

*Your Fellowship Magazine
Share... and be shared with..*

*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.*



“ ... 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

Conference Agenda Report



Special Edition



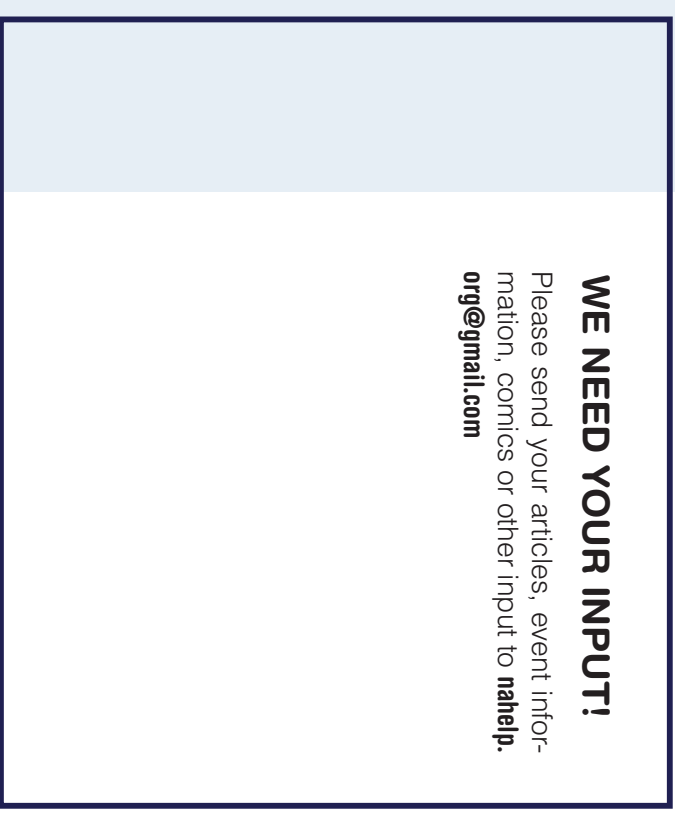
The New/Old NA WAY Magazine
Volume 47 - January 2022

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



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

Weblinks

www.nahelp.org

Contact: nahelp.org@gmail.com
World

www.nahelp.nl

Contact: nahelp.nl@gmail.com
The Netherlands

www.freerecovery.org.uk

United Kingdom

www.nahelp.se

Sweden
Contact: AntigenFriaNA@gmail.com
www.nahelp.ru

Russia

The New/Old NA Way

Table of Contents

Conference Chair Report	4
A Brief Explanation	6
Motions & Proposals	11
TOTAL ABSTINENCE IP - MOTION 2020B	13
On Board the Recovery Expresses a Whole New World was Opening for us	16
Life Is a journey	16
Jimmy K on Creative Freedom	18
Two Admissions to Step One	21
It is not an individual based Program, it's a Program based on Principles	22
WE BELIEVE IN NA	23
The Fruits of Autonomy	24
A Missing Piece of The Puzzle	25
To Hope of Not to Hope	28
ANONYMITY BREAKS DOWN WALLS	29
One Addict Journey	32

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,- (All-Inclusive)

REGISTER:

W W W . N A H E L P . N L
or email to nahelp.nl@gmail.com
Contact: 0031631304649



July 16, 2022

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

10:00 am to 7:00pm

Potluck Lunch & Dinner



For More Information Call:
Matt F (856) 803-8857
Bill C (610) 809-9771

Hosted By: The Historical Perspective Group, The Most Perfect Vehicle Group, The Rabbit Meeting, & A Different Look Group of Narcotics Anonymous

Conference Agenda Report

F.S.C. 2022

Fellowship Service Conference for Narcotics Anonymous



Chair Report

January 8th, 2022

Salutations from Nebraska en the Netherlands,

We pray your Home Groups are doing well, and hope to be of service to the Groups this upcoming year. The FSC in Hamburg PA last year was amazing and we can't wait to be back in PA June 24th-26th, 2022. It is after January 1st so all of the proposals have become motions now. There were no changes made by any of the HG's from the proposals so they should match exactly what was shared in the Conference report that came out a couple months after the FSC last year. One Group "The Most Perfect Vehicle Group" did ask that their proposals and motions be pulled so we are respecting that and it will be shown in this magazine that they were pulled. Last year we had great growth with Groups sending in Group reports early so that they could be included into the minutes right away. It is appreciated if this continues this year and Groups send their reports in written form by email, letter, whatever way possible so that we know how we can support your HG and also the excitement that has been happening. At last years conference there was much discussion about declarations of autonomy or statements of autonomy. Those files are available for any Group that chooses to use them on the NAhelp.org website. There have been many changes to the NAhelp.org website also as directed by the Groups to do. It is great to be part of a service structure that truly is here to serve the Groups we are currently working on

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 — matrixmatchb@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)

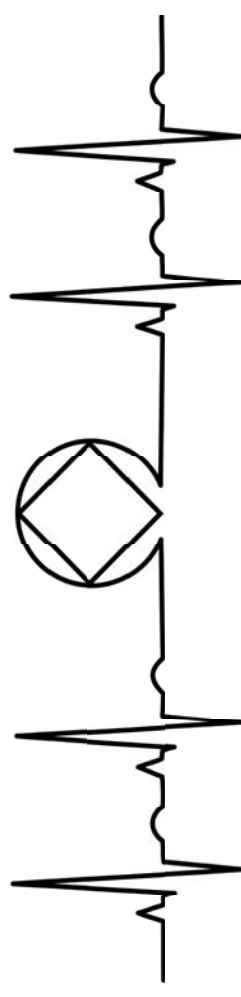
Reserve your room by January 1, 2022 and mention you are with the NA Retreat to get the discounted price - Call 330-482-5050

fixing any errors on the meeting list so please check if the information for your Groups meetings is correct and let us know. Also as always this magazine is our magazine so as a member of NA if you want an article or artwork posted please send it to NAhelp.org so we can help make this magazine a great form of communication. Communication is so vitally important to our Fellowship. WE are responsible for carrying OUR message of recovery and sharing the NA way. Let's never forget that. See you in Hamburg PA, June 24-26th 2022.

In loving service,

Eric D 2020 Chair Servant Fellowship Service Conference
(for Narcotics Anonymous)

Eric D 1-402-640-2471 - ericenvisions@hotmail.com
Erik F (co chair) +3164671134 - erikfiselier@hotmail.com



A Brief Explanation

(Excerpt from 2015 Report)

The proposals & motions in this report are for the Home Groups of Narcotics Anonymous who create and use the Alternate Service Informational Structure and make it directly responsible to them via the Fellowship Service Conference.

These proposals & motions are for review and input. As Home Group members there are several ways to make use of these as you come to a Group Conscience with regard them.

- Ask questions among yourselves. If something needs clarification, contact a trusted servant of the Fellowship Service Conference or, better yet, get in touch with the Group who made the motion to get clarification of their intent. (FSC servants are encouraged to contact the Group making the motion when answering questions to ensure we are representing the true intent of the Group.)
- Submit suggestions if your Group believes it cannot, in good conscience, vote for a particular proposal or motion but believe that you could if there were minor changes made or some clarification of intent in writing. ALL CHANGES TO PROPOSALS OR MOTIONS MUST BE MADE BY THE HOME GROUP THAT BROUGHT THEM. However, often simply communicating can clear up intent or bring to light an unintended consequence that the Group which made the proposal or motion had not considered.
- Read the minutes to see the discussion that went on with regard to them. You may see concerns you had not realized or you may have your concerns alleviated. The min-

some hope from shared experience from recovering and recovered drug addicts, and I can continue to get better and have an ongoing improved life, not a maintained life!

I want to get better - that is will- ingness. I. want to take a look at the things that hold me back - that is honesty. I want to change - that is open mindedness. I have no experience with where I am going - I need the hope from experienced members through the 12 steps. - Nothing else works for me until the pain gets bad enough. It does not take a whole lot of pain and un-comfortability in my life to get my attention these days that I need to surrender once again to the freedom provided in the steps.

The disease of addiction wants to have me miserable and denying that there is a simple solution. Surrender the problem by turning it over to god's care, inventory what is going on in my head - attitudes, feelings, lack of action and then make a gratitude list. Meditate to clear my mind

so no thoughts are present. Then take some type of new action.

And share that with my sponsor and y'all.

Well, it is now January 26, 2021, and I made it to XXIX. I did not do this by myself - it is a collective celebration that marks my time off drugs and doing my best to "live this way", a new way of life.

Thank you for being a part of my journey on my path for the last 29 years, whether you have known me for decades or years, or if we have just met. You can walk along my way with me and find your way and continue the journey.

I am grateful for this new life and have many friends who have never seen me high. Most of the people who knew me when I was getting high are either gone from my life or are dead. Love and respect

Written: By an Anonymous Addict From: Delco, PA USA



One Addict Journey

I sit in my truck smoking a cigar tonight after a frustrating evening on eBay... Looks like I need a new keyboard that works instead of the one I have had forever that does not work well, at least when I try to type words. At least my pc at home is working well so far. There is a whole story behind that... I may get to it. I may not.

29 years ago, tonight was the last time I used a drug, a can of Coors, probably Coors Light, but I do not really remember anymore. It was a 12 ounce can, and I hated Coors and it was the only thing around and it was free. And it did not take the pain of living away and it turned on me the next day.

It told me that life was not worth living anymore. I remember the night of January 25, 1992. And I remember January 26, 1992. I have never had to feel that bad, that insane, that desperate since. I remember those two days. I was told to never forget them!

I remember wanting to commit suicide. On January 26, 1992, and not being able to figure it how to do it and do it right. There would be no phone call. There would be note. I would just do it and be out of pain. The world would go on without me and be simply fine, and I would not have to face life anymore.

So here I sit, smoking a cigar and listening to a hockey game in the

cab of my truck all bundled up to stay warm. And I am not near that computer keyboard that does not work right. F--k that keyboard. LOL! F--k it good as it wastes my time trying to get things done online at home. I will take care of that tomorrow.

So, I had to make an amend with my boss this weekend. I did an inventory, talked to my sponsor and got my opinions and feelings out if the way of progress and made the amend and will only use the work computer for work related stuff.

Anyway, making the amend felt good. Look, I work for a guy who is a whole lot easier to work for when both of us are making a very good living instead of making just-getting-by-money.

This weekend I felt a bit sad and lonely. I did not feel alone; there is a difference between feeling alone and feeling lonely! So, I took care of me and had a restful weekend after getting my home computer up and running for my eBay posting to get "stuff" sold and out of the house.

I am just glad that I did not think about taking the keyboard and throwing it out of the second-floor window! That is change! LOL. I will search for a new one tomorrow. A basic, wired, cheap one. Keep it simple and uncomplicated.

The steps continue to change my life. I guess that is what I am attempting to put into words tonight. Give me the steps, a dictionary, honesty, open mindedness, willingness and

utes will usually have questions, clarifications, and opinions expressed by addicts with a wide range of views on any particular proposal or motion.

- Get involved and discuss these issues on internet websites that are frequented by FSC participants and members of Groups who utilize the Fellowship Service Conference and Alternate Service Informational Structure.

Now is the time to discuss these and get involved. If concerns are cleared up before the next conference that could be the difference between a motion passing this year or needing to be input and considered for another conference cycle. We are in no hurry and would rather get it right than repeat the mistakes of past service bodies that rushed things, but at the same time we do not want to hold motions up that could have passed had there been ample discussion and/or changes made prior to the conference. It basically comes down to this: The more involvement and discussion we have now, the more likely a motion is to pass.

NOTE: AT THIS POINT THESE PROPOSALS & MOTIONS CAN BE MODIFIED, BUT ANY MODIFICATIONS MUST GO THROUGH AND BE APPROVED BY THE HOME GROUP(S) THAT MADE THEM.

THE DEADLINE FOR CHANGES TO EXISTING PROPOSALS & MOTIONS IS JANUARY 1st, 2022! THAT IS WHEN THE PROPOSALS TURN TO FINALIZED MOTIONS FOR THE 2022 FSC. WHAT TO EXPECT AT THE CONFERENCE

As we will be dealing with a returning motion this year, the motion numbers have been formatted differently. The format used is pretty straightforward. The first four digits are the year the motion was made. The next two numbers are the year the motion was voted on, or is to be voted on for the first time. The last number is the chronological order of the motion from the year it was made.

This numbering system is arbitrary, not official. Any numbering system that makes sense can be used by future trusted servants. The need to differentiate between first year motions and returning motions is because returning motions will not be held up for a year for more consideration due to a single "NO" vote that is accompanied by a reason. (That has actually already happened with regard to returning motions.)

HOW THE VOTING PROCESS CURRENTLY WORKS:

The Fellowship Service Conference uses Group Tally. This means 1 Group = 1 Vote at every level of service. A Group Service Representative who is representing their Home Group carries one vote. A GSR representing multiple Groups carries multiple votes. The same is true of Area Service Representatives, Regional Service Representatives, or any other title the Group(s) choose to use for the person who carries their vote. Representatives who carry multiple votes do not have a "block voting" privilege; we do not use concepts or votes of confidence to renegotiate our Traditions. All Representatives are expected to cast each vote according to the conscience of the Group(s) they represent and voice any reasons given for votes of NO and ABSTAINING. Please be prepared to give the name of each Group you represent as well as contact information, should it ever become necessary to verify that the conscience of any Group has not been changed.

When it is time to vote, the chairperson will ask for all Representatives to raise their hands. The chair will then ask if anyone is carrying the conscience of more than one Group. Those who are, will state who they are representing. Once we know how many Groups are participating the chair will ask each individual Representative to cast their votes on a motion-by-motion basis. If any Representative is carrying the conscience of more than two Groups a roll call might be used rather than a show of hands (since a Representative only has two hands). Once all the votes have been cast, the chair will ask each Group that voted NO or ABSTAINING if

precious principles. Anonymity is the foundation of the program the Gray Book says. How can this principle be so ignored?

When we practice anonymity, we can hear others. We don't just listen to them, but we can actually hear them. Normally there are more common things between individuals than we like to admit. The disease of addiction wants to separate us from everything. A good portion of us started using because we already felt apart from others. The drugs united us for a short time until they didn't work anymore. As I typed this, I realized a pattern addicts have of the vicious cycle and how it fits with our pasts. Addicts come to the rooms and experience others caring for them like they have never experienced before. They stick around and get used to it. Then the disease because it progressed gets a little nook where it can whisper into their ears. Addicts start to think they are better than other addicts. They start judging other addicts. Some join the NA police force. (bad joke there is no NA police force). They start to separate once again. Just like with the drugs something isn't working. Many may have gained social acceptability only to still have a whole in their gut inside. Some return to using. Some are complacent and stick around for what they think is they are famous in a anonymous program. Those who are willing to take a honest look at themselves and surrender over and over

again get the gift of recovery. True recovery not limited recovery. We get to surrender over and over again on a daily basis. We come to understand that clean time truly doesn't equal recovery. We also understand clean time is necessary for recovery. We begin to fight for our lives by surrendering over and over again. Surrender our ego, let it go. Practicing Anonymity in our Groups helps us surrender our egos once again. We can look to what a loving, caring God as expressed in true Group conscience desires for us rather than our own opinions. We have Traditions to look to and are open minded to seek answers in them. We are able to use prayer and meditation as a way for us to seek that loving, caring God's guidance. We break down the walls that get in the way between addicts. We are set free from self once again. Anonymity truly is being able to experience unconditional love as a human. We let others be who they are and don't try to control them anymore. We don't have to fight to control. We don't have to hold onto our resentments, our angers, our fears, etc. Anonymity is living the Steps and so much more. I pray each of us can experience addicts listening to one another even when they hate each other coming together for our primary purpose of carrying the message to the addicts who still suffer.

Written: By an Anonymous Addict From: Nebraska, USA

encourage us to close our mind to the way we thought before. So, we start attending meetings and hear about a strange word for many of us when we came into the rooms. Anonymity.

We all hear the words what you hear here let it stay here.... here, here. We are told we are anonymous yet in the majority of NA meetings this doesn't seem to be the case as addicts brag about being a recovering addict, get on social media and let everyone know they are in recovery, heck some might even be celebrities and sing about being a NA member while saying "fuck anonymity". Many truly have no real understanding of how powerful living Anonymity really is. Anonymity is humbling. It helps us to get even more freedom from self than the 12 Steps provide. In OUR Steps the lives of many addicts are

changed. Addicts learn how to let go of the obsession and compulsion to use. Addicts learn how to forgive and be forgiven. Addicts learn how to start being a part of something bigger than themselves. We take self-centered, self-obsessed individuals and bring them together and expect there not to be issues. Addicts many times at the point they start to experience SOME freedom from self-get apathetic. They are willing to settle for limited freedom rather than the total freedom from self that the principles of NA provide. Many think they have all the answers and now go on spewing them to anyone that will listen. Look at them they are a recovering circuit speaker. Yet the gut level honesty is lacking, and many can't humble themselves enough to experience some of one of our most

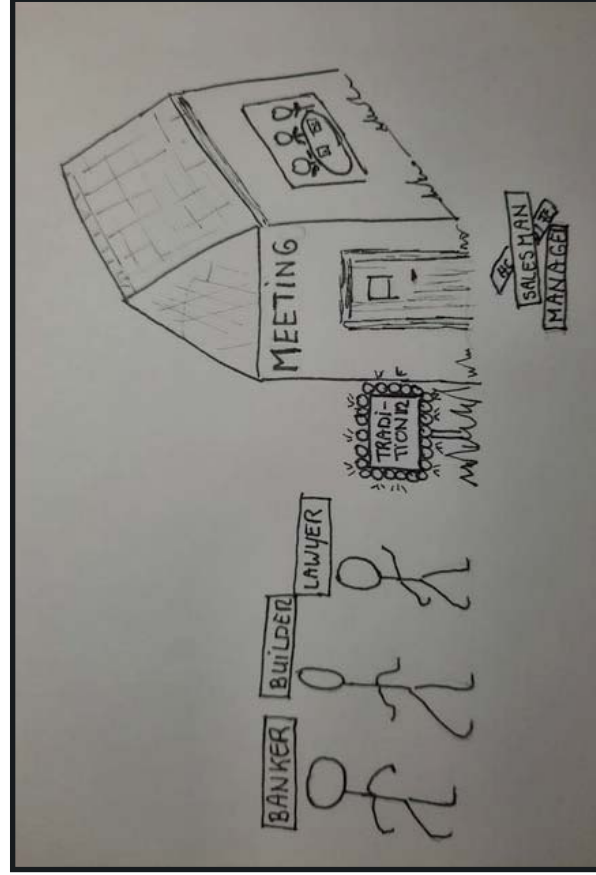
they would like to supply a reason. Votes of ABSTAINING will not hold a motion up by providing a reason, but doing so does help in any further discussion that might be necessary down the road. All motions currently require 80% YES votes to pass, regardless of how old the motion is. There is one significant difference for motions being voted on for the first time: Any NO voted accompanied by a reason that particular Group voted NO will hold the motion up for one conference cycle for further discussion, input and review by the Groups. NO votes that are not accompanied by a reason for the vote will not hold up a motion on their own. That said, if the combined ABSTAINING and NO votes without a stated reason are greater than 20% of the Groups who are voting the motion will go back to the Groups for another cycle.

Motions do not fail! They continue to be considered every year until they are passed (with or without revision by the motioning Group), or rescinded by the motioning Group. There are four actions a Group can choose to take with regard to the voting:

YES – If your Group agrees with the motion, a YES vote is appropriate. Groups that vote YES might be asked to give the reason for voting YES as part of the discussion that goes back to the Groups and into the minutes; usually if the motion does not pass.

NO – If there is some reason your Group believes a motion should not pass as it is written, a NO vote is appropriate. Your Group will be asked to provide a reason for voting NO at the conference. If a reason is not provided, there is nothing for the other Groups who have cast votes to reconsider.

ABSTAINING – Groups use this if they do not wish to vote YES or NO but do want to be considered part of the voting quorum. Because your Group is participating in the voting by casting a vote of ABSTAINING this allows your Group to be considered as



part of the quorum with regard to the motion reaching 80%. YES votes in order to pass, but it will not hold up a first year motion by itself. This option allows a Group to essentially vote not to pass the motion and still be able to provide their reasoning without holding a first year motion up for a year because to vote as ABSTAINING has the same mathematical impact on the final percentages as a NO vote.

PRESENT BUT NOT VOTING – This means your Group is not voting and therefore does not want to be considered part of the voting quorum. The Group does not wish to cast a vote. When a Group abstains they are casting their vote as ABSTAINING from voting YES or NO but they are still casting a vote and still have a voice. A Group that is PRESENT BUT NOT VOTING is removing itself completely and opting to have no voice on that particular issue. Because of this, Groups who choose this option will not be asked for their reasoning. (This does not stop the Representative from participating in discussion as an NA member.) While this does not have the mathematical effect of casting a NO vote, Groups should be aware that PRESENT BUT NOT VOTING does affect the size of the quorum.

If this seems confusing and all else fails, all we need to remember is Group Conscience is not about votes, it is about a loving God's will for our Group. If we come to a Group Conscience in our Home Group meetings, as opposed to simply "taking votes", we will arrive at the answer that is God's will for us as autonomous Groups of Narcotics Anonymous and our Fellowship as a whole.

tion fanatically. Yeah, that's me, I am not hardcore recovery robot, just a human still trying to learn about honesty, open-mindedness, and willingness - in practice...

Now my struggle is about having romantic relationships, stopping being single anymore. I want to give and receive love, take care. Feels like after 3.5 years of hard work in recovery I must had even a small chance for that, at least, but I had not. Again, I have got this idea "You are doomed to die single, see only others deserve it, and you are not". It brings pain.

You see even while I have got these two examples of God working in my life - unexpectedly, doing His own plan (not mine) I remain feeling hopeless at times. That is clearly the mental part of my addiction - lack of trust, lack of hope. I brought it to my Home Group. And I was told that old statement is true: Hold on Pain Ends.

One of the hardest things to accept is that "me, myself and I" is not the One who chooses time. I can take actions, pray and wait. To let patience to have her work in me, not me working patience...

I will continue to stay clean, stay in NA even if it feels like the most wrong thing to do. I will continue to watch, pray, and act.

Try to hope today with me, what you lose?

Written: By an Anonymous Addict From: Sweden

ANONYMITY BREAKS DOWN WALLS

As addicts we are great about putting on masks. After we put on our masks, we then would go about putting up walls that separated us from everyone. In early recovery we are taught about not putting ourselves in dangerous situations by changing our playgrounds, play toys and playmates. Many have heard from someone we need to set boundaries if we are to recover. While this may be true, in our personal lives, in our meetings and with other recovering addicts we are learning how to be vulnerable and open up. We are taught to share because pain shared is pain lessened.

How can we know the difference between doing what we need to do in order to not put ourselves in danger while still learning to be a part of something bigger than ourselves? Our recovery grows as we Surrender more and more and become open minded to living the NA way instead of our way. We need a separation from our past life, or we will not be able to create a new life. Our past lives closed our minds to our way of thinking. We thought we knew when in all reality we knew nothing about how to live. If we did know how to live, then why do we need a program to help us? We cannot graft a new idea onto a closed mind, so a split was needed between using and us. Hanging around old playmates can

to work for me only it was supposed to be the first piece. I also started to see a shift in the people I wanted to associate with outside of meetings and what I valued in friends. I could see how having friends that cosigned my disease was not very good for me especially early in recovery because I was really impressionable. I need to have people around me who cared enough about me to tell me the truth even if I did not want to hear it. I can see now that unconditional love was not always nice and that the people who offended me at times were the people that I needed to be listening too. It makes sense when I think about how we are supposed to change everything about our lives that the people I did not like when I got here were the people that were doing what I needed to be doing. I needed motivated into action and surrender to total abstinence and the NA program for recovery and through that I have been recovering from the symptoms I used to medicate on a daily basis. I'm so grateful for the freedom that I found in this Program and the growth I have experienced in a short time.

Written: By an Anonymous Addict From: Ohio, USA

To Hope or Not to Hope

...I do not know right now. It comes to this common addict duality. One part of me says "f--k it, you are not

able to make it, better go and die" while other says "God takes care of you no matter where you are at, He has a plan for you".

When I was using drugs, I wanted desperately to quit but could not. I spent years and years in such condition. Eventually, after tons of attempts to quit I came to the point where I got an idea "There is NO way you can quit. You are doomed to die using". So, I just kept doing that killing myself. Somehow, I ended up in mental hospital where I quit doing street drugs and later found NA to quit other drugs doctors put me on in hospital. So, in some way this idea that I was doomed to die using happened to be false.

Later on, in recovery I struggled with finding and keeping a regular job. During next 2.5 years in recovery, I found and lost like 6 or 7 jobs. Again, I had that way of thinking "you are doomed to be jobless, not able to live on your own and never become member of society". It looked like I reached the point where almost gave up having that huge pain inside. Eventually, I got regular job and now able to live on my own again for several months already. Again, looks like idea that I am doomed to something bad ended up being false, another way of addiction tried to kill me thru.

I just have to say that I kept sticking to NA principles no matter what. Definitely, I am not a recovery champion following every sugges-

Motions

RETURNING MOTIONS

2021-E

The Rabbit Meeting

To have line numbers and page numbers on every piece of review and input literature."

Intent: "To keep our review and input literature consistent, and to make it easier for input to be understood when submitted." Group Contact: Bill C. (610)809-9771

2021-F

The Rabbit Meeting

To have the name of the group added to the review and input literature."

Intent: "To make available the group name that has written a piece of literature. The group can be asked questions during the input and review process" Group Contact: Bill C. (610)809-9771

Motion 2019A

Never Alone, Never Again Group of North Carolina

Motion for ASIS to maintain a stock pile of \$5000 worth of literature and phone number where Groups can order literature. For this to happen ASIS would have to rent storage space and assign a trusted servant to receive and fulfill the orders. The trusted servant assigned would need to be given access to our current printing company. This could evolve into a service center as we grow. Passing this motion in no way precludes the inventory of liter-

ature to growing beyond the \$5000 amount.

Intent: To function more as a formal service center

*This will be considered a returning motion when it comes back

Contact: Travis (828) 734 -1877

2020 B

A Different Look Group

The Groups of the FSC approve the IP "Total Abstinence".

Intent number 1: To define what being clean is in NA.

Intent number 2: To copyright protect this IP.

Motioning Group Contact: Alan F. – Phone (215) 499-0864

***The IP is included in this magazine at page 32**

FIRST YEAR MOTIONS 2022

Historical Perspective Group:

2022 A

To Elect a Co-Literature Coordinator to assist the Literature Coordinator

Intent: That it is too much for one person to coordinate the FLC and it also would put a person in position to learn the responsibility and it would allow rotating of service

Contact is Ray D. +16104289923

2022 B

To Elect a secretary and co - secretary for the FLC.

Intent: Their responsibility would be to take minutes at the Literature conferences. They would get the information of the work done at the conferences submitted to the Literature coordinator to get that information out to the groups for further review and input by the NA Home Groups. It would make the Conferences run more smoothly
Contact is Ray D. +16104289923

for more than a few months at that time so I only experienced mild withdrawal symptoms. If anyone is reading this that is thinking about getting off of prescribed medication, please consult a doctor about tapering off because it can be extremely dangerous to get off of them cold turkey.

I never changed my clean date or anything after that I just kept doing what I was doing but struggled to stay clean anyways. I was going to meetings, but I had not really bought into this new way of life that people were talking about. I just wanted to get my life together so I could go back to what I wanted to do. After a relapse I started taking it serious again and changed sponsors and was completely abstinent for about seventeen months. Where I was going to meetings, I never really heard anyone share about total abstinence so I figured that if a doctor prescribed medication and it were not painkillers it would be clean. I felt like the program was not working for me because I was still extremely depressed, anxious, and full of fear. I ended up seeking that chemical solution once again and it took me back to that place of hopelessness and desperation all over again.

After that I knew that something had to change. I knew that I needed to stay off all drugs and learn to live the Narcotics Anonymous Program on a daily basis. The pain and desperation felt like a gift because I was willing to do what I needed to

do when I was in pain. I was worried about what I would do when I started to feel comfortable again because I could see my pattern where I would stop being motivated to do things I did not want to do when I felt better. Around this time, I started listening to a podcast about NA daily to keep my mind on NA and with the hopes that it would spark something in me, and I could learn more about how the Program works, after a couple weeks I listen to one episode that discussed total abstinence and it shook me to my core. I remember it finally making sense for me, but it raised so many questions and so much fear. At that time, my girlfriend and several of my friends were all on medications and I was terrified of hurting them or what this revelation would spark in them. It was terrifying because getting off those drugs can be really dangerous. At that time, I knew for me that I was responsible for my recovery and that I needed to avoid mood changing mind altering drugs at all costs. I never felt that vigilance before since I came to NA. Before that I felt indifferent and would just give in to doctors because I was so used to taking things to change the way I felt. The big difference that I realized was how I could now understand the literature better. I started to see how total abstinence a big part of the NA message and a reoccurring theme in our literature was. It is like it was the missing piece of the puzzle that I needed for this program

When I was in college, I started taking this medication that a girl in and do homework. When I took it I felt like I could function better and was more productive so I started seeking to get that prescribed to me. I figured that if all I had to do to get drugs was go talk to a doctor for a couple of minutes and tell them the symptoms, I was experiencing that I could manipulate those symptoms to try to get something I wanted. The problem was that none of this ever helped me to change. It kept me sick and gave me the excuses and justification I needed to continue using chemicals to manage my feelings and fears.

When I finally backed myself into a corner that seemed impossible to get out of, I became open-minded to going into an inpatient treatment facility. At that time that was the only path I knew to get off drugs. After a couple of weeks, I was mostly through the rough part of detox and was off everything. I remember talking to all the residents there and everyone was on meds of some kind. Most of them were on several and that was all I needed to to continue thinking that drugs could solve my problem. I knew street drugs were bad and got me into trouble, but these legal ones seemed like they were safe for me if they were prescribed by a doctor. Very shortly after that I had my weekly meeting with my therapist where we discussed me being put on a medication for clinical depression. I was

told that I will always have to work on my recovery and my mental health separately for the rest of my life. At that time, it made a lot of sense to me. I remember being in a lot of pain because I had completely messed my life up, was separated from my girlfriend who just overdosed and had no self-esteem at all.

When I got out of treatment I started going to outpatient and going to NA meetings where I had recently asked someone to sponsor me. The outpatient program I was in reinforced the medication side of things, so I continued going to it for a time and kept getting my meds changed up as side effects occurred. I was going to NA meetings and reading the basic text a little bit, but it felt like I couldn't understand much. The sponsor I had never once talked to me about total abstinence but I remember doing the reading for What Is the NA Program? at the beginning of the meeting one day and when I read "this is a program of complete abstinence from all drugs" it popped off the page for me for the first time and planted a seed in me that I was not completely abstinent since I was taking these different medications to help me manage the way I think and feel. In this way the literature carried the message to me much more than any of the people at the meetings did. Shortly after that I just decided not to refill my prescriptions and tried to do things the way the literature suggested. I had not been on them

MOTIONS PULLED BY THE GROUP

The Following Motion is Pulled By the Home Group

Most Perfect Vehicle Group:

2022 C

To approve the IP "Why We Don't Verify Attendance Documents"
Intent 1: To clarify why we don't endorse or affiliate with government agencies or treatment centers and how verifying these documents can affect other groups or NA as a whole
Intent 2: To copyright protect this IP Footnote: We have approved this IP within our homegroup in 2019 and utilize it at our meetings. This IP has been out for input and review since 2016 and his not had any input since 2018
Contact is Matt F. 856-803-8857

The Following Motion is Pulled By the Home Group

2021-A

Most Perfect Vehicle Group
Revise the Meeting List - Adding whether a Group is a Closed meeting or Open Meeting, and Verifies attendance papers or not.
Intent: To strengthen the meeting list and make it more simple to understand whether or not a group is open to the public, if children are welcome, and if someone who needs a verification paper signed is able to get a signature.
Group Contact: Matt F. (856)803-8857

The Following Motion is Pulled By the Home Group

2021-B

Most Perfect Vehicle Group

Revise the meeting list- List states in alphabetical order followed by the days of the week and time

Intent: To make the meeting list more organized.

Group Contact: Matt F. (856)803-8857

The Following Motion is Pulled By the Home Group

2021-C

Most Perfect Vehicle Group

To place Clean time requirements on positions to serve at the FSC.

Intent: To clarify that total abstinence is being free from all mind altering mood changing chemicals (including drugs to treat the symptoms of the disease of addiction: Antidepressants, Psychotropics, MAT, & DRT) and we need to be totally abstinent to serve. Placing requirements such as 1 year, 2 years etc to be sure that the trusted servant has the program experience necessary for the position.

Group Contact: Matt F. (856)803-8857

A Missing Piece of The Puzzle

Before I came to NA, I used every excuse I could to avoid dealing with the truth about my addiction. The more the consequences started showing up, the more insane I felt. I remember having several conversations with family that were sick and tired of my behavior and having to bail me out of the mess I created. I could not bear telling them that I was hopelessly addicted to drugs and that was the real reason for the situation I was in. Since I could not get completely honest, I found myself saying that I thought I had some sort of mental health problems. It made sense to me because sane people did not do the things I did. This kept them off my back temporarily and bought me some time to continue

doing what I was doing. There were a couple of times where I felt utterly hopeless and reached out to different mental health professionals for help. When I went to them, I was misdiagnosed and given medication to treat the symptoms I was experiencing. The problem was I was not totally honest about my situation, and I was really looking for something to fix me without really having to change anything. I tried these remedies several times over a number of years, but it kept me thinking that chemicals could fix my thinking and help me live a better life. I felt that something was defective about my brain chemistry because I felt different than everyone. It seemed like living had a level of ease for most of my peers and I could not relate to them. Something just seemed wrong about me, and I just wanted to be normal.



from all mind altering, mood changing drugs despite outside entities telling them they would have to rely on medications that change their minds the rest of their lives. We are no Doctors, but we are addicts who have tried finding the magic formula to help us deal with our addiction. If you believe you have a spiritual problem and want help, we are here to help. Getting off any drug requires vigilance. It requires change from the way we thought before. If you believe your problem can be treated with drugs you are more than welcome to keep trying. It isn't until we had exhausted all using that many of us finally surrendered and understood that drugs will not solve our spiritual problem. When you are ready, those of us that have seen NA work will be here sharing a clear message of total abstinence from all drugs. We believe in NA and believe it changes lives. We have firsthand experience. The therapeutic value of one addict helping another is truly without parallel. We have been where you are at and know the pain addicts live in. We also have experienced freedom from needing drugs to help us live life on God's terms. We have learned how to surrender to NA and the principles of our Steps and Traditions. It all starts with that initial surrender. Find an addict that believes in you and believes in NA today to help you find freedom.

Written: By an Anonymous Addict From: Nebraska, USA

The Fruits of Autonomy

As a home group we learnt from these experiences that being autonomous it is a blessing. Ever since we got kicked off the website, we had to do our own public information to carry the message. We ended up from 20 plus members to only 3 members. We started from creating our first own pamphlet about public information and start it to reach out 2 to a lot of places where addicts come to. It was hard in the beginning because we were not used to take responsibility for our own group. Letting the structure do it for us for years made us dull.

So, at one point we had no choice to "man up" and do it. No one was coming to our meetings.

We were asked to do a PI presentation a couple of times, we started hanging posters and bringing flyers to supermarkets and doctors' offices. And finally, more people started to come to our meetings. We have 7 committed members as we speak and are about to start a new meeting.

This all happened because of losing all strings with naws so that has been a blessing.

We learn more and more about group conscience and by doing PI every Sunday before the meeting we created more unity.

We even created a PI bike, which was fun to do. Here are some pictures of it again

Anonymous Addict from NL

TOTAL ABSTINENCE IP --- MOTION 2020B

Let us admit that medications and drug replacements hold a special hazard for all addicts, not merely those with a history of abuse of these drugs. To the addict, medication or drug replacement represents a means of control, like any other tool of control it's use can become compulsive. Keeping in mind that we are not doctors, modern medicine often mistreats addiction with drugs. Drugs, whether self-prescribed or prescribed by a doctor, are a major part of our problem. How can drugs possibly be the solution?

WE ARE NOT DOCTORS

If we are not doctors then what are we? We are a fellowship of addicts seeking recovery from addiction. When we talk about addiction we are talking about being addicted to drugs. Our recovery program is one of total abstinence from all drugs. "Total Abstinence" is not a medical opinion but a practice of our principles. It is not an outside issue but one that is essential to our recovery. We follow a spiritual, not religious program that provides recovery through the 12 steps and 12 traditions of NA.

TOTAL ABSTINENCE

The cornerstone of the Narcotics Anonymous program is total abstinence from all mind and mood altering chemicals. Total abstinence is the first thing we hear when we arrive in Narcotics Anonymous. Total abstinence is the beginning, middle and end of our recovery. Our clean time, and our recovery from the disease of addiction begins with that first step. This pamphlet will address some of the spiritual principles we have used in our program to reach total abstinence from all mind and mood altering chemicals. We understand that there are cases where addicts are hospitalized and given narcotics for things such as major medical emergencies or major accidents. Our Basic Text already gives us the answers to these situations such as "Using local anesthesia, avoiding our drug of choice, stopping drug use while still in the hospital, and spending extra days in the hospital in case withdrawal occurs are some options". This pamphlet is not focused on these issues; this pamphlet is focused on drugs used by some doctors to treat the disease of addiction. So to the newcomer who has been put on any of these type of medications, please keep coming back. Although as addicts we are not responsible for having this disease of addiction, through NA we are given a choice to recover. Once we make this choice we are responsible for our recovery.

SURRENDER

The process of surrender is a result of living in utter desperation and pain. It is the result of working double overtime to find a solution that does not require giving up drugs completely. It is difficult to accept that drugs are the problem when we have not been able to find peace and serenity by any other means. When we make the decision to surrender, we get relief from the pain of making our own decisions. Surrender is positive for us because we find hope. Once we have surrendered, we open opportunities for other addicts to help us with our problems. We have seen many addicts surrender to this program and detox in the rooms of NA and live productive lives in society. We have also seen many addicts go to other places and detox and come back to NA and celebrate total abstinence in the rooms of NA. We know any addict can get and stay clean but they must surrender to the program of Narcotics Anonymous for that to happen. Surrender is just the first step to this process, there are many other key spiritual principles you will need along the way such as...

WILLINGNESS

We surrender to a program of total abstinence when we absolutely can not continue using and there is simply no fight left in us. Now we must become willing to follow some simple suggestions

that we hear in meetings. We may not believe that these suggestions are going to help us but we do them anyway because we don't know what else to do. We may think that we don't need a sponsor but we get one anyway because we are afraid not to. We need to become willing to do anything to stay clean.

Willingness is a spiritual principle because it allows us to get a grip on the fact that before change can occur, we have to give our permission. We have to stop holding back inside. We have to relax our personal will with all its preconceptions and preferences so we can look at alternatives. When we want to select something new in our lives, the choice is up to us. Without our willingness, we never get to make the choice and remain tied up in many of our past limitations, illusions and habits.

“Willingness to try is the beginning of doing our part. However grand or humble that might be, it is a state of readiness replacing depression and anxiety.”

Once we become willing to put down the preconceived notion that total abstinence is impossible and surrender to the fact that we are just like everyone else in NA we can then move on to...

COMMITMENT

Commitment is one of the spiritual principles that most people don't connect to the first step. In past editions of the Basic Text it's written "Now the question is: "If we are powerless, how can Narcotics Anonymous help?" We begin by asking for help, and this is accomplished by working and living the twelve steps" where the spiritual principles we have discussed in this pamphlet come from. They are the backbone to a life of complete abstinence; without them we will die. Once we surrender and become willing to do what ever is necessary to become abstinent we need to stay committed to the process in order to not go back to the way of life we once knew. We need to make a commitment to a home group and stay clean no matter what. A commitment to a sponsor is also very important to this new way of life for we can not do this alone!!

OUR SOLUTION

Our first step says "We admitted that we were powerless over our addiction that our lives had become unmanageable". If we still believe that limited drug use is possible then we have not taken step one, we have not surrendered, and we will use again. Step one is more than an admission of powerlessness, it must be followed by a change of actions. We must stay away from people that are using even if it means we must avoid family members, friends and co-workers. We might have to break free completely of everything and everyone we know. There is no substitute for surrender. This may be very uncomfortable but we do it anyway because we know in our heart of hearts that is the only way. Based on a life of desperation and a glimmer of hope we make a decision to turn our will and our lives over to the care of God, as we understand him. To sum up step three in a nutshell it is simply a decision to take the rest of the steps and to understand that they are the solution to maintaining total abstinence. Faith comes after this way of life becomes a reality. This way of life comes to some very fast and to others very slow but it doesn't come at all if we are still clinging to the idea that we can have it while still using. Remember these 4 things.

1. The cornerstone of the NA program is total abstinence.
2. There is no substitute for surrender.
3. Recovery is a complete change of everything we think and do.
4. Without commitment to this fellowship of Narcotics Anonymous we will go back to the life we once knew.

"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

WE BELIEVE IN NA

There seems to be lack of faith in the program as it was established in its beginning going on today. Many things have happened over the years that have changed what many believe NA to be. What does our literature say? It says we are a program of complete abstinence from all mind-altering mood changing drugs. There is no stutter. There is nothere is no mention of safe using in our Basic Text. The only time using is rationalized is in times

of extreme physical pain. It does not say anything about emotional or mental pain. All the literature that is trying to rationalize and justify the use of drugs has been written by professional writers for a company that believes in public relations rather than public information. They have justified making our program more in line with outside entities. Going as far as saying that the medical field is changing so we need to change with it, or we will lose numbers. I thought this program is for those who want it. We should not change our message of total abstinence for anyone. If we go away from our roots, we no longer are what we were originally. I believe in the program of NA exactly as it was formulated as a program of total abstinence from ALL mind altering, mood changing drugs. We do not use to deal with symptoms of our disease. Just for today says "I have a program" not I define the program. It also says, "I will have faith in someone in N.A. who believes in me and wants to help me in my recovery." When we have faith in the program, we do not tell others any use of drugs is safe for us. When we have faith in the program we do not rationalize or justify any use of drugs. Many of us have come in here with multiple diagnosis from outside entities. I have seen addicts who were diagnosed with paranoid schizophrenia, severe depression, ADHD, and many other diagnoses that have found freedom in NA. They found total abstinence

reasons, winding up arrested or in jail for crimes committed under the influence or to finance our habit, our word not being worth anything because we were rarely telling the truth to anyone about anything.

Once both admissions (admission can be defined as, "allowing to enter") are made to ourselves, we need a new way to live. that way and the surrender to the steps begins in the second step and continues through step 9 to deal with our past wreckage of our lives. then 10, 11 and 12 become our daily way to live.... just looking at powerless and unmanageability was terrifying when I was using ... the thought of it was uncomfortable, to put it mildly... denial, rationalization and self-deception fed my disease which had control over me.

**Written: By an Anonymous
Addict From: Delco, PA 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 every-

one 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.

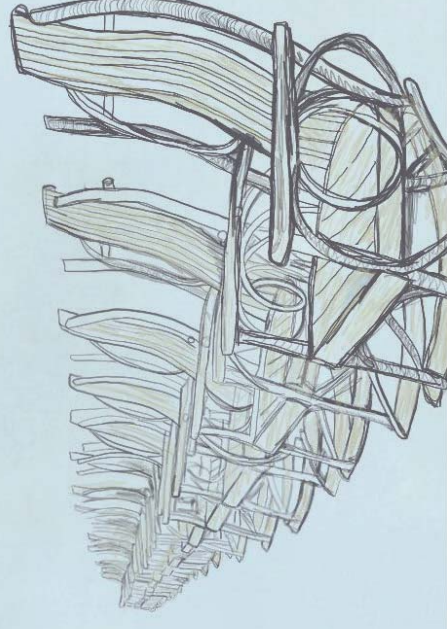
In Narcotics Anonymous we say that the "I" needs to be surrendered to the "We" for recovery to become possible. What if it is not even about "us" per say, but about principles? Our literature says that spiritual principles are never in conflict, personalities usually are. The Program is infinite, people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

SEE YOU IN HAMBURG, PA

June 24 thru 26, 2022



On Board the Recovery Express a Whole New World was Opening for Us.

We started to connect with people from all around the world or just people from the same area or city we lived in.

We wanted more people on the recovery train so all around the world the PI train started rolling.

Webpages was built.

Posters and meeting lists were printed to put up so addicts not yet on the recovery express could find us and take their seat on recovery express.

From feeling alone and having no hope to feeling home and feeling hope.

From all around the world the drops of water from this spring started to come together.

We are helping one another all around the world from Sweden in the North from Russia in the East to the Netherlands in South and America in the West

So many countries and cities that we not yet have reached.

The people we reached but they are not ready to get on the recovery express.

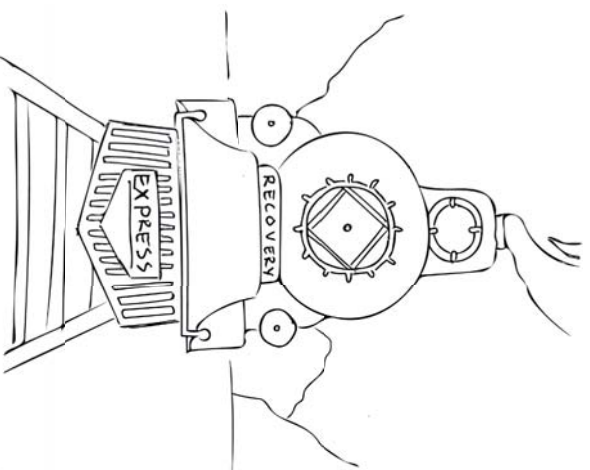
We keep recovery express going and getting it longer so those who want a seat can have it.

And those that are not ready yet can have a seat when they are ready.

Let's make it a safe place to grow no matter where they are in world and let us make this Fellowship great again.

Keep the recovery express going.

Written: By an Anonymous Addict From: Sweden



Life Is a Journey,

Life is a journey, one that will bring many situations and events for us to deal with. What interferes with us the most on our journey is the pictures in our heads of how it is supposed to be, I should be better than, I should be further along in my recovery, etc. etc. No longer is it acceptable that we compare our insides to the outsiders of others. For what we perceive may

I don't believe any little group or big group has a right to impose their ideas on anyone else, there are no bosses in NA. I've never attempted to be a boss, I resent being bossed, I'm still a.... I'm not a hater of authority, if authority is responsible, I will recognize it. Other than that, I have no time for it. And I think that maybe clarifies a little bit some of the questions people have asked me when these things have come up in the past as to how I felt about it. Why did I write these things, why was it written the way it was? It was written the way it was because that's simply the way I felt at the time, that's the way I understood what I was trying to do at the time and that's the way I understood I could best help my fellow addict, or sister addict whatever way you want to put it. Uh, I think this is about it.

**Spoke By: Jimmy Kinnon
Transcript By: Anonymous
Addict from Ohio**

Two Admissions to Step One

There are two admissions to step one... admitting powerless over our addiction - remember, we are at step one and have done nothing to change yet. we acknowledge that the disease of addiction has kicked our ass and left us in a hopeless spot (some people say "surrender to the disease" which with 29 years still makes no sense to me) ... we admit...

no one else can do this for us we do not even have to surrender to the program yet (that happens in step)

2). before understanding unmanageability, let us take a familiar look at our drug use (all of our common ground when we get to NA). could we stop whenever we wanted to? could we not live without drugs because we were hooked, and the withdrawal was too painful for us to even attempt? we probably did not even know that we had this disease which affected us in 4 ways - spiritual, physical, emotional, and mental - we just thought we had a problem with drugs, and could not stop and probably when we did stop, had no plans on staying stopped... we were not "done-done", once we look at the disease concept of addiction and our uncontrollable drug use, we can understand how little power we had over a substance and our actions and thinking.

Then once we wrap our minds around our powerlessness - we admit to the second part of step one, "and our lives have become unmanageable"... well probably because we were drug addicts with this disease and could not even be successful drug users... our irresponsibility, our failure at life, our drugged feelings deciding our futures, our not being accountable to anyone, including ourselves, even our rebelliousness at usually the absolutely the wrong time, every time! missing work because of our drug use, one failed relationship after another for many different

We almost died out in 1959. We got together again and decided to live by the Traditions. Which ties into what I talked about earlier. And so doing that we got a new Group We had a few from the old Group left that had not been going to meetings, started all over again, starting with three people and restarted all over again in November of 1959. And took off from there.

So, these things I had written for myself as part of my story and some of the members then who had read it, because we exchanged things with each other, insisted that it be put into the white booklet. And uh, since they all had a voice in what was going on uh, this is what took place. There's practically the insistence of uh, of Sylvia Wexler, who's name I can now mention because Sylvia passed away several years ago and uh Penny, Penny K from San Jose who was one of my oldest friends on the Program, that this uh went into the book. There have been attempts at times to change the white book. The Fellowship voted against it a number of times and the attempts are still being made but I feel that that part is part of my story and if it would ever be changed it would only be changed by myself. Those were the provisions that I made when I put that in. That it would not be changed because it was a pinnacle part of my story. It could only be changed if I updated it myself in the light of something else, I might learn.

The other part, the folder I talk about, Another Look, an attempt was made to change that several times at the conferences and it was left alone. I made some changes only to bring Another Look up to build us up to date as part of NA, and I did that on my own volition. Right here the day after the vote was taken at the conference. I think that was the 1980 conference or the 79. I can't recall you would have to go check. But these are two parts that were important to me and uh, some of the attempts and some of the paraphrasing in the book were done from Another Look uh, I still feel indiscrete in the light of my own story. However, if this material could be useful to somebody the way it is, the way it has been changed and altered a little, I'll go along with that right now, but I don't want to change feature. Nobody should have the right to change your story, nobody should have the right to change my story. Regardless of their intentions, it is not the right thing to do in a fellowship such as ours. Good, bad, or indifferent that's what we are and that's the way it should stand. If you don't want to use it, that's another story. That's fine, but uh, each of us has a right to write our own story, to write our own conceptions, to write our own ideas that might be beneficial to other members of this Fellowship, and no one has a right to stop us. We don't need an imprimatur like they do in religious tracts or religious books, I don't believe we need that.

man cross the same stream twice I think not? Our journey through the present moment of time is always new, allowing us the opportunity to restart at any moment, with a better perspective and vision of our journey.

To live in the present for me is about letting go of the past and not waiting for the future. It means living your life consciously, aware that each moment you breathe is a gift, that each day that we are clean is another gift. The ability to be in the present moment is a major part of my journey and essential in dealing with the mental healing from the disease of addiction. Our past and future exist only in our minds, and they have no power over us, except that in which we give them.

Just for today, I will continue to seek that in which I am met to be, not allowing my energy to be absorbed by what was and is no more. I will remain motivated to seek the truth and the NA way of life, enjoying the present moments of my walk-through life. We are here but for a short period of time, so let neither your past nor your future rob you of the present moment in which is a gift. I will practice not giving power to that in which does not exist, for yesterday and tomorrow are only a fabrication of my imagination, and their power and grip over me only comes from that in which I give them.

Written: By an Anonymous Addict From: Michigan, USA

not be the truth, we must not trust our perception for I have heard it said that our perception is part of our disease. No longer is self-rejection and self-deprecation an option for us we must explore and discover the authentic self if we are to grow and to expand our vision of hope and freedom. It is an unfortunate truth, but I have become convinced that there is nothing outside of me, that could make me feel better, or to see myself as an equal to others. We are dealing with a spiritual issue so therefore we will need to seek a spiritual solution within our steps. Serenity and self-acceptance is an inside job, one that can be achieved as a result of our willingness to accept the 12 steps and traditions as our way of life. Remember that our will and God's will cannot exist and operate in the same mind at the same time. It is always your choice.

We are in the process of becoming that in which we are met to be, patience will be required as we undergo this transformation, which is allowing us to lay down those old morals, values, and ideas, which has left us in that state of humiliation and despair while living a life without purpose or hope. Within our newfound tools, our steps, and traditions will show us the way, they will become the roadmap and the light that will guide us as we move forward in the ever-changing life that we are traveling. No two days are the same, just as we are not the same, can a

Jimmy K on Creative Freedom

Uh this is the area here, and particularly over to my right from where I'm sitting now, sitting right in this place right here many years ago and trying to organize my own thoughts in order to try to understand uh the Program we had. In order to try to see if what I was doing was right for me as well as anybody else, and to see if I could find maybe a better direction, maybe some more positive aspects of working with the Program since uh you know as well as I do how depressing some of our even our meetings can become. If we start of on a negative note, we can carry it through. The big job I've been very fortunate in fact I've always been sort of optimistic, I've always been on the upside, I'm a speeder. Thank God so is Betty, we get along well in that regard. And uh, and I used to try to wonder what could we do to make it any better? What could we do to uh to improve? And I thought, what I learned from the program is what I learned, and what I'm able to offer other people is most important. I'm not trying to do things for other people they're supposed to do things for themselves. Just offer the opportunity and offer the support, offer your empathy. Your empathy in particular.

Empathy in particular because uh, it seems as though sometimes we forget. We get so tied into trying to do something for somebody you know, we're not saviors, we're not teachers, we're not preachers. We're only people who are recovering, our own life, our own sanity, our own health. And this is what we can offer to other people only an example. I think we get hung up on that sometimes so, as a result of that we've got two pieces of literature, very small pieces in the white book and another a folder, that were written right here trying to understand myself, trying to understand what I was trying to hang onto, trying to understand what I was trying to get, and trying to understand what it meant after I got it because I believe in two things freedom and meaning in my life. This has probably caused me a lot of trouble at times, but it's also brought me to where I am today. I believe my life is successful today. I'm living as the kind of person I'm supposed to be, I think, and that to me is success and that's all we can offer to anybody else.

This is no big philosophical statement but uh, Another Look was a collection really of things and ideas that went through my own mind, my own consciousness that I tried my own life to understand and came out in writing. I just picked up a book uh pad and started writing and that's what came out. I only had to change it once and that was after uh after it had been in print for a long time. Recovery and Relapse was the first one previous to that and that was written sitting right here too. Trying to understand addiction, I was trying

to understand addicts. I was trying desperately to understand myself. I was trying to find a better way to do what we were trying to do. And uh, I think it's this trial and error that's so important. I think this is a reason we are such an unstructured Fellowship and should be kept that way.

Uh, the authoritarianism that some of us have individually, I know I have it very often, uh I make a statement you would think it was uh unquestioned or unquestionable but uh that happens to be my way. People think I'm angry at times because I get so enthusiastic tied into what I'm doing. Uh, that's simply not so. I think that we're so many different people, you and I, we are tied into so many different things. We're tied into ourselves. We're the people that we know ourselves to be. We're the people that others think we are and we're the people probably that our parents thought we ought to be. But uh, but all of these are just parts and parcels of uh, entire life. We each in our own way in this program, in this way, have to find the means of recovery.

My mind has been working a little bit while I've been sitting here and talking, you know and perhaps I didn't make myself as clear about the two parts of our literature that I'm talking about. I'm not talking about the whole Little White Book I'm talking about one part that we put into that at the insistence of several members at that time. I told them, I had written this for me, this was part of my story. These are the things that I had had to do, and I put it on paper and uh, as we would talk sitting here at the house very often, some of the first members uh, this stuff I'll talk about later on, because there is some discrepancies there that are very hard to cover at all points at the same time.

