

The New/Old

# NA Way

*Conference Report*



*Special Edition*

Volume 50 - September 2022



The New/Old NA WAY Magazine  
Volume 50 - October 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

# The New/Old NA Way

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

# Conference Report

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*F.S.C. 2022*

**F**ellowship **S**ervice **C**onference  
for Narcotics Anonymous

# *Chair Report*

September 30th, 2022

Greetings from Nebraska and the Netherlands to the participants of the FSC, It was another great year with the FSC and growth by the Groups of A.S.I.S. It was great to be back in Hamburg PA. It felt like coming home. The great conversations on the rocking chairs, the food, and the meetings around the fire, as well as staying there together. This year we had a lot of great reports. From the report from an addict in the Iran Fellowship sharing what they have been going through and the excitement of Groups truly understanding their responsibility to Groups that have been around since the beginning of the FSC seeing the dream become reality. Much was focused on growth in Group reports. Lots of shared ESH of PI efforts to build Home Groups. The conference showed better communication between Groups but there is still lots of growth to come. One tool that we are including is from past FSC minutes which has a description of how things work at the FSC. Some changes were made to reflect changes that have happened such as including proposals with motions. A proposal is just a motion waiting to happen. It is what we get each year either returning back from the FSC as a motion that didn't pass, or a new motion. These are called proposals because they still have time for changes. It is the responsibility of the Groups to communicate with each Group if there are issues with proposals before January 1st so changes may be considered by the Group that brought the proposal. After January 1st, 2023 those proposals will be motions. The only other change was making sure it showed we go over all motions voting and then go over reasons for not accepting them if Groups choose to vote no or abstain. Once again, a reminder that of how important it is for Groups to communicate with each other during the time from the end of the conference in June until January

so that any concerns or suggestions can be made during this time. It is such a privilege to be part of a service structure that is directly responsible to the Groups. Proposals only come from Groups so if there are things your Group feels needs changed, please bring your proposals to the conference. One suggestion that was made was for Groups to bring written reports or send written reports to the secretary if they want. This will help make sure things are clear from how each Group stands as well as help make sure nothing is changed from what Groups have conscienced before the conference. This years minutes will be the most comprehensive FSC minutes yet as it basically will be a transcription of the whole conference. This would not have been possible without the new secretary positions as they helped step up and help get this done. We still have about a half hour to transcribe and it is over 100 pgs so far. We also had other addicts offer to be of service that helped get it done also. We are here to serve the Groups so if there is any way we can serve please let us know. Can't wait to see you in June of 2023.

In loving service,

Eric D 1-402-640-2471 - ericenvisions@hotmail.com

Erik F (co chair) +31646711134 - 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 minutes 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, 2023! THAT IS WHEN THE PROPOSALS TURN TO FINALIZED MOTIONS FOR THE 2023 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 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 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: First year motions require 100% to pass. Any NO vote will hold the motion up for one conference cycle for further discussion, input and review by the Groups. That said, for returning motions if the combined ABSTAINING and NO votes 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.

**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.

# Motions & Proposals

## 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

#### Votes

A Way Out: Yes

Original NA Hengelo: No

Antligen Fria Group: Pnv

Recovery First Group: Yes

Historical Perspective Group: Yes

Grateful Wake Up: No

Never Alone Never Alone Again Again: No

Different Look Group: Yes

The War Is Over Group: No

#### Motion does not pass

50% yes

50% no

### **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

#### Votes

A Way Out: Yes

Original NA Hengelo: No

Antligen Fria Group: Pnv

Recovery First Group: Abstain  
Historical Perspective Group: Abstain  
Grateful Wake Up: No  
Never Alone Never Alone Again Again: Abstain  
Different Look Group: Yes  
The War Is Over Group: No

Motion does not pass

25% yes  
37.5% no  
37.5% no

**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 literature 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

Votes:

A Way Out: No  
Original NA Hengelo: No  
Antligen Fria Group: Pnv  
Recovery First Group: Abstain  
Historical Perspective Group: Abstain  
Grateful Wake Up: No  
Never Alone Never Alone Again Again: Yes  
Different Look Group: No  
The War Is Over Group: No

Motion does not pass

12.5% yes  
62.5% no  
25% abstain

## 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

Votes:

A Way Out: Yes

Original NA Hengelo: No

Antligen Fria Group: Pnv

Recovery First Group: Yes

Historical Perspective Group: Yes

Grateful Wake Up: Yes

Never Alone Never Alone Again Again: Yes

Different Look Group: Yes

The War Is Over Group: Yes

Motion does pass

87.5% yes

12.5% no

## FIRST YEAR MOTIONS 2022

### 2022 A

Historical Perspective Group

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

Votes:

A Way Out: Pnv

Original NA Hengelo: Yes

Antligen Fria Group: Pnv

Recovery First Group: Yes

Historical Perspective Group: Yes

Grateful Wake Up: Yes

Never Alone Never Alone Again Again: Pnv

Different Look Group: Yes

The War Is Over Group: Yes

Motion does pass

100% yes

**2022 B**

Historical Perspective Group

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

Votes:

A Way Out: Pnv

Original NA Hengelo: Yes

Antligen Fria Group: Pnv

Recovery First Group: Yes

Historical Perspective Group: Yes

Grateful Wake Up: Yes

Never Alone Never Alone Again Again: Pnv

Different Look Group: Yes

The War Is Over Group: Yes

Motion does pass

100% yes



*The following material is written at the EFSC 2022. It was a workshop about growing pains.*

## **Total Abstinence and 5th Tradition**

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Primary purpose is to carry the message to the addict that still suffers. Because this is all we have to give.

### **Collective message:**

When we first came to NA, we did not know that medication was drugs also.

We got our information from miss informed people. For many years many of us used these (prescribed) drugs. There were times that a certain pill did not work anymore, and we would go to our doctor for something else, something stronger.

Maybe here were times we didn't use street drugs at the same time. But these drugs did not keep us clean. And still our minds were fogged. It was exactly what we like so much about drugs. We didn't have to deal with our feelings. We were still running away from them. We still couldn't deal life on life's terms.

Some of us came to NA and still using medication. And thought it was enough to be abstinent from street

drugs. In NA we learned that there is no chemical solution for a spiritual problem.

Some of us could not accept that and left the Fellowship. But they who were willing to listen and hear our clear message of total abstinence and trusted in the ones who told us that any addict could lose the desire to use just for today. They look back now clean from all mood-altering substances and feel the freedom that is a result of their decision to quit all drugs.

For some of us the only right thing was to be totally abstinent. For another person was it the scariest thing that they could think of. We need to be honest with our self. Because how can we think that we can take in the message of hope and freedom with a closed mind.

What attracted me to recovery: the people and their happiness and hope...then I found out what they did, how....by then te message of hope and freedom had been shared. What message did I recover:

Total Abstinence: When I got honest, my personal experience in active addiction taught me that I would abuse anu mind altering substance, and all would trigger the obsession and compulsion. If we believe this to be true then its important we share it or others will not find the freedom we have. We need to be mindful trough that years of using drugs is a hard thing to let go of, so we need to expect resistance. We are

all free to come to NA or not. All we can offer is what has worked for us and encourage others to try....

It is all still going to be out there if they change their mind.

How as a group do we carry this message? Unity in message and our shared experience.

As individuals we may fear confrontation, difficult conversations, we are powerless over this. We need to remember what worked for us.

Most importantly if we carry our groups message in Tradition Five, we get away from our own self centeredness, defects and this helps us carry a true and honest message without us getting in the way.

We do the work and leave the rest in Gods hands.

Freedom from active addiction means we never have to use again. We can find freedom from obsession, compulsion, and the isolation which results from said above.

Isolation is bondage of self, being stuck, and repeating this vicariousness cycle, leading to death. We do not know how to deal with life on life terms, and drugs gave us an easy way out. We didn't know that drugs makes us unable to see reality for what it is.

For NA to work we cannot continue using. Addiction is a spiritual disease, effecting not only body, but also mind, and spirit. We tried turning down our usage, and it didn't work. Switching drugs didn't work either. Our spirit is broken and needs spiritual help. For

this very reason we do not differential between drugs. We need to be total abstinent to feel the empty spirit, for it brings us desperation, then breaks down our denial.

We in NA must crate an atmosphere where this is possible. Our aim should be that every person that is new should hear what our program is about. We do that by example since we are the message. Would you become total abstinent if I wasn't? Only when we aim for this goal together, unity is created, and we can let God save addicts.

I had one friend in live and we had a complex relationship. In fact it was my girlfriend and I prefer her over other women. There were doubts of course for some parts were....., but it's real love so at the end I felt I made the good choice for she is very convincing.

So I made the choice between free man or friends and we discussed our relation. It changed and it had its demands, but I got back more and more. It was real love and there as no betrayal because I had the hand in it myself. I could love myself and I had my partner. Then it changed neglecting the .....and a big problem opened slowly to some kind of concienness.

A photo of myself in the past without a soul, just staring but still living. Go back was a sane answer.

## **A life saving task. Help hopeless people.**

I was hopeless, thinking about what I 've heard months earlier at a NA meeting. What we are destined to if we don't recover. I was at that point and I were totally hopeless, I gave up. Something made me call a person who was eager to come by. When he came by he told me he had a solution. The solution were almost more scary then the hopeless situation I was in. He told me to read this book and follow the suggestions. I did. He had spread the message to me and forever changed my life!!

Total abstinence was impossible before this moment. But now it wasn't anymore. Total abstinence used to be for short periods, filled with pain, battling the .....

We got our information from misinformed people. For many years many of us used these (prescribed) drugs. There were times that a certain pill did not work anymore, and we would go to our doctor for something stranger. For NA to work we cannot continue using addiction is a spiritual disease, effecting not only body, but also mind and spirit. We tried turning down our usage, and it didn't work. Switching drugs didn't work either. Our spirit is broken and needs spiritual help. For this very reason we do not differentiate between drugs. We need to be total abstinent to feel the empty spirit. For it brings us desperation, this breaks down our denial. We needed to be honest with our self, because

how can we think we can take in the message of hope and freedom with a closed mind.

I was hopeless thinking about what I have heard months earlier about NA meeting. What we are destined for if we don't recover. We were at that last point and I was totally hopeless, I gave up. Something made us call a person who was eager to come by. When he came by. He told me he had a solution. This solution was almost more scary then the whole hopeless situation I was in! He was in practicing spiritual principles attracts other addicts who seek recovery. Most importantly if we carry our groups message in Tradition Five, we get away from our self centeredness, defects and this helps us carry a true and honest message without us getting in the way. We do the work and leave the results in God's hands.

### **EFSC 2022 leftovers**

Deze waren losse papieren tussen Total Abstinence in:

How can we keep our members?

People are scared of the message: total abstinence

People felt judged when not writing daily inventory

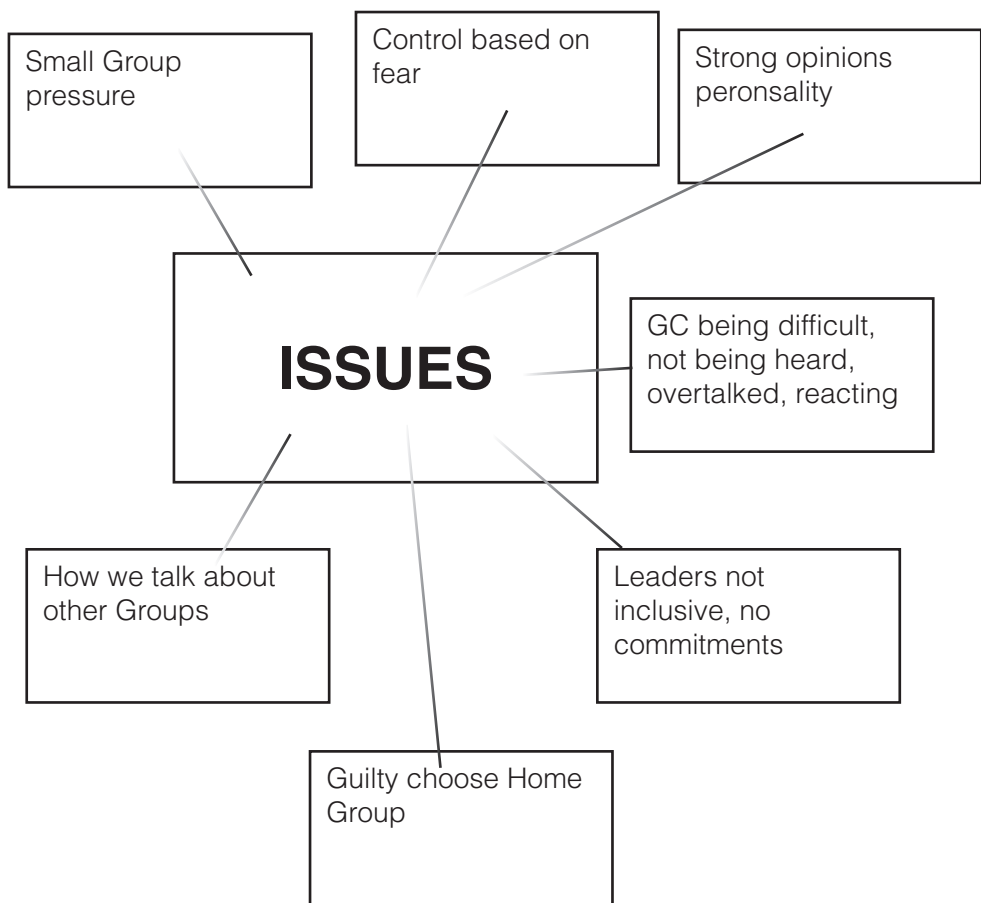
The word GOD, drives them away

It's important to stay true to our message. We have to remain patient with carrying our message. Keep people at ease and make sure

They're not intimidated. Have only one person pick up the issue service position?

Lack of tradition knowledge  
Outside issues before during after the meeting  
Newcomers have a hard time connecting because of clicks  
Not all members are willing to participate in their HG

Sense of urgency in matters concerning the group or lack of urgency  
How to overcome a one gender group  
Lack of atmosphere of recovery and a lot of shares about difference



## Article about Group Conscience

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The preamble of the Traditions warns us for the internal and external forces who can cause deviation or even destroys us. The reason that we as groups can come together and continue to carry a NA message are the Twelve Traditions of NA. Tradition Four states that every NA group is autonomous. A lot of our groups choose to create a group policy to guarantee this autonomy. The experience of the past teaches us that subjects like total abstinence, certain original literature or ignorance about service structure, can cause controversy. On such moments personal opinions and internal and external forces can get the upper hand. This has immediate influence on the atmosphere of recovery, the safety of our members in the meeting and makes it difficult for us to accomplish our primary purpose. In these moments it's important that members of the Home Group stick to the spiritual principles, to maintain the group policy and follow the Traditions to get back to a recovery oriented meeting. It can be the case that the chair person must intervene and point this out to the attendees or even pause the meeting, so that afterwards the meeting can be resumed with a prayer for the still suffering addict, and can again highlight our First and Fifth Tradition. These kind of events can have impact on the attendees of the

meeting. That's why it's important that newcomers and visitors can be taken care of after the meeting to talk about where we stand for and what our principles are. It is important to discuss this in de Group Inventory and to take it to the Group Conscience meeting.

## Article about Sponsorship

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It's important to build up. When you build up a relationship with your sponsor, you will also get to know your sponsor family. In your family will have a grand....

In sponsorship giving direction to an addict is the main goal. When we sponsor, it's also important to remember that personal recovery comes first. The best way to sponsor is by giving example. It's like an extension of your own program. Because we can only keep what we have when we give it away.

### Sponsorship

Mijn sponsor heft ook een sponsor. Het is een stamboom die vaak leidt naar lange cleantijd. Het is kennis en ervaring die we delen in dit geheel en alles vrij geven en ontvangen.

### Sponsorship

Jouw sponsor heeft zelf een sponsor. Hij is jouw grandsponsor. Hij zal in jouw herstel meekijken en er voor je zijn als je er niet uit komt met je eigen sponsor, bel hem of haar op en deel

waar je mee loopt of doorheen gaat.

## Sponsorship Relatie

Gebaseerd op vertrouwen, van allebei de kanten. Het is in mijn ervaring niet per se een vriend in het begin, maar naarmate de relatie langer duurt, voelt het wel steeds meer zo. Mijn go to person. Eén van de eerste relaties die je aangaat. Het is eng, vooral als de relatie langer duurt. Zowel sponsor als sponsee kan iets leren.

## Wat is een sponsor?

Een sponsor is een herstellende verslaafde, man/vrouw, met ervaring in het Twaalf Stappen programma van NA. Over het algemeen is een sponsor al wat langer clean. Het is niet alleen iemand die je helpt met het schrijven aan de stappen. Vaak het je regelmatig, het liefst dagelijks contact. Het is iemand die je jouw

problemen in het dagelijks leven, groot of klein, toevertrouwt. Het gaat er niet per se om dat je sponsor je beste vriend/vriendin is. De relatie is gebaseerd op vertrouwen. Sponsors wijzen je de weg, alleen ben je zelf degene die verantwoordelijk is voor jouw herstel. Het is belangrijk dat je eerlijk durft te zijn, zodat jouw sponsor je ook eerlijke, liefdevolle suggesties kan geven.

Our sponsor don't necessary have to be a best friend. It's a relationship based on trust. If we share honestly about our problems in our daily life, our sponsors are able to help us by the best of their ability. Sometimes it will be hard, but living truth. Although our sponsors give us direction, we are always responsible for our own recovery. Sponsorship can be seen as a two way street, it's the therapeutic value of one addict helping another.



## **Some addicts' experiences about service in the meeting.**

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Does service in the meetings need a structure? Or can we just follow our hearts?

That's what we talked about. How do we keep the spirit of service alive, when it starts to be a routine. Maybe we have to come back to our purpose: to bring the message to the newcomer. If we really open the door to the meeting and see that we're doing it for this reason, we develop another attitude. We realize the importance to reflect time by time our motivation to do service in the meeting. Like an addict said: we do recovery-based service and not service-based recovery. A point in recovery can be to let go and overcome control, and not to stick too long at one service position. To take the commitment for a service position also includes the willingness to give it up at the right time. For a newcomer it can be very important to learn about responsibility by doing service and becoming to feel as a part of the group. To get the groups' trust. For so many years, no one trusted us and it's the beginning of hope that someone puts trust in us. It kept many of us clean and gave us structure as well as a purpose to go to the meetings. If we stick too long onto our position, we don't give others the chance to gain the same experience. Reliability in the meetings can help to

make addicts feel welcome and safe. Here are some practical ideas to do service:

- To give our phone number to a newcomer
- To be teachable
- To ask a newcomer for her/his phone number and to call her/him a few days after the meeting
- It's also service to have a good contact to our landlord, because we represent NA
- To give a book and a flyer with meeting times on it to the newcomer
- To give a hug

Doing service is service for yourself and service for others.

## **Area**

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- 8 Groups in the NL
- All in one Area
- Per group 1 GSR decided by that individual group

Purpose of the GSR:

Carry the message/decisions of their HG without making personal decisions. They are only the messenger.

To give HG's time to have GC and decide to vote on or what to say at the area. We recommend 1 area meeting per quarter.

Whenever a HG brings in a proposal it will be accepted and brought back to all the groups. All the HG's do GC on that matter and bring back their decision at the next area

meeting.

We need to give the HG all the room to create GC on proposals. There is no time-limit and we believe in 100% unanimity.

Proposal → HG → Area → Can we agree → Yes → No → HG's → Area.

When the area proposal still doesn't have 100% unanimity it needs to be clarified and the go back to the groups.

To have a clear communication between groups we should appoint a secretary to make minutes.

So the HG's know what's going on.

The where will you host it is rotat-ing and it's going to be at the meeting place of the HG, book it for 2 years and set the date. Secretary makes minutes at the end of the meeting. They will sit down to receive it and to look at mistakes or forgetting things. And when the GSR's approve it they will asap send it to the groups.

## **WEBPAGE**

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The NA groups created this web page to provide information for those looking for help with their drug problem or those looking for information about the NA program.

If you're looking for help to get or stay clean we welcome you and suggest you come to the next NA meeting.

You can find the NA meetings here or call us on the phone number.

Following are a couple frequently

ask questions FQA to help you on the way:

- ***Do i need to be clean to attend a meeting?***  
No you do not have to be clean to attend a NA meeting, but suggest you keep coming back clean. We are here to help.
- ***Am i a drug addict?***  
If you think you have a drug problem you probably do. (Page 16 BB) an addict is a man or a woman whose life is controlled by drugs in one form or another.
- ***Is an NA meeting free?***  
Yes, Every NA meeting is free to attend .
- ***What is a closed NA meeting?***  
A closed NA meeting is for drug addicts and people who might think they have a drug problem.
- ***What is total abstinence?***  
Total abstinence means not using any mindaltering and mood-changing substances .
- ***Where can I find an NA meeting?***  
Click the link to find a NA meeting near you.
- ***What is a NA-meeting ?***  
A NA meeting is a group of recovering addicts coming together to help each other to stay clean.



- **How can NA help me to get clean?**

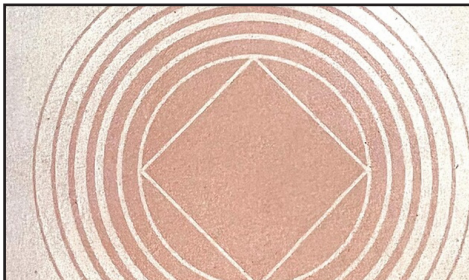
We feel that our approach to the disease of addiction is completely realistic for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand another addict.

- **What happens at a NA meeting?**

At an NA meeting recovering addicts come together to share their experience with living clean and the NA program and some meetings we read literature, at other meetings we invite an NA member to share about his or her experience in the program, and other meetings are open discussions.

- **I know someone with a drug problem, How can I help this person?**

If this person wants help we are here to help! He or she can call our infoline or even better come to the next meeting, Link meeting.



## **One Addict's Experience at EFSC 2022.**

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Now 1 week later of the EFSC I thought it would be a good time to write an article about the EFSC 2022. It is my second year that I was at the EFSC. I remember well that last year brought a lot of tension and anxiety. This year I felt that less except for one thing, I was asked if I wanted to assist with hosting the EFSC, my first reaction was no I don't. I can't do that, my English is bad, what will they think of me sitting there, however the question was if I wanted to host it briefly in Dutch for the people who don't speak the English language well. Then a bright moment came to me, it is service what I can do and to service I can never say no. In N.A. I learn every day, when I avoid my fears, I give in to them, and again I keep myself from growing. I surrendered to my fears and just went and did it.

We arrived on Thursday, September 15 in the morning, I slept with someone in an RV, we had prepared our sleeping place, and then we went to help prepare the conference room where all the great things were going to happen of the weekend. We set up the couches, chairs and tables just as it was last year. We had brought several posters that we use for the P.I. work in the Netherlands, it was nice for decoration in the room. When we

were done with this, the rest of the members arrived at the venue. It was great to see some new faces from the Netherlands, and also that there were members from Sweden, America, England and Germany present. It felt good to hug everyone, it felt like coming home to all be together to work on great things.

The workshops we did were great, for example I was in a group where we were going to write an article about sponsorship, what a sponsor is, where to find a sponsor etc. With us in the group was someone who was just in the program and didn't have a sponsor yet. We started the group writing about sponsorship, it seemed he was in the right place, where members shared their experience with a sponsor. There was also a workshop on growing pains within a home group and how we focus on traditions here. Saturday we had a workshop on creating an Area, this was so great to really feel that we have come to a point here in the Netherlands of creating an Area. To make such a big step forward between the communication between the groups here in the Netherlands, it is a beautiful thing that we are going to work in the Netherlands with creating an Area.

I also want to share something with you from the Saturday night where a lot of tears were shed. I closed my eyes during the speaker's share and felt deep in my heart that I was touched. I was touched

because I felt that God has brought me to the right place, a place that I am convinced is it. A place that I am so fucking grateful for that there are addicts here in the Netherlands who stood up for a clear message several years ago and started as a small group and made this into something super big. I write this now again with tears in me eyes, that I am so grateful for these people, that they have stood up, that they have faced it, and that they have given me a clear message which has kept me here at N.A. . It's great to be a part of this for 2 years. That we have such a great network with the groups in the Netherlands, that I have a Home Group that I will always stand for, and that I always feel at home at the meetings where I come as a visitor. RFNA is an opportunity for me to have daily contact with members around the world, to see what great work they are doing and to learn from them.

It was a great EFSC and look forward to next year to see everyone together again.

## **Experience 2022**

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For some of us it was the first time at the EFSC. We didn't know what we could expect. The welcome was very great and warm meeting people from different regions and different countries. All suffering the same illness. Entering the group we could immediately feel the group vibe. The fellow-

ship sitting together at the open fire was great, special and spiritual. The story “Godfather” Bill A. was a great example for us, more than 40 years clean. Never used again, that is what we also want. Talking with fellows during the day, again and again recognizing over common experience. We are addicts so new experiences are anyways scary to us. This was not any different when we came to the EFSC for the first time. Through the Steps and the faith we have in a Higher Power.

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It's my first time at the EFSC. I didn't know what I could expect. The welcome was very great and warm. To meet people from different regions and even different countries. All suffering the same illness. Entering the group you can immediately feel the group feeling: the Fellowship.

Sitting together the open fire was great, special and spiritually. The story of “Godfather” Bill is a big example for me. More than 40 years clean, never using again, that is what I also want. Talking with fellows during the day, again and again recognizing common experiences.

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My experience is that the more I'm giving away in our program or doing service with my home group, the more I get to know how important it is to carry the pure message of NA, total abstinence because it is the cornerstone of our program and the best way to grow, with a clear mind. Doing

PI, translate, every meeting having a commitment on a daily basis with my sponsees and sponsor. (Practicing spiritual principles attracts other addicts who seek recovery.) Every day I'm busy with how we can spread the message or talking about NA, attending meetings, translations days, step retreat, since I do this or try to the best of my ability I'm staying clean. Just for today.

\*\*\*\*\*

I'm an addict, so new experiences are always scary. This was not any different, the first time at EFSC. Through the Steps and the faith I have in My Higher Power. I did things already that are extraordinary for me and were not possible in active addiction. For example introducing myself or read the group report of my home meeting. But meeting new people is the biggest thing I've conquered this weekend. Because I'm an insecure person in nature, I'm scared of new people and the emotion this anxiety brings, I notice. I've noticed I haven't felt alone for 1 moment, it doesn't matter for me when I am with fellows. There is 1 thing we share and that is our addiction. I'm grateful that I can do for the EFSC is special for me. 19 months of total abstinence, I can give back through service which for me is a great way to keep humble!

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We are addicts, so new experiences are always scary for us, this was not any different when we came to the EFSC for the first time.

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For those of us that's been to the conference before, it can be a real blessing to meet all of our friends again, we come here to learn from each other, to laugh and cry together. It's a conference of spirits. We see members from different parts of the world sharing their love for Narcotics Anonymous. Some members visit the



couch and leave with insomnia and spiritual awakenings.

## **EFSC 2022 on four legs (Hugo from Mannheim, Germany)**

It was a rainy weekend, when my owner took me (a little black dog) to an event. He said, it is a convention for addicts, and I know that my owner truly is an addict. So I was on my way to Holland, sitting in a car with four addicts. I didn't know what to expect, but I knew that many people wanted to

come, so most likely I would receive a lot of cuddles. I was excited for that in particular, because you know, when it comes to cuddles, I have a small addiction too.

The first thing that I noticed was the great atmosphere. The people really looked out for one another and they were really friendly. Even though they were from different countries, they seemed to understand each other well. The attendees came from the Netherlands, Sweden, England and even from America. They all put great effort into communicating with one another. A couple of times they formed small ad-hoc groups and during so-called workshops they were talking about what they could do, for example how to better help newcomers in their fellowship. In another workshop they focused on creating a network between Homegroups and a service structure, that would be truly serving the individual Groups.

The way addicts were able to create unity, without having to vote, impressed me the most. There haven't been any territorial fights. I need to share that with my fellow dogs at home.

Well, actually I wasn't the only dog there. I really enjoyed that, but I have to admit: my four-legged friend was a little bit oversized for my taste. But on the other hand, I've got handed around between human beings and they petted me for hours and hours. What a handsome Dog I am. Maybe

next year there'll be a dog of my size.

Of course they also had recovery meetings, in which I felt at home immediately. One of them took place around a bonfire. It looked beautiful – especially from a safe distance.

In a speaker meeting, Bill, a man from the United States, shared his experience with us. His words and other things motivated my people to engage more in working together with ASIS.

Putting all of that together has probably been a lot work, and still, our hosts seemed perfectly relaxed. The hospitality even included our food, which was great, and even vegans have been taken care of. But, like always, I was the only one that had to arrange with my dogfood. But being smart and always knowing how to find myself a bone, I was taking chances at the trashcans.

On our way back, my owner and his fellows were talking all excited about how much they gained from the event and all those things that they wanted to apply at home. They discussed topics such as total abstinence, Group policies, and creating a german website. They also said that they could feel, how everyone has been trusting a guidance of a higher power. I really enjoyed the atmosphere of trust.

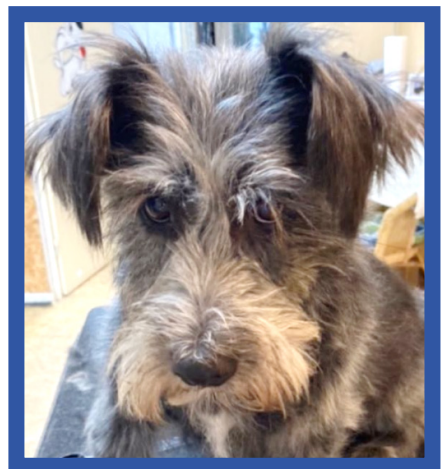
You must have witnessed, how I was able to let go completely on the labs of some of the participants.

What followed after the conference wasn't just blabla. Within a

single week, „my“ NA-Group formed several committees and even started to set up a small event, where two dutch speakers are going to share their experience over Zoom (further information you can see down below). Additionally, after all those great conversations at the EFSC, my companions realized that a little more structure and a clear guideline could be beneficial to them. They are a bit more willing to let go of their freestyle attitude. As a matter of fact, the meetings they hold three times a week truly are great. They are fed up now with their ongoing self-doubts.

When saying goodbye, Bill told my owner, that it would be time now for the Mannheim Group to deliver. So as you read, here's our first delivery. And I also deliver some imaginative hugs.

To each and every one of you: Lovely greetings from Mannheim and thank you so much for the wonderful encounters. We are already excited to see you again next year.



## Financial Report EFSC 2022

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55 registered people that paid ( some didn't show up)x 125=	6875 euro
3 members that paid half	3x65euro= 195euro
1memeber paid	0 euro
1 member paid	85 euro
1 donation from the unity group Roermond=	125 euro
7th tradition money	185,10 euro
Total income:	7515,10 euro

### Expenses EFSC 2022

Facility standard (40 people max)	1936 euro
Facility extra 12 people	550 euro
BBQ	1095euro
Groceries Hanos	860,22euro
Groceries Lidl	337,25euro
Soft drinks (cans)	182,25euro
Refreshments during weekend	277,39euro
Cleaning materials	52,19euro
Gas (pick ups to and from airport)	94,18euro
Group insurance	116,15 euro
Total expenses	5500,63 euro
Total	+2014,47

There should be 3802,47 euro on the EFSC account with the plus of 2021 and there is 3784,81 euro

So there is - 17,66 that is in difference in the balance this year

All receipts are in the overall financial report and can be looked in to

# CLEANSTOCK

OCTOBER 21st - 28rd 2022

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[WWW.CLEANSTOCK.INFO](http://WWW.CLEANSTOCK.INFO)

**18th Annual Fellowship Service  
Conference for N.A.**

**When: June 23rd thru June 25th, 2023**

**Where: Hamburg, PA**

**Place: Olivet Mountain Camp 1540 Mountain Ave.**

**Hamburg, Pa 19526**

**Cost: \$120.00 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](mailto:matrixmatclub@yahoo.com)

Check Out Our Web [www.nahelp.org/](http://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)

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Name: \_\_\_\_\_ E - Mail: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State:

\_\_\_\_\_ Zip: \_\_\_\_\_ Phone Number (\_\_\_\_) \_\_\_\_ -  
\_\_\_\_\_

Group Name \_\_\_\_\_ **Register by June 10, 2023**



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



# European Fellowship Service Conference

07th - 10th September 2023



## Location:

De Kroeze Danne, Kappelhofsweg 14,  
7495 RN Ambt Delden, the Netherlands

Price: € 125,- (All-Inclusive)

**Register at [www.nahelp.nl](http://www.nahelp.nl)**

or email to [nahelp.nl@gmail.com](mailto:nahelp.nl@gmail.com)

Contact: **0031631304649**

## Upcoming Events

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### CLEANSTOCK

Date: October 21 thru 23rd, 2022

Lexington, Kentucky

### FSC HAMBURG

Date: June 23rd thru June 25th, 2023

Lexington, Kentucky

### EFSC NETHERLANDS

Date: September 7th thru 10th , 2023

Ambt Delden, The Netherlands

## Weblinks

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[www.nahelp.org](http://www.nahelp.org)

Contact: nahelp.org@gmail.com

World

[www.nahelp.nl](http://www.nahelp.nl)

Contact: nahelp.nl@gmail.com

The Netherlands

[www.freerecovery.org.uk](http://www.freerecovery.org.uk)

United Kingdom

[www.nahelp.se](http://www.nahelp.se)

Sweden

Contact: AntligenFriaNA@gmail.com

[www.nahelp.ru](http://www.nahelp.ru)

Russia



**GET  
INVOLVED!**

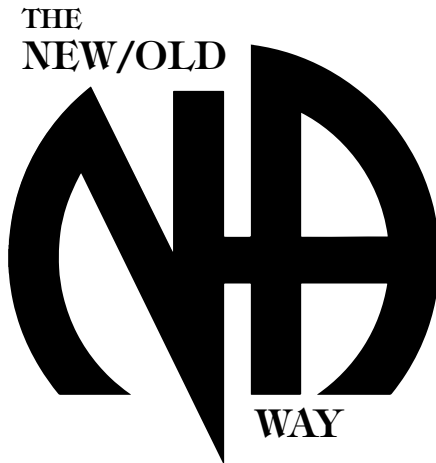
**WE NEED YOUR INPUT!**

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

[WWW.NAHELP.ORG](http://WWW.NAHELP.ORG)

*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

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