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**Narcotics Anonymous Loner Group**

# **MEETING BY MAIL**

**WORLD SERVICE OFFICE, INC.**

**16155 Wyandotte Street, Van Nuys, California 91406**

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**VOLUME II**

**NUMBER 9**

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Welcome to the bimonthly meeting of the Narcotics Anonymous Loner Group.

This publication is dedicated to the hope that every addict seeking recovery, however distant from another addict, may find and share the experience, strength and hope necessary for ongoing recovery.

Information contained in the *Meeting by Mail* is for confidential use by members of Narcotics Anonymous only. This is in keeping with the Twelve Traditions of N.A., reminding us of our primary purpose and the importance of every member's right to personal anonymity.

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The World Service Office continues to receive a lot of correspondence from people who do not seem to be loners, but are requesting that their names and addresses be made available in the *Meeting by Mail*. The section in this publication entitled "New Loners," is intended specifically for reprinting excerpts of letters from loners, including their first names and addresses. Non-loners who send general input are acknowledged in a separate section.

We suggest that those addicts who are not loners write to the loner addicts and supply their addresses in order to receive mail from loners. The Loner Group was created so that loners could gain support from other members of Narcotics Anonymous. They need the experience, strength and hope of those who have the benefit of a strong, stable N.A. community.

We hope this clarifies the matter of publishing names and addresses in the *Meeting by Mail*. You can help us by being sure to specify whether you are a non-loner or a loner, unable to attend meetings due to geographical distances, physical disabilities or service in the armed forces.

#### LETTERS FROM NEW LONERS

Dear Loner Group,

Shortly I will be moving and will spend the next three years on board a naval vessel. Due to this and the resulting loss of access to meetings when the ship is out at sea, I would like to become a member of the Loner Group, as a loner. As of the 25th of April my address will be the following:

Joseph Z. FCC  
USS Long Beach (CGN-9)  
FPO San Francisco, CA 96671-1160

Dear Loner Group,

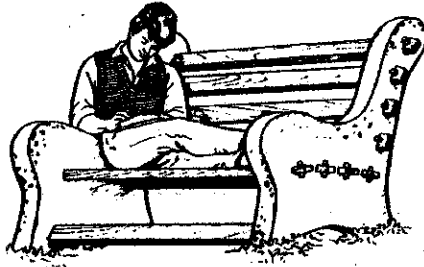
I have four years and three months clean by the grace of God and N.A. I am grateful. For the last one and a half years I have been extremely sick and have lived in almost total isolation in Northern New Mexico. I would be so grateful for any and all letters and prayers any of you would like to send. I can't promise to answer because of how sick I am, but you can be very sure of my gratitude and of the support I would feel.

God bless you all, and know that no matter what happens in our lives, the N.A. Program works. You never have to use again.

Liza H.

P.O. Box 782

Santa Cruz, NM 87567



Dear Loner Group,

I've just come out of a treatment centre in Weston, United Kingdom and returned to Ibiza to be with my wife and daughter. I only arrived thirty-six hours ago and am feeling a bit down. I'm thinking a lot about my friends in the Fellowship in England and started thinking that the sooner I joined the Loner Group the better. I've only got four and a half months clean time and really need all kinds of support from other people in recovery. I do plan to start a meeting here and already have a *Group Starter Kit*. But all in good time and first things first.

So, please include my name in the *Meeting by Mail*, and let's get a little sharing by mail started here in Ibiza. Who knows, perhaps I'll be able to invite you over to speak at a meeting before too long.

Paul T.

Lista de Correos

Edificio Abel Matutes 1 C,

Santa Gertrudis

Ibiza, Spain

Dear Loner Group,

I want to receive the *Meeting by Mail* and have my name and address listed in the *New Loner* section. My English is not very good, so I do prefer Spanish.

Teresita Diederich  
Corrientes 970—10 piso  
2000 Rosario—Santa Fe  
Argentina

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## WILLING TO SHARE

Dear Loner Group,

I am willing to contact the Loner Group for the first time. My home group is in Atlanta and meets on Thursdays.

An addict I sponsor has been transferred to Spain in the past month and tells me he can find no N.A. there. He will be there for two and a half years. I am asking for some help to keep the connection.

Frank O.  
Georgia

*Editor's Note: The Loner Group sent a letter to the person referred to above. We explained what the Loner Group was and asked if he would like his name printed in the "New Loners" section of the Meeting by Mail.*

**NEW NON-LONERS**

**Dear Loner Group,**

Please send me the *Meeting by Mail*. I think it's a great idea and I'd like to be able to share with another addict who is in a loner situation.

Linda B.  
Florida

**Dear Loner Group,**

I would like to ask about the Loner Group. I was reading the *Newsline* and read the article about it. I am presently in the Army and haven't had much luck finding groups. I've been clean for a while now and it makes me feel more confident to read the stories in the *N.A. Way*, and to talk to fellow addicts when I do find an N.A. group in my travels. I think this Loner Group would be a benefit to me while I can't find a group. I'm not much at corresponding, but I can give it a try. I would appreciate any more information on the Loner Group. Since I've been involved in N.A. I have received so much support and guidance. Thank you.

Dan B.  
Georgia

*Editor's Note: We sent D.B. a letter giving him more information on the Loner Group and asked him if he wanted his name printed in the "New Loners" section of the Meeting by Mail.*

**Dear Loner Group,**

I'm interested in becoming a pen pal to a loner or two. I'd also be willing to find other pen pals if you were to send me a list of loners.

Although I have been announcing the need for pen pals recently, maybe having a few names and addresses would

encourage the recovering addicts I'm in contact with to also become pen pals.

Gwenn A.  
Pennsylvania

Dear Loner Group,

I am deeply grateful to God and the Fellowship of Narcotics Anonymous. Sixteen months ago I was spiritually and emotionally dead. The next step was physical death. I think that the Loner Group is a great idea and I would like to receive the *Meeting by Mail* in order that I may share what has been so freely given to me with those who are unable to attend regular meetings.

Mike G.  
Ohio

Dear Loner Group,

I have been involved with the Program of Narcotics Anonymous six years now. I started in Tennessee and now live in San Diego. I am out to sea now and am not able to attend meetings on a regular basis. Will you please send me something to read as a contact with the N.A. Program. I have my Basic Text so I'm not totally isolated. Please remain anonymous on the return letter, as my superiors don't know of my involvement with N.A. I would also like to have my name printed in the literature to receive letters from readers.

Andrew S.  
California

*Editor's Note: A letter was sent explaining to A.S. that due to his concern about having his anonymity broken, his name would not be printed in the Meeting by Mail. We are not in a position to guarantee what other members writing to him might put on an envelope. If he decides that he does want his name printed in the*

*Meeting by Mail, he is welcome to drop us a note and let us know.*

Dear Loner Group,

I am not a loner; I am lucky enough to be surrounded by meetings. I would like to share with the loners by mail. Please put me on your *Meeting by Mail* mail list.

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## GENERAL SHARING

Dear Loner Group,

Thank you for sending me a copy of the *Meeting by Mail* and a list of addicts who are currently geographically isolated from the Fellowship. I have sent two letters off to addicts across the globe and hope to receive a response from them relatively soon.

I appreciate the opportunity to help any addict in need under any circumstances whatsoever. I believe it is a gift from my Higher Power to help me surrender my pet defect of character; self-obsession.

Glenn R.  
Georgia

Dear Loner Group,

Although I have not been able to answer every letter I receive, recognizing someone in the *Meeting by Mail* prompts me to think about them.

Dianne M.  
Indiana

Dear Loner Group,

I received the *Meeting by Mail* today and just had to sit down and write. I found out about this from a friend in San Diego, California. It sure is the perfect thing for me. I'm really jazzed and am grateful for the *Meeting by Mail* being there when I need it.

I've got a lot (too much) time to think out here at sea. I need to stay busy and involved with N.A. My days sure do go better with more peace of mind when I do. It seems, out here at sea, that when I get down something positive always happens--either I get letters from friends in the program in Chattanooga, Tennessee or San Diego, California. Today when I was down I received the *Meeting by Mail*. My God and N.A. always provide me with my needs, of course, if I don't use and keep the faith.

Andrew S.  
San Francisco, CA

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## TOPIC DISCUSSION: "Stinking Thinking"

### Sharing

Dear Loner Group,

In regards to "Stinking Thinking:"

Alcohol was my drug for the first twenty years of my forty year chemical abuse history. I have only been clean one and a half years, and for the first twelve months of my recovery I had kept this secret deep in my heart--I knew that once I returned to California I could smoke and handle pot.

Then I was asked to give my first "lead", and I spoke on "honesty, or you are only as sick as the secrets you keep." I admitted this last "stinkin' thinkin' secret" to my drug abuse counselor and myself and by the grace of God I know now how I had been fooling myself. I was told by my counselor that it would take two years to start to think right; that



seemed like a long time in the beginning. Now I know that's the least amount of time one needs. Work the Steps.

Dianne M.  
Indiana

Hi family,

My name is Mike, and I am an addict. I just received my first *Meeting by Mail* and I'm deeply grateful to be a part of the Loner Group. Even though I'm not a loner myself, I get so much from the letters. I'm looking forward to writing some of you soon. I wish I could give all of you a hug, so I'll give you one in spirit.

I would like to share on the topic of "wrong thoughts" and "stinking thinking" which was the topic for this *Meeting by Mail*.

I spent much of my life feeling guilty for my thoughts and feelings. I felt bad when I got angry or was jealous. I stuffed my feelings. I thought they were "wrong" and "bad." I used because I could not cope with my feelings. I couldn't handle them. So they handled me. I did the same thing with my disease. I couldn't handle it. When I finally admitted my powerlessness and asked for help, my Higher Power was there. He gave me recovery. He gave me the gift of N.A.

I've learned a lot about my feelings in recovery. Today I don't feel that I have wrong thoughts. Thoughts arise before I can do anything about them, and feelings are my reaction to a stimulus. What I can do something about is my actions. I don't have to entertain a thought. If I feel like using, I share it with another recovering addict. This keeps me from staying inside of myself. If I get angry and feel like hitting someone, that's okay, I just don't do it. Feelings are feelings. There are no wrong feelings, it's only the action that I take that is sometimes damaging. If I entertain sick thoughts too long, they become stinking thinking, and I end up sitting in my pool of self-pity. Sharing with addicts and my Higher Power has kept me clean. I don't have to feel bad today about my feelings, they're human. If I don't acknowledge them and try

to handle them, then I die. Thanks to my Higher Power and N.A., it works. I love you family. We do recover.

Mike G.  
Dayton, Ohio

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## QUESTIONS

*We have a new section in the Meeting by Mail this month. We have had a few questions asked which we thought everyone would be interested in. If anyone else has any questions, suggestions, etc. feel free to submit them for the next Meeting by Mail.*

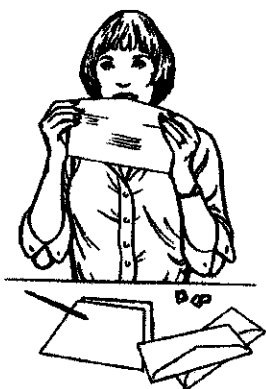
I enjoy the Meeting by Mail. I'd be interested in how many members we have now in the Loner Group?

*The Loner Group now has a total of 204 members who correspond with each other and receive the Meeting by Mail each month. Loner addicts, those who are either isolated, have physical disabilities or serve in the armed forces....40 .*

I noticed in our latest issue that a lot of addresses of letter writers are incomplete and wonder if they are in earlier issues. If not, why not print a complete address when it is included in an issue?

*Both loners and non-loner members of this group are letter writers. However, only first names and addresses of loners are printed, and those are included in the "New Loners" section only at the time of their initial correspondence. Although the information is not repeated in subsequent issues, a list of all loners is available. Anyone interested in this list, please write and we will send it out to you.*

*Some addresses might look like they are incomplete--probably due to being foreign addresses. All addresses in the "New Loners" section are listed exactly as they are received from the members.*



## SHARING AND CARING

