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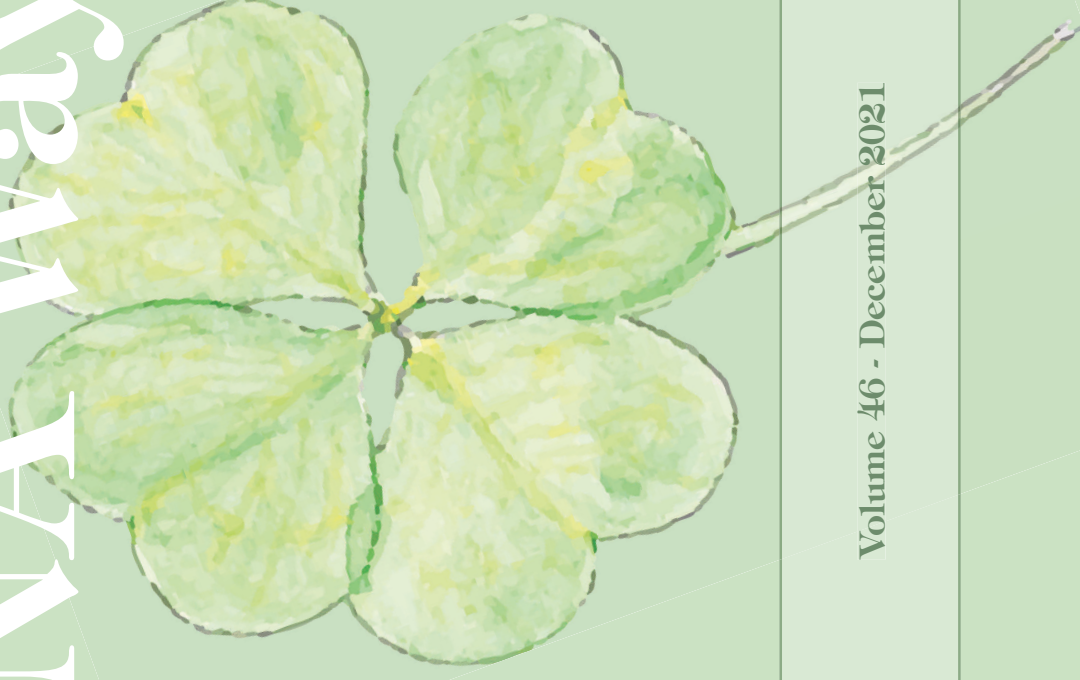
*Like it was when NA was new and young and
life or death intense:*

*You matter to us so we will tell you the truth as
we know it with nothing held back.*

THE
NEW/OLD
NA
WAY

" ... so that no addict seeking recovery need ever die..."
We publish your input -- the opinions presented are not necessarily
those of the New/Old NA Way or Anonymi Foundation

The New/Old
NA
Way



Volume 46 - December 2021

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The New/Old NA WAY Magazine

Volume 46

December 2021

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 European Fellowship Service Conference

**GET
INVOLVED!**

WE NEED YOUR INPUT!

Please send your articles, event information, comics or other input to nahelp.org@gmail.com

Upcoming Events

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

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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

**European Fellowship
Service Conference**
15th - 18th September 2022



Location:
Groepsaccommodatie Bekerhof
Beekstraat 9, 6013 RV Hunsel
the Netherlands

Price: € 125,- (AllInclusive)

REGISTER:

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or email to nahelp.nl@gmail.com
Contact: 0031631304649

“As We Grow”

“As we grow, we become more aware of the key to willingness.”

Gray Book pg 152 line 8

Willingness is the quality or state of being prepared to do something, Readiness. Willingness is the foundation for any addict who has the desire to stop using. Many of us came into NA scared of our own shadow. We had no idea how to live. Pain is one of our keys to willingness. We wanted the pain to stop, but many had been hurt time after time, when we tried anything new. We needed hope. In recovery, we need to become uncomfortable in order to grow. Once our desire to stay clean out ways our desire to use, then and only then, will our willingness to live a better way of life have meaning, strength and motivation. We see addiction in others but it's their journey to find themselves before it's too late. We keep an eye on them and share our experience, strength, and hope whenever the opportunity arises. Our willingness to accept others where they are with an open-mind allows for growth within us to not be judge-mental. We've learned that we can't change others. As we grow and are willing to ask others how to be more accepting. We learn how to calm down and be positive communicators. We can only lead by example.

NA provides us that hope which changes our lives. It begins with the

willingness to change everything and to surrender every day from Day 1!!

These are the 9 suggestions:

1. avoid people, places and things we used with or at
2. come early, stay late
3. get and use a Sponsor,
4. don't use and go to meetings
5. go to 90 meetings in 90 days
6. get a Home Group
7. use the phone
8. keep coming back it works
9. get involved in service.

With willingness, it allows us to be open-minded to actively listen & listen to learn. Hope came when we found others that were like us and had found a way to stay clean. We finally understood it is possible for drug addicts to get and stay clean. NA provided us that hope which changed our lives. As we continued to grow the things that once scared us no longer were as scary. Opening up and getting honest and vulnerable with our Sponsors became easier. We come to understand if we don't get humble, we will continue to be humiliated.

In This Moment: Willingness to live by spiritual principals is a cleansing of my soul.

Written: By an Anonymous Addict's From: Grateful Wakeup Group Nebraska

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

SERVICE DISCUSSION
GROUPS HELPING GROUPS
CREATING UNITY

PUBLIC INFORMATION
HOSPITALS & INSTITUTIONS

WRITING-LITERATURE
BY ADDICTS FOR ADDICTS

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THE TWELVE TRADITIONS
OF NARCOPTICS-ANONYMOUS

For More Information Call:
Matt F (856) 803-8857
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Hosted By: The Historical Perspective Group, The Most Perfect Vehicle Group, The Rabbit Meeting, & A Different Look Group of Narcotics Anonymous

We are the Lucky Ones

We are the lucky ones because we have program to work.

If chooses to work, it

We are the lucky ones because we have people that's under-stands us

If we choose to be honest

We are the lucky ones because we don't no longer need be alone whit our demons in our head

If we choose to let them out

We are the lucky ones that do not need to die to day

If we choose to live

We are the lucky ones that no longer need to go around

whit troubles alone

If we choose to trust

And it is ok to fall and stand up again and remember we are never alone because we are the lucky ones that having fellowship a family that understands us helping us true it

We are the lucky ones that true suffer and pain has received the gift to help people back to light

Yes, we are the lucky ones ♥

Written: By an Anonymous Addict's From: Sweden



17th Annual Fellowship Service Conference for N.A.

When: June 24th thru June 26th, 2022

Where: Hamburg, PA

Place: Olivet Mountain Camp 1540 Mountain Ave.

Hamburg, Pa 19526

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 — 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 Write checks payable to

Historical Perspective Group of NA (Bring sheets, pillows, Towels and soap everything else provided)

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.....



The Groups of Northern Columbiana County Area of Narcotics Anonymous present...

Annual 12 Step Retreat

February, 18, 19&20, 2022

Das Dutch Village Inn

150 East State Route 14

Columbiana, Ohio 44408

What to expect: Speakers, Discussion, Coffee,

Real NA Old School Recovery!

Only \$5.00 for the weekend if you pre-register - \$10.00 at the door

NO addict EVER turned away!

Pre-register by e-mailing stepretreat@yahoo.com

Rooms \$94 per night for 2 adults (\$10.00 additional for each adult)

Reserve your room by January 1, 2022 and mention you are with the NA Retreat to get the discounted price - Call 330-482-5050

Report from The Grey Book Moscow

We still keep the doors open every Thursday at 6:30 p.m. We have started a review of the Third Chapter of the Grey Book. Now our translation meetings are becoming stable, once a week. The Second edition of the Basic Text is also being translated. There is a translation up to the eighth step. A meeting of the group's conscience is planned in the coming days. One of the members wishes to serve on the telephone line. We continue printing pamphlets. More and more members of the community in Russia are interested in Gray, and about Reflections. As we mentioned in the report, we are sending out excerpts from Gray and Reflections to all available NA chats. Those who read this always send words of gratitude and ask where to get such a book in Russian.

Written: By. Report from The Grey Book Moscow From: Moscow Russai

“Traditions Were Just Guidelines and Open to Revision and Interpretation.”

Sadly, this is indeed the mindset of many in the Fellowship and it is a direct result of the agendas of NAWS

Inc and their predecessor, WSO Inc. I am not referring to the original intent of WSO Inc. That was set up by Greg and Jimmy originally with far different intent than what it has become. (There may have been mistakes made early on, but today there is an agenda, and there has been for a while.)

Just as is the case with the corporation that was originally intended to serve the Fellowship, our Fellowship has been intentionally organized with an administrative structure and professionalized (professionalism being far more than simply paying employees).

Many events have played roles in this horrible evolution (Fourth & Fifth Edition Fiasco, It Works How & Why - most especially the Traditions portion, the NAWS "super board", CBDM etc.), but several key events make all others possible, including one that is the next in a triad that is intended to take us further down the path of darkness than any would have imagined in 1982.

1. The removal of the language from the essays in Traditions Four and Nine. Greg (who wrote the original language) and those who understood its importance (on both sides) knew that this protected the Fellowship from professionalism and administrative organization no matter what mistakes might be made in the service structure along the way. It made it easy for the Fellowship to jettison corrupt bodies and to remedy

corrupt practices, or even to fix the natural results of the "committee mentality" run riot.

2. The Concepts. A total redefinition of the Traditions that indeed makes them negotiable. The Traditions are a "framework" that has room within them for many different practices, but they are more than that. Just as when the frame of any structure is faulty, so too will be the "structure". The faulty Concepts corrupting the framework and by extension the service structure itself is EXACTLY why service boards and committees cannot be a part of "NA, as such". When service boards and committees are tools in the hands of NA rather than part of NA, The Traditions serve as the FOUNDATION from which the framework is erected. The fact that the Traditions are NOT negotiable is the foundation of the Fellowship. The Concepts not only remove the foundation, but refine the framework, replacing a steel frame erected from a granite foundation with a malleable, soft aluminum frame that is without foundation. It is the classic analogy of the wise man building his house upon rock and the fool building his house in the sand. The 1989 WSC ADHOC Committee On Service Structure (1989 being the year the name was changed as well as the year Greg was removed from the committee) not only admitted that the Concepts (which were called the "Principles" at the time) not only create a central authority, but

attempts to justify it.

3. The SSP. Many of us belong to Groups that have left the Conceptual structure or been kicked out. However, many Groups who do not use the Concepts and even areas not tied to NAW'S are still trying to join that structure (for reasons that are their own). Even if this were not the case, many NA Groups who have been unwittingly lead astray by the NAW'S "regime" are being lied to and affected. Despite the fact that the Fellowship rejected the SSP the WB held the conference hostage in 2014 with an extended CBDM session rather than accepting defeat. In the end the RDs agreed to allow the SSP into the Conceptual service guide only as an option - something the Groups, areas, and regions could employ if they saw fit. Of course, the SSP centralizes authority and mandates boundaries, so really only certain tools can be used. Regardless, the Summary of Decisions reported this "unanimous compromise" as a "unanimous approval" of the SSP. The SSP completely professionalizes every level of service and makes CBDM the standard way of deciding, thus removing all vestiges of Group conscience - The Group conscience our Traditions referred to pre-Concepts, where the NA Groups actually decide, NOT the service structure.

Not following the Traditions is what almost destroyed NA in the late 50's and early 60's and is also one of the

The doctor then explained, "You will not be able to come to believe in a power greater than yourself to restore you to sanity."

The man took the shot. He went home and went to bed. The next day he went to the forest and was playing with the raccoons. He ended up getting bit on his hand, his leg, his cheek, and his arm. He had bites all over them, he shouted out "Why God, why can't I just play with them successfully?" He didn't get an answer. He did not experience any effects from rabies, but he still felt like there was a void that was not filled. Eventually after talking to someone else about this, he told him he had

the same problem before. This guy could not stop petting Wild foxes. Every time he kept getting rabies and no doctor had ever found a cure for his problem. He talked to this man about admitting how he was powerless over his obsession to go to the forest and pet foxes and how it made his life unmanageable. He had to find a power greater than himself and turn his will and life over to that power. There was no medication out there to "fix him" and under the influence of the medications he was still acting out on his insanities.

**Written: By an Anonymous
Addict From: Nebraska**



I have now gained trust that it works, I see it in others. So, then it will work for me too, even if I don't see it sometimes. I just keep doing the things, praying, meditating, writing, and calling. Even on the days when I don't feel so good, I do notice that at the end of the day I can still feel kind of satisfied, because I did the things that are good for me.

Also, the people I met in NA have really become my friends now and I meet more and more people and that gives me such a good feeling. This is the life I always wanted, to have so many friends and to have a life that is meaningful. I notice that my life has meaning when people call me when they are struggling or when I have a good conversation with a newcomer. I feel for the first time that I have something to tell people and I really notice that what the book says is true: we can only keep what we have by giving it away.

When I came into NA I had no work, I have found work again and will start at a new job soon. I am confident that I can keep my job now instead of like before I came to NA, always screwing it up for myself and getting fired.

Some highlights of the last 3 months were the EFSC, the translation days and the various speaker meetings. There I really notice that I am part of something bigger and that I really belong somewhere, which is what I have been longing for my whole life. So many good things have

come my way and I know that I will experience many more if I continue to live the NA way.

Written: By an Anonymous Addict From: The Netherlands

A Rabid Raccoon

There was once a guy who couldn't stop putting his hands on wild animals. All he wanted to do was pet them. He became fascinated by raccoons. His whole life and thinking were centered around raccoons.

Every day he would wake up he would go out to the forest in search for a raccoon. One day he found one and it bit him. But that didn't stop him. He just wanted to pet and hug the raccoon. He became dizzy and had a lot of pain in the spot where he got bit. He started hallucinating and he called a doctor. The doctor told him to get to the hospital immediately or he was going to die. They gave him a rabies shot and he went home.

The next day the obsession came back, and it followed by compulsion. He went back to the forest, grabbed a raccoon, and got bit.

The doctor then gave him another rabies shot.

Eventually the doctor convinced him and said, "I can keep giving you these shots to revive you or you can come once a month and get a shot."

What are the side effects? The man asked.

reasons that the early groups back east struggled."

It is also the reason the old, 13 Step Addicts Anonymous (Lexington) and Narcotics Anonymous (New York) that began in the 1940s died. It was not because their Steps were different - They did not have the Traditions.

All of us here on this forum, are here for a reason. The answer is at hand. It may seem slow, but more eyes are open to the truth than I ever thought possible. This forum is not the answer - It is the support. ASIS is not the answer - It is a beautiful tool in the hands of the Groups who have been awakened. The Baby Blue is not the answer, nor is it a weapon - It is a book far more legitimately called the Basic Text Of Narcotics Anonymous that any edition outside of the Second Edition or Approval Draft (both of which are also considered by NAWS to be "illicit" if given free of charge or sent into prisons).

Your Home Groups are the answer. Build them. Do not compromise the Traditions. Do not let them harass or intimidate you. Do not wait for it to become too much. Reach out and use this forum. Use the phone numbers you have. Do not fight against "them", instead be a part of "us" - Build your Home Groups.

Some Traditionalist Groups have a rule that no motion can be considered if even one member objects on the grounds that they believe it may violate Traditions. This keeps us

from being overrun by people who, in violation of the Traditions, would send in addicts to "join" a Group with the sole purpose of opening a closed meeting, making the Group sign court cards, removing Traditionalist literature, etc, etc, etc. It is a simple means of stopping politicizes from infiltrating our Groups in order to neutralize our sacred Traditions. It prevents this "spiritual castration" without denying membership to anyone who claims they want to be a member and have a desire to stop using or stay clean. This is not about manipulation or politicking. It is about preventing it without violating the Traditions we are trying to protect by doing things like requiring more than declaring membership before an addict can have a voice. It preserves a place where those who believe the Traditions are literal can exercise true Group conscience.

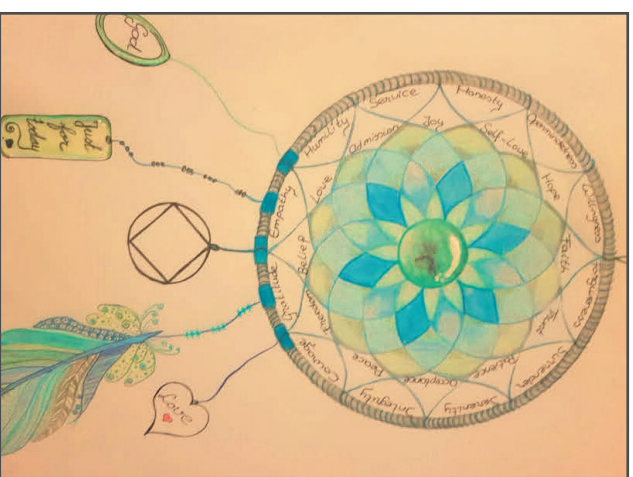
Group conscience requires discussion, prayer, meditation, and deep reflection - not a quickie vote. It preserves the "status-quo" of the Traditions and keeps us from making rash decisions. It is more than a protection from usurpers, it gives every member-addict the ability to slow the process and halt anything they are not comfortable with from the standpoint of the Traditions. Can it be abused? Yes (as can anything). Self will run riot could result in an addict holding up anything by "playing the Traditions card". Even then, all NA needs are willing addicts and the

Traditions. A really cool idea being held up on occasion is far preferable to NAWS infiltrators destroying the sanctuary of the Traditionalist Home Group.

You are the light. You are the message. You are the Fellowship. You are the key. Any two or more of you meeting regularly to carry the message of Narcotics Anonymous using the NA Traditions are the answer.

"The Twelve Traditions of N.A. are not suggested, and they are not negotiable. They are the rules that keep our fellowship alive and free." -Original Narcotics Anonymous Grey Book, Chapter Six, Page 89, Lines 22-24

Written By: An anonymous addict. From: Utah



A Clear Message Vs. Social Acceptability

Many of us came into NA and did not hear a clear message of total abstinence and recovery. Some of us went on for years and years before someone really explained to us what total abstinence really meant. Eventually we surrender to the program, detox from all drugs, and get clean. We begin to understand that the program would not have worked for us unless we got totally abstinent. We are grateful for the members that had shared the true NA message with us.

Then along comes a newcomer. The newcomer shares with us that they're on some type of anti-depressant, psychotropic, or drug replacement. We may find ourselves not wanting to get honest with this addict. We may find ourselves caught up in fear and just not say anything at all for fear that they will leave and never return. As time goes on, we see this newcomer accumulating some type of false clean time, they start sponsoring others, and thinking the program is really working in their lives. They seem happy because the drugs they are on alters their mind and mood, and we think to ourselves. Why did we not get honest with them? Sometimes we see addicts come in with a verification paper, our Group may believe in the Twelve Traditions of NA and know that verifying the addict's attendance document is going against NA Traditions. It would make

cannot see but are experiencing with each new day. Never give your power and your destiny to others for we are never less than nor better than. Walk in the light of recovery and remember that recovery is an inside job.

Just for today when life gets tough and we experience disappointments or setbacks, we do not know if that is the end of the story. It may just be the beginning of a new adventure. As I have shared in times past, what I know about life is up for revision. We do not know anything that can occur beyond this present moment in time, we label some things as bad; we describe some things as good. However, really, we just do not know until sometime later, we just have to trust in the process knowing that God's plans for us truly are better, than anything that we ever came up with. May this day bring love, respect, forgiveness, acceptance, peace and happiness and may these things be as a result of that internal transformation that is taking place within us.

Written: By an Anonymous Addict From: Michigan, USA

6 Months Clean, Hope Turned into Trust.

I had made an agreement with myself that every time I celebrate a milestone, I would write a small piece about my experiences. I don't feel like I have a whole lot to say, but like

last time, I just start and see where it ends.

I celebrated my 6 months last Monday and I do automatically start looking back and actually see if I have changed from the time, I entered NA. I don't know if I have changed about me, but I do see how my life has changed. From someone who actually hardly ever spoke to anyone anymore and actually had no friends except for a few. To someone who speaks to people daily and feels connected to people again. Who no longer spends days lying on the couch watching Netflix or YouTube and is okay with it all?

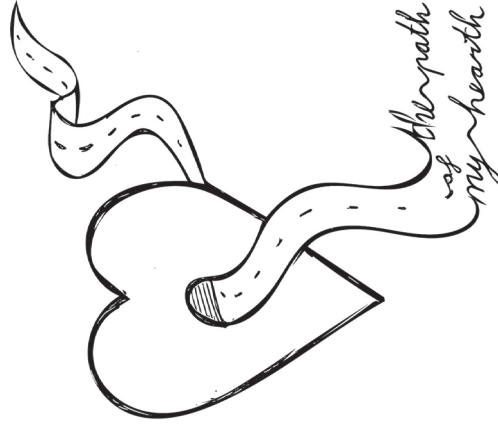
I often hear and have read it in the Grey Book about 90 meetings in 90 days. The first 3 months of my recovery, I didn't do that. I did go to as many meetings as possible. About 6 a week and one online but that was not every day. Just after I celebrated my 3-month clean time, I got Covid and then I couldn't go to physical meetings. Then I discovered online meetings and since then every day when I don't have a physical meeting, I went to an online meeting. I usually attend a meeting in Canada and it's cool to see that although they do things slightly differently, the feeling I get is the same as the physical meetings. I just have to be there, I can't do without anymore, it just doesn't feel right.

In my last piece I wrote, I talked about hope that I had found, but as the title suggests that has changed.

about, the awakening of the Spirit. We express light and carry hope to others. We walk facing reality with eyes wide open. We're no longer a part of the old lie, our history. We give and give as more are being revealed.

Let your heart shine. Come join us along this path of recovery.

Written: By an Anonymous Addict From: The Netherlands



have ever imagined possible for us. With acceptance and surrender as the cornerstone of our walk-through life, we have become aware that the changes that once affected us are not our problem; it is our resistance to those changes and our unwillingness to let go that are the direct source of our pain and unhappiness. With the 12 steps and traditions, along with sponsorship, we have been given the tools and the opportunity to experience a transformation, unlike anything that we could have ever believed to be possible. Today we can live in the present moment enjoying the beauty that surrounds us and that in which is growing within us, no longer fearing our future nor living in the fear, shame, and guilt of our past, we are being set free to live in hope and peace.

Peace and happiness come from within, we must explore and discover that which would keep us from experiencing the benefits of our principles. Happiness and security are not dependent on others or materialism for external things are just temporary moments of happiness or perhaps bringing that peace in which we seek. Recovery is an inside job if we are ever to become free of the darkness in which controls us. We can become vulnerable, and life made feel as if it is out of control even without drugs, we can be easily hurt when our feelings of security and happiness depend on the behaviors and actions of other people. Trust in that in which you

the Group affiliated with the agency that told the addict to get the attendance paper verified.

We may think if we just sign this once... it may help this addict. We fear that if we get honest with them and tell them that the Group will not verify their attendance document that they will leave and never come back. Fear is getting in the way of God's will and taking our will back.

When we find ourselves in these positions, we need to not fear about what may happen next, or fear that we won't be accepted by the rest of the Fellowship.

The only requirement for membership is a desire to stop using; and that is it. We encourage addicts to keep coming back to our meetings and come back clean. We encourage them to abstain from using drugs and we share our experience on how we became totally abstinent. That is our message and our experience and they're valid. Many times, we meet addicts who share with us that our experience shouldn't be shared with others because other's may "need" to take those drugs. We do not change our message, and if the addict feels they may need drugs, then there's a possibility we may not be able to help them.

Addicts sometimes try and find that excuse to use drugs; they may not be using currently but if they tell others, it's ok then they're reserving a place in their life for when times get rough drugs might seem to be an

answer. We surround ourselves with addicts who are clean and living in recovery. Addicts who want our best interest and want to see us grow. When we surround ourselves with addicts who think it's ok to use drugs, we may find ourselves using drugs.

Social acceptability does not equal recovery. Just because society thinks it's ok to medicate the disease of addiction doesn't mean that our program does.

We don't need to be brutally honest with other addicts, but we can just be honest and loving. We help others get clean, stay clean, and learn how to live a new way of life. We do not sugar coat our message and bury addicts. We are responsible for carrying a clear message of recovery.

Written: By an Anonymous Addict From: South N.J. USA

Recovery Is Not Convenient

-- When I came into NA, I was told to work the Steps and not to worry about the Traditions. As I started working the Steps and read literature more and more, I started to understand what a clear NA message was. I started to see that the Group I was part of was not carrying that message and that we did not have the NA unity that it talks about in the First Tradition.

At that time, we had what was being called a Group Conscience

meeting once a month after the regularly scheduled meeting. At this meeting we would go over the business of the Group. This consisted of paying rent, appointing people to chair and going over motions that were coming from the area service committee. The only time Traditions were ever discussed seemed to be when one person wanted to use them as a weapon to prove someone else wrong. We were not learning to understand and apply them as a Group, we basically just read them at the beginning of the meeting.

After this I started to learn more by reading our Literature and discussing it with other individuals who saw what I saw. We started to try to do what we could to bring our Group in line with the Traditions. We saw that we were too closely affiliated with the clubhouse where the meeting was held and that the rent was way too high. This was the most obvious thing to us at that time because the Group was way behind on rent and could not afford literature or anything else for that matter.

As we started to discuss Traditions more and more and tried to bring the Group more in line with them, some members of the group that had not been participating regularly caught wind of it and came back to "save" the meeting from us. They told us that we should start our own meeting and that the meeting was staying where it was. This was a big internal conflict for me because up until this

point I was told that my Home Group was "no matter what" and that I was supposed to stay regardless of what happened. What we ended up deciding was to start a new Group and try our best to do it by the Traditions.

Around this time, we came across an IP called "A View of Group Conscience In Narcotics Anonymous". We decided to use it to develop the Conscience of our Group by taking inventory through the Traditions. This ended up being a much bigger task than I ever would have expected and at that time I still really wasn't fully aware of what this Program is and is not. We started learning about how our literature had been written by professionals and how our Program was now affiliated with outside enterprises like NAWS inc. treatment centers and drug courts.

There have been so many times that I've wanted to quit because of how difficult it has been to work through these issues. A lot of people have come and gone but a few of us have stayed and have tried our best to become the Program that our literature talks about. We have had to make the time to develop a Group Conscience and to stand by that Conscience in our meetings. It's not comfortable or convenient to have discussions with people about how this is a program of total abstinence or having to ask an addict that shows up with a kid to our closed meeting to have their child sit in the room next

recover our lives becomes more of an expression of spiritual principles, rather than personalities.

Our principles protect us from, or should protect us from, having to open special interest meetings, using doctor drugs to handle life on life's terms, hierarchy, governing, money, property or prestige. These things mentioned are all based on the individuals needs and wants.

I have heard all sorts of reasons why we need to "tweak" the principles, like "it's a different time now, we need to adjust to catch up", or "it's stigmatizing to not help addicts getting the right medication". The thing is that the disease has not changed, so nor can the Program. I feel that it is way more stigmatizing to say that addicts can't get clean, that we need drugs to live.

The ones that are trying to change our principles, are the ones that does not change. I have seen it too many times.

Our principles are what makes unity within the diversity of our Fellowship possible.

This not a "Self-help Program", it's a "get rid of Self Program". To surrender the Self, we need to practice Higher Power principles.

The Program does not change, but it changes everything.

Written: By an Anonymous Addict From: Sweden

The Path of The Heart

I fell hard with a feeling of deep desperation. My being was consumed by a parasite, a pitch-black fear. There was a desire for something else, but I was trembling in a bottomless pit of hopelessness.

Then surrender happened. A complete and total surrender. A total and somewhat fearful surrender. This was a new kind of fear. The fear from falling in free fall. Falling blindly into the warm hugs of familiar strangers. I could feel the old mixing with the new, a blend of hope and promise of freedom. There's suddenly a hunger and curiosity for a new way of life. There's glimpses of trust, honesty, and willingness. Willingness to embrace and try the suggestions that was freely given. Hope is starting to spread from the heart throughout the body and evolves into a belief that all is okay. I just need to keep following this path.

My vision is poor, and I'm being asked to walk backwards in blind faith. We realize that we fall less often as we walk together. Fears are falling of our backs like stones, we start to see ourselves more clearly. There's an occasional smile from time to time. There's suddenly a beam of light awakening our hearts from deep sleep, hearts that have been longing to be seen and listened to for so very long. The heart of the Spirit.

We start to laugh. We keep going. We are starting to experience what everyone have been sharing

that whatever he focused his mind on seemed to grow and become larger. We find this is true for many of us. If we concentrate on our hopelessness and helplessness, we begin to feel worse and worse until we become overwhelmed. However, if we turn our attention to the newfound friend, we have in a Power greater than ourselves, and the bit of faith we are developing, we find that this faith also grows and becomes stronger. The more we exercise and practice what limited faith we have, the more we seem to have.

This has been the hardest part of recovery for me so far. Learning to live without the drugs and learning to correct personality disorder that is left behind. Learning to change my thinking. Learning that I can't think my way into a better way of thinking and that I can't do it on my own. Learning to be grateful and to focus on the positive in life. I can have one thing go wrong or have one person say something that I don't like, and my thinking is done for. Everything goes negative and I want to do what I always did and run. I have to have a capacity to surrender, and I have to stay focused on gratitude. I'm grateful today for the hope that I can be restored from this state of insanity and that We Do Recover!

Written: By an Anonymous Addict From: Ohio, USA

It is Not an Individual Based Program, It's a Program Based on Principles.

We might have come to Narcotics Anonymous to get help with our individual problems, but that doesn't mean that the Program will be changed into something to fit the needs of its individual members. It's a matter of principle, not personalities. I have seen different Fellowships bend over backwards to make everyone feel like they fit in, to try to be like one big happy family, the results are always the same, disunity, ego, confusion and conflict. The agenda might be packaged in something that looks like "doing the right thing", but if we negotiate with our principles we will divert from our primary purpose and people will die. The thing is that we already have the Traditions to ensure that anyone with a drug problem can feel safe enough to find recovery, regardless of their individual characteristics, that any addict can be blessed with the feeling of coming home.

In Narcotics Anonymous we say that the "I" needs to be surrendered to the "We" for recovery to become possible. What if it is not even about "us" per se, but about principles? Our literature says that spiritual principles are never in conflict, personalities usually are. The Program is infinite, people are finite. As we

door. It's not comfortable or convenient when a treatment facility shows up to ask the person who brought them to sit outside of the meeting, so no addict is under surveillance and it's not convenient to not endorse attendance verification papers.

When faced with these issues it seems that most of us react with fear. Communication does not seem to be the strong point for most addicts, and we tend to respond to these situations inappropriately. I personally have had to do these things to stand by the Conscience of our Group and it has not been easy. I believe in this Program and I believe that by facing the issues head on we can better learn to function in the world we live in. We can learn how to communicate and to not compromise who or what

Written: By an Anonymous Addict From: Ohio



HOW ANONYMITY IS THE SPIRITUAL FOUNDATION IN EACH TRADITION

Anonymity the Spiritual foundation of all of our traditions

1. *"Our common welfare should come first; personal recovery depends on N.A. Unity."*

Anonymity is the critical ingredient in the first tradition, our personal recovery depends on it. It depends on unity, and unity is corroded by the egocentricity that is inherent when we are caught up in personality or individuality. Right from the very beginning the traditions point out to us the pre-eminent importance of anonymity. We are confronted immediately with the fact that we cannot recover by ourselves, the individual addict cannot find recovery in a vacuum, only in unity. Anonymity is our true nature, it is our name, we are Narcotics Anonymous. Anonymity is clearly seen in this tradition. It is the force that drives away the ego self and fosters unity while nurturing our personal recovery.

2. *"For our group purpose there is but one ultimate authority, a loving God as he may express himself in our group conscience, our leaders are but trusted servants they do not govern."*

Here again it is really easy to see anonymity at the center of this tradition. No one of us carries any authority in N.A., even when we lead, we are asked to do so in an attitude of humility and selfless service, not the usual one of fear based dictatorial control. God is the ultimate authority and in reality, our only authority and he manifests himself through the spiritual principal of group conscience. When our egos interfere, as in the search for power or prestige, when any one addict disdains anonymity and attempts to gain control, govern, or manipulate other addicts, our unity automatically suffers. We join a home group and become part of our personal opinions, experiences and input become part of a group conscience. Anonymity is the key here again with the emphasis always being placed on the conscience of the whole group, not on the opinion or power of will of any one individual member. It is here in this joint spiritual action as we surrender our egos to the group that God shows himself. And where there is God, the disease is automatically arrested, and recovery is then possible.

3. *"The only requirement for membership is a desire to stop using"*

Here again anonymity rules as the lowest common denominator, no emphasis is placed on individuality. It does not matter who we may

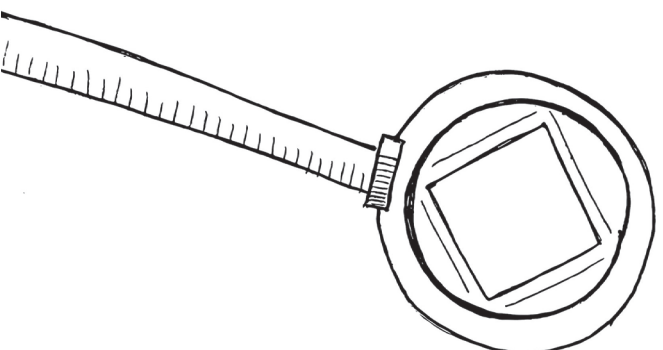
know it at the time. I began to act out by getting into trouble and stealing, but I always was able to keep my grades up and stay out of trouble for the most part. Then as I approached high school and started to get into girls, I started to notice how different my life was from all of my friends and peers. Most of them had both parents together still and lived in nice houses in nice neighborhoods and I felt different. I was different. I lived in a bad area and was poor compared to them. I remember feeling the embarrassment and shame that I had about these things and how bad I wanted things to be different. I didn't have any self-esteem because I had been at the mercy of events that were out of my control my whole life and I had

no healthy way of coping with it.

After high school I kept going down that same path, but I learned that using turned off the fear and covered up the shame and embarrassment. I could just exist without all of the baggage if only for a time and be myself. Or so I thought. I didn't think about the consequences because feeling relief from the pain was all that mattered. Eventually oblivion was more preferable to reality, and I no longer had a choice, I had to use.

After coming to Narcotics Anonymous and stopping the drug use, I have realized in the Second Step that my old ways of thinking that brought me here are still with me and need to change. I developed a pattern of always expecting the worst-case scenario to happen. I think this was in some ways a defense mechanism because I figured if I could think of the worst thing that could happen then maybe it won't surprise me when something bad happens and it won't hurt as much. The cost of thinking this way is too high though because it developed a pattern in me of always looking at the negative. Eventually I started to harvest the rotten fruit from this thinking at the end of my using when all of my worst nightmares were now reality.

This paragraph out of the 1985 It Works How and Why Blue Form really pointed this out to me. In that book it says: A man once talked about his "magic magnifying mind". He said



control.

He told me to go inside after the conversation and give him a hug and tell him that you love him.

He asked me if I had ever heard of a bucket list. I asked him what are you getting at, like skydiving or going to France?

He said I have scratched off everything on my bucket list.

I asked him, "So that means you're done?"

He said I did everything God had wanted me to do and I am so happy to see you and others carrying this clear message and your Groups growing.

He told me he was proud of us all and to keep those doors open! I got off the phone with him, went inside and gave that boy a hug.

And each time I find myself sitting at the Group by myself I remember that God is always with me.

We are keeping the doors open for the addicts who still suffer, for our children and the ones who have not been born yet, and the addicts who have yet to find us.

In the loving memory of Dale Spencer. R.I.P. my Borthor

Written: By an Anonymous Addict From: New Jersey, USA

Magnifying Mind

When I was a child, I remember coming to realize that the world was a

dangerous and uncertain place. One of my first memories was of my dad leaving me, my mom and my brother and I was devastated. I was three years old, and I remember running outside in the snow after my dad as he drove away. He was my hero and he rejected me. It took me years to understand that he and my mom would not get back together. I hung on to that hope for a long time.

After my mom and dad split up, we eventually moved to Indiana to live with my grandma and her family. I was about 5 at this point and I remember lying in bed and being terrified of life. I just started to learn that people die and how dangerous the world could be. I remember lying awake and praying out of fear for every single person that I knew and loved because I was afraid that if I didn't something horrible would happen to them. This set in me a pattern of fear that has been with me ever since. I am beginning to see that this is where I developed a dysfunctional relationship with a power greater than myself.

About a year later me moved back to Ohio again and there we went from town to town and school to school. Every time we got comfortable in one place and started to feel established it would be time to move again. We did this for years. My mom got married a few different times so people were always in and out of our lives. There was no stability. All of this moving and uncertainty had a major effect on me although I didn't

think we are (our image) or what or how much we used. Our individual characteristics or how much or little money we have are not important or necessary for membership, just that good old desire is all any one of us needs. We are brought together again in anonymity, grouping instead of separating, blending in instead of standing out, because we all have the same desire to stop using. We put aside our individual agendas in order to join others in a new life of service and anonymity. We must recover together, and equality (anonymity) is the key.

4. "Each group should be autonomous except in matters affecting other groups or N.A. As a whole"

Here we have anonymity expressing itself from the point of view of the whole group as a unit. Autonomy is critically necessary for each group to be able to function at it's natural best and to have available that maximum flexibility for change while it carries out its primary purpose, it must have that freedom. But, as important as that freedom is, it must stop at the door of other groups. Even the home group is subjected to NA as a whole, to The New/Old NA Way August 2011 3 the spirit of NA, to the principle of recovery. It is group Anonymity that makes our autonomy possible!

5. "Each group has but one primary purpose, to carry the message to

the addict who still suffers"

In order for each group to fulfill its purpose, carry the message of recovery, it must of course do that through the actions, desire, and example of its individual members, here again the ego self of the individual addict must subjugate itself to the greater purpose of the group. We can't keep what we have unless we give it away. All that is not given is lost. We must become channels for God's Love, which is how we recover through God's Grace. The emphasis is again placed on Anonymity, away from the importance of the self and towards the importance of the group. The needs of the many outweigh the need of the one.

6. "An N.A. Group ought never endorse, finance, or lend the N.A. Name to any related facility or outside enterprise lest problems of money, property, or prestige divert us from our primary purpose."

Having been reminded of the nature of our primary purpose in the previous tradition here we are now warned of the possible diversion from that purpose if instead of remaining totally focused in our anonymity we were to dilute the power, purity, and energy of our message by endorsing or affiliating with other fellowships, clubhouses, treatment centers, etc. Vigilance is critical and made easier

the more we adhere to the principle of anonymity. Maintaining our singleness of purpose without wasting any energy by straying onto the soft shoulders of outside enterprises of related facilities we insure the directness and success of our purpose. Individually we are more vulnerable to the allure of money, property, and prestige, but in anonymity, as a member of a group, drawing from the whole we become powerful and focused.

7. *"Every N.A. Group ought to be fully self-supporting declining outside contributions."*

This tradition is our continuing reminder of the importance of remaining focused in order to successfully carry a powerfully pure message. The group must operate in total freedom, we cannot afford to be influenced by any outside forces that would contaminate our message, but more importantly in the spirit on anonymity, no addict must be allowed to contribute more than their fair share. No addict must rise above the next addict in importance. We are all equal. We are all the same. We must all contribute equally to the wellbeing and survival of the group and the message that the group carries. Anonymity is even more important in this tradition. It is very easy and almost automatic to place Oldtimers on pedestals or to look down on newcomers as ignorant or having a lower level of recovery, but especially here we must never forget

anonymity. We are all the same. The responsibility for the support of the group must fall equally on all of our shoulders. This applies to monetary as well as all other aspects.

8. *"Narcotics Anonymous should remain forever nonprofessional but our service centers may employ special workers."*

To further protect us from the danger of confusion and dilution we now begin to be advised of the separation that exists in N.A. And any service center that we (N.A.) may create. This is necessary so that if or when any professional help may be needed to help us carry the message it must be other than N.A. That gets involved. N.A. as such or N.A. as a whole consists solely of the recovery meetings. All else is not N.A. This is necessary so that our message is not tainted or diluted. Although some of us may be professionals in some other areas of our lives, when it comes to N.A. anonymity again takes precedence, and we are all just another addict seeking recovery.

9. *"N.A. as such ought never be organized but we may create service boards or committees directly responsible to those they serve."*

This is a further clarification of the same principle stated in the previous tradition. In any organization there

Historical Literature.

It was a closed meeting that studied the Grey Book and didn't verify attendance documents... So we thought.

The Group was formed but there was never a Group Conscience. An addict on mind altering mood changing chemicals was instructed to be the secretary. Another using addict was instructed to be the treasurer, and my roommate at the time was playing "Leader" of the Group.

Verification papers were being signed and verified under that radar, and they were attempting to convert every meeting around to not sign them and use the Baby Blues and Grey Books. I expressed over and over that we needed to have a Group Conscience.

Finally, the FSC was approaching again, I figured if I talk about it there maybe I can get some help with this mess.

Nothing happened afterwards. My roommate and I would argue a lot about this meeting. I was being told that I was brain washed by "these people".

I was told if my friends ever came to the meeting that they would get hurt.

I called Dale one night and talked to him about it and he spoke. "You have to make a decision on what you're going to do."

Well, I didn't make the best decision on that, I talked to many addicts about it and they all told me it was

wrong to clear them out of their literature and if I was going to leave I should just leave. I went in the facility one day, grabbed the box of literature I brought there and loaded it up in a car. I left them a few white key tags.

Over a period of time and after starting another Group I realized I could not change any of their minds. This had been something that I held on to for a long time.

I figured I could convince or teach addicts about the truth. I believed they all would change their ways, and I was wrong.

It was not attractive at all. We learn as we grow and what did not work in the past will not work today.

I learned to let people be where they are at and for the most part, I practice it as best as I can.

No one had to convince me what total abstinence means, the Steps or the Traditions. I did my own research and found out the truth. No one shoved it down my throat.

I used to believe we can change the world through our Groups but come to find out we cannot. Gods in control not us.

I am grateful for the addicts who shared the truth with me and did not shove it down my throat. That was attractive.

Earlier last year I had gotten on the phone with Dale, he could hear it in my voice that I was hurting. I was dealing with my oldest son who seemed to be out of control that day, but it was really me who was trying to

I looked inside and saw twenty verification papers and about \$5.25

I took the basket of papers and left them there unsigned. I went outside for another smoke; I was contemplating on leaving the Group.

Another Group member opened the door and said I needed to sign them, and a few addicts looked at me and said you need to make a decision now.

I told her she can sign them if she wants but I will no longer be doing it.

I went back the next day for our Sunday meeting and I resigned from my position to chair the meetings. I told them I did not want to be a part of the Group anymore and didn't really give a reason why. They were ok with that.

This was in May, and by June I was attending the FSC for the first time. My sponsor at the time told me I was going to a cult meeting, and he was sharing about that in meetings. He said I was a lost cause. On my way home from the FSC I had told him I no longer wanted him to sponsor me. I asked an addict in the car to sponsor me.

I moved to Maysville Kentucky a few weeks later after the relationship I was in ended. I felt out of place and everyone in that area did not talk to me anymore. I knew I could not survive without addicts and those addicts didn't want to help me.

I immediately got involved with PI in the Unity Area and got nominated to Public Information chair.

I joined a Home Group that studied the Grey Book for two hours long, it was a closed meeting, and they didn't verify attendance documents.

I finally found my people, every meeting there was reading out of the Baby Blue or Grey Book.

Eventually I decided to go home. I ended up hitching a ride with a stranger and got dropped off in Pittsburgh. I was very far from home and didn't have any money for the bus.

I didn't know where I was going to go when I got home because I was homeless. I had talked to another addict, and he said I can come to his house in Atlantic City.

Another addict had called me and asked if I had gotten home, and I explained to him that I was stranded.

A man approached me and asked if I needed a ride and I recognized him from the times when I was using and traveling, he had given me a ride to go use and took my \$2.00 and left me at the store. I laughed to myself and told him I was ok.

I knew deep down everything was going to be alright.

An addict sent me a photo through text, and it was a ticket to Atlantic City. The bus was leaving the next day. I camped out in the bus terminal until the bus was ready.

When I got to Atlantic City my first idea was to start a meeting. About six months later we got the meeting started. My roommate at the time expressed interest and we got a ton of Grey Books, Baby Blues, and

must exist stratification and classification and this, of course, runs contrary to anonymity. Even those of us who are asked to lead, who have that capacity and possibility, we must do so only in the attitude of service and humility. We are always directly responsible to those we serve. Any time that we stray from this principal anonymity suffers greatly, the ties that bind us together begin to loosen and addicts start to fall by the wayside. This is why all of our organizational and professional efforts must be kept separate from our efforts to recover and carry the message; even the smallest underestimated influence could be fatal.

10. *"Narcotics Anonymous has no opinion on outside issues hence the N.A. name ought never be drawn into public controversy."*

Continuing to zero in on the importance of anonymity. Of course, as humans (and addicts) we have an opinion on everything. We are just asked (warned is more like it) to keep them to ourselves while involved in a meeting or carrying the message in any way. The word never is used and never is a very final word. It means at no time. Opinions are nothing more than individual interpretations of a specific situation, they are based and rooted in ego and will sidetrack us every time. Anonymity on the other hand is based in egolessness and is never controversial.

11. *"Our public relations policy is based on attraction rather than promotion we need always maintain personal anonymity at the level of press, radio, and film."*

Attraction rather than promotion. Promotion implies artificiality whereas we attract those to us who want what we have because our recovery speaks for itself. The spirituality of our daily lives is evident to those who are interested, it is real. It is not our great personalities that mesmerize the suffering addicts, it is the peace of God shining through our sincere eyes that hooks the ones that are ready. It is the good will that emanates from our meeting rooms because of the anonymity, because we try to place principles before personalities, because we accept and welcome and try to love one and all.

12. *"Anonymity is the spiritual principal of all our traditions ever reminding us to place principals before personalities."*

It is in anonymity that we are automatically welcomed and drawn into the We were God lives in our program, that is why we call it our spiritual foundation. Every time we choose to uphold the principles of the steps and traditions in our daily lives instead of continuing to live the way we used to live controlled by our fears and defects, we are changing our lives, we are getting closer to

the God of our understanding. Ever means all the time 24/7 and this vigilance is what will carry us to fulfill ourselves spiritually so we can pass it on to the next aspirant.

Written: By Greg P. From: Tennessee, USA. From Past New/Old NA Way Magazine 2011

Responsibility, the Key to Recovery

One of the first things we hear when we come into the rooms of Narcotics Anonymous is that we are not responsible for our disease, but we are responsible for our recovery. In Narcotics Anonymous we are being given a choice to recover.

The people in N.A. show us that a clean live is possible and can share with us how to live a new life. It is up to us to start doing this, or to continue living the way we were. That is the choice we have.

Being able to make this decision is our first taste of freedom. Many of us have reached a point in their lives where there was no choice left in us, we had to use drugs and continued using against our will.

SO being able to make the decision to let go of our old live and surrender to the help in N.A. is a big decision. For some it's based on the hope they find in N.A. and for others there is simple no hope or alternative

left. We admit our defeat and start our recovery.

From that moment on it is up to us to confirm this decision by acting responsible for our recovery. We cannot change that we are addicts but we can move forward in recovery and act like it. Every time the need for change surfaces, we act on it and surrender that way.

At first it is hard to trust ourselves, we have been rebelling against our own conscience for so long that we do not know good from right. We are insane in many areas of our lives and need help. Admitting this need for help and accepting the help is a responsible thing to do. And by acting responsible in this way we find more and more freedom.

Being responsible means taking care of what we are responsible for. We take care of our own recovery by working on it on a daily basis. We can only act responsible in this moment, so we can let go of the future and focus on today.

The decision to recover today is up to us, that is the freedom we have.

Written: By an Anonymous Addict From: The Netherlands



convinced them into allowing me to bring Baby Blues to the Group and display them on the literature table. I felt like I was finally getting something accomplished with them. A few days before the event they had an emergency Group Conscience meeting without me. Another addict called me up and said that I should be able to participate, and they wanted to exclude me from this. They wanted to bring someone local in to speak at the event and not Dale.

When the phone rang, I asked them why they resisted this addict coming to our Group to speak. They did not say anything.

I asked them "I thought we wanted someone to share on the History of this town and the development of NA here?" The other addict had no knowledge on that, and they were not around then. We compromised and allowed the both of them to speak. The celebration was on Saturday and a bunch of my new friends from Kentucky and Cincinnati were coming over. On Thursday I went to a meeting to hear addicts excited that Dale was coming to their Group to share as well. A few of these addicts were his old friends that he had not seen in years. A big truck pulled up and he hopped out of the passenger seat. He was looking around at the buildings and houses. I approached him and he gave me a hug and said, "Thank you for bringing me back home, son." He pointed at this field across the street and told me there

used to be a hospital there and he was born in that hospital. He told me this week was going to be a big week for he was finally going to make some amends that he had been needing to make.

We went up to the room, he talked very softly and every addict in the room pulled their seats closer. I looked around the room and everyone was nodding, crying, and listening.

Saturday came and the celebration was starting. I had brought a few boxes of Baby Blues and different pieces of historical literature and set it up on the table. A few addicts went and looked at it then started getting angry. I wasn't sure why they were angry.

The first speaker started, after a half hour he still didn't get to the part where he finally took the crack pipe out of his mouth a few of us walked outside for a smoke. Dale came out and said he'll be right back. About a half hour later he wasn't around. Someone told me he probably didn't like what he saw and so he left.

Come to find out he misunderstood when he was speaking because the Group started earlier than most places.

He came in and shared a message of total abstinence and his story. He shared about the Twelve Traditions and how verifying attendance documents is a violation of the Twelve Traditions. After he was done the basket was passed around the room.

which you are worthy and deserving of, as you are priceless. Remember this that recovery is a never-ending source of those beautiful gifts that await our arrival. Yes, recovery does work but we must learn to live within the spiritual principles of it if we are to receive the benefits, of what the NA program has to offer us.

Written By: An Anonymous Addict From: Unknown

It is About Choice

If you find your lost, then it's time to find out where you are right now.

It's not about altitude and longitude, it's about attitude and gratitude.

It's your choice.

If you use that, then you have a very good starting position for your spiritual path.

The way you gonna walk through life May then be clear and comfortable for you and others,

Things gonna open up for you and you may also find you're not alone anymore.

No need for separation. It's time for oneness and gratitude

Written: By an Anonymous Addict's From: Southern Netherlands

We Can't Force Anyone to Become a Traditionalist

I remember the day I had met Dale Spencer, my Home Group at the time was putting together an Anniversary. The Home Group had never had an Anniversary celebration. The Group had been around for ten years and almost all of the founding members of the Group had gone back to using and died or just left NA all together. It was a misfit Group in the area because it was the only Group located in a clubhouse. Over a few months the Group had developed a Group Conscience, or so we thought. Before then the local area would send us the minutes and the GSR would go to the area to pick up the literature order. Anything that was being voted on they would just raise their hand if majority had their hands up. I had been in contact with Jim Miller around this time I was a part of this Group, he was going to be our main speaker at the Traditions Retreat for the Region that I was doing the programming for; he died a few weeks before that event. I'd call him every few days and I learned about the Baby Blue. I met a lot of addicts who also shared an interest with the Baby Blue, and I got my hands on some. My Home Group at the time was buying a 6th Edition Basic Text for almost \$13 and giving only one book away each week; it was all we could afford at the time. I somehow

Surrender

We are joined together by peace through the spirit. So, make every effort to continue together in this new way life

It is our responsibility to protect the unity of fellowship. Unity is the spirit of the fellowship that binds us together as one. If we focus on what we have in common, not on our differences we will bring about Unity, through God we will find Unity not uninformed Maturity is living without Tension.

In Fellowshiping we learn to say we instead of I, and ours instead of mine. We do not think of ourselves, we think of the Group Unity instead

The Difference between addiction and recovery is the talk of the spirit. In recovery we become spiritual Alive beings I addition we were left without a spirit. We had become the walking dead. Growing in recovery we grow spiritually and take on new values, attitudes, and a newfound charter.

Many of our own troubles occurred because we based our choices on an unreliable authority and justified our behavior on "everyone is doing it", "We always done it that way", rationalize it "It seemed logical or emotional right" "It just felt right" It kept us sick.

The most important decision we can make today is to settle this issue what will be our Ultimate Authority for our lives. We need to decide that regardless of culture, tradition, reason are emotions. We can choose

the Basic Text as a way to find the Ultimate Authority in our lives. We can ask what the Basic Text says about making decisions concern surrendering our lives over to this greater power than ourselves defined as God in our steps.

If we say we do not know how to meditate, think about it if we know how to worry, we know how to meditate. To worry is to focus on negative, to meditate is to focus on the positive thoughts. There are no shortcuts to spiritual maturity. The development of a God like character cannot be rushed. Spiritual Growth, like physical, mental, and emotional growth takes time.

As servants do their best with what they been given by God We do not make excuses, procrastination to carry out Gods will. To be a servant requires a mental shift, a change in our attitudes, our attitudes count more than the achievements. As a servant we think more about needs than are own, we focus on others than ourselves

Humility is not thinking about myself, instead focus on the needs of others. When stop focusing on our own needs. we become aware of the needs of others around us. When we achieve this awareness, we achieve a glimpse of humility

Thinking like a servant is difficult because it challenges are very nature of serving are ourselves, we think mostly about our own needs and wants. That why we struggle to find

humility in our lives on a daily basis.

If we are going to be a service, we must have the help of God to heal, are identification with ourselves. Only as a secure person can we service without doubt as insure people we are more concerned about how others see us. As insecure people we fear exposure of our weakness and fear others finding out about are insecurity and how we appear to others is in the forefront. We hide beneath layers, of mask. We seek others to approve us. We do service to fulfill us and seek approval of the service we do. Without approval we are left with resentments towards others. The only way out is making ourselves vulnerable and risk people to see us truly as we are to be set free. Vulnerability is risky, it can be scary to lower are defenses and open up our lives to others. When we reveal our failures, fears, anger, and frustration we risk rejection, however the benefits outweigh the risks. Vulnerability is emotionally liberating, opening up relieves stress. It defuses are fears. It is the first step to freedom

To be more than just clean, to be a recovering addict, we need to make a mental shift, our perceptions and attitudes must change. We must change from a self-centered to God Centered thinking and be of service as a result of God

We should set goals to participate in carrying the message Of the promise of freedom and hope from active addition. For us to be of service to

others demands humility we need to become humble. We change from the here and now thinking to the long-term involvement in spiritual growth and we need to maintain this growth by having a spiritual perspective in the continuation of the steps and opening ourselves up to participating in service through a Home Group in carrying this message and being responsible for service through spiritual principles outlined in the twelve traditions. Through this surrender we are set free from active addition. More will be revealed

Written By: An Anonymous Addict From: PA, USA

Resistance to Letting Go is Never the Key to Change

Recovery is providing us with what we need to grow and mature on the journey in which we are blessed to be traveling. With the applications of our principles, we are learning to live the NA way of life. We have been set free and been shown a way of life in which we could have never believed possible. But first, we must first recognize and accept that recovery is more than just a physical addiction, but our disease also involves the mental, emotional, and spiritual being. We will never change our lives until we are ready to step out of the darkness of addiction and accept this truth.

We must become willing to lay down those old morals and values in which we use to survive. We must let go, of that in which we know to begin this new way of life, with acceptance and surrender we pick up the spiritual principles of our steps for they are the tools in which will allow us to find that in which we seek. Recovery is possible but we must be willing to change.

Resistance to letting go is never the key to change, in fact, it is the direct source of our pain and discomfort. Perhaps we will run into a period of personal unhappiness, which will reveal that our morals, principles, and values are misplaced once again, and we are on the wrong path. Unless we act and change our attitudes, values, and ideas, we will continue to experience discontentment and put our recovery at risk. Resistance and our unwillingness to let go control is keeping us locked in that self-imposed prison of addiction where our fear is growing daily, it is the indication of our spiritual and mental issues in which the disease of addiction is feeding upon. Our need to control our journey has history and looking back, we can see all the darkness in which our self-centeredness created. We are not good managers, and our choices seem to keep us moving down the path of destruction. No longer do we need to walk this journey in the darkness blinded by our denial; No longer do justifications and rationalizations bring relief to us, as we can no longer hide from the

reality of our actions. As today thanks to NA and sponsorship, we see the truth and we can no longer hide from it, we must change to find recovery and all of those gifts that are awaiting our arrival.

Through the application of our spiritual principles, our beliefs, values, and moralistic ways of dealing with life has changed. With our new ideas and attitudes, we are enjoying life in which we could have never imagined being possible. Our steps and traditions have and will continue to provide us with the roadmap for the type of life that we are experiencing as we move forward in our life of recovery. Our desire to change must be greater than our desire to stay the same if we are to keep growing. We will have to embrace our new way of life and take actions that are going to get us closer to that in which we are in the process of becoming. Today I know that I am a spiritual being in a human body, having a human experience, and as my spirit matures my human wants, are no longer as important as I believe they once were. I am being set free of the bondage of myself to live life, not in fear but with faith in which I cannot see but what I am experiencing, I am never alone anymore.

Just for today, I will continue to walk in and with the light of recovery maintaining my recovery by incorporating the 12 steps and traditions in all of my affairs, not only when it is convenient to me. Never let that deep-seated fear stop you from attaining that in