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Narcotics Anonymous Purist Newsletter



April 2010

Notes from the editor

Thanks to all of you, here we are with another issue of the Purist Newsletter. We are Still going strong after a year and a half. This month we had a lot of fun with the topic. We took the topic right from a recent interview with NA's PR manager Jane N. (who makes about \$67,000 per year) Where she was asked "What is the reason for a abstinence based approach in Narcotics Anonymous?" and Jane N said "Honestly....I don't know". Well, we here on the front line know and we do all our service for free!!! We hope you all enjoy.

This month I found out that there is a new book on the market called "Every addict's friend" about Jimmy K written by his daughter Cat, who also happens to be a supporter of the Purist Newsletter. I am waiting for my copy in the mail now and I can't wait to read it.

This coming month is also the World Conference where all the RD's and world board members get together and vote the world's conscience....yeah right!!! There is a lot of deceit going on with that bunch, as we all know!!!

My home group stands by it's decision not to fund NAWS or buy any literatue from them until they change their evil ways.

Jeff



The topic of the May issue of the Purist Newsletter will be a open forum plus I will be looking for some articles on the Forth step.

THE PURIST NEWSLETTER WHERE EVERY VOICE COUNTS

WHAT IS THE REASON FOR A ABSTIENCE BASED APPROACH IN NA?

ABSTINENCE VS NAWS

Allowing NAWS to change our program from one of complete abstinence to something else, would take away from the unity of our program. We have anonymity in Narcotics Anonymous in order to keep us all equal and to remain unified as a whole. If we start to allow members to consider themselves clean, who are still using government issued narcotics, we are compromising this equality. The playing field is no longer even if we are not all coming from the same place of complete abstinence. We are now confusing our simple message! We are now allowing loopholes! We are now opening the door for dissension to begin tearing us apart. Where does it end? Where do we draw the line? Who gets to decide? Do we ask for prescriptions at the door? Really, this all seems ridiculous. We need a level playing field...we need complete abstinence in order to maintain unity...we need complete abstinence in order to recover!

Using drugs was only a symptom of my disease of addiction. If using is a symptom, then, that implies that there must be other problems that the drugs are masking. In order for us to uncover these underlying symptoms, we first must remove what is masking them. If we continue to use drugs, we continue to mask our feelings, our beliefs, and our connection with our individual Higher Powers. I wasn't able to realize that I was dishonest, self centered, manipulative, fearful, hurt, or angry until the numbness of the drugs wore away. Methadone and suboxone are narcotic drugs. So, if I am drugging myself in an attempt to overcome my addiction problem, all I am continuing to do is cover up the problem and never really seeking the solution. It seems kind of like putting a band-aid on a wound that requires stitches. We must change in order to recover...continuing to use drugs, any drugs, is not changing!!

Kathryn S. Titusville, FL

If we pick up that first one, then we release our addiction all over again. We are people with the disease of addiction who must abstain from ALL drugs in order to recover

ONE IS TOO MANY

The simplest answer there is, "...IF YOU'RE LIKE US, YOU KNOW THAT ONE IS TOO MANY AND A THOUSAND IS NEVER ENOUGH!"

As for her answer of "Honestly...I don't know" WTF is so clinical about that?

Paa-leassssee, and that other bullshit about a "huge number of well informed, rational professionals KNOW that our approach....hasn't worked for 100% of addicts" says fuckin who??? I've debated quite a few so called Professors in this field on this very same subject (a couple of them here) and afterwards sent there asses back to study some more because their so called theories couldn't hold water to the facts that addicts such as ourselves here in Narcotics Anonymous has found. Whenever their asses meet failure in their own efforts to help addicts, who do they send them too, US thats who!!! We are professionals in our own fuckin rights. This program works a 110 percent for any addict that WORKS IT!

COMPLETE SURRENDER

Complete surrender is the key to recovery, and total abstinence is the only thing that has ever worked for us. In our experience, no addict who has completely surrendered to this Program has ever failed to find recovery."

I find that if I completely surrender on a daily basis, and don't use just for today, I stay clean. How simple is that? Not easy, but simple. I have learned and continue to learn that I cannot do my recovery for any more than today. I am grateful to have a daily reprieve.

Sounds like someone (Jane N) done forgot WTF they came here for!!! Well there you have it, "Money property & prestige can divert you from your primary purpose!"

WHY I STAY ABSTINENT

We are not concerned in what or how much you used , only in what you want to do about and how we can help.

I stay abstinent from all drugs because I cant control my use of any drugs. I found in NA others like me. They had found in NA a new way to live and they shared that with me. I took those suggestions because I had nothing left to lose.

Just for today, I will be unafraid. My thoughts will be on my new associations, people who are NOT (my caps) using and have found a new way to live. So long as I follow that way I have NOTHING TO FEAR. (my caps again)

LIVING THE NA PROGRAM

I could not stop using drugs and that is why I came to NA. Narcotics Anonymous offered me a solution to that problem, a way out. Freedom comes from being clean not from a successful drug management program. Drug replacement/management can keep us from robbing drug stores and doing other crimes. Once in a while we may become socially acceptable but not free. Freedom is our promise and the only way to achieve it is through complete abstinence, and by living the program of NA.

For me, and many others in recovery, staying abstinent from all mood and mind altering substances has to come first.

Freedom comes from being clean not from a successful drug management program !!!

ON THE IMPORTANCE OF ABSTINENCE

Overcoming Rationalization, Justification and Substitution plays a HUGE role in my ongoing Recovery. Self-deception keeps me sick. The Obsession and resulting Compulsion to use things outside myself, to feel better temporarily, perpetuates my disease. For me, and many others in recovery, staying abstinent from all mood and mind altering substances has to come first.

How can I discover the nature of my feelings if I'm using substances to cover them up? My feelings, and the beliefs they're based in, are what drive all of my behaviors. If I don't peel away the underpinnings of my beliefs, any modifications of my behaviors are temporary at best. Half the truth is still half a lie.

In the 2nd Tradition portion of "It Works; How and Why" it says, "Integrity is the consistent application of spiritual principles, no matter what the circumstances." A less than honest program is a program of self-deception. A self-deceptive program affords me little opportunity for success. It is better for me to be forthright from the start. Total abstinence is that forthright beginning. From there my recovery stands a chance.

I've heard it said that the pain of knowing and remembering is less than the pain of knowing and not remembering. Knowing and not remembering is the abscess in my consciousness that drives me to behaviors I don't understand. Knowing and remembering allows that abscess to drain, and the infection to heal. Pain is our body's, or our consciousness' way of saying that something is wrong. Anesthetizing an abscess reduces that pain temporarily, but allows the underlying infection to grow. It allows the disease to spread. It is only by arresting that disease that recovery is then possible. Staying clean has to come first

WE CAN'T TAKE JUST ONE

How many times did I tell myself that I would stop at one? How many times did I substitute one drug for another only to either return to my favorite or use the substitute as if it was my favorite.

Since our well paid friend down in the basement at NAWS doesn't know perhaps she hasn't experienced the ball busting humiliation and shame attached to having that first one take her ass right back to the original scene of the crime. Where the gorilla thrashes her silly ass around and around putting a familiar beat down that seemingly has no end. While all along her shame is attached to the question why can't we "just take one" why can't we substitute? And the brutal reality that we can't cause we can't. Pretty simple, the answer is we know because we know, you don't if you haven't been there it's not in theory bro, it's in the living it. The fact that money drives the core of that body of "service " and that we need a P.R. person to "promote unity" as a means of financial gain, well why would she want to close the door to any organization, facility, clinic or whatever that will attach itself to the ever growing and World Wide fellowship through more contributions and "sales ". She doesn't have a clue what's at the real deal core of what our fellowship's founder(s), the scribes of our fellowship approved literature, the heart of our program is really all about.

Maybe she could get a sponsor and work a "first" step, isn't the answer in there somewhere???

In 2010 we are going to try something new. We are going to convert pages 4 and 5 to "The Step of the month club". We feel that although traditions are great to talk about and discuss we need to also talk about steps for our personal recovery!

The Step of the Month club

THIS IS STEP 3 IN THE STEP OF THE MONTH CLUB. THE PERSON I HAD ASKED ORIGINALLY COULD NOT GET TO IT THIS MONTH DUE TO HER VERY HECTIC LIFE AT THE MOMENT, SO I FOUND A LITTLE SOMETHING I HAD IN MY COMPUTER AND HERE IT IS!!! HOPE YOU ALL ENJOY!!!!

"WE MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM."

With the open-mindedness to believe in a power greater than ourselves, we open a door to a resource in our recovery which is un-paralleled by any force we have ever known.

Step One proves to us that we cannot do this alone and the unmanageability of our lives. Step Two shows us evidence of miracles that happen at meetings, that we too can have a God, and that belief in that God can help us with our powerlessness, uselessness, and hopelessness. Step Three begins our action of faith and trust by relying on God as we understand him and not only being able to stay clean another day, but to begin to know serenity and contentment for the first time.

Narcotics Anonymous is not a religious but a spiritual program and without that difference, our program would not work. This program is universal in that it has room within it for any and every manifestation of the recovering addict...so to declare a set religion as our own would alienate almost every addict and we would all perish. All that is necessary is that we are willing to

try...that we take action and sincerely give our will and our lives over to the care of God. If Step two was completed thoroughly there should be no problem with your belief...so use it...use the power that has saved thousands of addicts' lives...God.

From time to time, we find ourselves in situations in which we have taken back our will and made actions against what our gut has told us. We need to remember that it is never too late to take this step and that our day can always start over with a simple prayer...

"God, take my will and my life. Guide me in my recovery. Show me how to live."

This step showers blessings upon how you live your life. The results are the loss of paralyzing fear, hopelessness, anger, guilt, self-pity and depression.

We no longer have to do this all by ourselves.....we no longer have to "Figure it out", or "Fix It". We can win by surrendering to a power greater than anything we have ever known....we can win today without the use of drugs!

