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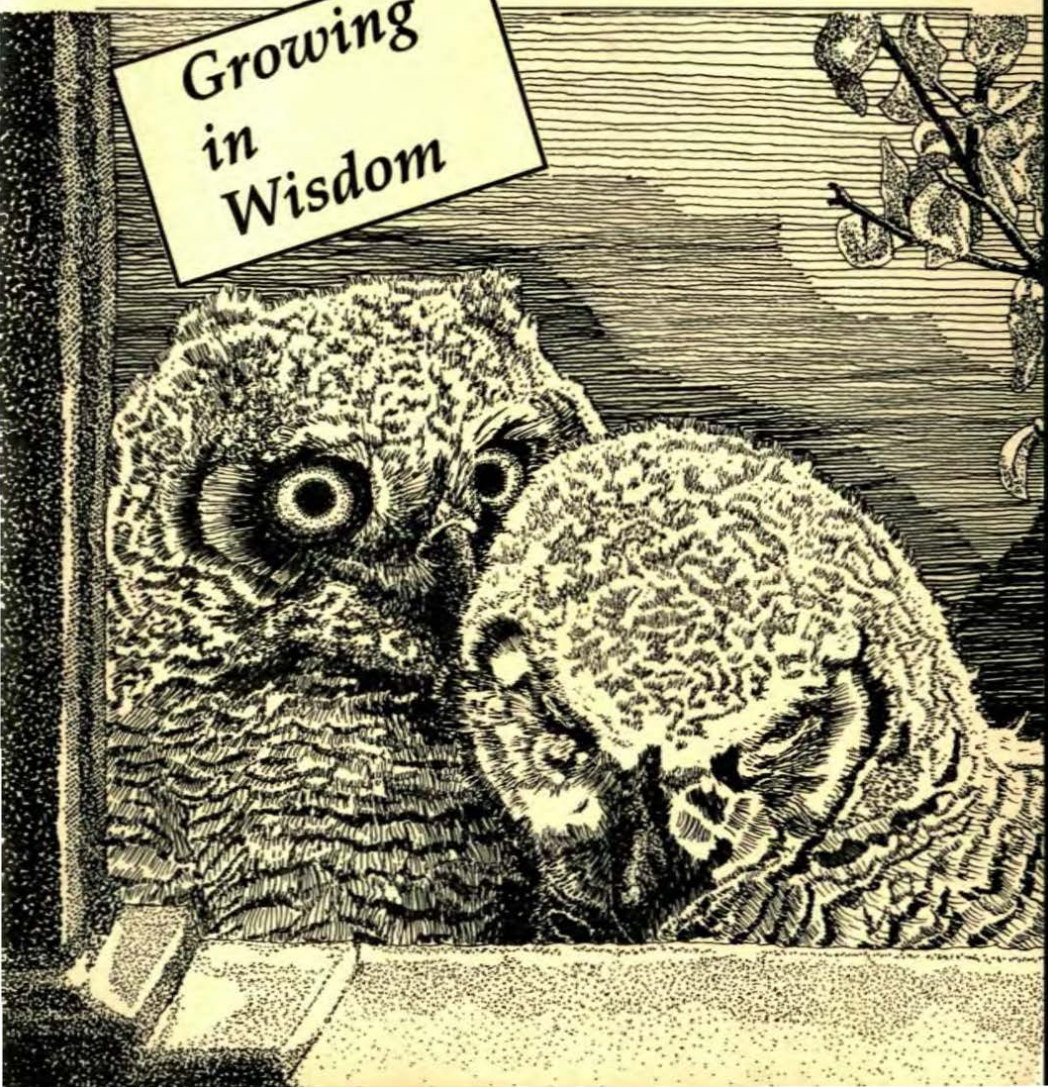
JULY  
1987

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VOLUME 5

NUMBER 7

Growing  
in  
Wisdom





## THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. *We admitted that we were powerless over our addiction, that our lives had become unmanageable.*
2. *We came to believe that a Power greater than ourselves could restore us to sanity.*
3. *We made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *We made a searching and fearless moral inventory of ourselves.*
5. *We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *We were entirely ready to have God remove all these defects of character.*
7. *We humbly asked Him to remove our shortcomings.*
8. *We made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *We made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *We continued to take personal inventory and when we were wrong promptly admitted it.*
11. *We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.*

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THE INTERNATIONAL  
JOURNAL OF THE FELLOWSHIP  
OF NARCOTICS ANONYMOUS

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## From the Editor



With our format changes in the making right now, it is a good time to discuss the process by which the *N.A. Way* is produced each month. There is quite a large team involved, which includes you as both subscriber and writer.

When we receive your articles, a secretary here at the WSO types them into the computer and sends you back a letter of acknowledgement. She logs and files each one so we can keep track of it as it moves through to process toward eventual publication.

The articles are then printed out in their original form and sent to a review panel consisting of seven members chosen at the annual World Service Conference. They go over each item submitted, carefully reviewing both substance and structure, and make notes about suggested editing.

During regular conference calls, the review panel members discuss those notes among themselves, and make recommendations to me for editing. I then make editorial decisions about each article based upon that input.

Once a piece is edited, it is sent back to the two Associate Editors—one Trustee and one Conference appointee—who review the final product. These two people and myself constitute the magazine's Editorial Board, which makes the final editorial decisions regarding each piece.

We take great pains to remain true to the principles of N.A., and to the

writer's voice and intent as well. Individually and as a group we don't feel we must agree with views presented in the articles, but we must be satisfied that the spirit of N.A.'s Steps and Traditions are not compromised.

Once we have articles in their final form, they are given to our artist. He reads them through and comes up with an idea for an illustration for each one. He designs the basic layout of each issue, does all the drawing, cutting and pasting, and puts together the final "camera ready" work. Then it's off to the printer.

When it comes back it is ready to be placed in envelopes and sent to you. At this point we have over 5,000 subscriptions, so there is a flurry of activity for a day or two in our shipping department, stuffing envelopes and bundling for bulk mail.

Subscription lists are maintained by a staff member who is responsible for sending out renewal notices and keeping our records accurate and up-to-date.

We need you on both ends of this chain of events. As you can see, there is quite a time span between the day we receive your article and the day you get it back in print. We need a lot of material in the hopper to maintain this schedule. So again, send us articles regularly. They are your magazine's lifeblood.

*R.H., Editor*

## Experience, Strength & Hope



*This section of the magazine is an international monthly Narcotics Anonymous meeting in print. All members of N.A. are invited to participate. Share your "experience, strength and hope" on any topic related to your recovery from addiction through the N.A. program. Please include a signed copyright release form (inside the back cover), and send it to:*

**The N.A. Way; World Service Office, Inc.  
P.O. Box 9999 Van Nuys, CA 91409**

### What is Narcotics Anonymous?

N.A. is a worldwide Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other to stay clean. It doesn't matter which drugs you used, or what you have done in the past. We are concerned only with how we can help addicts recover.

It costs nothing to be a member of N.A.—there are no dues or fees. The only requirement for membership is a desire to stop using. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that *they work*.

For more information about the N.A. groups nearest you, write us at the address above.



## Deranged and Hopeless



I had tragedy occur in my life when I was nineteen years old. I took a large amount of downers and mixed them with booze, went and got a shotgun and scared my parents to death. About all I remember of that night is that I raised hell with my father and then he ran me out of the house. I was later told I had a crazed look in my eye, and that I had pointed a gun at my father.

Before all this had happened I was basically an average teenager. Ex-

cept for drinking on weekends and small-time vandalism, I was usually well behaved. But there I was, blacked out and ready to get even for years of anger and repressed feelings towards my parents.

A few days after this scene, I was still pretty foggy. I received a letter from my father. He had found out I was drugged that night of the gun incident. He wrote "Son, get rid of all your guns because you are deranged and you are going to kill yourself or someone else. Don't come around anymore, because once you start using drugs you never stop. You are

going to die before your time. Good-bye."

To try to describe the feeling this letter gave me would be hard. It must be similar to a feeling a person gets when he is told he has terminal cancer and will die soon. I felt as if the gates of hell had clanged shut and trapped me in. I knew my father was right about everything, especially about something as serious as this, so I waited for the day I would "do it"--kill myself and/or others.

But what happened is that I progressed in my disease, for the next seven years. Through drugs, I tried to quiet that voice in my head that kept saying "You're deranged, kill yourself before you harm others." By the time I was twenty-six years old I was unemployable, fear ridden, full of hate, impotent, a loner and totally convinced I was insane and needed to kill myself.

After a "geographical cure" which lasted only ten days I returned home and borrowed \$200. I spent the \$200 over the next few days and on August 20, 1984 I went to my first meeting. They said, "Don't use tonight, keep an open mind, and it'll get easier." Then I knew I was a goner for sure, because the words on the wall and the smiley people wouldn't be enough to save me from myself.

I needed more. More steps, more assurances that everything would be okay, more attention. But at the same time I knew everything they could possibly do for me would never be enough.

I don't remember much of my first months of clean time, but I found myself going to meetings and staying

clean. I didn't know how it was working, but I knew soon I would twist off and never come back.

When I tried to share in meetings my voice would shake and sometimes I would completely lose my voice and feel like an idiot. After twenty-one months of clean time, I had no sponsor, I couldn't pray, couldn't read,

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*"That voice in my head kept saying 'You're deranged, kill yourself before you harm others.'"*

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couldn't share, couldn't trust, couldn't feel, and the voice in my head was louder than ever: "You are crazy, insane, kill yourself!" The only way I could sleep was to answer "Yes, I will do it" and then I would sleep.

For about two months it could have gone either way. I think I understand the meaning of "grace" now, because if any kind of problem would have popped up in that time period I would not have hesitated in destroying myself.

Then I started to remember part of a sentence that said we could dump the wreckage of the past if we could be entirely honest with another human being. In my twisted mind I turned this sentence around to where it said "Go tell someone every rotten, dirty deed you ever did, and when you freak them out and they run you out of their office, go kill yourself."

So I found the right person and I made an appointment. I knew when I walked into this person's office I would be seated in a cold sterile chair and this person would sit behind a desk and look down upon me as I did

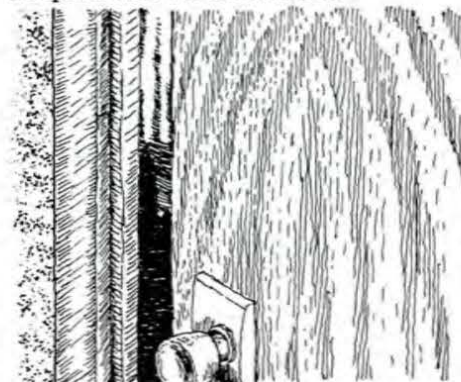


my Fifth Step "confession."

Instead, a small miracle started occurring that I couldn't perceive at the time. The chairs were soft and warm. We sat eye-to-eye within arm's reach of each other, she cried when I cried, hurt when I hurt, and I got completely honest with another person.

I shook, balked, choked and sweat-ed, and this nagging voice was always softly saying "This isn't working, you are insane, you could flip out and hurt this lady." And the time came when I had to tell her I was afraid to be alone with her because I thought I could snap and harm her.

I cried so very hard waiting for her reply, knowing she would say I was too sick for a Twelve Step program, knowing she would say I couldn't come back to see her anymore, knowing I would have to go to a mental hospital and be committed.



But what she said next started changing my attitude about a Higher Power, and how my honesty, even though it made me totally vulnerable, could help me come to believe. She said, "I don't see you that way at all. You can always come back here. I love you."

As I left her office, I continued to

cry, and now I know why. You see, I had no faith in the Steps of the program, I was quite sure I would fail. Words and smiley people could never be enough for my grave problems, but something good was happening. I was facing my demon in my head and I was starting to give him an ass-whipping.

The thought that this Fifth Step would work never crossed my mind. But the darn thing worked and I'm grateful. I'm learning that rigorous honesty and action upon the Steps will bring results never dreamed of.

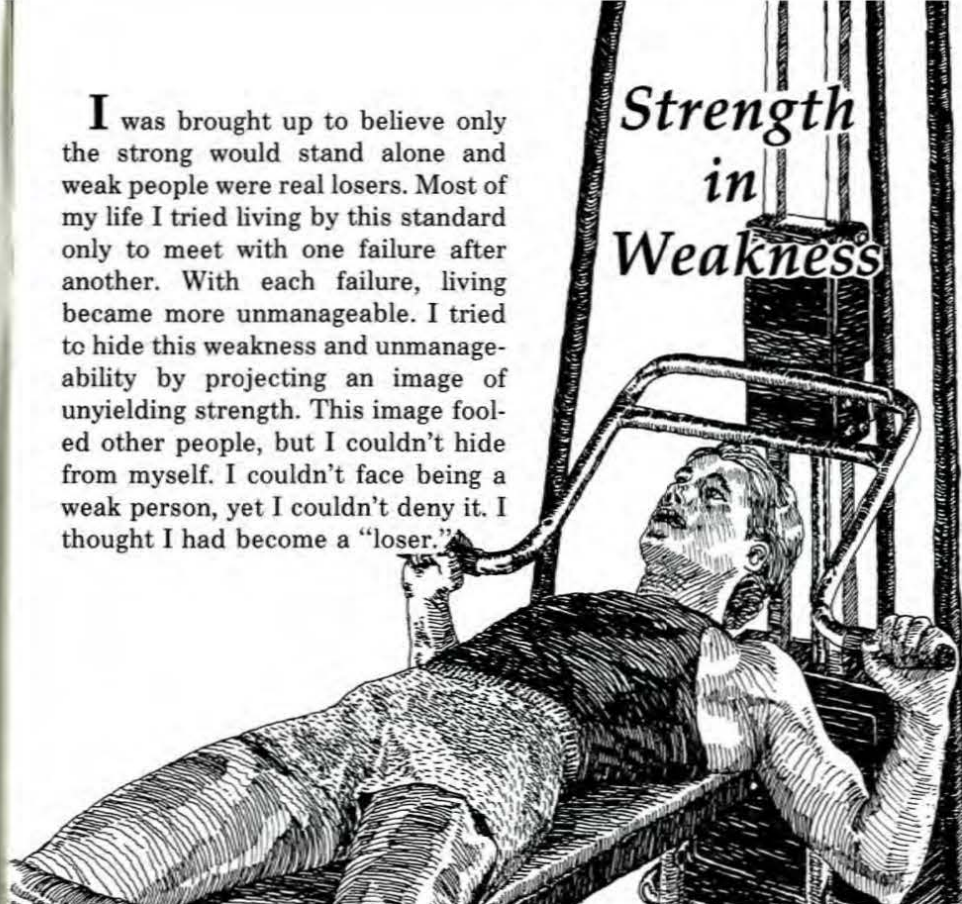
It's been almost a year since I began my walk on this path from bondage of self. The reading, praying, sharing and working with others is becoming less difficult. I am becoming the miracle I already was.

Whenever I get into a bad space, all I have to do is go to a meeting and witness N.A. working, and it helps. Almost every night at 6:30 p.m. I can go and see a heck of a demonstration—clean drug addicts. My father was wrong when he said "You never stop once you start." That comment from him was wrong; it is "that tired old lie." Each day that N.A. exists, is helping change or correct this attitude.

That voice in my head that continuously haunted me is gradually fading. I am not insane, I am not a horrible monster that is unlovable. Just for today I'll be unafraid. Just for today I'll think of others, just for today I'll see miracles in small things, and just for today I'll know that as I give to the world, the world shall give to me.

O.G., Oklahoma

I was brought up to believe only the strong would stand alone and weak people were real losers. Most of my life I tried living by this standard only to meet with one failure after another. With each failure, living became more unmanageable. I tried to hide this weakness and unmanageability by projecting an image of unyielding strength. This image fooled other people, but I couldn't hide from myself. I couldn't face being a weak person, yet I couldn't deny it. I thought I had become a "loser."



Today I no longer believe weak people are losers. Some people spend their entire lives searching for the things I've gained through my weakness. If not for my weakness I wouldn't have admitted defeat or sought help in N.A. I wouldn't have my own concept of a Higher Power, or the faith I have in that Higher Power today. I wouldn't know what love, friendship, and compassion are all about, and trust would be just another word in the English language.

Before coming to N.A., I wouldn't have believed that in my weakness I would find the strength I needed to face and overcome my inability to cope with life. Today I find strength in the people in the Fellowship, the

people who cared enough about me to help me up when I was down and beaten.

Today I find strength of the Higher Power I have come to believe in through the Fellowship in N.A. Today I find strength in knowing my Higher Power will give me only what He and I together can handle.

For me to "stand alone" is to be a "loser." I need the Fellowship of Narcotics Anonymous to hold me up when I can't hold my own. To be "weak" is to have the strength I need to face life, where I need it, when I need it, through my Higher Power. This is how one grateful addict has found strength in weakness.

K.K., Missouri



## Perspectives on Step Seven



**STEP SEVEN:** *We humbly Asked Him to remove our shortcomings.*

### Another Bozo on the Bus

Three words are particularly important in this step: "humbly," "asked," and "shortcomings."

#### HUMBLY

One needs a degree of humility for Step Seven. To stop using we had to acquire enough humility to admit our powerlessness over our addiction.

This was tough. We are a breed who will do anything to avoid an admission that something is stronger than us. We have strong wills.

Pain is our best teacher. For some of us—maybe all—pain is what we understand. Sooner or later, the pain of our ways causes us to be humbled.

#### ASKED

This step requires action: we must ask. To agree that we have screwed up again is not enough. We must ask our Higher Power for help. This is difficult. We like to be independent. Another problem we suffer from is our strong, quick brains. We are good at saying the right lines. We are good

cons. This step does not work if we just say the right things; we must feel them in our hearts.

#### SHORTCOMINGS

Our strong, quick brain and strong will give us trouble in uncovering our shortcomings. We can rationalize our defects until the pain gets to be too much. But some of us are tough, we can withstand anything—these people are found in jails, institutions, and graveyards.

When we get clean, we believe that our only flaws have been fixed. However, after a while we experience trouble relating to a lover or a co-worker. We may have mood swings,

anxiety attacks, or sleepless nights. These events are signals to work the Steps. I suggest a Fourth and Fifth

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*"I dreamed of being a guru who knew the truth and had followers who would climb mountains to seek my advice."*

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Step to find out what really is causing your problems, then work the Sixth and Seventh to rid yourself of your defects. The pain is OK. It will motivate you to take action.

Some of us have found that we had to admit that powerlessness over our



addiction can also affect food, cigarettes, coffee, or work. Inside of us, there seems to be a demon who forces us to overdo everything. We think we are independent of everything and everybody, yet something within us compels us to waste our time and health on inanimate objects (food, cigarettes, etc.). This demanding demon must be faced.

When I came into the program, I admired my ambition and "workaholic" nature. Convinced it would take me right to the top, I did not want your serenity. Serenity looked like total acceptance of total boredom.

I had to see that my major shortcoming was self-centered stubbornness. I was blind to the fact that "my way," "my best thinking" took me to a mental ward and close to death. Not only did I have to have everything done "my way," I insisted that others constantly applaud my efforts and brilliant ideas.

I had self-righteous anger at the intolerance of others. They never would listen to me. In truth, I was extremely intolerant if anyone even implied disagreement. Of course being a diplomat, I would not show my hurt, just go home and be "happy" by pouting and being depressed. I chose to make them suffer by avoiding them; no, they would not get any benefit from my clever comments and life-saving advice.

I worked hard at developing my mind and body; I wanted to be perfect. Others would agree with a perfect person, I thought. I dreamed of being a guru who knew the "truth" and had followers who would climb mountains to seek my advice.

As time went on, I became more and more alone. People were terrible. But I did often get pats on the back, praise, and publicity. Of course, it would never last, or it was never enough.

I was saved from my mental sickness by program people. They said, "You want to be perfect? I work hard too, what makes you so special?" They talked about just coming through the doors for unconditional love.

All of my life, I felt so bad, so fearful, so weak; I thought that I had to make up for my poor character with wondrous deeds. My H.P. worked through the people in these rooms by loving me back to sanity.

In carrying out Step Seven, I had to first feel the pain of my ways, then give up my old illusions of fame while dropping my intolerance. It was a struggle. I do not like to give up. Nevertheless, the miracles around the tables took away my fear, and gave me the willingness to look deeply into myself with honesty and open-mindedness, thereby confronting my demons.

I once sought after happiness by becoming famous; today I have the happiness I always wanted when I try to just be "another bozo on the bus."

J.S., New York



## CHARACTER ASSETS

(a novel approach to the Seventh Step)

I was at a convention several months ago and was questioning everyone I knew about the Sixth and Seventh Steps (I was actually on the First Step at the time, but you know how we are!).

I had my own concept of what these two steps mean and how to apply them in my daily life, but I was searching at the time and was asking for help the best way I knew how. It is amazing how we will hear something in meetings, or talking one-on-one with other members that doesn't apply to our lives today, but will come up weeks or months later at just the right time. Well that is what happened to me with these steps.

My concept of the Sixth Step is that we have these basic character defects such as fear, lust, jealousy, pride, envy, ego, self-centeredness, obsession and compulsion. They are

part of our make up, kind of like a toy that you take back to the store because it is defective and can't be fixed. It has a defect in it's basic make up.

*"As my Fourth Step went up in flames, I said goodbye to the pains I had carried for all those years and I asked God's help to take my shortcomings from me."*

My shortcomings are how I act out on my defects! I may have the defect of fear, and that may cause several shortcomings. Fear of rejection may cause me not to look for a job today, not to ask a girl to dance, or to get angry at someone because I think they might leave me, so I will cover my fear of rejection or fear of loss with anger etc., etc., etc....

I don't believe that my defects necessarily can be removed; I believe my need to act on them through my shortcomings can! My understanding of how to work these two steps is to ask my Higher Power's help in not acting out my shortcomings, instance by instance.

By not acting out these shortcomings like lying, stealing, sleeping around, procrastinating, or spending money I don't have, I am relieved of the need to act in those ways. It's kind of like the way the desire to use has been lifted from me. The defect of addiction is still with me, but the shortcoming (the symptom) of daily use, obsession and compulsion to use drugs has been lifted.

My shortcoming is being removed, but the defect is still there. It tries to



come out in other shortcomings, but that is why I believe a loving God gave us Steps Six and Seven, so that when we lose the obsession to use, we just happen to be on another set of steps designed to dig deeper and gain more freedom.

And now, the rest of the story! I spoke to a friend at the convention and he said; "When you are impatient, don't pray for your impatience to be removed, when you are intolerant, don't pray for your intolerance to be removed, when are fearful, don't pray for your fearfulness to be removed. What you pray for when you are impatient is patience; what you pray for when you are intolerant is tolerance; and what you pray for when you are fearful is faith!"

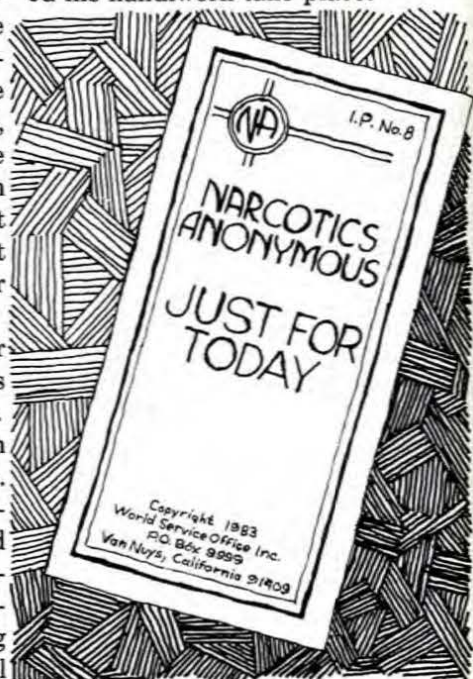
This was a concept that I had never thought about, and of course it was so simple like all spiritual principles.

I went home from the convention and finally hit my emotional bottom. I surrendered and admitted my powerlessness over my addiction and how my life had become unmanageable. My sponsor lives several hundred miles away, and I wasn't using him, so my first step was to get a local sponsor that could call me on my behavior on a daily basis.

This was humbling for me since he had a year-and-a-half less clean time than I do, and I introduced him to the program. The important thing is that he has a real spiritual program, and that is what I needed. He asked me where I was in the Steps and I said Step One. He said Step Four. He gave me some direction on Step Four, and we set up a date for a Fifth Step. (This is a very wise move, it

caused me to stop procrastinating and get my Fourth Step done.)

I went over to his house to do my Fifth Step and he suggested we go to a park where we would be close to our Higher Power. It was right around sundown and there were cranes and other birds flying around the smooth waters of the pond. You could almost touch God as we watched his handiwork take place.



We prayed together and he asked me to use my favorite prayer, which is "Just for Today." My Fifth Step lasted about Five hours, and then he asked me if I was entirely ready to have God remove these defects of character (he was waving my Fourth Step in my face). He asked me, "Not forever, not for this year, but at this moment in time, are you entirely ready to have all this sickness removed?"

At that moment, yes, I was entirely

ready! I had become entirely ready to have God remove my defects of character, for that moment.

We went back to his house and talked about Steps Six and Seven, and then he read them out of our Basic Text. We both recognized that our views on these steps were compatible, and it gave me a better understanding of the need for my Higher Power's aid and guidance.

We went outside and got on our knees on his front lawn and put my Fourth Step in a pile and burned it. As it went up in flames, I said goodbye to the pains I had carried for all those years and I asked God's help to take my shortcomings from me. We closed with "Just for Today."

We went back inside, and he pulled out a daily reminder book and said he wanted to show me something. He talked to me about how he had written out a list of things he was striving toward in his daily life (character assets) and how he had written these things down in his daily journal and was reading them every day.

The list was made up of general headings like: humility, good family man, good husband, good leader, etc. Under each heading he had several things he did on a daily or weekly basis to help him achieve these character assets. I asked him if I could do a list like that for myself, and I told him about my conversation at the convention.

Here was how my Higher Power was working to show me his will and to give me the Power to carry that out. I have written my character assets out for myself, and I try to read them every day.

Instead of praying for my financial dishonesty to be removed, I have written ways to be financially honest in all my affairs.

Instead of praying for my resentments against my son and partner to be removed, I have written about ways to be a better father and partner by telling them that I love them every day, being honest with them, hugging them at least three times a week.

I know that my shortcomings will not be removed over night, and that just reading a piece of paper every morning will not get it either, but it will keep me focused on the answer rather than the problem today, and isn't that what we are striving for in our recovery—to be a part of the solution and not the problem "Just For Today"?

Working Step Seven has been difficult and yet very rewarding. I am constantly faced with the need to surrender my will and do God's will just for that moment. It has brought back my search for my Higher Power, which had been lacking with all my years of experience and service. It is bringing me closer to my partner, my son and the people I sponsor. And last but not least, it is giving me the ability to truly feel other people's pain, which I could never really do before. If I can feel your pain then maybe I can truly feel your joy.

Thank you God for giving me N.A. and thank you N.A. for giving me God. Thank you for another day clean, today I have a chance that I never had before!

In loving service:

*Anonymous, Virginia*



# Changes and the Golden Rule



I have wanted to share in print previously but never could quite find the time. Somehow today when I read my new issue of the N.A. Way I felt compelled to put pen to paper.

Recently I experienced several changes in my life which I considered major changes. This addict is no different from any other—changes are extremely difficult for me!

A relationship had formally ended for me; actually it had been over for months. Subsequently, I met the man who is soon to become my husband and began dating him. In addition to these changes, as if they were not enough, I was on my own for the first time—completely self-supporting.

So all things considered it was a most traumatic time for me. I can honestly say, were it not for my Higher Power—God—and my sponsor, I doubt I could have survived this painful time clean.

The reason I am writing is to share this: at that time my sponsor was the only person who supported me. Both myself, my fiancée and my previous significant other are all in recovery and active members of N.A. N.A. is very small in our city and is a small society within society. This break-up and subsequent hook-up were noticed, and most unfortunately, sides were chosen and characters were assassinated.

Oh, there was much talk of "I am not taking sides," but we as addicts are also human and I have since come to believe it is very human to take sides. Persons I sponsored, those I was involved in service work with and others whom I had considered friends—all members of N.A.—seemed to side against me, no longer supported me, no longer phoned me, and a pigeon even fired me.

I could not believe how devastated and alone I felt. The comfort of God and the love and support given by my sponsor pulled me through when I felt truly deserted, for all intents and purposes, by those whom I had considered my family. It was at this time I came to a new realization.

I wanted to run away because I was hurt and I was afraid. I was afraid to walk into a meeting after years of walking into meetings. I was filled with rage, anger and resentment. The realization came for me when it was pointed out I had a choice—I could either run due to the unpleasantness

of the situation and my fear or I could face the music.

Needless to say I kept coming back, and as with most things, time had a great healing effect, not only for my wounds, but also for my attitudes and the attitudes of others.

*"There are no justifiable resentments. My sponsor told me to concentrate on working on myself."*

There have been residual effects. Many former friends still are distant, but I am concentrating on myself today!

The one thing my sponsor kept telling me was that I was okay! She reminded me feelings aren't right or wrong, they just are. There are no justifiable resentments, and she told me to concentrate on working on myself. These things, coupled with my Steps, meetings and service work, kept me clean through the devastation of feeling as if N.A. members had deserted me.

I have since shared and have had others share with me very similar situations and feelings. I hope this may be of some encouragement to those who have shared in these feelings of isolation from N.A. members. From these negatives have come many positives, from the pain, much growth has resulted.

Most likely I will be married by the time this reaches print, and I am convinced God directly placed this man in my life. We are sharing a beautiful life centered in recovery with the principles given us by N.A., and with our Higher Power—again, shown us

by N.A.

I have a new confidence in myself due to my reliance on my Higher Power, God. I have also come to realize how I treat folks—the old Golden Rule has taken on a new meaning. I realize today more than ever how I would have liked to have been treated, and how I like to be treated, and I try to treat others accordingly. I try very much not to sit in judgment of others. I am sensitive to the feelings and needs of others like I have never been before.

I have seen what personalities over principles can really do to us—the devastating effect it can have on individuals as well as N.A. as a whole.

I realize how the newcomer must be made to feel a part of, and not apart from. The groups within our groups must be made aware that when everyone is talking of the "big clean party or social gathering" that they were a part of, either before, during or after a regular meeting, just how this may feel to those of us who were not included, newcomer or old-timer.

Despite the acts of individual members of N.A., N.A. as a whole is wonderful, kind and loving. My belief in N.A. has not wavered. The principles, Steps, meetings have saved my life more than the individual addicts themselves have.

This I must remember along with what my sponsor always is telling me; "We are all the same. No one of us is any less than others, or any better than the others in N.A.—we are all doing the best we can with what we have on a daily basis—the N.A. way."

R.C., Missouri





## Feelings

**F**or this addict, this dirty eight-letter word has been very difficult to come to terms with. As a child, I was taught that feelings were not to be expressed; that to have feelings was "wrong." I was never shown how to deal with the feelings every child goes through in the process of growing up. I learned to stuff these feelings, whether good or not so good, and never expressed them.

By the time drugs came into my life, I believe I was already an addict. I had the disease before I ever picked up. I saw others growing and developing in ways I could not understand. The drugs just helped me cover my feelings up even more.

My addiction continued, and I felt more and more apart from the rest of the world. I always felt sorry for myself, and kept the excuse that no one understood, so I could continue in a progressive illness I was very comfortable living in. Sick, but true.

When I got to Narcotics Anonymous, you told me it was okay to feel. After some time clean, I began to experience things (feelings), and for

the life of me I couldn't figure out what was wrong. Weird things were happening, and I couldn't control them. I felt like I was being turned inside-out.

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*"For the first time, I had self-respect and self-worth WITHIN a relationship!"*

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My first (not drug induced) relationship lasted for about ten months, and no one could tell me I didn't love this man. I felt so wonderful that nothing could touch me. I came to depend on this "love" feeling to the point that I could not function without knowing he "loved" me.

When God loved me enough to remove this unhealthy relationship from my life, I thought I was going to die from the feelings. At two years clean I wanted to use, but even more I wanted to quietly die.

**F**ortunately, I didn't have the guts to follow through on that. It took about five to six months before I could start to feel "normal" for an

entire day.

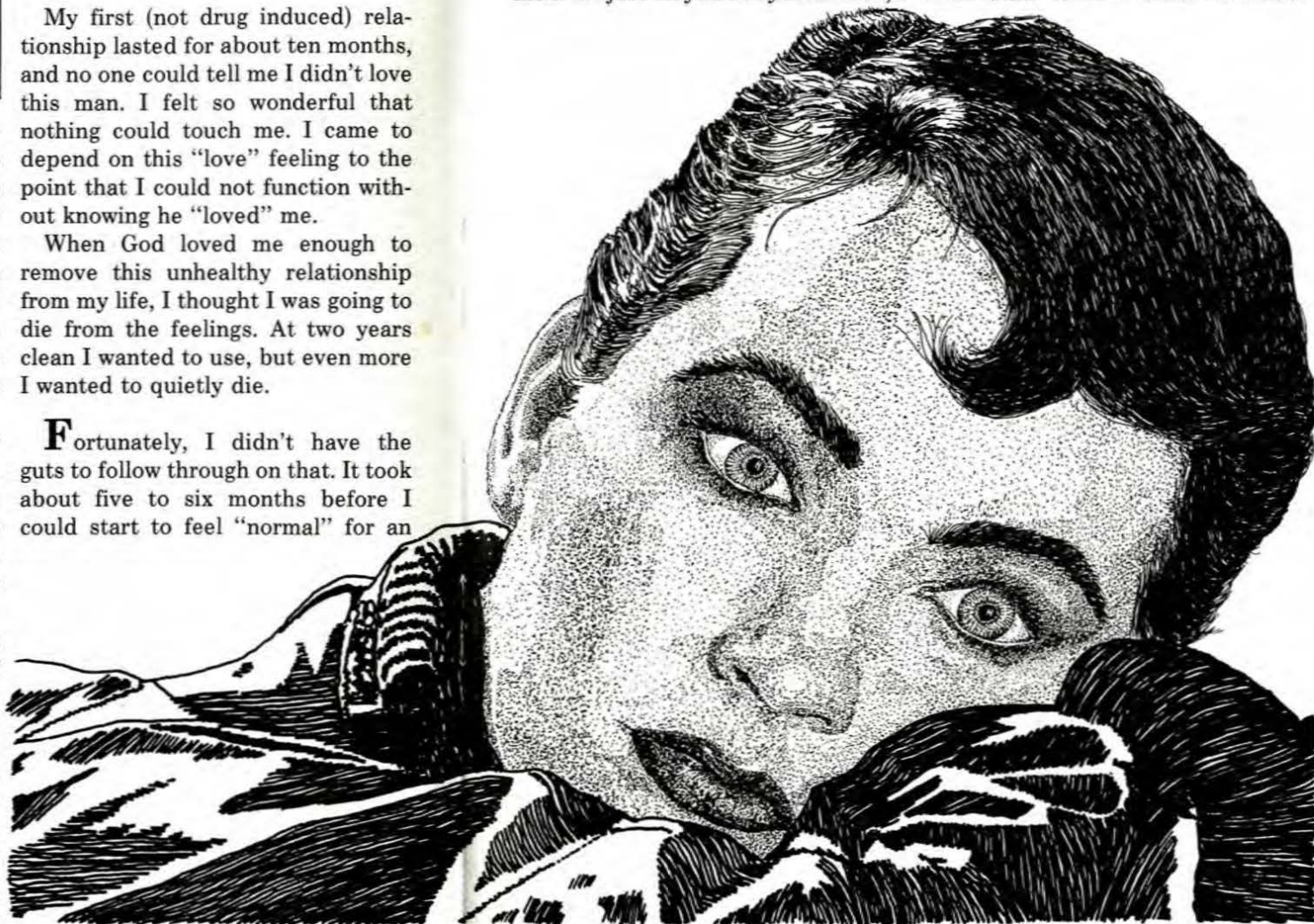
Through this relationship I learned all about the feelings of jealousy, envy, fear, insecurity, loneliness, distrust, love, care, trust, security—and I learned what I did when I felt them. I also learned just how much I knew about these feelings and about honest communication.

Well, at the point where pain subsided, I decided the problem was men. If I just stayed away from men, I

would be happy. For a year and a half that is exactly what I did.

Then one very special day, a very close friend I had known since I had gotten clean asked me for a date. For six months we dated, and I began to feel again.

For the first time, I decided to do things differently. I considered the physical part of a relationship the easy part, so I decided to stay away from that. What I came to under-





stand is why I always stayed away from the emotional part: It wasn't easy!

I didn't realize that just because I had stayed out of a relationship for awhile that my behaviors would still be the same. The difference was that I had tools today that I could apply to this relationship, and I had become accustomed to using them. I had to take a look at the feelings all over again.

Through the help of my Higher Power, my sponsor and my friends, I learned to act differently. For the first time, I had self-respect and self-worth *IN* a relationship! I learned that love is letting go. Love is acceptance, allowance, communication. Love is a decision and an action.

The feeling of love comes and goes as all others do. Love is trust. To love someone is to allow the space needed for each individual to grow and develop in their own way with their sponsor and Higher Power. Love is respect.

**B**ecause God had allowed me the experience of what a healthy relationship felt like (at least the most healthy this sicko has ever had), I learned to feel a little more. I learned how important friendship really is. I learned that there are no "good" or "bad" feelings, just feelings.

I'm on my Sixth Step again, and I'm having to look at my defects and how I act on them. I'm having to look at how willing I really am to have my shortcomings removed. That would mean I would have to be responsible. That would mean letting go of some things I still feel comfortable with. That would mean entirely trusting in

God's will for me and getting out of the way long enough to allow it to happen.

It's very scary, but I really have no choice today. I would rather die than to use. I'm afraid I would live through that hell again. Other recovering addicts are helping me with this step and I do believe everything will turn out just fine.

Well, the relationship I learned so much from has changed. I don't consider it ended, because I still love him. I guess God just put us together long enough to learn a few things. At least that's what happened for me.

Every relationship, whether sponsorship, friendship, family, or whatever, teaches me more and more about myself. If you love someone, let them know. Let them know that they are no longer alone.

The song, "We Are the World" is playing right now, and it's making me think. That really applies to us in N.A. If I don't want to feel, then I have to give up the feelings I'm feeling right now listening to this song, thinking of all the wonderful addicts that are in my life today. I would have to give up the feeling of compassion I have when a newcomer walks through our doors.

No, I would never want to stop having those feelings. Besides, how would I know I felt good if I didn't feel "bad" sometimes? When I look at the world through a child's eyes, I only see beauty and grace.

If you really do love someone, let them know. They may need it right now. I love you all. But most of all, I love God. Through Him, and only through Him, will I ever love myself.

*B.B., Florida*



## You are Service

**W**hat is service? Service is many things. It can be what you want it to be. You can serve in many ways. Some examples are making coffee, welcoming people to your meeting, giving your phone number to someone, cleaning up, taking an active part in your business meeting, and so many other ways.

Most of us do these things as a regular part of our recovery. But what about other types of service, such as being a GSR, area service with all of its subcommittees, and regional service and all of its subcommittees?

My involvement in service began when I was very new to the Fellowship, and has done many things to strengthen the process of my recovery. At first I was totally confused with all of the things that were happening and felt that maybe there wasn't a great deal I could do to help.

Soon I started to meet other people, some who had more time in service, some with less time. I was able to draw strength from some and give it to others. I began to get some of the long-lost self-respect I was looking for, plus we were reaching suffering addicts who otherwise would not know of our Fellowship.

This is an anonymous Fellowship, but it does not have to be a secret. There are addicts dying out there every day who have not had the blessings that we have. It is our responsibility to see that they are given the same choice that we are given. It is through giving that we receive.

I have to think, where would I be if not for those first members I met when I came in, the ones who helped to save my life, or the ones that have followed to help keep me in recovery? It is through the service committees that we can get the word out to addicts who are still suffering, and the work that is done is both blessed and beautiful.

Service is something as a Fellowship we should not under-do, and as a member, for our own recovery, we should not over-do. Each member has to find a balance to the amount of service they can or can't do. Our sponsors will know when and how we may serve best, if at all.

Why do I serve? There are many reasons why, but the bottom line for me, in my heart, is so that no addict within reach of this Fellowship shall have to die from this disease.

*J.M., New York*



It took over twelve months for me to realize that there is a better way of life if I just let it happen and do what I am told. I am currently involved in the Narcotics Anonymous program and it has truly shown me a better way to live.

When I first came to the conclusion that my life was a total disaster, I had no idea that the N.A. program would be the answer I had been looking for during fifteen years of active using.

I had never wanted to become an addict. I believe I was born that way. I began using other means of excitement before I was in grade school. I gained a rather expensive and heavy addiction to drugs while in junior high school, and it increased through high school and into my first and second marriage. Life was always mixed up and unmanageable. I never felt I fit in the crowd.

I honestly feel I had taken what I would later learn was the First Step of N.A. over three years ago. I had begun praying to anything that I could, especially God, to provide me answers to the insane way I was living, thinking, acting, and being.

The answers I received when I walked into my first N.A. meeting were amazing. I heard several people who had the same problems I had. I heard people say they had found answers to questions they didn't even know they had asked. I was told several different things

- *Let go, let God;*
- *Keep coming back, it works;*
- *Go to 90 meetings in 90 days* (which I didn't do at first, but I have since done);
- *Get a sponsor* (the best thing in the world I ever did, and a really true

## There is a Better Way of Life



friend now);

— *Use Honesty, Open-mindedness, and Willingness* (it took a long time to really understand those three words, but I did try);

— *Fake it till you make it* (if that slogan wasn't available, I would have lost faith a long time ago);

— *H.A.L.T.* (Don't get too Hungry, Angry, Lonely or tired. This one has saved me from relapsing more times

than I can count.)

The slogans go on and on. But I have learned that every one of them has a basis of truth behind it.

Several people told me when I first came into the Fellowship that recovery wasn't easy. I didn't really believe them, but now with over fourteen months clean, I understand that trying to "kick the habit" was a lot harder than I ever dreamed.

All the hard work definitely has benefits though. Calling people, getting involved in the groups, not using, praying, avoiding places, people, and

*"I heard people say they had found answers to questions they didn't even know they had asked."*

various things, changing old playmates, changing my attitudes, talking openly at meetings about things bothering me, no matter how silly or insane, helping others I don't know who have the same type of problems, the list goes on and on.

But the more I do for myself and others in the program, as well as those who wanted the program but didn't know how to stop, the more I enjoy clean living today. I still have down days, but I wouldn't trade one day clean for a week of getting high.

Through the Twelve Steps and the Twelve Traditions and the Fellowship of Narcotics Anonymous, there is a better way of life. All I have to do is try and let it happen. The benefits are amazing. I own my own car now, a nice one. I have true friends. I am alive and can feel, see, hear, taste, and smell things I never could before. My health has greatly improved.

I experience feelings that are so wonderful and feel so good. I can love again. I can enjoy both sunny and rainy days with a good attitude. I can live a better way of life and enjoy it. Thank you Narcotics Anonymous for all you've done for me and all you do for everyone within the Fellowship.

N.F., Missouri



## Worry Service

It has come to my attention that a great many addicts are struggling to stay clean, while worrying about things they can't change. As we all know, staying clean is our main goal. Sometimes we just don't have the energy to do our fair share of worrying. After all, if we can't do something about the situation, the least we can do is worry about it.

As I have been around awhile, I've seen people selling jewelry, shirts, bumper stickers, etc. I've seen addicts doing all sorts of things, from talent shows to taking pies in the face, but nowhere have I seen addicts taking worrying seriously enough.

Now, for a limited time, I'm offering Mike's Worrying Service. Yes, fellow members, today you can stop worrying and start living. Think about it. Wouldn't you like to be the first in your group without a thing to worry about? What a great feeling you will have, getting up in the

morning and going through the day with that, "What? Me worry?" grin, secure in the knowledge that Mike is worrying for you.

The rules are simple:

- 1) The problem must be something you can't do anything about.
- 2) It should be written on a post card or short letter. Include how much clean time you have (remember, this is an honest program), and how much you want me to worry.
- 3) Of course, there is a small fee. My fee schedule is listed below. (Just drop your money into the bucket at your local N.A. meeting.) Send all orders to:

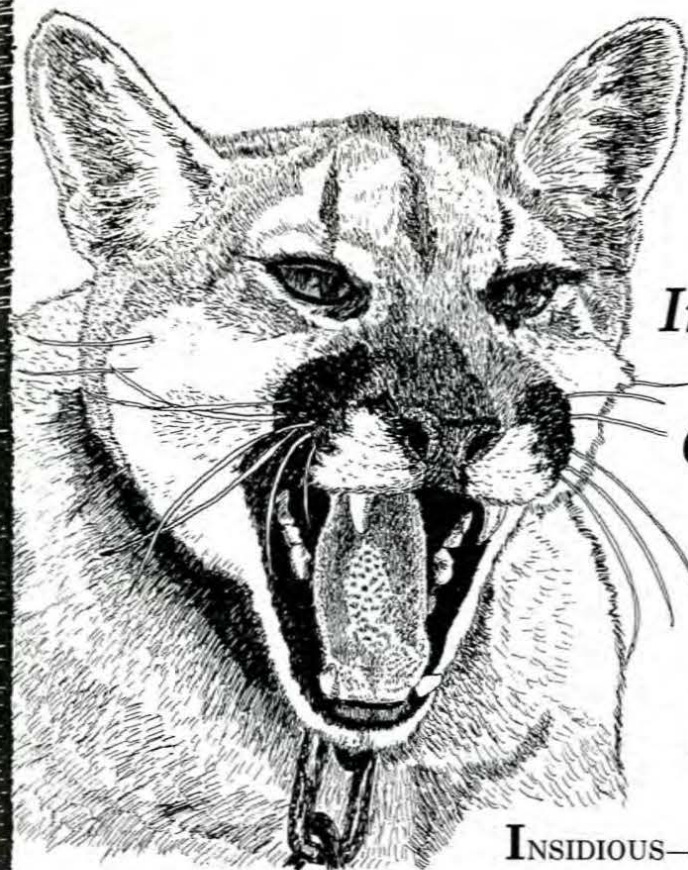
Mike's Worrying Service  
N.A. Land, WI 53218

(The reason it costs more money for more clean time is simple. If you have ten years, and still worry about things you can't change, you deserve to pay more.)

M.B., Wisconsin

### MIKE'S WORRYING SERVICE FEE SCHEDULE

CLEAN TIME	LITTLE WORRIED (PER DAY)	MEDIUM (PER DAY)	REALLY WORRIED (PER DAY)
1-30 DAYS	0.02	0.04	0.08
30 Days-6 Mos.	0.10	0.20	0.40
6 Mos-1 Year	0.50	0.75	2.00
1-5 Years	3.00	5.00	10.00
5-10 Years	15.00	25.00	50.00
10-20 Years	200.00	600.00	2000.00



*Insidious,  
Cunning  
and  
Baffling*

**INSIDIOUS**—awaiting a chance to entrap, treacherous/seductive; harmful but enticing, i.e., drugs that destroy the young; having a gradual but cumulative affect; (of a disease) developing so gradually as to be well established before becoming apparent.

**CUNNING**—characterized by wiliness and trickery; dexterous or crafty in the use of special resource (as knowledge/skill) or in attaining an end (a plotter); clever/sly.

**BAFFLING**—to defeat or check (as a disease/person) by confusing or puzzling.

I REST MY CASE!

S.G., Washington, D.C.

**ADDICTION** is an insidious, cunning, and baffling disease. We've heard this over and over, since being lead to Narcotics Anonymous. But do we really know what these descriptive words mean? Well, for a long time I perpetrated a fraud, not wanting anyone to know that I just didn't know. And my false pride prevented me from asking.

But there came a time in my recovery when I had to let go and stop straddling the fence. You see, the only one I was hurting was me. It is to my benefit to at least attempt to find out what I don't know....so I went to Daniel W. and found the following definitions:



# The Campout

Driving in you see Harleys, trucks, Winnebagos, tents, campers and cars. In front of the big stone building is a slab of cement large enough to be a tennis court. The



rock-n-roll music flows out of two large speakers on each side. People are gathered around, some dancing, some just sitting, and a few grouped together talking.

The campout has all kinds of people. From the bald-headed lawyer to the long-haired biker and the moms or dads with young children, all of whom are recovering addicts. There are no upper class, middle

class or lower class divisions. It does not matter what age, race, sex or religion anyone is. In recovery everyone is equal, one addict helping another.

As the days go by the activities change. You may enjoy the raft race, egg toss, balloon toss, softball tournaments, volleyball tournaments, or the one mile race. For the younger ones, swimming is the most popular.

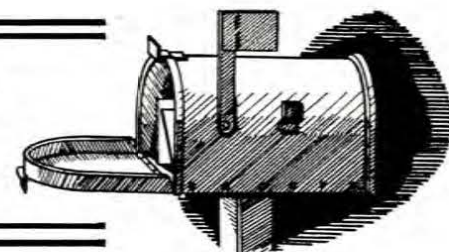
With plenty of meetings to choose from, people are always sharing insights about recovery. The marathon meeting runs from the first hour of the campout to the very last minute, three days later. At the special speaker meetings you'll hear a little about yourself and a lot on how to recover from addiction. At the candle-light meetings, only one single light brings the glow of each person's feelings to the others.

When I'm there walking through the trees down a small path to the river, I feel so safe and secure. No one's carrying guns or knives. You can go for your walk and know your tent, food and stereo will be right where you left it. You do not see people arguing or fighting. Instead you may notice two or three people talking to someone who looks a little down and out, and you know that they're only trying to suggest a different point of view to help with his personal problem.

In the two-and-half years of travel-ing, I always felt welcomed and a part of the family of N.A. The recovering addicts who take time to come to the campout are like old friends I've just met.

*P.B., Kansas*

## From Our Readers



*Letters and reflections from N.A. members worldwide.*

### TODAY I AM GRATEFUL

What led me to N.A. almost two years ago wasn't actually the desire to stop using, as much as the feeling of worthlessness and hopelessness, and a whole lot of pain.

I learned from attending N.A. meetings regularly that I never had to feel like that again. The first thing that was explained to me was I had to stop using. This seemed too easy when it was said, because I've tried to stop using many times in the past.

The difference was that I didn't have to do it alone. I saw all these people doing it, and even people I knew from the street were staying clean. That's when I felt a spark of hope.

After attending more meetings I started to feel a part of a Fellowship. I was accepted at face value, that's when I felt like I had some self-worth.

After coming around and following some direction I learned about the Twelve Steps of N.A., I also got an N.A. sponsor. Through the Twelve Steps I found a Higher Power whom I've learned to trust and love today. Through my Higher Power the pain I felt was slowly being lifted.

I believe that recovery is a process that will take time. I have changed

from a worthless, hopeless addict to a recovering addict who cares and shares his experience, strength and hope. I have found a way to live beyond my wildest dreams. Today I am grateful. Thank you.

*Anonymous, Pennsylvania*

### ADDICT, DRUG ADDICT OR ALCOHOLIC AND ADDICT, WHICH AM I?

In a time when the Fellowship of Narcotics Anonymous is striving for its identity, and the controversy of how members identify at our meetings is raging, I would like to comment on my experience.

Early on in my recovery I identified as an alcoholic and addict. I liked the sound of it. It made me feel important and different. I thought it drew attention to me. After all, here I was with two different diseases. I wanted to be impressive; you see, I thought I was twice as sick as some people. I had two diseases.

Well, I was twice as sick all right, but not by both diseases. I was twice as sick with ego, pride and self. The reasons I identified as an alcoholic and addict were just a symptom of my real disease, which is addiction.

I identify as a addict today only



after learning just a little bit about my disease. My disease of addiction is simply a disease of self. I *am* my disease! All of my character defects, my attitudes, my obsession with self, my compulsive/impulsive nature, and in general everything about me, both good and bad, led me to become an addict. Drugs definitely were just a symptom of my disease. I had to go outside myself for gratification because inside myself it just wasn't there.

I identify simply as an addict now, because I've come to realize I can't afford to place a drug label on my disease. Whether it be a alcoholic and addict or drug addict. When I put such a label on my disease, then I'm overlooking my real disease—addiction—which I consider a disease of self.

When I identify as a addict, I acknowledge to myself that I *am* my disease. When I identified as a drug addict or alcoholic and addict I was placing the blame on substances rather than self. And besides, addiction takes in everything—people, places, things *and* substances. I can't afford to minimize my disease to just a substance or substances.

I have found freedom from active addiction to drugs in the Fellowship of Narcotics Anonymous. I am still working on other areas of my life where I still practice my disease of addiction.

Narcotics Anonymous and its Twelve Steps offer me the tools and the guidance to free me from myself—the disease of addiction.

And besides that, it takes less effort to say "addict" than "alcoholic and addict." It's fewer words. I don't

need to complicate matters.

So much for the controversy. Now it's time to get on with **RECOVERY!**

*K. F., Tennessee*

### THAT'S ALL I AM

I am a man for whom drugs had become a major problem; I had a desire to stop using. I attended meetings. There were no dues or fees. I felt the concern the other addicts had for me, and that helped me stay clean.

At meetings I saw a set of principles written so simply that the members were following them in their daily lives. I couldn't put enough into it. I could not let go of my will.

I relapsed the night I was to pick up a thirty day tag. It had been three months since my first meeting. One-thirty that morning I was at home and had called and woke up the person I had asked to be my temporary sponsor. As I spoke of the thinking I had experienced, all he had to say was that I should attend the next scheduled meeting in the area.

Meetings became daily. Powerless over my addiction, my life unmanageable. It was not where I was, but where I was going. I had opened a door for a power greater than myself to restore me to sanity. It was just-for-today-time now, after over twenty years of using.

The concern the members had shown me had kept me coming back. When I received my welcome tag I felt such love from the members of the Fellowship.

I wanted this program, Narcotics Anonymous. I knew well that I was the most important person. Today I have friends, I enjoy the social functions as well as the service work—keeping

what I have by, giving it away.

I seek recovery in Narcotics Anonymous. I'm learning how to live. I thank God for the freedom I have today the N.A. Way.

*L.F., Louisiana*

### I BELIEVE IN MIRACLES

I was born and raised in Kansas, in an addictive and very unhealthy home. I always had only one friend at a time. I always liked full loyalty and attention and felt that I could only get this from focusing on one person. I was very lonely, scared and mistrustful.

At age fourteen, I started smoking pot. My boyfriend was seventeen, and was heavily into drugs. To feel loved and to belong, I did whatever he did, as I was unable to attain such feelings from my family or my one friend.

Everyone tried to tell me that smoking pot was just the beginning of other drug usage—that soon I would be experimenting with other drugs. Of course, I argued to no end saying, "I'll never do any other drugs, I just like pot."

Much to my surprise, before I was sixteen, I was, as well as smoking pot, indulging in LSD, opium, speed, Valium and, of course, cigarettes. I had said I would never smoke cigarettes. I still believed that I was in control; I thought I could quit at any time.

At age seventeen, I was a senior in high school, and one of the biggest drug users in my class. My school aptitude level was B+ but I was contributing just enough effort and attendance to pass with a D-. I sold drugs for my boyfriend, both in school and in local bars.

I had absolutely no values or morals

operating in my life. "Sex, drugs and rock-n-roll" was my theme. I was "okay," and "cool" because I did drugs and had an older boyfriend.

When my boyfriend and I broke up, I discovered that I could have even more fun with *lots* of drugs and *lots* of men. And so I did.

I graduated from high school, got a full time secretarial job, and began hanging out with bikers. Boy did I love this. I was all dressed up and respectable by day, in leathers and on Harleys by night. I honestly thought I was keeping my life under control because I was keeping my job and my financial matters in line.

My family life was terrible, but I did not care. My priority was partying. Yeah, partying.

At age eighteen, I met cocaine. Boy was this my match. I had tried it many times before, but now it became my life. I was not only using heavily but also dealing.

I was my own best customer, without a doubt. For the next two years, addiction ruled my life. I still thought I was in control because, again, I had my job. But what is a job in measuring unmanageability? In my case, nothing!

When I was twenty, my brother went into treatment for addiction. I attended his family week, hesitating of course, and left in a rage; but the seed was planted. Three months later, I hit my bottom and went in for help myself. I attended N.A. meetings and treatment (out-patient) for the following two months, and then, upon recommendation of my treatment counselor, went up north (out of state) to live in a halfway house.

I am twenty-one now, and only one



word describes my overall attitude: grateful. I am grateful to be alive. N.A. kept me clean at home, during outpatient treatment, and N.A. is keeping my drug-free in Minnesota now.

It took me a long time to find my way to N.A. but once I became willing I knew there was no end to the knowledge I could gain from being a member. I am learning how to have fun clean.

Since my surrender I have met more friends than I have ever had in my entire life. I am gaining self-esteem. I am learning how to take risks, how to respect others, how to be respected and how to implement the Steps of N.A. in all my affairs. Most importantly, I am learning more and more how to pray and meditate to keep my conscious contact with my H.P.

It is to the God of my understanding that I am ever so grateful. I do believe it is He who is taking me on my drug-free journey, and as I look back, I realize I should have been dead many times. My God is not only working in my life now, but always has been. I speak in the present tense as I will never stop learning. I will never know it all.

My life is not perfect now, because I am not perfect. But my life is better, and, I'm promised that it will keep getting better. I have up days and I have down days, but I believe that God will lay nothing in front of me that I cannot handle. I believe that nothing could happen to me that could make me use again, as long as I am working the Steps of N.A. in all the affairs of my life.

Yes, I do believe in miracles, as it is a miracle for me to be alive today.

This program works. Again, I am grateful to be living, the N.A. way.

*S.G., Minnesota*

### A NEW LIFE

I started using drugs at thirteen years old. My problems started getting me physically and mentally sick at nineteen years old. I'm sure I was getting sick before then, but at nineteen years old, that's when I recognized my problem was drug addiction.

I have been a loner all my life. I wanted so much to fit in with the crowd. Drugs seem to solve that problem for me. I thought I could do anything with a high. I had confidence.

I never liked school. I cut school for many years. I was rebellious as a kid. I wanted and wanted whatever. I stole, I ended up in jail at fifteen. I robbed a store. I stole from family and friends. I used and abused.

At seventeen years old I went to a group home and stayed there until I was nineteen. I was discharged from the group home, due to my addiction problem. I dropped out of school at nineteen, also due to drugs. I attended two rehabilitation programs, a psychiatric hospital and two halfway homes due to my addiction.

My life has changed now. I feel good physically, mentally and spiritually. I am married to another addict. I have new friends. I have a beautiful sponsor. We are alike in a lot of ways. I am responsible today.

I have received my high school diploma. I have attended college, and I plan on returning to college in the Fall. I have a good job.

I attend four or five meetings a week. Things have totally turned

around for me. I know my H.P. is with me. Thank God for N.A.

*M.R., Ohio*

### N.A. IS THE WAY

I'm seventeen years old and have been in N.A. for two months now. I almost lost my life due to the use of drugs.

I went into a drug treatment center during Christmas. All I thought about was where, when and how I would get drugs in there. Well, I was first introduced to N.A. my first week there. I thought it was nothing but bull. But I was asked if my life was unmanageable. Well, yes it was. I also admitted I

had a problem.

I read my N.A. book at least two times a week, and I know that N.A. is helping me. I got around some dope on the unit and I had the desire, but I went and read my Steps Three and Two and prayed to my higher power instead. It helped me a lot.

N.A. has been very hard for me to do but if I have "the desire to stop using just for today," then I will stay clean.

Thanks to N.A., I'm alive today.

*R.W., Oklahoma*

## Comin' Up



*This space has been reserved for coming events anywhere in N.A. If you wish to list an event, send us a flier or note at least two months in advance. Include title, location, P.O. Box, dates, contacts.*

**AUSTRALIA:** Oct. 2-4, 1987; 4th Annual NSW Combined Area Convention for NA; The Roundhouse, NSW University, High St. & Anzac Parade, Kensington; Sydney (02) Max 698-4572; Annette 646-4675; Sonya 662-6124

**CALIFORNIA:** July 10-12, 1987; San Diego Imperial Regional Convention III; Holiday Inn at Embarcadero, 1355 Harbor Drive, San Diego; (619) Elisa 563-1759; Olga 296-2920; Ron 282-6777

**2)** Sept. 19, 1987; Stanislaus Valley Area Celebration; Elks Lodge, 945 McHenry, Modesto, CA; (209) 524-4421; Ken 634-3197; Ron 529-6728

**3)** Oct. 30-Nov. 1, 1987; Ninth Annual So. CA Reg. Conv.; Anaheim Hilton Towers, 777 W. Convention Way, Anaheim, CA; Bob (714) 540-0668; Vallerie (213) 370-8052

**CANADA:** July 3-5, 1987; 8th Annual BCNA Rally '87; Fernwood Community Center, 1240 Gladstone Ave., Victoria, B.C. Canada; (604)383-3553

**2)** Oct. 23-25, 1987; 10th PNWCNA; Interested speakers submit tapes to PNWCNA Box 468-810, West Broadway, Vancouver, B.C. V5Z 4C9; (604) Wendy 294-9016; Brant 254-9094



**COLORADO:** Oct 23-25, 1987; CRCNA-I; Antler Hotel, Colorado Springs; (303) Julie 321-8930; Jeff 755-6813; George 830-7811

**CONNECTICUT:** July 10-12, 1987; 3rd Annl N.A. Campathon, Seaport Campgrounds, Route 184, Old Mystic, CT; (203) Sonny 233-0936, Bob 233-2567

**FLORIDA:** July 2-5, 1987; FRCNA 6; Diplomat Hotel, 3515 South Ocean Dr., Hollywood, FL 33019, (305) Mike 564-1262; Chris 891-1867; Bee Gee 565-7312

**GERMANY:** July 24-26, 1987; European Service Conference IV; Kolping Haus Frankfurt, Langestraße 26, Frankfurt, West Germany

**ILLINOIS:** July 24-26, 1987; 3rd Mid-Coast Convention; Holiday Inn, 7550 E State St., Rockford, Ill 61107; (815)398-2200; Greg 963-5811

**IOWA:** July 3-5, 1987; IRCNA IV; Civic Center Holiday Inn, 4th & Commercial, Waterloo, IA; (800)465-4329; Don (319) 233-2906; Paul (515) 274-4347

**KANSAS:** July 3-5, 1987; MARC '87 Camp Out; Lone Star Lake, Douglas County, KS; (913) Jenny/Chris 235-9045; Blake 843-0667

**LOUISIANA:** Sept. 3-6, 1987; World Convention; WCNA 17; Sheraton New Orleans Hotel & Towers, 500 Canal St., New Orleans, LA 70130; (504)525-2500

**MICHIGAN:** July 2-5 1987; Freedom III MRCNA; Hyatt-Regency, P.O. Box 525, Flint, MI 48501; (313) Jim 233-4704; Mike 232-7490

**MINNESOTA:** Aug 7-9, 1987; Willmar Campout; Willmar, MN; (612) Pat/Lenore 235-7271; Jim 231-2168

**MISSOURI:** July 17-19, 1987; 8th Annual High-on-Life Picnic; Stockton Lake, MO; (417) Bob 358-5800; 782-1467

**NEBRASKA:** Oct. 9-11, 1987; NRCNA IV; Holiday Inn, 72nd Grover, Omaha; 1-800-HOLIDAY; P.O. Box 3532, Omaha, NE 68103

**NEVADA:** July 10-12, 1987; 1st Sierra Sage Regional Convention '87; Peppermill Inn & Casino (702)826-2121; (800)648-6992

**2) Aug 27-30, 1987; 5th Annual Stampede for Serenity Campout; Stampede Reservoir; (702) 322-4811**

**NEW JERSEY:** July 17-19, 1987; 4th Annual Powerless in the Pines Campout; Sonya F. (609) 227-2319

**NEW MEXICO:** July 3-5, 1987; WSUC IV; Marriott Hotel, 2101 Louisiana Blvd., Albuquerque, NM 87110; (505) Ron 294-4808; Peter 344-6490, Julie 983-5171

**NEW YORK:** July 12, 1987; (Rain Date-July 19) 4th Annual Glen Cove Group Anniversary; Tappen Beach Park, Glen Cove, Long Island; (516) Dave 484-1907; Lori 596-1551

**OHIO:** July 17-19, 1987; 3rd CCANA; Camp Vention; Summit Valley Park, Summitville, OH 43926; (216) Rusty 385-5761; Bill 424-7681

**OREGON:** July 24-26, 1987; 2nd Annual Oregon & Southern Idaho Reg Conv; Black Angus/Executive Inn, Salem, OR; (503) Barry 371-7928; Larry 371-7782

**PENNSYLVANIA:** Oct. 9-11, 1987; T.S.R.C.N.A. V; Hyatt Hotel, Pittsburgh; (412) Ken 521-1086; Roz 361-6250; Rich 371-3891

**TENNESSEE:** July 31-Aug. 2, 1987; 2nd Annual Unity in the Park, Reg. Learning Days; Warriors Path State Park, Kingsport, TN; campsites avail-Travelers Inn, I-81, Exit 59 at Hwy 36; (615) 239-9137; Curtis 239-3294; Sid 928-8310

**WASHINGTON:** July 3-5, 1987; Wariki Freedom Retreat V; 3913 S.E. Woodburn Rd., Washougal, WA; (206) Nancy 835-9288; Mike 254-0179

**VIRGINIA:** Aug. 14-16, 1987; 1st Mini Convention; 4-H Educational Center, Route 522 South, Front Royal, VA; (703) Pat 667-9312; Bill 662-4418; Kevin; Rob (304) 267-4418; Bob (301) 797-3563;

**WISCONSIN:** Oct. 23-25, 1987; WSNAC IV; P.O. Box 1688, Oshkosh, WI 54902-1688; If interested in speaking or chairing workshops, submit speaker tapes for consideration. (414) Gene, Phil or Steve 231-6219



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## THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends on N.A. unity.  
*For our group purpose there is but one ultimate authority—a loving*
2. God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or N.A. as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.  
*An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.*
6. Every N.A. group ought to be fully self-supporting, declining outside contributions.
7. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
8. N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
9. Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.  
*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*
10. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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**My Gratitude Speaks  
When I Care  
And When I Share  
With Others  
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