One addict shared:

"This I feeling starts off as a feeling that leads into strong action. The feeling of being grateful lets me be humble for this program and what today has given me. Gratitude let me get out of myself to practice humility to its fullest and not in my best of ways but in my gods best of way. Gratitude can also help me deepen my surrender even in the most hardest times. Because those feeling that are hard to deal with like pain, grief, fear and hurt. Are feelings that I never wanted to look at or work through when I was using."—

awakening as a result of those Steps (the We come to understand how our 12th Step first 11), we tried to carry this message to addicts, and to practice these principles in all our affairs. If we haven't had those spirisage. Our Gratitude speaks as we become Grateful for the gift of life that NA has given We then share that message with others as was given to us to ourselves. We want others to have the same gift we have been given. Service is not a chore or a job it is a joy to be able to have something to share with those shows our Gratitude. Having had a spiritual tual awakenings, we can't carry the full meshow could we keep such a wonderful gift that us through our 12 Steps and 12 Traditions. hat are right where we were before

W W W. N A H E L P. N L



Anonymi Foundation P.O. Box 4404 Allentown PA 18105

TM 05/16/2020

Literary Work in progress.
Please copy and share this with your local
Home Group for Review and Input

This document was written in open participation by members of the Groups of The Anonymi Foundation.

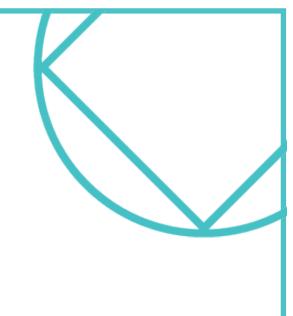
Please send your input to nahelp.org@gmail.com

W W W. N A H E L P. O R G

NARCOTICS ANONYMOUS



Gratitude is an Action Word



GRATITUDE: A WORD OF ACTION

path, to jails, institutions and death. Or try a granted a choice, either do we continue this ple no good in life, because we have had obstacles between us and our using. We own lives. Our loved ones maybe tried a lot way; material things, relationships and our cally destroyed anything that came in our were not that grateful of anything, we basiit's much more than that... When using we the feeling that things are going our way, new way of life. we reached the end of the road, we were such a "shitty luck" so should other's. When could be jealous of other's and wished peonot grateful for those things, they where but to help us, to try to save our lives. We were Gratitude is not just saying "Thank you" or

for others as well. the right reason, one day at a time and leave than we are feeling. Being clean today and Our literature states: "an honest look is often and the pain it causes in our lives. We mus: already have been given what we where the results to something greater. After all we us it becomes easier to do the right thing for are truly grateful for what has been given to and can take away all our energy. When we acting. Self pity is an enemy of gratefulness because of our old ways of thinking and for. Clean we can still feel like we are in pain most obvious change we can be gratefu finding ways and means to get more is the not having to live in the pain of using anc a grateful one". Often we are doin better learn how to care for it so it stays available looking for for so long, a way out of addiction

> ence that beautiful gift of life. message so maybe others also can experiget involved in service, to help carrying the daily, searching for Gods will, go to meetance from our sponsor's, pray and meditate ples for others; working the steps with guid gram of Narcotics Anonymous, to be examothers. How we do that is through the procare of that gift, do the actions necessary are not alone as we have thought for so long weren't the only ones with problems, that we others, we feel gratitude. We see that we the program works for us just as for many have gone since, when we see the proof that see where we came from and how far we stay clean. With the help of other's, we can see that progress today, that it's possible to ery progressed, so did we. We are able to ster. When we first came to NA, it was harc grateful for it, we do not throw it in the dumpgift, maintain it and care for it. If we are if we are grateful, we will take care of that When we receive a gift from someone today ings, communicate with other addicts and to maintain that gift, and want that gift fo NA and God have granted us the gift of life for us to experience gratitude, but as recovfreedom! And if we are grateful, we will take

The message we carry needs to be clear, so addicts are granted the opportunity to accept or decline our way of life, we can not adapt the program to every individual's life, but we can adapt our lives to the program.

We are grateful for Gods grace and Narcotics Anonymous. Do we give back, help fulfilling our primary purpose, to contribute with any means we can, and try to live according to

the principles we were taught by God and NA? We do not take for granted that everyone else will put in the work and do all the service, so we don't have to, that is not gratitude. We give freely and gratefully of our time to serve. We share our experience, strength and hope on recovery and how we apply the spiritual principles in our lives. We need to care for each other, help each other recover from this disease and to carry the message to the addicts who still suffers.

We are grateful for everything in our life today, good or bad things. We can learn something from all experiences if we keep an open mind and appreciate the moments as they are. It's a blessing to be grateful for what we have today, we don't always have to chase more physical things, to focus on wat we do not have. We can appreciate life as it is.

Our gratefulness is shown in how we live, not in what we say. We hear that a grateful addict won't use. A grateful addict does more than that. We give, we love, we care, and we carry our message to the still suffering addict. Things we take for granted are the first things we will lose to the disease of addiction.

It's great to put out gratitude in writing by doing a gratitude list, to put our blessings on paper helps us see that there's something other than ourselves that have granted us these blessings it helps us see and feel gratitude for Gods doing in our life. "My gratitude speaks... When I care and When I share with others the N.A. Way." – Basic Text: Third Edition, Revised