

THE **NA Way**
MAGAZINE®

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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 NA Way

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The NA Way Magazine welcomes the participation of its readers. You are invited to share with the entire NA Fellowship in our monthly international journal. Send us your experience in recovery, your views on NA matters, and feature items. All manuscripts submitted become the property of World Service Office, Inc.

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From the editor



As we mentioned last month, *The NA Way Magazine* will be presenting a two-part report on the world services inventory project beginning next month.

We realize that much of the work world services does isn't relevant to members who aren't actively involved in it. More than one of the comments in our readers survey regarding world service news was along the lines of, "This stuff usually has nothing to do with my home group and its coffee pot. Please report on things that affect NA as a whole."

We heard you. And let us assure you that the inventory will affect NA as a whole in that one of its most important aspects is to find out how world services can better serve the fellowship. To determine this, the administrators of the inventory will be

developing a survey and other tools to help gauge the effectiveness of our communications, the fellowship services we provide, and, of course, our publications.

That's where you come in. We know that one way or another, you, the readers of *The NA Way Magazine*, are going to be asked to participate. We aren't aware of the details yet, but we do know that in order for the inventory process to be successful, we have to have participation from as many sources as possible. At this time, we'd like to ask that you start thinking about how *The NA Way* can be more effective in helping NA carry out its primary purpose. We hope that if you start thinking about it now, you'll be that much more prepared to participate in the inventory process when the time comes. Thank you.

Coming Soon

How do you feel about the language in the Twelve Steps and Twelve Traditions where God is referred to as "He"? Should it be changed or not? As part of the effort to encourage discussion of this topic within the fellowship, *The NA Way* will provide a forum for you to say what you think. Let us hear from you!

Coming next month

World services takes its inventory—Part One of a two-part report.

On working diligently

I have been thinking a little bit lately about being an addict and how that felt even before the mind- and mood-altering chemicals came into play. We see addiction in Narcotics Anonymous as a disease or disorder consisting of obsessiveness, compulsiveness, and total self-centeredness. My usual reaction to the situations in my life eventually led to debilitating drug use, insanity, dereliction, hopelessness, and, finally, desperation (a gift from a Higher Power). That desperation propelled me to seek help in getting away from a lifestyle that inevitably left me lonely, confused, and unfulfilled.

Certain patterns emerged in my dealings with other people. I was unhealthily dependent on others to carry me emotionally. This pattern contributed to my low self-esteem. Relying on others so heavily left me feeling as though I had cheated myself of my own strength and resources. I guess they were just put on hold.

Today, thanks to NA, I have accepted and forgiven myself. Today, I must ask a Power greater than myself to relieve me of some of the useless aspects of my character, and I must work diligently to obtain and maintain dignity and self-respect.

It doesn't take a rocket scientist to realize that people who used drugs the way I did couldn't have had a very high opinion of themselves. This admission, in parallel to or, perhaps more appropriately, in conjunction with the First Step, is the starting point where I begin to like myself and work closely with a Higher Power in the management of my life.

I do have some order in my life today, though it takes a Tenth Step inventory for me to realize it sometimes. I have direction, but it is not to be taken for granted. Though the principles of the program remain the same, my life does not. Events and circumstances change daily and so must my attitudes and actions if I want to continue to be serene and enthusiastic. The program means nothing unless I apply myself each day.

Today, I have chosen to stop killing myself. Early on in my recovery, the demon of addiction had me by the throat again and again. Not using, staying involved, and applying myself to the principles in the Twelve Steps was and is my sword against a violent power that I swear had my number. I can laugh today because I am still clean, and I have a life that is worth living!

PD, Iowa

A lamp with a light

The title for this article describes where I want to go and who I want to become. I'm a forty-one-year-old woman with more than twenty years of active drug abuse behind me.

I can still see and hear my grandmother, who raised me, always doing things to make me smile and look good on the outside. She dressed me nicely. I attended Sunday school and had good manners and all those good things our parents instill in us. I can remember how those things made me feel. Until I became a teenager those things felt good, but after that they did not mean much to me. I felt it was time for me to make myself feel good. My outlook changed drastically.

Before this, I honestly believe I was like a lamp of life, filled with a light that shined brightly. I was taught how to be honest, trustworthy, and respectful. I allowed myself the opportunity to shine and to be someone. When I picked up the drugs, that bright light inside me died. I can see today that with the help of a good sponsor, a power greater than myself who I choose to call God, and the program of Narcotics Anonymous, I can be that "lamp of life" and shine again.

When I first came to NA, I didn't have this insight about my life. It took something I heard recently to realize that this was how it was for me. When I used, I stopped feeling good about myself and, consequently, I couldn't do anything to change that. As I used over and over again, I conned myself into believing I was the most honest and trustworthy person alive. Now I can see that this was when the light inside of me began to go out. Lying

about my drug use, stealing, manipulating—I could go on and on. Other things like low self-esteem, mental, emotional, and physical abuse that I and others created in my life also stopped that light from shining. Until I reached out for help, I had no chance of ever getting better.

Don't get me wrong. I was not one who came into this program and had everything get better overnight. It took me relapsing and starting over

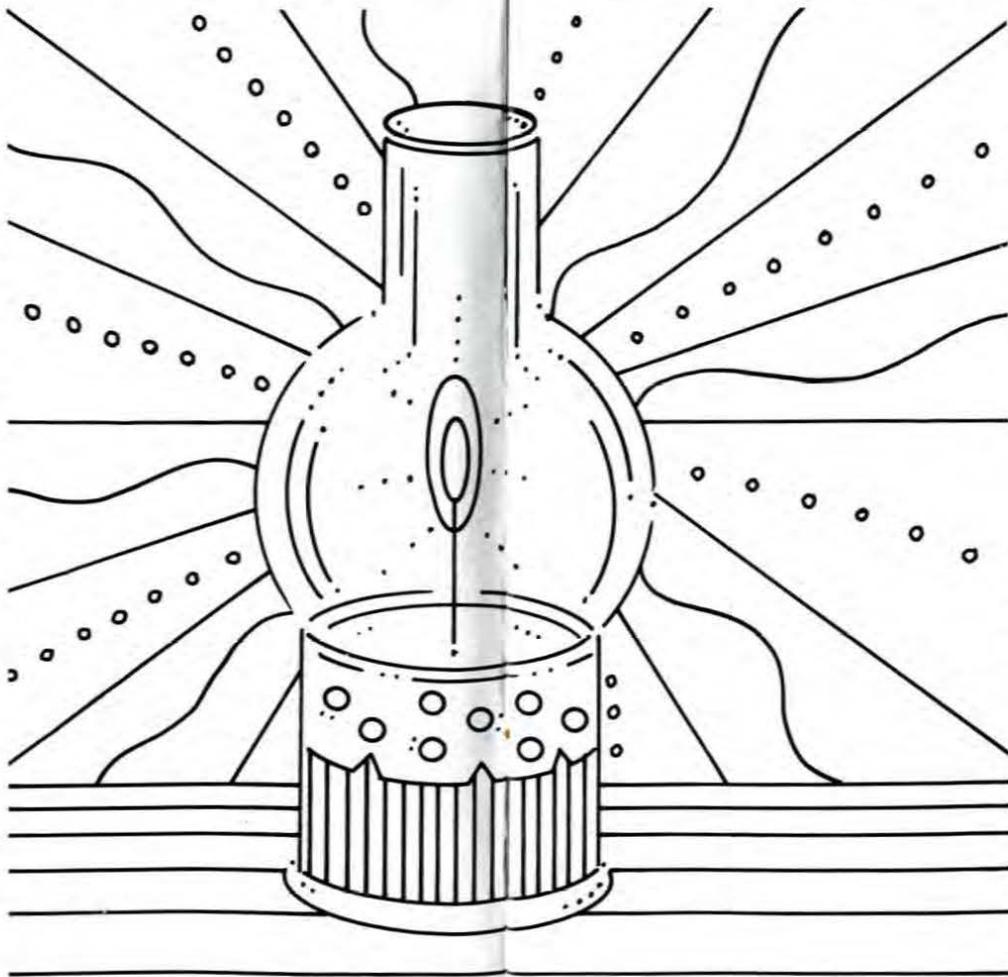
three times before I realized that I was dark inside with old ideas, negativity, resentments, anger, and all those things that most of us come into this program with. These things had been active in my life for so long that I knew no other way to live. It was hard in the beginning to grasp that I had to do some work on the inside, and that could only be done with the Twelve Steps.

During my walk down this road of recovery, a light has been restored to my life. It was restored despite the beliefs I had in the beginning and sometimes still have today. This light was not restored by me alone, and it will not shine by me alone. It will always take God and the people he has put in my life to help me, especially my sponsor, to turn on the light. The light can easily go out again if I am not willing to live or at least try to live the spiritual principles we are taught. It isn't always easy. Like it says in our literature, "We didn't become addicted in one day, so remember—*easy does it.*" I believe this, but I do not use this as an excuse not to change.

I want to continue to be a lighted lamp, shining with love, honesty, and respect for myself and others. I don't want to live any other way. Sisters and brothers of NA, if you see my light growing dim, help me so that I may keep shining to help others. I am getting ready to celebrate my fifth birthday in the fellowship. My light keeps getting brighter and brighter.

I wrote this aiming toward spirituality, which is sometimes the hardest thing to maintain. However, it has proven to be the most rewarding. Thanks NA for my life.

DJ, Maryland



Today I am grateful for NA

Hi, my name is W., and I'm a twenty-six-year-old recovering addict. Let me start by saying that today I am grateful to be a member of Narcotics Anonymous. I feel blessed with the opportunity to stay clean and better myself through the Twelve Steps and Twelve Traditions.

I wasn't always grateful for NA. I wasn't grateful for anything, not even for being alive. During my many years of active addiction, I experienced pain, fear, loneliness, repeated homelessness, hunger, degradation, desperation, confusion, rejection, obsession, compulsion, and self-centeredness. I cheated and conned people to get drugs; my addiction to drugs was so overwhelming that I would have lied to or stolen from anybody, including my own family members. I couldn't be trusted. I couldn't even trust myself! Numerous times I found myself in the freezing cold of winter nights sleeping on trains, in hallways, in abandoned cars, or prowling the streets desperately searching for that next hit.

Nevertheless, nobody could tell me that I had a problem, that my life was (and still is) completely unmanage-

ble, or that I created many of my own problems through my addiction to drugs. My ears were stuffed with cotton. I was insane. I was constantly searching for a successful way to use drugs. Of course, nobody can use drugs successfully, but I'm kind of hard-headed; I constantly repeated the same mistakes, always looking for different results. Many times I smashed my drug paraphernalia, not wanting to use anymore, but every time I got money, I used. I contemplated suicide and even made halfhearted attempts. My addiction progressed to a point where I was in excruciating spiritual and emotional pain, even while "high." I was banging on death's door and didn't even know it.

Then, in early June 1988, three strangers (whom I never saw again) recognized the source of my pain (addiction) and directed me to an NA meeting. That was the first time I ever heard the Narcotics Anonymous name. I was broken down and emotionally beaten. However, the disease of addiction is cunning and very deceptive.

I went to that meeting. I experienced a sense of *deja vu* when I entered the room. Why? That NA meeting was in a room I had been in just a few months before. I had stashed stolen merchandise in the room and had to get it. At the time, I didn't know why the room was full of people. I didn't know those people belonged to a fellowship that would one day save my life!

At that first NA meeting I felt strange and scared. I watched people

stand up and say, "Hi, I'm an addict." Never before had I heard anyone willingly call him or herself an addict. That phrase, "Hi, I'm an addict," is the most vivid memory I have of my first NA meeting. I also recall recovering addicts hugging and showing concern for each other. Today, I think that the atmosphere of unconditional love is what kept me coming back to NA meetings. But, as I said before, the disease of addiction is cunning and very deceptive. The disease of addiction is always right outside of our recovery, lurking, waiting for us to use that first drug so it can take us back on a roller coaster ride through hell!

Despite attending NA meetings and having fellow members' phone numbers and support, I continued using. However, once I had heard the NA message, using drugs became even more painful. I exploited the kindness shown to me by fellow NA members, getting money from them and buying drugs with it. I took everything for granted, but I couldn't stop using. I refused to surrender. The disease of addiction was winning; it was kicking my ass all over the place, trying to kill me.

I found myself in and out of prison or the psych ward. The last summer I was outside was in 1985. I stayed clean for only two weeks after my first NA meeting. Then I used. That very same night I wound up in jail for a drug-related crime. Every time I was released from prison I used and went right back to jail as a direct result. I used and used and sank deeper into despair.

For a long time I tried to find the secret of how other recovering addicts

successfully worked the Twelve Steps of NA. I halfheartedly told other members that I was powerless over my addiction, but I didn't really believe it, even though I displayed virtually every symptom of active addiction. See, I still had reservations about using. I was scared out of my wits by the idea of living life without drugs, even though I was killing myself with drugs. Addiction is insanity.

The Basic Text says, "Until we let go of our reservations, no matter what they are, the foundation of our recovery is in danger. Reservations rob us of the benefits that this program has to offer. In ridding ourselves of all reservations, we surrender." (p. 21)

As a direct result of not surrendering, I was arrested in April 1989. I've been incarcerated ever since. I am doing seven to fourteen years for an armed-robbery charge. I was intoxicated the day I was arrested. When I went to the precinct I used my last drugs that I had hidden in my sock. After I came crashing back to reality, I was in a state of panic and quietly schemed to break out of jail—not for my freedom, but for more drugs! I was truly enslaved to the disease of addiction.

In March 1990 I honestly admitted that I was powerless over my addiction and that my life was unmanageable. I've been clean ever since. However, mere abstinence does not equal recovery. I was still miserable because I wasn't working the steps. My best ideas are what produced my worst problems. I still have a negative attitude sometimes. However, recovery is an ongoing process.

I was recently blessed with a warm and caring sponsor. I write to him constantly. My sponsor shares his experience, strength, and hope with me and helps me gain a working understanding of the Twelve Steps and Twelve Traditions. In all honesty, my sponsor is presently the only other recovering addict that I have personal communication with. There are no NA meetings at this facility for segregated-housing-unit prisoners. Except for communication with my sponsor, reading *The NA Way Magazine* and an occasional *Reaching Out* newsletter is the only contact I have with Narcotics Anonymous. However,

would read it. When I received a response from my soon-to-be sponsor, I thought I was dreaming. However, to live in recovery is to live in reality. I was simultaneously scared of and happy about someone answering my SOS. I was scared of the positive change, and it takes courage to change. I was happy because I was accepted by somebody in NA, another recovering addict.

Today I have gratitude and the belief that NA works; we must work it! I am a firm believer in the idea that "personal recovery depends on NA unity." In the Fellowship of Narcotics Anonymous we have each other. I

I schemed to break out of jail— not for my freedom, but for more drugs

today I am very grateful. My sponsor is a positive force in my life. I receive strength and inspiration from reading about the experiences, strengths, and hopes of other recovering addicts in *The NA Way Magazine* and the *Reaching Out* newsletter.

Before I met my sponsor I was held captive emotionally by my past. I thought that I would be rejected if I told anyone about some of my personal experiences. One day I was an emotional wreck, sitting in this cell beating myself up. I wrote a letter, sharing all the things about my past that I always felt too ashamed to tell anyone. I sent that letter to an NA outreach committee, not caring who

can't, we can. An addict alone is in bad company.

Today I can't imagine living without the Fellowship of Narcotics Anonymous. Today I believe that I will die if I use. When I'm released from this dump called prison, I want to help carry out our primary purpose—to carry the NA message of recovery to the addict who still suffers. Today I can honestly and without shame say that I am a recovering addict. Today I am grateful for NA.

I care when I share with others the NA way, the only way for me.

WF, New York

The spiritual journey

My roommate, another recovering addict, subscribes to *The NA Way*, and I always get something out of reading it. I especially appreciate the different views of recovery expressed in the magazine, even if some of them aren't popular. It helps me to practice open-mindedness.

This month, I will celebrate my seventh recovery anniversary. I always get reflective during the winter season. I think about where I came from, where I am now, and all the things that went down in between. It seems like I can pinpoint the years when different parts of my life gained balance as I stayed clean. Balance is what I always lacked when I was actively using drugs, but as time goes by I find the scales evening out a little more each year. A little time has given me the hope that maybe, with the help of God and the Twelve Steps, this addict can not only deal with life on life's terms without using but can actually remain serene while the process of life is happening. Just like I was told, time does indeed take time. I get the faith and courage to go for-

ward by remembering things I've stayed clean through in the past—it does take courage! As brand-new newcomers, we have to go on blind faith, but after a few years we have the faith developed from experience.

But that's not what I really want to write about. These past two years, my emotional recovery has been the issue to deal with. The Twelve Steps, which I work rigorously and daily, give me the ability to stay clean and honest and God-centered, but I do believe there is more to recovery than just staying clean. I don't want to just be a responsible and productive member of NA; I want to be a responsible and productive member of the society in which I live. When I'm grateful that I don't have to use today, I'm only evened-up with the rest of the "normal" population. I break even at the point when I don't have to use. Everything else from that point forward—which I've heard termed "second-level recovery"—is the really tough stuff.





I'm learning how to feel my feelings. Drugs didn't let me feel. I didn't want any part of feelings! I'm learning how not to act out, how to be who I am at all times, how to be honest—not just cash-register honest, like, I haven't robbed a Seven Eleven lately, but also honest with others about what's going on in my life. I'm practicing taking risks by trusting. Sometimes I get rebuffed but I still must practice trusting, not the old addict thinking of "Forget it! I'm not trying that again!" I'm crying and understanding where the tears come from. Is it old stuff? Childhood stuff? Am I really sad or am I mad? I'm acting with virtue rather than selfishly. I'm accepting the idea that there might be other twelve-step programs that can help me deal with this stuff.

Having gotten clean, there's so much I am learning about being a real human being, a wholly integrated person—integrated emotionally, spiritually, physically, mentally, and socially. This is stuff that most peo-

ple learn, I guess, in the natural course of growing up. But for many of us addicts—me, at least—we never learned it. I was too busy using.

Narcotics Anonymous gave me my start on the road to humanity again, and I am eternally grateful for that. It is a journey that continues beyond the steps to wherever my open-mindedness and spirituality take me.

Whenever a sponsee asks me, "Where will I be in a five years if I stay clean?" I just tell them, "I don't know, but you'll sure know when you get there!" We all end up taking different roads, but they all stem from the same recovery tools. This is indeed a miraculous program!

I plan to keep on the path until the end of the road, wherever that leads.

Thank you for providing me with a forum in which to share my gratitude. My love to all of you who put your time and energy into bringing us addicts the opportunity to put our recovery into print.

AD, Florida



In search of hope

I left California on 5 July 1990 in a desperate attempt to stay off the drugs that I had been temporarily freed from due to a prolonged, drug-induced bout with pneumonia. I had been addicted to drugs in one form or another for twenty-two years. I lived at the bottom of what seemed like a pit of self-hatred, self-centeredness, and self-destruction. When I came down with pneumonia I realized that I really didn't want to die and was grateful that I had not succeeded in my attempts to do myself in with the drugs. I was scared and found that I really did want to live after all. My self-destructiveness was gone. I knew then that if I continued to do drugs I would die.

That was the reason I left California. I thought I needed a geographical change, for I feared I would be unable to resist the temptations I knew would be in front of me there. I prayed to God to give me the courage to move. I picked a little town in the northeastern corner of Wyoming. I only knew one person in town at the time; however, it seemed like a safe place to go. The town had a community college where I could attempt to make something of myself.

My HP gave me courage and opened the doors for me to make the move, so I packed my shabby furniture and other worldly goods into a rented truck. My two sons and our dog went into the cab of this truck and set out with me on a trip that turned out to be the single most important event in my life.

I didn't use the drugs I had been using in California when I arrived in Wyoming. At first everything seemed to be going as planned. I enrolled in college with the goal of becoming a nurse someday. However, I soon forgot who was running the show. My self-centeredness took over, and it wasn't long before my addiction became full-blown all over again. Alcohol was my drug of choice at the time, but I had started using other drugs to counteract the effects of the alcohol so that I could still function at school.

Because of my prior experience with addiction, I knew what was happening. I also knew that I couldn't live like that. I was alone, scared, and desperate. I went into the treatment center here and through them I was introduced to a group called Narcotics Anonymous. Those people knew what I was going through; they had been there. They had suffered through the same lonely hell that I was going through, yet they were happy and living life without the use of drugs. I had to have what they had; I had to know how they did it.

That was twenty-two months ago, and I now have fourteen months clean time. It hasn't been easy because I keep trying to do things my way, but I'm learning. I'm no longer lonely because I have a huge family of brothers

and sisters who love me and whom I love with all my heart. I can now look back and see my Higher Power's hand guiding me through this incredible journey that brought me to this place of love and recovery. I was so isolated and afraid before I came here that I never could have reached out for help. Today I know that I'm exactly where I am supposed to be.

I am still in school and will be getting my associates degree in May. Next year I will be entering nursing school. Today I have hopes and dreams. I have self-worth and self-love. I know that as long as I let my Higher Power, who I choose to call God, run my life, all things are possible and I can stay clean.

KK, Wyoming

Puzzled

I am working on a puzzle today. It is a very hard puzzle as it has mostly black and white pieces with shades of gray all through it.

I dumped the puzzle out onto the table and wondered why it wasn't put together yet. I started flipping pieces over, searching out the edges. I thought it would take an hour to finish the edge and a couple hours to finish the rest of the picture.

After two hours, I still hadn't got the edge done. Frustration, impatience, and intolerance toward these little pieces of cardboard cropped up, and visions of lighter fluid and matches danced in my head.

My HP gave me something else to do, so I didn't get back to the puzzle until the following day. Before I started, something came to me that my sponsor always says to me: "Either your HP is everything in your life, or he is nothing. God is not a pinch hitter." It is so simple. If God can relieve me from active addiction, he can surely help me with even the smallest problems, such as putting puzzles together.

I prayed to my HP and turned the puzzle over to him. Surrendering my will to my HP has allowed serenity to return to my life. It has been a week since "we" started that puzzle. Sometimes "we" manage to place a bunch of pieces, sometimes none. Either way, it is just the way my HP wants it to be, and I can accept that today.

Through the help of a loving sponsor and the steps of NA, I have found out that all the pieces of this puzzle called life come together in God's time, not mine. Thanks for letting me share.

MB, Wyoming



Home Group

Self-obsession—a perspective



NA history

Minutes of the founding of Narcotics Anonymous in California

These minutes were transcribed from a photocopy of the original. The actual document was handwritten on both sides of three sheets of notebook paper.



As the fortieth anniversary of NA's first documented recovery meeting (held 5 October 1953) approaches, The NA Way Magazine will run a series of articles focusing on the events taking place at that time.

This month we are printing the minutes from business meetings held from 17 August to 18 December 1953 along with the original bylaws and statement of purpose for Narcotics Anonymous adopted during those meetings. We have corrected spelling, grammar, and usage; otherwise, the following appears exactly as it did in the original documents.

August 17, 1953

A committee of six, including Guildia K., Paul R., Jimmy K., Steve R., Frank C., and Doris C. got together at 10145 Stagg Street at 8:00 p.m. for the purpose of organizing an AANA group.

The name "San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous" has been voted on and accepted.

Nomination of Jimmy K. for chairperson. Voted and accepted.

Nomination of Doris C. for secretary. Voted and accepted.

Nomination of Frank C. and Guildia K. for a six-month period of time on a rotating committee for leadership. Voted and accepted.

Nomination of Paul R. and Steve R. for a three-month period of time on a rotating committee for leadership with Jimmy K. as alternate. Voted and accepted.

The following bylaws [see inset] entered and accepted as of this date, August 17, 1953, are in effect as long as the group is active. Any suggested changes by four or more people active in the group, call the secretary and request a committee meeting.

August 19, 1953

Second committee meeting met [sic] at 8:00 p.m. at 10146 Stagg Street for the purpose of continuing to draw up the bylaws.

Term of office: Secretary and chairman will be active one year and may be selected to serve a successive term.

Duties of chairman: The duties of the chairman shall be to preside at all meetings of the Governing Committee, to appoint committees whenever such are required. In the absence of the chairman, or in the event of his inability to act, the committeeman next in seniority shall act as chairman in his stead.

Duties of the secretary: The duties of the secretary shall be to keep a full and complete record of the business transactions of the Governing Committee and of the group, to supervise the keeping of the books and accounts of the group, and to discharge such other duties as may be prescribed by the Governing Committee. The secretary shall also receive and safely keep all funds of the group and deposit the same in such bank or banks as may be designated by said Governing Committee. Such funds shall be paid out on the check of the group signed by the secretary and countersigned by the chairman. The secretary shall be an ex officio member of the Governing Committee.

The following is a transcription from a photocopy of a document that was obtained separately from the minutes. The original was typewritten double-spaced on two sheets and was quite worn.

Bylaws — August 17, 1953

- I. This society or movement shall be known as Narcotics Anonymous and the name may be used by any group that follows the Twelve Steps and Twelve Traditions of Narcotics Anonymous.
- II. Service committee shall consist of five (5) members and a secretary. Eligibility is based on seniority (abstinence) and activity in the group.
 - A. One of five to be selected to serve as chairman.
 - B. Terms of office: chairman and secretary to be active one year and may be selected to serve successive terms.
 - C. Two members to serve for a three-month period of time on a rotating committee and serve as meeting leaders.

- D. Two members to serve for a six-month period of time on a rotating committee and serve as meeting leaders. Chairman to serve as alternate leader in absence of others.
- E. Committee replacement through seniority and activity in group, committee members C and D may serve again on next rotation if no others wish to serve. No one is obliged to serve on the committee.
- F. Duties of the chairman: The duties of the chairman shall be to preside at all meetings of the service committee, to appoint committees whenever such as required. In the absence of the chairman or in the event of his inability to act, the committeeman next in seniority shall act as chairman pro tem.
- G. Duties of the secretary: The duties of the secretary shall be to keep a full and complete record of the business transactions of the group and the service committee meetings, supervise the keeping of the books and accounts of the group, and to

Any committee member who is in continual disagreement with the majority voice in committee affairs to the point of departure from the traditional and accepted welfare of the group may be asked to resign from such committee. On refusal to resign, such member may be removed by a majority committee vote.

August 24, 1953

Third committee met [sic] at 8:00 p.m. at 10146 Stagg Street.

The regular meeting of the group shall be held at 8:30 on every Monday evening.

The Governing Committee will meet the first Wednesday of every month at 8:00 p.m. In case of holiday, the meeting shall fall on the following Wednesday.

Following Tradition Seven, it shall be the policy of the San Fernando Valley AANA to make payment for facilities provided.

All meetings shall be closed except the first meeting of the month.

Speakers must be alcoholics and narcotics addicts or one with both addictions.

August 26, 1953

The fourth committee meeting held at 8:00 p.m. at 10146 Stagg Street.

Resignations of Paul R. and Steve R. have been received and accepted. Replacement on the governing committee made this date of Pat H. and Bud C.

For Twelfth Step work in institutions and hospitals, the recovered narcotic addict should have one year or more abstinence from narcotics, alcohol, and barbiturates and will be screened to protect NA ["AA" is written originally, "N" written over the first "A"] as a whole.

For Twelfth Step work in institutions and hospitals, the recovered alcoholic should have one year or more abstinence from narcotics, alcohol, and barbiturates and will be screened to protect NA ["AA" is written originally, "N" written over the first "A"] as a whole.

August 31, 1953

The fifth committee meeting held at 8:00 p.m. at 10146 Stagg Street.

"Our Purpose" has been taken from *The Key*.

A copy of this typed announcement accompanied the founding minutes. The typeface originally used for this document was quite different from that used with the bylaws. The Key was a newsletter published by the Addicts Anonymous group at the US Public Health Service hospital in Lexington, Kentucky. The following statement of purpose is virtually identical to one contained in a copy of The Key found in the federal archives in Atlanta, Georgia.

Narcotics Anonymous Our Purpose

This is an informal group of drug addicts, banded together to help one another renew their strength in remaining free of drug addiction.

Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence is acknowledged. We claim no originality but since we believe that the causes of alcoholism and addiction are basically the same, we wish to apply to our lives the truths and principles that have benefitted so many otherwise helpless individuals. We believe that by doing so we may regain and maintain our health and sanity.

It shall be the purpose of this group to endeavor to foster a means of rehabilitation for the addict, and to carry the message of hope for the future to those who have become enslaved by the use of habit-forming drugs.

discharge such other duties as may be prescribed by the committee. The secretary shall also receive and safely keep all funds of the group and deposit same in such bank or banks as may be designated by said committee. Such funds shall be paid out on the check of the group, signed by the chairman and countersigned by the secretary. The secretary shall be an ex officio member of the service committee.

- III. Any committee member who is in continual disagreement with the majority voice in committee to the point of departure from the traditional and accepted welfare of the fellowship may be asked to resign from the committee. On refusal to resign, such member may be removed by a majority vote of the committee. This in no way affects membership and acceptance of such member within the fellowship.

- IV The regular meeting of this group (San Fernando Valley Narcotics Anonymous) shall be held at 8:30 p.m. Friday evening. Subject to change for welfare of group.

A. The governing or service committee shall meet on the second Wednesday of each month at 8:00 p.m. In case of holiday, the meeting shall be on the following Wednesday.

B. Following Tradition Seven, it shall be the policy of the group to pay for facilities and refreshments provided.

C. All meetings shall be closed except the last meeting of the month. This may be waived by the chairman to convenience guests who wish information or who may be beneficial to the movement or the group. The chairman shall always remember step five of our traditions [sic] in the waiving of this rule.

D. Speakers shall be narcotics addicts, alcoholics, or non-users who can be informative to us in our rehabilitation.

V. For Twelfth Step work in institutions and hospitals, the recovered member should have at least one year or more abstinence from narcotics, sedatives, and alcohol, and will be screened to protect NA as a whole.

**STARTING MONDAY NIGHT,
OCT. 5, 1953, AT 8:30 P.M.**

AND EACH MONDAY NIGHT THEREAFTER

**CORNER OF CANTARA & CLYBOURNE, SUN VALLEY, CALIF.
DIRECTLY BEHIND SUNLAND LUMBER COMPANY**

All laws or amendments pertaining to the organization as a whole, all business matters, publicity, etc. must require a majority vote of the Steering Committee for enactment.

No member shall hold office in this group or serve as a committeeman for this group simultaneously with the holding of an office or serving as a committeeman in another group of *this* kind.

September 14, 1953

The sixth committee meeting held at 8:00 p.m. at 10146 Stagg Street.

“San Fernando Valley AANA” changed to “Narcotics Anonymous.”

Tommy M. voted in as alternate to relieve Jimmy K. to fulfill solely his duties as chairman.

Doris C. voted to procure a suitable building.

September 21, 1953

The seventh committee meeting held at 8:00 p.m. at 10146 Stagg Street for purpose of forming

last-minute details for handling first group meeting.

Guildia K. voted and accepted to print “Our Purpose” and contact all newspapers.

Doris C. to contact all heads of narcotics divisions of police departments.

Tommy M. to have signs made up.

Miscellaneous to be distributed among all committee members.

The Salvation Army building’s use donated by the Dad’s Club of Sun Valley accepted as a suitable meeting place. The Dad’s Club is giving responsibilities to Frank C. and Doris C. for care of the building and the key.

October 24, 1953

Accepted resignation of Bud C.

November 15, 1953

Accepted resignation of Guildia K. and Tommy M.

December 16, 1953

Resignation of Doris C. and Frank C. accepted. Accepted resignation of Jimmy K.

December 18, 1953

Nomination of Bud P. for chairman. Accepted.

VI. A. All laws or amendments pertaining to the society as a whole, all business matters, publicity, etc. must require a majority vote of the governing committee for enactment.

B. Any suggested changes pertaining to the fellowship or amendments to the bylaws shall require a two-thirds (2/3) majority.

C. Any suggested changes by four or more members active in the fellowship may be presented to the committee for consideration by requesting a committee meeting through the service group secretary.



Newsletters

Twelve Steps to a relapse

From the *San Jose Newsletter*, San Jose, California:

1. I decided I could handle any emotional problems if other people would just quit trying to run my life.

2. I firmly believe that there is no greater power than myself, and anyone who says differently is insane.

3. I made a decision to remove my will and my life from God, who didn't understand me anyhow.

4. I made a searching and thorough moral inventory of everyone so none of them could fool me and take advantage of my good nature.

5. I sought these people out and tried to get them to admit to me, by God, the nature of their wrongs.

6. I became willing to help these people get rid of their character defects.

7. I was humble enough to ask these people to remove their shortcomings.

8. I kept a list of all the people who had harmed me and waited patiently for a chance to get even with them.

9. I got even with these people whenever possible, except when to do so would get me into trouble.

10. I continued to take everyone's inventory and when they were wrong, which was most of time, I promptly made them admit it.

11. I sought through the concentration of my will power to get God, who didn't understand me, to see that my ideas were best and to give me the power to carry them out.

12. Having maintained my emotional problems with these steps, I can thoroughly recommend them to others who don't want to lose their hard-earned status but wish to be left alone to practice neurosis in everything they do for the rest of their days.

Anonymous

Relapse— is it contagious?

From *Sanity*, the New Jersey regional newsletter: Yes! Relapse is most certainly contagious. We must be vigilant in working our program. Part of working a good program is hanging with the winners. Since we as addicts are quite impressionable as a rule, it is extremely important for us to pay particular attention to the company that we keep. We soak up what is going on around us, good and bad

alike. Basically, we become what we pay attention to. If we are around insanity, then that is exactly what we will portray in attitude, actions, and conversations. Unless we are extremely careful, associating with insanity can cause us to relapse. At the very best it can make our lives unmanageable and cause us to be clean and crazy. Even at that, I believe it will almost always eventually lead to release.

If we surround ourselves with others that aren't really interested in working the program, then that is what we'll pick up on. Association with the negative will make us just that. In order to avert the contagion we must be around the winners of the program.

To avoid relapse we must hang with the winners. Now the question is, who are they? They are usually at meetings before everyone else and stay after others to share with newcomers. They are involved in service work. They sit in the center or front of a meeting. They get involved with the business of NA. They help clean up meetings. They are usually positive in attitude; concerned about knowing, working, and living the steps; and filled with the unconditional love the program talks about.

Anonymous

Reaching out

From *The Recoverer*, the Washington-Northern Idaho regional newsletter: "Reach out" is the message I have heard. Reach out to those in pain, reach out when you're in pain, reach

out to the newcomer, and, if you're new, reach out those who have been here awhile.

I have heard this message since I first became a part of NA. I have reached out and it has worked.

I believe reaching out works because it is a spiritual principle. It's stepping beyond myself to connect with another human being. That's why, after some thought, I believe I need to reach out to members who believe strongly about things I don't. It is not important that you see life the way I do; it is more important that I try to see things the way you do. That doesn't mean I make the choice to adopt your beliefs. It is, instead, making a choice to believe in you and your importance in the fellowship no matter what our differences. It is a way for me to let you know that what you stand for is important because that is what has kept you here.

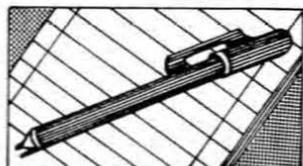
How can what you believe be wrong if you are still here? How can what I believe be wrong if I'm still here? What is wrong is the belief that my opinion and your opinion are more important than the ties that bind us together.

We are like a box of crayons, full of lots of different colors. Each one serves the same purpose: expression. Some may stay inside the lines when they color and some may go outside the lines, but if they come from the same box, they belong together. That is the true attraction of NA. This is what draws the newcomer. And it is what keeps us here.

I, for one, intend to reach out and become a part of the whole picture. Together we can.

Anonymous

Viewpoint



Take it

Not long ago a member who hadn't been around the tables for some time returned, sitting rigidly in the chair, eyes front, a captive of the disease, flanked by two empty chairs as planned.

The meeting was conducted in its usual warm and wonderful way, the lights low, candles burning for the still-suffering addicts present and not present, for the addicts who had come and stayed, come and left and returned, come and left and died, come and left and . . . Toward the end of the meeting our returnee was asked if she cared to share.

She had stopped coming to meetings, she said, because she had been offended by a particular personality, and so felt angry and defensive at meetings. She said, too, that she felt as though she was continually being rejected by our NA group members, that no one was willing to give her

what she felt she needed in the fellowship, and that she was tired of waiting for people to give her the support, companionship and acceptance she wanted. She just wouldn't "bug" anybody to go places with her, have coffee with her, and that was okay because she said she couldn't change it, so why fight it.

How many of us attend our NA meetings expecting to be given what we think we need? Waiting for a spiritual handout, waiting to be hugged and admired and taken places, waiting for group members to reach out. Waiting for someone to give us a recovery program. It can be a long wait. Some addicts don't wait long enough to find out that they have to take some of these things, that they have to reach out.

Taking what I felt I needed from NA was something I learned gradually over a period of time in recovery. I did some taking without being aware, I'm sure, that taking was what I was doing. I learned to take because I wanted to survive in recovery, I wanted to grow and change and get better, and I wanted to do so in NA.

I don't attend AA meetings; I have one recovery program, as I have one disease. We have three NA meetings weekly in my town. I'm one of the old-timers. The one recovering addict in my group I considered sponsor materi-

al was unavailable to sponsor me, I thought, so I didn't ask her. I have four years clean now and have just asked her to be my sponsor; she said yes.

During my four years recovery time, however, I took what I could. Service work gave me the opportunity to become more familiar with the Twelve Traditions, enabled me to work the steps more, introduced me to recovering addicts from all over the region, and gave me access to the names and addresses of letter-writing recovering addicts all over the world. I subscribe to *The NA Way* and read the *Newsline* and the *Conference Report* to stay updated on developments at the world level of NA and continue my involvement with service work. I also read my Basic Text and newsletters from all over the fellowship.

I don't have to sit on the outside unless I want to, and I can't afford to do that. It's awkward for me sometimes to strike up conversations with addicts I've never met, hard to not worry about how I impress people at times, hard to ask "stupid" questions, hard to understand some of the reading material, and hard to understand people. But it comes with time. I have come to understand that the only stupid question is the one I don't ask.

I'm willing to go to any lengths not only to stay clean but to stay in an ongoing, ever-changing program of recovery in NA.

If you feel a need for something in this program, it's always there for the taking. Take it.

VS, Oregon

On specialized groups

I am responding to Troy L. and his article in the October 1992 issue of *The NA Way*. You see, I support specialized meetings. I go to general meetings to deal with addiction and its effect in my life. For those issues and problems common to addicts, regular meetings are a close, helpful, spiritual, and understanding place to be. However, I am not a "superaddict." I am not all-knowing. I do not have experience with the special fears and problems so common to those who attend specialized meetings.

For example, as a man I was categorized by society in several ways during my using career. I was quite promiscuous and so was deemed a "stud" and not at all condemned by the vast majority of even "normal" society. Also, my using classified me as a man who could handle a lot without appearing loaded. (It was only appearance, believe me.) If a woman had practiced these aforementioned vices to half my degree, she would have been branded a slut, a bad mother, a tramp, something to be physically used and cast off, or any one of a hundred even less flattering terms. I understand the feelings involved. I

know the meanings of the words. I have not truly felt that guilt, shame, or fear. I genuinely cannot identify with it.

And the gay or lesbian addict who wants desperately to share his or her life and problems therein knows agonizing fear connected with coming out, sometimes for the first time, with the declaration of their sexual identity. "Will they still love me? Will they be afraid of me?" These thoughts must be at the forefront of their minds. In NA, the overwhelming majority will accept and love them. But many will feel slightly ill at ease in spite of having a liberal philosophy.

Gay and lesbian addicts seeking recovery have suffered scorn, hatred, anger, and pain at the hands of straight society. Now we ask that they simply forget all that, trust us, trust the program, trust a Higher Power, find a sponsor, spill the contents of their souls, and work the steps. Specialized meetings reduce the stress of early recovery somewhat for those needful of them. They also promote the growth and trust necessary to truly be comfortable in the mainstream meetings.

When I attend a specialized group, one of two things happens. Sometimes, the meeting becomes a step or tradition study. Sometimes, though, as I assure the members that I don't wish to interfere with their meeting, I gain recovery tools and a greater knowledge and understanding of the addicts I am visiting. I always leave with one new true friend in my life. My knowledge grows because I am receiving it from many minds instead of one or two.

Recovery from the horror of addiction is fraught with fear, difficulty, trial and error, a deluge of unfamiliar feelings, and uncertainty. Since our public relations policy is based on attraction rather than promotion, I submit that to not have these attractive avenues of recovery available would keep many thousands of suffering brothers and sisters away. If one addict is helped by this approach to recovery, it is worthwhile and valuable. If one is lost for lack of it, so is the premise of one addict helping another. That would diminish us all.

I cannot in good conscience ask any addict to conform to my recovery plan or take a risk he or she may not be ready for. Specialized meetings assure that recovery, especially early recovery, is available for everyone! My love to you all.

ST, Wisconsin

Adhering to Tradition Three

Our Third Tradition states, "The only requirement for membership is a desire to stop using," and it guarantees the freedom for all addicts to recover in Narcotics Anonymous on an equal basis. Tradition Three reinforces the spiritual principle of anonymity, all addicts being equal,

and it guarantees that *all* addicts seeking recovery from the disease of addiction are welcome in NA.

I have recently observed the emergence of numerous "special interest" meetings in our region, and I question whether we are adhering to the spiritual principle of our Third Tradition in these cases. I have seen meeting lists from other states specifically listing such meetings as men's meeting, women's meeting, etc., but many of them do state "all addicts welcome," which is in adherence to our spiritual guidelines. However, I feel very strongly that those "special interest" meetings that do not open their doors and welcome *all* addicts really need to examine our Third Tradition and the spiritual principle of anonymity.

Doesn't it specifically state in the reading, "What Is the Narcotics Anonymous Program?," that "anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion"? Is there not a line in the essay on Tradition Three from our Basic Text which states, "We feel that the ideal state for our fellowship exists when addicts can come freely and openly to an NA meeting, whenever and wherever they choose, and leave just as freely"? Doesn't NA teach us to focus on our similarities and the fact that we are all seeking recovery from the disease of addiction, not the differences between us, which are really insignificant? If all of our meetings are not open to each and every addict who has a desire to attend, then I believe we are slipping away from our spiritual principles.

The Basic Text essay on Tradition

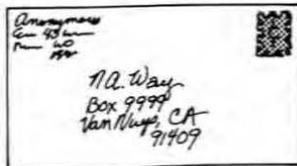
Three states, "Desire is the key word; desire is the basis of our recovery." We need to nurture this desire by opening our doors to any addict wishing to attend. Membership can be defined as belonging to or being a part of. Upon entering the rooms of NA, I felt an overwhelming sense of belonging for the first time in my entire life. In the past I've been told on several occasions that I didn't fit in. I've been thrown out of many places, but I have never been told I was not welcome at a meeting of Narcotics Anonymous. For that, I am extremely grateful.

Today, thanks to working twenty-four spiritual principles under the guidance of a sponsor, I have a desire to be a member of NA, a member of a home group, to participate in my recovery, and to live and enjoy life without the use of drugs. Outside the realm of NA, I have a desire to be an acceptable, responsible, and productive member of society, a member of a family, to actively participate in life, and to live and enjoy life without using people.

Our Third Tradition has taught me that membership allows me freedom of choice, and I remind myself on a daily basis that this freedom must never be taken for granted. It is equally important that we pass this same freedom on to others seeking recovery by making all our meetings open to any and every addict with a desire to attend. By doing so, we adhere to the true spirit of Tradition Three, and we further ensure "that no addict seeking recovery need ever die."

Anonymous

From our readers



Clean & serene at eighteen

Hi. I'm an addict and my problem is M. One hundred and seven days ago I walked into a meeting of Narcotics Anonymous. I remember walking in and sitting down. I was pissed off at the world. I had hit my bottom without a doubt.

I started using at an early age: ten years old. I already had compulsive and obsessive behavior going on in my life; I just needed the drugs. When I was sixteen my mother put me into a mental institution. Yikes! I stayed for five days, detoxed, and left. I knew it all; I was well—right! Two hours later I was hanging around the same playmates on the same playgrounds using the same playthings.

I went down—I manipulated everyone and anything to stay loaded. A year ago I got kicked out of my house due to my drug abuse. Things went totally downhill. I was a high school dropout and a complete mess. I didn't know if I was coming or going. I couldn't even sleep because I had no shelter.

Anyway, here I am today: eighteen years old and clean and serene. I am writing this letter hoping someone else who is young will benefit. Today I'm in college and I have a home. I am also volunteering my time to help keep a center open for addicts, be-

cause we can only keep what we have by giving it away.

I am grateful for NA. It has saved my life. Thanks!

MP, California

Depression in recovery

I believe that one of the strongest features of the NA program is our sharing: one member who has walked through a dark tunnel filled with problems shares his strength and hope with one who is still lost in the tunnel. I just had to respond to PR, who wrote "Clean and Crazy" in the January issue of *The NA Way*.

As with PR, when I had about five years clean I fell into a deep depression which lasted through an entire winter.

Most of my big living problems from my years of using were gone. I was healthy. I had a reliable car and a good job. I thought I had the world in the palm of my hand, yet one Monday night I walked out of my regular meeting and into a deep depression. I lost the desire to live. Life was not fun anymore. I wanted to simply avoid all human beings and stay in bed. Thinking, especially making any kind of decision, seemed an impossibility.

In getting five years of clean time, I had done many of the right things. I had made continual deposits of will-

ingness to the program. I continued to go to meetings and to stay clean because, by then, they were ingrained habits. I put one foot in front of the other, crawled out of bed, and went to work each day. I conned myself by vowing to enter a mental hospital for pills and electroshock treatments—tomorrow.

Today, I have over seventeen years of clean time. Since that dark period, I have never had to go back to walking the endless tunnel of depression. My sponsor always insists that I look for the good in all of life's misery. Coming out of the depression gave me a lasting gratitude for life and a hope that I can live through depression with the help of the program. Looking back, I had to have that experience to convince me of the great healing power of the program. Having been hospitalized for mood disorders in the past, I always felt that, sooner or later, I would return to the snake pits and the vegetable-like existence of Thorazine.

My fear of another journey into insanity prevented me from following my dreams. By surviving depression with the help of the program, I came to trust in the inner voice of my HP. Narcotics Anonymous turned my dreams into reality.

I have come to realize that I do not have to be a slave to my moods. Thank you NA.

JS, New York

Surrender to live

I'm an addict named Sue. I'm finally writing to share my life, which NA has given back to me.

Today is my recovery anniversary; I have four years clean. I just read an article in *The NA Way* that my sponsor wrote. Again, I've found that someone else's courage gives me the strength to do what I cannot do alone.

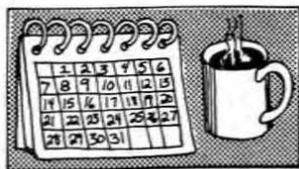
At my first meeting of Narcotics Anonymous four years ago, I heard that "the newcomer is the most important person." I kept coming back. After two weeks of arriving late and leaving early to avoid "those hugs," I begged to have a hug. When I had six months clean, I realized drugs were not the problem; it was the unmanageability of my life that was overwhelming me. I surrendered to NA and welcomed help. With that came the freedom of acceptance. Working the steps has enhanced my freedom.

Today I have choices. I can make mistakes, take risks, be responsible for my actions, listen to what my body is saying to me, live in the present, feel emotions and survive (ha, ha), communicate with others, have goals and work toward them, and, most of all, love and be loved. Today, I have become an acceptable, responsible, and productive member of the NA society and my community. I have the largest family in the world and I am loved no matter what.

NA promised me freedom from active addiction. I was granted a life that I never dreamed of. All this, just because I surrendered. Thank you, God!

SD, Ontario

Comin' up



ALBERTA: Jul. 30-Aug. 2, 1993; 4th Annual Central Alberta Area Campout; Dixon Dam west of Innisfail; info (403) 342-1444; Central Alberta ASC, PO Box 472, Red Deer, Alberta, T5N 4G1

2) Nov. 5-7, 1993; Alsask Regional Convention; Red Deer; hotline (403) 342-1444; Alsask Reg. Conv., Central Alberta ASC, PO Box 472, Red Deer, Alberta, T5N 4G1

AUSTRALIA: Oct. 1-3, 1993; The Combined Sydney Area Convention; Glebe High School, Taylor St. Glebe; info (02) 565 1875 or (02) 560 2213

BRITISH COLUMBIA: Sep. 24-26, 1993; 14th British Columbia Regional Convention; Nanoose Bay; info (604) 754-3673 (evenings) or (604) 758-8048 (days); BCRCNA 14, Box 118, 67 Victoria Crescent, Nanaimo, BC, V9R 5B9

CALIFORNIA: Aug. 21, 1993; 1st Eastern Inland Empire Unity Day; San Bernardino; info (909) 686-1322; EIEA Unity Day, PO Box 742, Redlands, CA 92373

COLORADO: Oct. 22-24, 1993; 7th Annual Colorado Regional Convention; Glenwood Springs; info (303) 894-0450; rsvn.s (800) 332-2233; CRCNA VII, PO Box 2115, Englewood, CO 80150

CONNECTICUT: Sep. 3-5, 1993; Connecticut River Valley Twelve Step Retreats; Ivoryton; A closed retreat; info (203) 347-3324; Retreat, PO Box 1056, Middletown, CT 06457-1056

FLORIDA: Oct. 8-10, 1993; 1st South Florida Regional Convention; North Miami; info (305) 652-7711; SFRONA, PO Box 69-4487, North Miami, FL 33169

2) Oct. 15-17, 1993; Awareness Weekend for PI, Helpline, H&I, Literature Review and Conference; Melbourne; info (407) 969-7070; FRSO, 709-B Brookhaven Drive, Orlando, FL 32803

HAWAII: Nov. 4-7, 1993; 2nd Hawaii Regional Convention; info (808) 329-6956; Hawaii Reg. Conv., PO Box 461, Kailua-Kona, HI 96745

IDAHO: Aug. 6-8, 1993; 4th Annual SRVNA Campout; Register Rock at Massacre Rocks State Park, American Falls; SRVNA, PO Box 4342, Pocatello, ID 83201

ILLINOIS: Sep. 2-5, 1993; 23rd World Convention for Narcotics Anonymous; info (818) 780-3951; WCC, PO Box 9999, Van Nuys, CA 91409

INDIANA: Sep. 18, 1993; 7th Annual Gratitude & Unity Dance; Concord Center, 1310 South Meridan, Indianapolis, IN; Central Indiana ASC, PO Box 661, Indianapolis, IN 46206

KANSAS: Aug. 20-22, 1993; 4th Annual Free Campout; Wilson Lake, Lucas Park; info (316) 628-4785 or (316) 241-6230

LOUISIANA: Oct. 29-31, 1993; 1st New Orleans Area Convention; rsvn.s (800) 627-4500; info (504) 254-2791; New Orleans Convention, PO Box 52212, New Orleans, LA 70152-2212

MAINE: Aug. 14, 1993; Central and Southern Maine H&I and Phonenumber Learning Day; Auburn; info (603) 880-3689; N New England ASC, PO Box 1752, Portland, ME 04104

MEXICO: Oct. 15-17, 1993; 1st Baja California Convention in Tijuana; info (66) 80-90-80 or US 011-52 (66) 80-90-80; rsvn.s (800) 582-3762; BCCNA, 1329 Third Avenue #116, Chula Vista, CA 91911-4396

MICHIGAN: Oct. 29-31, 1993; 2nd Kalamazoo Area Convention; KACNA II, PO Box 50822, Kalamazoo, MI 49005

NEBRASKA: Sep. 17-19, 1993; 10th Annual Nebraska Regional Convention; McCook; rsvn.s (308) 345-3700; info (308) 345-5839; NRC-10, PO Box 633, McCook, NE 69001

NEW JERSEY: Aug. 20-22, 1993; 3rd Annual Northern New Jersey Regional Convention; Parsippany; rsvn.s (201) 265-3846; NNJRCC, PO Box 5064, South Hackensack, NJ 07606

NEW YORK: Aug. 7, 1993; NA 40th World Service Conference Anniversary Fundraiser; Spiritual Awakening Group of Brooklyn; info (718) 373-0813

2) Sep. 10-12, 1993; 4th Recovery in the Catskills; Su Casa, 99 Mill Road, Accord; rsvn.s (914) 626-2036

NORTH CAROLINA: Aug. 20-22, 1993; 3rd Annual Regional Service Awareness Weekend; info (919) 273-4204; Carolinas RSC, PO Box 4134, Greensboro, NC 27404

2) Sep. 10-12, 1993; 2nd Central Piedmont Area Convention; Salisbury; rsvn.s (704) 638-0311; info (704) 278-9536; Central Piedmont ASC, PO Box 282, Landis, NC 28088

NORWAY: Aug. 28-29, 1993; 1st NA Convention in Norway; info 47-69263064 or 47-69257769

NOVA SCOTIA: Aug. 6-8, 1993; 4th Annual Nova Scotia Area Convention; info (902) 461-0638; NSACNA, PO Box 65, Halifax Central, Nova Scotia, B3J 2L4

2) Aug. 21-22, 1993; 4th Annual NA Day Pig Roast; Annapolis Valley; info (902) 798-5848; Committee of the Whole, PO Box 2083, Windsor, Nova Scotia, B0N 2T0

OHIO: Sep. 10-12, 1993; 7th Serenity in the Woods; Camp Campbell Gard; info (513) 829-3915 or (513) 422-9505; HAMASCNA, PO Box 18430, Fairfield, OH 45018

PENNSYLVANIA: Sep. 10-12, 1993; First Williamsport Area NA Convention; Williamsport; rsvn.s (717) 326-9701; info (717) 321-0356

2) Nov. 12-14, 1993; 11th Tri-State Regional Convention; rsvn.s (800) 445-8667; info (412) 391-5276; TSRSO, Inc., PO Box 110217, Pittsburgh, PA 15232

PUERTO RICO: Jul. 30-Aug. 1, 1993; 4th Puerto Rico Convention; Condado Plaza Hotel; info (809) 763-5919

QUEBEC: Oct. 8-10, 1993; 6th Quebec Regional Convention; St-Hyacinthe; info (514) 327-2297; QRCNA 6, CP 51047 Centre Domaine, 3365 De Granby, Montreal, Quebec, H1N 3T8

SOUTH CAROLINA: Nov. 18-21, 1993; 11th Serenity Festival; Myrtle Beach; rsvn.s (800) 845-0658; Planning Committee, PO Box 1198, Myrtle Beach, SC 29578

TEXAS: Oct. 8-10, 1993; Fort Worth Area Convention; Fort Worth; info (817) 346-6705; Convention Committee, PO Box 20093, Fort Worth, TX 76102

UNITED KINGDOM: Aug. 13-15, 1993; 7th Annual United Kingdom Convention; Brighton; info (071) 272-9040; UKCNA 7, PO Box 1980, London, England, N19 3LS

VERMONT: Nov. 5-7, 1993; 4th Champlain Valley Area Convention; info (802) 863-2620 or (802) 865-3657; CVACNA 4, PO Box 64714, Burlington, VT 05401

WASHINGTON: Sep. 24-26, 1993; North Puget Sound Area 10th Anniversary; Oak Harbor; info (206) 428-4385; North Puget Sound ASC, PO Box 1001, Mount Vernon, WA 98273

2) Oct. 22-24, 1993; 16th Pacific Northwest Convention; PNWCNA XIV, PO Box 5233, Everett, WA 98201

WEST VIRGINIA: Jul. 30-Aug. 1, 1993; 7th Annual Almost Heaven Area Convention; Shephard College; info (703) 888-1448 or (304) 267-0691

2) Aug. 13-15, 1993; 4th Recovery in the Foothills; Old Town Camp, Point Pleasant; info (304) 675-5132; AFASCNA, PO Box 107, Gallipolis, OH 45631

WISCONSIN: Aug. 6-8, 1993; 9th Mid-Coast Convention; rsvn.s (800) 552-5121; info (414) 435-8957 or (414) 866-2379; MCC-9, PO Box 9186, Green Bay, WI 54308

2) Oct. 15-17, 1993; 10th Annual Wisconsin State Convention; rsvn.s (800) 558-9573; info (414) 549-0825; WSNAC X, PO Box 4010, Waukesha, WI 53187-4010

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The Twelve Traditions of Narcotics Anonymous

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate authority—a loving 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.
6. 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.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. 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.
12. 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
The NA Way

What is Narcotics Anonymous?

NA is a nonprofit fellowship or society of men and women for whom drugs has become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. 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.