
REACHING OUT

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World Service Office, P.O. Box 9999, Van Nuys, CA 91409-9999

WELCOME

We would like to welcome all of you to the WSC Hospitals & Institutions Newsletter. We hope that the contents of this simple newsletter will assist you in your recovery or H&I efforts throughout the Fellowship of Narcotics Anonymous.

FROM THE INSIDE

Dear *Reaching Out*,

My name is C. _____ and I am an addict.

In May of 1989, I was sentenced to a year in a center for women on a drug charge. At that time, I had been clean and in the program for six months. I had spent that six months attending a lot of meetings, averaging better than one meeting per day. By the time I got to prison, I understood the basics of what the program was all about. I knew that getting by in prison (as in life) was a matter of acceptance and making the best of the present situation. In other words, dealing with life on life's terms, staying in today and making today count.

The first three weeks were the orientation period in which I was not allowed to attend any meetings. When the time finally came that I could walk into that room where the meetings were held, I felt like I had come home. At last there was a bit of familiar ground that I could stand on.

I had come to understand that nothing happens in God's world by mistake, so I began looking for the reasons that He had decided to put me in this place. There were many.

I was the only inmate there that knew the format of how a meeting should be run, and I was given many opportunities to chair meetings and to share my experience, strength and hope. On one occasion, I shared a brief account of my life story. Afterwards, a woman came up to me and told me that maybe she had a problem. She had related to something I had said. That was the greatest gift of all, and it was at that moment that I began to see what twelve step work was all about. Knowing that God had spoken to her through me gave me a feeling that was like nothing I had ever experienced before.

It was a blessing, in many ways, that NA was available to me in prison. The volunteers that came in from the outside were wonderful, and I am truly grateful that they were there. It is very difficult to get through to the women in prison, but when I did see someone respond to something they heard, I realized that even though it's a tough job, it's worth it.

Many thanks to those women that came and shared. They were very important to the quality of my recovery. I only hope that I'll be able to go back there when the designated time has passed and give back something that was so freely given me.

Anonymous

Dear Reaching Out,

My name is R_____ and I'm an addict, so I wish to share my story with you.

I am presently in my early twenties. I never felt so happy. There I was, always waiting for a new experience and often fantasizing about being other people.

I stand just under five feet high and have always been short, so I never really fully liked myself.

I started using at the age of nine, whenever possible, at turnouts, family gatherings, Christmas, etc. By the time I was eleven, I had some pretty stupid galahs for mates, which were from the local high school. We would be out late looking for fun, getting pissed and usually getting into trouble. By the time I was thirteen, I was getting high and thinking I was a very cool dude.

Being small, and the love of horses, led me to employment, to the sport of kings. But my drug abuse and addictive nature was not able to be

committed enough to fulfill my dream, which was to be a full-fledged jockey. I have a vast knowledge of horses and am a handy horseman. In my attempts to stop using, I went through an indescribable process that led me to three rehabilitation centers, two psychiatric wards, and three institutions. I am presently in the can serving a three-year sentence. I love the fellowship. I'm still small, but I am healthy and happy and have a positive outlook on life now. Thank you so much NA.

Yours sincerely,

R., Australia

Dear *Reaching Out*,

My name is C_____ and I'm a prisoner in a Washington State Corrections Center. I've found NA to be a real support for me. I went through the substance abuse program here, and NA is aftercare for me. But it is a real haven for me here in the midst of a bad place. They helped me overcome a habit of inhalant abuse.

The real help came for me in my Higher Power that NA helped me come in contact with and to maintain. I know, without a doubt, that this will continue after I'm out because I want it to (this I found to be one of the keys to my recovery and keeping it).

Respectfully,

C.K., Washington

Dear *Reaching Out*,

Hi, my name is W_____ and I'm an addict. I would like to start by saying I'm thankful for this day of my life.

I'm presently incarcerated for nine years for assorted crimes. Most are drug-related. I came to prison as a loser. When I go home, I'm leaving here a winner. I went to a NA meeting once, when I was on the streets. I just wasn't ready for the help they could offer. Thank God I want their help today. I truly found myself through NA. I have no doubt, without prison, I would not be alive today. NA is my ace in the hole. I can fight back against drugs today. Where before I was powerless, NA as a whole has given me courage to face each day clean, and the strength to fight back against my addiction.

Our sponsor from the outside, who comes on Saturday mornings and gives of himself and his time unselfishly, is one swell guy. His name is B_____ and he has helped introduce me to the true purpose of the NA program. I see how positive he is and hope to be as he is, "clean."

To those of you who have not gotten into NA, I can tell you it does work. It's such a good feeling to know I no longer have to fight my addiction alone, that someone else wants me to stay straight also. Today, I no longer stand alone. I feel so good. I know I'm in prison, but if not for it I'm sure I would be with my God now.

I was recently married and I'm making some right moves in my life finally. I'm making the right decisions. NA has been a lifesaver and is now my closest friend. The people my sponsor has brought to speak have just been terrific. Through NA, I feel my tomorrows will finally be happy. The program has brought out strength I didn't know I had. I want to thank all of the NA associates as a whole. You've got a great program. I'm so glad I found it. Without it I feel I would still be using drugs. Here in prison there are so many addicts. Some want help, other don't. Our group meets once a week and it is a close group. It feels more like a family.

In closing, I send my best wishes to you all who are incarcerated like I am. God bless you, and I know with this program we can all make it on release. Just believe in your Higher Power. Today I'm finally alive and well. I can't tell you how good that feels. Just know I care about you as do many, many others. As long as you've got NA in your life, you will never be alone. Help is a phone call away.

God bless and thank
you so much,
W.F., North Carolina

Dear *Reaching Out*,

My name is J_____ and as an addict I want to share my experience, strength and hope.

I am in an all-boys residential program in Maryland. I started in a drug-infested family. We took kindly to the situation because we had no choice. My old man used to beat up on us a lot. It made me think, "hey, if I could do what dad does maybe he'll accept me," but that didn't work too well.

At the age of eleven I was an addict and selling dope. Soon after I started, my dad was killed in a freak motorcycle accident. So afterwards I freaked out and had a nervous breakdown. Since then I have been in and out of state institutions for the past four years, and I have relapsed twice. Since joining the fellowship of NA, I have learned so much for someone my age. It's kind of funny, now that I think about it, a six foot, 250 pound, fifteen-year-old who has to deal with life on life's terms. NA

has taught me to be a responsible person and take one day at a time because I am powerless over people, places, and things, and I feel good about that.

I have been clean for sixteen months and I will be leaving in June and going home. I'm really scared to go home, but I have to get out of the driver's seat.

I can only thank God for the sake of NA because if not, I wouldn't be alive to tell the story.

God bless you always,
J.H., Maryland

Dear *Reaching Out*,

Hello. My name is D_____ and I'm in a Missouri Correctional Center. I'm serving a seven-year sentence for a possession charge. I will say thanks to NA that I'm a recovering addict. I'm miles from home and family, and my family here is NA. I honestly believe if it wasn't for the time-sentence I would not have found NA. When on the street, I felt I was in control of my habit. Everyone told me I had a drug problem. I would tell them, "no I have no problem." I fooled everyone but myself. I finally found out the hard way. I didn't have a problem, I had a disease called addiction. It wasn't taking me anywhere except off-course in life. With the NA way, I found my way down the right course to recovery. I have been locked up since October of 1989 just after doing a one-year sentence in a county jail in the state of Michigan for a delivery charge, not counting three prior drug charges. So this has finally brought an awakening to me, to realize reality and to face life. It took the loss of so many things in my life; my family, personal property, a common touch of sense, and also my freedom. With the help on NA, I have started to find a new, likeable, inner part of myself that I never knew I had in me.

I'm presently the secretary for the One Day at a Time Group here at the facility and I get what I put into it and it lets me be able to hand it to the next person. I give total thanks to NA and my Higher Power. If it wasn't for either one, I wouldn't be where I'm at today. No, not in prison. I'm speaking of my serenity and time being clean. I came here with a lot of hatred. NA helped me change that hate to love, for hate doesn't hurt the other person or place. It just keeps me full of a burning rage deep inside of me. That has changed and I'm able to release love instead of hatred. It makes me feel better, and to see I have to make the best of my time and deal with reality. I'm of use to others and it takes

others to help me along with my recovery. What NA has helped me find, I could have never accomplished on my own. I'm proud to say I am a recovering addict and I have made it this far 'cause of NA and my Higher Power. Without them I would have never made it. NA, it works. Keep coming back. It works as long as we work it. I wake up in the morning praying please. I don't pray for what I want. I pray to face one day at a time. Day by day and I pray to say thank you. At night, for helping make it through that one more day. I have had many experiences from a disease I never would admit I had. I hope from my story and experiences, someone will get help for that is the thing of NA—to offer help to the next one in the fellowship. I thank you NA for the awakening you helped me bring into my life, for the spiritual awakening has brought me to face reality in life and myself. So keep coming, it works if we let it. Work it and want what it has to offer. Easy does it. I love what I have found and pray that others find it with less pain than I had. Thank you NA and a special thanks to world services for the help spreading the words and stories from addict to addict. So easy does it, from a recovering addict with love for the brothers and sisters of the Fellowship of NA.

Sincerely,

D.H., Missouri

Dear *Reaching Out*,

My name is S_____. I'm an inmate in Ohio and I'm a recovering addict. I was reading your publication, *Behind the Walls*, and I came to the part about writing you all to be put on your mailing list and I would like to write about my experience in recovery through the NA Program. I think I'll start with when I first came to NA. I was sent to a new prison called C.R.C. We did not have anything there, as far as any kind of program, for about the first two to three months. I did not know of NA. So as the month went on, they started NA. My life was in pretty bad shape. I wanted to die. But God would not even let me die—on the O.D.s and all. So now, here I am, going to NA to hear the man that comes in from the street once a week. Oh, before they started to come in they let some inmates that had been in NA do the meeting. I sat there in total denial that I had any trouble with drugs because all I did was smoke some pot. "Now that's not that bad," my mind would say to me. So after about three to six months in the program, little things started to stick in my mind about just maybe it could have been the drugs and not me doing the things that I was doing. As time went on I heard alot about the Twelve Steps. The steps talk about admitting, awareness, character defects, God as we understand Him, honesty, inventory, and so on. You know a good

dope head has too much pride to ask for any help. They also told me what they said would come true in time. About six months into the program some light began to shine into my head and life. NA, you all helped me to understand and start to work the Twelve Steps—But it seemed the things that the Twelve Steps were saying I should do was take all the happiness out of my life. I had made up my mind that you all were trying to brainwash me—with all this “do this, not that,” stuff. After all that my mind was telling me that was wrong with you all, I was, for some reason, still going to NA and trying the best I could to do what you all said, and from what I was reading, I was thinking how crazy this sounds to me. About the ninth month, something happened to me. I don't know what it was that had happened or how or why but one day, I was this new person. I remember that I didn't know how to pray. I use to talk to something or someone about not wanting to be like I was at that time. I remember telling my people about what you all were telling me to do. I thank God for them telling me that just maybe what you all were saying to me might help. I thank God so much today for the people, even back then, putting up with me and all my not knowing but wanting to do it my way. But today three years and nine months later, I thank all of the people in NA for giving me a new life along with God looking over all of us. In the life I have today there is sanity, self-respect for myself and others, spirituality, hope, and love for myself and others. I have strength that I never knew before, to want to stay clean today and help others with that. I have been chair of an NA recovery book study for about a year now and it's great. The joy, happiness, caring, and love that I get in trying to help myself today helps me to try to help another. That's the greatest feeling I ever had in life—talking about what you all gave to me. You all gave me my life back—my wanting to live. My family also is in my life today and to top things off I have a new family, NA people, that love and care for me no matter what I have done and that's something I never had before. There is so much more that I have today that God and you all have given to me. I could write a book on the blessings, joy, and all the things that have happened to me since being in the program of NA. Thanks to all of you who are helping us in prison also. That's a blessing from God to us here. I'd like to thank you for your time and whatever else that you could send to me about NA. I'll be very grateful for it. Love to all of you.

Your brother in recovery,
S.H., Ohio

Dear *Reaching Out*,

My name is E_____ and I'm an addict. I'm currently incarcerated at an Illinois prison. I'm writing to say thanks for sending me a copy of *Reaching Out*.

I'm a grateful recovering addict. I'm forty-two years old and I've been into recovery. Nevertheless, I'm sure my story of active addiction is no different. However, my message for other addicts working the program is that it works if you're willing to work it. At last we can give ourselves a break. Like everything else, you get out what you put in. There are a few things that are a must: open-mindedness, willingness and honesty. Using these spiritual principles has allowed me to see an actual change in myself, and today, I actually like myself. I've learned to accept myself for who and what I am. Also, I can live life on life's terms. The help of God and the Twelve Step program has given new meaning and purpose to my life. I'm incarcerated, but I've never felt as free as I feel today. I'm free from running eyes and nose, from hot and cold chills, body sweats, drug cravings. There's no more cramps and there's no worries getting a hit (shot).

I thank God for putting the program into my life and for giving me the opportunity to write back to *Reaching Out* to show my gratitude. Please don't stop sending them. May God bless you all.

Sincerely,
E.S., Illinois

Dear *Reaching Out*,

Greetings from inside the walls of Massachusetts prisons. My name is M_____ and that opening sentence is written from my heart. Just another gift recovery has given me.

I came to jail with nine months clean in NA. I mean really clean! Finally I had that spiritual awakening that I had been told would come.

My jail time, two and one-half years, was handed down for crimes I had committed two years before. I was hurt, confused and worst of all, my faith in God had been rocked.

I guess I thought that because I was clean, I wasn't going to go. I thought I'd be immune to that kind of pain. But yet it happened for quite awhile, I had to dig real deep to hang on to my faith. But slowly I began to accept my fate. My faith returned and actually it has grown. I don't think I'd be able to get this amount of faith anywhere else.

I now spend my time helping others learn that there is another way of life. I do this to help myself first, but if I can help one other person while I'm here, my time will be worth it.

Keep it by giving it away, the NA way, is why I'm writing this letter. If only one person who is still sick and suffering in a jail cell reads this, and can find hope from it, I will truly be blessed. My life is "second to none" even in prison.

Anonymous

Dear *Reaching Out*,

I read your newsletter and was impressed. I have been involved in NA on the inside for over two years now and I know that they helped me get through one day at a time.

I started with an ASAT group in a Correctional Facility in New York. I did not join because I felt I needed it, for I was still much in denial. I joined so I would not have to pack and move again. I had packed and moved seven times in less than five months, so I signed the contract. It took me several months and a lot of one-on-one from my ASAT counselor to finally admit I am an addict. Once I did, things really started rolling for me. It seemed everything I glanced at in magazines was about someone's story. "How uncanny," I thought. I didn't realize I just never noticed the stories before because I chose to be blind to them.

To write what I have learned since that day two years ago would take a book, but the NA way is the only way for me. I look forward to meetings with outside speakers to hear their story. The meetings I attended were what helped me get through my days and my weeks and now it's years. The little sayings they have, have helped me to walk the walk. I don't even bother to talk the talk any more because I've come to realize it's true. A using addict will take me down faster than I can get him clean. It's not that I don't care, because I do. No one should have to suffer the pain and live in the darkness the way I did when I was active, but I can only hope others will follow me as I walk the path of NA.

I'm still incarcerated now, but I have made the work release program. Another test, trying to get a decent job, but when discouragement hits me, and the old despair starts to creep in, I say my serenity prayer and pray I stay aware of who and what's around me out there. I'm trying to find a meeting place in the area so I know I'll have a haven if things start to get too tough. My support group, no matter who they are, keeps me from falling back into my black hole. my suffering and my pain.

I suppose I've talked enough for one letter and all I can say is hurray for NA and thank you for caring.

A.T., New York

Dear *Reaching Out*,

It was a year ago last month when I first met B_____. I knew that I needed help and I was ready to accept it. I didn't know it then, but with those two things going for me, I was already well on my way to recovery. There was no NA program at the yard I was in so I wrote to the main NA office here in San Diego. A few days later I received a package that contained an assortment of NA literature. Then, about a week later, I met B_____. We had our first NA meeting that night and again every week since.

I'm sure we have all heard of the power and influence the NA program can have on a person's life. We all have to work the steps in our own personal way. I believe timing plays a major part in recovery. It's easy for us to find people who need NA but the truth is, NA needs to be there when they want it.

I am thankful for a kind and loving God that brought B_____ and gave him the courage to make a commitment. When he chose to respond, he chose to make a difference, not only in my life but the lives of many other addicts as well. Today, we have a family of NA members who are proud of our efforts and supportive of each other. Although I can't speak for B_____ and I am an addict. I am serving a twelve-year sentence in Colorado. The prison I am in does not have NA meetings, but I was able to get ahold of the NA book. Through the Twelve Step program, I was able to find a peace within myself that I never thought possible.

The Twelve Steps are a beautiful process toward recovery that I pray every addict will have the opportunity to experience. When I started to work the Twelve Steps, my life took a turn for the better. I am now at peace with myself and my surroundings, and I am even beginning to enjoy life.

Although I have never attended a NA meeting, I am still in hopes of carrying this message to other addicts when I am released.

I only wish I could relate all of the things that the program and God have done for me.

Forever grateful,
J.B., Colorado

FROM THE OUTSIDE

Editors Note: This section is dedicated to aiding H&I subcommittees to gain a world-wide perspective of H&I activity. It reflects input received from H&I subcommittees and may address specific issues of interest to members in their H&I efforts, as well as personal experiences obtained through carrying the NA message of recovery to addicts who are unable to attend regular meetings. Therefore we are asking members and H&I subcommittees to submit input to the section to the H&I Coordinator at the;

WSO
P.O. Box 9999
Van Nuys, CA 91409-9999.

Dear *Reaching Out*,

My name is M_____, and I am an addict. When we first started doing H&I work in Plainview, I wasn't sure how involved I wanted to be. It was one of those things I felt would probably be good for me, but sometimes I get really tired of always doing things just because they're supposed to be good for me. I knew I would have a problem going to one of the treatment centers, because of some of the people who worked there. You see, twenty years ago I was perched high atop what I call the professional wellness fence. This is where people who work in the field sit and say, "See how well I am. I'm on this side of the fence, and you're on that side." I see this a lot today, especially in recovering people who are now working in the field. Of course, we have our own "special" version of this, in that, having been there ourselves, we can occasionally dip our foot over the fence to where we use to be and do some serious screwing around with everybody's minds—especially our own.

After doing several of the jail meetings and realizing that I was getting a whole lot more out of this than I was putting in (in fact, this was becoming one of my favorite meetings of the week), I decided to brave the doors of Lonetree. Once again, I found out that the whole world does not center around me. There are only a couple of the people I worked with even there, and I'm sure they don't remember the time my supplier was screaming my name, begging me to get him out from behind the tiny window in his locked door. Of course they never knew my real connection with him, and accepted my story of his being a family friend. Even if they did remember, I think it's O.K.

I am getting so much from these meetings now. I wouldn't stop any way. Here I see people who are going through all the different stages I have been struggling with these past twenty years. When I'm speaking at these meetings, I try to relate some of these things in the hope that someone will be able to see themselves (where they are right now), see that there is a way out, and not have to spend twenty years getting there. I see people move through the stages from denial to admission, and the fear and worry that come with that, to hope and strength when they realize there is something that works. We are seeing people in regular meetings now, after they've been released, who are starting to really grow in recovery. Somehow, this makes my recovery stronger, and I can feel a strength in faith and spiritual growth that is filling that empty spot so that now I can feel joy within my soul, instead of pain.

Anonymous

Dear *Reaching Out*,

On November 2, 1990, another addict and I got in the car and drove to Wenatchee, Washington to attend the Washington/Northern Idaho Regional H&I Learning Day. We met many addicts from all over our region, and some from other regions. There were addicts new to H&I and members of long standing, including two WSC H&I voting members. This event seemed to draw addicts out of the woodwork that we didn't associate with H&I or we identified with other aspects of NA. They told us about the forming of our region, and the beginnings of H&I here: traveling hundreds of miles to throw a ninety-minute NA meeting in a prison. We heard stories about mistakes made along the way, and success stories too. We heard about wanting to share this knowledge, and the beginning effort to create our handbook: addicts from all over the world sharing what they know, so we don't have to keep making the same mistakes over and over. And we heard from members who first heard the message behind the walls, and now clean, on the outside, willing to carry the message back in. And we felt the power of their message, and we felt the unity that only comes with sharing a great purpose like carrying the message of NA into hospitals and institutions. We left Wenatchee feeling more a part of NA than we had ever felt before. We gained a working knowledge of the handbook, living examples of why we do things the way we do, that could never be learned by simply reading. We now have new friends from all over the region that we have more in common with in recovery than we did when we were using. We found out that

these regional learning days are really fun. So, I guess the next time we see that another H&I function is happening, we'll just keep coming back!

B.H., Washington

Dear *Reaching Out*,

Hi! I'm an addict and my name is S_____. I wanted to write and let you know about my experience with H&I work in Southern Nevada.

When I was institutionalized over three years ago, a panel brought a H&I meeting in on Saturday night. For the first time ever a light bulb clicked on and these people made sense to me. Since I had ninety days clean, I've been involved in H&I. When I first went to the H&I subcommittee meeting, I never believed I would be able to be a part of. The members guided me, shared with me the importance of a clear Narcotics Anonymous message and allowed me to participate. I've been a panel leader at several facilities and simply can't describe the feeling I get every time I see an addict in the facility identify with the panel member. I continue to stay involved in H&I and consider it an important part of my recovery. I sponsor a couple of women who heard about NA through H&I and they do service as panel leaders too. It sure is great to see H&I work over and over and over and...

Glad to be a part of,
S.B., So. Nevada

Dear *Reaching Out*

Hello! I'm an addict involved in H&I service work and I'd like to pass on an idea that works well in my area.

We started a tradition of donating a Basic Text to our local H&I subcommittee each year when we celebrate our recovery birthday.

It was slow to catch on, but as more and more members continued to announce their intentions at meetings, the dream became a reality. Our H&I committee has Basic Texts to send to all our institutions on a regular basis, without depleting our area budget. We are even able to donate a few books to the region for distribution to facilities out of our area. Our motto is "bake a cake and buy a book."

In loving service,
L.J., Oregon

Dear *Reaching Out*,

My name is B_____. I'm an addict. My life was full of despair, impending doom, hatred, and anger. I was also hopeless, helpless and Godless.

In all my years of using, going to jail, living on the edge, getting in jackpot after jackpot, I had never heard of Narcotics Anonymous. I didn't know any clean addicts, and the ones who said they were clean, I figured they were lying or they weren't addicts.

I had tried to get clean so many times in as many different ways and I always failed. I had come to terms with being an addict. It's what I was and there was no way out. I resigned myself to this and I used, and I always paid the price. I was tired, real tired. I couldn't do it any more. I hated what I had become. I started thinking the only way out was to take my life. I couldn't go on.

My first meeting was in a prison in 1984. I was back on a parole violation and I was kicking a habit. I hadn't used in two days. I was sick, depressed and wallowing in self-pity. I cried out "why me? Why won't they give me a break?"

I went to that meeting. Some H&I people brought a panel in and they shared with us. I didn't believe what they were saying. I thought I was different. They were talking about a God and a Higher Power. About helping each other to not use a day at a time, and things like "asking for help." Don't pick up. Go to meetings. I didn't think that stuff was for me. I thought they were religious fanatics who had nothing better to do but come to prison and bother us. I didn't believe in any of that stuff, but I didn't use and I kept coming.

That was almost six years ago. Since that first meeting, I have been finding a new way to live through a Power greater than myself. Today, I have a God of my understanding, a sponsor and all the recovering addicts in all the rooms of Narcotics Anonymous throughout the world. Because of NA, I am being freed from the bondage of self. I'm living and enjoying life without the use of drugs. If my life doesn't get any better than this, it's O.K. This is great!

A grateful addict from Boston

NOTE FROM THE EDITOR: If you are a recovering addict who is housed in a correctional or treatment setting, let us hear how Narcotics Anonymous has helped you in your life. Many times the articles that we receive cannot be used because they concentrate on using and not on how NA has helped addicts to recover.

If you are a member of an H&I subcommittee, let others hear how you or your subcommittee have carried the NA message of recovery.

We would like to thank all of the members who have sent in articles and other contributions to the newsletter. We all have a responsibility to the suffering addict, and to ourselves as recovering addicts, to do our best in carrying the Narcotics Anonymous message of recovery—to participate by sharing with others what we have been freely given.

GET INVOLVED AND HELP US CARRY OUT OUR FELLOWSHIP'S PRIMARY PURPOSE₁₁

H&I Learning & Awareness Days Coming Up

REQUEST FOR INFORMATION

At WSC '91, the World Service Conference Administrative Committee was assigned the project of addressing outreach efforts for world services. In an effort to fulfill that assignment, we are asking for fellowship experiences with NA meetings/groups which are isolated within correctional facilities. If any H&I member or NA member not housed in a correctional facility has had experience with forming meetings/groups within an institutional setting not serviced by an H&I committee, we would like you to share your experiences with us. Successes, problems, whatever information you feel may be pertinent in identifying and assisting isolated meetings/groups. If you are an addict housed in a correctional facility and have experience in forming a meeting/group with or without outside support, we would like you to share your experiences with us as well. Successes, problems or any information you feel would be pertinent to this project are welcomed. Any experience, input or information can be sent to *Reaching Out* c/o the World Service Office, P.O. Box 9999, Van Nuys, CA, 91409. Thank you in advance for your time and assistance.

MY GRATITUDE SPEAKS
WHEN I CARE AND WHEN I SHARE
WITH OTHERS
THE NA WAY