



# Narcotics Anonymous Purist Newsletter

July 2011

## **"What other people think of me is none of my business."**

Hello again Brothers and Sisters  
in recovery.

Last month We received more  
feedback then we have since we  
started the newsletter about 3  
years ago.

Two of the individuals that left  
feedback made me step back  
and think, should the newsletter  
change its name? We have in the  
past thought about it but this time  
it made me think about it a little  
more.

The newsletter is going through  
some very positive changes as of  
late and maybe the name does  
not fit any more.

Let me know what you think...

Jeff

How much of my time have I spent worrying about what other people think of me? Too much is the short answer. Before recovery in NA, I had no boundaries, no sense of self, and how I felt about myself and my life was largely determined by whether or not you approved. With no internal awareness, other people's likes and dislikes, moods and opinions were the compass I used to direct my emotional life. It was exhausting.

"Put down the magnifying glass and pick up the mirror." One of the most precious gifts I have been given in NA is the freedom and encouragement to discover and validate my feelings. And this process began when I was taught to take the focus off of others and to look within for my own truth. At first this was an unfamiliar and uncomfortable process, but it was the only path to the security, confidence and peace I have always craved.

Today I know that my feelings are valid, and I've come to trust and rely on them. I know that other people have their own thoughts and opinions and know they are valid for them as well. But today there is a boundary between the two, and my sense of self is no longer linked to other people's approval. Today I enjoy the freedom and empowerment that comes from having and respecting myself.



## **The law of reciprocity**

Whatever you give away today, or think or say or do, will multiply about tenfold, and then return to you. It may not come immediately nor from the obvious source, but the law applies unfailingly through some invisible force.

Whatever you feel about another, be it love or hate or passion, will surely bounce right back at you in some clear or secret fashion. If you speak about someone a word of praise or two, soon tens of other people will speak kind words to you.

Our thoughts are products of the soul, not secrets of the brain, kind ones bring us happiness, petty ones untold pain. Giving works as surely as reflections in a mirror, if hate you send, hate you'll get back, but loving brings love nearer.

Remember as you start this day and duty crowds your mind, that kindness comes so quickly back to those who first are kind. Let that thought and this one direct you through each day... The only things we ever keep, are the things we give away.

Remember, the law of reciprocity has a divine boomerang effect and reminds you to reflect in your life of how you have acted to others and then honestly analyze how you have been treated. When you see the results, you will then know how to act.

Unity begins with U-N-I; when one of us is missing both of us will die, so don't let the life NA gave you keep you from Service to NA.     Anonymous

## **EGO**

The difficulty in admitting powerlessness over any situation or life circumstance is a burning desire on the part of ego (or lower self) to be in control. Our addiction has us almost unconsciously ruled by a mind-set of extreme separateness and attack, a condition of mental isolation in which we look upon the world through condemning eyes, paranoia, judgement, and anger. This condition throws us into a state of war with the world and at war with ourselves. It cripples spiritual growth with guilt and fear of the world around us. I want to be the one responsible for change and my ego masks the "I" by allowing me to give the credit to God after I've made all the decisions.     Anonymous

## **Selfishness Kills**

One of the most beautiful things about this program is that we are not alone in this process. There are people all over the world that are going through what we are at any given moment. This article is my lesson in the character defect of selfishness.

I received a phone call from this recovering addict in British Colombia, Canada the other day and we spent an hour talking about everything I used to stand for and against. As we talked I began to realize how selfish I was in my views and how selfless my views have become since the USFA event in Wichita. Many of the things I said to this gentleman amazed me, because just 6 months earlier I did not believe them.

Selfishness is a character defect that is defined as "Concerned excessively or exclusively on one's own advantage, pleasure, or well-being without regard for others" for the last few years this quote just about summed me up. I believed that the cause was more important than the people I hurt along the way. "Hell they just not ready for the program yet" was how I thought. Today I don't think that way. Today I realize how selfish that is and that everyone's process is different.

This Gentleman called me for some help and little did he know that he helped me more then he will ever know. I have seen what selfishness can do when people don't practice the spiritual solutions found in our steps and traditions and Just for Today I don't have to follow their path. I can see with an open mind that the Narcotics Anonymous program will never fail me as long as I stay in the solutions.     JeffR

spent a lot of years searching for where I was supposed to be.

I became lost a long time ago, but never looked inside to find the real me.

Changing masks daily, trying to fit in.

I am finding out that, not loving me was my greatest sin.

It also became my greatest excuse.

I was the catalyst for my continued abuse.

I am the shatterer of my dreams and had become my greatest enemy.

Covered in my own shame, I tried to run from me.

I did not know who I had become or where I should go.

The disease was ruining my life, battering me, with blow after blow.

Down to my knees, at last I fell.

Engaged in fight for my life, I swore I was at the gates of hell.

I cried out, someone, PLEASE HELP ME!

I cried and I prayed, because in my heart I wanted to know how it felt to be simply free.

Free from the chaos I was a willing, yet, enslaved participant to.

I arrived at a moment when the mustard seed that was planted long ago, suddenly grew.

I started to believe and trust in things I could not see.

I came to understand that I could be, simply free.

I was guided to a place where there was some work I had to do.

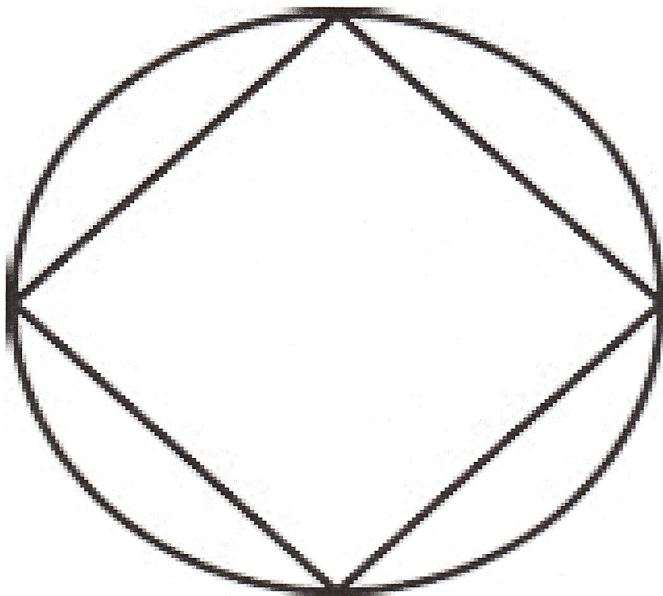
There were many examples of the power and I saw the examples through you.

Each and every day I am learning how to forgive myself and seek forgiveness, for the harm I have done.

Today, I no longer have to run.

I am so grateful that I was led to a place and a program that gives me lasting glimpses of how wonderful life can be.

Today, I am, Simply Free



## Courage

Courage is not the absence of fear rather the presence of fear and the willingness and moving through it in action. Here are some examples of courage in recovery:

1. Bravely facing challenges, fears, obstacles, setbacks, etc. (life on life's terms)
2. Working your steps (formally and informally)
3. Admitting when you're wrong and making amends.
4. Trying a suggestion that your sponsor or another member gives you.
5. Surrendering to your addiction (however that may be manifesting in your life today) and admitting that your life is unmanageable.
6. Turning your self-destructive will over to a loving and caring higher power (taking a leap into the unknown)--hope, faith and trust.
7. Chairing a meeting, offering to be of service at your home group.
8. Helping someone or reaching out to someone you have resentment towards.
9. And most importantly staying clean just for today.



## 5th Tradition

When we allow ourselves to be used as conduits of the love that originally attracted us to recovery, we are on safe ground. When we forget our role as caregivers and instruments of a loving God, we are drawn out of our area of experience. We keep in mind the supreme, all powerful, all loving creator of the universe who is the one that is really protecting all of us. Going with God, we cannot lose. We are reminded where we come from and how much we wanted recovery in the beginning. We can forget the pain of withdrawal the same way women forget the pain of child birth. To stay clean, we help others who both remind us of our own pain and help us hear the solutions we have to offer.

In the active addiction, there was much pain and misery in our lives and the lives of most everyone we came in contact with. Many of us found it was the selfish, self-centered fear driving us into an isolated death of mind, body, and soul. It became evident that fear, manifested in our thoughts and feelings, created many of our problems. It was our lack of faith, not the drugs; using was only a symptom of our dilemma. We should always be vigilant that our decisions as individuals and groups are the expression of our faith. The atmosphere of the group, and the message we carry, ought to always reflect the commitment we have to the principles embodied in our Twelve Steps and Twelve Tradition.

For our groups to be an effective vehicle for carrying the message of recovery, it is thought necessary to develop an atmosphere of recovery in each meeting. All of our Steps and Traditions are comprised of spiritual principles just as NA is a spiritual program. We have found that we can exchange the phrase "atmosphere of recovery" with "atmosphere of spirituality" and agree that this is the message our groups should emanate. Complexity is not the key to doing better. We have seen many people new to recovery run around and try to fix all the things that have gone wrong with their lives. Simplicity and surrender offer us a better platform on which to rebuild our lives. This is particularly applies to helping others get the help they need at our meetings. We care, we share, and we know it works for us. We are the living proof that the program works. We pass on what has worked for us out of our own experience. We carry the message by living in the solution to the best of our ability. We welcome the addict to our group and we try to live, through our caring and sharing, the message of hope so the newcomers can say, "I am being accepted until I can accept myself. I am being loved until I can love myself." The message that we carrying says, "We love you. You are not alone. We will help you. You too can recover."

### Comments from one of our readers

Hey Jeff!

Thank god you got to go USFA! I am thankful for your change of perception. There was a point in time where I had considered telling you to remove me from your distribution list because the majority of the things you included in the newsletter, I felt, were not the thoughts of everyone. I found the thoughts and opinions of some of the writers to be full of judgment and one sided. There were times where I felt that if this is the fellowship that I belong to, or if this is what it's coming to, I want no part of it.

just wanted to say thank you for sharing what you did in your newsletter. It meant a lot.

Barbara



Does the United States Fellowship Assembly have the right to meet in Tulsa? Do we have the authority to create a United States Service Conference?

The answer to both of these questions is a resounding  
**YES, OF COURSE WE DO!**

The formation of a United States Service Conference is not a new idea. This is something has been talked about for many years in Narcotics Anonymous.

From the very start, when the World Service Conference (WSC) was created and began to meet once a year, the United States Regions used it as a national forum. Over the years as our Fellowship grew and expanded into other countries, the WSC extended it's scope and became a true world service body. Various methods were implemented by world services to prevent the US Regions from dominating the conference. This included not allowing the seating of any new US Regions, which continues to this day.

The creation of a new United States service entity was a part of the Resolution Group proposals back in 1996-1998 when the last round of sweeping changes transformed our service structure. These resolutions which were subsequently implemented by the Transition Group included: the dismantling of the Standing Committees of the World Service Conference (Public Information, Literature, Outreach, H&I, Finance etc.); the dissolving of the Board of Trustees along with the World Convention Corporation and the WSO Board of Directors; the combining of the WSC, the WCC and WSO budgets into one unified budget under the control of the new World Board; the creation of the human resources panel and the world pool; all of these changes that the Resolution Group recommended were implemented, however, there was no United States service body formed. Virtually all other geographical regions around the world created their own continental or national service bodies. This left a gap in service delivery between our members, groups, areas and regions and world services. The US Fellowship no longer had a place to address national issues.

In Europe, in 1984, Ireland and England joined together to form the European Conference of NA, which later became the European Delegates Meeting (EDM). There are over 30 Regions that make up the EDM today. In 1989 the Canadian Regions joined together to form the Canadian Assembly of NA, or CANA. There is the Asia Pacific Forum of NA which formed in the early nineties, as well as the Latin American Forum of NA, but there is still no national forum for the US Fellowship. Some of the zonal forums within the United States do function but they are disjointed while others are pretty much ineffective as service bodies, especially since the WSC went the two year conference cycle. None of these geographical forums were created by the WSC or world services. They were created by the Regions that make up that particular geographic area.

Finally, more recently, in the 2002 Conference Agenda Report the South Florida Region brought a motion asking NA World Services to facilitate the first meeting of a new Assembly of the United States Regions. Here is an excerpt of the World Board's recommendation from pages 24 and 25 of the 2002 Conference Agenda Report:

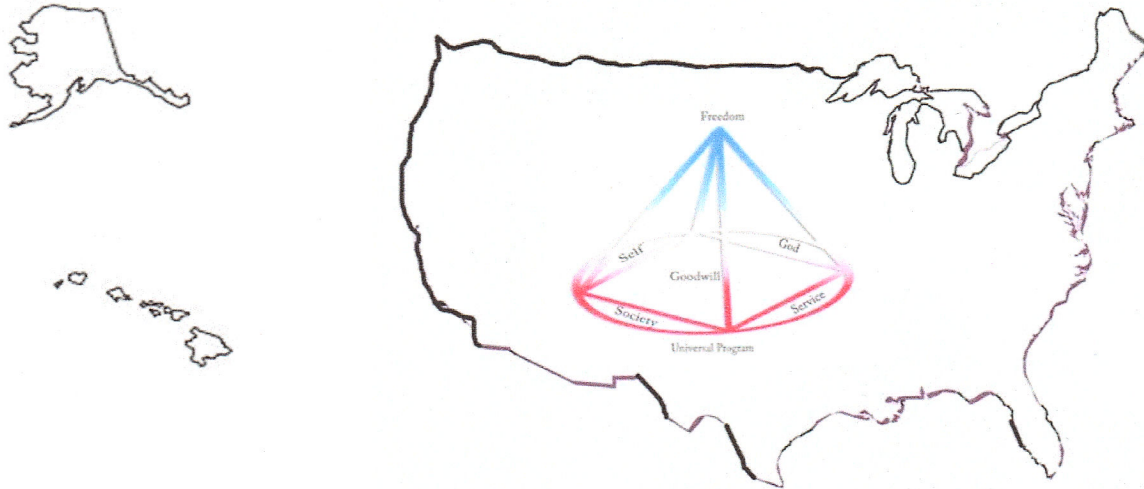
*"Rather than even entering into the discussion of this issue and it's history, our belief is that this should not be a responsibility of world services or a decision of the WSC...*

*...Other forums are zonal assemblies, none of which was created by the WSC. If the US regions wish this to happen, they should make that decision and decide how best to achieve it."*



# *United States Fellowship Assembly II for Narcotics Anonymous*

P.O. BOX 412  
Drumright, OK 74030  
[www.usfellowshipassembly.org](http://www.usfellowshipassembly.org)



**Let every group's conscience be heard  
every member's voice matters**

**October 28, 29 & 30<sup>th</sup>, 2011 ~ Registration = only \$15.00**

**Select Tulsa Hotel**, 5000 East Skully Drive, Tulsa, OK 74135

**\$49/night + tax ~ (918) 622-7000**

---

Please mail registration and check or money order to:

United States Fellowship Assembly II

C/O Registration

P.O. Box 412

Drumright, OK 74030

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Registration: \_\_\_\_\_ x \$15 \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Register online at: <http://www.usfellowshipassembly.org/registerT>