

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

STUCK

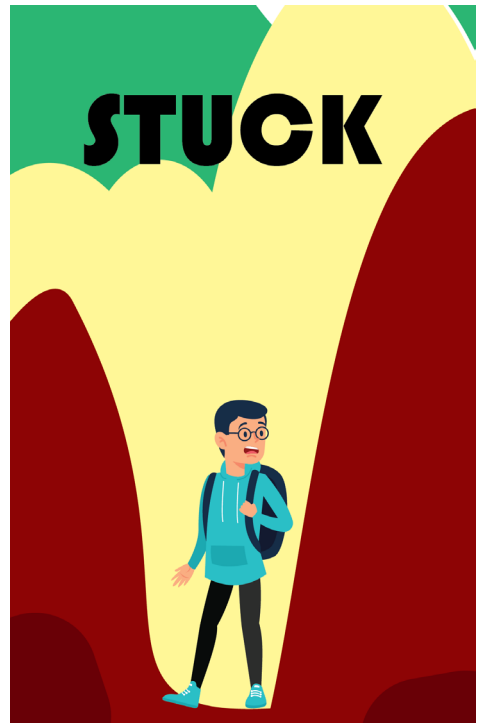
As I look back, I see that I caused the problems in my life and in the lives of those I loved because I continued to make the same choices that ended up badly. I got stuck in individual patterns of coping. After hurting someone I loved, I would rush to buy them a gift as a way of apologizing. Unable to express my feelings adequately, I would act out in my addiction. I was caught up in a spin cycle and continued to rely on myself instead of relying on my Higher Power, instead of asking for help I needed to be able to share with others, to develop an accountability team, to consider new choices and behaviors, and to understand that we are not alone. Our Higher Power will help us whenever we reach out to him.

It has been said that our choices control our circumstances and our decisions determine our destiny. In recovery, we are learning to make good choices, healthy choices, for perhaps the first time in our lives. But if we neglect our quiet time, meetings, service to others, or our support team, we can easily fall back into—and get stuck in—our old, dysfunctional decision-making patterns. Then we slowly begin to take back our will and try to run our lives on our own power. When this happens, we need to go back to Principle One and “Realize I’m not God. I admit that I’m powerless to control my tendency to

do the wrong thing and that my life has become unmanageable.”

I would keep doing things I did not want to do and when I failed to do the things I have decided need to do, I begin to see that I did not, in fact, have the power to change on my own. “Pride brings a person low, but the lowly in spirit gain honor.” Our false pride can begin to creep back into our life. It undermines our faith and cuts us off from God and others. When God’s presence is welcome, there is no room for pride because he makes us aware of our true selves.

Written: By an Anonymous Addict From: NC USA



Learning the Difference

When we are children very often, we do not know the difference between wants and needs. When a young child says they want something, and an adult says no the reaction can be volatile. Almost like being denied a necessity. A want and a need to a child is the same thing. As we grow older the difference between the two should become clearer.

As addicts in active addiction that child-like mentality seems to show through. We wanted drugs so much, we wanted to stop feeling so badly that the urge to use blurred the line between want and need. We needed the drugs to survive. Drugs were a necessity much like food or water. Many times, addicts would put aside eating or drinking to be able to use. For addicts' drugs become added on to the list of things necessary for survival. Often, we hear stories of people with little or no money, lying or stealing to feed themselves, the hunger overwhelms the system and base level human instincts take over. It would seem the same for addicts in active addiction. We would do whatever it took to get the drugs we felt we needed. These behaviors change us, Mind, Body, and Spirit. As we have so often found, though, eventually we still feel we "need" the drugs, but we no longer want to do the drugs or do what it takes to get them.

When we enter into recovery we so desperately want to learn how to

stop using, to be clean and live a normal life. We want to be free. There is a saying in Narcotics Anonymous, "This program is not for people who need it, it is for people who want it." Many times, addicts come in knowing that their lives have become unmanageable. They have been told by many they need to stop, or they will lose everything, including themselves. We also see many who may need this come in and realize that they don't want to be clean, or they aren't ready. There is no honest desire to stop using. So, they leave for a time, or sometimes forever. For those that stay and try to work this program to the best of their abilities there is a marked shift. When starting Steps One, Two and Three we begin to see that our wants and needs are indeed two entirely different things.

We learn to rely on a Power Greater than Ourselves and what we find is that our wants are driven by self-will. Our needs are provided by God's will. Sometimes we pray for things that we want and sometimes we receive them. If we pray for something, we want we must be entirely ready to receive it. When we don't receive the things, we want we must understand that it was not needed. Our Higher Power is loving and caring and what we do with the gifts we receive, material or otherwise, has the power to fill us with gratitude or throw us into unmanageability. We must pray for knowledge of God's will for us, knowing that whatever happens is

supposed to happen. We must also pray for the power, or strength, to get through whatever comes next. We put the foot work in and do the next right thing. We rely on our Higher Power for knowledge and strength. We truly start seeing the difference between our wants and needs.

Written: By an Anonymous Addict From: NJ, USA

Recovery is no Longer a Pipe Dream

Recovery is no longer a pipe dream, as today we in NA know the way out of the darkness of addiction. We move forward knowing that what we left behind is nothing more than chaos and destruction of addiction. We must let go of the fantasy, of what our using was like, and all of the glorification of those days and accept the reality of all of the damage that we brought to our loved ones and ourselves. We begin to change our ideals and attitudes as we come to believe in that which we cannot see, while letting go of that chapter of our life's journey in which was all about darkness and so much pain and destruction. As we cannot begin to write the next chapter of our story, if we keep living, and attempting to justify, rationalize, and minimize the last one. When we bring peace and are able to accept and surrender to our past, it is then that we can move

forward to our future. We must step up and accept that we have many issues, which are physical, mental, and spiritual in nature, therefore, spiritual solutions will be needed to deal with our disease of addiction.

We just keep moving forward, opening new doors while exploring in discovering the truth of our journey, on this journey, we will find who we really are, you know our authentic self. We know that the journey will continue whether we choose to move forward on the road recovery, while applying our spiritual principles to our day to day affairs, or to stay behind living in that nightmare of our disease. No longer are we willing to stay locked in that deep-seated fear and living in the destruction and chaos of our addiction, as today we know that NA has shown us a way out of that darkness and the path to travel in which we will get to live in peace through the principles. There will be trials, setbacks, and even disappointments, at times life may feel out of control but know this that sometimes the light will close doors in which we have been comfortable living in and with, as it's time to move on and to explore and discover a new place and events to move forward. After all, we have a purpose to fulfill today. God knows we will not move forward unless our circumstances force us. Trust in the process as God's plans for us will always be better than anything that we can come up with. You are never alone as you walk in with the light of

hope, which is showing you the way.

Just for today, let us move forward with confidence knowing that the path that we are traveling has been traveled by many members who have found long term recovery, they are now living in that environment of hope and freedom. Having experienced the transformation in which they never believed would be possible, as today they have come to know that God's journey is truly better than anything that they could come up with. With acceptance and surrender as the cornerstone of their journey, they have found peace with their past and their story continues to demonstrate hope and freedom to others. No longer are they lost, while traveling their journey in the darkness, for today they have a purpose in walking in with the light in which is showing them the way.

Written: By an Anonymous Addict From: Michigan USA



Coming Home to N.A. and Starting a Meeting

After I used my drug of choice again for a couple of months my life became unmanageable very quick. I never was clean or abstinent from all drugs and also did not know anything about it nor addiction either. In June 2019, my using came out again. I lost control of everything and all was uncertain. I was at the point to lose everything. Life using drugs was a life of fear and delusions. I wanted to stop for quite some time, and I was done with drugs, but I did not know how and was afraid to ask for help. I was convinced of my intention to stop but I could not do it. This evil power was greater than me. After the point to lose my wife, children, home, and job I became desperate. This made me willing to do anything to get out of that hell.

I knew from some years earlier of these meetings were these addicts came. So, I went to one of these meetings, because maybe I was an addict after all. I was overwhelmed of the vulnerability and care and love I felt and things that were shared. I recognized myself in so many and I felt home. Also, they helped me with all my questions and problems I had at that point. Soon after that I went to a clinic/rehab. After 4 weeks I thought I could go back home and things were fine, but my wife said that it would be good for me to go to a recovery house (safehouse). She

knew what was right for me, I did not. She still cared about me but also was in a difficult situation with herself, me and my addiction and our two little boys. I still was very desperate at that time. Fear of losing her and the kids. Still this is some of my greatest fears today. But now it's more irrelevant because I went working on my recovery in that recovery house in Hengelo. I was willing to do so. In the beginning it was hard because I was far away from my kids and my relationship was very instable. But I was motivated and visited many meetings.

Soon I found this meeting that attracted me. Somewhere I felt myself home to at that meeting. At some point I was asked to join some event called EFSC. I was just or not yet 90 days clean. I didn't know what to expect but it was all I had, and it would be like a good experience for my recovery. At this point I still knew nothing about N.A. but it was ok, and I became more interested over time after that weekend. I do did found my sponsor that weekend what I had many doubts about. It was the right choice, maybe God helped me with this. Eventually I began working the program and began to get a little understanding of it. I was at the meetings all the time. At some point I felt I needed this way long before or I missed this in my life. This was what I needed or what I was looking for my whole life. I think God showed me the way home by this. My whole



life I knew, and I remember some points, that I eventually would end up with God. So, this is it, I knew I was at the right place, this is home. This is where I belong. I followed my path and did the things I could do, the footwork. It brought me back to my wife and my two boys.

In N.A. I made new contacts and friends. I found a new family. There were some ideas before to start a meeting when I would get back to my hometown. It would be good for my won recovery and I loved the idea of spreading the message of N.A. that I was told. So, people came on my path and we joined and started a meeting. We asked for help and got really involved in this process and way of life. We became friends. We made things by ourselves like the reading cards and did all the effort to set it up. This was something new and I never thought I could do and make it into something. I did not do this by

myself but with the help of God and care of others. I believe God works through N.A. and through people, that are or were in my life. The meeting is getting more successful by the time. We help addicts find recovery. Also, my life is getting more about helping others now. The meeting and my homegroup are very important for me. With the help of N.A., my sponsor and others in the program I'm in an ongoing learning journey. More gets revealed over time and I have faith in God and the program of N.A.

**Written at the EFSC 2020 by
an addict**

The Light of Love

The light of love continues to guide and to give comfort to me, it supplies me with the understanding and wisdom through our principles as I move forward on this journey that I am traveling. From success to those times of trials and tribulations, I have come to find harmony through the spiritual principles of acceptance and surrender. These two principles open the door to my willingness to hear new concepts and ideas, which could be that next part of the transformation of my spirit. For harmony and serenity are not just when we are



experiencing success, but we can experience these two principles even in those times when we are facing life's hardships, with the pain we can come to learn and accept that God's plans for us are truly greater than ours.

Thanks to NA and our principles no longer am I willing to keep fighting, life on life's terms, for today I am walking in and with the light knowing that acceptance and surrender is the key to my peace. For this, I know that most battles are not mined to fight, these battles take way to much energy, and I can share this with you that they will rob us of that in which I have come to value, my hope and freedom. Today I know this, that my resistance to change is the direct source of my pain and discomfort. It is my resistance that is driven by the need to control my life and the journey that I am on.

The path in which I was blessed with, and that I find myself traveling is filled with spiritual principles in which are allowing me to experience life, in a way that I could not have ever believed possible. No matter what our trials or what we are experiencing. We must let that inner light of hope and our spiritual principles to guide us and move us forward and out of that darkness in which we can find ourselves. No longer, is it necessary nor is it required that we must live in that pain, as today, we humble ourselves and realize that we are in the need of that in which our program

is offering us. With self-acceptance, I know that I am loveable, worthy and deserving of all of life's most wonderful and beautiful treasures, and all of those gold nuggets that are still awaiting my arrival as more will be revealed, that is when my spirit matures and has become ready to understand its value to God-self and others.

Just for today Thanks to this fellowship and the unconditional love of my sponsor, I have come to understand the truth of my journey. No longer am I wandering this journey alone and lost in my confusion. As today I walk in and with the light of recovery and appreciating the path in which the NA way of life has given me

Written: By an Anonymous Addict

THE PRECEPTS OF SERVICE OF NARCOTICS ANONYMOUS

This "Precepts of Service" is a statement of fundamental principles that we rely on as the basis of our efforts to provide service and support for our groups, as they strive to fulfill their primary purpose; and for our members, as they strive for personal recovery. They are drawn from experience and the verbal tradition that has grown over the years. They express the principles that should guide our

service boards and committees and the ideal relationship between service boards, service committees and N.A. members.

1. Service is a Spiritual Principle. It is through giving freely of ourselves that we receive. In N.A. we believe that service doesn't not equal recovery, but rather that service is an integral part of personal recovery. It is one of the ways that we fulfill our ninth, eleventh, and twelfth Steps. We have established a participatory service structure where the opportunity to serve is both a privilege and right of Membership. The right to serve is guaranteed to each of us; however, the way we choose to serve depends on our desire and abilities. Some members are wonderful as trusted servants, while others flourish best in the one-to-one services we give each 11 other. Through service, we begin to feel better about ourselves and find meaning for our lives.

2. Service should be inclusive not exclusive. We believe that all N.A. members have a responsibility to serve in some way and something positive to offer the addict who still suffers. There are many ways to serve; they include carrying the message, sponsoring, setting up a meeting hall, being a group officer, being part of a committee, chairing a conference or convention, and everything in between. We actively strive to involve as many members as possible in our service efforts. Individually,

we do not claim credit for the results of our service, each of us contributes our small part; we understand that, ultimately, it is a loving God working through us that makes it possible for us to achieve our goals. God makes the results of our service greater than our individual efforts.

3. Our services are initiated and completed by our members. Part of being an N.A. member is being of service, our program is based on this. When we find a service beyond our individual ability we pool our efforts and our resources. Members, aware of a need beyond their combined ability, establish service boards or committees to fulfill that need. Our service structure, therefore, begins and ends with the member; it is a closed loop. Our members begin the process with an idea of what needs to be done, or could be done to help fulfill our primary purpose. Our service boards and committees are responsible for implementation of the idea, which is finally achieved by members working directly with the addict who still suffers. Without the member there would be no service and no need for service.

4. Our service is for the addict who still suffers. We believe that the N.A. member is the most important part of our service structure. "The therapeutic value of one addict helping another is without parallel." The N.A. group provides an "Atmosphere of Recovery" where the N.A. message

is manifest. All the other elements of our service structure have been created to assist, support, and serve our groups and members in the fulfillment of our primary purpose, and are directly responsible to our groups and members. We believe that the "point of delivery" of our service structure should be as close to the recipient as possible; our service structure was designed to reflect this principle.

5. Our Service Structure is only a tool. Our ninth Tradition tells us that we create service boards or committees; we call these boards and committees, and the way that relate to each other, our "service structure". Its purpose is to do those things for our members and Groups which might compromise their spiritual integrity or distract them from their primary purpose. We try to keep the "recovery" aspects of N.A. separate from the "business" aspects of N.A. The "business" of N.A. begins in the Group and is carried through the rest of our service structure, which is neither separate from nor strictly a part of the Narcotics Anonymous program. Because our service structure is only a tool, it is only as effective as the members who use it and take care of it. A tool does not work by itself, and only has meaning in relationship to the job it is designed to do.

6. The principle of Practical Spirituality is at the heart of our service. Spirituality is not theoretical; spiritual principles only work for us when

we accept them and apply them. Our eleventh Step teaches us to seek knowledge of God's will for us and the power to carry that out. We discriminate between "self-will" and "God's will" by applying this principle. We believe that if it is not practical then it is not spiritual; "self-will" is like swimming upstream and "God's will" is like swimming downstream. When our service efforts encounter significant problems or resistance, they are usually based on "self-will"; when they proceed smoothly and naturally, they are usually "God's will". A loving God is at the center of our service and this God has the power to make all things possible and practical.

7. The resources we need to fulfill our service projects will always be available when the time is right. We believe that God gives us opportunities when the time is right. If a service project is spiritually correct then the finances, manpower, and emotional support necessary to complete the task will be available. These things have never been a problem for us when the service project we were working on was in keeping with God's will for us as expressed in our group conscience. It is only when we try to make things happen the way we want that we experience failure; when we let them happen in their own way and in their own time, we succeed. Our service is like our recovery; dependent on the same spiritual principles and the same loving God.

8. Our service should be simple and straightforward. Ongoing recovery is a process of simplification and likewise in our services we should strive for simplicity. "This is a simple program for complicated people." Our natural inclination seems to be to complicate any project, think it to death, get overwhelmed, and give up. If our service efforts are in tune with God's will then they do not need to be complicated. When service is in harmony with God's will it is automatically in tune with reality and there is no need for secrecy, dishonesty, manipulation, or complicated schemes; the spiritual correctness of the service and our willingness to follow through is all that is necessary for success. 13

9. All service should be open and aboveboard. Communication is inherent in the principle of direct responsibility; open information and full accountability are implicit in our approach to service. Secrecy is part of our disease, when we were active in our addiction it seemed necessary; but in recovery, it is a contradiction to our principles. "In our secrets, lie our sicknesses." In order to maintain the integrity of our services we openly monitor our motives and inventory our methods. When we maintain our focus on our "primary purpose" and keep our actions consistent with spiritual principles then we have nothing to fear, and nothing to hide from each other.

10. The services we provide within our Service Structure should always be guided by principle. "True spiritual principles are never in conflict" and the spiritual principles embodied in our Twelve Steps and Twelve Traditions should be respected and maintained throughout our services. Our Twelve Steps literally apply to the member seeking recovery, our Twelve Traditions literally apply to our Groups, these Concepts of Service literally apply to our Service Structure, and our Spiritual Tenets literally apply to our relationship with reality. However, the "spirit" of the Steps, Traditions, Concepts of Service, and Spiritual Tenets apply universally. Surrender to, awareness of, and application of spiritual principles are necessary for us to survive, grow, and provide service based on God's will.

11. Selfless service is our ideal. The disease of addiction is our greatest strength because it brings us together, it also our greatest weakness because it tends to tear us apart. Our disease is one of obsessiveness and compulsivity; it is physical, mental, and spiritual in nature. We recognize that there is a direct relationship between quality of service and personal recovery. We stress the need for each member involved in service to keep their personal recovery (physical, mental, and spiritual) as their first priority. When individuals get distracted by their disease, fail, or fall short in their service we treat them

with compassion and love rather than rejection, exclusion, or punitive action. We strive for progress and do not demand perfection of each other.

12. Ultimately, our service projects are in God's hands. We trust in God. Trust is a key principle for us, and essential in our service efforts. The trust that N.A. members give those who serve is equal to the trust that those who serve have in the Fellowship of Narcotics Anonymous, in spiritual principles, and in God. As individuals, we trust our will and our lives to the care of a loving God. Our Groups trust in a loving God as their ultimate authority. Likewise, in our Service Structure we trust a loving God as the source and strength of our service. Trusting in God does not relieve us of the responsibility to take appropriate action. God gives us opportunities, we follow through with our effort, and God takes care of the results. All we are, all we have, and all we do is in God's care.

Since the Beginning of our Journey

Since the beginning of our journey here in recovery, we have found hope, freedom, and peace in which we have searched for. No longer do these principles elude us for they are gifts from the Light. Through the spiritual principles of NA, these principles are guiding us on a journey one in which many of us could have never

imagined. No longer are we lost and wandering life without purpose nor living life in that hopeless state of uselessness. No longer are we causing destruction and chaos to ourselves and loved ones from actively using our drugs, and that lifestyle in which addiction kept us, as today we are clean and accepted that we have a disease. There are no intellectual answers that resolve our issues as today we can see they are issues of a spiritual nature. Therefore, we will have to explore and discover the truth of our principles, as within each of them there is spiritual hope for a new life.

Let us remember that recovery, hope, freedom, and peace does not come to us through material success, but from our willingness to move forward in search of the truth, to begin the process of recognizing and taking responsibility for our actions. We have a disease in which our whole self had been affected, our physical, mental, and spiritual self had become sick and enslaved to addiction. Here in NA we are shown and offered a new way of life one in which we get to walk out of the darkness of our past and into the light of the present moment of our journey. It is in this moment that we get to see the beauty that is surrounding us and that which is growing within us. Today with our principles, we are able to live and face life as it presents itself to us, with acceptance and surrender as the cornerstone of our jour-

ney, we are able to face life on life's terms. Our trials, and those moments in which we find ourselves confuse and consume by our fears, are just opportunities to humble ourselves and to go to our Higher Power seeking those spiritual solutions in which will set us free. Often our sponsor will be the vehicle in which is used to carry that message to us. Stay open, as the solution of those things that weigh heavily on your mind and spirit will be made available to you, Yes the program of NA along with all of its tools in which we are given work that is if we use them.

Just for today, Spirituality allows us to live life to the fullest. Because of our willingness to explore and discover our truth, we have come to be grateful for who we are and what we have done in our journey here. We are getting this opportunity to experience this journey, as a result of trusting in the process of that in which we cannot see, yet we are experiencing its effects on us through this day, hope, freedom, and the ability to live in peace are just part of the gifts in which we see and feel today. We have become convinced through our journey that his plans for us will always be better than anything that we can come up with. This I know that we are in the process of becoming that in which we are intended to be. Do not quit 5 minutes before this miracle happens.

Written: By an Anonymous Addict

One addict's experience with online international meetings.

Almost a year ago I discovered a truth about our literature changes, our Traditions and our message - total abstinence. At first when I found this info at some websites I started to think that this is disease isolating me from people and fellowship once again. Truth was so simple and straight-forward that it was hard to believe in it. I downloaded books, printed them and started to study.

As virus and lockdown striked in, I found myself limited to participate only at online NA meetings. During next 3 weeks I was very tired attending meetings only in my country, and suddenly remembered that I can speak English. One day I woke up to read, pray and meditate and experienced clear voice in my head, telling me "Grey book meeting". I believe it was God's voice because it was quite small and loving. This was just the beginning.

I made a research and for some reason decided to join one of Dutch Grey book study meetings. It was my first time at international NA meeting and first time at Grey book study meeting as well. Members did the meeting in English for my inability to speak and understand Dutch. I have listened beautiful NA message and feeling of spirituality was very high. I spend even one more hour discuss-

ing Traditions, service and literature after the meeting (and of course, total abstinence). I found that I am not alone anymore. There are people who share and care. One thing is to read something on the internet and the other is to participate in real meeting with clear NA message and see and talk with people who really committed themselves to it. How wonderful it was! One member suggested me to join Radio Free NA and communicate. As I did so I found like-minded members and received opportunity to search E.S.H. all over the world, ask questions and share.

I am an addict so when I experience such great feelings after doing something I want to feel it more. So I joined this meeting once again and joined others as well. I stucked to one US meeting which was comfortable to me due to atmosphere and time difference. One thing that impressed me the most was experience with open participation writing process. That was something new. It was a real magic to see how bunch of addicts with help of God and Grey book passages create the whole new piece of recovery literature. What was satisfying that every clean addict's voice can be heard and is valuable. My spirit raised during such meetings.

I have found new NA friends, I have found old school clear NA message. I even changed a sponsor and started to work the Steps differently. I improved my ability to speak in English. I try to share this kind of

NA message in my country. This quarantine changed my life 6 months ago. I still visit international online meetings. This is my opportunity to share and listen. I never expected to be grateful for this lockdown. I don't now God's way. I simply hope to align my life with His plan for me. As I do so, my life changes.

Anonymous Addict From Russia

Life is a Beautiful Journey

Life is a beautiful journey regardless of its occasional difficulties and discomfort that we encounter. The solution is to focus on the NA way of life, our principles, let your gratitude fill your heart and spirit with all of those blessings in which are filling our journey today over your struggles. Always treasure your blessings and opportunities for there is no time to be bored on the journey in which there is so much beauty, and to think we get to travel in it not blinded by the darkness of our addiction, but we get to walk it in the light of appreciation. Just look around and see all that beauty that surrounds you and that which is growing within you. How can we not find gratitude as today we are living a life on like anything that we could have ever imagined?

Never let others stop you from shining hope down upon the path you are

walking just because they are threatened by your light and the growth in which they see, always continue to seek the truth for it is this truth that will set you and others free to live in and with hope. Our journey will fill our life with many experiences, those stories, and our journey will not stop here, as there is more to be written. Seek the truth of your personal journey as there are so many more opportunities awaiting you to become, that in which you are in the process of becoming. Those issues in which are affecting me today are that of the mental and spiritual nature of our disease, so, therefore, I will need to concentrate on spiritual solutions that can be found within our principles if I am to heal. Remember to share your experience and your stories with others for what once was a burden is now a tool for your personal growth and which is shining hope to others. Be the light of hope to your family, friends, members, and share your stories, always encouraging them to keep moving forward for the miracle of life and all of its beauty that is waiting on their arrival.

Always take time to enjoy your journey here in recovery, keep moving forward, for the only impossible journey is the one that we put off. As you continue to move forward in the process of growing and maturing on your journey, more of those life-changing gifts will be revealed to you. We continue to explore and discover through writing the person

that we are becoming and all of those gold nuggets that will fill our spirit with the necessary tools for us to live life in harmony. Filled with gratitude for our opportunities and journey, we know that everything in life changes so will our journey from time to time. We must be willing to continue to believe in that in which we cannot see for we know from our journey here that His plans truly are better than ours are. I have learned that I will need to let go of those old values and beliefs, as I knew them, to get new ones in which the NA way of life is showing me.

Just for today, yes, sometimes we need to let go of those old ideas and our attitudes that once worked for us, as recovery is an ongoing process and we are growing. What worked for us not too long ago may not work today so be open to your new experiences, whether it is because you have outgrown them or because they are just not working for you anymore. Life is ever-changing and so will our recovery as we continue to develop in and with the light. When one door closes always remember that, another will open

Written: By an Anonymous Addict

N.A.tion

*My life was a complete devastation
Drugs kept me living in captivity
With a lot of gratification
I could use drugs as my 'medication'
I went from activation
To stagnation
To isolation
I only knew alienation
And felt humiliation
Stopping wasn't an option, my way was procrastination
And rationization
So far this has been a compilation
Of my drugs relation
To get out of this abomination
I needed a character transformation
N.A. was the recommendation
And to go there with resignation
Through conversation
I had some education
To have no expectation
And do some Fellow-imitation
So I started to work on the implementation
And did some life changing adaptation
Had to work on ego deflation
And a Higher Power relation
So that I could live in acceptance
And find salvation
Even though we don't have blood relation
Fellow are my brothers in the N.A. formation
N.A. gives me the tools to handle every situation
And makes me feel part of civilisation
Found a lot of determination
To live again in activation
Life is nowadays one big fun exploration*

The Narcotics Anonymous Group

IN 1953, some addicts believed that there was a solution to their problems in adapting the twelve steps and twelve traditions of Alcoholics Anonymous to a new Fellowship. Narcotics Anonymous was formed and started as a single group. These addicts would hold meetings regularly to help each other stay clean. That could have been the end of the story but out of that desire to help each other stay clean came a purpose. The primary purpose of that group was to help other addicts achieve recovery. How to achieve that purpose was likely a mystery. There does not appear to be some formulation or clear directions to apply to each addict who arrives, but addicts did begin to recover, and the Fellowship grew.

It is an ongoing joke in Narcotics Anonymous that every new group forms out of resentment. Simple things like a disagreement over serving coffee or tea can boil over and result in one or more members of a group walking away in disgust and starting a new group. Despite internal bickering, many new groups formed, and the fellowship grew. Each group offered meetings in advertised locations and met regularly. By the 1980's there were a thousand groups. Literature had been developed and the foundation of a service structure to service those groups had been laid. Some members believed

that a book about Narcotics Anonymous could be written and it would contain the collective knowledge of what seemed to be working for others. This book was finalized into a draft that was widely distributed and approved by many groups under the name 'The Basic Text'. As soon as the book was approved there was chaos. By 1990 there were 10,000 groups and a fifth edition of the Basic Text was available. Rapid growth, swelling bank accounts and demand for more fueled a raging fire of disunity. The Narcotics Anonymous World Services Corporation was formed but by then there were many groups who ignored the politics and manipulation of the service structures. Some groups continued to use the 'Grey Form' of the Basic Text and some produced a 'Baby Blue' version of the Basic Text. Groups continued to grow in numbers and was estimated at well over 30,000 worldwide prior to the pandemic. How many participate in the service structures that have emerged will likely never be known but a few structures have been well supported by groups.

Fellowships have started to emerge globally in many countries as the years have progressed. Iran and Brazil have large Fellowships that were started when a few members formed groups, translated literature and grew. The Narcotics Anonymous World Service Corporation, fueled by huge profits, has sought to take control of the intellectual prop-

erty rights of the Fellowship. They work with the [World Service Conference \(WSC\)](#), which is a service body that seeks to unite all the groups under one umbrella. This arrangement appears to serve the service structures more than the groups. Many groups remain ignorant of these service structures and operate independently or as part of local area service committees.

When the COVID-19 pandemic overwhelmed the planet and facilities locked down, most of the groups in the world were forced to abandon regularly scheduled meetings. Thankfully, pioneers in the recovery community had established virtual Narcotics Anonymous groups online decades ago. The technology to connect and support each other was well established. Rapidly new groups were formed, and established groups transitioned to this environment by applying the twelve traditions. Long time members have marveled at the ability to attend meetings anywhere in the world, and newcomers searching for a solution to the disease of addiction are still finding their way into these new virtual rooms. Groups are flourishing and growing as members connect on a global scale. The phrase “We meet regularly to help each other stay clean” has never been clearer to me. Narcotics Anonymous has never been a self-help program in my eyes and has always been a ‘help others’ program. I believe that the solution to the disease of self-obsession is

to learn thru the twelve steps and twelve traditions a new way to live that requires helping others.

Narcotics Anonymous continues to be groups of addicts who meet regularly to help each other stay clean. There are more than adequate funds available and members everywhere are stepping up to be of service with time and financial donations as the virtual groups have become established. So why are some service structures struggling with finances and the NAWS corporation desperately trying to raise money? Tradition two in all versions of the Basic Text makes one idea very clear (Narcotics Anonymous, Basic Text, Tradition 2);

Those of us who have been involved in service or in getting a group started sometimes have a hard time letting go. Egos and unfounded pride and self-will would destroy a group if given authority. We must instead remember that offices have been placed in trust, that we are trusted servants and that at no time do any of us govern. Narcotics Anonymous is a God-given program, and we can maintain our group in dignity only with group conscience and God’s love.

Some will resist. However, many will become the role models for the newcomers. The self-seekers soon find that they are on the outside, causing dissension and eventually disaster for themselves. Many of them change; they learn that we can only be governed by a loving God as

expressed in our group conscience.

Unfortunately, there are many meetings and events labeled as Narcotics Anonymous whose sole aim is to raise money for outside enterprises and service structures that are no longer reliant on group conscience. Some meetings are advertised as 'Narcotics Anonymous' but not actually supported by a group. Service structures have tried to offer support to some members exclusively by holding regular meetings but rarely attract newcomers. Newcomers that do arrive may find they have no voice at these groups that are not structured in line with the traditions. Newcomers can be left confused about what they are attending if the event is geared to fund-raising. Toxic cliques can form and become dominated by 'members who remain abstinent for long periods of time whose dishonesty and self-deceit still prevent them from enjoying complete recovery and acceptance within society' (Basic Text, Chapter 7, Recovery and Relapse, all versions).

Tradition six in the Narcotics Anonymous literature says, "An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose."

The home group I am a member has a global membership. We have a website and hold fourteen meetings weekly. Some of our members found the group, joined, and have

stayed clean since they joined. I have never laughed or cried more than I have with my home group. Some of us have met locally and others only online. We are actively seeking to attract newcomers by using social media and carrying a message to the still suffering addict. Our membership is diverse, inclusive and surpasses all my preconceived notions of what a group could look like. We remain completely autonomous and have no desire to participate in any service structures currently.

Some groups have formed the [Autonomous Region](#) to question the management of the Fellowship Intellectual Property Trust created by the WSC and administered by the NAWS Corporation. NAWS remains secretive on many subjects and the petition would have allowed the courts to demand answers to questions that NAWS has avoided. Mismanagement of a trust is considered a crime but the courts decision was that the owner of the Trust 'as a whole' was Narcotics Anonymous groups. and the actions of the trustee (NAWS Corporation) could not be questioned unless it was by the entire Fellowship (The trustor). Despite the ruling, and important idea came from out; The Groups are Narcotics Anonymous, and the service structures are not. With the majority of Narcotics Anonymous Groups virtual, the failure of both the WSC and the NAWS Corporation to recognize them the future looks bright for those groups who continue

to operate independent of the governance of the NAWS Corporation and the WSC. The NAWS corporation has failed to secure the support the groups for thirty years and relied too heavily on literature profits. Today, the Fellowship is almost entirely virtual with free electronic copies of all the literature readily available. Profits are now a trickle and the NAWS Corporation is struggling, while the Fellowship of Narcotics Anonymous has never been stronger both financially and in unity as members talk to each other and visit various groups on a truly global scale.

Written By Anonymous
From: Canada

The Choice We Have

A new life can only start to take form when letting go of the old. Our familiar ways of responding to reality are colored by our past. While using we isolated ourselves from anything real.

Letting go of the old makes room for the new. Letting go of old playmates, hangouts and things can be hard but is necessary if we want something new to take form in our lives. Holding on to the old and at the same time trying to get the new, is like standing with one foot in one ship and one foot in the other. It might keep us above water for a while but



sooner or later it forces us to choose or drown. And it might tear us apart in the process.

The inner conflict that takes place when holding on to the old and trying to get the new, can drive us back to isolating from both the old and the new. Not really fitting in anywhere is a familiar place for an addict. The decision to surrender to the new requires us to let go. Letting go of trying to control our lives by responding to it in the only way we know, the old way. We need to surrender our old ways and open ourselves for something new.

The uncertainty in this decision can force us to postpone it and hold on to the old. We need a leap of faith to start this process. And this starts with hope or despair. We can go on until we can no longer continue our old ways. Or we can start to believe what is shared with us and take the step out of the hope that is shown right before our eyes in the lives of other recovering addicts.

This is the choice we have. We can grow or go. We can recover or relapse. We can let go or hold on. We can live or die. It's a miracle we have a choice today. Before coming to Narcotics Anonymous most of us had no choice but to continue anyway we thought was right, until we reached despair and surrendered our way to the NA way. This is the start of something new. Every day we recover we grow into something new. We become new people. We get new

lives. And we are granted the gift of choice.

The miracles happen just beyond our known reality, where we enter the unknown and surrender to something new. Something we have no idea about. Our own perception of the new is colored by our past and the things we already know. We cannot know what will happen once we let go and surrender. We need to get out of our own way and start following this spiritual path that is shown to us by others. Only by doing this we have a chance to experience something new. Something different than anything we can imagine. Something that might save our lives.

This is the choice we have.

Written: By an Anonymous Addict From: The Netherlands

Making it Home Again

I have recently found my way back home to the NA fellowship. I had spent the last 36 years in alternative spiritual homes as a result of my home group being one of the first casualties of the tradition controversy in 1984. The home group where I found my recovery was "voted out of NA" "by the area and removed from the meeting list. I found my recovery with a group that was focused on recovery through the 12 steps and 12 traditions; that translated into getting sponsors to guide me through the

steps while participating and being of service as directed by my homegroup whose primary purpose was serving the newcomer. It had been quite sometime since I revisited the events surrounding this time in my life as at the time and for some time since I had thought that as this was the determination of the NA area, we/I had no place there. As my understanding at the time was that by virtue of my/our presence we were causing controversy which detracted from and was confusing to the newcomer. Therefore, as I look at it now, I took my marbles and went elsewhere. While I know it was the right thing at the time looking at this decision in context of time and consequences, I would not do the same at this point in my understanding of traditions and recovery. To expound on that a bit of personal history is required.

The NA homegroup where I found recovery was a large 200+ members, vibrant, loving with a constant stream of newcomers and provided a strong message of recovery along with a continuum of strengths and experience that balanced things.

When we were “thrown out” of NA our group initially continued on but there was disunity and an eventual split after several group conscience sessions; some stayed with “NA” and followed the area dictates to return to the meeting list. The group I stayed with formed an Addict’s Anonymous group and found a new old meeting place for the group to host meet-

ings. The Addict’s Anonymous group began and continues til this day also having several groups form in other locales. I stayed with this fellowship for about 6- 7 years. We simply just carried the message to our newcomers through word of mouth and continued to offer a way out for newcomers in an atmosphere of recovery within our group. There came a time when that group established a clubhouse home and it eventually lost some of its focus on the primary purpose as a recovery program, forgot some of the basic spiritual principles upon which it had been founded, and when it did, I was moved to leave that group, as well, following my spiritual guidance through prayer and meditation.

I am a recovered addict; I was relieved of the obsession to use was long ago. However, knowing an addict alone is in bad company I sought alternative spiritual homes, fellowship, sponsorship, guidance and service opportunities. I was fortunate to find this in various fellowships and groups. Following the direction provided, knowing the truth of the spiritual principles I learned though the 12 steps and their central place in my life I have had in many ways a life I could not have imagined. In this way this way the pandemic was quite a blessing having led me to a place with groups who utilize the Gray book. I have found opening a door on this past has reacquainted me with that which I never quite exactly found anywhere else – the common-bond of

other addicts who have found recovery through the 12 steps and 12 traditions. There is nothing else quite like knowing you're home.

Now to the question as well as how I find things now. I know that I am a member of NA as I meet the only requirement and I consider myself a member, this is subject to no one else's validation.

My presence at NA meetings cannot be censored as it is my experience.

As for spiritual principles being in conflict that is a fallacy, they cannot human's interpretation may be.

And this is why today's me with the experience I have and the knowledge of my truth would not make the same decision I did 36 years ago by acquiescing and giving credence to the fallacious interpretation of the traditions by one of our service boards.

I came to this understanding only recently having one of my fellows in NA tell me they resented my abandoning NA and not staying in the fight – how many more people may have found recovery had you stayed. That was hard to hear and required I sit with it and listen and pray about this. I knew we lost many people during the "tradition wars" and conflict which was why I thought at the time surrendering the fight and removing myself from the melee was the correct action to take. I did recognize the ability to be the majority of "The One" – know who my source is, hold to the primary purpose and stand. I know now. And

here I shall stand. I am a member of NA – there may be a variety of service boards or committees who I and my home group may or may not choose to utilize or support based our group conscience and for me based on the guidance and direction I am provided through prayer and meditation. I will not absent myself from an NA meeting because that is NA, all the rest is not, and NA is my home.

Maintenance...

Improvement...

Maintain... Sustain....

I need to maintain my ongoing recovery - I believe this is what is meant by maintenance.... After recently reading the GBR's that use maintenance... It seems, at least in my mind, another short cut term that just does not sit well with me...

I remember hearing a speaker say that they heard some members say that they wanted to get back to the place they were before they started using. And his response to that statement was that if they got back to the place they were before they started using that they would start using again...that makes sense to me... I used drugs and a whole lot of other things to get out of myself.

The restoration in recovery is to the natural state of humanity after dealing and ongoing arresting our disease through the 12 steps. We can get to become acceptable responsi-

ble members of society and stay that way once we live the steps and traditions daily. We need to always be building our lives upon the program with ongoing work, and for the most part, our spiritual life will improve, followed by our physical, mental and lastly our emotional condition.

So, maintaining our program means, in my mind and experience, spiritual growth and improvement, whether we immediately see the results, or get to feel the results paying off, after the fact.

Had I maintained my meditation, it would have stagnated and never grown into the powerful tool of being able to still my mind and bringing me peace.

There is always work for us to do when we take that 10th step inventory. We do not live perfectly. We get to do an adequate job of living, starting with being totally abstinent, and applying the spiritual solutions found in the 12 steps.

Those results of our working the steps allow us to build new characters on an ongoing daily basis, no matter what happens, and become changed people through those efforts.

Love and respect

Written: By an Anonymous Addict From: Delco PA, USA

Love.

What is love?

Is love being bonded with someone?

to be in sync emotionally and spiritually?

What is love?

is it the accelerated heartbeat when you are around someone?

Is it visible?

What is love?

Is it what you feel when a newcomer walks through the door and you feel their pain?

Is it what you feel when you talk to a fellow addict and there is empathy?

What is love?

Stockpile update Hengelo (Europe) 11/2020

| October 2020 | | |
|--|-----|-----------------|
| Total worth | | €1500 |
| Greys | 750 | €1125 netto |
| Blues | 500 | €375 netto |
| Ordered/Packed and/or Out | | |
| Greys Sold | 295 | €442,50 cash |
| Blues Sold | 200 | €150 cash |
| Greys Stock left | 455 | €682,50 |
| Blues Stock left | 300 | €225 |
| Stock worth total | | €907,50 |
| Funds | | |
| In Account | | €773,99 |
| On hold by PayPal | | €90 |
| Total funds | | €863,99 |
| Total Books & Funds per 14 November | | €1771,49 |

Report Stockpile Historical Perspective Group

A financial report will be put in the Januari 2021 volume of The New/Old NA Way magazine.

Including details on the new order of 1000 Grey Books and 4000 Baby Blues.

FELLOWSHIP LITERATURE CONFERENCE

March 18th, 19th, 20th & 21st , 2021



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

Camp Berry - 11716 County Rd 40 Findlay, OH 45840

-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 — matrixmatclub@yahoo.com

Check Out Our Web www.nahelp.org/ Send check to: A.S.I.S. For NA

P.O. Box 4404 Allentown, Pa 18105 Write checks payable to Historical Perspective Group of NA (Bring Sheets, Pillows, Blankets, Towels and Soap everything else provided)

{Doors Open at 2:00pm on Thursday and Close 2pm on Sunday}

Name: _____ E - Mail: _____

Address: _____ City _____ State: _____

Zip: _____ Phone Number (____) _____

Group Name _____ Register by March 08, 2021

Amount \$125.00 Check NO. _____

-Sponsored by the Historical Perspective Group & The War is Over Group of Narcotics Anonymous.

For more information contact Matte B (419) 379-4659 or Tyler (419) 204-9915

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

FELLOWSHIP LITERATURE CONFERENCE

Date: March 18th thru March 21st

Findlay Ohio

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!**

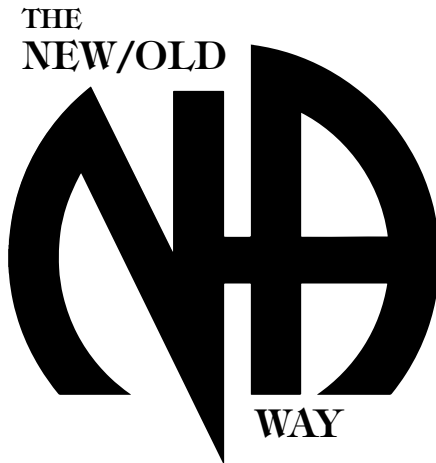
WE NEED YOUR INPUT!

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