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Your Fellowship Magazine

Share...
and be shared with..

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

THE
NEW/OLD
NA
WAY

“ ... so that no addict seeking recovery need ever die...”

We publish your input -- the opinions presented are not
necessarily those of the New/Old NA Way
or Anonymi Foundation

The New/Old
NA Way



VOLUME 40

April - May 2021

WWW.NAHELP.NL



The New/Old NA WAY Magazine

Volume 40

April - May 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

16TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

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

2ND ANNUAL EAST COAST TRADITIONALIST GATHERING 2021

Date: July 10, 2021
Pennsville, NJ

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

FELLOWSHIP LITERATURE CONFERENCE

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

ANNUAL 12 STEP RETREAT

Date: February 18th thru February 20, 2022
Columbiana, Ohio

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

www.nahelp.org

Contact: nahelp.org@gmail.com
USA

www.nahelp.se

Contact: antigenfriana@gmail.com
Sweden

www.nahelp.nl

Contact: nahelp.nl@gmail.com
The Netherlands

www.nahelp.ru

Russia

www.freerecovery.org.uk

United Kingdom

The New/Old NA Way

Table of contents

Today I am Filled with Gratitude	1
What Will Bring Us Back	2
No Chemical Solution to a Spiritual Problem	3
With the Light of Life Burning Within	6
Yeah God has a Plan for Me....	8
Sponsorship: The Blind Leading the Blind	9
Give and Take is a Matter of Willingness	11
An Opening Must be Made Somehow	12
The Last Road Trip	15
New To NA	18
Now I See:	19
The Rocky Road to the Will of God	24
Old Keys	25
The Infinite Impact of Sudden-Surrender	27
The Words from God in A Prayer	28
The Words from God in A Prayer In Russian	29
Update on Book Stockpile July 2020	30

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

Annual 12 Step Retreat

February, 18, 19&20, 2022

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

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

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, 2022 and mention you
are with the NA Retreat to get the discounted price - Call
330-482-5050**

Today I am Filled with Gratitude

Today I am filled with gratitude, and a deep appreciation for recovery along with all of the guidance of my sponsor and the light of truth for I have been set free to grow in the light of recovery. I know that I am walking on the path in which is leading me to find acceptance of who I am today. I continue to be patient, with faith for this I know the truth will be revealed to me. I know that I have a disease that is three-fold physical, mental, and spiritual. There are no intellectual answers that will relieve us of this disease, so, therefore, we will have to explore those spiritual solutions to that which ailes us. I have trusted in the process for many years now and can say that those that come and live this program and have the willingness to explore the spiritual principles within our steps and traditions will come to see that self-love, self-respect, self-forgiveness, and self-acceptance are achievable that is if they live our program the NA way. Never stop exploring and seeking the truth and remember that Good enough is often the enemy of the best for this I know that so much more awaits my arrival as my spirit continues to mature.

NA has given me this opportunity to become that in which I am met to be. Through the process of exploring and discovering the truth of our principles, I have been able to experience the conver-

sion from what I was, to who I am today. With the love of the fellowship, I am learning how to live life on life's terms, No longer can I walk through life in the darkness and in that blindness of addiction. No longer is it acceptable for me to live in a world of isolation, hiding from the shame of my past. No longer do I need to hide in the world of those dark secrets as today I have been set free of the fear of being exposed. Our principles are amazing they are the road map to that in which I have always sought, with humility I have let go of my pride, knowing today that I can walk this journey with dignity and integrity. With acceptance and surrender as the cornerstone of my life's journey, my battles are lessened. I know that the solutions are there, I just have to ask for help when I cannot see it,

The light of love surrounds us and filling our spirit with hope, it is always there just waiting for us to call upon him, as he will not force his goodness on us. We may not see him or hear his words, but we that know him, believe in the process, and the gifts in which we have been given. We know what we are experiencing is the miracle of recovery. We have been lifted out of the darkness of humiliation and despair; beat down, rejected, and given up on, to act as an instrument of our higher power, this remarkable change in our journey bears witness to that in which we cannot see.

FELLOWSHIP LITERATURE CONFERENCE

November 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. (Bring Sheets, Pillows, Blankets, Towels and Soap everything else provided)

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

(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 November 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

Just for today, we do not hide in the world of darkness any longer, as we are met to shine in this world in which we are living. We get to experience life in confidence in the journey that we travel, and who we are, our steps and traditions have shown us the truth and it is the truth of our principles that keeps us moving forward. Whether we are healthy or suffering from other illnesses the one thing for sure is that we are not alone anymore. With courage and faith, we continue to move forward believing in that in which we cannot see or hear for wherever we are there is God, as you understand him. I live in hope that I will live this day with dignity and integrity while sharing my message of hope and freedom. For out of the darkness of addiction, I have walked into the light of recovery, I have arrived. I am convinced that the NA way of life works, if I work it.

Written: By an Anonymous Addict From: Michigan, USA

What Will Bring Us Back

In Narcotics Anonymous we often hear the sayings "our thinking got us here" and "if you think, call your sponsor!" Why is that? What is it in our thinking that is so dangerous?

We jeopardize our recovery if we follow our own thoughts. Our way

of thinking is wired in our brain and has been programmed to think and act in a way that was needed to survive our past. It is the surrender to suggestions from other members in Narcotics Anonymous that will bring about change in our lives. "We act our way into right thinking" not the other way around. We cannot think ourselves into recovery. We need to change our actions drastically if change and growth is what we are after.

This means we need to surrender our excuses, justifications, and rationalization. These are all forms of dishonesty and make change difficult. It is actually what keeps us from not changing at all. We use this to hold on to our way of reaction towards life, even if that way is destructive.

Rationalize: "to attribute (one's actions) to rational and creditable motives without analysis of true and especially unconscious motives" (Merriam Webster).

To rationalize is a mind game addicts love to play. We have lived on impulse for so long, we did not focus on what our real motives were. But after our acts and choices, we often tell ourselves a story in which what we did seems the right thing to do. Even if it was harmful to someone else or (self) destructive.

Justify: "to prove or show to be just, right, or reasonable" (Merriam Webster).

We justify our actions in our thinking. Or maybe we talk to the people

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

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 — 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 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. _____

we know will not question our story and affirm us in our rationalization. Excuse: "to try to remove blame from" (Merriam Webster).

When, in the end, we are called on our choices we often respond defensively. Maybe someone at the meeting points it out to us, or we are called on our bluff by our sponsor, or the consequences of our actions become so painful and real we just must face our part in it. We try to swift the blame from ourselves to someone else or something else outside of use. We can present our justifications and rationalizations in a way to get away with it.

Having been down the same path, we as recovering addicts can see right through these games. This is why we can give each other honest feedback without judgement. We have all been there.

These games have to go if we want to change. But first we need to become aware of the fact we are playing them. Talking to others and writing about our motives will help us. We need to give up our excuses, stop justifying our actions and admit our real motives.

Written: By an Anonymous Addict From: The Netherlands

No Chemical Solution to a Spiritual Problem

When I was a teenager my Mom started to feel like I was lost and did not know what to do. During a week self-inflicted hallucination, I ended up homicidal and suicidal and she drove me to the nearest hospital. I believe I was around sixteen at the time, and she told me I was lucky I was not seventeen because they probably would have locked me up in the metal ward with the adults. When they did my intake process, they asked me a bunch of questions like what types of drugs I was using and if I ever had taken medication to treat these symptoms of feeling homicidal and suicidal. I had been self-medicating for some time before this day but had never



been under a doctor prescribed medication.

back to where she was in this visiting room I got caught.

They moved me upstairs to the adolescent mental ward. Immediately they were dosing me up with all types of drugs used for all types of things. They were weighing out whether or not I was insane or not. That first day I was in there I met other children and I felt like there is something definitely wrong with them but not me. I convinced a boy that he could hide in the food cart one day and he would get to the hospital kitchen and then could escape using the emergency exit. He could not really fit in the cart, so I kept slamming the door on his leg that was hanging out. I was amused by the idea that he could actually escape from that so-called prison. The nurses and techs saw me swinging the door back and forth and then brought me in a room where they strapped me down and sedated me for a day. The next day when I calmed down, I told him I had another plan, and we would need a distraction. Someone offered to run down the hallway screaming as he took a chair and smashed it into the window over and over. The window did not break. My Mom came and visited one day, and she had worked in the same hospital. My brother was with her and he snuck me in some cigarettes and a lighter. I attempted to steal her badge and walk out the facility with anyone spotting me and ended up in a hallway that was a dead end. Shortly after trying to make my way

They ended our visit and sent me back to my room. I sat in that bathroom smoking that night with another kid.

I would obsess about using and what I could be doing when I got out. There was a window in the room with bars on it and I would gaze out the window at East Ave in Bridgeton and see all the people I hung around with sitting on corners and smoking pot.

Eventually I was discharged with a few different drugs. One was for the morning which was going to help my mood and make me "less crazy", one was for the afternoon to combine with the morning pill, and two were for when I went to sleep. One sleep pill was for "Flash Backs" or "Traumatic dreams" and one was to keep me asleep.

They never seemed to work, I would stop using street drugs for a few months and I always ended up back at the doctors to fix this chemical problem. The doctor would tell me "well some people tried this drug and it didn't work so we'll try this now." I was used as a lab rat and he kept putting me on different drugs month after month.

Eventually I tried to seek out drugs they refused to prescribe to me and see how those worked. They seemed to work well, I felt happy when I should have been sad. I felt relaxed, I felt like I could do anything. Many times, I tried going back to my doctor as I got



July 10, 2021

454 Fort Mott Rd, Pennsville NJ 08070

[Fort Mott State Pavilion #2]

10:00 am to 7:00 pm

Potluck Lunch & Dinner

For More Information Call:
Matt F (856) 803-8857
Bill C (610) 809-9771

Hosted By: The Historical Perspective Group, The Most Perfect Vehicle Group, The Rabbit Meeting, & A Different Look Group of Narcotics Anonymous

older and he would try something new. I would tell him that I was a drug addict and he would prescribe me Suboxone and Mood stabilizers.

They ended up putting me in the hole for psychotic inmates. In a way I was proud for what I did, and I knew this was probably the place where I belonged. I did not feel comfortable in the real world and I never knew what I was capable of doing or what I was going to do next. They ended up trying to charge me with assault with a deadly weapon & attempt murder until my brother told them that what he did was provoked me into acting as I did. The case was dismissed, and charges were dropped.

A year later I did it again. This time he had raised his voice at me and punched me once. He left the house, and I was sitting by a fire poking it with a fire poker. When he walked into the house, I removed the scorching hot fire poker and swung it at him. It went right through his arm and he started to bleed everywhere. I told him that he would never lay hands on me again and I wrapped his arm up with a towel.

Five years after my first experience in a mental hospital I attempted to take the drugs they prescribed regularly; this lasted a few months until they had an adverse reaction. I got in an argument with my brother and he started beating me. He walked out the house when I came up with a plan, I shut my door and waited for him. When he came back inside, he kicked my door down. As soon as the door hit the ground, I swung a golf club at him breaking all of his ribs on the side of his body. As he staggered out of the doorway, I swung at him a second time and he threw his arm up in the air and it broke his arm. As I was going in for a third swing right to his head I stopped. I heard someone screaming and I saw my Father laying on the ground. It wasn't my Father though; it was my brother. My brother's girlfriend was standing in the doorway and I told her to help me get him in the car. He needed to see a doctor. I had an adverse reaction to the drugs the doctor was giving me and it caused me to have flash backs of my child hood.

The next day I was at a friend's house when the whole counties police force raided a house and took me to jail. They had me see the jail "shrink" and she asked me what I had done. I told her I tried to kill

him. She said she would be getting my medical reports and they would be giving me more drugs.

For some reason this time was different, I wasn't arrested, and I wasn't charged. This just put me deeper into isolation. I was at my house alone; my brother was gone, and he wasn't coming back. A few months later he returned, and he had a bunch of money in his bank account. We had become running buddies again.

Years after, I had ended up in

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)

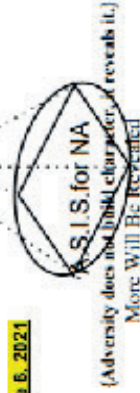
There is no registration fee all money goes directly to pay for the facility and food. Write checks payable to Historical Perspective Group for NA

Projected Agenda: How to get involved: Projected Agenda: Annual Conference Serving NA Home Groups through Group Conscience and Settling 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 4464 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



(Adequacy does not imply clearance of records II.)
More Will Be Revealed

mental facility after mental facility. I learned that as an adult I could manipulate the doctors into giving me strong drugs.

I ended up in many treatment facilities and every time they gave me drugs. It had become my way of life. Going from mental hospitals, to overdosing, to treatment centers and then back on the streets. I eventually found Narcotics Anonymous, but I didn't get clean for a while after. I attended meetings for years before I surrendered to the program of complete abstinence from all mind-altering mood changing substances and chemicals.

When I finally surrendered, I was in California and a man asked me where I was coming from. I told him I'm from NJ, and he asked what treatment facility I was at.

I told him I'm not sure what the name of the place is but it's not far from the meeting. He then asked me "What drugs do they have you on?"

I gave him the list and he told me if I wanted this program to work in my life, I had to get clean or die.

I went back to that facility that day and started the process of withdraw. I stopped using that night and into the next day I stopped using drugs. I didn't care what the drugs were or what the drugs did, if they altered my mind and changed my mood, they were poison to my mind, body and spirit.

It has been some years after that day that I had gradually learned how to live without drugs. I can feel

today, and my feelings are not drug induced.

I have a power greater than myself today and it's not my doctor or a pill.

I have truly learned what complete abstinence means because some members in NA kept the message of hope and promise of freedom alive so I can hear it.

Written: By an Anonymous Addict From: NJ, USA

With the Light of Life Burning Within

With the light of life burning within me I fine that I am blessed with a very deep and a heartfelt desire to find recovery and to carry the message of hope and freedom, to those that have yet to hear our message that no addict need ever die again. How blessed we are to have been pulled out of that state of humiliation, and despair, where we lived in that desperation and nightmare. Driven forward by our drugs and our fears, with a strong feeling of wanting to have something or wishing for something to happen that would end this nightmare. Yet this I know I had not yet reached that point of surrender. My purpose and that strong desire in life was to get that next fix. My loved ones were confused by what they were seeing and experiencing and to tell you the truth so was I,

Starting Balance		
\$5680.09		in Balance for Book purchase
+ \$1,753.89		9/25/2020
= \$7434.79		

Paid out		
\$ 6,519.18	09/29/2020	Transfer Wise Payment for Books
\$ 30.00	09/29/2020	Transfer Wise Free for Transfer
\$ 400.06	11/20/2020	Custom Free

Total in Book Account 485.55	12/01/2020m
Books Baby Blues in stock starting	1200 Baby Blues in Stock
Received Baby Blues	4000
Total in Stock	5200 as of as of 1/01/2021
Sold Baby Blues	1000

Total in Stock 4/01/2021	4100
Grey Books In stock	2500
Received	1000

Total in Stock 1/01/2021	3500
Sold Grey Books	800
Total In stock	2700

Total in Book Account	Total in Book Account 485.55	12/01/2020m
Starting in account	\$ 485.55	
Received		
Baby Blues	\$ 900.00	
Received		
Grey Books	\$ 1520.00	

Total 4/01/2021	In Book account	\$ 2905.55
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Update on Book Stockpile July 2020

Historical Perspective Group

Last update before the virus.

We had a Total of - 4250 Baby Blues in Stock

Since than we sold -3050 Baby Blues

We have - 1200 Baby Blues in Stock as of 7/30/2020

Grey Books - We had 3244 in Stock

Grey Books Sold 744

Grey Books left in Stock - 2500

We bought in +\$2745 Dollars in Baby Blue

Grey Books bought in +\$1413.60

Total beginning Balance

\$1,521.49

Ending balance

\$5254.51 with the Credit of +\$415.58 owed from Printing company

= \$5680.09 in Balance for Book purchase

In Service

Historical Perspective Group

Contact for Book Information Matrixmatclub@ayhoo.com

09/25 ACH IAT CREDIT, Netherlands TRNWISE 1,753.89 to our account for books

Transfers for Books Paid to Book company

09/29 WIRE TRANSFER OUTGOING, TransferWise Inc 6,519.18

09/29 WIRE TRANSFER FEE 30.00

Subtotal: 6,549.18

11/20 DEBIT CARD PURCHASE, AUT 11 VISA DDA PUR

PAYPAL AXPINTL 402 935 7733 * CA

4085404024191110

\$ 404.68 for customs fees

how did I get to this point. Living in the state of alienation and despair filled with fear and no place to go. I was beaten down and with no place to turn until I found myself knocking on the door of that last house on the block, it was there that I found hope and a program called Narcotics Anonymous.

Not another Doctor, not a Pastor, not a Judge, or Anyone with more threats, just people like me that had found a way to live life on life's terms. They welcomed me home, they told me that they didn't care what or how much I used, they didn't care where I got the stuff, they just wanted me to know that they cared and, what I wanted to do about my issues. They told me that they had found a solution to what had afflicted me. They shared with strength, hope, and their expe-

rience with me telling me about the disease in which affected me physically, mentally, and spiritually. They told me that they could only keep what they had been given by sharing the awesome powers of the principles in which they had come to live by, that they had been set free to enjoy the life in which they could not have ever imagine. They also told me, that I could have this gift if I laid down my old principles and picked up our steps and traditions and begin to live the NA way of life. This guy and lady told me that acceptance and surrender had to become the cornerstone of my recovery and my walk-through life.

WOW, today I know I was blessed to have been introduced to a group of men and women of Narcotics Anonymous that had one primary



purpose and that was to carry the message of hope and freedom to people like me. Hay I even found a person there that eventually became my sponsor who guided me through the steps and our traditions. He appear to have accepted me as I was and even cared without cost. He shared that our steps would show me how to live, and lead me to self-acceptance, and that our traditions would show me how to get along with others and to work in unity with them. We talked a lot about our primary purpose and the ability to carry our message to others. Our fifth tradition as well as the twelfth step talks about the importance of carrying the message to the addict who still suffers. Working with others is a powerful tool we have been given, not to bad for a person that once lived in total humiliation.

Just for today, I am vigilant, filled with passion when it comes to our message for I know what would happen if we had another primary purpose, our message would become deluded, and many addicts would die along with our program. The new member would never know how our principles have the power to change their destiny. What is our message? the message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the

message to the addict who still suffers because that is all we must give. Never let us be confused about this we are not doctors or therapist, lawyers, probation officers and we are not a social club, today we are recovering addicts let us remember the simple gift of the light in which we have been given.

Written: By an Anonymous Addict From: Michigan, USA

Yeah God has a Plan for Me....

This morning I read the lines again "Coincidences are miracles in which God chooses to remain anonymous." (GB p 151-152). And my thought was something like yeah okay. Since a few days I feel stuck in where I am now, feel lots of pain about my insanity in use, and I feel fear for living in today's world and the future. I want to solve this pain and fear, but I know it's not possible and the unmanageability comes in with familiar thoughts of wanting to solve myself, wanting to disappear and wanting to die. And till now I still don't understand why I'm doing the right things today, I prayed, read, called my sponsor and other fellows, picked up the phone when a fellow called me, took a walk (this is meditation for me), went to a meeting and wrote when I came back home. But at the end of this day I see it's not all about me, God had a plan for me

The Words from God in A Prayer In Russian

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ДАЙ МНЕ ТО, ЧТО НУЖНО, А НЕ ТО, ЧТО Я ХОЧУ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ВСЕДИ МЕНЯ В МОЕМ ВЫЗДОРОВЛЕНИИ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ПОКАЖИ МНЕ КАК ЖИТЬ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ БУДУ МОЕЙ ПУТЕВОДНОЙ ЗВЕЗДОЙ, КОГДА Я НЕ ЗНАЮ ЧТО СДЕЛАТЬ ИЛИ КАК ПОСТУПИТЬ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ВОЗЬМИ МОЮ ВОЛЮ И МОЮ ЖИЗНЬ В СВОИ

РУКИ, ЧТОБЫ Я СТАЛ ТЕМ ЧЕЛОВЕКОМ, КОТОРЫМ ТЫ ХОЧЕШЬ, ЧТОБЫ Я БЫЛ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ДАЙ МНЕ СИЛУ НЕСТИ ВЕСТЬ НАДЕЖДЫ И ЛЮБВИ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ДАЙ МНЕ СИЛУ ПРОЩАТЬ СЕБЯ И ПРИНИМАТЬ ЛЮБЕИ ВОКРУГ МЕНЯ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ДАЙ МНЕ СИЛУ ПЕРЕСТАТЬ БИТЬ СЕБЯ КАЖДЫЙ

РАЗ, КОГДА ЧТО-ТО ИДЕТ НЕ ТАК

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ОТКРОЙ МОИ ГЛАЗА, ЧТОБЫ Я УВИДЕЛ ВСЮ ЛЮБОВЬ ВОКРУГ МЕНЯ

БОЖЕ, ТОЛЬКО НА СЕГОДНЯ ПОМОГИ МНЕ ПОМНИТЬ, ЧТО ЕСТЬ ТОЛЬКО СЕГОДНЯШНИЙ ДЕНЬ И НЕ ПРИНИМАТЬ НИЧЕГО КАК ДОЛЖНОЕ

Translated in Russian By an Anonymous Addict From Moscow Russia

The Words from God in A Prayer

GOD, just for today give me what I need and not what I want

GOD, just for today guide me in my recovery

GOD, just for today show me how to live

GOD, just for today be my guiding light when I don't know
what to do or how to act

GOD, just for today take my life and my will in your hands
so I can be the person you want me to be

GOD, just for today give me strength to spread the
message of hope and love

GOD, just for today give me strength to forgive myself and
to accept people around me

GOD, just for today give me strength to stop beating myself
up every time something goes wrong

GOD, just for today open my eyes to see all love that is
around me

GOD, just for today help me to remember that everything is
just for today and that nothing is for granted

Written By: An Anonymous Addict Form: Sweden

today. When I arrived with a dear fellow at the meeting facility, the door was already closed, and they didn't hear the bell. Yes, I needed the meeting for myself but at the same time there was a newcomer there outside also for his very first meeting and it felt so important to get in the meeting together. Finally, we managed to get in and sitting there I realized that it was God's plan for me today to arrive to late at this meeting and to make sure this newcomer could find the meeting and recovery today. Now I feel grateful for this miracle and even my own pain feels a little smaller. Amazing how this Program works...

Written: By an Anonymous Addict From: The Netherlands

Sponsorship: The Blind Leading the Blind

When I first attempted to get clean and stay clean, I went to a rehabilitation center that did not help me get clean at all, instead they put me on a list of psychotropic drugs. When I was getting discharged, they told me I had a bed at this "Recovery House" somewhere right outside of Philadelphia. When I got to the house, they checked in all my "medications" and started dispensing them to me daily. They told me there is a few rules to living in that house,

1) Get a Sponsor, 2) Have a verification paper signed, 3) attend in house meetings, 4) Job search during the day & no leaving at night without someone who's off the probation period.

The first meeting we attended with the house was at a clubhouse and it was an AA meeting. The house manager told me it would be good if I shared and told them I was new. I did not just leave it at that, I told them my name, I said I was an addict and I told them I was having a strong desire to go use drugs.

They told me that the meeting was for alcoholics and they did not speak about drugs in there. I had a hard time identifying. On the way home in the van, I asked everyone there what they were using on the streets. All of them said a bunch of different street drugs, and none of them said anything about alcohol. In fact, they said towards the end alcohol seemed to be too expensive and some other substances were their only go to drugs.

I asked them how they recover in that Fellowship. They told me I needed to find a sponsor, but they never took me to NA meetings. So, I eventually found a sponsor in AA. Within a few hours this guy with 90 days "Sober" had me on a Fourth Step.

I had no understanding of the first three steps. I was still repeating the insanity behaviors that had made my life unmanageable. I was taking a pill in the morning to feel

“happy” I was taking another one after that one to “stabilize” and more after them as the day went on. When nighttime came, I took a pill because I “couldn’t sleep.”

After a few days I started using the time during the day to attend NA meetings. I was worried I would not be able to find recovery in the other Fellowship, and even by this point no one had seemed to be honest with me because I was still using drugs.

I walked into a NA meeting one day and I asked another guy to sponsor me. He had the most clean time in the room. He took me to the food stamp office to get food stamps one day, and he told me “God will pay your bills, you just keep going to meetings.” He even

paid to have my prescriptions filled at the pharmacy one day.

One day we went to a meeting in the city, and he told me on the way there, “We recover during the day at those meetings, and at these we will find some sick women.”

He pointed at one girl who had her arm amputated and told me “She looks like a real sick one.” I knew it was wrong, I could not find it in myself to use these women.

On the way home he asked me to text this girl from his phone and tell her he was going to grab her a few bags. He told me he had this strung-out girl back at his house and she was fulfilling his sexual desires.

He had me on this assignment, I was to read who is an addict ten



The Infinite Impact of Sudden-Surrender

I remember it like it happened a second ago, maybe it's because it still evolves inside of me, the infinite impact of sudden surrender.

I was standing in the middle of the room at detox.

A warm feeling of comfort and love stroked my whole being, a feeling beyond any former known concept of love. I knew with every fiber of existence that everything will be alright, I just needed to stay in surrender and follow a known path of recovery. All chemicals had to go, all my medications that had been prescribed to live life on Gods terms was no longer an option. A calm but firm voiceless voice told me that it was time to wake up, to face life without any justifications or lies. I knew that I needed to go through all fears, but at the same time I had nothing to fear. I felt guided in every heartbeat.

Later I went outside at night and prayed outside the local hospital, I felt the suffering of this world, but mostly I felt the unconditional love that life is built upon. I felt surrendered, I still do. This sudden surrender only has effect just for today, it needs to be lived in each moment. My experience is that surrender can be a starting point rather than a result of powerlessness.

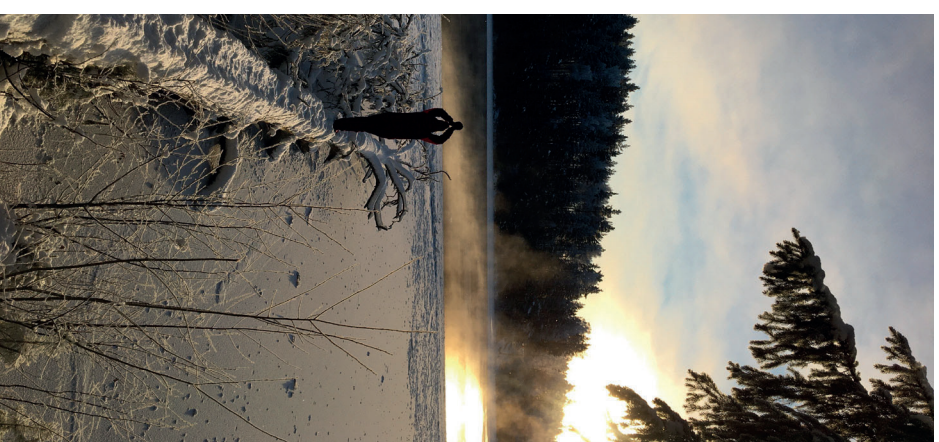
I rarely talk about this experience, I'm afraid to scare newcomers, I'm afraid to be miss understood, or that people that haven't

had this kind of experience will use it as an excuse to leave Narcotics Anonymous.

I still feel like I want to share this with you, as this is part of my experience, it's what I base my recovery upon.

This was just some of my experience of the infinite impact of sudden surrender. More will be revealed.

Written: By an Anonymous Addict From: Sweden

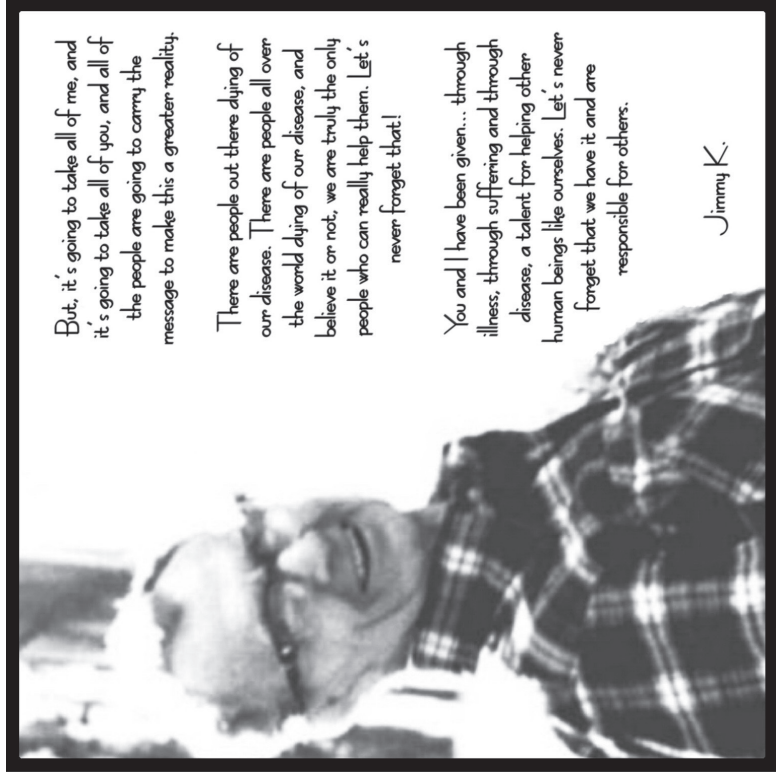


Planning everything around your use, from the moment you wake up, until you go to bed totally broken, unable to think normally. What a relief that this is a thing of the past. Over the past year, I have been able to smooth out a lot of folds in "my thinking." They had become well wrinkled over the last few years in use. I myself didn't see how to fix this. In NA, I learned so much about fear, self-pity, getting out of the way to please others, what hate does to you, when to look at myself, asking for help, letting go of what I cannot change. I also received confirmation that there is a power greater than myself. Something I

have believed in for years but have never been able to give a place to. I try to carry out this learned wisdom as well as I can and as a result experience an enormous inner peace.

About half of my recovered key ring contains keys that are no longer used. Moving of our company, moving of my daughter's house (due to death of her husband), mailbox that is no longer in use. It is as if that bunch of keys symbolizes my life. A good part of it I don't need and can't use anymore. Only the usable keys I take with me.

Written: By an Anonymous Addict From: Netherlands



But, it's going to take all of me, and it's going to take all of you, and all of the people are going to carry the message to make this a greater reality.

There are people out there dying of our disease. There are people all over the world dying of our disease, and believe it or not, we are truly the only people who can really help them. Let's never forget that!

You and I have been given... through illness, through suffering and through disease, a talent for helping other human beings like ourselves. Let's never forget that we have it and are responsible for others.

Jimmy K.

times a day. We even listened to it on his CD in his car when we drove around. It was like it was brain-washing me, and all I could think about is. Does he even realize how he's living?

My former sponsor from AA texted me one day and come to find out he was sexually attracted to me. I had a long discussion with him that day that he was no longer my sponsor, that I had changed sponsors, and that we can still be friends but I'm a straight man.

I stayed out in that place for about a month until I moved back with my brother. When I got there I started using other drugs and found another sponsor.

I was chairing meetings with blood shot eyes, eating pills in the meeting, and was clearly high and no one ever said a word about it to me.

This guy had me going through the Step Working Guide and after going through the first four again I had no clue what any of it meant.

I went through a lot of different sponsors during those times and I even sponsored others.

One guy who sponsored me had me using some Religious writing guides. I started to notice that there was a lot of dysfunction within our Fellowship.

The blind were leading the blind to recovery.

Addicts on drugs are sponsoring addicts on drugs and think they have found a solution.

I did not get a clear understand-

ing of the steps until I had gotten away from the Step Working Guide. Addicts that had a working knowledge of the Steps told me that the guide was useless. I have recently seen an addict that has about Six Months clean ask when they should start sponsoring.

Many people gave different opinions, such as when you get on your Fourth Step, when your Sponsor says its ok, when you get a year...

I believe it's a cop out, because I've been that addict with a year of partial abstinence (still using drugs prescribed to treat my addiction) on a Fifth Step and another addict who's not clean either tell me it's ok. We could be potentially killing each other before the drugs kill us, and that is the reality.

So, at the end of the day. all we have to do is Work the Steps or Die.

Written: By an Anonymous Addict From: NJ, USA

Give and Take is a Matter of Willingness.

In relationships, inside and outside NA, it is about give and take. Willingness is needed here. Willingness to want to adapt, without losing yourself in the process. For example, if I have spent an afternoon with people and we decide to order something together, a problem may arise. If they decide to order pizza, which I do not like very much. I can then

think, well pizza is not my thing, go home and leave the group of people. To isolate myself and shout that I am pathetic, that they want to force something on me and that that is why I've been sent home (indirectly). I can also turn my thoughts around and think well, it is cozy. I adapt, coziness and friendship come first. In the latter case it shows that I can adapt, that I put friendship and coziness first and that I am not selfish.

I notice that we find it difficult to see the difference between "being powerless over others" and the "willingness" to adapt for someone else. You have people who give more and others who take more. The degree of giving can be determined according to the importance of wanting to keep a friendship. How important is that relationship and how much does it cost me to want to keep it. Am I being asked too much? Am I going beyond my limits? It is said that I cannot change others. That is true! However, you can indicate that willingness to adapt somewhat to a situation is a matter of giving. Life is not black and white. It is up to the person to see and make the difference.

In chapter 1 I read that our disease makes us antisocial. That we were self-centered and selfish to survive. In Step 1 I read that we were not overflowing with love, honesty, openness of mind or willingness. That addiction is a physical, mental, and spiritual illness

that affects every area of our lives. Step 4 states that each of us has found valuable attributes, including positive action, sharing, willingness, caring for others, kindness. We can show the world that we are recovering addicts.

Written: By an Anonymous Addict From: The Netherlands

An Opening Must be Made Somehow

When I first arrived in Narcotics Anonymous almost four years ago it was recommended to me that I go to treatment. I went to one or two NA meetings before that and didn't really understand what was going on. When I went to treatment, they started taking us to all kinds of different fellowship's meetings and I was told that it was all pretty much the same thing. It seemed like there was this general message of recovery from addiction but there was this overwhelming sense of recovery from addiction being different for everyone.

During my 62 day stay in this treatment center I was diagnosed with clinical depression. My counselor explained to me that I will always have to work on my recovery from addiction and recovery from depression separately. I began taking a couple of different medications at that time. One to wake up and one to help me go to

We look at our own inadequacy and question whether we will be able to live the newfound life that has been given to us as we stay clean one day at a time

We doubt God because we do not have all the facts. Instead of looking at all the unknowns, we need to focus on what we know to be true. God loves us each individually and will walk with us through whatever He has planned for us. Although we may experience difficulty, suffering, or loss, God promises to work it all out for good. His desire is to use these situations to mature us, increase our trust in Him, eliminate things that should not be in our lives, and shape Our goal should be to follow His leadership and trust Him to guide us every step of the way.

Feelings of Unworthiness. Sometimes this is the reason we refuse to follow in God's will, but we should never underestimate what He can do through us. We must be careful to make decisions based on what God has said as we listen for him throw our meetings, working our steps with our sponsor and our friends that have learned to live the program not on what we are feeling or thinking. If the reason for our sense of unworthiness is our failures, we have the message of hope and the promise of freedom as we learn to live the program one step at a time.

Just for Today: we will take one step at a time as I walk the rocky road of life that lays before us with

God as the director of my life

Written: By an Anonymous Addict From: North Carolina, USA

Old Keys

In rearranging my room closet, I come across my "lost" set of keys.

Almost 2 years ago, I put it there, before entering rehab. In the time since then it has gradually moved to the back and disappeared from sight. I looked for it when I got out of the clinic but didn't find it. I was not worried about it. I knew it was somewhere in the house.

Over the past year and a half, I have recovered so much. Some things I was horribly ashamed of in the beginning. Small bottles of alcohol and cut off strips of medication, hidden/stored throughout the house. The bottles of alcohol deliberately hidden at the time. The medication, so that I could never miss it, although at the time I was not yet aware that this was also an addictive substance. There were a few in every (hand) bag. The same in every jacket/vest/body warmer, travel bag, sports bag. The first months I was ashamed when I (re)discovered them. Later I saw what addiction does to a person, consciously or unconsciously. Now I can really see how unmanageable my life was. Hiding something because you are afraid you won't be able to use it when you want to.

The Rocky Road to the Will of God

As we first come to recovery and the Fellowship of Narcotics Anonymous Unbelievers scoff at the idea we ever getting clean and that we would ever find a way to live life for to long they have seen our unmanageable life that has been run by our addiction is it truly possible for us to find God's will for our life. However, it's a reality that affects our lives every day the reality of witnessing others stay clean one day at a time. Either we are living in the will of God or outside it. Usually, when we think about His will, our focus is on trying to discover it, but a more important issue is whether we decide to learn to live the road of recovery with the 12 steps as our road map to a new life or not. The road may be rocky at times, but we should not let the obstacles stop us from living according to the way of our Predecessors have shown us and God's plan for us. To successfully navigate the path of God's will, we need to understand the obstacles that could trip us up.

Self-Will. The biggest stumbling block is a determination to have our own way rather than following the program. Our pride and selfishness keep us from even asking God what He would have us do. Therefore, we make up our minds on which path we will travel. we are not sufficient within ourselves to determine or accomplish His will.

Influence of Others. Follow-

ing other people's advice can be another obstacle in our process of recovery. Some are quick to tell us exactly what we should do and how we should live, but their opinions may not agree with the progress of our recovery or God's will for us. The best option is to first turn to Him rather than relying on fallible human beings.

Ignorance of God's Principles. We cannot walk in God's will if we don't know what He desires. The spiritual principles we learn in the 12 steps and traditions help us understand how He wants us to live. Allow God to supply all our needs. The Lord will provide everything we require to obey His will.

Take one step at a time. God will not show us the entire picture of our lives so we know exactly what will happen. Instead, His light shines as far as the next step. This means we must trust Him for whatever lies ahead that we cannot see.

Doubt. This is another obstacle to walking in the will of God, and it manifests in several ways.

We doubt that God has a personal plan for our lives. We may believe He is working out His plan for the world in general but not for us individually.

We doubt that God will make His will know. Perhaps we do not understand that He loves us, or we are not sure we are actually hearing from Him we pray and meditate.

We doubt that we can do what God requires. This is often the point at which we step out of God's will.

sleep. I continued taking this medication for a few months until one day I was at a meeting and read the card for What Is the Narcotics Anonymous Program? This time reading it, the words "This is a program of complete abstinence from all drugs." stuck out to me differently. The words from that reading made an impression on me that stuck with me and I realized that I was using a drug to try to manage the way I felt. I decided then and there to stop taking it.

At that time I didn't think that this counted as using because I didn't get high. After that I started to rely on the program more and started to read the literature to get a better understanding of it for myself. I never really thought about the fact that total abstinence means total abstinence and that NA can't be all things to all people. The meetings I went to were basically group therapy sessions where anything goes. It felt like a mixed message from a bunch of different fellowships but mostly treatment. The only message that I didn't hear was the Narcotics Anonymous message of complete abstinence from all mood-changing substances and mind-altering chemicals. The friends that I hung out with were in NA and on different psychotropic medications and when I had around what I thought was seventeen months clean I found myself in a depressive state where I felt stuck and didn't know what to do. My friend suggested that I go see a psychi-

atrist because normal people don't think the way I do. This situation enabled my disease so instead of using a more rigorous application of the program, I went to the doctor and got mood changing drugs.

It took no more than ten minutes at the psychiatrist for me to be diagnosed and have a prescription written. The medication quickly altered my mind which felt good at first but after the first day my anxiety and depression was worse than ever. I stopped taking it, my sponsor did not consider this using because I was prescribed it by and "informed" healthcare professional. The state I was in after this use of drugs was not good. I was working on a fourth step which I stopped working on and my girlfriend was about to give birth to my daughter. When my girlfriend was prescribed pain killers for her c-section they were in our house for about twenty minutes before I took one. This time when I told my sponsor that I took one he told me it was a relapse. The truth is me seeking medication for symptoms of my disease was a relapse.

This experience was very painful for me but I'm so grateful for it today because it helped me to understand what addiction is and why NA is a program of complete abstinence. How are we supposed to recover at the level of feelings and emotions if our feelings and emotions are dictated by drugs? I started to realize how Narcotics Anonymous is different from other

fellowships and different from treatment. We are not affiliated with any of these outside entities and they can be a danger to our recovery. Even though I went to treatment and have learned to stay clean through NA my views on treatment have changed. The best thing that happened as a result of going to treatment is that I got away from the life. I was in a somewhat protective bubble. I say somewhat because there were several things there that enabled my disease. Being told that I had a mental illness that I needed to take medication for gave me an excuse to take something to make me feel better and gave me an excuse for my behavior. It made it so I didn't have to change. I held onto this reservation about mental illness and medication until I had this relapse experience. I learned the hard way that I could not take drugs of any kind. The other good thing about treatment is that we read some NA literature and went to meetings. I found my home in NA and I knew that it was the path for me.

Since this relapse experience, I have grown a lot and have seen several other addicts come off of prescribed medication. I have struggled for a while with my significant other being on a psychotropic med and being in NA with her. I was frozen with fear in this situation and was stuck between enabling her disease by allowing her to think that she was clean or telling her the truth and dealing with the

consequences of that. I was terrified that my relationship would be over. What I ended up doing was praying and turning it over to God. I knew that when I tried to force and control things that the results were always disastrous. Over the last month some events took place with her that led to her deciding to come off her medication. A close friend of ours died from this disease and she saw herself acting out in her disease after that. The basic text

***I found my home in NA
and I knew that it was the
path for me.***

says that: Recovery as experienced through our Twelve Steps is our goal, not mere physical abstinence. To improve ourselves, takes effort, and since there is no way in the world to graft a new idea on a closed mind, an opening must be made somehow. Since we can do this only for ourselves, we need to recognize two of our seemingly inherent enemies, apathy and procrastination. Our resistance to change seems built in, and only a nuclear blast of some kind will bring about any alteration or initiate another course of action. A relapse, if we survive it, may provide the charge for the demolition process.


so many loving addicts before me had in regard to organized, corporate service claiming to be a part of NA. My disease is powerful, but it loses its power when I am living in the Spiritual Solution of NA just for today. Money, property, and prestige (NAWS) are also very powerful, and they too lose their power as I continue to live in a Spiritual Solution. In the awakening of Surrender, I was led away from the problem and into a Spiritual Solution. I deleted what I had typed, and let the conversation go, left it where it is at. I got on the phone and started calling up addicts. I started writing literature that is written by addicts for addicts within the guidelines of our Steps, Traditions, and our message. I started living in the Solution.

What did I gain from all this? I

gained yet another awakening on how to apply the Principles of NA in all of my moments. I learned that fighting through the realm of resentment, anger, and fear no longer serve me in trying to live a life of Service, and Surrender. I learned that I could surrender unspiritual problems and fight them with Spiritual Solutions. These were already things I have learned applied previously in Narcotics Anonymous, or I would not be clean just for today. However, my recovery is not perfect, and sometimes fall back on old ways of behaving and thinking. This was both a painful and beautiful lesson on how to practice The Steps and Traditions of NA, in ALL of my affairs.

Now I see.... With gratitude,

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



**"People see us on the street and remember us as furtive, frightened loners.
They notice the grayness and fear leaving our faces.
They see us gradually come alive."**

Greg Cook 7559 Times 29 - 31

NAWS - "Hello again – Thanks for your thoughtful follow-up. The fact is, I have nothing to add to the responses offered already. If I understand you correctly, in your opinion, the statement in the IP is not in harmony with the references you provided in Basic Text. I honor your right to your opinion. That said, the pamphlet was reviewed and approved unanimously by the fellowship and therefore reflects the conscience of the collective NA groups throughout the world and voiced at the WSC.

As one final thought, you may want to review the report that discusses the development of the pamphlet in the 2020 CAR. Here is that link, the report begins on page 10: https://www.na.org/admin/include/spaw2/uploads/pdf/conference/2020CAR_WEB.pdf

My best to you,
Jane"

...At this point, I am fuming... vehemently typing up a storm of a response to this automated, corporate, dance-around, non-sense. I care so much about our Program, our Steps, and our Traditions because our Program gave me Freedom, and continues to just for today. Our message is NOT that "an addict any addict can stop using drugs... well except you, you still need to take some as long they are prescribed by a "health care professional"... lose the desire to use (obsession can't be lifted until using drugs stops), and find a new way to live (can't find a new way to live if I'm still using drugs to get through the moment). I care so much about our Program that when something like this that goes against our message so blatantly comes up, my ego views it as a threat to my freedom (our Program) and still sick/suffering addicts seeking freedom from ALL drugs in NA. It IS a threat, it IS a problem, but living NA is about living in the Solution, and at this point I was too caught up in the problem. I fell into the trap of resentment, anger, and fear. I fell into obsession, I was compulsively thinking and typing. Because I do my best to live the Principles of NA daily, I could see it. I could FEEL it.

I stopped typing (stopped the compulsion). I took some deep breaths; it could be said that my Higher Power took them for me. I took a moment to pray for this resentment, anger, and fear (obsession) to be lifted... I prayed for knowledge of God's will for me and the power to carry that out. I took many moments to meditate and listen for knowledge of God's will for me.

In those moments I had an awakening of Surrender. The same awakening, I had when I first got clean after I stopped using drugs and was praying for the obsession to use them to be lifted. The same awakening that

A relapse and sometimes subsequent death of someone close to us can do the job of awakening us to the necessity for vigorous personal action. I got to see this paragraph in action throughout this situation. Using drugs to treat our disease is what we always did. It doesn't matter where we get those drugs or whether they are legal or not. I believe that if we don't surrender and open our minds to complete abstinence an opening will be made somehow if we are this fortunate. Many of us don't get this last chance.

Written By: An Anonymous Member For: Ohio USA

The Last Road Trip

The Last road trip What a road trip it was. Jim Miller and I had been on several Road Trips together from Miami to New England, Philadelphia, Upstate NY, Ocean City MD, Baltimore, Houston Texas and the last road Trip to Salt Lake City Utah doing History Days I was thinking about that last trip together never knowing it would be are last Road trip together. We were planning to go to Lincoln Nebraska to do another road trip to another History day together.

It started off by me driving from Allentown PA to Jim Miller House to travel to Utah to Chubs Home Group whose Home Group Was hosting the History Day not realiz-

ing it would be our last trip together. We spent time driving across the country traveling I 70 through Ohio into Utah it was the first time I traveled across Interstate 70 to head through the Rockies. I always had taken I 80 are I 10 when traveling to California years ago. I 70 was not completed before when I traveled to California. SO, it was all new to me. Jim and I decided to take I 70 on the way out and return on I 80 on the way back

We traveled through the Ohio River Valley seeing the great Farmland of America through the plains states. We stayed overnight in Kansas. We started traveling the next morning through the western part of Kansas through the rolling hills till we ended up where the Rockies were right before us, we were at Denver Colorado the city a mile up, when the Rockies were looking us in the eye. We traveled up to the Top of the mountain and then we started down through the Colorado river canyon. We had to stop at every turn it just amazed us we had to stop and take pictures seeing such beauty that we never laid eyes upon before. It took us a lot longer to get through the canyon than we had planned. We were both amazed at this beauty of such awesome sights of this mighty river and it cut such a canyon through the mighty Rockies .. We then drove through the High Desert plains of Utah. The High plains had their own beauty for the eye to behold. We talked for hours about

recovery and the program, plus are dreams. We talk about all the ones who had passed on our journey over the years in NA. We talked about history. It amazed us how many years we had been working on the Fellowship Service Conference since we first came up with the Ideal for A.S.I.S. for NA in 1990 at Cedar Church.

It was a long time from the early eighties working in the Basic Text, being involved in helping the East coast of NA get off the ground. Form the First East convention to the eight in Ohio, Jim Was involved in the 3rd East Coast Convention in Moon Township at Robert Morris college right outside of Pittsburgh. I chaired the fourth east Coast Convention at Lehigh University and I also was the Program Chairman for the 7th East Convention at Bloomsburg University in Bloomsburg PA involved with Vito there. It was an exciting time. We were young in recovery excited from the Literature Movement. Jim Left the Second East convention and went back to Ohio to Host the WLC 5.

All the Literature People were at the second East Convention, Joseph was there Greg P was the main Speaker and the excitement of the Book finally being written connected us all. Charles K, Tom the Red, Roy Drum, Little Linda from Georgia, were a few who all made an impact on my life back then. We felt like one family back then.

Jim and I talked about those

days on that final Road trip. It was like God was in the car with us directing our conversation. We felt the presence of God on the tripped. We road through Snake Canyon in Utah again amazed at its beauty still talking about our years in NA the people we met throughout are years doing selfless service. Pete B came up in are conversation and the impact he left in our lives. Form Pete helping me a whole lot supporting us in Allentown NA early on. to helping with the Freedom Connection to coming up from Maryland to help us with the 4th East coast convention to make it a success. He was involved with the Basic Text form being the sectary to Vice Chairman of the. of World Literature committee Jim and I discussed everyone we could think of that left an impact on our lives to we shared a sponsor Greg Pierce and the impact our sponsorship left on us. The impact of Joseph Proctor and our friend Page C.

Then we met Chubs and he got us settle in for the night with people we did not even know. It was like the old times the people I stayed with left in the morning left me in their house trusted me to lock their house up and they just met me. I met chubs and Jim at the facility, and we had a great day presenting history. it was great we met people from Arizona there, finally got to meet are friend Tom from Washington State there and the History guys from the West coast who were putting the cd together. What time.

Addict - "There must still be some confusion about what I am asking. I am not asking YOU, or other NA members if that is clean. As an organization that claims to represent Narcotics Anonymous (NA World Services), I am asking if that is clean according to Narcotics Anonymous as a whole. Is that clean according to the Program? Is that clean according to our literature? I can read and also tell you that according to our literature (every edition of the Narcotics Anonymous Basic Text), from what I am reading that is certainly not clean. Complete and total abstinence is throughout our entire Basic Text.

"This is a program of complete abstinence from all drugs."

-Every Edition of the Narcotics Anonymous Basic Text, what is the Narcotics Anonymous Program?

We hear that read in every meeting. What this JP says, and what you are saying is a complete contradiction of the foundation of our Program, complete and total abstinence from all mood-changing mind-altering drugs.

Here are some dictionary definitions that might help NA World Services understand this principle of complete and total abstinence.

Total: involving a complete and unified effort especially to achieve a desired effect.

Abstinence: the practice of abstaining from something: the practice of not doing or having something that is wanted or enjoyable.

Furthermore, while having a sponsor and a Higher Power are suggested in NA, they are not requirements. Our Third Tradition states, "The only requirement for membership is a desire to stop using." So as a Program, do we tell those members who do not yet have, or chose to not have a sponsor or Higher Power that they are clean when they are on drugs? How is that clean according to the Program of Narcotics Anonymous? How is that in line with our primary purpose? Also according to what you are saying, "In NA a member's clean time is up to member with an honest appraisal in conjunction with their sponsor and their Higher Power." if myself, my sponsor, and my Higher Power in an honest appraisal tell me that I am clean while shooting heroin, then I am clean in NA! That is insane! Our literature says otherwise, so why is NA World Services in complete contradiction with our Program of total abstinence?

I am requesting an answer for every question in this email.

With gratitude,

Anonymous"

NAWS - "Hello Anonymous,

Thank you for emailing NA World Services. Interesting you are the first person who mentioned about taking medication as prescribed. Yes, this IP went out to members of the fellowship during review and input period and no one who responded (500+) mentioned that sentence as problematic or in conflict with NA's principles. There was a 5-month period where this IP was in its approval draft. Again, no mention of the sentence to which you refer."

the sentence she is referring to from the MHR IP which I never referred to specifically states, "Members who take mental health medication as prescribed by a healthcare professional are considered clean"

"Most likely members who may not be honest with themselves and who may have a desire to rationalize their behavior may be inclined to behaviors that was not the intent of that sentence. The sentence was geared to members who may be taking medication to treat schizophrenia or bipolar disorder, for example.

We did mention, though not as clearly, in the mental health section of In Times of Illness, 2010. From that publication, NA didn't hear of any relapses.

However, we will be mindful of what you brought to our attention. If a trend continues such as what you illustrated, it will be brought to the attention of the World Board.

My best to you and thank you for caring,

Jane Nickels

PR Manager

Jane.nickels@...

Addict - "Jane, thank you for the response. However, my questions were not answered. My questions were, "So according to the IP, I am now ok to go back to cannabis and Xanax (or any drugs really) for my mental health, so long as they are prescribed by a physician, and I can still be clean in NA doing that? We CAN expect the Steps to work if my mind and body is still clouded with drugs?" Can I please get a clear concise response to these specific questions? A yes or no? Anonymous"

NAWS - "Thank you for your clarification. In NA, a member's clean time is up to member with an honest appraisal in conjunction with their sponsor and their Higher Power. NA members do not determine another member's clean time. You may want to speak with your sponsor and perhaps both of you will find a solution.
Jane"

Then we traveled across I 80 through Wyoming again through the high desert plains of Wyoming this time. We stopped and took pictures and I started getting a whole lot of phone calls from across the world everyone that called I put on the phone with Jim so they could meet him. At one conversation Jim looked at me and said to me he was envious of me. I told him there was no reason to be. he told me you connected to the world and he wanted that, I replied that you guys taught me how to do that and I just never stopped. I also informed him it was all you guy who made and impact in my life when I was envious of them that I was just repaying what they gave me by sharing with others. I thank him for making this possible from me. We met Big Eric in Nebraska for a steak dinner he told us he was going to buys us. Eric bought us both a steak and the extra food to go along with-it what

they did not get was a way to cook it. So, we got ice and a cooler to put it in. Eric than took us out for dinner after I got my foot broke in the store by a guy who not watching what he was doing he dropped something heavy of my foot we had a great laugh over that.

Then after spending time with Eric we were looking forward to returning to Nebraska to do are next history day in Lincoln near the site of WLC 2.

We returned to Jim House and had breakfast together with Kathleen what time and a great trip Are last road trip. this road trip will never be forgotten my Friend R. I.P. I see you in the Great meeting on in the Sky with all our friends. There is so much I could say my friend you left an impact on my life Love you

In Loving Service Written

**By: A Friend From:
Allentown PA, USA**



New To NA

Today I am writing about what it is like to be new within NA. Sometimes I do not feel new at all and then I notice that this is only sometimes. Often, I do feel new in the things I do, the behavior I show for it and the people I meet. I made the choice to go to NA meetings almost a year ago. I was not new then; I just was not there then. I came when I wanted, and I did what I wanted. Now that I do service, I find that I am more connected to the fellowship and the home group.

For me, the first moment I felt part of the group was when we went outside the meeting to put up posters with some fellows. This was great fun and I noticed that it was not all doom and gloom but that there was also just a lot of laughter. This is where my mental image did not really match up to what it was within reality. I did not feel any more or less and I suddenly did not have to take jokes so seriously as I always did with my non-addicted friends. After this day, I felt really connected to the home group but only took the fun stuff from my sponsor. I could not imagine at the time that if I started relying on him that everything would work out. I thought, "Whatever you say, you don't see what I do, and I just do the things I want". Not knowing that my lying and my ways just stayed the same as they were. This has brought me back to use exactly because I still listen to myself, I

got what I always get namely big misery.

When I called my sponsor, I heard the disappointment through the phone. He said very harshly but honestly without pity: "Did you go for another round?" This was what I needed, the honesty and directness about how things really stood. No one ever told me that death was waiting for me otherwise and I was shocked but also ashamed. After all, I had realized that there was no other way and that the only thing that could help me was after. I was hopeless and that certainly helped me raise the white flag. Fortunately, I could keep doing my service, this helped me a lot with feeling responsible about things again. I just went right ahead and did everything that was suggested to me, nothing more in the queue and did it right away. It was certainly a miracle because this has taken me out of my own thinking completely on several occasions, which sometimes even allowed me to experience freedom for a short while. From that moment on I really felt part of something bigger, today I am no longer visiting but today I am a member of a group called NA. My sponsor and the home-group have accepted me completely and that is an unknown but genuinely nice feeling.

Written: By an Anonymous Addict, A Newcomer to NA From: The Netherlands

Now I See:

Now I see why loving addicts who live the Traditions within their Home Groups surrender spiritually dead, diseased, corporate service structures that claim to be a part of NA. Upon reading the release of the "Mental Health in Recovery IP" (MHR) which bears the "NA Approved" literature stamp, I was mortified at the message portrayed in that piece of literature and the fact that it has the NA name on it. It completely contradicts our Program of Total Abstinence from all mood-changing mind-altering drugs and is a massive contradiction to every single principal in both our Steps, and Traditions. MHR was 100% written and approved by the disease of addiction. It's almost as if they wrote it to kill addicts seeking recovery in Narcotics Anonymous, because that is EXACTLY what it is going to do if it hasn't already. Please, don't take my word for it... read it yourself. It was approved "unanimously" online during a time when Groups, areas, and regions of that service structure were largely not even meeting due to the COVID-19 pandemic. Our Home Group does not participate in that structure, however I asked multiple local Groups that do participate in that structure if they voted for the approval of that IP, and ALL of them said the same thing... they did not even know it existed... much less was out for approval... much less was actually approved and out for distribution. I encouraged them all to read it as the IP effects NA as a whole.

In an effort to try and see how such a travesty in NA could occur I decided to reach out to NAWS via email to hear their side of the story. The following conversation is copied and pasted from an email between myself, and a "PR Manager" named Jane Nickles at NA World Services. My name will be deleted from this to protect my anonymity, however paid corporate workers have no anonymity (addict or not) in a situation like this. This was not a conversation between two addicts (even if she is an addict, I'm not sure if she is or is not), this was a conversation between an addict seeking answers, and corporate representative for NAWS...

Addict - "Hello. I have read the new Mental Health in Recovery IP! So according to the IP, I am now ok to go back to cannabis and Xanax (or any drugs really) for my mental health, so long as they are prescribed by a physician, and I can still be clean in NA doing that? We CAN expect the Steps to work if my mind and body is still clouded with drugs? Prior to this IP being released my understanding of the program was that it's a program of total abstinence from all mood-changing mind-altering drugs, but this changes everything!

Thank you,
Anonymous"