

The New/Old

NA Way

Conference Report



Special Edition

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The New/Old NA WAY Magazine
Volume 51 - January 2023

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

Table of Contents

Conference Chair Report	2
A Brief Explanation	4
Motions	9
We learn to live by giving it away, by giving it away	11
Accountability	12
Know Your Priorities	12
A Christmas Present	13
Our Best Thinking Got Us Here	14
The door is open	14
It is not an individual Program, it's a Program based on Principles	15
Two Admissions to Step One	16
Clean and Serene	17
Healing the Emotional Pain of our Past	18
A review of the N.A. group learning day in Rotterdam	20
Writing from Ohio	21

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

Conference Agenda Report

F.S.C. 2023

Fellowship **S**ervice **C**onference
for Narcotics Anonymous

Chair Report

Welcome fellow addicts,

Greetings from Nebraska and the Netherlands. We want to give you a quick report on what you will find in this magazine so you can navigate how to be of service to your Groups throughout the world. The FSC is a service for NA Groups that choose to use it. WE come together to support one another and help each other. The last couple years have had some difficulties with changes all over the world regarding travel, etc. This may be an issue again this year as currently travel restrictions to the USA have not been changed making it possible for Erik to come over and be of service from the Netherlands. This is something to be prepared to discuss in open discussion. We had put out a version of the conference report with an error in it regarding some procedures. This was corrected as soon as noticed and hopefully your Group is using a copy of the corrected conference report. The changes will be made sure are in this C.A.R. also as they should be.

Since it is after January 1st 2023 all proposals have now turned into motions. There were no suggested changes made that we are aware of. So these motions should appear the same as they were in the conference report with the exception of them now being motions instead of proposals. Please remember that all new proposals must be given to a trusted servant as soon as arriving at conference per past motion. If your Group can't make the conference physically please remember any NA member may be trusted to carry your Groups conscience to the conference. This makes it possible for all to be able to participate even if you can't make the conference. I really hope we can have international members be able to come over this year as it really helps us see how this is a world wide Fellowship of addicts helping one another.

One of the greatest things we love at the FSC is the reports from Groups all over the world. Please send a report on any changes, excitement, PI efforts, literature efforts, etc to NAhelp.org. This will also help our secretaries be more prepared as lots of service goes into making our minutes. We do now have more trusted servants that are willing to serve which is a blessing.

If there are any questions please don't hesitate to reach out as we are here to serve.

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Put your information please.

A Brief Explanation

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 NOT BE MODIFIED. Any changes needed to be done before January 1, 2023.

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. We need to differentiate between first year motions and 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.

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

RETURNING MOTIONS

2021-E

The Rabbit Meeting

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

Intent: “To keep our review and input literature consistent, and to make it easier for input to be understood when submitted.” Group

Contact: Bill C. (610)809-9771

2021-F

The Rabbit Meeting

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

Intent:“ To make available the group name that has written a piece of literature. The group can be asked questions during the input and review process”

Group Contact: Bill C. (610)809-9771

Motion 2019A

Never Alone, Never Again Group of North Carolina

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

NEW MOTIONS

Motion 2023A:

The War Is Over! Group Proposal for FSC 2022 To edit the We're Not Doctors IP for misspelling and grammar.

Pg. 2, second column, second paragraph: There answer at times Should be:

Their answer at times (There should be Their)

Pg. 2, second column, third paragraph: Please read the Basic Text and the IP information pamphlets and see if you can identify, remember we are not for everyone, only addicts seeking recovery from addiction.

Should be: Please read the Basic Text and the IPs (information pamphlets) and see if you can identify. Remember, we are not for everyone, only addicts seeking recovery from addiction.

(Needs correct use of abbreviation and needs to be made into two sentences)

Intent: To correct spelling and grammatical errors, making the approved IP more attractive and easier to comprehend.

**“WE ARE
RESPONSIBLE”**



We learn to live by giving it away, by giving it away

What we found as we learned to live the NA way of life is that God never desired for us to be someone else. He designed us to be who we are. Certain personality traits, mental capacities, physical characteristics, emotional make up, fingerprints, vision capabilities, hair and eye color, as well a distinct sense of humor. There are times, As our addiction grew stronger and took over our lives we longed to be someone else we saw others strengths and distinguishing marks in their lives, We often wonder what it would be like to be wiser, taller, have a family, true friends not just using buddy's a nice house, a good career yet we found ourselves bound and broken by our addiction .as a newcomer we lose our fear when we discovers that NA. members give away the message of cleanliness in order to stay clean.

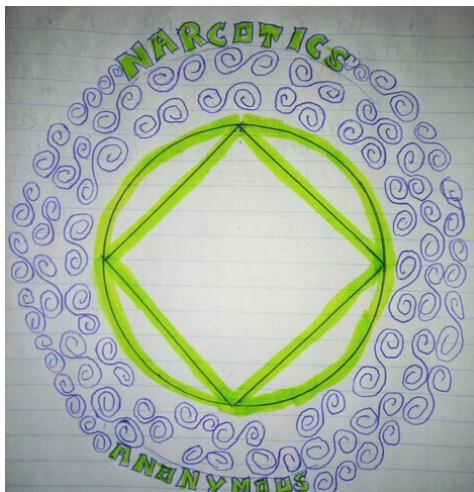
The only hope we found was when we came into recovery and found a fellowship that offered freedom from active addiction and a God of our understanding that would show us how to live with 12 steps that gave us spiritual principles. As we give of ourselves in service to others in the fellowship on NA , there are times when we look at another and say, why can't we do and give what they are doing and give what they are giving

then we hear they get here one day at a time one lesson at a time working with their sponsor and living the program

We give of our talent of listening, a blessing of wisdom, an encouraging note, even a prayer of graciousness to the king of kings. We grow as a giver as we learn to be of service to others in the NA fellowship, not equal to anyone else's actual gift, but equal in heart of love and serving being who our God made us to be. Here is a great thought "Not equal giving, but equal sacrifice." God is trusted as we practice a giving heart, a giving mind, and giving with whatever resources He has blessed us with.

In This Moment: our hope is that we will give to others because we can only keep what we have by giving it away.

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



Accountability

I promised myself to write an article, months ago, thus the title accountability is a bit ironic.

My sponsor always told me that honesty is that what your saying is also what you're doing.

“talk the talk and walk the walk”

This is also something I struggle with. Being accountable is not only towards other people with the promises I make, but also towards myself.

Whenever I say I will do something, and then I don't do it, it brings up self-loathing, and that brings up self petty.

Addiction gets a hold of me and I will be ashamed, and start to isolate.

I lack the power to make constant good decisions, and at a point I become self-centered.

I'll isolate, truly believing that I am in my right, and that people are wrong.

I have had massive resentments toward people, and NA as a whole.

I often considered leaving, but somehow I have always stayed.

I want to become accountable. I have utmost respect for people who are a man of their word.

I know NA is the place where I need to be, and when my head tells me it's not, I need to go to a meeting.

we need each other to become, and stay accountable, I am doomed alone, but together we can.

Written by an Anonymous Addict from The Netherlands

Know Your Priorities

What, exactly, are your priorities for this day, this year, this experience of life? What is of importance to you, and in what order?

Want to give yourself a massive advantage in all you do? Be clear, specific, and honest with yourself about your priorities.

A well-developed sense of your priorities will foster confidence, enthusiasm, and discipline. When you're clear about your priorities, you're able to make optimum use of your time, energy, and resources.

Priorities inform you without restricting you. They give valuable perspective to every choice you make.

Even when you have strong, clearly defined priorities, you are not always forced to follow them. You are, however, always able to give your consideration to them.

Know your priorities, and you can make decisions more quickly, with better quality. Know and pay attention to your priorities, and you will have an essential structure to live a life of great fulfillment.

Written: By an Anonymous Addict From: Texas, USA

A Christmas Present

Peeling back the memories and peering inside

I feel wrought with pain seeing you alone on the bar stool and the glass half-full of whiskey

I look at the presents sitting untouched and waiting under the tree

It's been fifty years now but it's fresh as the morning dew

Are you sad and did anyone give you a Merry Christmas

Did anyone love you and hold you dear

Life has many twists and turns and the winds

They move us on even when we want to stay with the pain

Those feelings drive me home where they live and are nourished

The Christmas music plays on and the world spins until I look in the mirror

*I wander if anyone loves me and thinks of me on my own bar stool holding my glass ,
empty and waiting to be filled*

Do they know every time I laughed as a Christmas song played in remembrance

I thought of where you were but I denied that I cared and the song carried

I cared as I waited for you to come after each promise and the tears

I care now as I unwrap each memory on Christmas still

I care that maybe I don't try enough to be your opposite

Maybe I will end like you, alone and on a bar stool with the laughter that eludes

That when I'm but a distant peeling of remembrance

Will anyone unwrap my broken heart and hold

Who will unwrap my love and open the box and see

And who will be the first to wear me with pride

For My Father who was an alcoholic

Our Best Thinking Got US Here

Our best thinking is what has gotten us here like a Boeing landing on an icy runway, but somehow and somehow God (the best Pilot there is) made the approach and touched, downed without any apprehension. We listen, read, get a sponsor, support network and before we know it we have ALL the answers but most times before even listening for the question.

We spew readings, NA slogans we've read and heard but we don't back them up with our own character by building on them and staying clean ourselves.

An example of this is when we tell one of our babies don't stick your tongue in the electric outlet. Well of course the little one always does it anyway and screams when shocked. That baby will never stick his tongue into that socket again because he has learned by the pain of

that shock of electricity. He doesn't know what electricity is or does, but he knows don't mess with that hole in the wall. But not the Addict, the addict will say to oneself maybe this time I can handle a glass of wine, or smoke just one joint of marijuana, or sniff a line of cocaine. And this time I won't spend all the money meant to buy food for the wife and babies at home. waiting, I'll not come home 3 days later, I won't quit my job or be fired. But once I let the Genie out of

the bottle, I'm cursed and I'm at her requiem for a dream.

Once taken that drug forms a separation from every human being, especially those that love. Us, it separates us from our own self (we don't know where we will end) and separates us from

God and that is probably the worst of them all. P.S. We Can Get Here Clean if we aren't always on guard against the unguarded moment. But once an addict uses, surely all dreams are forsaken and doom rushes forth like a brush fire in a dry forest. And we don't know where we will go and what fate or destiny awaits us. We long for our families. Our little children and a bed to read them a story. As the tears slowly cascade down our cheek and the needle enter the vein, all memories fade and the addict sinks into the sofa or nods over the steering wheel. But

The tear remembers as it dries and until death do us part, he breathes his last...

The door is open

When stumbling into Narcotics Anonymous I was dependent upon that the door was open. Not only for the most obvious reason that I wouldn't get in if it wasn't. That the door was open gave me hope that I wasn't alone, that this thing called Narcotics Anonymous was something I could trust and depend upon.

I come from a life of many closed

doors. I used to be locked in at home as a kid. My dad was an addict and sometimes he didn't want us to leave the house when he was using. I remember having to jump out of the balcony to get out of there.

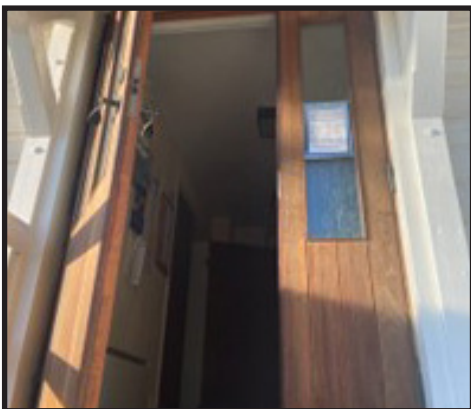
When my own using progressed I got in trouble with the law. I got locked up a couple of times. I still remember that door slamming shut for the first time. I was panicking. I was really scared and alone.

So an open door is freedom to me. An open door can lead down the path of recovery and away from suffering. An open door means that service is being done. To me Narcotics Anonymous is about openness. Principles that opens hearts and minds. Anonymity is openness in action. No boundaries or differences. Open arms and empathy.

Thank you all for keeping the doors open.

My life was, and still is, dependent upon that the door to recovery is open.

Addict from Sweden



It is not an individual based Program, it's a Program based on Principles.

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

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

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

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

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

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

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

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

The Program does not change, but it changes everything.

Written: By an Anonymous Addict From: Sweden

Two Admissions to Step One

There are two admissions to step one... admitting powerless over our addiction - remember, we are at step one and have done nothing to change yet. we acknowledge that the disease of addiction has kicked our ass and left us in a hopeless spot (some people say "surrender to the disease" which with 29 years still makes no sense to me) ... we admit... no one else can do this for us we do not even have to surrender to the program yet (that happens in step

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

Then once we wrap our minds around our powerlessness - we admit to the second part of step one, "and

our lives have become unmanageable"... well probably because we were drug addicts with this disease and could not even be successful drug users... our irresponsibility, our failure at life, our drugged feelings deciding our futures, our not being accountable to anyone, including ourselves, even our rebelliousness at usually the absolutely the wrong time, every time! missing work because of our drug use, one failed relationship after another for many different reasons, winding up arrested or in jail for crimes committed under the influence or to finance our habit, our word not being worth anything because we were rarely telling the truth to anyone about anything.

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

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

Clean and Serene

Clean and Serene

Calm and quiet in the head.

long lasting peace in the heart.

Empathy for the like-minded.

Asking for help when needed.

Never alone.

Always looking at the positive.

No resentments anymore.

Dreams becoming reality.

Surrender to the path of recovery.

End of the struggle.

Respect for others.

Experiencing love.

Nourishment of the body.

End of pain.

Clean and Serene.

Written: By an Anonymous Addict From: The Netherlands

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, 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

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 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

A review of the N.A. group learning day in Rotterdam.

About three weeks before this day, I returned to the N.A.

I was coming back from a relapse. Mentally and physically totally grounded, "Rock bottom" Spiritually dead. At every meeting I came to, the announcements mentioned the group learning day. I was told to just go with it. and so it went.

I re-entered the N.A. program full of dedication. I am going through a difficult period right now. With withdrawal from drugs, changes and daily commitment to the program I am now managing to stay clean.

The Learning Day was the perfect opportunity for me to see fellows from other groups far away again, after a long period of being away from N.A.

I still found the schedule too tough to follow all the way through. I looked forward after the breaks and eating together. For me, this was good to talk to each other again and build trust. I laughed and also had deep, honest conversations! I was grateful to be able to share my relapse without fear of being judged.

This was a big step after my relapse, to face such a large group.

I was wrecked when I returned home late at night.

I also felt the gratefulness and willingness of everyone who was there!

Thank you "take it easy!" group for this day!

Addict from the Netherlands



Papa got a brand new bag

Today I choose to let go of all my fear, anger, and resentment. I choose to live in the moment. In finding purpose I let these things go, just for today. I used to find motivation in others, in things, in places. When I was focused on music I would often say, "If I just had this...". When I started working on music again, I bought the bare minimum equipment I needed to get the job done. I was able to make the same quality product of not better. What has changed with less equipment?

Persecution, Self-Acceptance, Self-Confidence. All of these helped with my music. When I first started my recovery journey, I heard the words wreckage and baggage a lot. Before we can begin to heal with have to face our anger, fears, and resentment. Part of that baggage came from my Ego. It came from me wanting or needing certain things to feel valued. I had to let go of those old tools and learn how to apply the new tools. The same goes in parallel with my recovery. I had to let go of the old equipment that weren't producing the results that I wanted. This was the insanity. I had to stop trying to live life my way and surrender to the new tools that NA have provided.

When I take a just today approach and use my tools I can let go of the baggage from today or the wreckage

of the past. My problems will still be there. The difference today is I know that as long as I continue to surrender my higher power will carry me through. This also me to stay present and grounded. I can tackle my tasks; I have help managing my daily affairs.

With the help of God, the Fellowship, my Home Group, being of service, and my Sponsor I now feel love and supported. I no longer seek acceptance, attention, or motivation from other sources. I have something new; I am driven. Through surrendering to suggestions and my new tools and family, my purpose is carrying over to other areas of my life where I lost my vision during active addiction. Even while writing this article, I received a text to join a meeting from a fellow addict. A place where I feel love and supported, and my higher power tends to deliver ESH through others to me.

Just a few short days ago I was wrestling with managing calls, meetings, and other suggestions from the program. I no longer feel overwhelmed. I am learned of to let go of my ego and control over situations and people, that I cannot control. Allowing others to be where they are and focus on my recovery. I am finding excitement and joy knowing that my struggle could also help others, like this Fellowship has given to me. I'm grateful for my new tools. Just for today I will keep them sharpened.

A Call Log Full of Addicts

As I scrolled through my call logs and messages the other day, I noticed something. Besides a few family members good morning exchange, my wife, oldest son, old coworkers and checking on me and my family, they were filled with fellow addicts. How did this happened? It definitely was not planned or intentionally on my part.

Surrendering and taking suggestions. As I started to go to NA meetings, Zoom meetings, joined a home group, attending Cleanstock, posting on radiofree, calling four addicts a day, and one or two other addicts calling me daily as it was suggested to them. Surrendering to these suggestions was not an easy task. One of the biggest resentments my ego had about doing these was, I did not have time for it. I came here to get help so I could have more time with my family, and working on my business ideas and passions. This is where the three of NA came into play.

It made no sense for me to spend more time than I already had to spend time on calls that sometimes went way longer than my expectations, waiting for someone to call me back in ten minutes. Early on I would think about what I could get done in the time that it took me to start and complete all these calls, posting two or three articles or responses on radiofree. Writing a deep and through inventory. But, as I started to pray and meditate

before starting these tasks, I began to get honest with myself.

If I am being honest with myself then I no that if I used that time for working in my goals or my plans, I would be running in a circle in the same state of insanity that got me here, wondering why I couldn't finish an art project, or write on a section of my Business plan. I was still thinking about doing things my way. The way that led to me understanding that my life was unmanageable. This led to me became willing. I started to get hope, from the many ESH shares at meetings, and on these calls. and completed more of my suggestions .

The more calls I made, the more my mind began to open. I could see the benefits for myself and for others. I seen for my self that we can only keep this by giving it away. I helped my home group give out PI, and seen an addict come in to our rooms. I became open to others and heard the hurt and desperation in a neighbors voice and inviting that fellow addict to a meeting, while my wife ran into the house to get him a schedule and basic text. It was Ana amazing feeling hearing he went on an out of town meeting the other night with another member in the fellowship. I helped him with a project and seen the joy and excitement in his eyes. He was grateful and thanked me.

I couldn't accept his thanks. All I could do was offer mine in return. This was the first time I was able to finish a project, start to finish in one

sitting. And, had clean fun doing it. I was grateful too. By surrendering my control over myself and my time, that I mentally fought when I first got here, I relearned what I had lost. I am learning the meaning of, "We can only keep this by giving it away."

Grateful for My Problems

I'm going to say something that I couldn't imagine saying, "I am grateful for my problems." Sounds crazy even as I type. I loathe problems. They cause me anxiety, stress, and fear. I recently found myself overwhelmed by trying to manage my time. My phones seems to never stop ringing and vibrating. 99% from other addicts. One of the reasons why I made the decision to surrender to the NA program was when I recognized that I could not manage my time. The self help books and podcasts were not working. The problem laid in my inability to execute what I was learning.

Lately Last night, was an amazing experience. I was setting the dinner table for my kids. I just finished making some carnitas (pork) tacos. I received a call from a fellow addict. He asked if I wanted to come together for a last minute meeting to talk and with share with another addict, who had just come off of a relapse. My ego was upset that I couldn't sit down with my kids and eat. Seeing some other Home Group members there was an experience that I needed, and helped me to understand the

situation that I have been dealing with a little more clarity. By surrendering to the suggestion to tag along, and share some ESH, I received some ESH in return from the fellow addict.

He told me I had what you would call Cadillac problems. Though they were still problems that I were facing, they weren't the same problems that I faced yesterday, before I started my recovery journey. I good start to see a little piece of gratitude in my Own situation. On the way home I stopped by to check on a newcomer who I knew s choosing to sleep on the street that night. He was laying on the ground with his phone plugged in to the side of the church, on a ZOOM meeting.

That experience showed me more gratitude. Here was someone whom I felt like I couldn't help.m, recently. He was surrendering to a suggestion by making it to another meeting. I went home and out the kids to bed then surrendered to the suggestion that I should make two meetings a day, that was given to me after my own relapse. During that meeting I found more hope and purpose for my own struggle. We read about growth through our struggles. I was reminded that if we are comfortable in our situations we are not growing.

The pains that I am experiencing , though small in comparison to my old issues are their to help me grow. That same addict made it to that meeting too, and shared that they are now willing to get a sponsor, read, write,

and work the steps. It reminded me of we can only keep it by giving it away. It's a beautiful and reinvigorating thing to see the power of God working through me and others in our fellowship.

I can practice self acceptance. And accept where I am today, and my problems that I have to say. And to be grateful for them. Another addict recently reminded me and shared her experience in working the steps in all of our affairs. I have tools to help me and, I just need to continue to surrender to using them, and adapting my life to them. To continue to grow through the pain.

People, Places, and Things

One of the first suggestions I received was from a Home Group member. It dealt with People, places, and things. Where I worked was where I frequently used. He suggested that I remove myself from that place. I did. In doing so, I am in an environment that puts time and distant between me and drugs. Though I lost my desire to use, I am grateful for surrendering to that suggestion today. What were my initial reservations to leaving?

My work became my safe place. I had friends who were there for me emotionally, and tried to be there for me spiritually, through one of the most trying times of my life. I felt that I owed it to them to stay. I knew it would be hard to replace me. Not because of my ego, because they showed me. They tried to start an

insurance plan, talked about starting a retirement plan, set schedule, and even raises for ask employees. It was hard for them to understand that I was I addict.

One of the managers even vowed to stay clean with me. Though I appreciated the gesture and it meant the world to me, I had to do this for me. There are other areas in my life where I'm finding that I have to make hard choices to remove myself from people, places, and things. I remember what lengths my job was willing to go to keep me. Reflecting on that is showing me in these other areas that I can't set boundaries, or they are not willing to change, what can I do. If communication fails to excite change, or respect isn't shown, I can remove myself. I can write about it in my inventory and talk to my sponsor.



I can continue to look at and work on my part.

I have my new bag of tools to work through the process and stay in the solution. These areas bring back resentment, anger, and, fear. When I made the decision to leave my old job, they were present. When surrendering to my higher power and the suggestion. I was shown that I would be ok. I made it out the other side for the better. Though it may be hard, I know that my Higher Power, my Sponsor, and the fellowship has my best interest at heart, no matters my decisions.

Fear and Acceptance

Page 36, lines 13-14 says, "Life without fear is a gift we receive for the price of acceptance.". Before starting this journey and more recently, I couldn't imagine a day not living in fear in regards to some areas of my life. In the first step I learned a lot about hope. When I first attending meetings I would often cry during sharing or others shares. They were cries of anguish and pain. Today I still cry from time to time. Now, those tears are from Joy of faith.

In seeing in all areas of my life changes not made by me, but I'm the action of surrendering to a higher power, that I have yet to understand. It's a feeling of awe to think about situations in my life that causes so much fear and resentments to be able to accept them, and know that I will always be ok no matter the outcome.

I always loathed the phrase, "Everything happens for a reason.". It didn't make sense to me, logically. Today I hear it with a different perspective. I hear accept life on life's terms, self-acceptance, love people where they are, and to stay in the solutions.

I use to think that if you or someone else didn't respond outward, emotionally to things it meant disinterest or uncaring. By learned how to not react to situations (Most of the times), I have learned that I can still feel and process emotions without acting out in some form or fashion. Part of not reacting is not being in fear, and surrendering my ego and will over to God.

For me in this moment of my recovery, surrendering goes hand in hand with acceptance, and faith. When I surrender to a suggestion, I am accepting that I need help, and that this may be a better way to try something compared to my jacked-up will. To be able to accept something, is an act of having faith. I am believing that this action will bring about results.

Regardless if those results are unknown. That is how I feel my fears are being lifted. And I can accept that, today.

Best Friend From a Distance

Today I received a call from my best friend of 20 years. He has been with me through some of the hardest times of life. He was also one of the persons that I used the most with.

When I first started my recovery journey and found out we were going back to visit Vegas, he was excited about seeing me. I know that he still uses, and tells that he has to for medical reason.

It was hard then to tell the person I went to so many concerts, road-trips, and my favorite listener and teller of hard truths; that I wouldn't be spend alone time with him. When we come to the Fellowship, one do the first suggestions is to change our play-mates. He was confused when I told him that I was in recovery and didn't see that I had a problem.

For about the same length of time that we had been friends I have looked to others to tell me that I he a problem or if they thought I was an addict. I know that non them could help me, it was a conclusion that I could only come to for myself. I remember reminding him of the frequency of our use.

I also reminded him that he always had to be the voice of reason when I

would always be ready for more.

I told him that I could not be around him using and that if he wanted to see me he could come to my moms house with my family and not bring anything in his person. He was kind of upset that I really would not go on a road trip and hang out alone. Today he called me while I was working out at the gym.

He said that he was proud of me for journey, and that he notices the changes in me and my life. That he was glad that it works for me and that it wouldn't work for him. I had a lot of gratitude for the conversation and knowing that seeds may have been planted and our higher power will guide to a new path. Our literature talks about us new comers seeing recovery in others. I have gratitude for our Fellowship and those that chose to surrender to this program

to help guide us and show us a new path, filled with hope.

Written by an anonymous addict from Ohio, USA



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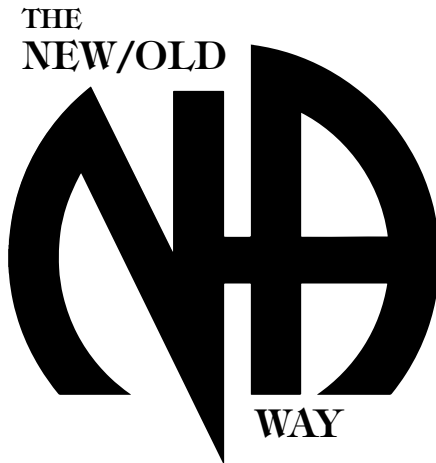
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