



The New/Old

NA Way

Special Edition

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The New/Old NA WAY Magazine

Volume 45

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This magazine was written in open participation by
members of the Groups of The Anonymi Foundation and
members of the Groups who participate in the
Fellowship Service Conference and the
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The New/Old NA Way

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My Gratitude Speaks
When I Care
And When I Share
With Others
The NA Way

Higher Power

When I came to Na I didn't no what my higher power was. There is outside someone or something that shows me the way to go and accept the things as they come.

It's my leader to recover it gives me hope and power to recover on the right way. I'm not alone. And know how to live.

I always knew that there was something Greater than I. That was also what people told me when I came in na. I really got the click with my higher power when I started praying. And with that I fell asleep much easier.

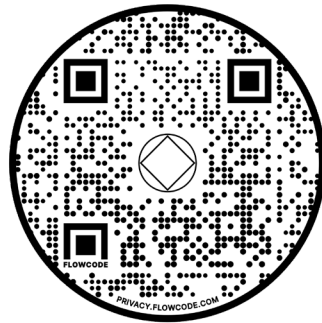
The key to my recovery is to believe in something greater than me. I strongly believe that he (God) took me out of my insanity to get a better live. Because I (we) deserve it. Personally my higher power is the sky the moon the universe. But also all the addicts in recovery and still stay clean meanwhile they struggling. For me is na not a destination but a way of live.

It's the energy In the room at a meeting the hugs I get and the love from others. People who actually care about each other without prejudice. Something that's completely the opposite from what we where In active addiction. Something we thought it wasn't real or unable for

us to feel. I believe that God (higher power) helps us with that.

I didn't make myself, came from my mother, also got to know my father, where did they come from? Who was the first one? We are all children learning from the source. Some think there different then others. I learned that we are all sisters and brothers. We all try to find a way back home. You can feel the great grandfather when you know your not alone.

We are all one our higher power is unconditionally loving and caring.



IP Surrender

When we enter NA, we are often already surrendering to the disease addiction by which it brings us. Through the state of despair that we are almost all reach, we come to a point where we know no more, and the door can open to recovery. This is a crucial moment before our closed mind and our hypersensitive ego can accept help. We can no longer keep

the balls up and the masks on. We are defeated and surrender.

It is no longer up to us. We are now handing over the reins. Hand it over to something bigger than ourselves. Our will becomes our downfall. The bullshit in our heads comes one-to-one from our addiction. Listening or giving in to this is a suicidal endeavour. We can no longer do it on our own but want to all too badly. This is because we believe there will be another outcome someday. This illusion stays alive and so does the powerlessness of our situation.

We have to wave away what our head is telling us because we are not getting any wiser from our head. It is time to accept that we need to adopt humble approaches. Where surrender is written in bold letters on the front.

At NA we are welcome no matter what has happened in our lives and who we are. When addicts accept their disease and accept help from NA and want what we have to offer, we are ready to surrender to NA. This program gives us a solution to our problem, which is ourselves. If we are willing and apply the tools of the program, no matter how we feel or what our head says, we reach the next level of surrender.

The definition of surrender is not having to fight anymore. Often, we fall into self-obsession and allow ourselves to be guided by fears. These fears can strike at many levels in our personality. Fear of rejection,

fear of our personality, fear of not doing it right. The fears can also manifest themselves that panic comes with them. We can start to sweat and even feel fear that our body has something wrong with it. We often want to run away from reality at that point. This means that we give in to our fears, which keeps us stuck in the same circle. What we can apply in such a moment is prayer and meditation, putting our focus on our breathing and trusting in a loving God. This is applying the tools and continuing to do so on a daily basis. It will get better if we keep doing this. These are the things in which we will begin to accept ourselves. The result of surrender. We are no longer fighting in our self-obsession. Surrender is the key to acceptance and freedom.

If we trust in God and the people in the Fellowship, we will be fine. They are the people who know what feeling is and where we are coming from. By allowing them to join us, we feel safe and know that we are not alone.

It is not natural for us to be in surrender. Resistance is often naturally built into us. Surrender means for us that whatever comes our way, or a thought enters our mind we do not have to fight against the resistance or event we may accept. Whatever we feel or experience or encounter at that moment, we may enter. We don't have to run anymore. When we go through it, we will be relieved this feels liberating.

As we go further in the program

with a Sponsor and a Homegroup we come to a better understanding of it. The steps and our sponsor led us to a Power greater than ourselves. To this we can surrender our will and our lives, with an even deeper surrender. The degree of surrender and the understanding of it get deeper and deeper as we continue. The meaning changes and we can put our will and our ego on the can more and more. do the things that worked of addicts who have gone before us. Our personality changes and we live according to God's will for us.

GBR

*"We began to grow and open up to our new lives we had found in NA."
Chapter 3 page 26 lines 17+18*

When we came into NA we experienced pain, depression, frustration, anger, no self-esteem, self-love and dignity. We come to a point where drugs took over our will and our lives. We had to hit a certain 'low point' in our lives to experience that change is necessary. In the beginning it was scary to surrender to the program. We knew we had to change and open up for/to a new way of life. Other members of NA showed us how to open up, by being humble, how to start listening instead of talking, how to work the steps and shared now they gained trust, faith and hope, by letting go of old patterns and old habits. As we keep coming back,

participate in the NA way of life, apply the 5 tools and build a relationship with God, we slowly began to grow. We are getting healthier and more spiritual. We reach the point where we can gratefully say that only by adapting the 5 tools in our daily lives, our lives start to change drastically, when we turn our destructive actions into constructive actions.

In this moment: In our darkest moments we never thought that we ever could come out of the darkness. Slowly, like a butterfly is crawling out, we start a new life.

IP Excuses for not doing NA

There are many excuses we can use that keep us away from NA. We've all used them while using, even before we knew NA existed. They were excuses that kept us alone, away from people, close to our drugs. We believed these excuses to be valid. In the end they lost their purpose. No more excuses, just reasons to use drugs.

In recovery many addicts may find new hobby's, interest, get jobs and we are spending more time with friends and family. This is a result of being committed to and centred in the program of NA. When these things become excuses to do less, we're in trouble.

A lot of times we feel we are not capable to do the program. There are so many thoughts in our heads that

tell us we first must fix our chores before we can do the program. We might start telling ourselves things like: "I won't do it good enough" or "I'm not sick enough", "I can't trust these people", "God is not able to help me". These are excuses that might make us start procrastinating or not commit to the program at all.

When we have all these excuses... in the end the addiction wins and we want to run away, we want to hide, and we go into isolation.

Now that we got in touch with recovering addicts, we no longer use excuses. Who showed us a reason to stay and keep coming back to stay clean? Being part of the NA-fellowship excuses are no longer valid, we have nothing to fear.

The disease is full of excuses, NA is full of hope.

Fight/Surrender and Recovery

In our active addiction we never had the willingness to complexly surrender to the program. We tried to fight our addiction, but it always brought us to our knees. We came to the point when we realised the fighting didn't work. We didn't want to be addicts and we felt very strange acknowledging ourselves as addicts. When we finally accept ourselves and introduce ourselves as addicts during the meetings we slowly came to surrender. The fighting stops and we came to understanding the

program. Working the steps, finding a sponsor and the recognising we are addicts. We had nothing to lose anymore. We are always one step away to a completely different life. Everything we searched in drugs we found in recovery. Instead of continuing in our self-centred behaviour we started caring for others and the newcomer. Feeling our higher power in the meetings and in our lives, we filled with love from NA and our fellows and the fellowship.



The Subtle art of surrender

Perhaps you messed up, and you're looking for an excuse.

At that moment you must choose.

Admit your wrongs or you're gonna loose.

Embrace your feelings and allow yourself to grow.

Only then you realise you don't grow.

The only way to recover is to help each other grow.

Letting go of our own will, gratefully we will.

Follow the Traditions to be who you are.

Becoming humble instead of a shining star.

Do it for yourself, and your kin.

Don't be afraid, for surrender is to win.

Don't be a dictator of your own behaviour.

Be a predecessor's investigator.

Through trusting on God, our believe grows.

In our daily lives it shows.

Surrender we do in several layers,

so all you need to be is a Living prayer

no matter what they gonna say ya.

Sometimes, we've got to let go of a certain thing,

if we won't we, ll go back to how it's always been.

We never fight again,

So drop your bullshit and start writing with a pen.

If we don't surrender, we won't change.

This is true, but at first it might sound strange

Freedom Group - Billericay & Recovery in Action group - Ipswich

Like most groups it's been an unusual year. As a result of the Pandemic and restrictions we unfortunately had to close all our physical meetings. We quickly set about setting up online Skype meetings to cover all the evenings we currently did (5 in total between the groups). We also set up a WhatsApp group and invited other UK free literature meetings and groups to join and post details & links for meetings daily as well as updating and adding links to our website. This has proven a useful tool and been good to be able to add newcomers on to help get them to meetings and also in contact with members. Sending out literature by post or online to new people. We had also managed to maintain our Group Conscience meetings via Skype during this time.

Whilst the closure of the physical meetings kept us apart locally, it did allow an opportunity to bring us together more across the country and our meetings had regular visitors from other areas as well as from our overseas friends (Netherlands) which has been great.

We have so far now managed

to re open one venue in Billericay and have two of our physical meetings running again with a third soon to follow in a few weeks hopefully, including a new addition of a Skype link set up so people are still able to join the meeting via online.

Ipswich have now secured a new venue and also opened another new meeting on a Thursday night, with a brand new newcomer arriving at the opening meeting too! Currently two of their physical meetings have been able to re open so far, with a third still online temporarily. They have also maintained a Skype link option to the physical meetings.

We've had numerous newcomers show up over the last year still able to find us and attend meetings. Hopefully we've helped sow the seeds and they will return when they're ready. And can now return to a proper meeting atmosphere.

It's been a difficult time especially for the newcomer, the online meetings have been a great lifesaver, and essential to us maintaining our recoveries, but the experience and atmosphere of a physical meeting and gathering of addicts is so important, especially for newcomers. It feels good to be getting back to being in a room together.

Sorry a few of us couldn't be there this year, unfortunately the restrictions have made it impossible. Look forward to being there next year.

Sending love and hugs from the UK

Unity Group Roermond 2021

Unity Group started its first meeting on January 2nd 2018 on Tuesday night. We meet at 7.30pm until 8.45pm, door open at 7pm. This is a basic text study meeting, we read a paragraph each meeting from the translations of the Bb in Dutch and every last Tuesday we read and share on the tradition of that month. We are a registered A.S.I.S. Group. Our group is pretty steady at this moment we have 10 Homegroup members and our meeting attendance is somewhere between 15 and 25.

Our Homegroup has a second meeting on Friday. This is a Grey book study meeting at a different location than the Tuesday meeting. Same time schedule.

We have our own printer, and are looking for options to buy a different one or maybe pull together with other groups in the south. We print ip's and booklets and buy BB and Greys at cost from another Homegroup. We are a financial stable Group, we participate in the translation of the BB, and we have put money aside to order the BB in Dutch as soon as it is ready so we can have our own stockpile in Dutch in the south. We organize print days and translation days with our group.

We currently are on the NAHELP. NL website. We are visible and people can find us.

This year we ordered big bords

to put next to the road in our city. We got a permit for it. Unfortunately, didn't go as planned, and our bords disappeared and we got cough up in this fight with a company and the city. It got solved so we got our money back. The short amount of time when the bords were visible, we got 5 newcomers in 1 meeting, and some came back. This showed us we need to be prepared, we still, as a group, have to learn that we have a responsibility for the newcomer when he walks through that door. It was a great learning experience, and we will continue to look for creative ways to carry the message in our city in 2021/2022.

During the second lockdown from December until March this year we were still able to meet in person at the facilities where we rent the space. This was a big difference from the first lockdown. Our attendance grew enormous during the second lockdown up to 30 people, while during the first lockdown when we were online attendance more people left, and we had only 8 people at the end.

2 of our members made some experience with carrying the nahelp. nl phone. We think it would be nice and necessary to share experience at the EFSC about this, so we can start rotating the phone more.

Our vision for the future is to keep furthering our primary purpose. We need to keep reaching out to the newcomer. We could use some experience in how to approach rehabs

and detoxes around the country. Some still have trouble finding us when they leave a rehab. We hope to hear from other Groups how they reach out and how we can reach out together more.

ALSO, next flow read day will be 16 October in Roermond, and we need to have a Basic Text in 2022!

Äntligen Fria Sweden (Delsbo-Hudiksvall- Iggesund-Ljusdal)

Status: 4 years.

Meetings: Monday -Tuesday-
Wednesday Thursday- Friday-
Sunday . Closed meetings. Four
different locations. No announced
ending. (Sunday's).

Literature studies. Literature topic
meetings.

We stand for total abstinence
and announce this in every format.
Grey Book meetings in Swedish
Tuesday-Friday (reading the Swed-
ish translation/interpretation of the
Grey Book). Speaker meetings every
month. We have two new commit-
ted members. All of our meetings is
hosted on Zoom as well as in phys-
ical form, so called "hybrid" meetings.

Not that many newcomers, some
visitors. Attendance: 1-16 addicts. 6
committed members.

PI/H&I efforts

- nahelp.se.
- Posters.
- PI every three months at a

rehab center Ljusdal. (Post-
poned due to the pandemic)

- Free literature.
- Group helpline.

Service posts

- GSR.
- Treasurer.
- Secretary.
- Vice secretary

We have guidelines for service
in the Group. We have a Group
conscience meeting once a month.
Separate Group inventory once a
month.

Ongoing literature projects:

Translation Baby Blue (second run
through), going over all IP's. Reading
the translation of the Grey Book (two
meetings per week)

Difficulties: newcomers. To get
more members involved in Group
service.

Upcoming services: Meetings.
Do more PI.

We have been approached by
NAWS via email. They asked us to
take down our literature from our
website. We have not yet responded.
We have conscientized to wait to see
what will happen if we don't.

A local rehabilitation center have
asked us to follow certain corona
restrictions to let their clients go to
our meetings. We have treated this as
an outside enterprise (Trad.6) and an
outside issue (Trad.10) and haven't
changed anything to comply to their
request. We already follow suggested
corona restrictions.



Gratitude Group

In September 2019 we started our Home Group named Sunday Morning Gratitude Group in Sittard, the Netherlands. In our area most meetings take place in the evening and we found it important to set up a meeting in the morning, to start the day with the N.A. spirit. In October 2020 we started another meeting on Saturday night. This is a Grey Book study meeting. Because this group has 2 meetings, we changed our name to Gratitude Group.

On our Sunday meetings we study the Basic Text third edition revised and read a tradition every second Sunday of the month. We use the Dutch translation translated by

addicts for addicts. On our Saturday meeting we read from the Grey Book, and we use a raw draft Dutch translation. Every last Saturday of the month we read an IP that is also translated by addicts.

We participate in translation and flowreading days where the Baby Blue is translated in Dutch by addicts. We are a registered A.S.I.S. Group and work together with the other A.S.I.S groups, in the east and in the south of the country. We are a closed meeting, only for drug addicts or people who think they have a problem with drugs.

Since the beginning the Sunday meeting has always been well attended. The Saturday meeting however is less well attended. Due to the covid curfew we had to bring the meeting early. We start at 6.30 pm instead of 7.30 pm. When the curfew ended we did not change back our time schedule. This could be a reason why the meeting is not so well visited. We are discussing this in our Group Conscience.

In our last report we mentioned that people are reluctant to commit to our Home group or do service. Recently we noticed that there has been a shift and the people are getting more interested in getting involved and start to see the value of being part of a Home Group. In the last couple of months there were addicts who attended our GC but did not make a commitment. However now we have a new committed member and there will be

another one after our next GC. After the next GC, we will have 5 committed HG members.

We are the only A.S.I.S. group in Sittard area. There are people from groups with another service structure who do not agree with our message of total abstinence and the use of the Baby Blue and Grey Book. However we focus on ourselves and how to carry the N.A. message.

We welcome everyone who attends our meeting. Our Group cherishes an atmosphere of recovery and we make an effort to share the NA-message. However we experience difficulties in keeping our message of recovery clear. There are a lot of newcomers coming from safe houses and detox centers who are misinformed about what we do in NA. They confuse the mental health care with NA. The safe houses also facilitate meetings that are not aligned with NA as we know it. Therefore the newcomers get and give a blurred message. It is our duty to make sure to keep the NA name clean. We find ourselves having difficulties sharing a clear message in a loving way. We do not want to scare them off, but we don't want them to get confused about we do in NA.

We print our own literature, IP's, flyers. Only the Grey Books and Baby Blues we buy from another A.S.I.S. group. We have our own HG flyer that we can use for PI. Newcomers keep finding our meeting, some through our own HG-flyer, which we spread in local supermarkets, doctor's offices,

pharmacies and treatment centres, and some find us on the website. Our HG is on the meeting list on the www.nahelp.nl website. We share a telephone number with all the ASIS groups, when a newcomer calls, he or she will be informed about the meetings in his or her area.

Unfortunately we got the news that in January 2022 our location where the meetings are held will be sold to a housing corporation. The current manager of the property does not yet have contact information of the new buyers. It is still unclear what kind of plans the corporation has in store with the property. We will make sure we keep in touch with the current manager of the property so that we get the contact information of the new buyers as soon as possible. We of course hope we can stay in our current location since this a very big and beautiful building where most of the translation weekends take place.

Take It Easy Rotterdam

Group Report Take it Easy group Rotterdam. The idea to set up a baby blue meeting in Rotterdam with the message of total abstinence and free literature was born in the summer of 2020, a fellow went to the efsc 2020 to gather information and ask for help on how to organize and set up a meeting. It took a couple months for a few fellows to decide to start on zoom in Feb 2021, because due to the lockdown there was no possibility

to go physical, June 14, 2021 it was finally time we found a place where we could go physically on Monday evening, the same day someone had called the NA helpline and was referred to a fellow in Rotterdam, she was present at the very first physical meeting of the Take It Easy group and it felt like coming home to her, it was a very powerful meeting and we as a group took her to meetings in Hengelo (East Netherlands) and meetings in Limburg (South Netherlands), she immediately started doing service from the day she comes in and is still involved with the group. We also went with 3 homegroup members to the translation weekend in Limburg where the 3rd edition basic text book was translated (the flow reading days) that ensured connection and unity, it was a great weekend! We print the pamphlets ourselves and commit ourselves through p.i. During the 3rd meeting on a Monday, fellows from Limburg, Hengelo and Zwolle had come to support our group and the idea was born to set up a Greybook meeting on Friday, we had group conscience that evening and the plans were worked out immediately, a 2nd meeting in Rotterdam was a fact. We have had several newcomers and took 1 newcomer to another meeting in the south of the Netherlands. What we can do as a group is carry the message and not carry the addict, we have called them several times and ask how they are doing, we hope they will find our meetings

again and will pray for them. We as a group are financially healthy and have had 8 newcomers in so far and a couple newcomers are still coming back, we are committed by p.i. and try to strengthen our bond among ourselves. We are grateful to be part of this wonderful fellowship and look forward to grow and setting up more meetings in the future to offer the addict who are still suffering a place to recover. Thank you GOD. In loving service The Take It Easy group Rotterdam See you next year!!!

Our meetings in Mannheim, Germany

We hold our meetings three times a week at a local contact point for drug addicts, where we have rented a room. During the pandemic we also kept the doors open as long as possible. We meet on Tuesday, Friday and Sunday. All these meetings are reserved to addicts. Dogs are allowed.

Someone reads out a chapter of the grey book or we listen to a narrator's recording. Sometimes we invite a speaker or somebody spontaneously shares his or her life story.

After that we start sharing without time limit.

The number of participants fluctuates, every now and then someone new comes along. We offer free literature, for example the German translation of the grey book (3rd edition with original 4th and 9th tradition). Our

group is fully self-supporting, and the contributions are only used to cover the group's expenses. We don't pass on any money.

On Sundays we get together before meeting to translate flyers into German.

We identify with A.S.I.S. and we will try to be present at the next FSC in 2022.

Our meetings:

Tuesday: 7pm – 8.30pm “When addicts help each other” (Average number of participants 5-8)

Friday: 6pm – 7.30pm “Clean Friday” (Average number of participants 3-6)

Sunday: 6.30pm – 8.30pm “Live and let live” (Average number of participants 6-10)

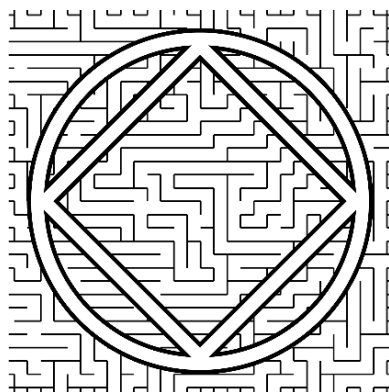
A Way-Out Group – Narcotics Anonymous in Zwolle & Emmen (Key to Recovery Group)

“We have found a way out, and we see it work for others. Each day more will be revealed.”

Basic Text – 3rd Ed. Rev. with original 4th & 9th Traditions.

We meet every two weeks on Fridays. For group inventory and group conscience. The Key To Recovery Group in Emmen is currently part of the Group Conscience of A Way Out Group.

At the moment an average of 9 people participate in this. We have 8 members who have an active commitment in the form of service.



A WAY OUT GROUP

Meetings Zwolle:

Monday: Literature study - Grey Book

Tuesday: Literature study - Step out of the Dutch translation of the Baby Blue

Friday: Literature Study - Grey Book Reflection, Tradition from the Baby Blue or a Speaker Meeting (once every 2 months)

Sunday: Literature Study - Information Pamphlet. Before the meeting we meet to talk about our efforts in Public Information

PI:

“Every Sunday morning from 9:30 to 10 we discuss what we have done and want to do in the area of Public Information. This ranges from putting

up posters to passing out flyers and approaching agencies.”

The number of people at the meeting varies from day to day. On average there are between 6 - 12 people at a meeting. We regularly have newcomers and have grown in the past year.

Meeting Emmen:

Wednesday: Literature study - Grey Book

In Emmen about 4-7 people meet every week. From Zwolle group an average of 4 members join. Since the start in February we have had about 9 newcomers.

We decided last year to have a Speaker Meeting every 2 months. We invite NA members who share their experience with us. The goal is to make Dutch audio recordings and share them on the website. The Speaker Meetings so far have been very nice and have brought visits from members of other groups.

Thank you for listening or reading this report from the A Way Out & The Key to Recovery Group. We hope to share more with all of you in the upcoming workshops this weekend.



Miracle Group

Venlo EFSC 2021 September 16 to 19, 2021

Venlo, September 10

The Group

The Miracle group currently consists of 9 service members. We are a close group and have a lot of contact with each other. Our group has been going for one year since June 8 and has grown tremendously over the past period in every way possible. We look together at how service positions are being split and now have all service positions filled. Our group members are involved in various committees we have formed as a group, we are excited about recovery and

N.A. All of our members are working on the N.A. program with an N.A. sponsor. We believe in the 12 steps and traditions of N.A. and are very focused on getting the message out. In doing so, our group carries the message of total abstinence. This is also mentioned during clean time celebrations. Several members within our group have experience with this. We know and see that this works and believe that total abstinence is the cornerstone of our recovery. As a group we have had some minor growing pains here and there. Furthermore, the Monday evenings are bursting with energy and from

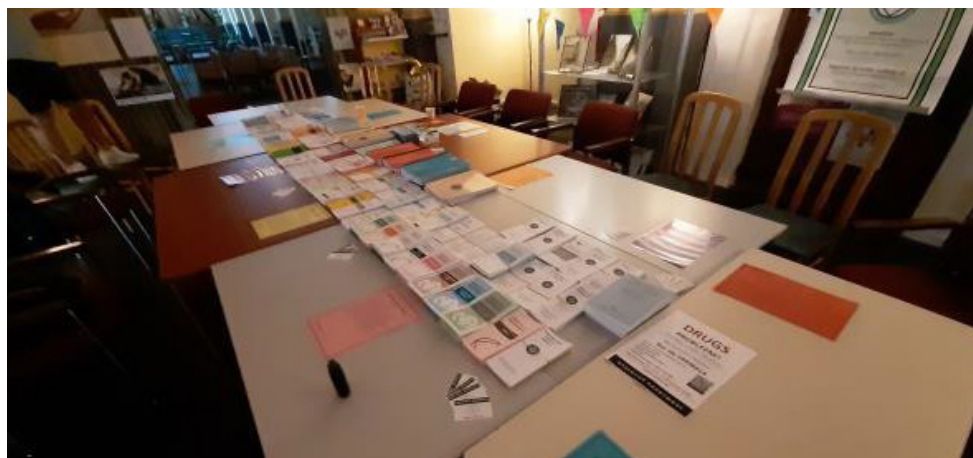
everything we notice that it is a real unity where everyone is equal. This is also reflected in the atmosphere at our meeting which is insane in the best sense of the word.

The Meeting

In recent times with all the corona measures we as a group have done everything possible to keep the meeting open. Unfortunately, we were unable to do so for a longer period of time and had to move to the Zoom platform. The number of visitors decreased, despite that we still saw newcomers regularly and the atmosphere was good. Since April of this year, we have been able to meet physically again. There are now a total of fifteen to twenty-five addicts who visit our meeting weekly. They come from the region but also from further away. Our meeting on Monday night has become well known we think and regularly attracts curious people and newcomers. Addicts who

want to experience the feeling and spirit of recovery and spiritual principles keep coming back. People get excited by the clear message, the energy and the feeling at the meeting. The atmosphere of recovery is wonderful because there is an intense connection during the meetings.

We are also working on a second meeting. This has been a while in coming. This is partly due to all the measures. We have also learned to let God do his work. Because of this we have not been able to start at one location. Nevertheless, we have found the right people in the church community who can help us with another location. They are interested and also enthusiastic about what we are doing. This has created a new opportunity to start a second meeting. This will therefore become a reality in the near future. The day, time and start date will be soon announced, so be prepared.



Group Conscience

As a group, we hold our group conscience monthly. This is announced during each meeting and people are invited to join and especially to participate. Interested people regularly join our group conscience. We also ask about their experience. Since last March we use a new format for our group conscience in which we can do the group inventory in a different way, namely based on the 12 traditions. In doing so, with each tradition we ask ourselves a number of questions related to that tradition and try to see where we can improve. As a group we do our best to look at the traditions. So too with the issue of getting a printer for example. Group members speak up in the group when we see something that goes against the traditions, no matter how enthusiastic we are and this is well received by the group.

By now we have used this format a number of times and it helps us to look more closely at ourselves as a group and the traditions.

The Newcomer

We regularly receive newcomers. We receive them and our greeter provides them with the necessary explanation on how the meeting will take place. We always welcome the newcomer, give them a big hug and chat with them before and after the meeting. We make them feel welcome and at ease. A newcomer always receives a phone list of those, pres-



ent at the meeting and a basic textbook (Baby-Blue) of N.A. along with a few pamphlets. We give these out for free by the group as well as any of our literature at the meeting. We ask newcomers how they experience the meeting and from the feedback we get, we always hear that they feel very much at home right away. This gives us a lot of energy

Literature

At our meeting we study the Grey book. We do this in small pieces (one or two paragraphs) of text that we translate with the group. We read the text in English and our own translation in Dutch during the meeting. Furthermore, there is all kinds of literature on the table written by and for addicts. As a group, we have been busy printing our own literature for a while now. We now have a literature committee that is responsible to the group. First, we had simple home printers, now we have two laser printers that allow us to print in black and white and color. With these we can

actually print anything. We make sure our meeting table is well loaded with literature. And we're kind of proud of that. There may be a bit of an addiction here somewhere to always want more we think.

Very recently, with the help of donations from NA members, we purchased a thermal binding machine. Members are busy learning to use this machine. The intention is to also provide literature for other groups and to build up a fund to pay for this. By printing literature and binding books, we have made very interesting contacts with passionate people in the printing world who have a lot of knowledge and can and want to help us with all kinds of printing, also for PI.

Public Information

As a group we have also created a committee for PI. We recently ordered business cards to distribute and reach the suffering addict. Our group members have put up these cards and also self-printed flyers and small posters in various locations at stores, clinics, and doctors' offices. In this we are very enthusiastic, and this has shown us that sometimes we are a bit impulsive in this, which can affect other groups.

Very nice to mention is that we have been promised by the local government that next year we can put up very large posters for a longer period of time throughout the city and outlying areas of Venlo in sixty prom-

inent locations. We are thrilled about this, but the costs for making these posters are very high, between 500 and 600 euros. As a group we want a lot of things. We notice that not everything is possible at the moment but together we try to see how we spend the money.

Very nice things are happening, and we are very enthusiastic. We have something to offer and attract addicts that we can also take care of as a group. We learn a lot in this program, and it makes us grow as a group and as individuals.

NARCOTICS ANONYMOUS Group «Osnova» report for EFSC 2021

«Osnova» NA Group first meeting was on May 6, 2021. Our meetings are conducted every Thursday at 18:30 in Aprelevka town, sub-Moscow area. Group is planning to open up a meeting in Moscow itself, making 1 meeting in Moscow sub-urban and one in Moscow. This is the format of our Group meeting: we read cards, translated by the Group from Grey book, then we have some time, usually 10-15 minutes for people to share where they are at and then we go to the main topic. Main topic is reading and discussion of 2-3 translated paragraphs out of Grey book. We give people handouts with original text and our translation.

Those copies are placed on the table and are available to every member. Currently we study Chapter 1, Who is an addict?

Usually there are 3-4 members in the room regularly mostly from Aprelevka location, one time we had up to 14 people in the room. We often see guests from other NA Groups and we give away English Grey Book and English Baby Blue Basic Text for those who are interested. All the literature at our meetings is free and available to everyone.

We've got zoom meeting room which is used for translation work. We don't have scheduled dates for this activity, we do it depending on circumstances of Group members. We translated IP's Who what how and why, Recovery and relapse, Am i an addict, Total Abstinence, 5 tools of recovery, A view of NA Group Conscience. Also we translated 1976 Little White Book. We print ourselves all of this mentioned literature and in addition we put our translation of Grey Book's Our Symbol chapter in pamphlet form and 2nd Edition Basic Text's What Can I Do chapter in booklet form and print it

as well. We continue our translation of Grey Book, we already have first translated rough draft of the

whole book and now reviewing it as the Group. We just finished Chapter 2 at the moment. We continue our efforts on translation of 2nd edition of Basic Text, which we plan to print and give to newcomers for free. Grey Book Reflections are translated on daily basis and to the end of September we gonna have the full first draft translation of the whole book. Currently we inform people about our existence by sending and resending flyers in WhatsApp chats of NA Groups. We also print little stickers with QR code leading to our webpage and glue them in various places of Aprelevka town. Our webpage is called nahelp.ru. There is all info, literature and speaker tapes. We are working on updating of it. We have difficulties with PI, H&I, phone line services due to lack of members.

We are deeply grateful to all people who supported and continue to support us, to those who donated money, which allowed us to buy a laser printer to print our literature and who donated us English books which we continue to give away. We slowly move to full self-support now.

Our doors are always opened!

**In loving service, members of
NA Group «Osnova»**



ГРУППА АНОНИМНЫХ НАРКОМАНОВ

Wauw!! What an EFSC this was!!

God's presence was so obvious

People showing their vulnerable sides

People coming out of their comfort zones

People who suffered in the life before NA and could now smile again

People who came from isolation to connection and being in a room with around 60 addicts

People who are clean for a couple of days to almost 42 years.

People who were attending for the first time, and people who were here for the 6th time

People who stayed the whole weekend, even when it was scary or uncomfortable

When I look back how I was in the life before NA: my relations with people, no connection, ashamed of myself, a wall flower, hating myself, and how I see myself now..... I have no words. I don't even recognize myself anymore. I feel home, I belong in NA, it's my planet.

Want to thank everybody who was here this year! It was truly amazing!!!

It's a shame that people from other countries couldn't be here, but I believe it's exactly how God wanted this for this year. He always has a reason, and we don't have to understand and analyze it.

Going to enjoy the powerful energy that I have taken home with me, and it made me realize, we can never take recovery for granted. This is the answer to our problem: the NA program.

Lobi you ♥

Written: By an Anonymous Addict From: The Netherlands

The Experiences, Strength, and Hope That I Have Received at EFSC 2021

I have been a member of N.A. for about 14 months now I have met such wonderful people here, who have one goal and that is to reach out to the suffering addict to spread the message of recovery. For the first time I feel like I belong somewhere. I have had to reach too bottom and suffer a lot of pain to come to acceptance of the disease of addiction. What happened to me last weekend at EFSC is worth so much to me. I type this now with tears in my eyes. There were people from America, Sweden, Netherlands and many more people on zoom from different countries. I love you so much. There is so much released in me this weekend. I lived the week before the EFSC in full tension and fear. Afraid that I could not communicate in English. I can say when I arrived on Thursday after half a day, I felt so confident and safe with everyone. There was much, sadness and love. Everyone was there for each other, no one sat alone. Friday night we sat with a whole sponsorship of Bill together. What was told here the commitment we are going to do together. Moved me deeply. The hugs with everyone felt most intense. I found the workshop P.I. by Mickey and the input of all groups super cool; it has given

me new ideas what we can do with the Miracle Group in Venlo. Also, all the group reports were super fat to hear what they have achieved last year. The piece of Literature writing also meant a lot to me, I had written a piece about surrender, here we have a group of a beautiful I.P. made with everyone's input. will be super cool to see this back in the magazine. I felt I really belonged this weekend and felt part of a group, who have a new way of life without the use of drugs. The experiences, strength, and hope that I have received this weekend I will carry this year and look forward to the EFSC 2022 to learn new things. I am going to work hard on my English language to learn it better. Mickey said to me this weekend it doesn't matter if you don't understand it know it matters that you felt it, and I felt it deeply. I love each one I have met in recovery, on less days I will think back to you and to this weekend at the EFSC. Knowing that I don't have to use anymore and that I care about you guys. It will help me. God has me right this weekend through my fears. By doing me prayer daily and asking for help and praying for the suffering addict, it gives me a lot of strength. I am thankful for everyone within N.A.

I love you guys

**Written: By an Anonymous
Addict From: The Netherlands**

It's been 2 weeks since the EFSC started, I had been looking forward to it for half a year and finally on September 16 it was here. Yet I found it scary, what could I expect, what would it be like?

We left Zwolle on Thursday around noon; we had a journey of over 2 hours ahead of us. The three of us set off. There was much anticipation in the car. Talking about recovery and how it would be. When we stopped somewhere along the way, we met other members who were just as excited as we were.

I have to confess that I don't remember much about it from the arrival. We picked out a place to sleep in one of the dormitories and I remember helping set up a tent. There I sat talking to people, but I can't remember much of it, only the feeling I can remember, that I was in my place. This is where I have to be, these are my people.

I can't remember much about the rest of the afternoon, but it was really nice to see all the people I hadn't seen for a long time. It was overwhelming, so much energy, all those impressions. I remember that at one point I was sitting on the toilet and thought I'll sit here, this is nice and quiet. Of course, I did not do that ;)

That day we had an introduction round and a meeting in the evening. I found both quite scary, when I walked to the front to introduce myself it was

okay, but when I sat on the couch, I wanted to leave as soon as possible I noticed. There were more people in the room than I had thought. The meeting that evening was beautiful, so many beautiful and honest shares heard, we all sat in a circle. It was really beautiful and overwhelming to see all those people.

Then I spent the whole night on the famous couch which was an experience in itself.

It was really cool to talk all night from other addicts and met some really nice people. I only know nights when I had used, and this was a very different and much better experience.

I could go through the entire EFSC by day with you, but really, I just want to share a few highlights with you.

I really thought the meeting in the canteen was one of my best experiences of the weekend, the atmosphere was so casual and seeing newcomers there was so nice. I was sitting between members of my homegroup, and I looked next to them because they were sitting there, and I really got such a warm feeling. It was so cool to be at a meeting like that with people I have contact with every day, that was really one of my best experiences there.

Also, the personal conversations I had with people and really getting to know new people was really nice. Further, to really feel like I belonged to something for the first time in my life.

The Sunday closing, our visions

for the coming year. It was nice to hear all of you and sometimes see the emotions. I didn't really have a vision for the coming year, I saw somewhat further into the future. I saw when we look back on this in 10 years, that we think, gosh what were we then with few people. We are really building something beautiful that I feel, and it will only get better.

I want to thank you all very much for a great weekend, for the beautiful experiences and for my new family (I get emotional when I write the word family) and I hope to see you all again next year. Written:

**By an Anonymous Addict
From: The Netherlands**



Newcomer Experience.

I am now 16 weeks into recovery. I went through 9 weeks of inpatient treatment and now live-in sheltered housing. 18 days ago, I had a relapse. I didn't have a sponsor at the time and didn't go to many meetings.

After my relapse I came to the Miracle Group in Venlo. I got a warm welcome and it felt like coming home. I also found a sponsor with whom I will work on the steps. And who is going to help me towards a clean life.

I am now taking about 5 meetings with N.A. and notice that it is already doing me super good. I already notice by working on the 5 tools, that it works. I still have a long way to go but I feel that the beginning has been made. I get a lot of strength from the meetings and especially from the shares that I hear there. I recognize myself in them and that gives me a feeling that I am not alone and do not have to do it alone.

I get picked up by others to go to meetings together, and I also call a lot of fellows every day to hear about their experiences, strength, and hope. What I have experienced in this short time at N.A. I have never experienced before in my life.

I thank my Higher Power for guiding me on the right path and hope that more people can find what I have now found at N.A.

**Written: By an Anonymous
Addict From: The Netherlands**

Ein berührendes Wochenende

Bericht der Café-Kompass-Gruppe Mannheim (Deutschland). Unsere Gedanken und Erfahrungen hinsichtlich unserer Zoomteilnahme an der EFSC 2021.

Zunächst möchten wir betonen, dass wir von der guten und liebevollen Organisation beeindruckt waren. Obwohl es nicht viele Zoomteilnehmer gab, wurde vonseiten der Veranstalter das Bestmögliche dafür getan, eine optimale Teilnahme für uns zu garantieren. Sogar über Zoom waren die positive Energie und die Anwesenheit eines liebenden Gottes für uns spürbar. Aus beruflichen Gründen war es uns leider nicht möglich, an allen angebotenen Sessions teilzunehmen.

Es war schön, die Verbundenheit auch über die Ländergrenzen hinweg zu spüren. Wir haben ungefähr 10 Nationen gezählt, selbst aus den Vereinigten Staaten war jemand angereist.

Da wir nur an der Vorstellungsrunde, am Gruppenreport, dem Greybook- und dem Sprechermeeting teilgenommen haben, können wir uns auch nur darauf beziehen.

Schon in der Vorstellungsrunde wurde uns schnell klar, dass wir am richtigen Ort waren. Wir fühlten uns verbunden mit anderen Süchtigen, für die das Weitergeben der Botschaft und das Einhalten der Traditionen nicht durch das Streben nach Geld,

Besitz und Prestige verwässert sind. Es war spürbar, dass wir alle betraute Diener sind und es nur eine höchste Autorität gibt: einen liebenden Gott.

Wir wissen aus eigener Erfahrung, wie schwer es ist, Meetings abseits der WSO-Ideologie abzuhalten. Danke, dass ihr uns beim Gruppenreport an eurer Kraft und eurem Durchhaltevermögen habt teilhaben lassen und dass wir spüren durften, dass wir mit unserer Botschaft nicht alleine stehen. Das hat unser Selbstvertrauen gestärkt, etwas, woran es uns als Süchtigen sowieso mangelt.

Wir als Kompass-Gruppe gehen gestärkt aus dieser Veranstaltung und bringen die neu gewonnene Energie in die Meetings ein. Da wir wissen, dass unser Programm ein Programm des Handelns ist, sitzen wir nun hier und schreiben diesen Bericht, übersetzen regelmäßig einmal die Woche Flyer und verschenken auch weiterhin selbst gedruckte Literatur.

Geplante Aktivitäten:

- Voraussichtlich werden wir 2022 persönlich an der EFSC teilnehmen.
- Erstellen einer Homepage für Deutschland
- Übersetzen von „Matters of principles“ ins Deutsche

Touched by a weekend

Report of the Café Kompass group from Mannheim, Germany. Our thoughts and experiences regarding our participation in the EFSC 2021 by zoom

First of all, we'd like to emphasize that we were impressed by the good and caring organization. Although there weren't many zoom participants, the organizers did their best to guarantee an optimal participation. Even via zoom we could feel the positive energy and the presence of a loving god. Unfortunately, we couldn't attend all offered sessions for professional reasons.

It was wonderful to feel the connection across all national borders. We were able to count about ten countries, someone had even come from the USA.

We can only describe our experiences with the introduction, the group reports, one greybook meeting and the speaker meeting because these were the sessions we attended. While the participants were introducing themselves, we quickly knew we were at the right place. We felt connected with other addicts for whom carrying the message and holding on to the traditions haven't been watered down by striving for money, property, or prestige. We could feel that we are all trusted servants and that there is only one ultimate authority: a loving god.

We know from our own experience how difficult it is to hold meetings

apart from the ideology of the WSO. Thank you for allowing us to participate in your strength and your perseverance during the group report and for giving us a chance to see that we are not standing alone with our message. This experience has strengthened our self-confidence, something that we as addicts are lacking anyway.

We as the Café Kompass group emerge strengthened from this event and bring our newly won energy into the meetings. Because we know that our program is a program of action, we are sitting here right now, writing this report, we translate flyers once a week and continue to give away our self printed literature for free.

Planned activities:

- We are likely to attend the next EFSC in 2022
- Create a homepage for Germany
- Translate "Matters of principles" into German
- Translate "IPs" into German



Growing pains

I am an addict and my name is Ron I thought about writing an article for a long time but I decided to do it anyway. The EFSC has been very difficult for me and it has taken a while for me to see that more will be revealed and how I will have to learn to cope more in order to have a better life. A lot more things have come up than I ever thought were there.

Before the EFSC, I felt like I was stuck and I was applying all the tools and I wasn't moving forward. A fellow told me that I could expect a breakthrough soon and that I would move on to a deeper level of recovery, and that if I kept going like this that it would all become clear.

I had a hard time during the EFSC and I found it very intense, I was allowed to experience emotions at the EFSC the difficult things but especially the beautiful things and the connection with other fellows from all over the world. It was safe, everything is okay. Although I don't normally look at differences I was amazed to see so many different people and personalities together in harmony.

The nights on the couch were very special to me and at times frightening because everything came so close, all the beautiful and vulnerable moments of fellows gave me the inspiration and strength to do the same. One night I broke down and it all came out, I felt like I was at a meeting again for the first time. This was

because I felt the unconditional love and support of my new family.

The times after the EFSC were quite unstable but I didn't do anything crazy because I had gained a new understanding of recovery. Deep down I always knew I never wanted to go back to using now I have come to the realization that I am not getting away with my old behavior. When these things occur they bother me a lot, but this is better because I know I don't want all those things anymore.

This is also where the pain is, I am going through processes and growing pain, this hurts but this means I am changing into a better version of myself. I am now grateful to the EFSC and my fellows that I can see that this is not negative but very beautiful, and it is good that these things bother me now and that I have a much better understanding of my illness and what's behind it.

It is going better and better now, I feel a much better connection with the fellowship and the program. I try to do even more service and carry out the message to the best of my ability.

I have been able to learn a lot about traditions, PI, and service but most importantly I know that I am never alone and that there is tremendous growth in the future, not only for me but for the new way of life.

Never Alone Never Again.

**By an Anonymous Member
from the Netherlands**

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Price includes meals and lodging. There is no registration fee all money goes directly to pay for the facility and food. (Bring Sheets, Pillows, Blankets, Towels and Soap everything else provided)

For More Information: Contact Historical Perspective Group - Literature Coordinator - Bill A (484) 951-3305: or e-mail — matrixmatchclub@yahoo.com

Check Out Our Web www.nahelp.org/

Send check to: A.S.I.S. For NA P.O. Box 4404 Allentown, Pa 18105

{Doors Open at 2:00pm on Thursday and Close 2pm on Sunday}

Name: _____ E - Mail: _____

Address: _____ City _____ State: _____

Zip: _____ Phone Number (____) _____ - _____

Group Name _____ Register by November 08, 2021

Amount \$125.00 Check NO. _____

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For more information contact Matte B (419) 379-4659 or Tyler (419) 204-9915

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When: June 24th thru June 26th, 2022

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Cost: \$115.00 per person

Price includes all meals {and lodging if needed}

There is no registration fee all money goes directly to pay for the facility and food
Write checks payable to Historical Perspective Group

For More Information: Contact Historical Perspective Group

(610) 428-9923 Ask for Ray: or e-mail — matrixmatclub@yahoo.com

Check Out Our Web www.nahelp.org/ **Send check to: A.S.I.S. For NA**

P.O. Box 4404 Allentown, Pa 18105 Write checks payable to

Historical Perspective Group of NA (Bring sheets, pillows, Towels and soap
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Name: _____ E - Mail: _____

Address: _____ City _____ State:

_____ Zip: _____ Phone Number (____) ____-

Group Name _____ **Register by June 10, 2022**

Amount \$115.00 Check NO. _____

(Adversity does not build character, it Reveals it.) More Will Be Revealed.....



3rd Annual North Eastern Coast

TRADITIONALIST
Gathering 2022

July 16, 2022

454 Fort Mott Rd, Pennsville NJ 08070 [Fort Mott State Pavilion #2]

10:00 am to 7:00pm

Potluck Lunch & Dinner

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Price: € 125,- (All-Inclusive)

REGISTER:

WWW.NAHELP.NL

or email to nahelp.nl@gmail.com

Contact: 0031631304649

Upcoming Events

FELLOWSHIP LITERATURE CONFERENCE

Date: 18th thru 21st November 2021

Findlay Ohio

ANNUAL 12 STEP RETREAT

Date: February 18, 19 & 20, 2022

Columbiana Ohio

17TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 24th thru June 26th, 2022

Hamburg, PA

3rd ANNUAL NORTH EASTERN COAST TRADITIONALIST GATHERING

Date: July 16, 2022

Pennsville, NJ

7TH ANNUAL EUROPEAN FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: September 15th thru September 18th, 2022

Hunzel, The Netherlands

Weblinks

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Contact: nahelp.org@gmail.com

World

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The Netherlands

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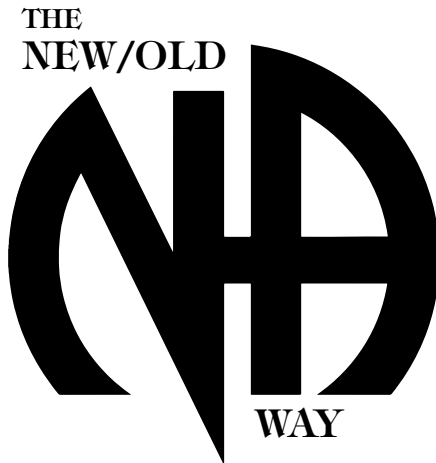
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we know it with nothing held back.*



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