

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.

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





The New/Old NA WAY Magazine

Volume 49

May 2022

This magazine was written in open participation by members of the Groups of The Anonymity 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

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 16th, 2022
Pennsville, NJ

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

Date: September 15th thru September 18th, 2022
Hunsel, The Netherlands

CLEANSTOCK

Date: October 21 thru 23rd, 2022
Lexington, Kentucky

Your event here? Send information to nahelp.org@gmail.com

Weblinks

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USA

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Contact: nahelp.nl@gmail.com
The Netherlands

www.freerecovery.org.uk

United Kingdom

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Russia

The New/Old NA Way

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

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Inaction.

"When we came into N.A., we realized life had become unmanageable.

We couldn't find a way out of the horrors of addiction.

Admitting this fact at the time, made more sense than keeping up the Lie of being in control.

Coming in N.A. People tell us that if we continue in this way, we will die.

Our thoughts told us that they were wrong, and that we were right.

We were afraid and let fear control us.

*If you take a closer look at our behavior, we were pretty messed up!
how could we know?*

Our actions were centered around drugs.

We lived in isolation and only associated with others when we could get more drugs.

The only way for us to get out of that life was by asking for help.

We saw other addicts just as messed up as us.

But they were changing.

Their changing nature was a tractive and convinced us to surrender.

Our new friends in narcotics anonymous showed us the N.A. way of life.

Slowly, we were going from hopeless to hopeful.

How did we do it? What did we have to do for it?

Keep coming back and you will find out!"

Written: By an Anonymous Addict From: Netherlands

European Fellowship Service Conference

15th - 18th September 2022



Location:

Groepsaccommodatie Bekerhof
Beekstraat 9, 6013 RV Hunsel
the Netherlands

Price: € 125,- (AllInclusive)

REGISTER:

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

or email to nahelp.nl@gmail.com

Contact: 0031631304649

If We Adopt the NA Way of Life

If we adopt the NA way of life, we will be set free from that nightmare which has dictated our mind, body, spirit, and entrapped us in that self-impose prison of addiction for so long. To maintain our freedom we must not use, along with practicing our principles in all of our affairs, maintenance will be required. With the help of a sponsor, we will begin not only to learn how to seek the truth within our principles, but we will begin the process of healing through the application of them. Exploring and discovering the truth through writing is a big part of the maintenance in which we will need to do if we are to find our authentic self. If we are to find freedom from the mental confusion of our past and all of the destruction in which addiction has brought our way, we will need to come to terms with our spiritual journey.

No longer can we afford to justify our reactions to our past; we must walk out of the darkness of it and expose it to the light of recovery, for the truth is that we cannot be set free of the past shame, guilt, and all of the dysfunction of our childhood if we are still living in the past. For how can one love another when they only know self-hatred? How can one know peace when life is about chaos and dysfunction? How can one make friends when they are rejecting themselves daily? We have much to learn and experience

from self-love, self-respect, self-forgiveness, and self-acceptance, yes not only do we need to learn about these, but we must take it in and become convinced that these priceless gifts are who we are, never would I have believed that I would find myself here, living the impossible dream that has come true. We must move forward to enjoy the benefits of our program never allowing that deep-seated fear that resides within our spirit to destroy that in which we have been given.

Oh, we will have those times in which we are challenged with trials and tribulations, and those times our hardships, we will face death and many other issues in which we may even think that recovery is not what we thought it would be. Yet today we have tools that will allow us to continue to walk in the light of recovery and not in the destruction of the disease of addiction. No matter what life brings our way, we must continue to seek those spiritual principles that are embedded within our steps and traditions. With acceptance and surrender as the cornerstone of our recovery, we find that recovery will involve so much more than just the abstinence of the drugs. As we have a disease that is physical, mental, and spiritual. So, therefore, we will need to experience a surrender of all those areas that had been affected, if we are to keep and allow the awesome gift, we call recovery to grow and blossom into that loveable, worthy

**3rd Annual North Eastern Coast
TRADITIONALIST
Gathering 2022**

July 16, 2022
454 Fort Mott Rd, Pennsville NJ 08053 [Fort Mott State Pavilion #2]
10:00am to 1:00pm
Potluck Lunch & Dinner

CANCELLED

SERVICE DISCUSSION
GROUPS HELPING GROUPS
CREATING UNITY

THE TWELVE TRADITIONS
OF NARCOTICS ANONYMOUS

WITNESS LITERATURE
BY ADDICTS FOR ADDICTS

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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

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 — matrixmatclub@yahoo.com
Check Out Our Web www.nahelp.org/ Send check to: A.S.I.S. For NA

P.O. Box 4404 Allentown, Pa 18105 Write checks payable to
Historical Perspective Group of NA (Bring sheets, pillows, Towels and soap
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.....



and deserving person in which we are.

Just for today, with acceptance and surrender, we will continue to live the NA way of life. With the applications of our spiritual principles, we will begin enjoying life and ourselves, living in peace; we can and will find self-love, self-respect, self-forgiveness, and self-acceptance, as we walk the path of recovery. No longer will other, s approvals, replace the importance of self-approval, or that of the approval of the light in which we cannot see but we get to experience it every day when we awaken clean. Be who you are today and never sell your self short.

Be honest with yourself, express what you feel, and your opinions in situations that affect you and your loved ones, pick your battles for all of them are not worth your precious energy and time. Be true to self after all we count, always remembering that you are never less than, this I know that those who mind do not matter, and those who matter do not mind. Have a great day and always remember you are not alone.

**Written: By an Anonymous
Addict From: Michigan, USA**

God Provides for our Journey

God continues to provide for our journey in peace, and not in the chaos of those days when

our life was so overwhelmed with grief, pain, shame, and fear as we attempt to manage it with an addictive nature that blinded us with the darkness and perception and our denial.

When we first started trusting God, we had to come to a point to understand that The same Power that created the universe is available to create a new life as we learn to live the program of recovery. The light of life that exposes and drives away the darkness of the human race is the same light that brightens the dark corners of our world.

This source of all life and true light of the world is the 12 steps we found in the Fellowship of NA, and this is the source of all recovery.

A new life and are ours when we believe what God say's, renounce our tendency to do things our way we had been affected physically, mentally, and spiritually, our pain had become so great, and we had disappointed so many with our actions that often Fear and doubt are how we have learned to live

Self-Doubt is our journey, in the world of darkness in which we traveled, our weaknesses should never be an excuse for us to avoid what God wants to do in our lives. With God's help, anything is possible. We need to realize that God can capitalize on our strengths, helping us reach our full potential. Self-destruction, self-deprecation self-rejection, and self-abandonment had become our way of life; We

were tired and defeated and something was going to be needed, it appeared that this was our destiny and the legacy. We are right no one is exempt from the destruction nor the pain, which our inequities inflicted upon us.

We wanted to live but a miracle was going to be needed. Pain is inevitable but misery is optional. With a moment of clarity and understanding of God's power

We saw the truth and found that which has eluded us; we needed God's help and to overcome the fear we were facing it was only with faith that we could change our way of life, this task seemed impossible. Defeated and broken when all else failed we found ourselves, sitting seeking help from God he had to become the cornerstone of our new life. and that if we were to learn to trust him in our new life, we too could walk in freedom and live in hope.

We would need to seek a spiritual solution through that only one that could help us; we had to find faith and trust. With what God and his principles have shown us we are finding the faith that is essential, yet we also must remember that we have a choice we either recover or we fade into the darkness that is addiction.

In This Moment: In Recovery, we learn the NA way of trusting God in all areas of your life.

Written: By an Anonymous Addict From: North Carolina, USA

Silver Spoon Recovery

I remember coming to rehab wanting everything served on a platter. I could pick and choose what rehab center I would like to go to, I could choose what kind of methods I would be most comfortable with and so on. I didn't even want to go unless my wishes were met. It's like our litterateur says, I was only looking to get my pain lessened, at least for a while. I wasn't in it for an actual change of lifestyle, I just saw it as something addicts do, it's part of our way of life, we go to different rehabs, we keep using, we go back out, and the circle starts all over again. I wasn't surrendered. Others insisted that I must stop using, but I wasn't there yet.

Some say that rehabs plant seeds for future recovery, that they point the way to where actual recovery can be found. This might have some truth to it, but what I see more and more today is the opposite. That by going to treatment you actually prolong active addiction. When people from treatment show up at our meetings and get "confronted" with total abstinence they get very confused, some of them get very angry. They're still used to get what they want with the less effort possible. These days we even get drugs at rehab. We don't even have a chance to try our (NA) way of life.

I have learned from listening to my sponsor, by reading our literature and in action and prayer that if

(we close the door but we can peek through the window so that we can remember where The program and God brought us from it may help a newcomer to know you have been there and how you overcame it. Journaling is one of the most healing activities to bring about clarity and release negative emotions. It can help you uncover pain points, deal with them, and replace them

with positive thoughts.
In This Moment: We will close the door and lock it tightly on the pain of yesterday. We are surrounded by people and God and they love and accept us for who we are.

Written: By an Anonymous Addict From: North Carolina, USA



**2. Accept What You Cannot Change
(do we have in our hearts the serenity prayer)**

Do not give pain power. Offer gratitude for the positive qualities you have gained. God often uses our pain to benefit others. Focus on the good from each encounter. Count it all joy. We live in a broken world where emotional pain is inevitable. We may never forget the past, but we can choose how we look at it. Sometimes we detest ourselves for things we cannot control or fault others for our actions and feelings. You may never get an apology from the person who hurt you. They may not want to fix it, or worse, they don't see the pain they caused.

Sometimes it may be impossible for them to remedy, or they do not know-how. Our offender may carry their hurt over the incident. We are powerless and our lives have become unmanageable to move forward because we are sticking around for closure that is not possible. We do not like what has happened to us, but we accept it. It was not right, but we realize we could not have stopped it. We do the best we know-how. Accept this and close the door to your pain by forgiving yourself and others.

Bear with each other and forgive one another if any of you has a grievance against someone. Find the strength to forgive. Let go and let God.

**3. Allow Your Past to Transform You
(no one said it would be easy just worth it)**

Life builds our character where faith is developed, and strength and endurance come alive. We never understand how strong we are until we face challenges. When we glance back, we can see more clearly. We can't change our reaction to pain, but we can move ahead with a fresh perspective and increased clarity. Do not blame. Own it, fix it, and move ahead. By accepting responsibility for where you were, you can use it to improve your present and where you are going. What can you control today? What is beyond your control? Keep the best alive, learn from the past, but avoid living there. Walk forward in the present.

4. Allow Yourself to Feel (it is ok to have emotions today yes real people do cry)

Instead of playing hide and seek with your emotions, be honest with your feelings to foster healing. Sadness is okay. Buried emotions will only fester. Whatever you stuff gets bigger and explodes that is what we always did we hide our emotions with our addiction. Emotions can quickly pile up and threaten to overwhelm us. Sometimes we seek painful emotions by repeatedly digging into events that have hurt us in the past. We deal with it in our 4th step do our 5th and move on we don't keep going back to the past and living there

we want recovery, we need to work for it. It's that simple. There are other recovering addicts here to help, but they won't spoon feed us spiritual principles. We need to be willing to make the effort to get it. Sugarcoating will just get us back out there.

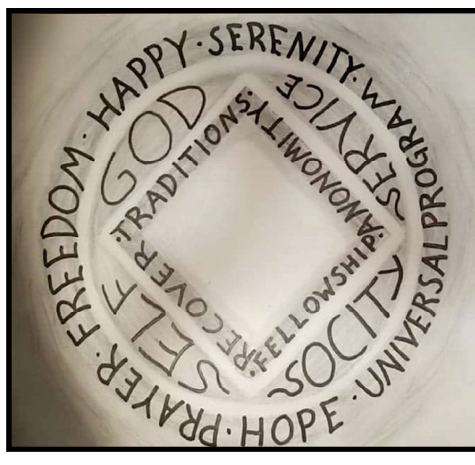
One thing I have observed concerning this is matter is how we drink coffee at our meetings. Sounds weird? Let me explain. When addicts show up from rehab in the early stages of treatment, they usually drink a lot of coffee (they usually also drink energy drinks, smoke cigarettes, chew chewing gum, play with their phones, but that's beside the point). When the meeting is over, they usually just get up and leave, leaving their coffee cups unwashed. After a while, when they have attended a couple of meetings, they start to dish their own cup. When they're out of treatment and are coming to our meetings by their own choice they start to help cleaning up after others. In NA, we call it selfless service.

This might not be true for everyone, but it illustrates how we slowly get less self-centered when we keep coming back. We start to make an effort.

We have a system today that are giving addicts what they want without having to make an effort to get it. They give us drugs and are believing our lies about how it saves our life. I've been there. The government, with the help of the dishonest using addict, are sugarcoating addicts to the point that addicts are

dying without a chance of getting to experience real recovery. It's a shame but it gets me even more committed to carry OUR message to the still suffering addict. We are responsible to do this, no one else!

Written: By an Anonymous Addict From: Sweden



Artwork submitted By an Anonymous Addict From Sweden.

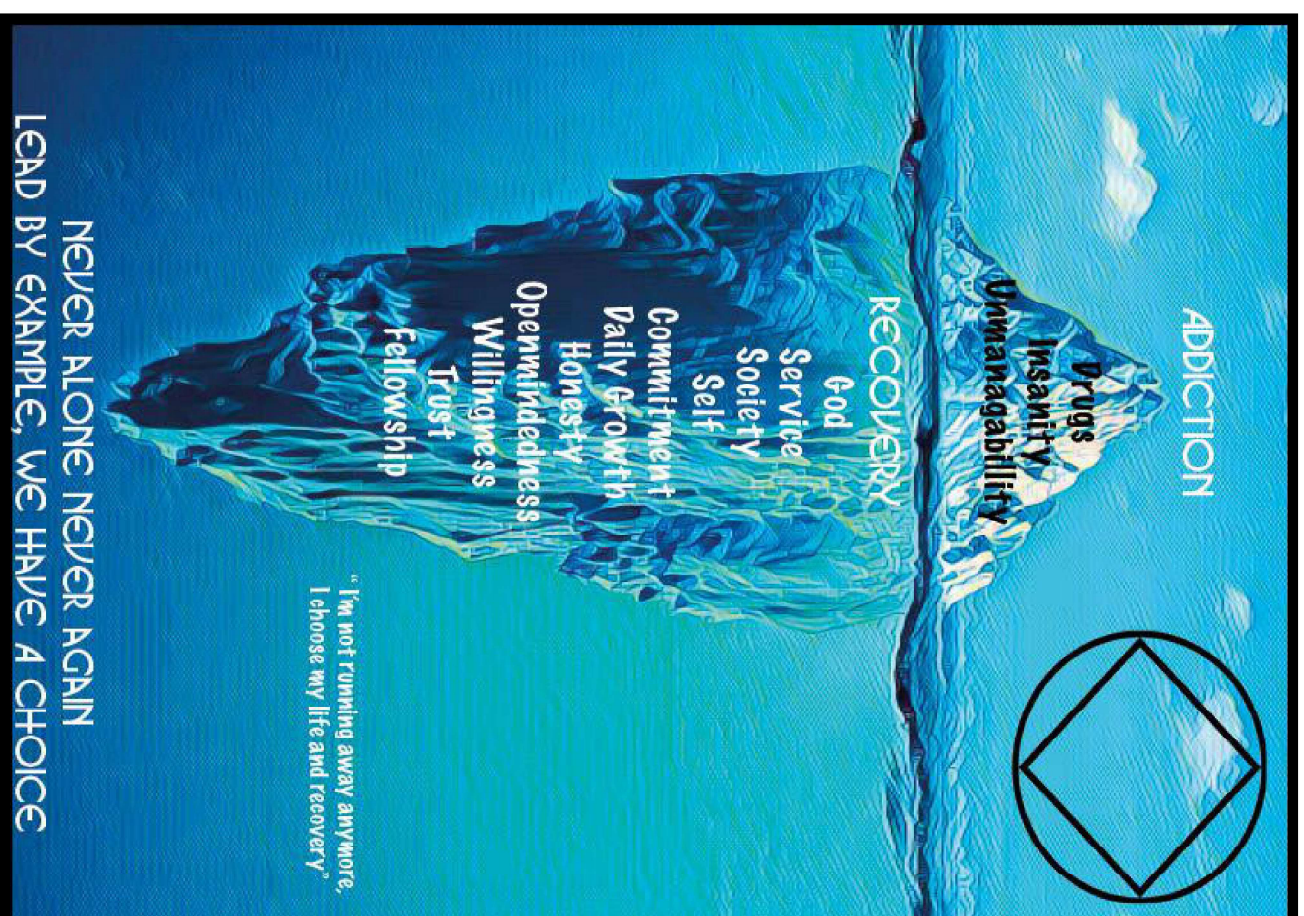
Following the NA Way of Life

I will continue to follow the NA way of life; I hope that you will join the journey also. Today I know that we are loveable, worthy, and deserving of all of the treasures in which recovery has brought us, along with all of those wonderful treasures that continue to await our arrival, that is as our spirit continues to mature and begins to understand the nature of the gifts in which awaits us. No longer are we walking this journey blinded and control by our fears as we are blessed to be walking in the light of recovery. Today, I know that I have been set free from the nightmare in which I once lived, not just to exist but to be that in which I am met to be. Our principles will guide me they will show me what I will need to know, and all I need to do is to get out of the way allowing acceptance and surrender to work. I am convinced that God's plans and his guidance for me will truly be better than anything that I can come up with.

Today we travel a path, this path will lead us on a journey, unlike anything that we have ever experienced, a transformation of ourselves in which we will experience peace, serenity, and at times harmony of the mind, body, and spirit. We will begin to realize that we are not human beings having a spiritual experience, but we are spiritual beings having a human experience. As our spirit contin-

ues to grow and mature, we will be faced with many challenges and opportunities, we may even experience the battle for control within us. Do not give up five minutes before that miracle happens. Often, I say take my will and my life, guide me in my recovery, and show me how to live. We must continue to maintain that in which we have been given by applying our principles in all of our affairs not just when it is convenient to us, as our recovery depends upon our willingness to move forward in our search of the truth and the way. As a result of our spiritual principles of NA, we get to walk in the light of our Higher Power, to enjoy all of the benefits of being clean and of our recovery. We are filled with gratitude, as today we have been given this new way of living. No longer blinded by our ignorance and denial of our disease, that is physical, mental, and spiritual in nature we have been given a solution here in our rooms and our steps. We will need to continue to explore and discover the truth of our recovery for it is the truth that will set us free.

Just for today, do not wait for everything to be perfect for this is not a program of perfection, but one of progress. Take time to enjoy your journey, find yourself, and learn to love and respect the very essence of who you are as a person. Continue trusting in that in which you cannot see yet you experience it every day as you awaken to a new day clean, with all of its



Healing the Emotional Pain of our Past

When we first came to the fellowship of recovery in N.A. We were looking for ways to escape our mind (and our heart) are both battlegrounds for our addiction, they were home to fragments of our life experiences that shaped us. Most of us are tiptoeing through pleasant pasture—mixed with shards of glass. An alloy of positive memories, like moments of our past (come on now it was not all bad)

Our diseases impacted us by painful incidents that cling like mold...polluting what makes us feel good about ourselves and others. Deep-rooted, emotional pain hurts that creep up in our memories. It thrusts us off balance, obstructs our plans, and often is difficult to let go. This messy, tangled web spreads throughout our life and affects the relationships it kills, steals, and destroys. When the source of painful memories creep in we scream in pain looking for an escape.

Ultimately, we become numb to our pain and even justify our reactions and make excuses. In this unhealthy state, we lose our joy and happiness. Pain paralyzes us, leaving us alone and broken in bondage to our addictive personality. Did we cry out for someone to please show us the meaning of life?

As difficult as it seems, the good news is we found help off in the program of the 12 steps to let the pain go. In the fellowship of recovery,

ery, God can restore us.

1. *Regardless of Your Past, Realize Your Story Matters*

Think of your history as preparation. Some people hide family stories and live in shame. But, good and bad, our actions influence us and equip us for our God-given purpose. Reflect on your past with openness. Do your part, even own your mistakes this allows the program to heal us when we learn how to live the steps. God will carry you through; our recovery can bring joy when we surrender and accept and are Honest Open-Minded and willing to change though we may stumble, we will not fall if we are living a program of recovery with God in the center, the fellowship our sponsor and God will uphold us but we have to learn how to live the steps one day and sometimes one moment at a time are we truly applying what we have learned But maybe you're claiming stories that are not yours? Let them go. You cannot control the actions of others, but you can manage your response. Sometimes we blame our mistakes on others. "If I hadn't experienced (fill in the blank) I wouldn't be like this," or, "if they had done this differently...I would be able to..." let us look at our side of the street and stop playing the blame game

opportunities to see the beauty that surrounds you and that which has been growing deep within you.

Written: By an Anonymous Addict From: Michigan, USA

ENCOURAGEMENT RATHER THAN DISCOURAGEMENT

Getting involved with service was a turn off for me in the structure that was the only one I thought existed for the first 10 years clean that I experienced. The Traditions were used as weapons to turn addicts against addict rather than helping addicts grow in Unity. It led me to at 3 years clean not participating anymore in area, or regional service. Instead, I focused on supporting the Home Groups that I participated in. What is sad is even with that being the case no one helped explain a true Group Conscience and the power that it has. So, I never experienced having a Conscience as a Group and leaving our egos at the door. Instead, we voted on things if we did anything at all. Whenever something like the guiding principles book was brought up to vote on no one wanted to take the time to Conscience anything. It is true what our Basic Text says about apathy and procrastination are two of our most inherent enemies. The addicts wanted nothing to do with accepting responsibility for carrying our message. Instead, it was

who could have the biggest parties, or who had the best home group. Competition ran rampant between Groups. Men's and Women's meetings were encouraged and building egos was encouraged rather than encouraging addicts to humble themselves or be humbled. Relapse happened over and over again as addicts didn't stay clean. Partial abstinence instead of Total Abstinence was encouraged. Standing for principles was frowned upon. Today I understand I may have stayed clean during that time, but the amount of recovery I experienced was very little. I owe amends to the Fellowship of NA as I participated in some of it even when it felt wrong. It was very discouraging to grow even just a little and start to understand what was happening.

Thank God, I found addicts that believe in honoring our Traditions exactly as they are. It has been a transition and learning to be encouraging rather than discouraging is part of that transition. Being honest and not hiding from reality, while still being encouraging to other addicts when we see the bs is much more difficult than when I was ignoring what is going on and staying so self centered that I literally didn't care how I was affecting others.

NA is teaching me to find the gifts each of us have. It is helping me seek those and to support each other as we learn together. Knowledge is not an excuse to not

Sports & Supplements in NA

If we ask the question about the positive effects of sports/exercise in recovery, I think we can quickly agree.

In recovery, sports and/or exercise contributes to a positive effect on body and mind.

However, there is a caveat and that is the intensity of training, nutrition and rest.

Many addicts in recovery throw themselves completely into sports, they can completely ignore the fact that next to training, nutrition and rest are essential parts.

A negative result of an imbalance in nutrition and recovery is overtraining.

Overtraining results in a hormonal imbalance, malnutrition, exhaustion.

Many athletes then look for a way to recover faster or to obtain a boost by taking supplements.

There are supplements that are harmless, but the active ingredients can be easily obtained from a healthy and normal diet.

What the use of supplements to a certain extent are superfluous.

But there are also supplements that are not as harmless as they are sold.

Peptides are added in such supplements, which can be compared to designer drugs.

These substances are continuously adapted to avoid doping lists. These substances are at odds

Never Alone, Never Again

Previously without N.A.

I felt alone.

I was cut off from the outside world.

I couldn't face people anymore.

I was killing myself.

I was done with the life I was leading.

I was no longer functioning in society.

I had lost all the friends that were dear to me.

I was hurting many people around me.

I didn't love myself.

I didn't know what reality was anymore, I was constantly numbing myself not to feel.

Now in N.A.

I don't have to feel alone anymore.

I no longer live in isolation and do the things I like, and which give me satisfaction.

I can face people and tell them honestly how I am doing.

I feel like I really have a life only now.

I feel like a worthy member of society.

I have new friends now, they are friends in the program, who accept me as I am.

I can give people the love they deserve.

I can love myself to a certain level.

I can distinguish reality from madness.

Written: By an Anonymous Addict From: Southern Netherlands

live by spiritual principles. Practicing principles before personalities means so much more to me today. It is how we learn to actually help bring others into the fold rather than pushing them away and making cliques. There really are no big shots or little yours when we are practicing Anonymity. We learn how to support one another and how to not support that which we don't agree with. We learn we can disagree without being disagreeable. We grow closer together letting each member grow in understanding. WE care. When we practice these things, we see the beauty of our Traditions. We understand that what affects NA as a whole isn't uniformity. We support EACH Group that seeks to learn how to honor our Tradition more. When we do this and help EACH Group learn that the Group is the most powerful vehicle for carrying our message we grow. We come to not fear what can happen when we trust the Traditions and the freedom that they give the Groups. We are encouraged as we start to take responsibility for carrying our message and for EACH Group having a conscience. It is so powerful being a part of a Group of addicts seeking recovery that care enough to take the time to form a conscience. Thank you to those that kept the dream alive so those of us that came later could truly understand the real power NA has.

Written: By an Anonymous Addict From: Nebraska, USA

not able to make a decision to use or not to use drugs. This is what our first step says. I am powerless in this matter, which is why I am here. In order to start this Path, I first of all need an honest desire to stop using. Not a decision, only a desire, and only an honest one. This is why it is so important to admit powerless over addiction in the first step. Recognition of the fact that I am not able to stop using, I don't need to make any decision; I need to admit that I am unable to make this decision to stop using. I can stop for a while, but I can't stop this process. I can't control it because my disease controls it. This is an important point. Because this admission leaves me with a feeling of helplessness and emptiness. The recognition and realization that I am unable to do this, the recognition that I have lost the ability to control anything, especially my own life. And this state, this awareness, is much scarier than the fear of being without drug. It's much more than fear. And this condition makes me cry out or seek help. And in this state, I am no longer able to think about using drugs. I am ready to listen to you, goes to meetings to read a literature and prays. And so, I go to bed clean, one day, the second, the third.... This is my second step. This is my belief that there is something that can save me from myself. And only then, I made a decision. This Decision has nothing to do with drug use. This Decision is to trust this Power and

let it guide me. That's all.

Written: By an Anonymous Addict From Russia.

Spirit Is all Power

Spirit, first of all, is power.

The power itself does not have a physical shell,

Respectively, the power is energy.

Energy creates life. It's the Light.

The mind is not a power or an energy.

The mind does not create anything.

The mind of an addict is a parasite that sucks energy.

It's Darkness.

The mind is what I think.

The spirit is what I do, contrary to the mind.

Spirit without mind is possible,

Mind without spirit is doomed.

Written: By an Anonymous Addict From: Moscow Russia



with what we as an NA community propagate.

Many take such products in ignorance; they are not or are not fully aware of the harmful effects.

In addition, products are sold with a marketing strategy that draws comparisons with steroids. The substances may be "legal", but the psychological effect of the name or the marketing behind it can have a harmful effect on addicts.

It's like drinking a non-alcoholic beer/wine. The brain does not discriminate, and the placebo effect can also lead to a clouding of the brain.

Can we addict's in recovery not use supplements at all?

My answer to this question will be, do you really need it and what are your intentions.

Are you considering taking supplements and you do not have enough knowledge? Then I recommend to first:

Examine your current balance of nutrition, recovery, and training.

Examine your intentions for taking supplements.

Conduct research into the active substances in the products and/or whether there are healthier/cheaper options.

Discuss it with your sponsor or someone from your group.

Written from my view and experience in sports and nutrition

Written: By an Anonymous Addict From: The Netherlands

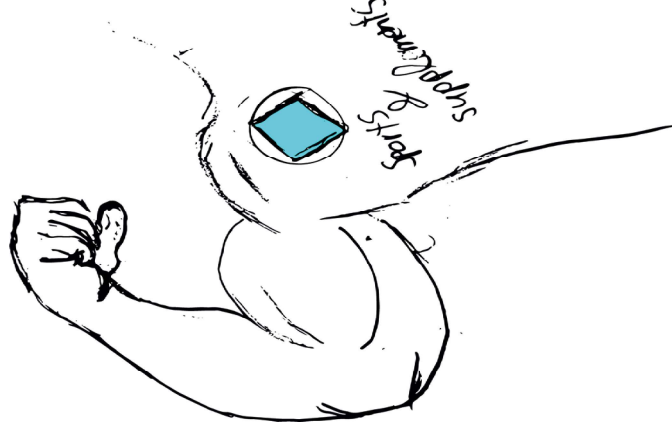
Not Just, Another Social Club

I never showed up to a meeting to just act like something was what it was not.

I have always steered away from those places where honesty didn't exist.

I never showed up just to make friends, but I have met a few friends along the way that help me in my recovery.

I never traveled a far distance to



a meeting just to hang out, I ended up getting fed spiritually because I put myself out there to be fed. My mind has not been closed, and willingness has always got me into being involved. I did not show up to scrub the sinks but by scrubbing the sinks it took me out of the self-centered mind set.

I do not show up on a regular basis and open the doors because I want friends,

Social acceptability, or to be the center of attention.

I show up to open the doors because someone kept them open for me. I have stepped into meetings when an addict said they were sitting there for weeks by themselves waiting for me to show up. I am responsible to do the same thing for the next addict.

Written: By an Anonymous Addict From: NJ, USA

It happens.

One day you wake up.

And you're in this place.

You're in this place where everything feels right!

Your heart is calm, your soul is lit.

Your thoughts are positive.

Your vision is clear, you're at peace.

The peace at where I have been.

The peace at what you have been through.

And at peace in where you headed.

What if it turns out better than you could ever imagined?

Written: By an Anonymous Addict From: The Netherlands

to the flu) but it was the start of stop drinking sugar sodas and fast food, eating more vegetables and fruit. I didn't plan it, but in my mind, I was busy with it and spoke a lot with my healthy sponsor about this one haha. This happens in God's time again... The trust and faith to let go and let God is powerful, yet I didn't understand that part of recovery so far. This event helps a lot for me and brings much faith and happiness in my life at the moment...

I think happiness is about letting go of what you thought your life was supposed to be, and just embracing where you are now, and how special NA is when we work it on a daily basis.

Article By an Anonymous Addict From: From Southwestern Netherlands



Decision

I often hear this phrase at meetings. "The decision made not to use drugs." It sounds strange, from an addict who is powerless before addiction, the symptom of which is drug use. Only one Decision is mentioned in the 12 Steps of NA. It is a decision to turn our life and will over to the care of God. In other words, to follow the path of recovery of the NA program. If I could make a decision whether to use it or not, it makes no sense for me to be in this fellowship. I made the "decision" not to use hundreds of times, I was enough for a few days, painful days. I think you know what I mean. I know those who managed to hold out much longer, many of them are no longer alive. What I took for a "decision" was actually fear, the fear of getting into trouble again because of my addiction, I was afraid that everyone would find out about my addiction. Because as the disease progressed, any use was associated with the appearance of problems, in the family, at work, with the law, etc. I was just afraid of losing even more, afraid of condemnation and general censure. And it seemed to me that this time I definitely quit, but as we have already found out, not for long. In the end, I began to change some drugs for others, changed my place of residence, friends. Nothing worked. In the end, I always came back to the drug of my choice. Therefore, an addict, just like me, is

has been painful being stuck in the hopelessness and helplessness of admitting that my life I am powerless over my addiction and that my life is unmanageable. It's not as hopeless and helpless as it was when I got here, and I have some manageability and social acceptability in my life today but Recovery?

I can be honest with myself and say that I do not have recovery on a deep level right now. I still have those same gut-wrenching insecurities and fears that I have always had even though I know that feelings are not facts. After being in step two for a little while now I am noticing things that I did not notice when reading it before. For example, it says that we have to accept this step-in order to START our road to recovery. When I read that the other day it hit me on a deep level because I knew what it meant. I have been doing a lot for my recovery on a daily basis and my life has improved a lot since I got here but I have not recovered from that hole in my gut. I have not recovered at the level of feelings and emotions and all those things that would take me back to drugs or some substitute time and time again. For so long in this program I have been doing things at surface level without even realizing it. I still do at times at times, and it usually takes someone to challenge me and tell me to get real in order to get anywhere. I believe that with the Greater Power that brought me to

this program and the people that have been placed in my life that I can be restored to sanity and can rise above my fractured personality.

Written: By an Anonymous Addict From: Ohio, USA

I'm proud of you.

In case no one's told you lately.

I'm proud of you.

I'm proud of you for pushing through everything that you're going through.

You are so much stronger than you gave yourself credits for...

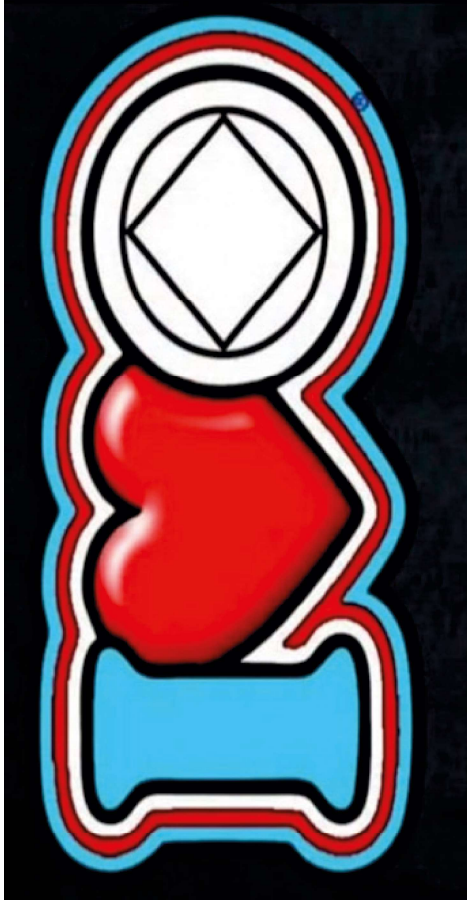
And you are capable of doing anything in the world.

I believe in you!

Written: By an Anonymous Addict From: Sweden

The Energy in My Soul Is Exploding

I have just drawn and written a little on my day off because I am extremely grateful for what NA has given me in recent years. I heard this text and wanted to share it with you because, thanks to NA, I am so happy and grateful with how life is threatening me in recent time... The energy in my soul is exploding, I lost 13 pounds the last month, (thanks



Returning of a forgotten dream

Our literature states "Many of our dreams, forgotten and obscured by our addiction, return and help us regain the sense of wonder and excitement at the miracle of living clean." This became a reality for me when I got to teach my oldest son and the children in his class about building a house. This experience was once a dream for me that has been forgotten and repressed by my addiction. It was once one of my dreams to have children of my own and be able to teach my children something. That once seemed like a very nice goal in my life. Unfortunately, my addiction worsened, my drug use increased and I became sicker and sicker. After all, in active addiction, things were totally different. There were no more dreams and I had only one goal and that was to use drugs. Once I had my first son and he was healthy, thank

God, I looked after him far too little. In active use I could not even take care of him. I also didn't like to have any responsibility at all. I'd rather would be alone. A few years later I had my second son and the same thing happened. My children actually got in the way of my drug use. I did the boys a tremendous disservice by doing this. It still hurts that the disease is so ruthless and to see what I have become of it. If there's one thing I know, it's that addiction takes precedence over everything else. Nothing matters anymore in the end.

Thankfully, through desperation, I ended up at NA and with the help of the program, a sponsor and God, I have a new life where I get to have new experience living a clean life. So a while back I was asked to teach in school to the children in grades 1, 2 and 3. I hesitated for a moment but knew that it could become something very beautiful, just the idea that I could do this

touched me deep inside. There was that old dream of mine coming to life, the goal I once envisioned in my life. While in college, I also studied to become an engineering teacher. Now, in hindsight, it seems like a perfect convergence of a lot of things in my life that I knew deep down I would love.

All the principles and values I learn in the NA program I feel are reflected in these events. It feels super good to do even though I have felt some fears with it because before this I had to make choices at my job. I can tell you that now it feels like a gift from God to realize that I was able to do this in this way. It felt overwhelming in every way, like intense happiness. I could even enjoy all the children in the moment. They were very enthusiastic and impressed. I had brought stuff like a helmet, very large drawings and pictures to make it tangible. They asked very good and fun questions. We even laughed at some funny jokes. Really great.

And my son who had a tummy ache in the morning from the excitement because daddy came to tell in class, he thought it was so exciting. I had asked him earlier if he could help me talk about our house. In class, when the tension was gone in him, I saw that he was shining when he looked at me, very happy and proud of his dad. It makes me feel an incredibly strong sense of gratitude that I can do this now. That this old dream is coming true and all because I am clean and

working on the program. Together with God's help I can experience this in this way and have these feelings of intense happiness. These are new experiences that I get to go through and share with other recovering addicts. It is not only the pain that we can share but also these moments. It is great to be human.

Written: By an Anonymous Addict From: Southern Netherlands

Rising Above My Personality

I remember back in middle school when I first started feeling self-conscious, socially awkward, and insecure. I arrived at this school in the sixth grade after attending nine different schools up to that point. I was always the new kid. I lived with my mother mostly growing up and she went from marriage to marriage, house to house and town to town after she and my father separated when I was three years old. This was obviously a fertile environment for raising an addict.

I remember how nervous I would feel before attending my first day at a new school. Everyone seemed to be talking about me. I would get several notes from girls that I had not even met yet asking me to be their boyfriend. This also made most of the boys do not like me very much at first, but I was fairly good at sports though, so they eventually

warmed up to me.

I was incapable with interacting with the other kids the way that most of the kids in school did. For the most part they seemed happy joyous and free to be themselves. I on the other hand was so shy and awkward that it was painful. I became friends with the popular kids and, but I was not like them. Most of them had parents who were successful and still married to each other. They did not seem to have to worry about having their needs met or where they might be a year from now.

I also hung out with the bad kids for a time and got into a lot of trouble. Their lives seemed to look a little more like mine. Their families were usually poor and split apart and had a lot of dysfunctions to them, but I didn't seem to feel like I fit in with them either. I genuinely wanted to be good and to have a good life, but I did not know how to be myself and feel like others would accept me for who I was. I could not accept me for who I was.

As I got a little bit older my friends who were a couple of grades ahead of me started using substances and I joined in on the action. I remember feeling free to be myself. All of my problems and insecurities seemed to go away. I could be the person I wanted to be socially, especially with girls, when I was under the influence. I did not like being out of control, I wanted to feel like what I thought normal people felt like. From that moment forward my life

revolved around getting, using, and finding ways and means to get more. The using changed over time in amounts and substances and there were times when I would cut back for a time because I had to for one reason or another, but I never missed a day using something. Drugs had become my answer to my dilemma and eventually took me to a place where I was unable to recognize myself in the mirror anymore.

Then by what I could only call divine intervention God brought me to my first NA meeting. Eventually I stopped using all drugs and began to feel all of that old pain all over again. I have been desperate, hopeless, and helpless without the drugs that took away the pain of being me. I believe I had a fractured personality long before I picked up the drugs but now, I had that plus all the wreckage from my using, lying and manipulation. For a long time, I was frozen with fear about what I had done but most of all who I was. As I started to inventory myself daily and have started to get honest, I could see how terrified I really am and how little I know about recovery.

In a few years in this program, I have become much more socially acceptable and have applied Honesty, Open-mindedness, and Willingness to try to the best of my ability and have learned that I can't grow by only doing the things that I want to do in recovery. I took step one a couple of months ago and it