

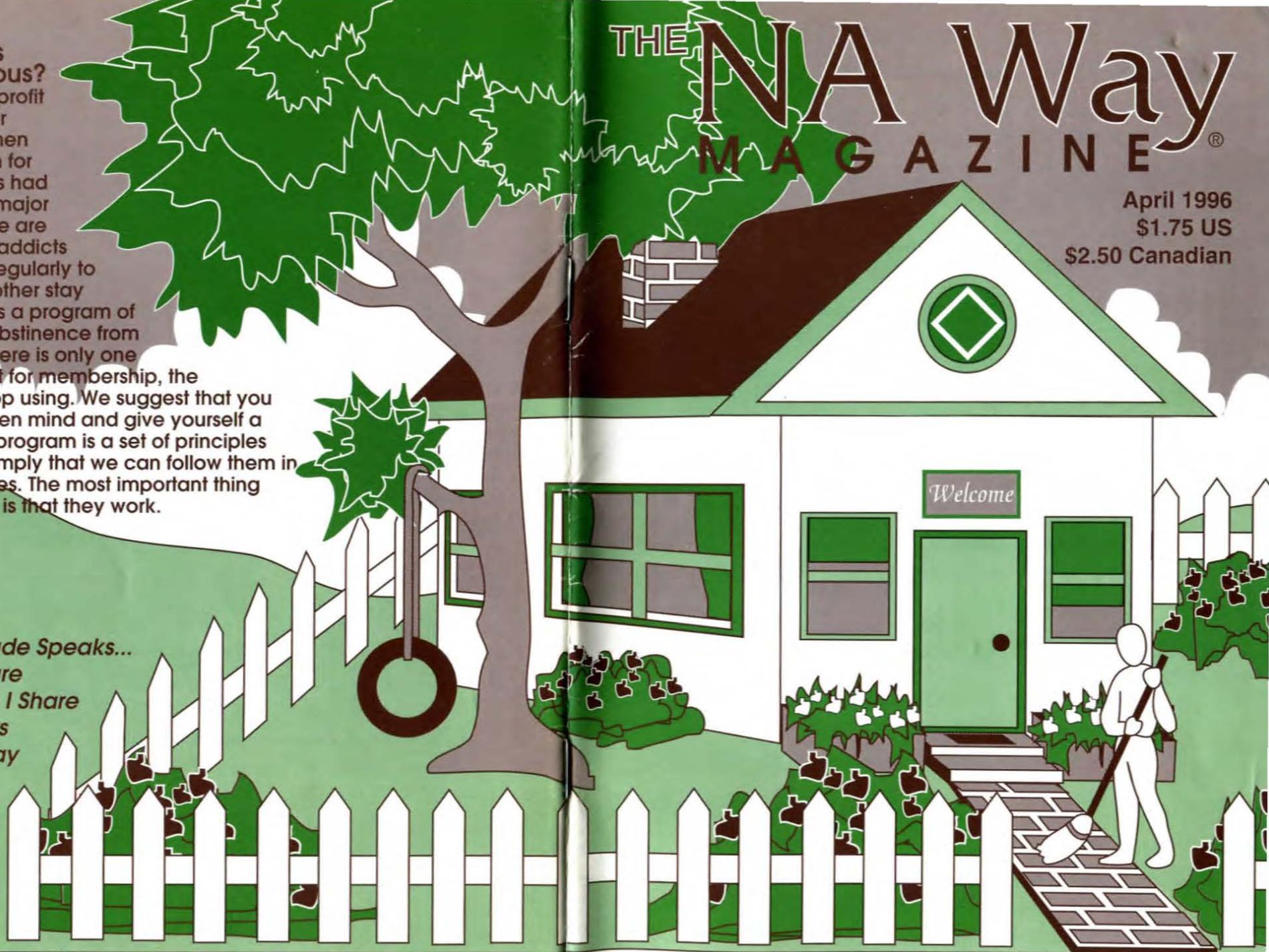
## What is Narcotics Anonymous?

NA is a nonprofit 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 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.

*My Gratitude Speaks...  
When I Care  
and When I Share  
with Others  
The NA Way*

# THE NA Way MAGAZINE<sup>®</sup>

April 1996  
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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 MAGAZINE®

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*The NA Way Magazine* welcomes the participation of its readers. You are invited to share with the 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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## My recovery, my responsibility

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As has been the case for the last four years, I have learned another valuable lesson through sponsorship and working the steps. I reached my Eleventh Step and, as with the preceding ten, my sponsor suggested I read about the step, write down how I identify with the reading, and then we'd discuss it together.

My sponsor is the first person from NA who was put in my path by God. He was the first person to reach out to me after I had bottomed out. I was totally beaten down, and whatever he suggested, I usually (though often resentfully) followed through on. He was already clean for four years when we met. In my eyes, this was impossible to grasp. All I knew was that I wanted what he had.

Now, four years later, we have a history. We've developed a mutual understanding and a caring friendship. We've both changed and grown by living life on life's terms. The most important thing we've done together is work the steps. He is the one person who knows me better than I know myself.

This is what I have learned: Sponsorship should not be confused with friendship. I was ready to go over a step I had written on recently, but he was not. He had a lot of turmoil in his life and was isolating, as we all do from time to time. I immediately had a character defect surface. I thought but didn't say, "But you're my sponsor! You said you'd be there for me!"

Then the miracle happened. I was able to separate our relationship from my recovery. I knew that he must be having problems, and if I needed to read my step work to someone else, I now have a wonderful network of people I can reach out to. In essence, I was expecting him to take responsibility for my recovery.

I learned that if I resent another recovering addict who can't be there for me whenever I demand it, I haven't yet reaped the full benefits of recovery in NA. It became clear to me that the purpose of the steps is to help me learn to help myself, and to rely on a higher power. I see that I've grown, and I don't need to rely on my sponsor in the same way I did in the beginning. I also see that now I can be there for him, just as he's been there for me.

I'm very grateful because this understanding left our friendship intact and heightened my level of acceptance and open-mindedness. It was definitely God's introduction to the Twelfth Step. I feel like I've come full circle on this leg of my journey. Now I'm ready to go around again.

*LF, New York*

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## Keeping the lid on

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There is one sentence in the reading, "How it Works," that says, "There is one thing more than anything else that will defeat us in our recovery. . . ." It fills me with glee to murmur, "relationships!" in the pause before the sentence continues, "this is an attitude of indifference or intolerance toward spiritual principles." Nowhere else in my self-destructive lifestyle was my intolerance toward spiritual principles so obvious as in my intimate relationships.

Why else did I hide so protectively from my sponsor and the people in meetings? I could go from a mild-mannered, spirituality-seeking, step-working, recovering addict to a wildly controlling, self-seeking, dishonest, and demanding addict in a matter of days after getting into a new relationship (in a matter of hours if I really liked you). Although I would still try to sound spiritual at meetings, I felt as if one of the basic spiritual principles—honesty—had

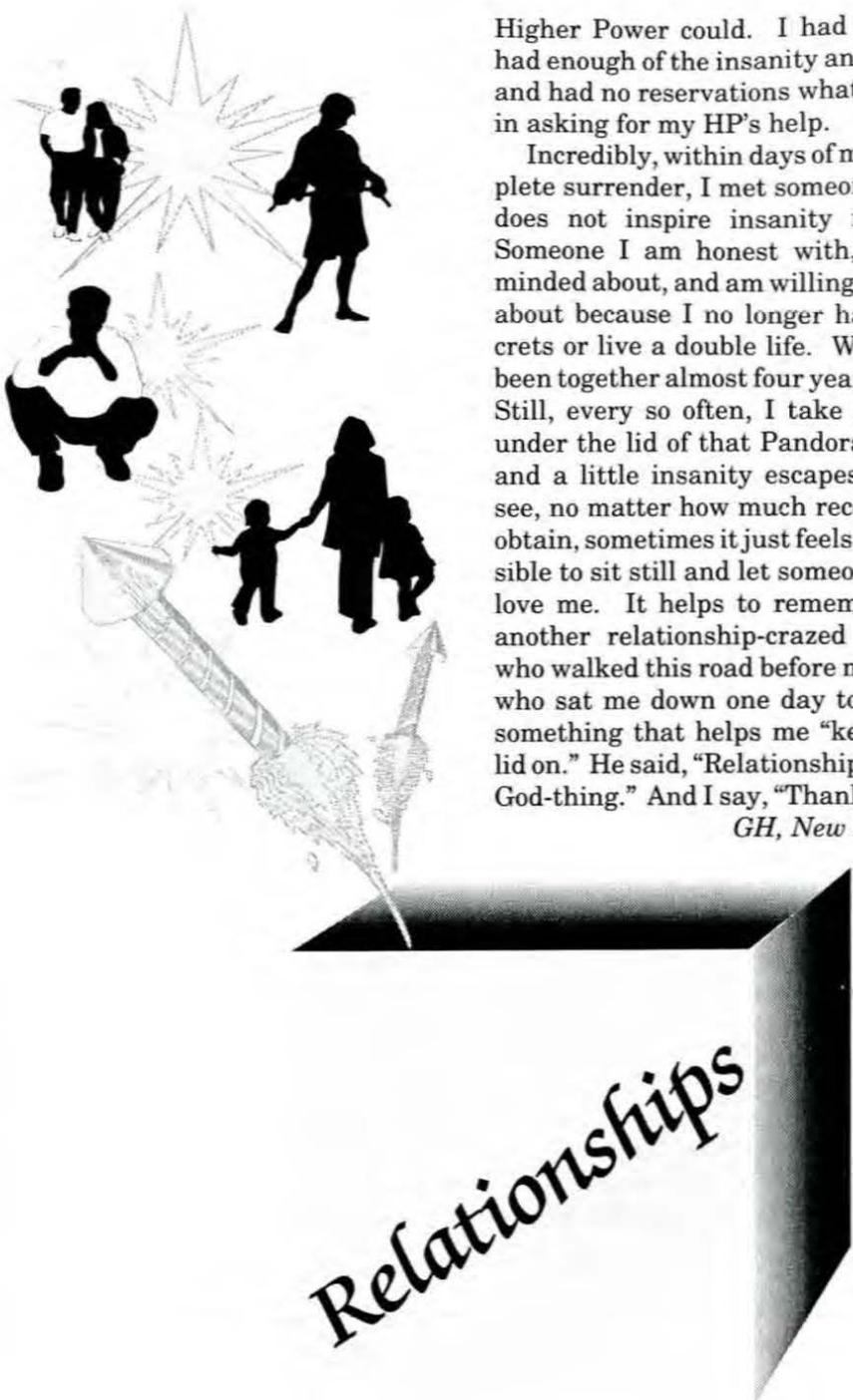


Relationships

been lost somewhere between my bed sheets. Since I was unwilling to share about my new relationship, the secrets I kept about my behavior led me further into a double life.

Inside the meeting rooms, I would hear less and less that I could relate to. My relationship had more meaning to me than anything you guys had to say. Looking back, I can see that dishonesty and unwillingness were the cornerstones of my intimate relationships. Is it any surprise, then, that when I put my relationships first, my program began to assume the same characteristics?

After several (hundreds?) attempts to "control" this pattern, I finally surrendered it completely to my Higher Power. I realized that the only relationship I truly wanted was the one with my HP. I was no longer willing to put my program and my life in jeopardy for anyone. My disease had run rampant in my relationships and, like Pandora's Box, I couldn't keep the lid closed; only my



Higher Power could. I had finally had enough of the insanity and pain, and had no reservations whatsoever in asking for my HP's help.

Incredibly, within days of my complete surrender, I met someone who does not inspire insanity in me. Someone I am honest with, open-minded about, and am willing to talk about because I no longer have secrets or live a double life. We have been together almost four years now. Still, every so often, I take a peek under the lid of that Pandora's Box and a little insanity escapes. You see, no matter how much recovery I obtain, sometimes it just feels impossible to sit still and let someone else love me. It helps to remember B, another relationship-crazed addict who walked this road before me, and who sat me down one day to share something that helps me "keep the lid on." He said, "Relationships are a God-thing." And I say, "Thank God!"

*GH, New Mexico*

turning point in my recovery. I cried out to my Higher Power for help and continued to go to my NA meetings.

Then the miracle started to happen for me as I worked the Fourth Step and took an honest inventory of my life. I saw that even in recovery I had not been a very responsible person. The pain I was experiencing was my resistance to change. The changes I saw in other NA members seemed to come easy, but not for me. I realized that in order for me to stay clean, I had to do the things that so-called normal people did in their daily lives. One of those things was to get a job.

I realized by working my Fourth Step that I always needed and wanted to have someone else take care of me and love me because I didn't know how to do that for myself. NA has taught me that these are the issues I need to work on one day at a time. As each new day passes, I realize that I am grateful. Even though my feelings of gratitude have come slowly, they are there today and will stay as long as I work my steps and help the addict who still suffers. After all, isn't that our primary purpose?

*PK, Florida*

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## Accepting personal responsibility

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I woke up one Friday morning feeling very ungrateful. I had been clean for about a year, but I realized my life was still very unmanageable.

I am a single mother in recovery. I have only a high school diploma. Survival has been very difficult for my family, even with me being clean. The fear and financial insecurity were very real for me and my two teenage children.

Since my release from a drug treatment program one year ago, our utilities have been disconnected on three different occasions. My refrigerator is bare. Two mornings this week, my fifteen-year-old son asked me for forty cents to buy a reduced-rate lunch at school, and I had to tell him I didn't have any money.

Intense fear gripped my life from every angle and touched every area of my life and recovery. I spent countless hours in anger and self-loathing, with no acceptance of my life. I was blaming everyone for my financial problems, and sinking deeper into depression on a daily basis. I had once again reached a

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## Expecting recovery

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In my addiction I had many expectations that I was not aware of. I expected to be able to cop some dope at any time. I expected everyone to leave me alone about my using. What was wrong with them? Couldn't they see that I was just having fun? I expected to steal and not get caught. Most of all, I expected to still be using drugs when I was sitting in a rocking chair. Boy, was I in for a reality check when I came into Narcotics Anonymous!

The dictionary says that the word "expect" "usually implies a high degree of certainty and usually involves the idea of preparing or envisioning." I'm starting to realize how many expectations I have in recovery.

I put expectations into two categories: unrealistic and realistic. Realistic expectations would be things like expecting to be able to use water to take a shower, or being able to drive my car to work.

Here are some examples of unrealistic expectations: I expect my friends to change their character defects, lousy drivers to drive courteously, and everyone to treat me with

respect. I find that the closer people are to me, the more I expect of them. Fellow addicts can't possibly live up to my expectations. They would have to be unfailingly courteous, considerate, loving, thoughtful, and understanding. More importantly, they would always have to see things my way. Since I don't like conflict, they shouldn't get me upset by confronting me about my negative behavior.

By continuing to take a personal inventory, it has become obvious that my perceptions are often very self-centered. Once in a while, they are God-centered. But most of my expectations are unrealistic, so I try not to expect anything.

The only expectation we can really have is that if we don't use, we won't get high. We have the promise of freedom from active addiction. The Basic Text tells us that "we have never seen a person who lives the Narcotics Anonymous program relapse." I have grown to trust and even expect that NA will work for me, just as it has for countless others.

So, the moral of this story is to take a look at your expectations. I hope you didn't expect too much out of my article, but if you did, that just proves my point.

*SD, Pennsylvania*

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## Choosing gratitude

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Things are going really well for me. I am really grateful for the help and support I am receiving in the Narcotics Anonymous fellowship and outside of the fellowship. The first thing I am grateful for is having a place to live; my sister and brother-in-law have provided a roof over my head and food to eat. The second thing that I am grateful for is that God has allowed me to be healthy. I am grateful for another day clean from drugs. I am also grateful for the friendships that I have been able to form because I stayed clean one day at time.

I am pretty sure that I could extend my gratitude list, but the important thing to remember is that when things seem to get bad, a gratitude list is a tool that will keep me focused and take me out of myself. It is very important for me not to get caught up in my committee's way of doing things. I always have to remember the things that helped me stay clean and how they play a major role in my recovery.

There are so many things changing in my life today that truly make a difference. When I was loaded, I was not able to really see what was going

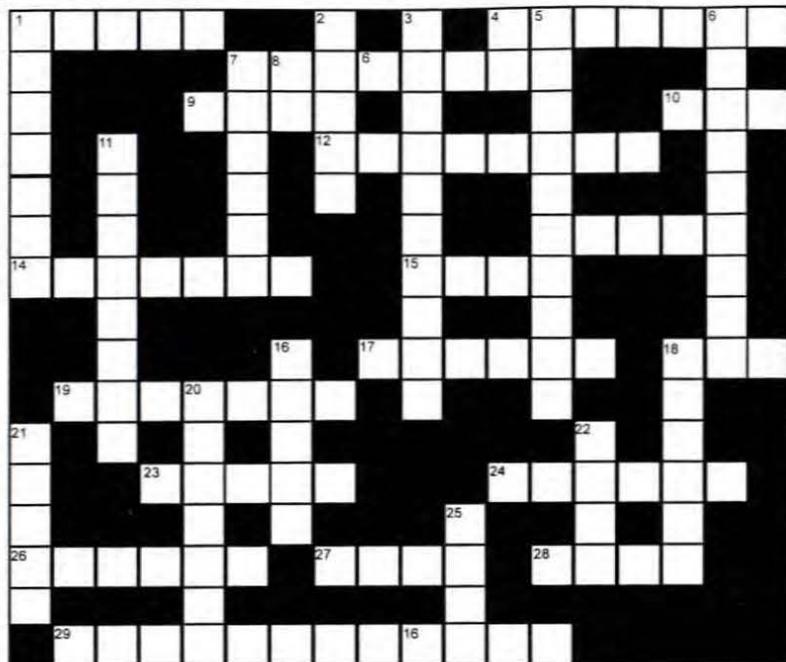
on around me. At one point in my life, I had lost hope, and I wanted and expected to die very soon.

Well, there came a day when somebody told me about Narcotics Anonymous. I thought to myself, "Maybe that would help me." So I opened up my ears and listened to what my friend had to say about the program and how it worked. I was really surprised to hear that there was a place I could go to learn how to stay clean, and that my life would get better if I did that one day at a time.

I attended my first meeting and there I met a lady whose name was G. She was very friendly; she greeted me with a warm smile and open arms. It caught me off guard. If you are an addict like me, you're not used to people being nice and friendly. I sat down and watched as people came into the room. These people were happy and they were exchanging hugs. It made me so happy to see that happening. Although I could not show that type of love to other people then, I said to myself, if I keep coming back to this group of people, they will teach me how to do it. With that, my recovery began.

*RG, California*

# C R O S S W O R D P U Z Z L E



## Across

1. Work the \_\_\_\_!
4. Addition is a \_\_\_\_.
7. There is a \_\_\_\_.
9. Take my will and my \_\_\_\_.
10. The \_\_\_\_ is dead. We do \_\_\_\_\_. (With 14 Across)
12. Our disease can be \_\_\_\_ at some point and recovery is then possible.
13. Most of us do not have to think twice \_\_\_\_ this question.
14. See 10 Across.
15. Read the Basic \_\_\_\_.
17. Our \_\_\_\_ should come first (With 19 Across).
18. ...and became willing to make amends to them \_\_\_\_.
19. See 17 Across.
23. ... regardless of age, race, sexual identity, \_\_\_\_, religion, or lack of religion.
24. I will try to \_\_\_\_ it to the best of my ability.
26. The only way to keep from returning to addiction.
27. We made direct amends to \_\_\_\_ people ...
28. We \_\_\_\_ slowly committing suicide.
29. ...to remove our \_\_\_\_.

## Down

1. Call your \_\_\_\_.
2. Our goal is to stay \_\_\_\_.
3. NA is a program of \_\_\_\_, not promotion.
4. Chapter Five: What Can \_\_\_\_?
5. ... we have no \_\_\_\_ fees or dues. ...
6. This is a simple \_\_\_\_, not religious program.
7. Keep it \_\_\_\_.
8. Addiction is a disease \_\_\_\_ denial.
11. The \_\_\_\_ is the most important person at any meeting.
16. This sounds like a big \_\_\_\_, and we can't do it all at once.
18. \_\_\_\_ may join us.
20. Narcotics Anonymous should remain \_\_\_\_ nonprofessional. ...
21. ...keep an open mind and give yourself a \_\_\_\_.
22. There is one thing more than anything \_\_\_\_ that will defeat us in our recovery.
25. at the end of the road...

## Home Group

I'VE DECIDED, IT'S TIME FOR ME TO CHANGE. I'M GONNA BECOME A KINDER, GENTLER SLUGG.



I'M GOING TO PRACTICE THE SPIRITUAL PRINCIPLES OF N.A. IN ALL MY AFFAIRS. I'M GOING TO STRIVE TO ACT AS A LOVING MESSENGER OF MY HIGHER POWER... REACHING OUT MY HAND AND A HEART THAT'S FULL OF HOPE TO ALL I SEE.



SIGH... OH YES, AND ONE MORE THING...



APRIL FOOLS!!



## Feature

# Czech this out!

### NA continues to grow in Central Europe

I arrived in the Czech Republic, in Prague (or Praha as it is known by its citizens), knowing just where to go. Before leaving for my trip, I checked with WSO-Europe staff and got the exact location of the NA meeting in Prague.

The Thursday night meeting in Prague is held in the back room of a building that serves as a needle exchange, homeless shelter, and soup kitchen.

Upon arrival, I felt uncomfortable, not a part of at all. I realized it was because no one could speak English and I couldn't communicate with anyone. Eventually, an English-speaker arrived and offered to translate for me. Immediately I began to relate. I shared, and learned there was another meeting on Monday night.

At that first meeting there were about ten addicts, six or seven of whom were clean. Everyone except those who had used in the last twenty-four hours shared twice, sometimes three times, before the meeting ended. To close the meeting, everyone held hands instead of hugging, as I was used to. So I decided to put my arms around the addicts next to me. Everyone followed suit, and we prayed.

I stayed in Prague for the next ten days, and gave as well as received much from the NA Fellowship there. I refused to shake hands; hugs only, please. At first, a few people seemed slightly put off, but they soon warmed to the idea. During my stay, I hung out with other addicts during the day, went to all the NA meetings, out for coffee, and even went to a few clubs with other addicts, just like at home.

When I visited, there were about ten to fifteen clean addicts in Prague, as well as another ten or so who attend meetings off and on, but haven't quite got it yet (abstinence, that is). NA is growing in Prague, and going through the associated pains.

I extended my stay in Prague to attend the newest NA meeting on Saturday night. Not only was this the third NA meeting, there are now twelve-step meetings seven nights a week in Prague.

Before I continue, I would like to let the reader know I am an addict and nothing but an addict. I got clean in NA, work NA steps, have an NA sponsor, read NA literature, and go to only NA meetings whenever possible. I'm an addict and belong in NA.

In Prague, however, I had to come to a new understanding about being willing to go to *any* lengths to stay clean. I had to set aside my "NA only" pride and attend another fellowship's meetings, along with other drug addicts who need to hear about recovery every day. I wasn't in Southern California, where some areas have more NA meetings in a week than Prague has in six months.

As you may have noticed, I am using the words "drug addict" instead of simply "addict." In the Czech language, as in many Slavic tongues, there is no word for addict that can be translated in context. You are either a drug addict, someone who does narcotics, a *narkomani*, or an alcoholic.

Which brings us to Czech literature. There is none. The IP, "Who, What, How, and Why," excluding the Twelve Traditions, has been unofficially translated by local members as a rough draft. WSO has since sent a glossary of words to be used for translation. In the meantime, however, drug addicts, *narkomani*, have to stay clean. How do you work NA's



Twelve Steps and follow traditions when there is no literature? You do whatever you have to do to stay clean.

Of the twelve-step fellowships that have members drawn from the indigenous community (Czech people, not traveling or expatriate Americans), NA is the strongest. *Narkomani* are staying clean, just for today, through the miracle of recovery. The fellowship is very tight, close, loving, and there is more unity in and out of the rooms than I've ever seen. They even allowed a recovering gambler to attend their meetings, because he had no place else to go, and part of his personal program of recovery is abstinence from drugs. Something else: Not only did this bunch of addicts let a recovering gambler attend their meetings, but they voted him in as treasurer! Only recovering addicts. . .

Sponsorship is a problem in Prague, and it has become almost incestuous. When there are only a handful of clean addicts, the main problems don't stem from men sponsoring women and vice-versa; it's more a lack of new blood and new ideas. One of the addicts who helped start NA in Prague is trying to get some addicts from Nürnberg, Germany, two hours away, to do a little outreach by going to Prague once or twice a year to share their recovery.

Personally, I loved the recovery in Prague and have great respect and admiration for the addicts staying clean there. My prayers and love to my *narkomani* in Prague. Thanks for helping me stay clean.

### History of NA in Prague

The first NA meeting in Prague was held in the YMCA in March 1993. There were two addicts: an American who spoke a little Czech, and a Czech who spoke no English. These two addicts met regularly for the next four months; however, due to the lack of support it was decided to move the meeting to a men's rehab.

Before NA was even established in Prague, addicts were carrying the message of recovery to other addicts. The problem arose when people were released from the rehab and there were no outside meetings to attend. The need for an outside meeting was apparent, so in November 1993, on a Sunday night, the meeting was moved to a needle exchange.

There were now three clean addicts. Unfortunately, one of them relapsed, leaving only the two original members. These two addicts held a weekly meeting in the front room of the needle exchange, sharing their experience, strength, and hope with practicing addicts who happened to stop by for a new needle or a bite to eat. Eventually, a young woman came to the meeting seeking recovery, and there were once again three clean addicts. The meeting was then moved to a back room, changed to Thursday night, and still exists today.

In January 1995, on a Monday night, the second NA meeting was started in Prague. There were then five or six clean addicts who were attending regularly, and practicing addicts still trying to obtain this thing called recovery. The men's re-



hab had agreed to allow their patients to attend an outside meeting. Further, a few addicts who had been recovering in another fellowship were asked to come and check out the NA meetings. The fellowship began to grow.

While I was in Prague in October 1995, the third NA meeting was started on Saturday night, and the addicts in Prague have started carrying the message to a women's rehab. They tell the women there what NA is all about, and where to find it.

In June 1994, some people from world services visited with the NA community in Prague. According to the NA members in Prague, the world service visitors were slightly "put off" by the alterations made to the Czech community's translation of the "Who, What, How, and Why" informational pamphlet. (It didn't

have the Twelve Traditions; instead it had a portion of the Basic Text, and the meeting list was also included.) The World Services Translation Committee and WSO are now working with addicts in Prague on developing Czech translations.

For meeting information in Prague, you can contact WSO-Europe. At this time, there is no local phonenumber in Prague. The Thursday night meeting is at Haskova 16 in Prague 7 at 6 pm. The Monday night meeting is at Nejsvetejsino Srdec Pane Church in Prague 3 at 5:30 pm. The Saturday night meeting is at P. Maria Snezna Church in Fu Jungmannouu Square in Prague 1 at 5:30 pm.

JL, Washington  
Czech Republic  
Latvia



## Newsletters

### On selecting servants we can trust

**From *Inside Connection*, the American River area newsletter:**

I've been around the rooms of Narcotics Anonymous for some time now. It wasn't until recently that I began to realize and appreciate the effort so many recovering addicts put forth to provide the meetings that we sometimes take for granted.

In our area there are 133 meetings a week. Wow! That's a lot of time and effort both by the members attending those meetings and by the elected trusted servants chosen to keep those meetings running smoothly.

As addicts, we usually have no ability to trust ourselves, much less others, by the time we come to these rooms. But when we need a meeting, and find one, do we realize that we are "trusting" that enough recovering addicts worked together to keep that meeting going?

How many times have we been at a meeting when an election was being held? I've been around for many an election in my home group, and I honestly can't recall the number of times anyone asked for the nominee's ability to perform the duties of the position.

Speaking from experience, I've not only witnessed a lot of elections based on the popularity of the nominee, but I'm also guilty of voting in that same manner. The outcome in some of those elections allowed me to witness some beautiful changes and growth in some of the individuals.

I've also witnessed some things that were incomprehensible to me. Not everyone will agree with me, and that's okay today, but I feel that as members of this fellowship, it is not only our right, but our duty, to make sure that the people we nominate and elect for our trusted servants are not just willing, but also capable of performing the duties of the positions for which they are being nominated.

I feel there are some things that we as members of this fellowship have the right to know and understand. Should a person who is always borrowing money for coffee after the meeting be elected to hold the group's money? If a position requires contacting people by phone and in

person, shouldn't we ask if the nominee has a phone and a car? Should we elect a secretary who attends only the meeting he or she is being nominated to serve at? How can he or she bring in the message from other meetings? Should trusted servants be expected to attend the meeting at which they hold a position? Or not? Has the person we're nominating for treasurer misused group funds in the past?

These are just a few of the things I feel are important considerations when electing a trusted servant. They are very basic, but they are sometimes overlooked.

It has been suggested that when we are electing a trusted servant, whether it be for area service or at our home group, the nominee should be asked what resources he or she has that will allow him or her to do the job. Isn't it better to be safe than sorry and not jump into things blindly? I remember what jumping into things without thinking about the consequences did to me in the past.

This fellowship has given me a life worth living. What about you? Remember, the only dumb question is the one that goes unasked. If someone running for election gets irritated when asked about qualifications, maybe that's a sign of doing service for ego, instead of helping to carry the message.

This is our fellowship. We owe it to ourselves and all the addicts who haven't yet made it to our rooms to do what we can to keep this fellowship alive.

*DH, California*

### The NA message and profane language

**From *What's Happening*, the Winnipeg, Manitoba, area newsletter**

In Narcotics Anonymous, I've learned that I'm responsible for my recovery, and, as such, I am responsible for my behavior. This includes the language I use in recovery meetings.

From personal experience I know it's not difficult to alienate an addict, especially a newcomer. Tradition Four speaks of autonomy as "having the right of self-government." This gives us freedom to govern ourselves as a group, and implies certain responsibility for our actions and behavior.

When I was using, much of my behavior was unprincipled and insensitive to others. Today the steps and traditions give me the freedom to act responsibly. In other words, I try to develop an awareness of how my behavior and language affect the message, and the atmosphere of recovery in Narcotics Anonymous meetings.

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**I Love Narcotics Anonymous**

I feel that the NA message and atmosphere of recovery are weakened and threatened by the use of profane and vulgar language. When I use this kind of language, it is only my self-centeredness trying to get attention or trying to impress others with a tough exterior, instead of getting honest and saying what I really feel. I'm really just trying to shock people enough to reach out to me, accept me, and love me when I can't feel it in myself.

Sometimes this vulgar, tough language and behavior come out when I'm feeling insecure and vulnerable. It's a way to keep others away so I won't get hurt. It comes out of weakness, not strength.

Keeping this in mind, I try to provide an atmosphere of recovery in meetings. I also try to pay attention to my language when I'm out for coffee with other addicts after meetings. An atmosphere of recovery in our meetings implies individual addicts have a quality of recovery, have grown past old thinking, attitudes, and ways of behaving.

Recovery is more than living a drug-free life. It is finding a new way to live. I always try to keep in mind that the atmosphere a newcomer walks into, in our recovery meetings, is one of the most valued assets we can provide in fulfilling the primary purpose of NA and in upholding the principle of unity.

Unity does not mean uniformity. I know I can't impose my ideas and values on others, or confuse unity with the notion of conformity. Unity springs from our common purpose—to carry a clear NA message, not from imposing my standards on other members. We need unity to show the newcomer that this way of life works.

By using language that expresses love, acceptance, and care, I can offer the newcomer what was freely offered to me when I first walked into the fellowship. I try to help people feel a part of, instead of leaving them feeling alienated and different. We get a lot of people from different walks of life, and we have to be considerate of their feelings. I can't be self-centered at the cost of even one

suffering addict. If my language and behavior are not based upon spiritual principles, my message is worthless. I try to carry a message of hope for a new way of life. Tradition Five demands it. I believe I can do this without having to resort to profane language.

I carry a message to those people I interact with outside of NA. In the workplace or in social settings, I may be the only contact or representative of Narcotics Anonymous other people are exposed to. How I conduct myself is a direct reflection of what the fellowship has to offer and the quality of recovery available through Narcotics Anonymous.

*MS, Manitoba*

## From east to west, recovery is best

### From NA Today, the Australia regional newsletter

I came into recovery about nine years ago in Sydney. NA at that time was a flourishing fellowship, which over the previous two years had experienced a phenomenal spurt of growth. There were many social

circles and many different individuals from different backgrounds. Just about anyone could find a niche.

Still, as I expect most newly recovering addicts can attest, it wasn't easy at first to make a break with my old "playmates, playgrounds, and playthings," and find a new way of living with new friends. I had the usual range of defects, such as low self-esteem, jealousy, envy, resentment, and fear, which make relating to other human beings like walking through a minefield.

During my active addiction, I had chosen the path of least resistance: isolation. Yet I found that isolation was not the easier, softer way: it was prison. In recovery I discovered that I held the keys to that prison, and it was up to me to open the doors and let other people into my life.

When, for personal reasons, I moved to Perth after being clean for five years in Sydney, I found myself back in that difficult space of having to reach out to strangers for the help and comfort I desperately needed, in a city where I knew no one.

Having built a strong foundation of recovery in those early years by going to many meetings, participating in service, working the steps, and building relationships with a higher power, a sponsor, and various NA friends, I wasn't so worried about my ability to stay clean. What nothing had prepared me for was the devastating loneliness of living in a city in which there were no connections from my past.

Fortunately for me, there was NA. The fellowship in Perth was strong, with about ten meetings a week. The

streets, the suburbs, the faces were strange, but I could walk into an NA meeting and see the familiar banners, the familiar literature, and hear the familiar message, and realize that I belonged to a worldwide fellowship.

There were problems, of course. For the first couple of years that I lived in Perth, only a handful of people came to the fellowship and stayed clean. There were just a few of us who had been clean for more than a couple of years, and some of these people left the state or stopped going to NA. I often wondered if NA would survive.

I realized that this fellowship would not be able to satisfy my social needs, and began to form friendships with a few people who were not addicts. I used the skills I had learned in NA to overcome my inhibitions and make friends with people, based on mutual interests. I would say that my emotional growth during my time in Perth has far exceeded that which I had in my five years in what was a relative safety zone: NA in Sydney.

Service has remained an important part of my recovery. It has always been only too clear in a relatively small fellowship how much personal effort has to go into keeping our meetings and subcommittees strong, so that a clear message of recovery continues to go out to the addict who still suffers.

There is a small band of dedicated members in Western Australia who have continued to serve in some way over the time I have been there, and their ranks have been slowly swelling. There is now also a significant

number of recovering addicts in their first to fourth years of recovery, an excellent basis for attracting new members. Our largest meetings now occasionally boast an attendance of over thirty people, which may not sound like a lot to people who go to larger meetings in Sydney and Melbourne, but is huge progress for us. We now have twenty meetings in our area.

It has been my privilege to be allowed to serve on the (Australian) Regional Service Committee, and each time I attend I am filled with awe at what our fellowship has been able to achieve in the past thirteen years, when the first NA service bodies were set up in Australia. In any capital city and in many other places you can find an NA meeting, and if you are in an isolated place you can establish contact with our regional outreach committee to keep you in touch with the message of recovery.

I love NA and I love being a full participant in life today. Thanks to all of you who have made it possible.  
V, Australia

## Viewpoint



## Resolution: a bigger picture

*Hi! I'm Denver, and I'm an addict. I'm also chairperson of the Northern New England RSC. The following is part of a position paper I presented at the WSC meeting in Manhattan Beach in November of last year. It's the part I could read in four minutes and fifty-eight seconds. After I read this, many suggested that I mail this baby to The NA Way Magazine. So here it is.*

My views are offered as a complement to the Resolution Group Report, not as a rebuttal. A central focus of that report is that in NA service we redirect our attention from our immediate circumstances to a "bigger picture," that of NA as a whole, a worldwide fellowship offering hope for recovery from the disease of addiction.

For the most part, our services operate within a complex swarm of interest (H&I, policy, convention, PI, literature, phonelines, activities, outreach, admin., guilt, shame, and intimidation), each making demands on our resources. The result of our years of this kind of operation is a puzzling set of goals, many of which conflict with or even contradict each other. With our priorities splattered all over the service terrain, it's no wonder we're confused.

### **The cultural frame: the difference between doing and being**

The inventory and the consultant saw exactly what they were supposed to see: "What world services does." And they were both right, right as rain—what world services does is very little. I learned a new word this week: "stultify." It means to render ineffective. That's what we've done to our primary purpose by our complexity.

We're talking about a big picture. I wish to submit a separate but viable lens of the big picture, and that is, what does world services *express*? Through this frame the big picture appears about the same, but with a little more clarity.

Each and every local NA community is steeped in its own mythology, with local heroes, past and present, alive and not so alive, some still ac-

tive in the fellowship, some still carrying the message, some gone sour on the whole deal and resigned to a less-than-nurturing alliance with the Common Will. These local heroes have traveled, met with members from all over the world, and have wondrous tales to pass on to new membership.

These heroes or relics are wheeled out every so often to share at a local unity day, or settle a service dispute. This perpetuates our culture, which we desperately need to add meaning to this big gamble we've all taken in getting clean. A newcomer walks into a meeting in Sweden, Singapore, St. Louis, and San Juan; he or she is handed a message of hope and the promise of freedom, but also handed a local mythology with local heroes to substantiate that message and a culture to back up the promise. For this, local NA communities are willing to pay, and pay dearly.

Resources pour into this great vacuum; they are sucked up by a black hole, and nothing, or very little, ever comes out. But nothing ever has to come out, because at the local level, the vista from which most of the fellowship sits and stares (sometimes like a deer caught in headlights), world services doesn't have to produce, only express. It's not what world services does, it's what it means. If world services never did anything but spit out local heroes, it has served this symbolic lens of a cultural frame to view the big picture. It doesn't matter what structural changes are proposed; if they can't meet this cultural need of

local fellowships, they've missed the mark.

### **The human resource frame: resolving contradiction**

From a managerial standpoint I must ask, where is the return on investment of trusted servants? Leadership qualities are highly valued in Narcotics Anonymous and should be carefully considered when selecting sacrificial servants. From the human resource perspective, what are we doing to each other? A very vital statistic would be the relapse rate of old RSRs.

Tremendous man-hours are spent to educate, indoctrinate, tolerate, orientate, frustrate, and cultivate new servants. Huge funds go into moving people around to adapt them to their new expectations as servants. Large sacrifices in our personal relationships are made to be of service. Whose wife, boyfriend, or child is sitting home tonight trying to figure out our confusing contradiction of commitments?

Where is the return on this investment? Where does it pay off for the stakeholders (the WSC, our RSCs, ASCs, our groups)? Where is the break-even point? The panoramic view of the big picture is still hidden, most of it falling outside the viewfinder. Where is all this nurturing returned to the addict getting clean? How much of this well-rounded global experience is embroidered back into the fabric of carrying a message?

I venture that most of it is outside our structure, or worse yet, outside our rooms altogether! How many representatives get out of this thing

alive? How many leave the procession disgruntled and bitter? What are we doing to each other?

I have alluded throughout this essay to the contradiction, confusion, and conflict—conflict between goals, roles, and polls. We never in our recovery or service stop being human, and managing the structure is also managing people. We aren't built to handle that much contradiction. The impetus in service eventually becomes, for many, an exercise in futility. I don't care how left-brained or right-brained we are, we aren't built to handle that much inconsistency. Something, somewhere has to make sense sometime.

In developing the new culture, and considering human resource management/development needs, we have to find a way to care for those servants who are leaving world services as well as we do the new blood coming in.

We lack an avenue for outgoing servants to reacclimate to normal-style service, normal-style living, and normal-style recovery. There's no method of closure to compensate for the psychological intensity this type of service requires. I submit that in "right-sizing," we also "right-resource" our greatest asset: experience.

I propose that the human resource pool mentioned in anybody's structure will be deeper, broader, accessible, mobile, and less turbulent if we take time today to take care of ourselves.

A structure that drives its members mad in an effort to recruit new members has really stultified our

Fifth Tradition. If we're killing off our existing membership to carry the message to the addict who still suffers, let's stop here.

*DW, Maine*

## **In-your-face honesty**

### **Maybe a little integrity would be better**

Have you ever been on the receiving end of someone's Ninth Step? It's always an uncomfortable experience. If it's being done for good reason, and with sincerity and integrity, I immediately forgive the person and often find myself wanting to say, "Oh, I know how awful you feel right now, how scared you are. There, there. Everything's all right."

But I don't. I realize how necessary is the process of developing humility, getting out of ourselves, etc., to an addict in recovery. The Ninth Step has been *the* step that shocks me out of my self-obsession most often.

Then there's those other "amends." You know, the ones where someone who has undermined your relationship with your sponsees, sown seeds of suspicion with your spouse, or perhaps tarnished your name in service, waltzes up and tells you, in gory detail, everything he or she said about

you. Then follows with everything he or she thought about you. And to top it off, everything he or she thinks about you right now (which is usually only slightly better than the previously held view).

Ouch!

I've handled this a variety of ways. The first time it happened, I stood rooted to the spot I was in, gasping for air, slowly dying, it seemed. Then I tried to smile encouragingly ("A" for effort, after all) and choked out some

*Recovery calls  
on us to become  
individuals with  
integrity.*

thing like, "well, amends accepted, don't worry." More recent occurrences have resulted in me, first of all, not taking to heart the opinion of one person, and second, telling the person that while I appreciate his or her effort, perhaps a little sponsor guidance on this amends would be in order.

This is usually the point at which honesty, as an indispensable spiritual principle, gets dragged in. I am sick unto death of hearing spiritual principles used to justify cruel behavior. But that's not really my point. I really wish that our book highlighted open-mindedness, will-

ingness, and *integrity* as indispensable spiritual principles.

The person who came up to me last year and told me she used to hate me (but now understood how sick I was, and would pray for me) was being absolutely honest. She really felt that way. The affair my father confessed to my mother just before he died really happened. (I knew about it when it was going on, but prayed it would burn itself out before it destroyed my parents' marriage.) He wasn't being dishonest. But he wasn't acting with integrity, either.

Both of these examples illustrate a problem with honestly telling all. Sometimes somebody gets hurt. That may not have been the intention, but it was most definitely the result. I find honesty a lot more admirable when the honest person is the only one risking getting hurt. Integrity, on the other hand, would have resulted in both people keeping quiet so as to spare the feelings of another—that would have been something to really admire. Usually the reason we want to tell all is to shift our pain onto someone else, a motive dictated more by self-centeredness than integrity.

This, I suppose, is why it's so strongly recommended in NA to work the steps in order (four before nine). Not doing so can result in some real treacherous honesty and Ninth Steps of the forty-five caliber variety. There is a big flaw in trying to practice honesty without a serious attempt at taking a moral inventory.

Some of us have problems with the word "moral," I know. (It's all because of our collective resentment

against organized religion, but that's another article.) Being moral simply means having the ability to differentiate between right and wrong, and acting, as best we can, in the right way.

Morality doesn't have a damn thing to do with what we have been taught all our lives to believe. I know a man who was raised to believe that non-white people were inferior. This belief was reinforced by his involvement with a few groups in prison. When he found recovery, he sat on my couch and admitted to me that he hated some ethnic groups, but knew it was wrong, and said, "I'll probably change. I've only got a few days clean."

To me, this was a wonderful demonstration of what our Fourth and Fifth Steps are all about. This man sat down and, after serious moral reflection, decided that one of his most deeply felt beliefs was wrong. He acted with integrity when he could have just "honestly expressed" what he believed.

Last, but far from least, is another place where honesty is placed above integrity in our program: relationships, specifically those involving sex. Yes, we've all heard that we should avoid relationships for the first year of our recovery. However, many of us take that to mean avoiding responsibility and involvement.

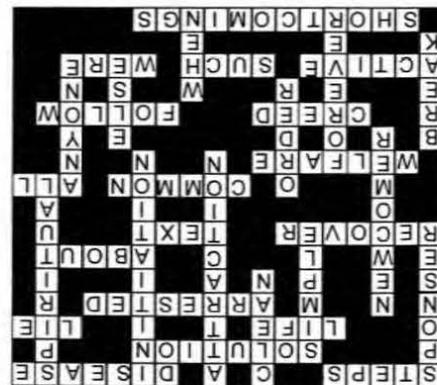
For example, a man picks up a woman at an NA dance. Before going to bed, he tells her, "Look, I'm not interested in a relationship. I just want a good time tonight. By the way, if you get pregnant, it's your problem, not mine." Now if we be-

lieve that, ordinarily, both people have some responsibility to either terminate a pregnancy or bear the burden of child-rearing, why does an honest statement of what someone intends negate that responsibility?

Because we place more emphasis on honesty than we do integrity. Because we are still searching for ways to perpetuate our inability to accept personal responsibility, and all too often, we use honesty as an excuse.

Recovery calls on us to become individuals with integrity. Can you imagine what a wonderful place NA would be if we all responded to that call?

*BG, California*



# From our readers



## Finding our way

In the August 1995 issue of our *NA Way Magazine*, RW from North Carolina told an all-too-familiar story about our problems with making reliable meeting information available to those seeking recovery in NA.

In 1990, my wife and I had a similar experience while traveling in one of the Southeastern regions. We accepted it as the "facts of life," but what about the effect on someone new, someone who has no other experience with NA? When we got home, we called our helpline and found that we had problems also.

In NA, we learn about the importance of service as part of our recovery, and that our primary purpose is to carry the message to those seeking recovery. I made a commitment to use my programming experience to help provide more accurate meeting information in our area. A computer program was developed that simplified the process of updating and listing meeting information.

Some members in the more populous South Dade Area asked if their area meeting information could be included in this process. Over the next four years, information for all of the meetings in both regions in

Florida was included, as was a listing of regional and area trusted servants, subcommittee information, and helpline numbers. We frequently exchange this information with the WSO.

I had many wonderful experiences during this period, as well as a few frustrating ones. This process crosses both area and regional "boundaries," and requires more work and diligence than many of us like to have to do. I met many new friends, ten times as many as I had in my active addiction. I learned something about many areas of service work in NA. I was truly fortunate to have the experience, strength, and hope surrounding me here in Florida.

And we are lucky to have a highly functional RSO. The computer program gives our region the means to contact other trusted servants for experience with service functions; maintains and distributes an events calendar based on a process developed in the South Florida Region; and provides a method for the areas to update meeting information, ASC contacts, events, and trusted servant information. The RSO can now offer institutions an accurate list of meeting information to pass on to their

clients so that they can find an NA meeting in any part of Florida. Our next step is to consider a state-wide 800 number for meeting information.

Of course, there are still problems to be resolved in the operation of this relatively new process. For example, one of the areas questions why it should participate in the updating of information at RSO when it has accurate meeting lists in its area and WSO is promptly advised of any changes. They do a great job of keeping their meeting lists updated, but what about the meetings that "fold" between printings of their area meeting list? What about the newcomer who reaches someone who does not have or cannot give accurate meeting information?

Maybe it is our propensity to be complacent about our local achievements that makes it hard to understand what happens to a member who is new in our area. It is essential to find someone in each area who is willing to make a service commitment to take care of the updating.

I fulfilled my initial commitment, in that there is now a mechanism that will help any addict seeking a meeting in the Florida Region have a better chance of finding one. My Higher Power has acted through many members to help me learn and grow during the past few years while this process developed. It is now in an environment where it can be supported and expanded to better serve the fellowship in accomplishing our primary purpose of carrying the message. Please feel free to call the Florida Regional Service Office at

(813) 874-2300 if your area or region wants to know more about this. We'd be happy to help you.

*RJ, Florida*

## Asking for Help

Together with my willingness to surrender, learning how to ask for help is the greatest gift I've received from my program of recovery. In Narcotics Anonymous I was told that by sharing, either in a meeting or one-on-one, I can reap the benefit of others' experience. I can learn to listen to others and consider their views. With the smallest spark of hope and gratitude, I've been able to call up someone and talk about what's bothering me. Then I try to listen.

Today was hard. I wanted to isolate from the world. I wanted to call in sick and stay home in front of the television. Now I understand that when I feel this way, I must throw myself into a social setting. I must do what I don't want to do. I must ask for help. Achieving humility is essential in reaching out for help. For me, total self-sufficiency is a lie, there is no such thing. We all live together on this earth, and we all depend on each other.

Being open to other ideas, possibilities, and, most importantly, love, is necessary for me. If I don't let down my defenses and reach out, no one will know I'm in pain. This is a simple concept for a complicated person.

So many of the ideas embodied in the Twelve Steps and Twelve Traditions are interrelated and work together. For example, I can't be open to receive help unless I practice ac-

ceptance first. In asking for help, I'm putting my faith in a power greater than myself. This morning I did the unnatural thing. I went to a meeting and shared. I felt immediate relief. I felt reconnected.

I'm so very grateful to have a program of recovery in my life today. Whatever it is I'm going through, I know that if I simply ask for help with prayer, or by phone, or in a meeting, I'll continue to find happiness and receive grace.

*Anonymous*

### The power of addiction

When I first went to jail for a period of time (not just a few weeks), it took a while for me to realize that I was actually there. I felt alone. I felt an emptiness that was much deeper than the aloneness of kicking. I saw nothing but total desperation before coming to Narcotics Anonymous. I needed help. I wanted to die, but I was scared of death.

I went into treatment and learned about the tools I would need to live life on life's terms. Since then, I've been thoroughly and honestly working the Twelve Steps. I've experienced the unconditional love all these people kept telling me about. I never realized that the power of addiction would take me to rooms where the power of love was even stronger. I found myself through recovery in NA.

*RQ, Missouri*

### God in us

When I got clean in 1991, I made a very good friend. I was able to get honest and talk about almost anything with him about how I felt, and about sexual situations I had been in when I was active.

What my friend knew was great. I learned from him how to pray and meditate. We used to talk until two in the morning. He was like the brother I never had. He had the AIDS virus.

My friend died clean a couple of weeks ago. I cried at his funeral. I had never cried before. I have no other friends I got clean with. Some have used since then, others are just missing in action.

I will never forget my friend. He is part of my Higher Power, and he is in my heart. I never understood the pain of the virus until I came to NA and opened up to my friend. I felt his pain, and stayed clean. I have another friend with the virus. We are very close, but still I know our time is limited, so I enjoy every moment I have with him, even those on the phone. I am scared that I will lose all my friends to the virus.

But God always fills the gaps in my life. This program of NA is great. It is the biggest gift of love I have ever experienced in my whole life. Hug the people you love in NA, whoever they are. Because no matter what we look like, have, or don't have, we all have God in us to spread around.

*NM, New York*

# Comin' up

Calendar						
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



### AUSTRALIA:

**New South Wales:** 3-5 May; Australian Regional Convention; Sydney; info. 61-2-3653652

### CANADA

**Alberta:** 28-30 June; 6th Canadian Convention; Highway Motor Inn, Edmonton; rsvns: (800) 661-5193; info: (403) 450-3449; CCNA-6, 1907 36th Street NE, Edmonton, Alberta, Canada T6L 3N1

**British Columbia:** 17-20 May; Spring Clean, Gambier Island; info: (604) 527-2066 or (604) 323-1615; Spring Clean, PO Box 78051, Grandview RPO, Vancouver, British Columbia, Canada V5N 5W1

2) 14-16 June; 2nd Sunshine Coast Campout; info: (604) 885-6572; SCNA Campout, RR #1, S-14 C-39, Gibsons, British Columbia, Canada V0N 1V0

**Manitoba:** 7-9 June; Winnipeg Area Convention; Robert A. Stein Community Center, Winnipeg; info: (204) 586-4432 or (204) 774-5991; WACCNA, PO Box 25173, 1650 Main Street, Winnipeg, Mantioba, Canada R2V 4C8

**New Brunswick:** 14-16 June; 6th New Brunswick Area Convention; Keddy's Inn and Convention Center, Fredericton; rsvns: (506) 454-4461 or (800) 561-7666; info: (506) 451-8492 or (506) 454-3465; NBACC, Box 20064, Fredericton, NB, Canada E3B 6Y8

**Ontario:** 9 June; Baseball and Dunk Your Sponsor Day; Little Lake Park, Midland; 1-1/2 hours north of Toronto; info: (705) 538-0672; Dunk, Box 29030, Barrie, Ontario, Canada L4N 7W1

2) 12-14 July; North Western Ontario Area Convention; Thunder Bay; info: (807) 345-6936 or (807) 768-0879

3) 20 July; NA Family Recovery Days Boat Cruise; Midland Dock, Midland; 1-1/2 hours north of Toronto; info: (705) 538-0672; Boat Cruise, Box 29030, Barrie, Ontario, Canada L4N 7W1

**Quebec:** 5-7 Apr.; 7th Quebec City Area Convention; Quebec Hilton; rsvns: (800) 447-2411; info: (418) 649-8865; Quebec City Area, 83 De L'Espinay, Quebec City, Quebec, Canada O1L 2H3

### MEXICO

**Baja California Norte:** 4-6 Oct.; Baja California Convention, "El Milagro Continua"; Grand Hotel, Tijuana; rsvns: (800) 472-6385; info: (619) 661-6100, ext. 2123 or 011 526-6815248 or 011 526-6815242; CBCNA-4, 4492 Camino de la Plaza, Suite TIJ, Box 1080, San Diego, CA 92173-3097

### NORWAY

**Vest Agder:** 16-18 Aug.; Norwegian NA Convention; info: 011 47-38095521; NA-Kristiansand, Postbox 58, 4601 Kristiansand S, Norway

### PORTUGAL

**Lisbon:** 25-28 Apr.; 6th Portuguese Convention and Conference; Troia; fax: 351 1-9233766; info: Convention & Conference, Apartado 526, 2795 Carnaxide, Portugal  
2) 26-28 July; Unity in Diversity, the 13th European Convention and Conference; Centro Cultural de Belem, Lisbon; rsvns: Hotel da Torre 351-1 3636262, Hotel Atlantico 351-1 4685170, Hotel Estoril Sol 351-1 4868541, Pensao Setubalense 351-1 3636639; info: ECCNA-13, PO Box 526, 2795 Carnaxide Codex, Portugal

### SPAIN

**Ibiza:** 3-5 May; 14th Spanish Regional Convention; Ibiza; info: 3471/805078; Convention, Apartado 1373, Ibiza, Baleares, Spain 070800

### SWEDEN

**Kramfors:** 21-23 June; 8th Midsummer Regional Convention; Hola Folkhogskola; info: 46 612 30525; Midsommarkonventkommitten, Box 5, 87024, Sandoverken

### UNITED KINGDOM

**Greater London:** 12-14 Apr.; 7th Annual London Convention; London, England; info: 171-538-0422; fax: 171-515-5300; UKSO, PO Box 1980, London, England N19 3LS

## UNITED STATES

**Arizona:** 24-26 May; Arizona Regional Convention; Little America Hotel, Flagstaff; rsvns: (800) 352-4386; info: (520) 323-3001 or e-mail: jdbanks@azstarnet.com; ARCNA web site: <http://www.tucson.com/budzine/arcnax.html>

**California:** 5-7 Apr.; 5th Southern California Regional Spring Gathering; Manhattan Beach Radisson Hotel; rsvns: (800) 333-3333; info: (310) 693-5110 or (714) 638-5898; Spring Gathering, PO Box 2543, Orange, CA 92669

2) 11-14 Apr.; 18th Northern California Regional Convention; Westin Hotel, Santa Clara; rsvns: (800) 228-3000; info: (415) 381-9832; NCCNA, PO Box 14325, Santa Rosa, CA 95402

3) 17-19 May; Inland Empire West Area Retreat; Camp Seely, Lake Gregory; info: (909) 628-7808 or (818) 969-8650; IEWASC, PO Box 9413, Ontario, CA 91762

4) 14-16 June; 8th American River Area Campout; Orchard Springs Campground, Rollins Lake; info: Campout Committee, PO Box 823, North Highlands, CA 95660

5) 14-16 June; 4th California Mid-State Regional Convention; Fresno Hilton, Fresno; rsvns: (800) 649-4955; info: (209) 294-8667; CMSRCNA, PO Box 27253, Fresno, CA 93729

6) 23 June; 4th Annual Blues Fest; West Los Angeles VA Medical Center Golf Course; info: (310) 822-4034 or (310) 390-0279; 1800 S. Robertson #227, Los Angeles, CA 90034

**Florida:** 25-28 Apr.; North Atlanta Area 20th Annual Reunion and Fun in the Sun Convention; Panama City Beach, Florida; rsvns: (800) 224-4853; info: (904) 248-9155; Fun in the Sun, 2480 Briarcliff Road, Box 243, Atlanta, GA 30329

2) 26-28 Apr.; Tampa Funcoast Area Convention, Quality Riverside Hotel, Tampa; info: (813) 253-2155

3) 16-19 May; Alabama/Northwest Florida Regional Convention; Holiday Inn Okaloosa Island; info: (904) 995-4076

4) 24-27 May; 6th Gold Coast Area Convention; Radisson Inverrary Resort, Ft. Lauderdale; rsvns: (800) 333-3333; info: (407) 961-2876; GCCNA, PO Box 23325, Ft. Lauderdale, FL 33307

5) 4-7 July; 15th Florida Regional Convention; Grenelefe Resort, Haines City; rsvns: (813) 422-7511; info: (813) 874-2300; FRCNA, 2940 W Columbus Dr., Tampa, FL 33607

**Georgia:** 19-21 Apr.; 11th Annual Hawg-In Campout; Reed-Bingham State Park, Exit 10, I-75; info: (912) 387-9415

2) 8-11 Aug.; Midtown Atlanta Area Convention; Radisson Hotel, Courtland & International Blvds.; rsvns: (800) 333-3333 or (404) 659-6500; info: (404) 753-5206 or (404) 753-1831; MACNA, PO Box 61815, Atlanta, GA 30316

**Idaho:** 12-14 Apr.; 7th Southern Idaho Regional Convention; Holiday Inn, Pocatello; rsvns: (800) 465-4329 or (208) 237-1400; info: (208) 236-8954; SIRCNA, PO Box 4342, Pocatello, ID 83201

**Illinois:** 3-5 May; 11th Mid-Coast Convention; Ramada-O'Hara Hotel, Rosemont; rsvns: (847) 827-5131; info: (847) 872-2407 or (847) 625-0732 or (847) 263-9169; send speaker tapes to: MCC-11, PO Box 221, Ingleside, IL 60041

2) 10-12 May; South City Area Convention; Holiday Inn Mart Plaza, Chicago; rsvns: (312) 836-5000; info: (312) 387-1127

3) 24-27 May; 10th Kickapoo River Run Primary Purpose Area Campout; info: (217) 373-2063; PPASC, PO Box 1332, Champaign, IL 61824

4) 28-30 June; Flight to Freedom Campout; Sherwood Campground, Route 37, Ina; info: (618) 244-6027; Flight, PO Box 1561, Mt. Vernon, IL 62864

**Indiana:** 24-27 May; North Central Indiana Area Convention; Camp Mack, Milford; info: (219) 259-9384 or (219) 234-0550; NCIACC, PO Box 175, Osceola, IN 46561

**Iowa:** 5-7 July; Iowa Regional Convention; Holiday Inn and Convention Center, Waterloo; rsvns: (319) 233-7560; info: (319) 233-2906 or (515) 454-3026 or (515) 274-4347; IRCNA-13, PO Box 1886, Waterloo, IA 50704

**Kansas:** 5-7 Apr.; 13th Mid-America Regional Convention; Ramada Inn, Hutchinson; rsvns: (800) 362-5018; info: (316) 241-6230; MARCNA, PO Box 3926, Topeka, KS 66604

2) 26-28 Apr.; Living Miracles Convention; Mount St. Scholastica Convention Center, Atchison; info: (913) 367-1197 or (913) 367-3867; ALMCC, 714 N 3rd, Atchison, KS 66002

**Kentucky:** 4-7 Apr.; Kentuckiana Regional Convention; University Plaza Hotel; rsvns: (502) 745-0088; KRCNA, PO Box 556, Bowling Green, KY 42102-0556

**Louisiana:** 24-26 May; 14th Louisiana Regional Convention; Baton Rouge Radisson; info: (504) 291-4121

**Maine:** 7-9 June; Nature of Recovery 5; Camp Mechuwana, Winthrop; info: (207) 377-6895 or (207) 621-2989; Unwashed Group, PO Box 120, Winthrop, ME 04364

**Maryland:** 27-30 June; Baltimore Area Convention; Hyatt Hotel Inner Harbor, rsvns: (800) 233-1234; Sheraton Inner Harbor, rsvns: (410) 962-8300; info: BACNA, PO Box 1331, Baltimore, MD 21203

**Massachusetts:** 19-21 July; Western Massachusetts Area Convention; Springfield Marriott; rsvns: (800) 228-9290 or (413) 781-7111; info: (413) 536-2468 or (413) 746-8306; WMACNA, Box 5914, Springfield, MA 01101

**Michigan:** 4-7 July; 12th Michigan Regional Convention; Flint Radisson; rsvns: (800) 333-3333 or (810) 239-1234; info: (810) 545-2179; MRCNA-12, PO Box 7116, Novi, MI 48376

**Minnesota:** 3-5 May; 3rd Minnesota Regional Convention; Radisson Hotel, Bloomington; rsvns: (612) 835-7800; info: (612) 823-4776; MNNAC-3, 4745 Bryant Ave. S, Minneapolis, MN 55409

**Mississippi:** 12-14 Apr.; 14th Mississippi Regional Convention; Lake Tiak-O'Khata, Louisvill; rsvns: (601) 773-7853; info: Spirit of Change, PO Box 5660, Brandon, MS 39047

**Missouri:** 7-9 June; Show-Me Regional Convention; Holiday Inn/Exit 96, Cape Girardeau; rsvns: (314) 334-4491; info: (618) 661-1527; SMRCNA, 320 N Frederick, PO Box 1226, Cape Girardeau, MO 63702-1226

**New Hampshire:** 21-23 June; Granite State Area's Fellowship in the Field; Bethlehem; info: (603) 645-4777

**New Jersey:** 24-26 May; 11th New Jersey Regional Convention; Berkeley Carteret, Asbury Park; rsvns: (800) 776-6011 or (908) 776-6700; info: (908) 826-2148; NJRCNA-11, PO Box 576, Keyport, NJ 07735

**New York:** 26-28 Apr.; 11th Greater New York Regional Convention; Concord Resort Hotel, Kiamesha Lake; rsvns: (800) 431-3850; info: (212) 242-8140; Freedom 11, 154 Christopher Street, Suite 1A, New York, NY 10014

2) 31 May - 2 June; "Awakenings," the ABCD Area Retreat; info: (518) 465-5588 or (518) 462-2384; Box 13504, Albany, NY 12212

**North Carolina:** 26 May - 1 June; World Service Conference; Greensboro; info: (818) 773-9999; WSO, PO Box 9999, Van Nuys, CA 91409

2) 19-21 July; 3rd New Hope Area Convention; Omni Durham Hotel; rsvns: (800) THE-OMNI or (919) 683-6664; info: (919) 409-3190 or (919) 405-2370; NHACNA, PO Box 25043, Durham, NC 27702

**Ohio:** 24-26 May; 14th Ohio Regional Convention; Radisson Airport, Columbus; rsvns: (800) 333-3333; info: (614) 488-1371; OCNA, PO Box 15284, Columbus, OH 43215

2) 12-14 July; 1st Dayton Area Convention; Days Inn South, Dayton; rsvns: (513) 847-8422; info: (513) 274-3380 or (513) 252-5840; DASCNACC, Box 578, 3470 Salem Ave., Dayton, OH 45406

3) 16-18 Aug.; Gateway to Freedom; Holiday Inn, Westlake; rsvns: (800) 762-7416 or (216) 871-6000; info: (216) 486-6644 or (216) 691-1024; Tri-Area Convention, PO Box 999, Shaker Heights, OH 44120

**Oklahoma:** 28-30 June; 8th Annual Mirror of Miracles Campout; Sycamore Valley Recreation Area, Wyandotte, Oklahoma; info: (918) 542-3471 or (316) 231-0903

**Oregon:** 24-26 May; Pacific Cascade Regional Convention; Eugene Hilton; rsvns: (800) 937-6660; info: (541) 342-7243 or (541) 929-6855; PCRCNA-4, PO Box 1581, Eugene, OR 97440

**Pennsylvania:** 5-7 Apr.; Greater Philadelphia Regional Convention; Downtown Marriott, Philadelphia; rsvns: (800) 228-9290; info: (215) 324-1183 or (215) 424-2979; GPRC, PO Box 14170, Philadelphia, PA 19138

**Puerto Rico:** 26-28 July; Puerto Rico Regional Convention; Condado Plaza Hotel, San Juan; rsvns: (800) 468-8588 or (809) 721-1000; info: (809) 274-0488 or (809) 721-4267; Unidos Podemos, PO Box 362313, San Juan, PR 00936-2313

**South Carolina:** 16-18 Aug.; Carolina Regional Service Awareness Weekend; Ramada Inn, Clemson, South Carolina; rsvns: (800) 288-2828 or (803) 654-7501; info: (704) 566-1974 or (803) 972-9441; CRSRC, 1327 Beeman Pl. #9, Greensboro, NC 27408

**Tennessee:** 3-5 May; Recovery on the Ridge; Big Ridge State Park, Andersonville; info: (800) 249-0012; Recovery on Ridge, PO Box 864, Knoxville, TN 37901

2) 10-12 May; NA in May in Memphis BBQ and Campout; Meeman-Shelby State Park; info: (901) 274-5071

**Texas:** 5-7 Apr.; 11th Lone Star Regional Convention; Dallas/Ft. Worth Airport Hyatt; rsvns: (214) 453-1234; info: (214) 245-8972 or (800) 747-8972; LRSRO, 1510 Randolph #205, Carrollton, TX 75006

2) 27 Apr.; Tyler Texas NA Twelfth Anniversary; 117 W. Front Street, Tyler; info: (903) 533-3380

3) 5-7 July; Houston Area Convention; Houston; rsvns: (800) 465-4329; info: (713) 473-7367; HACNA-4, PO Box 7649, Houston, TX 77270-7649

**Utah:** 7-9 June; 10th Celebration of Recovery Convention; American Legion Hall, Vernal; info: (801) 789-6675; HUASC, PO Box 1476, Vernal, UT 84078

2) 19-21 July; Utah Regional Campvention; Weber Memorial Park, Ogden; info: (801) 489-1321 or (801) 627-3832; Send speaker tapes before 30 May 1996 to: URCNA, PO Box 994, Springville, UT 84663

**Virginia:** 9-11 Aug.; 10th Almost Heaven Area Convention; 4-H Education Center, Front Royal, Virginia; info: (304) 274-1522; CCC, PO Box 3329, Martinsburg, WV 25410

**West Virginia:** 10-12 May; Serenity on the Lakes, Cedar Lakes, Ripley; info: (304) 372-7860 or (304) 727-9230; Mountaineer RSC, PO Box 2381, Morgantown, WV 26502

**Wyoming:** 27 Apr.; Spiritual Principles Workshop; Gillette; info: (307) 682-0088  
2) 27-29 Sep. 1996; Convention on Unity; Wyoming; info: (305) 875-5867; CUNA-5, PO Box 325, Green River, WY 82935

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## The Twelve Traditions of Narcotics Anonymous

1. Our common welfare should come first; personal recovery depends on NA 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 NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA 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. NA, 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 NA 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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