

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

The New/Old NA Way

Conference Agenda Report



Special Edition



The New/Old NA WAY Magazine
Volume 38
January 2021

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

**GET
INVOLVED!**

We need your input!

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

Upcoming Events

ANNUAL 12 STEP RETREAT

Date: February 19th thru February 21, 2021
Columbiana, Ohio— **THIS EVENT HAS BEEN CANCELED**

FELLOWSHIP LITERATURE CONFERENCE

Date: March 18th thru March 21st, 2021
Findlay, Ohio

16TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 25th thru June 27th, 2021
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

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

Weblinks

www.nahelp.org

Contact:

nahelp.org@gmail.com
USA

www.freerecovery.org.uk

United Kingdom

www.nahelp.se

Contact:

antigenfriana@gmail.com
Sweden

www.nahelp.nl

Contact:

nahelp.nl@gmail.com
The Netherlands

The New/Old NA Way

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

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.

(Anonym. 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 - matrixmatchclub@yahoo.com - Check Out Aro 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



(Adversity does not break character, it reveals it.)
More Will Be Revealed

Conference Chair Report

Greetings from Nebraska,

This has been a very unpredictable year with everything going on in the world. It has not stopped addicts from dying. Nor has it stopped addicts from recovering. The FSC needed to be moved this past year due to the statutes in PA at the time. We moved the conference to Atlantic City, NJ and had a great time Fellowshiping and going over the motions and where we hope for our Groups to move towards. It showed great resolve seeing addicts wanted to come together despite the circumstances. At the conference we found some communication problems with the IPs that were put out to the Fellowship for review. It was agreed it was not correct to move forward with those motions so they were tabled for the upcoming year. This was all explained meticulously in the 2020 draft of the FSC minutes. The proposals will become motions on January 1st, 2021 and we have those motions in this report. This includes all of the input that the Groups that made the motions took from other Groups. Proposals come to the conference in June, and then the Groups that brought those proposals have until January 1st of the next year to make changes before they become motions. It is important for Groups to communicate with each during the time from the end of the conference in June until January so that any concerns or suggestions can be made during this time. o. It is such a privilege to be part of a service structure that is directly responsible to the Groups. Motions only come from Groups so if there are things your Group feels needs changed please bring your proposals to the conference. One suggestion that was made was for Groups to bring written reports or send written reports to the secretary if they want. This will help make sure things are clear from how each 2 The New/Old NA Way Group stands as well as help make sure nothing is changed from what Groups have concisenced before the conference. We are here to serve the Groups so if there is any way we can serve please let us know. Can't wait to see you in June.

In loving service,

Eric D 2020 Chair Servant Fellowship Service Conference
(for Narcotics Anonymous)

Eric D 1-402-640-2471
Erik F (co chair) +31646711134,
erikfiselier@hotmail.com

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

Motions

2021-A

Most Perfect Vehicle Group

Revise the Meeting List - Adding whether a Group is a Closed meeting or Open Meeting, and Verifies attendance papers or not.

Intent: To strengthen the meeting list and make it more simple to understand whether or not a group is open to the public, if children are welcome, and if someone who needs a verification paper signed is able to get a signature.

Group Contact: Matt F. (856)803-8857

2021-B

Most Perfect Vehicle Group

Revise the meeting list- List states in alphabetical order followed by the days of the week and time

Intent: To make the meeting list more organized.

Group Contact: Matt F. (856)803-8857

2021-C

Most Perfect Vehicle Group

To place Clean time requirements on positions to serve at the FSC.

Intent: To clarify that total abstinence is being free from all mind altering mood changing chemicals (including drugs to treat the symptoms of the disease of addiction: Antidepressants, Psychotropics, MAT, & DRT) and we need to be totally abstinent to serve. Placing requirements such as 1 year, 2 years etc to be sure that the trusted servant has the program experience necessary for the position.

Group Contact: Matt F. (856)803-8857

2021-D

No Matter What Group, Hengelo NL

Move domain name www.anonymifoundation.org + web page and domain name www.nahelp.org to a new Hosting Company and build it with WordPress.

Intent:

- More functionalities in building the webpage
- Cheaper hosting
- Improving accountability
- More secure

Group Contact: Remon H. +31(0)642091629

*** An attachment is included on page 14 with more details about**

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. _____

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 — 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 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

the motion.

2021-E

The Rabbit Meeting

To have line numbers and page numbers on every piece of review and input literature.”

Intent: To keep our review and input literature consistent, and to make it easier for input to be understood when submitted.

Group Contact: Bill C. (610)809-9771

2021-F

The Rabbit Meeting

To have the name of the group added to the review and input literature.”

Intent: To make available the group name that has written a piece of literature. The group can be asked questions during the input and review process.

Group Contact: Bill C. (610)809-9771

Motions being brought back to The FSC 2021

Motion 2019A

(This is a substitute motion replacing the original motion. **The Groups will have to decide whether it will be treated as a first year motion or not, at the Conference.** The original motion was replaced after input and suggested changes).

Never Alone, Never Again Group of Texas Group

Motion for ASIS to maintain a stock pile of \$5000 worth of literature and phone number where Groups can order literature. For this to happen ASIS would have to rent storage space and assign a trusted servant to receive and fulfill the orders. The trusted servant assigned would need to be given access to our current printing company. This could evolve into a service center as we grow. Passing this motion in no way precludes the inventory of literature to growing beyond the \$5000 amount.

Intent: To function more as a formal service center

*This will be considered a second year motion when it comes back
Contact: Travis (828) 734 -1877

2019 H

GSRs, ASRs, RSRs, or any other Representative empowered by

a Group to bring its conscience may not submit reasons for votes unless the Group has instructed them to do so, even if they have knowledge of such.

This motion failed with 78.6% approval from Groups. This motion can be brought back if a Group chooses to bring it back. The Group that made this motion has become a meeting. So it would have to be picked up by a different Group if it does not pass in 2021.

Contact: Chubs (775)990-3509

*This will be considered a second year motion when it comes back

2020 A

A Different Look Group

The Groups of the FSC approve the IP "A view of NA Groups Conscience"

Intent number 1: To provide in information as a blueprint for understanding Group Conscience, establishing an atmosphere of recovery to protect the integrity of the NA message.

Intent number 2: To copyright this IP.

Motioning Group Contact: Alan F. – Phone (215) 499-0864

***The IP is included in this magazine, page 10:**

2020 B

A Different Look Group

The Groups of the FSC approve the IP "Total Abstinence".

Intent number 1: To define what being clean is in NA.

Intent number 2: To copyright protect this IP.

Motioning Group Contact: Alan F. – Phone (215) 499-0864

***The IP is included in this magazine, page 6:**

The following motion has been pulled from the Conference after the Different Look Group and the Historical Perspective Group agreed to move forward with motion 2020 B

2020 D - THIS MOTION HAS BEEN PULLED

Historical Perspective Group

To approve the I.P. Total Abstinence

Intent: to clarify our message of Total Abstinence within the Fellowship of NA. This issue is a major concern within the Fellowship where we are allowing a corporation to define our message as being other than total abstinence. This I.P. clarify our message of total abstinence. It also has been out since 2013 for input and review with no input coming since 2013.

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,

Re: NA Old School Recovery!

Only \$5.00 a weekend if you pre-register - \$10.00 at the door

NO addict EVER turned away!

Pre-register by e-mailing stepretreat@yahoo.com

Rooms \$94 per night for 2 adults (\$10.00 additional for each adult)

Reserve your room by January 1, 2021 and mention you are with the NA Retreat to get the discounted price - Call 330-482-5050

Stockpile update Hengelo (Europe) 10/2020

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 Financial Update FLC 2021

01/27/2021	
Opening Account :	
Total	\$708.48
Receive 1 Registration	\$125.00
Receive 1 Registration	\$125.00
One Donation Received	\$ 55.00
Total Closing Balance	\$1013.48
01/27/2021	

Footnote: It is already approved by are Home Group and Other Home Groups in NA. It is on many of tables that Groups have approved this I.P. it has gone through the test of time.

Motioning Group Contact: Bill A. (484) 951-3305



Let us admit that medications and drug replacements hold a special hazard for all addicts, not merely those with a history of abuse of these drugs. To the addict, medication or drug replacement represents a means of control, like any other tool of control; it's use can become compulsive. Keeping in mind that we are not doctors, modern medicine often mistreats addiction with drugs. Drugs, whether self-prescribed or prescribed by a doctor, are a major part of our problem. How can drugs possibly be the solution?

WE ARE NOT DOCTORS

If we are not doctors then what are we? We are a fellowship of addicts seeking recovery from addiction. When we talk about addiction we are talking about being addicted to drugs. Our recovery program is one of total abstinence from all drugs. "Total Abstinence" is not a medical opinion but a practice of our principles. It is not an outside issue but one that is essential to our recovery. We follow a spiritual, not religious program that provides recovery through the 12 steps and 12 traditions of NA.

TOTAL ABSTINENCE

The cornerstone of the Narcotics Anonymous program is total abstinence from all mind and mood altering chemicals. Total abstinence is the first thing we hear when we arrive in Narcotics Anonymous. Total abstinence is the beginning, middle and end of our recovery. Our clean time, and our recovery from the disease of addiction begins with that first step. This pamphlet will address some of the spiritual principles we have used in our program to reach total abstinence from all mind and mood altering chemicals. We understand that there are cases where addicts are hospitalized and given narcotics for things such as major medical emergencies or major accidents. Our Basic Text already gives us the answers to these situations such as "Using local anesthesia, avoiding our drug of choice, stopping drug use while still in the hospital, and spending extra days in the hospital in case withdrawal occurs are some options". This pamphlet is not focused on these issues; this pamphlet is focused on drugs used by some doctors to treat the disease of addiction. So to the newcomer who has been put on any of these type of medications, please keep coming back. Although as addicts we are not responsible for having this disease of addiction, through NA we are given a choice to recover. Once we make this choice we are responsible for our recovery.

When I first got here

Dying was all that was near

Life was so crazy it was quite insane

I needed a new place in which to retrain

Made my first meeting sat in the rear

Had no idea what I would hear

You did some readings I didn't complain

Words were striking notes in my brain

The ladies were pretty I noticed with a leer

Addiction took you the same places that was queer

Told of the gutters in which you had lain

It would never be easy you made that plain

One's story so similar I found him a peer

He said "Work the steps or Die" "it will take away the fear

Not like elsewhere not the same refrain

So much more feeling not such a drain

My seat got hot it started to seer

To my eyes you brought many a tear

As my eyes watered it felt like the rain

From my soul it started to wash the stain

You warned me of the things from which to steer

There was a path from which not to veer

Living the steps its in something I train

Spiritual gifts even under the strain

Then you hugged me that wasn't mere

All these years latter you all remain dear

I live with help in the land of the sane

My spirit may limp, but I have a cane

My mind is much smoother my spirit more clear

Living a new life, it's a whole new career

There is a new away that I must sustain

"Give it way to keep it"

and don't sweat the pain

Reprint from the New Awakenings 02/1993

vened in my life.

I told him the story my dad told me once:

I was 3 years when my parents adopted me from Ethiopia, Africa and in February my dad came to pick me up, he told me that he was very nervous and started having doubts, he feared that they were going to make a huge mistake. And apparently the sisters of my foster home even asked him if they were ok with the fact that I was physically disabled (eyesight being poor).

He told me that he was sitting

down with me at the stairs and was watching me play with a toy when a blue butterfly landed on his chest. He said that that was the moment he knew everything was going to be all right. I was saved by a butterfly from heaven. I know that now because I have seen that butterfly again when I was older. That is why I want to share this with you guys. Talking with my colleague reminded me of my last months of using and how I hated myself and my life. When I hit bottom, I wanted to jump in front of a train, but at that same time I saw a butterfly, and saw myself in the reflection of the train. That was the moment I knew I had to go look for help. So that butterfly saved my sorry ass more than once. I looked up on the internet what a butterfly means, and I found out that it means change is about to happen. That we show our inner beauty and transform into the person we are supposed to be.

I think God was already watching me back then and I was just unaware of it. The drugs and the lifestyle made me blind.

I inherited my second name from the nuns in Ethiopia which is "Tadesse". in the old Amharic language that means "second chance", and I truly believe God gave me a second chance. So, thank you God, and thank you N.A.

Written: By an Anonymous Addict From: The Netherlands



SURRENDER

The process of surrender is a result of living in utter desperation and pain. It is the result of working double overtime to find a solution that does not require giving up drugs completely. It is difficult to accept that drugs are the problem when we have not been able to find peace and serenity by any other means. When we make the decision to surrender, we get relief from the pain of making our own decisions. Surrender is positive for us because we find hope. Once we have surrendered, we open opportunities for other addicts to help us with our problems. We have seen many addicts surrender to this program and detox in the rooms of NA and live productive lives in society. We have also seen many addicts go to other places and detox and come back to NA and celebrate total abstinence in the rooms of NA. We know any addict can get and stay clean but they must surrender to the program of Narcotics Anonymous for that to happen. Surrender is just the first step to this process, there are many other key spiritual principles you will need along the way such as...

WILLINGNESS

We surrender to a program of total abstinence when we absolutely can not continue using and there is simply no fight left in us. Now we must become willing to follow some simple suggestions that we hear in meetings. We may not believe that these suggestions are going to help us but we do them anyway because we don't know what else to do. We may think that we don't need a sponsor but we get one anyway because we are afraid not to. We need to become willing to do anything to stay clean.

Willingness is a spiritual principle because it allows us to get a grip on the fact that before change can occur; we have to give our permission. We have to stop holding back inside. We have to relax our personal will with all its preconceptions and preferences so we can look at alternatives. When we want to select something new in our lives, the choice is up to us. Without our willingness, we never get to make the choice and remain tied up in many of our past limitations, illusions and habits.

'Willingness to try is the beginning of doing our part. However grand or humble that might be, it is a state of readiness replacing depression and anxiety.'

Once we become willing to put down the preconceived notion that total abstinence is impossible and surrender to the fact that we are just like everyone else in NA we can then move on to...

COMMITMENT

Commitment is one of the spiritual principles that most people don't connect to the first step. In past editions of the Basic Text it's written "Now the question is: "If we are powerless, how can Narcotics Anonymous help?" We begin by asking for help, and this is accomplished by working and living the twelve steps" where the spiritual principles we have discussed in this pamphlet come from. They are the backbone to a life of complete abstinence; without them we will die. Once we surrender and become willing to do what ever is necessary to become abstinent we need to stay committed to the process in order to not go back to the way of life we once knew. We need to make a commitment to a home group and stay clean no matter what. A commitment to a sponsor is also very important to this new way of life for we can not do this alone!!

OUR SOLUTION

Our first step says "We admitted that we were powerless over our addiction that our lives had become unmanageable". If we still believe that limited drug use is possible then we have not taken step one, we have not surrendered, and we will use again. Step one is more than an admission of powerlessness, it must be followed by a change of actions. We must stay away from people that are using even if it means we must avoid family members, friends and co-workers. We might have to break free completely of everything and everyone we know. There is no substitute for surrender. This may be very uncomfortable but we do it anyway because we know in our heart of hearts that is the only way. Based on a life of desperation and a glimmer of hope we make a decision to turn our will and our lives over to the care of God, as we understand him. To sum up step three in a nutshell it is simply a decision to take the rest of the steps and to understand that they are the solution to maintaining total abstinence. Faith comes after this way of life becomes a reality. This way of life comes to some very fast and to others very slow but it doesn't come at all if we are still clinging to the idea that we can have it while still using. Remember these 4 things.

- 1) The cornerstone of the NA program is total abstinence.**
- 2) There is no substitute for surrender.**
- 3) Recovery is a complete change of everything we think and do.**
- 4) Without commitment to this fellowship of Narcotics Anonymous we will go back to the life we once knew.**

be in-conflict with one another, so we follow God's will and have open mindedness. If we feel our attendance is lacking, we do Public Information in our towns or cities. We should never put our Group at risk with an outside issue in order to fill more seats, we have too much at stake.

Written: By an Anonymous Addict From: NJ, USA

There is no Time to be Negative When we Count our Blessings.

We hear a lot about gratefulness in Narcotics Anonymous. Perhaps your sponsor gave you the assignment to write a daily gratefulness list and count your blessings. I know I was given that assignment and can struggle with that part now and then. It does make sense that when we came in N.A. we were not grateful at all. exerly when you think about it, many did not appreciate life at all, that was one of the reasons we used drugs. To avoid life,

Life was like a maze with lots of scary animals in every corner. Take one wrong turn and one of these animals would rip you to shreds. That is why we stopped moving forward at one point in life. But the thing is that all of those animals are scared of light, and if your inner light shines, no animal can hurt you. When your inner light shines

you can hear "The Voice". And that voice will guide you through the maze. But what can you do when you are the one who turned off the light, and you're so confused that you don't know that you're the one who did it?

Narcotics Anonymous has the power to give us tools. Tools that we can use to rebuild our inner light. And that on its own is something we should be grateful for. By learning to shine as a sun and walk the path of light we gain a life we have never had before. A life we will never want to avoid anymore. We will not have to be alone anymore. NEVER ALONE, NEVER AGAIN!!

Written: By an Anonymous Addict From: The Netherlands

The Butterfly, A Sign of Change.

I was at work today and had a talk with a colleague about our parents. His mother and mine shared a common bond by both having had Parkinson, and so we were about understand each other and talk freely.

at one point he asked me about how it is to be adopted and what my story was. I was kind of unsure what to tell him, he caught me off guard with his interest in my story, but I reminded one tale I'd like to share with you guys as well, for this story is how I believe God inter-

two-hour meeting I went outside because I could not take the paranoia anymore. I saw addicts walking down the road to go score and I thought to myself, this does not seem very attractive at all. Why would they feel comfortable coming in here right now?

The Group asked me to share the next week and I had to decline, I told them I didn't feel comfortable being under surveillance.

Overtime I've seen many people be mandated to Narcotics Anonymous, I've seen addicts that were on probation that had to get a verification paper signed get honest in meetings about using, and how they somehow didn't fail drug tests; but they wanted help. I have seen those addicts get locked up because of their disease. Many addicts blame Narcotics Anonymous after they get locked up while they are on paper. Narcotics Anonymous did not give them a chance to recover if Narcotics Anonymous allows a government agency to put addicts under surveillance and mandate them to our rooms. Many times, we hear "If it just helps one then we will sign them." Well... It does not help them all so it must not be practical or spiritual. It doesn't seem like God's will to force someone to get clean.

Eventually after that meeting where I felt paranoid about getting arrested, I have dealt with my consequences. I was put on probation and have been on probation for about two years now.

I was fortunate enough to say that when they finally did get a hold of me, I had already been clean for a few years. They asked me what I did for my recovery and I told them I am just trying to do the next right thing. I didn't tell them anything more than they needed to know, and I have been probably one of few if not the only one that's on probation for drug possession in this county that is not on paper. I always told myself if they ever did ask me I would know what to say and how to show them it is wrong for requesting that I have an attendance paper verified at any 12 Step Meeting. Recently I had the chance to explain to another individual on how to avoid that, and it worked. This individual is not an addict and even if they were, if they do not want to come to meetings, I will not tell them they need to.

Furthermore, I believe what needs to be addressed is the bottom line.

Verifying attendance papers is a violation of our Twelve Traditions. Whether the Group is doing it before, during, or after the meeting it violates our Traditions. If another addict does it for the Group that isn't a part of the Group, the Group would then still be violating Traditions. The Group is responsible to the addict, so the Group should be doing real Public Information with the local government agencies not allowing these agencies tell us what we need to do.

Spiritual principles should never



Total Abstinence in Narcotics Anonymous

Anonymi Foundation
P.O. Box 4404
Allentown PA 18105
TM 2/5/2019
www.nahelp.org
www.nahelp.nl

A VIEW OF NARCOTICS ANONYMOUS GROUP CONSCIENCE **Motion 2020 A**

A Narcotics Anonymous Group is any meeting of two or more recovering addicts who meet regularly at a specific time and place for the purpose of recovery from the disease of addiction. All NA Groups are bound by the principles of the Twelve Steps and Twelve Traditions of NA. Each Group has but one primary purpose—to carry our message of recovery to the addict who still suffers. It is the most powerful vehicle for carrying that message.

The definition of conscience is a personal awareness of right and wrong that one uses to guide their actions to do right.

Our Second Tradition states, “For our Group purpose there is but one ultimate authority—a loving God as He may express Himself in our Group conscience, our leaders are but trusted servants, they do not govern.”

Every Group should have a conscience. A Group without a conscience is an unconscious Group. A Group conscience is where we all come together and invite a loving Higher Power to guide us as stated in our Second Tradition. True Group conscience is a collective Eleventh Step applied to a single issue. It is the utilization of spiritual principles by members of a Group to preserve the common welfare and fulfill the primary purpose of the Group. It is developed by first inviting a loving God to express Himself and then listening to what He delivers through the voice of each and every member. All members should be encouraged to achieve an understanding of the first three Steps. Group conscience in NA is the responsibility of the NA Group and its members. When we surrender and seek out a loving Higher Powers will in our Groups we can obtain a true Group conscience. A Group conscience develops as a result of the process; indeed it is not the process itself.

When the NA Traditions were transcribed from AA, Group conscience was only a theory. Our predecessors said that they believed in something that did not exist. It is no longer a theory; Group conscience is now a reality.

“Group conscience is a collective understanding of, awareness of, and surrender to the principles within the Group; it is the basis of our decision making process.” –An Addict.

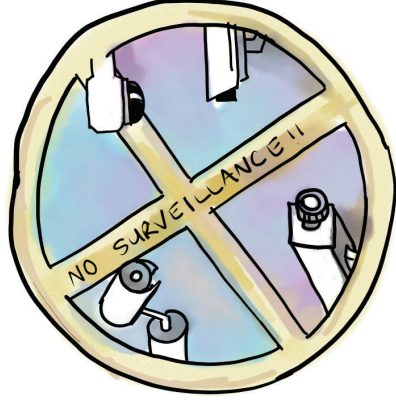
Groups are autonomous and can function as they choose. However, it is important for a Group to strive for unanimity. In other words, make every effort to be 100% in agreement. The unanimous based process works well within an NA Group. The purpose of unanimity is so that everyone should be on the same page when guiding the Group. That way we have

wish that we could have a loving relationship with the God of our own understanding, but we are afraid we could never be good enough. But as we keep coming back or better yet just stay and we are shown that we can have the love and acceptance we desire: “by learning to live the 12 steps of recovery we began to believe God is real and that we can live free from our addiction, and God cared for us because we had the faith needed to surrender.” When people work, their wages are not a gift, but something they have earned. But people find freedom, not because of their work, but because of their faith in a spiritual program that is not religious; There are free gifts waiting for us that are essential to the recovery process: God’s forgiveness, acceptance, and powerful support. God makes it clear that we have been declared “not guilty”. There is no need for us to do anything but accept the free gift of hope. When we learn to be honest, open-minded, and willing to turn our life over to God, we gain far more than we could ever lose!

Written: By an Anonymous Addict From: NC, USA

We are Under No Surveillance at Any Time!

I remember back some years ago that I attended a meeting.



Upon walking up to the facility that it was located at I noticed there was a huge police badge on the building and the building read “Police Athletic League”. When I walked into the front door, I saw an officer standing by a desk with a clipboard. I hesitated as I approached him thinking I had to sign in while inside the building. At the time I had a warrant out for my arrest that I had not taken care of yet. I said, “Hello where is the NA meeting at?” He pointed me down the hallway.

When I went back to the room, I noticed there were big cameras in every corner, and the door stayed open in the room. I kept my hood up, grabbed some coffee, and paced myself around the room for a few moments hugging other addicts. I thought to myself today is the day they’re finally going to get me.

I was paranoid and did not share because I felt like they were listening to everything I was saying. Eventually after the first hour of the

cle in which is taking place within me as I have been given this gift and the opportunity to be of service to God and others, no longer wanting what I want, but wanting what I have been given. Today I live in appreciation and gratitude for the gifts in which I have been given, I can see that my needs have been met for today, I am living with not only hope and freedom but with the light, which is burning within me, I have been blessed with twin flames. I am convinced that we have both light and dark within us thus the battle for control can result in different actions, from joy, happiness, and peace, to pain, destruction, and loss of freedom, but what matters is the part we have chosen to act out with, that's who we really are.

We must understand that we are suffering from a disease that affects our physical, mental, emotional, and spirit in which has left us sick, to maintain our recovery we will need to seek spiritual solutions, for our spiritual issues, we must let go of the old idea's and attitudes for our principles to have any effect on us. We have been given a program in which has given us the tools, and the people who love us the most are there to guide us, to show us the way, not with lies, or sugar-coated candy bits, but with the truth. They love us enough to share the truth in which they have been blessed to experience here in NA. They know that what we do not need are more untruths and fairy tales.

Just for today I really believe that people who are happy, and content are people who are moving forward-searching and exploring the journey in which they are traveling, they are incorporating our principles in all of their affairs, they are trying to grow not only from the absence of their drugs but, they have a willingness to seek solutions for their emotional and spiritual issues. They sense hope in their selves, they can feel and see that they are growing as they are moving forward, the opposite can be seen when people are stuck, sad, depress, and lost and blinded with the truth is usually because they feel like they are going nowhere, and still living in the darkness and that nightmare of addiction

**Written: By an Anonymous
Addict From: Michigan USA**

No Longer on the Losing Side

Our addictive patterns are "disgraceful" so it is common to feel awkward and worthless. We may feel ineligible to receive love after all we do not even love ourselves when you come to the fellowship of An and are told we need a power greater than ourselves that loves us and cares for us. We find it hard to believe we expect judgment. We might feel guilty and be afraid that we will be rejected. Secretly we

a single voice and not multiple voices going on at the same time. The benefit of unanimity is unity. All input should be considered equally from every member. Care should be taken to insure that everyone feels safe speaking their conscience. There are no big I's and little you's.

WHAT IS NOT NA GROUP CONSCIENCE?

Conscience is not a popularity contest. Too often we have seen a strong personality sway the Groups' decisions. In Group conscience, what is best for the Group and its members, including those members yet to come, is usually best for the individual. It holds more importance than the personalities involved and is not about control or forcing self-will upon the Group.

Group conscience is not what happens in committee. Groups take instruction only from a loving God as expressed in Group conscience. Therefore, on issues that affect NA, the membership must be consulted directly so that the will of a loving God can be channeled through that process. Then the Groups are able to direct the service structure as to how to serve. Motions should originate only from an NA Group conscience. There is no "conscience" beyond the Group. Every other level of service merely compiles the conscience of NA Groups.

Group conscience is not a matter of simple vote. Instead it is a collective expression of every member's input. The business of the Group, defined by us as "How we spend the material component of the Seventh Tradition", is and always will be distinct from the spiritual business of the Group. The spiritual conscience of the Group influences how the money is spent. Ideally, the business of the Group will follow the conscience of the Group.

Robert's Rules of Order are not Group conscience. They were created to run government; therefore they are a form of governing which conflicts with the Second Tradition. Robert's Rules leaves the minority feeling marginalized. Its goal is to structure the debate and passage of proposals that win approval through majority vote. This process does not emphasize the goal of full agreement. Robert's Rules should not be used in a Groups conscience.

NA GROUP CONSCIENCE MEETING

As a Group we believe in distinguishing the conscience of the Group from everything else. Because of this distinction, we have our Group conscience Meeting on a separate day or time. In fact, in some parts of the world, it is common for a Group to have a separate Group conscience meeting. We dedicate our Group conscience meeting to God and use it as a vehicle to discover His will for our Group. Carrying the message is

so important that many Groups take inventory regularly to help insure that our primary purpose is still in focus. We want to assure ourselves through the inventory process that God's will is running the meetings. The process of taking our Group's inventory is the best effort we can make in allowing a loving God to influence the Group. This allows the Group to present an atmosphere of recovery which makes it easier for God's voice to be heard.

The format we use is simple and allows for free, orderly discussion between Group members. It stresses for our members to express their feelings on how we have been carrying the NA message. It also allows us to add or detract from our Group format to adjust for changing times, as well as providing a place where members may discuss matters affecting NA as a whole. In essence, our Group conscience meeting is ideally a purely spiritual event where we can feel God's presence in the room. Each Home group member seeks their own conscience through conscious contact with their Higher Power and brings it to the Group.

Here is a typical meeting format.

1. Moment of silence/opening prayer
2. The complete 2nd Tradition is read from the book Narcotics Anonymous - Basic Text.
3. Group Inventory - The Twelve Traditions may be used as an outline for a Group inventory. Some Groups use a specific set of inventory questions, such as, "How are we doing carrying the message to the addict that still suffers and reaching out to the newcomer? Are we abiding by the Traditions? Are there addicts our Group isn't reaching? How can we make our meetings more accessible? What can we do to make new members feel more at home? Has the atmosphere of recovery diminished? Would a change in our meeting format strengthen that atmosphere?"
4. Minutes from the previous Group conscience meeting are read.
5. Group inventory of commitments and their related commitments is taken. "How are trusted servants doing?"
6. Old business - Unfinished issues or any concerns or ideas that were brought up during the previous Group conscience meeting are addressed. We may or may not decide to act on these items.
7. New business. Everyone's input is needed. Group conscience is impossible without every member participating. This is where we might discuss other concerns like format changes. Unless everyone is on

I could not control the circumstances that I found myself in or the state of the world. In the beginning I was filled with fear and was reacting to the chaos of the world and all I could do was pray and take action. I could not control that we could no longer have in person meetings and had to adapt to doing meetings online. We had to do what we had to do to continue meeting, recovering, and carrying the message. I felt powerless over the fear, anger, anxiety and depression that I felt as a result of the changes I was being forced into but by taking action and adapting I experienced changes and growth that I would not have had otherwise. I went into this situation with a program that was lacking. I was trying my hardest, but I knew that what I was doing at the time was not enough to keep me clean and to recover from the disease of addiction. By trusting my Higher Power and taking action I came out the other side with a solid daily program of recovery that I can apply in my life. I have gained so many relationships and truly feel like I am part of a worldwide fellowship. I'm grateful for the way things worked out and if we are headed back into a shutdown, I will trust the God of my Understanding and try to stay in the solution.

Written: By an Anonymous Addict From: Ohio, USA

We Must be Willing to Let Go of Our Control

We must be willing to let go of our control, we must find acceptance and surrender of the life we have envisioned as our journey, that is if we are to experience and to find hope in the life that is waiting for us. We will always be a student on this journey, always seeking our truth through our spiritual principles, which are our road map to peace, hope, and freedom. No longer is there a requirement for us to live in the destruction and pain of addiction as we have been shown a way out of the hell in which we lived. As a student, I will need to continue to practice these principles as I will fall short, this is a lifetime journey, and I will never be the Master of it. As everything we know about our journey is subject to revision, especially what we know about the truth. We re-evaluate our old ideas, so we can become acquainted with the new ideas that lead to a new way of life.

We have to keep moving forward searching for the truth, during this journey we will face many trials and setbacks it is during our darkest moments that we must humble ourselves and seek the light in which is guiding us. I am a spiritual being in a human body that is having a human experience. As my spirit continues to grow and mature, I have noticed that my human is dying, I am in the process of that transformation, and the true mira-

of lacking this last month because I was working nights. I even had to miss two weeks of my Home Group's meetings because of the way my work schedule was. It's been a long time since I missed any of our meetings. Being awake all night and missing human connection made me feel like something was missing. I was still doing the other tools that I've learned in this program. I was reading, writing, making phone calls, praying and meditating but not being in physical meetings especially my Home Group had a major effect on my spiritual condition. This showed me that I have to be diligent in using the five tools daily to maintain my spiritual condition.

I remember about eight months back when the world started shutting down from the coronavirus. My recovery was lacking majorly. I was active in my Home Group and had started learning about our history, but my personal program was not sufficient. I was not doing the tools daily and was not getting the guidance that I felt I needed from a sponsor. Before the government shut our state down, I decided to buy a webcam to participate in the skype meeting that I saw posted on Radio Free NA. A higher power must have put that in my head because shortly after that I had to use it to be in meetings at all when we were mandated to stay home and our Home Group switched over to the zoom platform for a few months. It was obviously an

inconvenience and there was pain involved with these changes but there were so many good consequences as a result. I started to meet the faces behind the names of the people that I had been communicating with on RFNA, I found someone that I wanted to sponsor me, I learned more about our history and I felt connected with other like-minded addicts that I had never felt before. A whole new world of NA opened up to me.

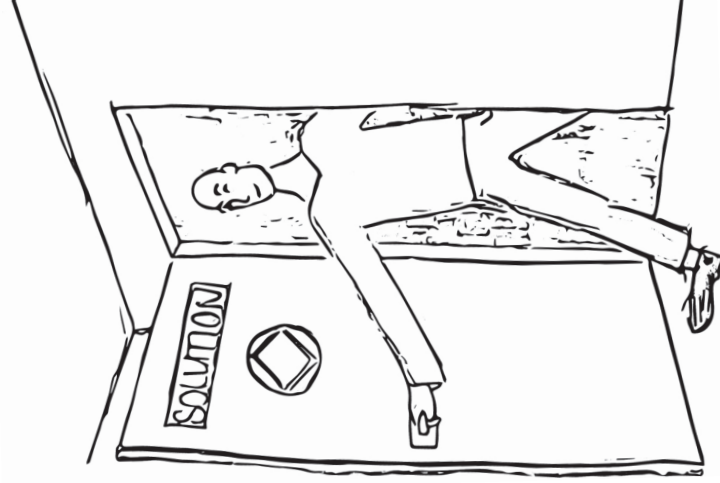
the same page and in agreement we do not change anything on the spot. We table it until the next time we meet while we pray, meditate and talk to our sponsors about it. At that time, the concerns become old business. This is what we know as a true Group conscience. There is no need for a sense of urgency or time sensitivity. If it's a good idea today, it will be a good idea tomorrow. After all of the Group concerns are taken care of, other service boards or committee's concerns may be addressed.

8. Closing Prayer



A View of Narcotics Anonymous Group Conscience

Anonymi Foundation
P.O. Box 4404
Allentown PA 18105
TM 05/24/2019
www.nahelp.org
www.nahelp.nl



Proposal Webpage www.nahelp.org FSC 2020 Motion 2021D

Proposal:

Move domain name www.anonymi-foundation.org + webpage and domain name www.nahelp.org to a new Hosting Company and built it with WordPress.

3. No more website builder.

But use WORDPRESS as the webpage builder (An example will be shown at the FSC 2020) and start paying for Hosting only. Cost: \$2,95 a month for the first 36 months (\$106,2 for 3 years) and after that it will be \$7,99 a month for 36 months (\$287,64 for 3 years)

Intent proposal:

- More functionalities in building the webpage
- Cheaper hosting
- Improving accountability
- More secure

<https://www.bluehost.com/wordpress/wordpress-hosting>

Current situation:

Hosting company: GoDaddy

1. We have ownership over 2 domain names (\$45,38 every year for the 2 domain names to renew ownership)
2. Website builder (\$15,75 every month)
3. All on the name of a member (the account)
4. Yearly costs: around \$234,38

Why use Wordpress: easier to use and the program Wordpress is free. To host this is also cheaper. Next to that there will be more freedom, functionalities and options in building the webpage. You only pay for extra's plugins or theme's if needed. It also gives us the possibility to allow someone access to the backend of the webpage to make changes without getting into the hosting account with access to all the information (finances, ownership of products, etc)

At this moment we pay for the website builder every month. July 2020 has been paid for.

Proposal extra information:

1. Hosting company: Bluehost
2. Move 2 domain names. This will cost us \$17,99 to move them and own them the first year. After the first year it will cost \$35,98 every year to own the domain names.
4. Yearly costs upcoming 3 years:
 - Year 1: \$124,19 (domain name + hosting 3 years)
 - Year 2: \$35,98 (domain names)
 - Year 3: \$35,98 (domain names)
 - Year 4: \$323,62 (domain names)

THE THERAPEUTIC VALUE OF ONE ADDICT AND A GRAY BOOK HELPING ANOTHER

Today was glad that there was another Gray Book meeting starting up less than an hour away from me. They want to keep low key and not let many know about them, so I won't post the information. It mainly is a bunch of newcomers that love the Gray Book but don't want to get chastised by the area or region. I went to support the Group as that is what we do. The normal chairperson ended up being at work, the person that was to chair the meeting ended up telling me 10 minutes before meeting by phone he wasn't coming because he had laundry to do, and my friend that has been around for a while that gave them the Gray Books was out fishing with his Daughter. So here I was no one showing up to a meeting that I had brought books from the GWG to support this meeting. A few minutes before the meeting started a couple addicts stopped and asked if there was a meeting. Of course, we were going to have a meeting. Then another addict showed up also. Later one regular attendee did show up to the meeting about a half hour later. One addict the couple minutes before we started talked honestly about not being sure if they were an addict, but they were checking out

NA to see if it was for her. The spirit we felt in the room was amazing. It was great to see how the book spoke to their hearts. It was possible to feel the spirit in the room as they kept reading and sharing and did not want to stop. The meeting went on for an hour and 45 minutes. The one addict that said they were not sure if they were an addict or not shared that they had made a choice and that they are an addict and wants the NA way. We left 30 books with them from the GWG and hope that they are used to inspire addicts every day. There is a little free library in the upstairs of the building, and I asked that they keep it stocked with books so that when they are taken more are available. It would have been easy to make excuses and get pissed off at the situation but instead just Surrendering and staying in the moment provided one of the most powerful experiences I have ever had in NA.

Written: By an Anonymous Addict From: Nebraska

Getting into the Solution

Yesterday I was able to make it to two meetings. I went to a meeting online and a local meeting that my friend asked me to go to. It felt good to have a day where I went to a couple of meetings because my meeting attendance was kind

with, nor are they the equivalent of, the spiritual concept of conscience of the fellowship. Governance of this sort is also justified by the notion that what we are doing is “good” or “necessary”, are euphemisms for “the ends justify the means”, hardly the most spiritual concept. Governance is organizational self-will and blocks the effect of “a loving God as he may express himself in or group conscience”, central to the 2nd Tradition

Fundraising permits the receipt of outside contributions to the funding of our fellowship, precisely prohibited by our 7th Tradition. There is no way to establish membership at the time of sale of goods or services and some activities such as raffles, lotteries, auctions of donated merchandise and resale of outside event tickets skirt legalities and does associate our fellowship with outside enterprises.”

Written: By an Anonymous Addict From: California, USA

She Did Not Answer These Question:

1) I would want to know if the world service is entrusted to protect our copyright. Why have they not taken action to stop the printing of the Third Edition Revised Basic Text with The Original 4th and 9th Tradition? Is there no factual documentation that a single Group in

Allentown Pennsylvania has been printing Baby Blues since the early 90's.?

2) By not taking action against this Home Group has NAWS Not Given UP the rights up to The Basic Text as a public domain property?

3) Also, that same home Group has been printing all the original I.P.'s that were approved in 1986. Are they not part of the Fellowship Intellectual Property Trust? Shouldn't NAWS Inc protect the IP's equally? With all these facts, isn't it true the office knows they will lose in federal court and that is why they have chosen not to sue?

4) By the same reason, NAWS Inc and its boards, by their inaction, have given up all rights as being the Trustee on record by failing to protect our trust, have they not?

5) Is it not true that WSO at the behest of a federal court judge, the Honorable Judge Pollock, fail to fulfill the agreement handed down in the Moorhead v. WSO, Inc.? Also, is it not true that Judge Pollock had to stop a motion on the conference floor due to the underhanded work of those at the office?

Questions Written: by Historical Perspective Group

Summitted By a Home Group

In Washington State, USA

Great Question Never Answered

- + hosting 3 years
- Year 5: \$35,98 (domain names)
- Year 6: \$35,98 (domain names)

Average yearly amount: \$98,62

What is needed to make this happen?

Steps:

1. Build webpage offline (as good as done already)
2. Buy hosting for the first 3 years.
3. Move 1 domain name: www.nahelp.org

4. Import the webpage on that Wordpress installation. (anonymifoundation.org will stay online, the current webpage is build on this name and the nahelp.org just links forward to it).
5. Move the second domain name: anonymifoundation.org

This way we can rebuilt the webpage without major changes in the way it looks, put the new one online before the old one is taken off, and keep ownership of our domain names.

12 months	24 months	36 months
<p>Basic</p> <p>\$2.95/mo* Normally \$7.99</p> <p>Select</p> <p>1 Website</p> <p>Free SSL Certificate</p> <p>50 GB SSD Storage</p> <p>Free Domain for 1 Year</p> <p>5 Parked Domains</p> <p>25 Subdomains</p> <p>\$200 Marketing Credit</p>	<p>Plus</p> <p>\$5.45/mo* Normally \$10.99</p> <p>Select</p> <p>Unlimited Websites</p> <p>Free SSL Certificate</p> <p>Unmetered SSD Storage</p> <p>Free Domain for 1 Year</p> <p>Unlimited Parked Domains</p> <p>Unlimited Subdomains</p> <p>\$200 Marketing Credit</p>	<p>Plus</p> <p>\$5.45/mo* Normally \$10.99</p> <p>Select</p> <p>Unlimited Websites</p> <p>Free SSL Certificate</p> <p>Unmetered SSD Storage</p> <p>Free Domain for 1 Year</p> <p>Unlimited Parked Domains</p> <p>Unlimited Subdomains</p> <p>\$200 Marketing Credit</p>
<p>1 Microsoft 365 Mailbox - Free 30 Days</p>		

Spoken Words Within the Mind Have the Power to Change Who We Are

Spoken words within the mind have the power to change who we are, the words of faith, courage, love, peace, joy, courage, perseverance, and the light our all words that guide me forward on my quest to become that in which I was created to be. The power of our words can free us to live a life that is not filled with darkness, fear, and hate, but one of Light of love, peace, joy, and tranquility, the energy of our words, can free us from the bondage of self-hatred, and that nightmare of addiction. I am convinced that I am what I speak, and what I give power to. Today thanks to the NA way of life and the spiritual principles, which are embedded within our steps, I can see the truth and will continue to pursue that that in which I cannot see, yet I am experiencing it in recovery. I have come to understand that Light and darkness cannot occupy the same space at the same time. The power of positive self-encouragement and positive reinforcement keeps us growing and maturing, this is when we will see that our negative self-talk will be overpowered, and it will fade from our journey. When light is present within me, my darkness is defeated. More importantly, darkness cannot overcome the light that is if I choose to walk with

our principles in front of my selfish desires.

Growing up in Narcotics Anonymous is unlike anything that I could have ever imagined. More beautiful, beyond anything that I had ever experienced. Whoever would have believed that a person like me would have ever been allowed to walk this journey in freedom? You know that child, son, husband, father, and that person that fail so much, living in that state of humiliation, walking his life in disgrace, filled with shame and that deep-seated fear that continued to control him. Leaving me with no choice, but to keep using and moving deeper and deeper into that state of hopelessness and despair. My life was one of a loner, with no room for others including God, I traveled in blindness destroying all that I came into contact with, I would never wish my journey on anyone but it was this journey, that left me in utter desperation, where death look better than another day of using. I was defeated, lost in that state of desperation I was beaten down. Yet I found myself in the rooms sitting around that table, listening to others share their experience, strength, and hope with me. They shared that priceless gift of choice and our principles and so many tools that has led me to be me. To think that this was possible meant I would have to step out on another limb once again, with blind faith that is what I did, trusting in my sponsor and our principles. Yes, I

identify and as a reminder where we are coming from, but it does not have to be a part of our daily life anymore. Today we can identify with feelings of peace and happiness. As long as I have a desire to stop suffering, I am on the pathway to freedom.

So, desperation is truly a gift, because when the heart surrenders the mind will follow, and the light of hope can shine for miles and guide other suffering addicts on their path to surrender.

Written: By an Anonymous Addict From: Sweden

This is/Was Amazing to Me

This is/was amazing to me. The idea was to get donations of \$750,000 during this 4-day telethon and they got 'they say' \$52,000. How is having a Telethon requesting people to donate to a nonprofit Corporation in any way a spiritual endeavor??

"Fundraising activity interferes with our faith that a God of our understanding will direct and provide for our fellowship if we follow traditions. Practicing tradition is our path to a higher power and true unity.

Fundraising activities divert time, resources, intention and focus of individuals and groups from our primary purpose as stated in Tradition Five. Extraordinary time and

energy are put into making events "successful" rather than purposeful.

When fundraising generates monies, controversy results concerning "money, property or prestige". The traditions are unequivocal about the danger to unity of these subjects. Prudent reserves may become inflated and committee's dependent upon fundraising events are pressured to raise more funds for bigger and better events. This further leads us away from the spiritual focus of our fellowship and our primary purpose as stated in Tradition Five.

Fundraising diminishes individual member's and group's abilities to effect change or voice discontent with any committee by the practice of withholding funds from the "basket" or donations from the group. Committees are often substantially financed by fundraising allowing them to ignore any diminished funding from the "basket". This principle created by our tradition's founders is inherent in the 7th Tradition and is a right granted to individual members.

Fundraising promotes governance rather than service, a clear contradiction expressed in the 2nd tradition. Committees may decide on activities supported by fundraising which may have no relation to the collective group conscience. Majority democratic votes are used by committees often to rationalize this behavior. Democratic votes while useful are not to be confused

of our disease, I have walked and now live in the light of love, hope, freedom, thanks to our spiritual principles in which I have adopted these truths, as they experienced this miracle throughout my journey here in recovery. My story does not end here as I am in the process of another chapter as there is more to be written. Please think about your legacy that you are leaving because you are writing it every day. Your story will be the greatest story ever told, it will be the legacy that your children, sponsee's and others will remember of you. What will your story be?

Just for today, I know that NA works if I am willing to explore and discover the truth of my journey, peeling layer after layer of that onion until we reach that core and find that authentic me, perhaps this is where true freedom comes from. Recovery is an ongoing process of change and growth, believe in that in which you cannot see but feel its effects. Every opportunity in which we face will bring benefits in which we cannot see today nor may not feel. Yet this I know when I am able to face these events and react with spiritual principles my future is much brighter.

**Written: By an Anonymous
Addict From: Michigan, USA**

No surrender, no awakening

With suffering comes surrender, and if there is no surrender there is no awakening, so I have become grateful for the suffering that brought me to my knees. I needed to be left with only two alternatives when I finally surrendered - to live or to die. The path to surrender was filled with fear, self-centeredness, anxiety, and death, that suffering was also the starting point of the path to awakening.

My experience is that I did not surrender, surrender happened, and it came from the Supreme Source. Today I surrender to others suffering by being of service. The primary purpose of the disease was to consume all love and light and spit it out in the face of life. Today my primary purpose is to recover and help other addicts to do the same. Our joint suffering can help so many more addicts to find a new way to live. We use our suffering to

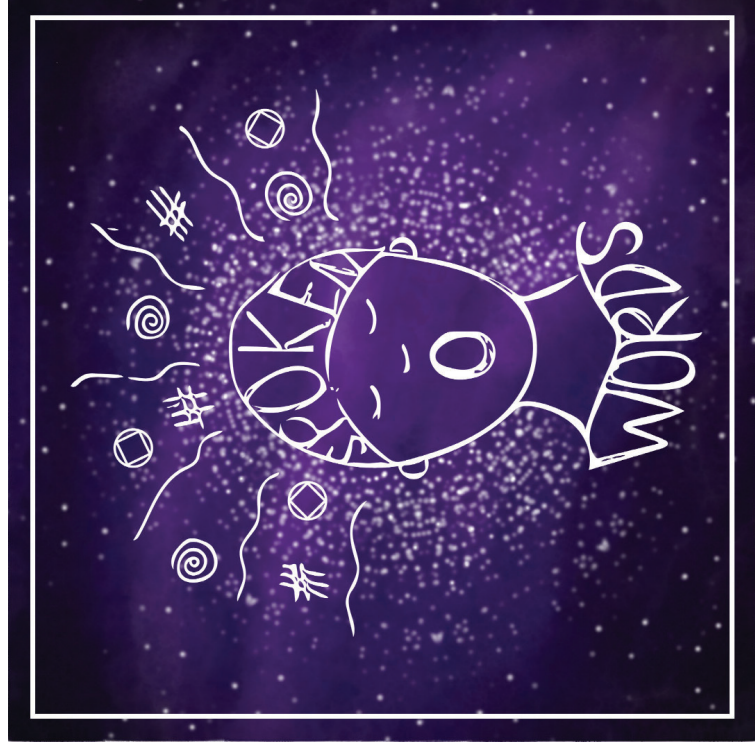


was free maybe for the first time in my journey through life, I was free to be me, to grow and explore, to experience life without paying their high price. My desire along with my willingness to explore and discover through my writing has allowed me to share what's within me, and to be set free from the bondage in which I lived. I am home and in the process of recovery.

Just for today, step out on another limb the beauty of the NA way of life awaits you. As for me, I will continue to seek and trust in that which I cannot see. God take my will and life guide me in

my recovery and show me how to live. Lead me to live a life in which harmony of the mind, body, and spirit are aligned to bear witness to the power of NA and your gifts. I will embrace that in which I am becoming knowing that I have found self-love, self-forgiveness, self-respect, and self-acceptance. I will rejoice in the fact that I have been given so many tools in which will allow me to walk this journey with kindness while expressing kind words of respect for the person who I have become.

**Written By: An Anonymous
Addict From: Michigan, USA**



Looking in the Mirror

As I have seen people come and go sometimes, I meet other addicts who were just like me when I first came in.

When I first started learning some things about the History of NA, Traditions, and Service, I wanted to let everyone hear what I know and what I know is more than what you know.

I sought out the “best Home Group” and I wanted to point at everyone for what they were doing wrong.

I wanted to learn more and more to use the knowledge as a weapon.

I’ve seen some people come and go and they act just like I did.

Many people have told me, “You have changed.”

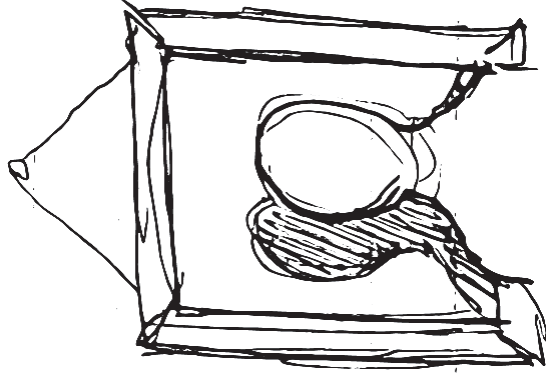
Several addicts became my eyes and ears, they called me out when I was out of control, they told me to surrender, get off social media, stop trying to control things, allow others to be where they’re at, and focus on your own recovery.

Eventually I surrendered and took a whole year off of social media. I stopped worrying about what NAW\$ was going to do next, I stopped trying to tell everyone what Total Abstinence really means, I stopped telling everyone that verifying and signing attendance documents was against our Traditions, I stopped trying to tell everyone that professionals write all the literature for NAW\$, and I stopped engaging in controversy.

We are Blessed to Awakened

We are blessed to awaken in, be filled with much peace and joy for you and yours. How grateful I am to have been given this opportunity not only to live this day but also, to live it with our spiritual principles. As today I have been shown a way to live unlike anything that I could have ever imagine, I have been rescued from that state of humiliation and despair where life was hopeless and often death look better than another day of life. No longer are the tears of my little ones falling down their cheeks as their fears were turned to smiles. Their tears were replaced with laughter and a feeling of security. No longer am I living in that self-imposed prison of fear as today I have been set free of our disease. No longer is the physical, mental, or spiritual parts of my life filled with destruction and chaos, no longer am I entrapped in that hell in which I lived. The NA way of life has shown me the path to freedom, and today I am in the process of becoming that in which I was intended to be.

With a strong desire, passion, and desperation, I continue to move forward as today thanks to NA I have found a purpose in which I get to carry a message of hope, freedom, and the light, I am a beacon of hope for those that are lost and have a desire to overcome their disease. I use to wonder why me and not another, then I realize



I have sat down with many addicts and tried to explain to them that what I did was wrong and what they’re doing isn’t good for the greater good of NA. It hurts our unity and causes internal conflicts and controversy. Many times, I’m met with excuses, denial, ego, self-centeredness, and then I’m met with the very thing I needed to do to begin with. Surrender and let the addicts be where they’re at. Sometimes we can be each other’s eyes and ears and other times the addict is so self-absorbed and in denial that we cannot help them.

Eventually they find themselves alone and when in those times they may become open minded to hear what others have to say.

Surrender, Pray, and Let others be where they’re at is what I keep saying to myself.

Just like a using addict that’s in

that this is the journey in which God has plans for me and that his plans truly are better than anything that I could come up with or anything that I could understand. No longer do I wander aimlessly on this journey, letting my fears consume the spirit within me. As today thanks to our steps and traditions, sponsorship, and the light, I am able to face life on life’s terms, not with defiance but with surrender and acceptance as the backbone of my recovery.

Thanks to my willingness and desire to grow and mature in NA, I was able to see the importance of what I was doing, I am thankful that recovery and meetings were my top priority and non-negotiable, I have experienced many challenges, from living in the streets even in recovery to being that every other weekend father. Yet I know that without recovery and my commitment to stand firm in my quest for my freedom none of this would have been possible, my children are grown up now and have kids of their own, who have kids also, they have watched me grow and mature and become the man I am today.

I know they are very proud of me, and all that I have accomplished. I will leave the legacy for them to never quit before the miracle of life happens to them, that no matter how far one falls, we are never down, we have the hope to be part of the greatest transformation in which a person can ever experience. For out of the darkness

but it was at that time that my friend Roberto was to sick to attend physical meetings, and so he joined the Saturday meeting.

his joyful way of sharing recovery was attractive for addicts to join and before I knew it the group grew into weekly attendance in between 15 and 20 people.

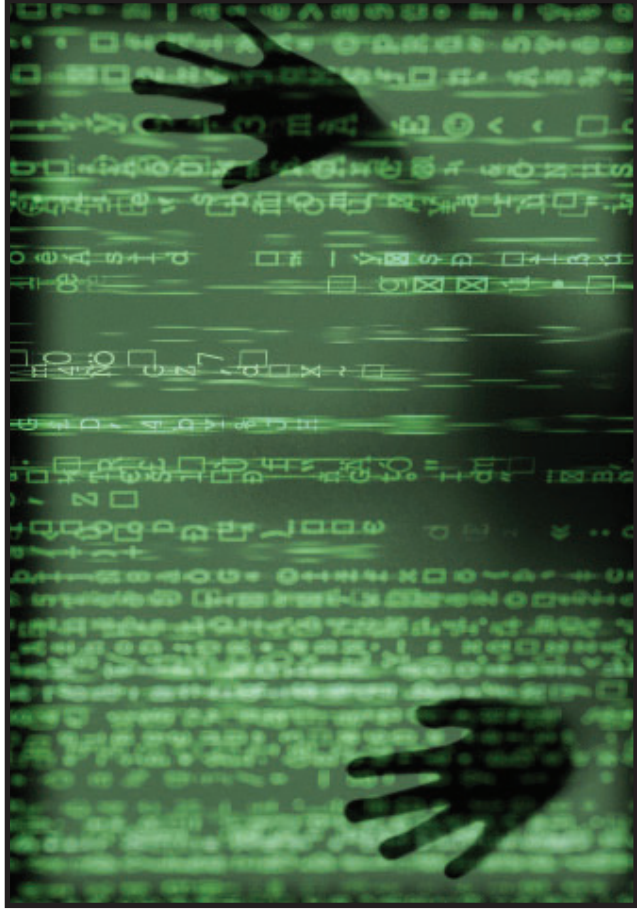
We started another skype meeting on the Sunday. We had the idea of starting one in the week as well so that everyone who could not go to a physical meeting due to illness could always join a meeting.

in these meetings I learned that it can be hard sometimes to feel the feelings of empathy. It is not the same when someone shares honestly through a screen as when you are in the same room, and you

can feel a divine presence. This does not mean it is impossible. I have been on many online meetings where I felt that indescribable feeling. It is just that online it seems to be easier for our disease to take a hold of me. I have had meetings where I was fully obsessed with how I looked in the camera. Meetings where there is no meeting after the meeting. I cannot explain it very well but those moments before and after the meeting have been the moments that saved my *ss.

I do believe that online meetings are a great tool, but if there is a chance for you to go to a physical one, you should take it with both hands.

Written: By an Anonymous Addict From: The Netherlands



denial, there's nothing we can do or say, they may become open minded or they may die.

Written: By Anonymous From: NJ, USA

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 journey, 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 From: The USA

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 From: The USA

Experience of Online meetings by One Member

With the current situation that is going on in the world, and addicts all around using platforms as Skype and Zoom more than ever to connect with each other, I felt the need to share a little bit about my experience with meetings who are held online. This is still just my way of perceiving it and by far what you should see as the truth. The Basic Text talks about how we should always revision our view on truths.

I feel that these online meetings are a great tool and make communication so much simpler, where back in the day you would have to fax someone or send a letter. But there lies a danger in Social media, and that is the addict itself.

2,5 years ago, me and 4 other members were having a conversation through Skype. We liked it a lot and decided to do it weekly, thus the Saturday skype meeting was born. This was before COVID-19, and before there was a real need to it. It was an easy way to connect with people

I committed myself to be there every Sunday without excuses, and it did not take long before I was the only one left to keep it going.

I was planning to stop doing it,