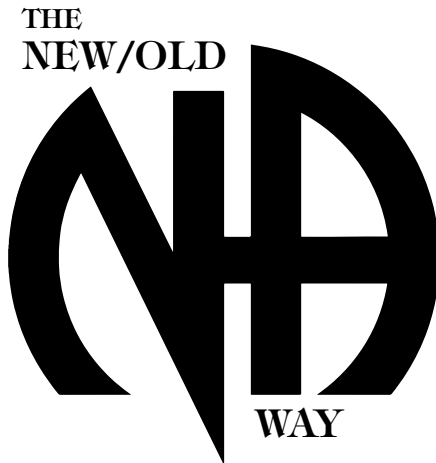
WE NEED YOUR INPUT!

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

WWW.NAHELP.ORG

*Your Fellowship Magazine
Share... and be shared with..*

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



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

WWW.NAHELP.NL