

The New/Old

NA Way



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The New/Old NA WAY Magazine

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The New/Old NA Way

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

JUST BREATHE

As I sit here, I am thinking too much. I am stuck in my head some and need a break. It feels like the walls in my head are caving in as worry, depression, anxiety try to break through. I know I can call my Sponsor. That is a great tool, but it was not long, and I heard in my head two words that were said by someone close to me at times that I really needed to hear. I heard "just breathe". Two words, so simple yet so complex. I took a moment to breathe in and breathe out and just be. Almost instantly the feeling of powerlessness and unmanageability went away and once again I know God has a plan. My plans may conflict with God's at times, but God's plan has always been better than mine in the long run. Once again, I am reminded to let go of control. I cannot control things or even try because when I do it is never a good outcome. When I slow down and listen to the sometimes-small voice that tells me all will be well I don't feel like a elephant is on my chest anymore. Sometimes all we need to hear are two words in our spirits to help get us through those moments where Serenity seems so far away.

Written: By an Anonymous Addict From: Nebraska, USA



Narcotics Anonymous Continues to Provide Us With All of the Tools

Narcotics Anonymous continues to provide us with all of the tools in which we will need to keep moving forward as we are seeking freedom from that in which was once but is no more. On this journey in which we will face many challenges and we will have to come to peace with death, financial issues, legal issues, divorces, or loss of relationships, health issues, and past child to adulthood sexual issues. Yes, not only do we deal with the disease of addiction in which has affected us physically, mentally, and spiritually, but from our past experiences. We must be willing to seek those solutions in which will allow us to heal, not only from addiction but also from that shame and fear that controlled us, robbing us of that in which this program offers and finding our authentic self.

Remember we are only as sick as the secrets in which we live. For years, we avoided seeing ourselves and hid in the shame of who we really were, and what had become of our life. We were ashamed of ourselves and felt isolated from the rest of the world and those that we loved but could not bear to trust, we kept using more and more attempting to free our mind of that pain and those ugly images. We were trapped in the shame of our past. Perhaps it is time to stop

living in the fantasy of that person in which we have invented and begin to accept and begin to be who we are. For one cannot move forward into the present if controlled by their past. We must let go of our fears, and that shame of others finding out who we are and the journey in which we have traveled, that is if we are to grow and mature. Today we have sponsorship in which we can share this journey with, No longer is it required to hide in that self-induce prison of fear and shame.

We continue to move forward always remembering that it is of the utmost importance to let the spiritual principles show us the way, to guide us in all of our affairs, so we can be set free of living under the emotional constraints of that fear, anger, and resentments that will drain our spirit and program of hope. I know that letting go of our past hurts and anger can be extremely hard but is necessary if we are to be set free. As I always say, acceptance and surrender must be the cornerstone of our recovery and the journey that we are walking. Embracing change in which life and our spiritual principles are offering us is the first step to inner peace and a resolution to that which is robbing us of that in which we are truly worthy and deserving of today. No longer do we need to live in the misery of that in which once was but is no more for today we have a solution. It can be difficult to do these things but is it not better to put our

energy into exploring and discovering our freedom, to live in love, gratitude, and forgiveness. Is it not better to come to peace with our past and all of its pain? Is it not better to grow in the light of recovery than to die in the darkness of our fears and shame? Yes, the 12 steps are our solution in which can affect every area of our life, that is if we incorporate them into our way of living.

Just for today. I am convinced that there is nothing to gain by holding myself in unforgiveness and to continue my self-abuse for what was is no more. I am convinced that through our principles that there is so much more to gain by freeing myself from my past and starting the process of healing. Wanting nothing more than to move forward and letting go of the past, to make a positive difference in the future of others and myself. I pray that my journey bears witness to the awesome powers of that in which I cannot see but am being given the opportunity to experience it. There is peace and so much more awaiting my arrival as I learn to partake in the process of self-love, self-respect, self-forgiveness, self-acceptance, Let the healing process begin.

Written: By an Anonymous Addict From: Michigan, USA

Today IS A Day

Today is a day

Today is a day for change

A day for new experiences

A day to embrace feelings

A day to get things done

A day to not get things done

A day to make things work out

A lot that can be done in a day

A day is a few hours

A day is several moments

Today is not tomorrow

And today is not yesterday

But today is just a day

Just for Today

**Written: By an Anonymous
Addict From: South N.J.**

I am.

That became crystal clear yesterday. Parked my car in the parking lot near my house, I got out to put a sticker up and walked back to get my stuff out of the car. Before I arrived the smell of weed penetrated my nose. A pure smell, like I had the joint in my hand. I got into my car, to grab everything I needed to take with me, got out and locked the door. While I was walking to the front door of the building where I live, I sniffed the same smell again! My body reacted, like I already took a few tokes. Need

to mention that maybe my subconsciousness made it worse, because I used a lot in my car (place).

Addiction is a feeling disease and that became painfully clear at that moment. It was like having 2 personalities. One personality told me: "oh yeah, I want that too again, I want to feel that way. Ohhh it was so good and nice and chill and....". The other side of me was very afraid. Felt a lot of fear. My body and mind were in great conflict. It was like hell on earth again, stuck in my head with an obsession. The other side of me was saying: "no, go away! If you do that again, you will be spiritually dead first and then you die psychically eventually. You know what to do!"

I texted my best friend in recovery what happened, that I started to feel tears coming up and decided to call my sponsor. Threw my coat on the floor when I entered my apartment and immediately called. I was so happy and grateful my sponsor answered!

There it was, when I started sharing what was going on, what it did to me and how I felt, the tears ran down my cheeks. Getting emotional again when I type this, cause it's a life-threatening disease and yesterday it was a smack in the face, a wakeup call. I cannot take this new life for granted; I am powerless over my disease every single minute of every single day. It can attack me anytime and the question is and remains: am I ready to take the hit?

From day one I see myself as a Pitbull, have dug my teeth in it and made the commitment to never let go. This program is the most important thing in my life, without it, there is no value in the things around it.

The last 4 years my mind and heart are reprogrammed by this program, and in a moment of crises I luckily know what to do.

I always tell people, when they feel stuck, or having the obsession to use, or wanting to go off like a lunatic, acting/lashing out: make a phone call, share about what is going on. We need to share out loud what is keeping us busy, what sort of carnival is going on in our heads. It is up to me to walk the talk, otherwise I cannot tell people what helps me, what my experience is.

My sponsor taught me that addiction grows in the darkness (keeping things for ourselves, putting a mask on, 'I'm doing fine', thinking we can manage our own life and problems, having secrets, dishonesty), and addiction dies in the light (sharing it out loud, saying what is on our mind, asking for help, being honest etc.).

And that is exactly what I did. I spoke to 3 other fellows after that call, also 2 sponsees (and I think that is important to mention, while I'm a human, not perfect and it helps me and the other person, two-way street, honesty, and strengthen a bond). After those calls, I felt lightened, serene, happy. Like a burden fell off of me, my body could relax, and I

could breathe again.

Our disease is cunning, and it is waiting on every corner to attack, that little vicious fucker. It is in smells, people, places, things, emotions, thoughts, patterns and H.A.L.T.S.

I am grateful for this program, grateful for my sponsor, grateful for Mountie, grateful for my sponsees and grateful I can put this post up here, knowing everybody 'who is an addict' will not frown and judge me.

Thanks for reading this if you got so far.

Lobi

Written: By an Anonymous Addict From: The Netherlands



A Destructive Mindset That Had to be Surrendered

When we first came into the rooms of Narcotics Anonymous our thoughts and actions were mainly thinking that I cannot do anything myself and blaming others for our problems. And while we honestly do not want to admit we were Playing the Victim – A Destructive Mindset that had to be surrendered if we were ever to truly find freedom from our active addiction the problem, we had to face was us

The phrase “playing the victim” is used when we blame somebody else for the trouble we are facing. Most of the time, however, we are responsible for the trouble ourselves by “playing the victim,” we are ignoring our own part in the situation in order to focus on something else.

This can be toxic thinking. It can damage relationships, destroy our family's friendships and carriers if we are honest, it is easy to recognize.

We find ourselves saying ‘Don't they realize how hard it is to stop this merry- go-round we are on Doesn't anyone care about us?’

We are getting angrier each time we get high. We blame people, places, and things for our choices. By the time we were playing the victim. This particular example is probably common to many of us that struggle with addiction.

You Don't Have to Be the Victim

By the time we found the fellowship of NA we felt defeated and embarrassed we looked awful. The high school jock was now a dumpster diver, the head of the cheerleader and prom queen was doing whatever it took get the next fix. And we blamed the world for our addiction. Our failure to keep up resulted in guilt, which held us down. We had considered several options as to what we could do with this problem, but nothing was happening. Finally, at the end of last summer, we had to realize we had to make a change, or we would die.

We didn't need to feel hopeless because of dumb our past we had the accept that we had diosis called addiction. We had to decide we would not be a victim any longer. We no longer could play the blame game.

Looking back into our childhood and adult life, we refuse to acknowledge our own behavior and only wanted to focus on what others did or did not do to us. This thinking is contagious. Blaming started in the beginning of time and it certainly did not end there.

And we no longer wanted to be that way. we do not want to act like victims. And at that moment we decided we would refuse to be that way.

How to Overcome a Victims Mentality

1. As we work the steps ask God to reveal our part to us

God, know our heart! and know our thoughts! And show us what needs to change in, and lead us with your help we can overcome our addiction

This can be a painful step as it would crush our pride if we thought we always took responsibility for our actions. But it will help us to overcome the habit and will in the end glorify God. It is good to examine ourselves and asking others will just help us grow by identifying the when. He may choose to reveal it to you privately or through the help of others the therapeutic value of one addict helping another. Listen to advice and accept instruction from our sponsor and friends we have developed in the fellowship, that you may gain wisdom in the future,”

2. Pray to change

It all starts with prayer. We know that apart from Him we can do nothing Pray that God reveals moments when you are playing the victim. Pray, He reveals your fault in the situation while it's happening. Pray for forgiveness in your thinking and for any behavior we may have done. And pray for the power to overcome it. We cannot overcome this ourselves! Pray for new thinking. He promises to change us as we submit to the process and principles, we learn in the 12 steps. But we must surrender our struggle to God daily in prayer. This is so crucial and so overlooked. We HAVE to evaluate and dissect our thoughts. If we let our brain run wild it WILL affect our emotions and behav-

ior. If we allow ourselves to blame other people and allow ourselves to think thoughts such as “they should have...they never.... it's because.... if this wouldn't have happened... if only...etc.” then we will choose to return to addictive behavior because we are focusing on ourselves. Pray for God to change our hearts and mind to think clearly.

In the moment of feeling like a victim, step back from the situation, ask God to open our eyes, and reflect on what is going on. Think about our role. What role did we play? Admit our fault. Ask for forgiveness as needed and then move forward. What can we do to make it better? Stop reliving what should have been done. What can you do now? Realize we do not have to be stuck because we are not a victim!

Just for Today: We will have a program and work it to the best of our abilities. And with the Steps, my newfound friends in the rooms of NA and God's help we will achieve freedom from the guilt of the past.

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

Quote by Jimmy Kinnon

“We can no longer contain it here in California or in this country (not that he would have ever intended

to). *But it's going to take everything all of us have. . . . We've got to stay in this program. This is a blood-and-guts program. . . . If you're an addict you've got a lot of guts to begin with or you wouldn't be here. So, let's put them to good use. Let's take this thing that we've got and make something better even than it is. . . . JK*

Two-Edged Sword

Our Group had Group Conscience using the Practicing Those Principles in All Our Affairs document as our guide. We went over the Fourth Tradition since it is the fourth month of the year, and we were really pleased with the results.

We discussed how Autonomy is the spiritual principle in the Fourth Tradition and that we apply that in our Home Group in several ways. We print our own literature and have complete creative freedom in how we choose to carry the message. We order books from another Group, but we would be capable of printing our own if we had to. We discussed how we inventory our own Group, and we are not subject to any authority other than a loving God as he is expressed in our Group Conscience.

In the Fourth Step we inventory ourselves, so it makes sense that in the Fourth Tradition we are responsible for inventorying our Group. This brings up the spiritual principle of Honesty. We must be honest with ourselves and other Group members

when we are doing our Group Inventory. If someone outside of our Group points out a shortcoming of ours it is our job to look at it and see if we have gotten off track. We are each other's eyes and ears.

Our literature talks about how the Fourth Tradition is a two-edged sword. On one side we have complete creative freedom but on the other we are bound by the spiritual principles of Narcotics Anonymous. The Twelve Steps and Twelve Traditions. We cannot use this tradition as a justification for breaking another. We cannot force Groups to use the literature we use or do what we do. We also cannot change our message from Total Abstinence because that would affect NA as a whole.

It is difficult to discuss this Tradition in this day in age where the original message of NA is the minority voice and is no longer accepted by most Groups. Many perceive that Traditionalist Groups are violating this Tradition and think that we are making up our own message or forming a new program. They are the ones who are misinformed. We are sticking with the original message that is still in every version of the basic text and we can lovingly educate these addicts if they are open to the information.

In Tradition Four in the Basic Text, it goes on to say that like Group Conscience, autonomy can be a two-edged sword. Group autonomy has been used to justify the violation of Traditions. If a contradiction exists,

we have slipped away from our principles. This got me thinking about the relationship between Tradition Two and Four. The two-edged sword of Tradition Two is Group Conscience and Group Opinion. This tells me that we need take the time to pray and meditate on issues that our Group faces, look at the Traditions and what our literature says, listen to every member and strive for a unanimous decision. We need to try to get our egos out of the way and not make our decisions based off of what everyone thinks. There have been many issues that our Group has faced like total abstinence and not signing verification papers where my opinion at first got in the way of Group Conscience. My fear of being in conflict with others or hurting people's feelings caused me to want to be apathetic and not deal with it. I had to put my opinions aside and listen to every member and give the process the time it took to come to a conscience.

Now when I think about the two-edged sword of autonomy based off of Group Conscience it tells me that as long as our decisions as a Group are based out of Conscience and not opinion and there is no contradictions with any other Traditions then we have complete creative freedom in how we operate. One of the biggest arguments for Groups being about total abstinence and literature written by addicts for addicts is the violation of the First Tradition. The way I see it, it is up to the Group to follow the

Traditions. The NA unity that the First Tradition talks about is for the Group not NA as a whole. We as a Group need to be unified on what is NA and make the decision to practice these principles if we are to find that unity. Just because the majority of NA does not believe in these things does not mean that we are causing disunity in the Fellowship. We stand on the Principles of Narcotics Anonymous even if that means we are outnumbered.

I am really glad that we did Group Conscience this way because we all got a much better understanding of this Tradition. When it was over, we were all energized, and it definitely created unity. I am excited for the next month.

Written: By an Anonymous Addict From: Ohio, USA

Anonymity: We are Equals

When I was getting clean, I was in California at a treatment facility. Shortly after I stopped taking the drugs, they were giving me I went into a psychosis episode. I was angry over nothing and very hostile. I remember bits and pieces and most of it was anger towards the facility owner for not making the best choices and allowing the doctors to drug me up so much instead of helping me get clean. He would stick us in a house together with a bunch of

addicts, a TV, a pool, and no one to really talk to that had any experience; and we had drugs. I wanted to hurt the man, and I really didn't know why, because most of what was happening to me was because of me.

I began going back into visions of my old lifestyle and they eventually called up my case manager.

When he showed up, he took me outside, gave me a cigarette and talked with me. He asked me where I was from, and I told him. He asked me what neighborhood I was from, and I told him. He then stood up and told me that in the streets him and I were rivals. He told me his story on how he had gotten involved with the gang that he used to represent.

As I was looking up at this six-foot-tall black man I realized that he wasn't hostile at all. He was sharing the truth and honesty with me. He told me to stand up and he gave me a hug. It was the first time that I had ever received a hug like that especially from someone who I was told my teenage life that I could not associate with. He was not like me at all, or was he? As the day went on, I stayed by his side most of the day. When nighttime came his shift was actually starting, so I stayed up with him most of the night. I was no longer taking drugs to help my emotions or sleep and I was going through ups and downs and insomnia.

He started telling me how that stuff started in LA and how back in the day he was a big deal but today he's

just another addict helping another addict.

It was like a history lesson and many things I had no idea about. After it was all said and done, he asked me one question, where are they now?

I told him that many of my friends are in prison, many of them got killed, many of them died from drugs, and none of them are here with me now. I paused for a moment and thought to myself, he's making a lot of sense right now. I am not who I was, I am not where I could have been, and all those things aren't going to help me move forward in life.

"We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you wanted to do about your problem and how we can help."

We are all equal when we come into Narcotics Anonymous, as if that past life is no longer existent now. We are all addicts, and we help other addicts. It does not matter if you're a biker or a hippie, black or white, big or small; we help each other recover from the disease of addiction through application of the Twelve Steps and Twelve Traditions.

Written: By an Anonymous Addict From: NJ, USA

It's not an Individual based Program, it's a Program based on Principles.

We might have come to Narcotics Anonymous to get help with our individual problems, but that does not mean that the Program will be changed into something to fit the needs of its individual members. It is a matter of principle, not personalities. I have seen different Fellowships bend over backwards to make everyone feel like they fit in, to try to be like one big happy family, the results are always the same, disunity, ego, confusion, and conflict. The agenda might be packaged in something that looks like “doing the right thing”, but if we negotiate with our principles we will divert from our primary purpose and people will die. The thing is that we already have the Traditions to ensure that anyone with a drug problem can feel safe enough to find recovery, regardless of their individual characteristics, that any addict can be blessed with the feeling of coming home.

In Narcotics Anonymous we say that the “I” needs to be surrendered to the “We” for recovery to become possible. What if it's not even about “us” per say, but about principles? Our literature says that spiritual principles are never in conflict, personalities usually are. The Program is infinite, people are finite. As we

recover our lives becomes more of an expression of spiritual principles, rather than personalities.

Our principles protect us from, or should protect us from, having to open special interest meetings, using doctor drugs to handle life on life's terms, hierarchy, governing, money, property, or prestige. These things mentioned are all based on the individuals needs and wants.

I have heard all sorts of reasons why we need to “tweak” the principles, like “it's a different time now, we need to adjust to catch up”, or “it's stigmatizing to not help addicts getting the right medication”. The thing is that the disease has not changed, so nor can the Program. I feel that it is way more stigmatizing to say that addicts cannot get clean, that we need drugs to live.

The ones that are trying to change our principles, are the ones that does not change. I have seen it too many times.

Our principles are what makes unity within the diversity of our Fellowship possible.

This not a “Self-help Program”, it's a “get rid of Self Program”. To surrender the Self, we need to practice Higher Power principles.

The Program does not change, but it changes everything.

Written: By an Anonymous Addict From: Sweden

From Russia With Love

Oh, yeah, Leo, bro! I am glad I once used my sponsor's suggestion and went to that little morning group and met you! I never imagined that you would be the person who would support and inspire me in this Process. I remember praying that God would show me the right Way. I remember the feeling when I served in the structure that I was lost, that it should not be like this. And God showed me through you were to move and what is happening now, I could not even dream of such a thing. Today you handed me a Gray Book and the Basic Text of Baby Blue. It is very amazing and beautiful. In N. A., dreams come true!

Written: By an Anonymous Addict From: Moscow, Russia



Jimmy Kinnon Shares

Yeah, my name is Jimmy I'm a recovered addict.

Along the lines that Doug was talking about, uh he mentioned that sometimes we can find out more clearly what something is by seeing what it is not.

One of our pamphlets talks about that in particular.

It lists four things that addiction is not, and very simply I'll just run the top part out, and uh anybody who has not read this pamphlet can get one right off the table there these are free to anyone who wants one.

Number one addiction is not freedom, I think we know that pretty well.

Number two addiction is not personal growth, if it's anything it retards us.

And addiction is certainly not goodwill. When I came here, I had nothing left, especially as far as goodwill was concerned.

I hated everybody, everything. Myself more than anything else I do believe.

And above all addiction is not a way of life. Now maybe some social users might find it a way of life or a lifestyle that they like, but when it comes to addiction it certainly is not a way of life but rather it is a way of death and it's a way of negation.

Some of the things that we have to do I believe nearly all of us touched on it in different ways and that's what is our terminology, what do we think

addiction is from our experience because this seems to be the basis for everything we do? What is our experience as a body, what is my experience as an individual? What I can offer that might help somebody else.

These are the things that finally we say addiction as we understand it is a compulsion and an obsession. The impulse that Doug spoke about is only one small part of the addict personality. The addict personality is well known it's been known to psychologists for years.

We have to study it ourselves so that we know it, from the inside, what we are.

And above that it's an emotional as well as a spiritual problem. It seems that when we hit bottom, we are willing to do something about our problem that we face, we admit a spiritual low. I define that in myself, when I reach that point where I look in the mirror in the morning and I spit at myself, because I was not acceptable to me. I could no longer face myself. I cussed at myself. I wanted nothing to do with me and I couldn't get away from this character who was the addict.

And I think these are some of the things that we find out that our terminology suites us best. The compulsion means very simply to us that after having started to use an addictive, a drug that I cannot stop. I have to let it run its course, it has to run its cycle and in the addict that cycle is a

continuous cycle. It continually gets worse.

When we stop and are able to stop when we come to Narcotics Anonymous no matter what method is used to get us here. We find out that that's about half of the illness. It's gone right there. I don't need anything. Until I take something. I may want something, but I don't need it. And that need, that urgency, that I can't do without it is gone.

And the obsession then is removed by then working our steps because this brings us to grips with the problem, the powers that we have to find to help ourselves, with ourself, our inner self to straighten out our life, see what we have to work with, and then our steps is to go along into 7, 8 and 9 take us into relationships with other people on the program, outside the program, our families, our friends so we can live a life of freedom, so we can feel not so much for me comfort as ease.

I was never at ease all my life; I was never at ease no matter where I went. In my own family I was not at ease. I was not at ease with my mother, my brothers, my sisters. I was never at ease as I am today.

And I think this is it. Then we find out that when we get into the working part of our steps that these are the daily things that we face that brings us to what Doug was talking about. How did you do this week? What happened this week that made you have to think about more than once

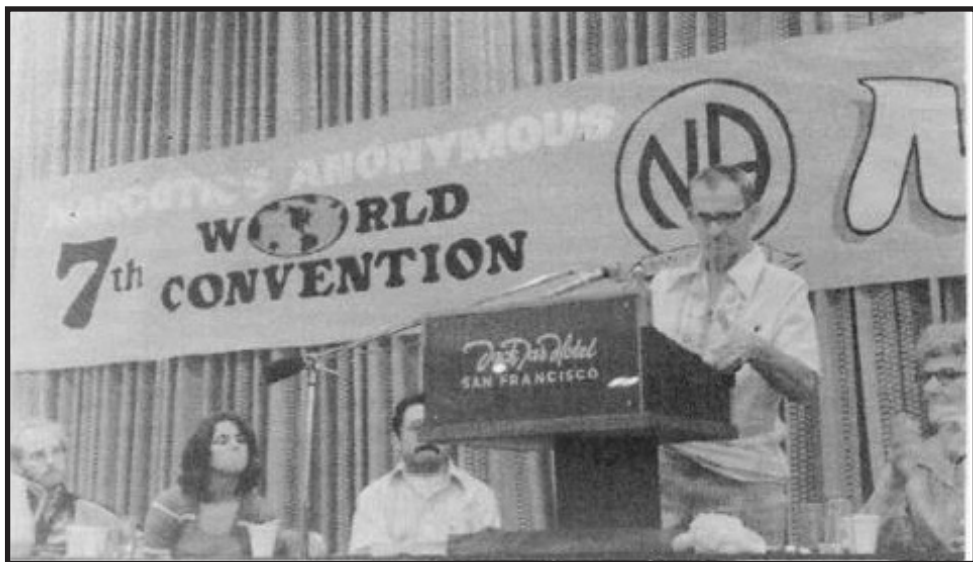
and get yourself back in the right direction. I shoot angles, I know that about myself, so I have to be careful. I'm always looking for an easy way. I'm always looking for a few other things that might come my way that I would like to have without paying any prices for it, you know. And I think this is all part of addiction.

And some things that make up addiction we mentioned one impulsiveness. We have that other thing that's known as uh, they have a certain word for it if I could just grasp it right now, I've lost it but, INADEQUATE, they call it. Inadequate, I never felt that I really was competent to do anything as much as you were competent to do the same job. I hated competition with individuals because I always thought that I was less than, I would lose you see.

So, here's this and then we have this spiritual sensitivity. It's not only a spiritual sensitivity that we use on the program after we're clean for a while, but we use it in a different way, the old way was "you hurt my feelings THEREFORE, I'm going to use. Therefore, I'm going to get even with you".

We didn't realize we always talk about well; I have no patience. Patience was a virtue I didn't have. Well, I want to tell you I was a patient man even in my addiction. If I was going to get even with you, I would wait ten years. I did that, I almost killed a man because of it you know. If somebody hadn't pulled me off, I'd have been doing time for it you know.

This is it, so uh, yeah but above all I think that that little voice inside of me that we all talked about, I call



him that Little Dictator Bastard, you know. Inside of me that says things to me like even now he'll say to me "oh go ahead they don't know what they're talking about, do it your way. Go ahead try it, try it anyway. You've never tried that drug before why don't you take a crack at it? Maybe now you can handle it."

These things never attack us the same way twice. They always come from a different angle. And I found out that I used to set things up I'd say well, "I will do this, if that happens". And again, I'm going into that old intellectual bullshit that I've always used. I solved everything mentally and then rest back and say "Ah, isn't that nice it's all solved now". I put no action into it. I think above all we find in this program that action really is the magic part of this program for us. What we believe and what we practice. We do it every day in some degree. We come to a meeting. Actually, we come to a meeting like this as I pointed out to somebody the other night, we perform part of all the twelve steps by coming to a meeting, you know. I reveal myself a little bit to you. You reveal yourself a little bit to me. Sometimes I come to a meeting I'm down. You can inspire me to try, to grow just a little bit, a little more each day.

And I think this is what we do mostly for each other, and it comes back down to the most basic things. We banded together because nothing else seemed to be helping us. We

got together with each other because we can do what I can't do. And that's it. We can do what I can't do alone. And uh, that's about all I have to say.

J.K

Transcript By: Anonymous
Member From: California USA

Letter to My Addiction

How glad I am to have gotten to know you a little better. For years, you were the one who had power over me. Now I know how mean and sneaky you are. You humiliated me, brought me to my knees, when I no longer knew how to get out of your clutches. I thought my life was really over. Me, the weakling, who made the same mistake over and over again. Getting involved with you is dangerous, deadly! You left me for a year in peace, after I decided on my own, to leave you. Sneaky you came back into my life. I did not have the strength and courage to let you go after that. Until the day I started to face all the misery. My eyes opened and I started looking for a way to get rid of you. I spent a month locked up, where I was humiliated, but learned a lot about you. Learned how smart you can be and that you are lurking around wanting to be involved in my life again. I made a commitment to myself that I will never go back into that clinic. So, I will have to be vigilant for the rest of my life, not to give you a chance.

I have found many friends in NA, all of whom hate you tremendously. All those lives you ruined. Fortunately, together we can make sure to keep you out. We keep each other on our toes through meetings and phone calls. Now after 2 years of not seeing each other, I feel alive and liberated again. Gone is that powerlessness! I can enjoy myself again! The hope I got for a new life has come true. Vigilant I will have to be all my life!

Written By: An anonymous addict. From: The USA

IN THE LOVING MEMORY OF ED M.

"My name is Ed M.; I am a recovering addict.

I am here to share my story:

This is how it was:

I first became introduced to drugs at the age of 8, as a patient at the New Hampshire State Hospital, diagnosed with what they called "childhood schizophrenia", filled with anger, fear and hate.

After many treatments, I was introduced to drugs. I liked the way they made me feel, and before I knew it, I was on the road of total addiction. At the age of 13, I found heroin as my answer for everything. With two exceptions - when I was in rehab at Lexington Federal Drug Treatment Center in Kentucky - I let heroin take me to the gutter...

After my release from rehab, I joined the Army. At the end of boot camp, I was assigned to the Diplomatic Corps and to the American Embassy in Lima, Peru. I became a diplomatic carrier and found it was easy transporting drugs through that channel, coming and going without being searched.

The FBI became aware of what I was doing. When I landed in the USA along with three others, they tried to arrest us. After a shoot-out, three federal agents were killed along with my three cohorts.

I was charged with murder, a sentence to the electric chair, then given a reprieve, mainly because of my age (I was 18 at that time.) I was commuted to triple life and transferred to Alcatraz where I spent eight years.

When released in 1961, I took the boat to San Francisco, with thoughts of a good meal, new clothes, maybe even getting laid... Instead - being true to my addiction - I sought my love, my every-thing: heroin.

That was who I was: an addict. Drugs - and only drugs - gave meaning and purpose to my life.

Now it's 1962. I was back in prison in Walla Walla, Washington. My caseworker told me about a person coming to visit, carrying a message about recovery.

His name was Less F, a friend of Jimmy K.

For the first time, I had hope. I wrote to Jimmy often, and when I

was released on June 17, 1964. I had chosen to go to Los Angeles CA. to be part of the NA way of life. Although I had been clean since 1962, Jimmy said my clean date should be June 17, 1964 because I had neither worked the steps, nor lived free, facing life on life's terms.

I did not question that man, nor did I expect to be in a room of recovery over fifty years later.

Now let us talk about what happened:

When arriving in LA on June 17, 1964. I was not fully convinced about NA, but I was aware of a live-in program called "SYNANON" as I had also been writing with Chuck D. and was promised a bed.

Being released with fifty dollars and a set of khaki's, I called "SYNANON" and they said if I wanted help it was my responsibility to get there. In a panic, I called Jimmy K. He said he would come from the Valley and take me to Santa Monica CA.

Two hours later Jimmy arrived in an old pick-up truck with another addict named Pepe.

If you know Pepe. He was to play a big part in my recovery.

Upon arrival at "SYNANON", I was told they had no bed. At that time, I became angry and felt no one cared. Today I look back, and it was a blessing. That is when Jimmy said: "Come home with me – we will figure it out".

After a couple of days, he found me a bed at a Alcoholic Recovery Facility called "Royal Palm", where

Gene H. had started our third NA meeting. I started going to our three meetings, as most of us went to AA in those days.

I became totally consumed in NA and felt the need to carry the message to all who needed help. However, by not working the steps, I was in a sense of not recovering.

Believe me, there is a difference!

I became involved with the NA structure and was selected to be on the Board of Trustees. I became concerned that there were no safe places for an addict to go in order to get help, and the need for a drug free environment for recovery.

Against Jimmy's advice, Bill B. and I opened a recovery home in San Jose, and a year later in Sylmar. These homes were free. We raised the money from speaking engagements from whoever would help. In 1971 we lost our lease in San Jose, and our facility in Sylmar was destroyed in the earthquake that same year.

Bill and I split up. He would go to establish "IMPACT" and "CRY HELP". You know what they have done for over forty years...Thank you, Jack B. and Jim S., for a job well done! You are in my prayers.

Finding a need for detox, I would go to Palmdale and start a "one hundred bed facility". I had to share this story, in order to get a license to run the facility, I was told I needed a PHD. I went home that night, extremely disappointed. I picked up a magazine, and in the back, there

was an advertisement that said to get a college degree. I needed to send a \$15 check, so I bought myself an MSM as well as a PHD.

For thirty dollars I became a doctor and was able to open the facility. In 1973, President Nixon appointed me as Assistant Director of The National Institute of Drug Abuse, where I worked until 1985.

I got a call from Jimmy K. before I went to Washington. I remember him saying to me: "Many of us are grateful of what you have contributed to the addicts, but I always wonder how you were able to do so without having a program. I hope someday you will work the steps." Then he went on: "I am going to tell you some things I never said to another addict: I believe the fear of ever going back to prison will keep you from using again and told you in 1964 to grab a hold of my shirttail so we can do it together. But I am cutting you lose because I do not approve of what you are doing. But I wish you the best."

I was sad and told him how much I owe NA for giving me so much. I said to Jimmy: "How can I repay you?" He said: "Ed, you know how I like to write to the addicts, and NA has little money. If you can send me some stamps now and then I would appreciate it."

I sent my friend a roll of stamps every month from 1973 to 1985. I just wish I could have done more.

In 1985, after Jimmy's death, I was speaking at a forum in North-

ern California. Life on life's term was catching up. I remember going into a chapel to meditate. A Rabbi came up. I knew him as the director of the "Phoenix House", a drug program in New York that I was funding. He said: "Ed, what's wrong?" I said: "Rabbi, I am looking for God."

– Please listen to his answer –

He said: "He is not lost, you are."

After 23 years of abstinence, I started seeking Recovery.

That was what happened.

What is it like Now?

Today, I have worked the steps, accepted the God of my understanding. I am in a loving relationship with my wife of 23 years, and financially secure. I try to carry the message to my family. I feel I am capable of doing this because of working the steps and having found a spiritual life that gives me meaning and purpose.

In closing, I want to share a dream I had recently. There was a big meeting. Many of us were there. I looked around the room, and I saw old friends: Pepe, Bill Beck, Jack Whaley, Chuck Skinner, and Sylvia's brothers: George, Ron, and Hank. It was a speakers' meeting. The leader got up and said: "I am Jimmy K., and I am an addict". I looked at this great man, I observed on his shoulder an Angel. I knew It was his dear first wife Agnes. It was Agnes that kept the family together so Jimmy could rescue addicts like me.

I also saw this young lady, his

daughter Cathie, who authored the book "Every Addict's Friend – Jimmy K – Reflections of A Daughter", You should read it. When writing this book, Cathie called many of us, asking questions about her father. I was sad when she said: "You, as an addict, knew my father better than his family did." And I again was reminded of the price paid by this family – for our recovery.

Sitting on Jimmy's left was the speaker. When he rose to speak, I was in awe. He said: "I am the God of your understanding".

**Written: By Ed M Deceased
May he R.I.P. From: California**

What is NAWS?

Narcotics Anonymous groups did not create NAWS. The corporation formed itself. The WSO (world service office) was meant to be a business for printing, warehousing, and distributing literature at a reasonable cost to the Fellowship. The name was changed from WSO to NAWS (Narcotics Anonymous World Service). In essence this corporation stole our name implying that the corporation was the Fellowship. NAWS Inc. is not a service board or committee and operates outside the traditions. It is a corporation that exist and grows based on profits through literature sales and other income generated from the recovery busi-

ness. Its growth is dependent on promotion of its products and the propaganda it publishes claiming itself as the authority of NA.

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

¿Qué es NAWS?

Los grupos de narcóticos anónimos no crearon NAWS. La corporación se formó. La WSO (oficina de servicio mundial) estaba destinada a ser un negocio para imprimir, almacenar y distribuir literatura a un costo razonable para la Comunidad. El nombre fue cambiado de WSO a NAWS (Narcotics Anonymous World Service). En esencia, esta corporación nos robó el nombre dando a entender que la corporación era la Comunidad. NAWS Inc. no es una junta de servicio o comité y opera fuera de las tradiciones. Es una corporación que existe y crece en función de los beneficios a través de las ventas de literatura y otros ingresos generados por el negocio de recuperación. Su crecimiento depende de la promoción de sus productos y de la propaganda que publica alegando como la autoridad de NA.

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

Head and Spirit

Head and Spirit

The head says- I'm very special and unique.

The spirit whispers- Principles before personalities.

The head says- I don't like this, this should be different.

The spirit whispers- Surrender. This just is.

The head says- I'm alone.

The spirit whispers- You are Oneness.

The head says- I'm afraid of myself.

The spirit whispers- There is no self, only Spirit.

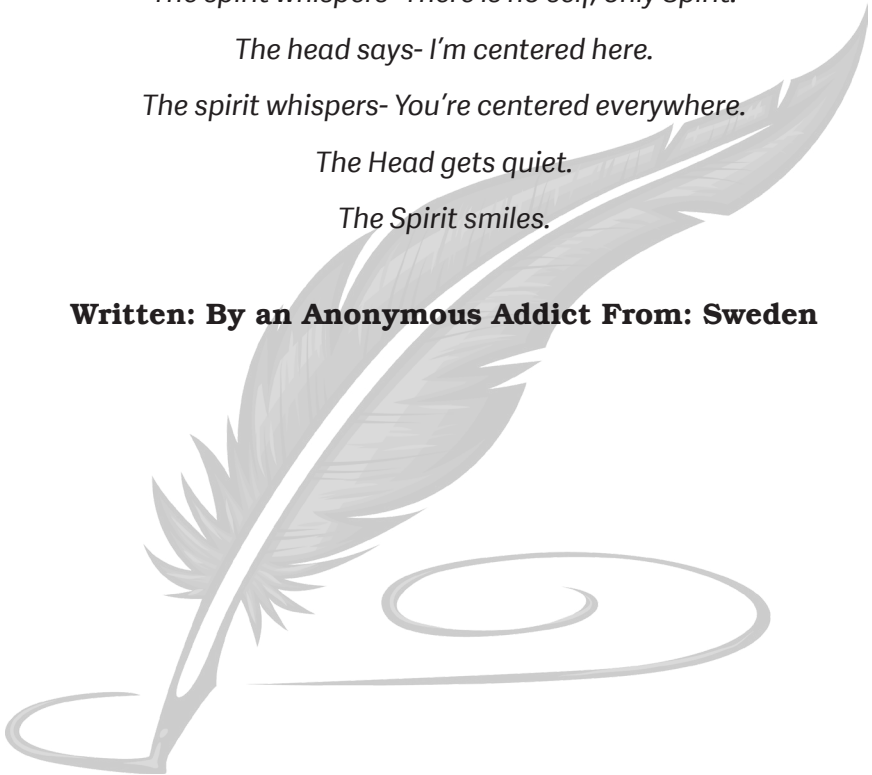
The head says- I'm centered here.

The spirit whispers- You're centered everywhere.

The Head gets quiet.

The Spirit smiles.

Written: By an Anonymous Addict From: Sweden



Sent to NA World Services, Inc. today:

Dear World Board,

Last year we experienced an event that led to the sudden and complete closure of our meetings leaving the fellowship in shock. We, the members in all of our localities, got busy. With the help of those who have been a part of the virtual NA community for a long, long time (yet whose Groups are still to this day not considered part of NA) we got ourselves online. Our fellowship will be forever grateful for their long-standing experience.

I waited to see what help or support the World Services of NA would offer.

Your first communication was that you saw no reason to postpone the WSC. In the face of a novel and deadly virus, you were willing to not only put Conference Participants and WSC staff at risk, you were willing to also put the employees of the Warner Center and the inhabitants of the surrounding area at risk as well in order to keep the WSC on the calendar. From the beloved “PR” standpoint I could not see how you couldn’t see what a PR nightmare this would most likely become for NA. You were ready to sardine people from all over the globe into the Warner Center for an entire week at an event that is a notorious flu spreader.

Communication #2 was of the same ilk and then when it was obvious that you were not going to be

allowed to do as you wished, you finally announced the WSC at the Warner Center would not be happening.

The next communication is where my jaw really dropped open. Instead of you asking the Groups, Areas and Regions you serve what can you do for them, instead it was made known that the Executive Team had taken a 10% pay cut and that you needed US to do things for YOU. Well one thing. You needed our money. You needed it big and you needed it fast.

I was and still am appalled at you for using the pandemic to put the corporation arm of NA in direct competition with the Groups in regard to donations. This competition was already an active fact in other areas, but to see it now become acceptable, nay ENCOURAGED, for members to first donate to NAWA who uses most of its donations to PAY the executive teams SALARIES on the back of the pandemic is beyond disgraceful.

Let me remind you of a few things:

- Great Depression Loss of jobs: 8.7 million | Covid-19 job losses: 10.6 million
- 1 in 3 workers experienced a pay cut
- Childcare costs rose more than 40% (how many of our members have more than 1 child in childcare?)

At the same time, you were telling people that Anthony Edmonson would only take home \$239,682 instead of his usual \$266,313 a year, people were losing their jobs, looking

for the last bit of toilet paper and baby formula on the shelves and hoping their families would have enough food to survive whatever was hitting us. Some members, such as our brothers and sisters in New York, were watching people die all around them. Our meetings were in uncharted waters and we were wondering if our recovery would be ok, and what about the newcomers? How do we help them?? So much to consider, and instead of you asking us what we need, you became a giant hand grabbing us by our feet and shaking us for whatever coins that could fall from our pockets. That does not sound very “non-profity” to me.

Per our service structure, fund flow should go to the Groups first. During a snowstorm, fund flow should be going to the Groups first. During a heat wave, fund flow should go to the Groups first. During a taco festival, fund flow should go to the Groups first. During a pandemic, fund flow should go to the Groups first. It's that simple. My Area did not send a letter to its members and say “HEY!! We aren't getting any income; we need members to give us donations!”. Why? Because fund flow goes to the Groups first. Our Region didn't send out a letter saying “HEY!!! Our convention was canceled, and Areas aren't getting any donations and so we aren't getting any either, we need members to send money directly to us!!!”. Why? Because fund flow goes to the Groups first. And the Narcot-

ics Anonymous World Services, Inc. should not have done that either. If Areas and Regions that are higher up on the food chain in NA didn't do such things (as a rule) why is the lowest point of service doing so?

I love our fund-flow policy. It ensures that the most important vehicle for carrying the message, the members, and their Groups, get every hard-earned penny of its members (especially during a time when many people had to choose between food and the electric bill). It ensures that NA survives and can pay its bills. That's because NA IS THE GROUPS, not its service bodies, even the service bodies with big fancy offices and an executive team umbrellas under a “Incorporated” status. NA is made up of our Groups. The large ones, the small ones, the fancy ones, the shabby ones, the ones in beautiful meeting locations, the ones in scary ones, the ones with 100 members, the ones with 3 members. That's NA. It's the newcomer, it's the old-timer, it's the mid-timer. It's the coffee maker and the hugger and the chair setter upper. It's the people that make up the Groups where the message is shared, and people find hope. And that is where the money goes. What's left finds its way down the food chain, finally resting at the lowest point, World Services. At every point, each level lives within its means. If the Group can't pay its rent, it moves or figures out how to get members to support it (within Traditions). And the

same applies to Areas and Regions. The same should apply to World Service level but this pandemic was used to further cement an idea that somehow World Services is too important to struggle. Too big to fail. Too beyond what we have to do to be expected to live within its means. Instead, we are being called to live within YOUR means. That. Is. Wrong.

One last thing, online NA IS NA. Until you can show me that a directive that came from a Group to an Area, to a Region and into the WSC directing the World Board to decide what Groups get to be considered part of NA or not, I will ignore every attempt to discount our beloved online NA groups. Do you not find it ironic that you are still figuring out if you will recognize online NA as legitimate but yet you had the WSC online and feel that is completely legitimate? I do. So do a lot of people.

This opportunistic grab during this heartbreaking time is disgusting. At what point do you finally say “enough”? Probably at no point which lines up perfectly with the very nature of the disease that gladly feeds on money, property, and prestige if drugs are not available. Let us get things righted again. Groups at the top in all ways. As we saw at the beginning and much of the way through the pandemic, NA can survive simply fine without its service boards and committees, including NA World Services. But NA cannot survive without its Groups because

THEY are NA.

Instead of me pledging to NA World Services, Inc. to give a certain amount a month to NA World Services, Inc. as has been suggested by your supporters and ex-Board Members, I make a personal commitment to ONLY give to Groups or my local area or region regardless of the circumstances.

In response to the calls for members to pledge certain amounts of money a month to NA World Services, Inc., to hold fundraisers, to encourage their Groups to send any donations given to them directly to the World Service Office and to share your money app info so that people will give directly to you, I make these personal commitments instead:

-I make a personal commitment to withhold my money if I find that any event or Group has decided to send all or a majority of their donations directly to NA World Services, Inc.

-I make a personal commitment to remember there are no dues or fees, no pledges to take or sign and no promises to make to anyone in NA EVER and to teach the newer member this beautiful truth.

-I make a personal commitment to do my best to appreciate that people who are donating directly to NA World Services do so because they believe it is the right thing to do, even if that belief is built upon a very faulty (and dangerous to us as a spiritual fellowship) premise and misinterpretation of what our primary purpose is really

about.

The real irony is NA taught me all of this. The real NA, born from one addict helping another, hot cups of coffee and a hug, in a Group on the bad side of town.

Written by A grateful member, NW"

From: An Unknown State, USA

Miracle Still Happens

Today I took my broken mobile phone for diagnostics. It turned out that the damage was insignificant, and I repaired it for a couple of minutes for freebie opened it and found some old notes from last year. Here is one of them:

" March 20/2020

Stop waiting for something from N. A. I expected that in my life there would be drastic changes, and everything would get better, fuck, nothing was getting better, my father died, then trophic ulcers appeared, the forecasts were disappointing, I lost my first job in cleanliness, because of problems with my legs I could not find a new one. I've been waiting for it to be awesome, and it's not fucking there! My Sponsor says go to groups, serve, share your experience, pray, and I do all this anyway, go, serve, pray like a fool's ass, but my legs are rotting, there is no job, no girlfriend. Where the f--k are you, God?! In the

end, I stopped waiting, just fucked up, desperate...But I had nowhere to go, and I did not want to use drugs. I just kept going to meetings out of habit, serving just to keep myself busy, praying because it helped me get my ass out of bed in the morning, sharing my experiences, it helped me not to be alone. I stopped waiting; it was humility at the time. And suddenly my legs began to heal, contrary to forecasts, there were first part-time jobs, then a girl appeared, whom I now love, there was a permanent job, recently I learned that I would become a father. I just stopped waiting, just did and try to do actions day after day. I am grateful to God for this experience. And the Fellowship is for me a tool that God has given me, a tool that I need to love and take care of. Everything is banal and simple. Be grateful. Stop waiting. Have patience, although sometimes it is very lacking."

/I hope I translated correctly/

Written By. An Anonymous Addict From Russia With Love

Practicing Autonomy

Since the home group I belong to started to fully understand and practice autonomy as a Group, many beautiful things has happened. These are some of the fruits of autonomy we have harvested:

We have learned, and are still learning, about the value and Power of Group Conscience.

We are doing all of our PI and H&I services as a Group; this has resulted in many newcomers.

Due to not being on the official meeting list we have been granted the opportunity to print and distribute our own posters.

We have designed and set up our own website.

We have started meetings in four locations.

We have translated and handed out literature written by addicts for addicts.

We have been blessed with friends all over the world.

We have learned from making our own mistakes.

We have written home group approved literature.

What is your experience with the benefits of autonomy?

Written: By an Anonymous Addict From: Sweden

A Good Day for Me

*A Good Day for Me
Not waking up with the obsession to use is freedom already.
Not thinking about how to get my drugs, is freedom.
Not thinking about how much drugs I have left, is freedom.
Not worrying about how much money I must get it, is freedom.
That I can plan the things I want to do during the day, but could not when I was in active addiction is freedom.
Having a handbook how to deal with life, is freedom.
Not have to figure out what is wrong with me, is freedom.
Having a choice today, is freedom.
Today I have the freedom to change my personality, my ways, my thought, my actions.
Without the program I will lose the freedom I got granted the first day I went to the meeting.*

Written: By an Anonymous Addict From: The Netherlands

**My Gratitude Speaks
When I Care
And When I Share
With Others
The N.A. Way.**

**THE
NA
WAY**

ANONYMITY BREAKS DOWN WALLS

As addicts we are great about putting on masks. After we put on our masks, we then would go about putting up walls that separated us from everyone. In early recovery we are taught about not putting ourselves in dangerous situations by changing our playgrounds, play toys and playmates. Many have heard from someone we need to set boundaries if we are to recover. While this may be true, in our personal lives, in our meetings and with other recovering addicts we are learning how to be vulnerable and open up. We are taught to share because pain shared is pain lessened.

How can we know the difference between doing what we need to do in order to not put ourselves in danger while still learning to be a part of something bigger than ourselves? Our recovery grows as we Surrender more and more and become open minded to living the NA way instead of our way. We need a separation from our past life or we will not be able to create a new life. Our past lives closed our minds to our way of thinking. We thought we knew when in all reality we knew nothing about how to live. If we did know how to live, then why do we need a program to help us? We cannot graft a new idea onto a closed mind, so a split was needed between using and us. Hanging around old playmates can

encourage us to close our mind to the way we thought before. So, we start attending meetings and hear about a strange word for many of us when we came into the rooms. Anonymity.

We all hear the words what you hear here let it stay here.... here, here. We are told we are anonymous yet in the majority of NA meetings this does not seem to be the case as addicts brag about being a recovering addict, get on social media and let everyone know they are in recovery, heck some might even be celebrities and sing about being a NA member while saying "fuck anonymity". Many truly have no real understanding of how powerful living Anonymity really is.

Anonymity is humbling. It helps us to get even more freedom from self than the 12 Steps provide. In OUR Steps the lives of many addicts are changed. Addicts learn how to let go of the obsession and compulsion to use. Addicts learn how to forgive and be forgiven. Addicts learn how to start being a part of something bigger than themselves. We take self-centered, self-obsessed individuals and bring them together and expect there not to be issues. Addicts many times at the point they start to experience SOME freedom from self-get apathetic. They are willing to settle for limited freedom rather than the total freedom from self that the principles of NA provide. Many think they have all the answers and now go on spewing them to anyone

that will listen. Look at them they are a recovering circuit speaker. Yet the gut level honesty is lacking, and many cannot humble themselves enough to experience some of one of our most precious principles. Anonymity is the foundation of the program the Gray Book says. How can this principle be so ignored?

When we practice anonymity, we can hear others. We do not just listen to them, but we can actually hear them. Normally there are more common things between individuals than we like to admit. The disease of addiction wants to separate us from everything. A good portion of us started using because we already felt apart from others. The drugs united us for a short time until they did not work anymore. As I typed this, I realized a pattern addicts have of the vicious cycle and how it fits with our pasts. Addicts come to the

rooms and experience others caring for them like they have never experienced before. They stick around and get used to it. Then the disease because it progressed gets a little nook where it can whisper into their ears. Addicts start to think they are better than other addicts. They start judging other addicts. Some join the NA police force. (bad joke there is no NA police force). They start to separate once again. Just like with the drugs something isn't working. Many may have gained social acceptability only to still have a whole in their gut inside. Some return to using. Some are complacent and stick around for what they think is they are famous in a anonymous program. Those who are willing to take an honest look at themselves and surrender over and over again get the gift of recovery. True recovery not limited recovery. We get to surrender over and over



again on a daily basis. We come to understand that clean time truly does not equal recovery. We also understand clean time is necessary for recovery. We begin to fight for our lives by surrendering over and over again. Surrender our ego, let it go. Practicing Anonymity in our Groups helps us surrender our egos once again. We can look to what a loving, caring God as expressed in true Group conscience desires for us rather than our own opinions. We have Traditions to look to and are open minded to seek answers in them. We are able to use prayer and meditation as a way for us to seek that loving, caring God's guidance. We break down the walls that get in the way between addicts. We are set free from self once again. Anonymity truly is being able to experience unconditional love as a human. We let others be who they are and do not try to control them anymore. We do not have to fight to control. We do not have to hold onto our resentments, our angers, our fears, etc. Anonymity is living the Steps and so much more. I pray each of us can experience addicts listening to one another even when they hate each other coming together for our primary purpose of carrying the message to the addicts who still suffer.

Written: By an Anonymous Addict From: Nebraska

God Provides for our Journey

God continues to provide for our journey in peace, and not in the chaos of those days when our life was so overwhelmed with grief, pain, shame, and fear as we attempt to manage it with an addictive nature that blinded us with the darkness and perception and our denial.

When we first started trusting God, we had to come to a point to understand that The same Power that created the universe is available to create a new life as we learn to live the program of recovery

The light of life that exposes and drives away the darkness of the human race is the same light that brightens the dark corners of our world.

This source of all life and true light of the world is the 12 steps we found in the Fellowship of NA and this is the source of all recovery.

A new life and are ours when we believe what God says, renounce our tendency to do things our way we had been affected physically, mentally, and spiritually, our pain had become so great and we had disappointed so many with our actions that often Fear and doubt are how we have learned to live

Self-Doubt is our journey, in the world of darkness in which we traveled, our weaknesses should never be an excuse for us to avoid what God wants to do in our lives. With

God's help, anything is possible. We need to realize that God can capitalize on our strengths, helping us reach our full potential. Self-destruction, self-deprecation self-rejection, and self-abandonment had become our way of life; We were tired and defeated and something was going to be needed, it appeared that this was our destiny and the legacy. We are right no one is exempt from the destruction nor the pain, which our inequities inflicted upon us.

We wanted to live but a miracle was going to be needed. Pain is inevitable but misery is optional. With a moment of clarity and understanding of God's power

We saw the truth and found that which has eluded us; we needed God's help and to overcome the fear we were facing it was only with faith that we could change our way of life, this task seemed impossible. Defeated and broken when all else failed we found ourselves, sitting seeking help from God he had to become the cornerstone of our new life. and that if we were to learn to trust him in our new life, we too could walk in freedom and live in hope.

We would need to seek a spiritual solution through that only one that could help us; we had to find faith and trust. With what God and his principles have shown us we are finding the faith that is essential, yet we also must remember that we have a choice we either recover or we fade into the darkness that is addiction.

In This Moment: In Recovery, we learn the NA way of trusting God in all areas of your life.

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

The Fruits of Autonomy

As a home group we learnt from these experiences that being autonomous it is a blessing. Ever since we got kicked off the website, we had to do our own public information to carry the message. We ended up from 20 plus members to only 3 members. We started from creating our first own pamphlet about public information and start it to reach out 2 to a lot of places where addicts come to. It was hard in the beginning because we were not used to take responsibility for our own group. Letting the structure do it for us for years made us dull.

So, at one point we had no choice to "man up" and do it. No one was coming to our meetings.

We were asked to do a PI presentation a couple of times, we started hanging posters and bringing flyers to supermarkets and doctors' offices. And finally, more people started to come to our meetings. We have 7 committed members as we speak and are about to start a new meeting.

This all happened because of losing all strings with naws so that

has been a blessing.

We learn more and more about group conscience and by doing PI every Sunday before the meeting we created more unity.

We even created a PI bike, which was fun to do. Here are some pictures of it again

Written: By an Anonymous Addict From: The Netherlands

DRUGS PROBLEEM?

(Alcohol is ook een drug)

Wij kunnen helpen!

Bel: 06-18496614

Of kom naar een meeting:
Zerboltstraat 63 in Zwolle

**Maandag, Dinsdag,
Vrijdag & Zondag**

Zie voor de meeting tijden:



WWW.NAHELP.NL

NARCOTICS ANONYMOUS



Update on Book Stockpile July 2021

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 frees

Historical Perspective Group NA

Historical Perspective Group NA

Book Stockpile 07 01 2021

Total 4/01/2021 In Book account

\$2905.55

Grey Books in Stock

4/01/2021

Total In stock 2700

Sold 240 Cost \$418.00

Total In Stock 2460

Baby Blues in Stock

4/01/2021

Total In stock 4200

Sold 580 Cost \$520.00

Baby Blues 3620

Total In Bank Account

Book Fund

Starting In account
 July 1st, 2021, \$2905.55
 July 1st Updated
 In account
 Balance \$3843.55

In Service Historical Perspective Group
Contact for Book Information Matrixmatchclub@yahoo.com

Stockpile Europe (Original N.A. Hengelo Group)

04/01/2021

Books In Stock:

120 Grey Books	-	€1,50	-	€180,00
100 Baby Blue's	-	€0,75	-	€75,00
				€255,00 Total Worth

Money In Account	-	€1356,83		
Total Worth Money + Books		€1611,83		(€255,00 + €1356,83)

07/01/2021

Books Sold:

120 Grey Books	-	€1,50	-	€180,00
100 Baby Blue's	-	€0,75	-	€75,00

Book In Stock:

0 Grey Books
 0 Baby Blue's

Money In Account	-	€1611,83		
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We are currently in the process of ordering another **750 Grey Books** and **1120 Baby Blue's** for the Stockpile in the Netherlands. The prices will go up a bit due to smaller ordersize. All information will be made available when confirmed.

Contact: erikfiselier@hotmail.com

2nd Annual North Eastern Coast
TRADITIONALIST
Gathering 2021

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

FELLOWSHIP LITERATURE CONFERENCE

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



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

110 Buttersworths Bogs Rd, Tabernacle NJ, 08088

Cost: \$125 per Person

Price includes meals and lodging. There is no registration fee all money goes directly to pay for the facility and food.

Write checks payable to Historical Perspective Group

For More Information: Contact Historical Perspective Group - Literature Coordinator - Bill A (484) 951-3305: or e-mail – matrixmatchclub@yahoo.com

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

P.O. Box 4404 Allentown, Pa 18105 Write checks payable to

Historical Perspective Group of NA (Bring Sheets, Pillows, Blankets, Towels and Soap everything else provided)

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

Name: _____ E - Mail: _____

Address: _____ City _____ State: _____

Zip: _____ Phone Number (____) _____ - _____

Group Name _____ Register by August 20, 2021

Amount \$125.00 Check NO. _____

European Fellowship Service Conference

16th - 19th September 2021



Location:

Groepsaccommodatie Bekerhof, Beekstraat 9
6013 RV Hunsel, the Netherlands

Price: € 125,- (All-Inclusive)

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

Contact: 0031631304649

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

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

Annual 12 Step Retreat

February, 18, 19&20, 2022

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

17th Annual Fellowship Service Conference for N.A.

When: June 24th thru June 26th, 2022

Where: Hamburg, PA

Place. Olivet Mountain Camp 1540 Mountain Ave.

Hamburg, Pa 19526

Cost: \$115.00 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 More Information: Contact Historical Perspective Group

(610) 428-9923 Ask for Ray: 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, Towels and soap
everything else provided)

Name: _____ E - Mail: _____

Address: _____ City _____ State:

_____ Zip: _____ Phone Number (____) _____ -

Group Name _____ **Register by June 10, 2022**

Amount \$115.00 Check NO. _____

(Adversity does not build character, it Reveals it.) More Will Be Revealed.....



Upcoming Events

2ND ANNUAL NORTHERN 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: 18th thru 21st November 2021

Findlay Ohio

ANNUAL 12 STEP RETREAT

Date: February 18, 19 & 20, 2022

Columbiana Ohio

17TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 24th thru June 26th, 2022

Hamburg, PA

Weblinks

www.nahelp.org

Contact: nahelp.org@gmail.com

World

www.nahelp.nl

Contact: nahelp.nl@gmail.com

The Netherlands

www.freerecovery.org.uk

United Kingdom

www.nahelp.se

Sweden

Contact: AntligenFriaNA@gmail.com

www.nahelp.ru

Russia



**GET
INVOLVED!**

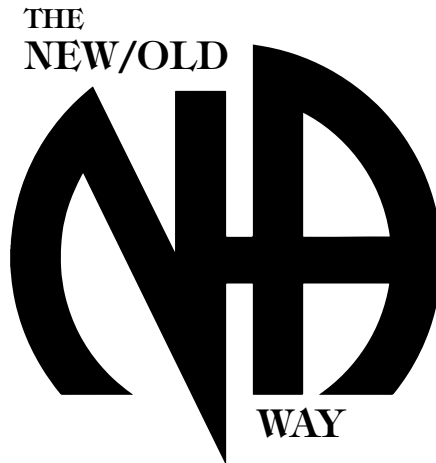
WE NEED YOUR INPUT!

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

WWW.NAHELP.ORG

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

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



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

WWW.NAHELP.NL