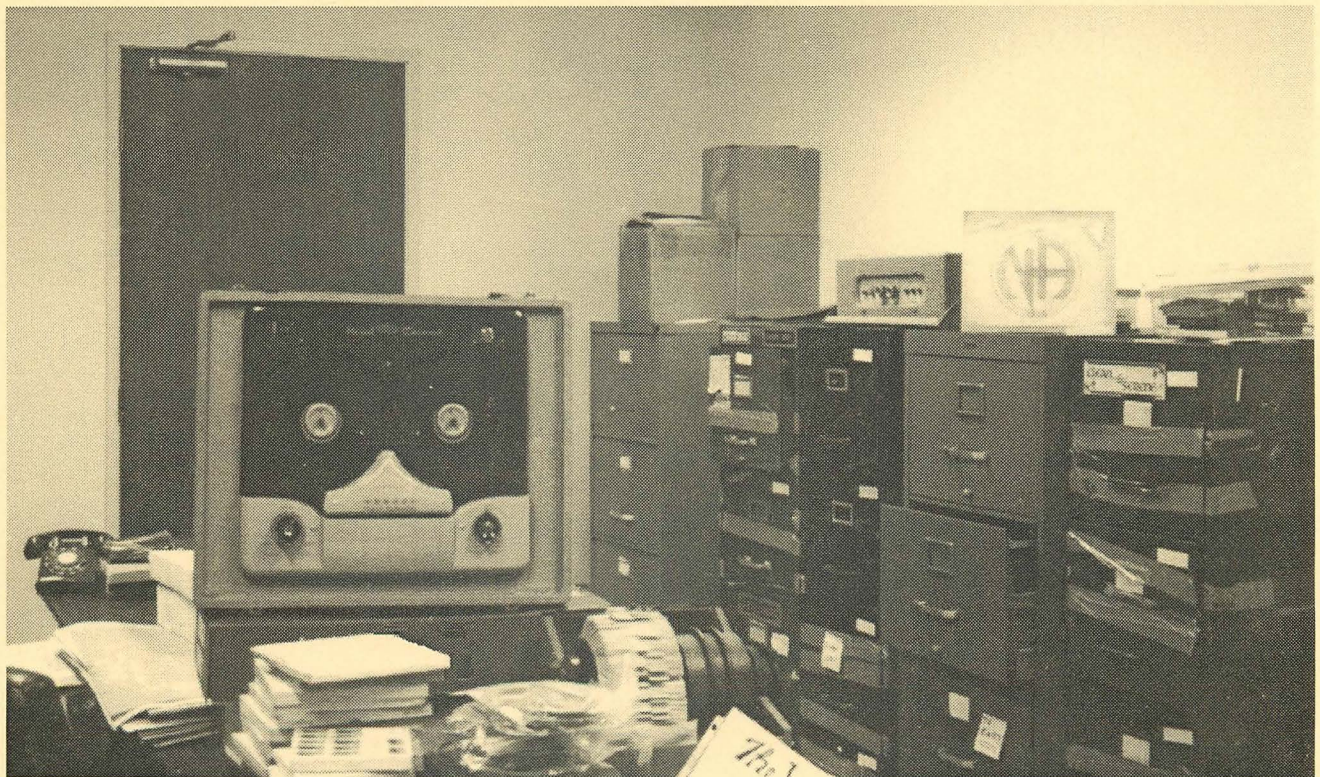


Daily Readings from WSC 1997



WSO Archival Material

Copyright © 1997 by World Service Office, Inc.
PO Box 9999, Van Nuys, CA 91409-9099 USA
All Rights Reserved

(Transcript of four hand-written pages)

The main purpose of the N.A. Group is to carry its message to the addict who still suffers.

There is sometimes a little confusion here regarding purposes. In our 12th Step of Recovery of the individual we feel that we as "an addict" have our purpose clearly outlined. Although many can and do a wonderful job in this area, true identification at the level of emotional recovery, from many sources of experience, makes the group therapy a more fertile field for greater recovery. Our experience over the years showed us how difficult it was to cross physical patterns to true identification. The junkie for so many years was told and believed that he was unique in the addict world, those who still hold to this old idea invariably in our experience return again to their addiction or in substituting other forms eventually find that they are no different from say the medical addict who perhaps through friendly protection was never exposed to social restriction as was the junkie.

In open group discussion in a free and permissive atmosphere we can cross these seeming divisions and then each individual can follow the course or contact the individual most able to help in his or her particular problem area.

The crossover between a newcomer in a group to a sponsor or from a sponsor to a group is one of the differences between our way and that of many other group therapies that are in existence today -- freedom of expression, freedom of choice -- freedom to recover based on sharing our own and our group

experiences, freedom to make our own choice when if sometimes it is the wrong choice we limit neither ourselves or others. At time we may be sympathetic and at others rough, but underlying it all is the empathy that heals, the kind of empathy that says "I know where you stand, I know how you feel, I know the despair, I know the confusion, I know the fear, but I no longer have to be you in these things and you too can recover." Here is the living evidence in the individual and the group.

So come on we need you as much as you need us.

Group participation can bring insight and the awareness of the need for change to a constructive level when preceded by the searching introspection of our self defenses in the 4th and 5th steps of personal recovery are followed. Our resistances to change both in language and action are more clearly observed in group atmosphere. This is not just a comparison of experience but a search for meaning and relation between ourselves and others in a real world.

Insight may be a slower process by this method but it will probably parallel our personal growth in most cases and be more of an educational progression. In its simplest terms insight is the ability to see new meanings in old relationships so it may be a slow but solid base on which to build a new way of life.

Are we willing to give of ourselves with patience, forbearance and understanding to others in true empathy? Can we grow to this level of selflessness within ourselves, and our group so that we all may benefit from an exchange of life and all that that seems to demand? We say that it happens to us but in all honesty we must admit that just as we fall short of our personal

Day Two, Monday, 28 April

1. Open with moment of silence followed by Serenity Prayer, reading of Twelve Traditions, Twelve Concepts by participants.
2. Any necessary announcements
3. Michael to review agenda for the day:
 - (a) Presentation of World Service Development Plan Report (9:00 a.m. until 1:00 p.m.)
 - (b) lunch
 - (c) TG presentation on Resolution A
 - (d) 5:30 p.m. to 7:00 p.m. supper break
 - (e) TG presentation on Resolution B (7:00 to 9:00 p.m.)
3. Archival material reading for Monday: Theme: Surrender. Dated 04/10/63
4. Announce goal for the day: "To achieve our common goal"
5. Begin agenda

Reading for Monday, 28 April

Dated: 10 April 1963

I know well the confusion of mind, the hostility and resentment that corrodes the thinking, the self-condemnation that makes constructive thinking impossible, the paralysis of anxiety and fear that makes decision a nightmare. I also know the sinking feeling associated with responsibility, and the irritation of mind in needing to be helped, and the false pride that did not allow me to accept it, and the facade of arrogance and thinly veiled belligerence, that I used when I had nothing left to hide behind; the complete despair behind this last mask and the desperation that blinded me to everything but my own wretchedness. The turning knife in my insides, when I even tried to think of those I loved, even with my limited ability to love, I felt it so deep it made life unthinkable as it was, and impossible to even dream of a future. Hopeless, helpless, useless, cast-off even to myself, yet surrender seemed so futile. Surrender to what? I did not know at that time, but I have come to know, but it is still one of the hardest of tasks. I would that I could completely give up, but something holds me back still – perhaps in God's time – who knows?

Day Three, Tuesday, 29 April

1. Open with moment of silence followed by Serenity Prayer, reading of Twelve Traditions, Twelve Concepts by participants.
2. Any necessary announcements
3. Michael to review agenda for the day:
 - (a) World service board and committee reports (9:00 a.m. until 1:00 p.m.) WSB and WSO board)
 - (b) Service Resume deadline and also for nominee resume packet (noon)
 - (c) lunch (1:00-2:30 p.m.)
 - (d) World service board and committee reports continue ((2:30 to 5:00 p.m.) Interim Committee, WSC Administrative Committee, WSTC, WSC Literature Committee, WSC Policy Committee, WSC H&I Committee, WSC PI Committee,
 - (e) First posting of nominations (5:00 p.m.)
 - (f) Supper (5:00 to 6:30 p.m.)
 - (g) Old business (6:30 p.m. to 9:00 p.m.)
 - (h) Adjourn for day
3. Archival material reading for Tuesday: Theme: Unity by George R. Date unknown
4. Announce goal for the day: "Unity in Our Purpose"
5. Begin agenda

Unity Letter

A little on the serious side which means - not thought, said, or done in play. To the general membership of N.A. from your brand new Secretary:

This newsletter is to the members who are really interested in the Narcotics Anonymous movement and who would like to see a little more unity; and a little more growth and we know everyone really is and does.

All of us know how our movement started -- with a foundation group. A foundation group that gladly took all responsibilities for the movement as a whole. It has taken a long time and a lot of patient effort to build the structures and obligations we now have.

This structure and obligation include:

Availability of help for the addict seeking help or information -- place or places for meetings.

Letter writing to addicts who may contact us, or others seeking information.

P.O. Box service -- phone service -- literature and tape library. Banking facilities...public relations -- and related services such as helping groups get started both on the streets and inside institutions.

It seems to me that for quite some time there we had only the foundation group to draw on for funds to continue growth in acting in the capacity of central office and clearing house for all information.

Yes, other groups did form, but they kept apart and with no unity of effort or purpose; and within time folded.

For the first time we really have a chance for unity in our purpose. We have a few well established meetings now. We have more abstinence than ever before and a greater willingness to carry the message of N.A. to those who want what we have to offer. We may not be to great in numbers, but for us it is as solid as a rock and real progress.

Yours in the fellowship,

George R.

Day Four, Wednesday, 29 April

1. Open with moment of silence followed by Serenity Prayer, reading of Twelve Traditions, Twelve Concepts by participants.
2. Any necessary announcements
3. Michael to review agenda for the day:
 - (a) Transition Group small groups
 - (b) Lunch
 - (c) Complete committee reports (WSC PI Committee, WSC H&I Committee, and WSC Policy Committee)
 - (d) Begin old business
 - (e) Supper
 - (f) Conclude old business
 - (g) Adjourn for day
 - (h) Zonal forum meeting
4. Archival material reading for Wednesday: Theme: "A Message of Hope." Author: Bill Wexler; Date unknown
5. Announce goal for the day: "Courage to reach a decision"

Reading for Wednesday, 30 April

FOR THE NEWCOMER:

Welcome to our seemingly small group. At this moment you are probably thinking what a waste of time this really is. You no doubt are uncomfortable and just being here might be unbearable for you, but here is one consoling thought.

All of us among you have experienced the same feelings and emotions, perhaps worse. Some of us are still trying to grab the monkey by the tail. Some of us might make it and then again some may not. The really essential meaning of this little greeting to you is to get one thought across to you. There are those among us who have made it. They are not super-humans nor does it require superhuman effort. They are people who had the courage to reach a decision and stay with their own convictions. This in itself is no small order but by the same token you may be magnifying the situation through fear and many other emotions. Try very hard to have a little confidence in yourself. It could take you a long way.

The point to really remember is there are those present in this group who have made 100% and will continue to make it through the aid of this program and by attending these meetings. You might also take this thought home with you. You are capable of doing the exact same thing.

Day Five, Wednesday, 29 April

1. Open with moment of silence followed by Serenity Prayer, reading of Twelve Traditions, Twelve Concepts by participants.
2. Any necessary announcements
3. Michael to review agenda for the day:
 - (a) Elections
 - (b) Conclude old business
 - (c) Lunch
 - (d) WSC Budget
 - (e) Adjourn for day
 - (f) Board and committee meetings
4. Archival material reading for Thursday: Theme: "It is possible for us to overcome the obstacles to recovery." Author: Jimmy K; Date 02/02/63.
5. Announce goal for the day: "Self honesty and Self acceptance"

Reading for Thursday, 1 May

Our main purpose is to help the addict recover, who wants to stop using. One of the greatest obstacles to recovery is the attitude of both the addict and society that "once an addict always an addict." It is a false belief and part of the delusion that can and does take us back to active addiction after varying periods of being physically clean. The statement however is true in its proper usage, once the sensitivity or allergy to drugs is established, we can never safely use drugs without once again setting up the phenomenon of craving which along with our mental attitudes and obsessions makes it impossible for us to stop by ourselves alone.

It has been our experience, that this is true, not only with those drugs generally referred to as addictive or habit-forming, but also with many classified as safe or non-habit forming. Although there may be many differences in the actions and attitudes under the influences different drug forms, there are some things that seem to be found in the greatest percentage most of the time.

These similarities are indicative to us of an addictive personality. Whether this personality is addictive because of the will-full abuse of drugs or the abuse of drugs springs from an addictive personality is not our province to determine fully. We act on what we see and know for ourselves.

- 1. It appears that we are people who find ourselves insecure or inadequate in dealing with the harsh realities of everyday living, and seeking ease in some way and have found drugs and believe them to be the solution to our problem.**
- 2. Through our inability to face personal responsibilities through fear, and our evasion of personal decisions through inner conflict, we not only create but increase our problems, until they overwhelm us and no solution seems possible. To revert to drugs again or some substitute is a short step.**
- 3. The progression of addiction makes it increasingly more difficult to relate to those unlike ourselves and demands a compensating factor which separates us even more from that world of reality that we feel condemns us. We can in our illusion hide from ourselves the self-destructive process we are pursuing. We can sell ourselves on the idea that we are the clever, the smart, the intelligent, and those who live the most while the poor clods, the squares, have somehow missed the boat. In us self-deceit, and self-conceit go hand in hand and can eventually destroy us.**

Day Six, Friday, 2 May

1. Open with moment of silence followed by Serenity Prayer, reading of Twelve Traditions, Twelve Concepts by participants.
2. Any necessary announcements
3. Michael to review agenda for the day:
 - (a) New business (9:00 to 1:00)
 - (b) Lunch (1:00 to 2:30)
 - (c) Conclude new business
 - (d) Adjourn for day
 - (e) NA Recovery Meeting
 - (f) WSC Regional Merchandise Store
4. Archival material reading for Friday: Theme: "Making a Decision." Author: Jimmy K; Date: unknown.
5. Announce goal for the day: "I can't, we can."

As addicts we seem to know that the extent of our powerlessness over our addiction leaves no part of our lives untouched. Not only are we faced with the inability to make a decision in our use of drugs but even ordinary commitments are by-passed and usual activities are set aside. We cannot keep promises we make to ourselves so how can we keep those we make to others. Here is where the making of excuses, for our failure to live up to our own promises, has laid out a pattern of action that skirts around decision making of almost every kind. Such indecision in the disorder of addiction causes many problems, we act defensively and place the blame on someone or something other than our addiction, thus excusing our inability to act with decision. It is seldom apparent to us that we are acting in ignorance of our own responsibility. The tired old myth that addicts never stop, except in very rare cases, often reinforces the apathy we feel and act out in our daily routine.

The making of a decision is essentially the same whether we have just realized we are addicted or whether we have gone progressively down the road to complete alienation and isolation. Decisions addicts make are based on many different sets of happenings. The most important one, is that made when we "Hit bottom". "Bottom" for one person may be a single humiliating experience brought on by addiction, yet in another it may only come about by many years of escapades, jails, penitentiaries, hospitals, lock-wards and innumerable other events. It seems that the physical and mental suffering we go through plays only a small part in the final decision to stop using. The loss of spiritual, not necessarily religious values in our lives, seems to remove all support and basis for going on. We can no longer put up a front. We can see through ourselves and realize we have lost the most important things, without which life is not worth living. Self-respect is

2.

gone, there is no trust left, caring has been removed, unselfishness is only a word and love is a distortion of a beautiful quality that is inherent in mankind.

How is it possible to make an important decision when it is almost impossible to make even small decisions on minor matters. We can accomplish this because it is the only thing left to do in our condition. We have tried all the ways to control, all the ways to manipulate both ourselves and others; we have burnt out everything and everybody and down deep we know that we must stop or die. Most of us, at one time or another, have sworn great oaths that 'come tomorrow' we'll never, never, never use again; only to find that after some days or some hours we're on drugs again. Now is when the knowledge that we cannot do it alone moves us to seek help. We always seem to have a little hope left, that by some miracle outside ourselves, we will find some way to be free of our addiction. This is when contact with Narcotics Anonymous and some of its members can give us faith and support and the knowing that, if they can do it then so can we. Even though we doubt that the obsession will leave us, we feel that drugs are no longer acceptable, addiction is no longer acceptable as a way to cope with living and we are no longer acceptable to ourselves as we have been.

Members of Narcotics Anonymous are facts that walk and talk. Facts who show not only freedom from drugs in their daily lives but freedom from all kinds of limiting conditions, people who are spiritually, mentally and physically recovering and recovered.

From powerlessness and lack of decision we grow to become self-reliant persons who have found "A POWER" through the practice of the Twelve Steps and the principles of Narcotics Anonymous.

Day Seven, Saturday, 3 May

1. Open with moment of silence followed by Serenity Prayer, reading of Twelve Traditions, Twelve Concepts by participants.
2. Any necessary announcements
3. Michael to review agenda for the day:
 - (a) Committee of the whole discussion on fund flow
 - (b) Transition Group Wrap up
 - (c) Lunch (1:00 to 2:30)
 - (d) WSC Development Forum Wrap-up (2:30-4:00)
 - (e) Awards ceremony (Mike Hog)
 - (f) Adjourn the 1997 WSC annual meeting
 - (g) NA Recovery meeting
4. Archival material reading for Saturday: Theme: "To become acceptable, responsible, and productive members of our community and society." Author: Jimmy K; Date: 15 December 1966.
5. Announce goal for the day: "To find a workable solution for our problem."

Trinity Lutheran Church

Rev. W. Welchert and Church Council.

Gentlemen:

Mr. Richard Herbst one of our members of long standing has informed me that you are considering a request, by him, to start a ~~new~~ group of Narcotics Anonymous. Even though the old addict image has undergone drastic realistic changes in the past ten years, I do not doubt that you may have some qualms and second thoughts about giving sanction to such a group. How often our principles want to take wing when reality looks us in the eye. Thirteen years ago when we started the Fellowship of N.A. in the San Fernando Valley, the fears associated with addicts; even long recovered addicts, seemed quite real. The years and our groups have proved all to be groundless.

In 1957 Rev. H. Schneider of the Unitarian Church of Studio City placed his faith in his principles and opened his door to us. Since that time we have been meeting openly and freely without incidents of any kind. We meet in the Bethany Lutheran in Berkeley and the Lutheran Churches in West Los Angeles and Glendale, also those of other denominations in greater L.A.

Richard has started and chaired groups in other areas with success and with no problems or difficulties, we trust him implicitly and will give him support in any way we can. There is a great need in your area for our society and this group. At

present some of our newer members are driving from the beach cities to Hollywood and Glendale three times a week, altho' this may show that they are honest and sincere in their recovery it is an unnecessary hardship on some. Many of these have families and have not lost standing in their communities, they are medical addicts who need as much help as anyone else.

Our society has borrowed greatly and gratefully from the discipline of Religion also from Medicine and Psychology to find a workable solution for our problem. Our synthesis of these three with empathetic therapy has changed the fate of the addict and has enabled us to grow in numbers and in strength. Because of the trust of leaders like you, we are able to help ourselves and others to become acceptable, responsible and productive members of our community and our society.

No matter what your decision may be in this matter, we thank you for your consideration and your help.

Most Sincerely Yours

James P. Kinnon

Trustee: Narcotics Anonymous.