

The New/Old

# NA Way

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**ARCOTICS ANONYMOUS**

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Volume 53 - September 2023

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Fellowship Service Conference and the  
European Fellowship Service Conference

# The New/Old NA Way

## **Table of Contents**

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<b>ARTICLE - Happy Joyous and Free</b>	<b>1</b>
<b>ARTICLE - Surrender IP</b>	<b>1</b>
<b>ARTICLE - Coming Home</b>	<b>3</b>
<b>POEM - Willingness to Try</b>	<b>4</b>
<b>ARTICLE - Na verloop van tijd</b>	<b>6</b>
<b>ARTICLE - Over time</b>	<b>8</b>
<b>ARTICLE - The Fruit Of Labor</b>	<b>9</b>
<b>COMIC - The Adventures of Sir Render</b>	<b>10</b>
<b>ARTICLE - What is Group Conscience?</b>	<b>12</b>
<b>ARTICLE - An Overview of Outreach</b>	<b>12</b>
<b>ARTICLE - ANONYMI FOUNDATION</b>	<b>16</b>
<b>POEM - EFSC Energy</b>	<b>17</b>
<b>ARTICLE - From the EFSC 2023 and overview</b>	<b>18</b>
<b>EVENTS</b>	

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

**The following Articles are written during a Literature Writing workshop at the EFSC**

## **Happy Joyous and Free**

Throughout life it seemed impossible to take any responsibility. The overwhelming feelings of fear and failure controlled our thinking and actions. This resulted in not wanting to participate in life and avoid everything.

We harmed ourselves in several ways such as: Neglecting need of sleep, eating, hanging with bad company and using drugs. We didn't know what was happening, our worlds only got smaller, smaller and darker until our worlds collapsed. We were stuck in our own created prisons. Nobody in our families wanted to have contact with us. Addiction took over control. We gave up hope completely, looked death in the eye multiple times and felt nothing but shame, guilt and pain, these feelings we tried to fight with the use of drugs. We felt weak and sensitive to carry life as it is, and couldn't deal with feelings and situations because we always fled them. We received multiple diagnosis, we couldn't stay clean. We were a walkin relapse!

Coming into NA, defeated, the masks we were wearing didn't come off immediately. Still we wanted to be one of the cool and tough kids. But we felt the love of the fellowship, the

warmth present at meetings, it kept us coming back, back home. Finding a God of our own understanding, granting us a conscience of our harmful ways, allowing us to start recovering. Listening to other addicts gave us a feeling we found a family we never had. Finding the literature of NA gave us hope, hope that life on life terms is possible. We have loving families who love us for who are. Slowly we come to realize we do have a choice to live happy, joyous and free!

## **Surrender IP**

Before we enter NA our self will destroyed us. Our will became our downfall. Now it is no longer up to us. Through the state of despair that we almost all reach, we came to a point where we must admit that we are defeated. Only then our closed mind and our hypersensitive ego can accept help, and we are starting to open up.

We are now handing over the reins. hand it over to something bigger than ourselves. The bullshit in our head came directly from our addiction. Listening or giving in to this is self-destructive. We can no longer do it on our own, even if we wanted to. This is because we believe there will be another outcome someday. If this illusion stays alive, so does the powerlessness of our situation.

When we enter NA we start to surrender by showing up. We get

the suggestion to keep coming back and listen. It is time to begin accepting that we need to adopt humble approaches. We stop fighting and surrender quietly. We wave the white flag by accepting suggestions instead of resisting them.

At NA we are welcome no matter who we are or what we have done in the past. When we start to acknowledge our disease and want what NA has to offer, we are ready to practice the principles of this program. This program gives us a solution to our problem, which is ourselves. If we are willing and apply the tools of the program, no matter how we feel or what our head says, we reach the next level of surrender.

The definition of surrender is not having to fight anymore. Often we fall into self-obsession and allow ourselves to be guided by fears. These fears can strike at many levels in our personality. Fear of rejection, fear of our personality, fear of not doing it right. The fears can also manifest themselves that panic comes with them. We can start to sweat and even feel fear that our body has something wrong with it. We often want to run away from reality at that point. This means that we give in to our fears, which keeps us stuck in the same circle. What we can apply in such a moment is prayer and meditation, putting our focus on our breathing and trusting in a loving God. This is applying the tools, and

continuing to do so on a daily basis. It will get better if we keep doing this. These are the things in which we will begin to accept ourselves. The result of surrender. We are no longer fighting in our self-obsession. Surrender is the key to acceptance and freedom.

If we trust in God and the people in the Fellowship, we will be fine. They are the people who know what feeling is and where we are coming from. By allowing them to join us, we feel safe and know that we are not alone.

It is not natural for us to be in surrender. Resistance is often naturally built into us. Surrender means for us that whatever comes our way or a thought enters our mind we do not have to fight against the resistance or event we may accept. Whatever we feel or experience or encounter at that moment, we may enter into. We don't have to run anymore. When we go through it we will be relieved this feels liberating.

As we go further in the program with a Sponsor and a Homegroup we come to a better understanding of it. The steps and our sponsor lead us to a Power greater than ourselves. To this we can surrender our will and our lives, with an even deeper surrender. The degree of surrender and the understanding of it get deeper and deeper as we continue. The meaning changes and we can put our will and our ego on the can more and more. do the things that worked of addicts who have gone before us.

Our personality changes and we live according to God's will for us.

How do you surrender and let go?

Surrendering is letting go of doubt, fear, and worry surrounding the belief that we can have the things that we desire. The things we desire are not always the things we need. Once you let go of the fear and doubt, it's out of your hands, off your shoulders, and into the hands of the universe, God or whatever your higher power may be.

## Coming Home

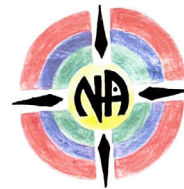
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Whether it's our first time at the EFSC or we've been here multiple times, we can still share some similar feelings of fear, anxiety, uncertainty and insecurity. However, our shared experience is that we're grateful that we didn't act on those feelings.

We chose to step out of our comfort zone and made the decision not to run away, hide in the cupboard or turn the car around. Even though some of us actually tried.

In spite of those uncomfortable feelings and attempts to run away or hide, we felt the love of the fellowship that made us want to stay. We felt welcome, loved, safe and accepted. Some of us who didn't plan on staying the whole weekend, experienced some positive and loving love that made them want to stay anyway. We felt safe enough to feel our feelings and slowly but steadily started doing more things out of our comfort zone. We allowed ourselves to learn and

grow through the love of the Fellowship. We got home all fired up and excited to carry the message. The time right before the next EFSC, we find ourselves in the same fears and feelings and thoughts as we had the first time we went. But those feelings left/leave when we walk in the rooms again. Because we know each other. We recognise the faces and all share the same feelings and thoughts. We've found our family. We've found our home. We're finally accepted and understood. We are never alone, never again!



Never Alone  
Never Again

## Willingness to Try

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There was a time when all I wanted was to get high.  
What a relief and nice that I can feel grief.  
So now with a big sigh I can say that today I have the willingness to try.  
It was the best decision I made and now without drugs life is great.

I was never ever honest,  
a self-destructing kind of guy.  
I always fought the pain of living even if it means I had to die.  
Leaving all the ones I love in my own created mess,  
and I didn't even give a damn.  
This is so hard to confess,  
all this madness will never stop unless I have the willingness to try

Long time I was using dope but now I'm free and using hope.  
Never alone again I wish I could buy recovery In a can.  
Just for today they say recovery isn't an essay.

We are clean but by no ways perfect.  
I was empty and lost, but now I feel that I'm worth it  
Luckily, I found the program, and I will work it.  
Institutions and prison are no more.  
if I think about my past a daily inventory isn't a chore.  
Before I came to NA I did everything the disease told me.  
Now I can learn to live and finally be free,  
by asking questions following suggestions and directions.  
I can be what god wants me to be.

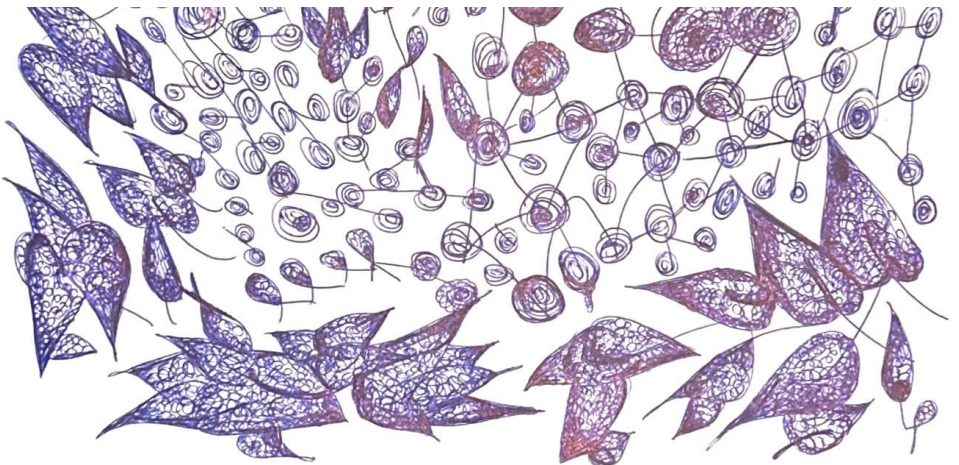
I almost had to say goodbye and find the willingness to try.  
Another way to live my life and finally I took that dive.  
I followed direction without asking why.



If you want to recover  
you have to be willing to offer.  
all the pain will be over.  
In recovery our bullshit can fly,  
with the willingness to try.

As we begin to function in society,  
and let creative freedom guide our priority,  
We emerge as a new person.  
A completely transformed version.  
Willingness to try had to be practiced undeniably.

We know we needed help, but we had nowhere to go,  
and sought it through medicine religion and psychiatry..  
The real answer to our problem we didn't know.  
Although it seemed strange all we could do  
was to be willing to surrender quietly.  
The first NA meeting we went to we sat in utter defeat,  
so now we work the willingness to try,  
to the best of our ability on a daily repeat.



## Naar verloop van tijd

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*My Gratitude Speaks When I Care and Share with Others The NA Way.*

Toen we het programma binnenkwamen, waren we niet in staat om te gaan met de realiteit. Alles was een reden voor gebruik, omdat er eigenlijk geen reden meer nodig was.

Samen leren we dagelijks de focus te leggen op dat waar we dankbaar voor zijn. Het is een daad van dankbaarheid om samen te komen. Dankbaarheid laat onze hoop en geloof zien in hoe we leven. Toen we gebruikten, waren we ondankbaar en waren onze acties gebaseerd op angst en een drang naar controle. Het werd steeds makkelijker onze boosheid naar onszelf, anderen en de wereld over te geven. Dit door adviezen te volgen van de mensen die ons voor zijn gegaan.

NA biedt een veilige plek voor volwassen kinderen. In NA leren we volwassen te worden. Dit is wat NA is voor veel van ons. Onze angsten geven ons een reden om onszelf er buiten te plaatsen, maar hoe meer we aan het programma werken, hoe minder goed we onze excuses aan onszelf kunnen verkopen. Het is spannend en nieuw om relaties met anderen op te bouwen, het brengt ons in contact met onszelf.

Door bij andere herstellende verslaafden te zijn, komen we in aanraking met datgene wat ons altijd bij anderen vandaan heeft gehouden.

We zijn lange tijd alleen geweest met onze ziekte, de gedachtepatronen, de pijn van binnen en het innerlijke gevecht dat we ervaren wanneer we het leven alleen proberen door te komen. In NA komen we erachter dat we niet de enige zijn die dit isolement kennen, dat onvermogen om ons verbonden te voelen met mensen en de wereld om ons heen. Verslaving heeft ons vermogen om in verbinding met anderen te staan, afgepakt. Door middel van de Stappen en Tradities krijgen we een kans om het isolement te doorbreken en weer mee te gaan doen met het leven.

In het verleden wisten we niet goed om te gaan met de mensen in ons leven. We waren boos en niet vergevingsgezind. In NA komen we in aanraking met een andere sfeer. Onze eigen oude houding staat in de weg en komt aan het licht door de zorg en liefde van de mensen om ons heen. Het geeft ons een kans onze angst, woede en wrok te erkennen en over te geven. De oude patronen belemmeren ons vermogen om relaties aan te gaan; dit maakt dat we ons niet gezien of gehoord voelen. Door ons aandeel te erkennen kunnen we beginnen te helen. Dit stelt ons in staat liefde toe te laten, wat ons dankbaar maakt en ons vrijheid geeft van onze oude gevangenis.

Op meetings en conferenties krijgen we de kans te leren om te gaan met anderen, oftewel: met dat wat er binnen in ons gebeurt wanneer we onder de mensen zijn. Onze

onzekerheden, angsten en maskers komen aan het licht wanneer we de suggesties van dit programma en onze sponsor beginnen te volgen. Niemand veroordeelt ons omdat we er allemaal doorheen zijn gegaan.

Stap 12 is het resultaat van alle voorgaande stappen. Met elke stap groeit ons spirituele ontwaken, onze houding van dankbaarheid en ons vermogen om lief te hebben. Dit is nieuw voor ons. Voor nieuwkomers is het nodig onze geest te openen hiervoor. Dit geeft ons de kans om vrijheid te vinden van onze oude beperkingen. Door geloof in een macht groter dan onszelf leren we ons egocentrisme over te geven, hiervoor komt een godsbewustzijn in de plaats. We leren te leven vanuit geloof en vertrouwen.



We leren over een liefdevolle houding in NA. We moeten het blijven oefenen. Ons egocentrisme en neiging tot oordelen maken het moeilijk om ons in te leven in anderen. Door ons aandeel te erkennen en eerlijk te worden met anderen, vinden we veel vrijheid en acceptatie richting onszelf en anderen. We leren anderen in hun waarde te laten en dankbaar te zijn voor wie we zijn. Wanneer we onze eigen egocentrische eisen aan de kant zetten, leren we onvoorwaardelijk om te gaan met anderen en leren we hierdoor ook over de liefde en zorg van God.

We zijn dankbaar voor de mensen die binnenkomen, omdat ze ons laten zien waar we vandaan komen en weer terecht kunnen komen. We zijn dankbaar voor de mensen die er zijn, omdat ze ons laten zien hoe we vandaag het programma kunnen toepassen. We zijn dankbaar voor de mensen die zijn gebleven, omdat ze ons laten zien dat dit nodig is om clean te blijven en te herstellen. We zijn dankbaar voor de nog lijdende verslaafden, omdat ze ons een doel geven om voor te leven. We zijn dankbaar voor alle verslaafden omdat we niet meer alleen zijn.

We weten dat herstel niet vanzelfsprekend is, en dat niet elke verslaafde clean sterft. Maar we weten dat ongeacht het resultaat, wij verantwoordelijk zijn en blijven om dat wat we gekregen hebben door te geven aan de nieuwkomer.

## Over time

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### *My Gratitude Speaks When I Care and Share with Others The NA Way.*

When we entered the program, we were unable to deal with reality. Everything was a reason for using, because there was really no need for a reason anymore.

Together we are learning to focus daily on what we are grateful for. It is an act of gratitude to come together. Gratitude shows our hope and faith in the way we live. When we used, we were ungrateful and our actions were based on fear and a desire for control. It became easier and easier to surrender our anger toward ourselves, others and the world, by following advice from those who came before us.

NA provides a safe place for grown children. In NA, we learn to become adults. This is what NA is for many of us. Our fears give us a reason to put ourselves out there, but the more we work on the program, the less able we are to sell our excuses to ourselves. Building relationships with others is exciting and new; it puts us in touch with ourselves.

Being with other recovering addicts puts us in touch with that which has always kept us away from others. For a long time we have been alone with our illness, the thought patterns, the pain inside and the inner struggle we experienced when trying to get through life alone. In NA,

we find out that we are not the only ones who know this isolation, that inability to feel connected to people and the world around us. Addiction has taken away our ability to connect with others. Through the Steps and Traditions, we are given a chance to break the isolation and rejoin life.

In the past, we did not know how to deal with the people in our lives. We were angry and not forgiving. In NA, we come into contact with a different atmosphere. Our own old attitudes get in the way and come to light through the care and love of those around us. It gives us a chance to acknowledge and surrender our fear, anger and resentment. The old patterns hinder our ability to engage in relationships; this makes us feel not seen or heard. By acknowledging our part, we can begin to heal. This allows us to allow love to enter, which makes us grateful and gives us freedom from our old prison.

At meetings and conferences we have the opportunity to learn to deal with others, or in other words, with that which happens inside of us when we are among people. Our insecurities, fears and masks come to light when we begin to follow the suggestions of this program and our sponsor. No one judges us because we have all gone through it.

Step 12 is the result of all the previous steps. With each step our spiritual awakening and our attitude of gratitude and ability to love grows. This is new to us. For newcomers, it is

necessary to open our minds to this. This gives us a chance to find freedom from our old limitations. Through faith in a power greater than ourselves we learn to surrender our self-centeredness, for this a God-consciousness takes its place. We learn to live by faith and trust.

We learn about a loving attitude in NA. We have to keep practicing it. Our self-centeredness and tendency to judge make it difficult to empathize with others. By acknowledging our part and becoming honest with others, we find much freedom and acceptance toward ourselves and others. We learn to value others and be grateful for who we are. When we put aside our own self-centered demands, we learn to deal with others unconditionally and through this we also learn about the love and care of God.

We are grateful for the people who come in, because they show us where we came from and can end up again. We are thankful for the people who are there because they show us how to apply the program today. We are grateful for those who have stayed, because they show us that this is what it takes to stay clean and recover. We are grateful for the addicts who are still suffering, because they give us a purpose to live for. We are thankful for all addicts because we are no longer alone.

We know that recovery cannot be taken for granted, and that not every addict dies clean. But we know

that regardless of the outcome, we are and remain responsible to pass on what we have been given to the newcomer.

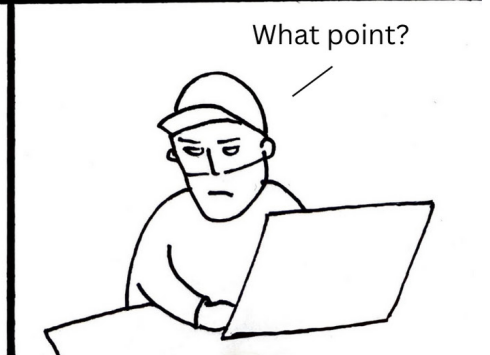
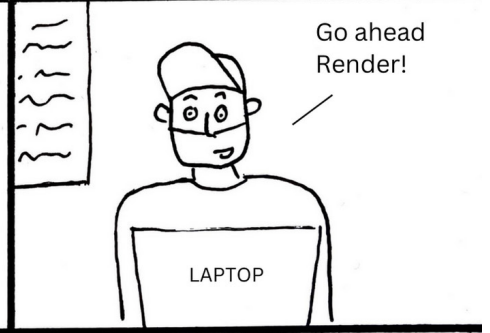
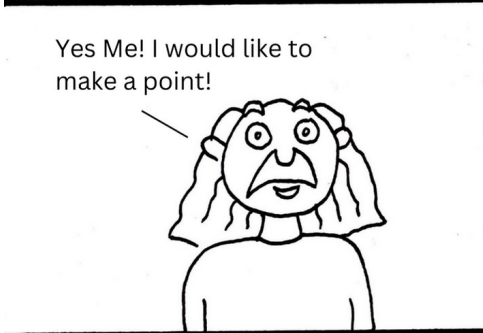
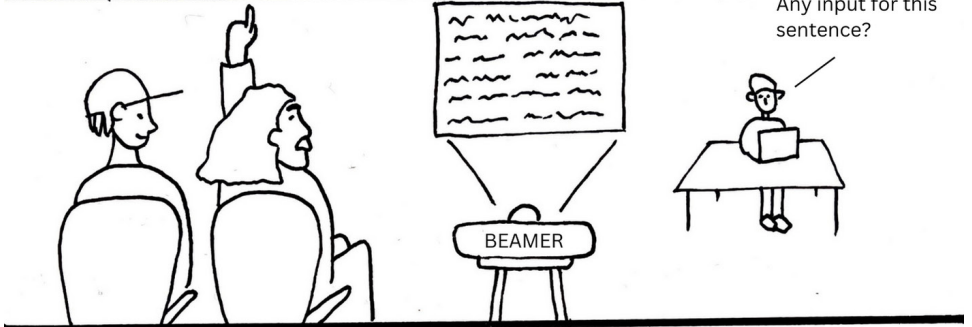
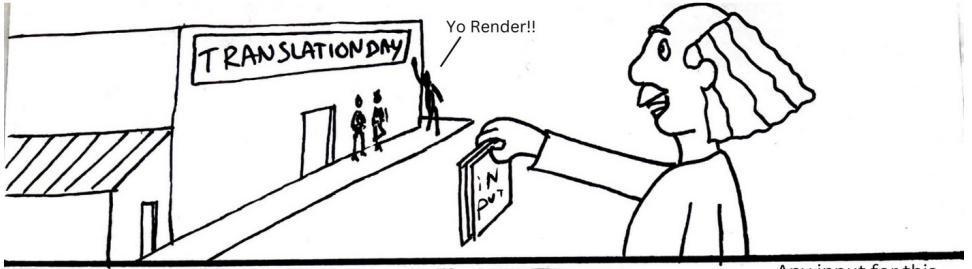
## **The Fruit Of Labor**

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In active addiction we felt alone and disconnected. Emptiness and feelings of failure were a daily struggle. There was no self-love, only hate. Connection with people and ourselves was lost. We did not believe that anything could help us and we weren't honest with ourselves. We were sick and tired of being sick and tired. The drugs and the desperation brought us to our knees, and we found NA. There we found trust and faith that something greater than ourselves can help us to deal with the pain and fill the voids, and by that we grow day by day in NA. Self-love developed little by little by working the Steps. We have to go through the pain of life, and that sucks. But without the growing pains, there is no recovery and we will not experience self-love. From a life full of emptiness, fear, pain and suffering, we are now living a life of connection, facing our fears, dealing with our pain and experience love. The full fruit of a labor of love lives in the harvest, and that always comes in its right season. And that way is the NA way.

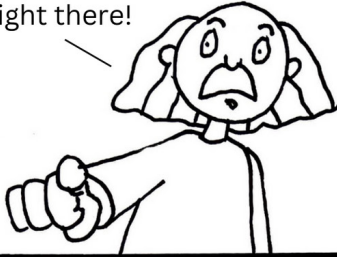
# THE ADVENTURES OF SIR RENDER

## SIR RENDER MAKES A POINT





After the sentence,  
right there!



I dont get it..



I think I am  
missing the  
point..

YEAH YOU ARE!

Are we still talking  
about this..

Totally missing the  
point dude..



Ow wait guys.. i see  
this sentence is  
missing a  
point  
at the end.



Are you f\*cking  
serious?

That's it for today. I  
am putting a point  
after this!



Finally!

TRANS

I made my point! It's in  
our book. I matter!!



THE END..

## What is Group Conscience?

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It is defined in the Home Group Conscience I.P. approved by the NA Home Groups of the FSC. You may use this I.P. for Guidance in developing your Home Group Conscience.

Remember we need to invite God into our Group Conscience. It also depends on our ability to surrender our own Ego. Do we hear the voice of God? It all depends on our ability to put our primary purpose before ourselves. To have the ability to remove ourselves and our thoughts to a greater Power called God to open our minds and spirits to God to direct our consciences to make the right decision for the right reason without having to defend our ego. To defend our thoughts and actions. To have the ability to not set ourselves up to be in a position of authority. There is only one Greater Authority.

We define that Authority as the God we met in our third step. We learned to surrender our will to give our lives over to Him. We have developed Trust in that Spiritual Being we met in the steps. With total trust, we now can let go and not control the outcome of the Group's Conscience we are no longer fighting to get our opinions involved. We surrender without a fight.

We learn to listen to hear to be able to feel others and to surrender having to be right all the time. We need to learn to get out of the way to

be part of instead of Grandstanding We allow the group to grow. We get out of the way, we allow the Group to make mistakes without pointing out their charter defeats, their shortcoming.

One way of dealing with Group Conscience is to look at the Traditions when we make decisions in the name of Group Conscience. To look at our primary purpose and how we carry it out.

Group Conscience is not a vote, it is the process we use to get to that vote The group does not collect votes we come to an agreement through the surrender The vote is an agreement is just part of agreeing we have come to a decision based on Spiritual principles based on our twelve traditions were God reveals himself. There will be no conflict when we have come to this agreement that does not carry out God's will. We will know the decision is right and move on to the next issue of how to carry our message.

More Will be revealed in God's Time Trust the Process

## An Overview of Outreach

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What is Outreach?

How do we in NA do Outreach?

We have probably been doing outreach for years, we just never thought of it.

When we start a meeting, we want to grow the meeting and be able to expand our message. When we



started N Ai in our local area, we had two original meetings and wanted to expand our Group so we could have 7 meetings a week.

We also belonged to the Philadelphia area which is 60 miles from our Hometown. We went to the area once a month. And listened to the area and gave them donations. Picked up our literature so we would have literature on our table, However, we were not receiving any service from the Philly area. What we did receive was ideally support from some members by visiting our Group. They shared information with us on how to grow our area into an area service body. So, we decided to create this area once we had 7 meetings a week in our local area which was our Home Group. We planned to create 3 Home Groups from our Home Group and invite another Group who were in a county north of us to become part of the new area. We created an area with four Home Groups and started the process of expanding our area into other parts of our area where there were no Groups.

Our Home Groups, since we had experience in starting meetings, decided that we would add another meeting that our Group would create and support with no intention of this meeting becoming part of our Home Group. We decided to provide all services to this new meeting. First, we did P-I in that area to make addicts aware of this meeting. We contacted the churches in the area to see if they

would let us have a meeting space. We contacted. The prison in the area and drug and alcohol facility to don public information to get the word out that we were starting this new meeting. We ran ads in the local newspaper for our new meeting so addicts could find us. Now that the meeting has started our Home Group made a commitment for three years to get this meeting off the ground. We would find addicts to get involved in learning of service to become members of this meeting. We would provide the chairperson for the meeting so we had enough members who could take over this meeting and turn it into a Group. We would have the new members decide the name of the meeting. It was an outreach meeting that was supported and developed by our Home Group to carry the message to fulfill our primary purpose of carrying the message to the addict who still suffered.

After getting a new meeting off the ground we drew a map of our geographic area we started mapping out a 9-county area to see where there were no NA Meetings in those areas. Then we started to do P-I in those areas. We would contact the local media and get the word out that there is Hope and a Promise of Freedom from active addiction. When we receive calls from those areas we would check out for facilities, and we would sponsor starting a meeting. We would provide all services to we developed a Group. where then they

# Just for today



## NARCOTICS ANONYMOUS

would start another meeting. They would then slowly grow over a period of time. We would take learning days. Into their area to bring unity for growth everything we would do would be to carry the message.

So, what about structure?

The Structure we used was created by staying focused on the primary purpose of the NA of our Home Group, so all services came from the Home Group.

We focused. How to grow our message and Jimmy Dream. We focused on Jimmy's dream of seeing

our message throughout the world, that no addict would die without hearing there is a message of freedom and hope from active addiction that they can find recovery and be set free.

So, what do we need to get them off the ground commitment and time? The willingness to serve. It is time and energy we seek. Living and applying the twelve traditions. A Coffee Pot, Literature, and a phone to make the calls that are necessary. We need our Home Group to support these efforts. We must be a Team. We need to have

a step program in our lives to fulfill these services.

Get a map of your area and surrounding area. Look where there is no meeting that needs our message. Check if you have addicts from that part of the area already. I make it easier to have someone who can help and understand the area and its needs. If there is no one coming to the meeting you check the population of the towns, and cities if it is rural., Area population. Of Small Towns, Villages, and populations of the area. Look at where the greatest population. off the area is the center of the population. Check where churches and other possible facilities you can possibly meet. The facility has a large room where you can meet weekly. Look at parking and public transportation close to the facility so addicts can attend. Check to see if you can a facility that does not have any other meetings going on that may conflict with the new meeting getting off the ground. We want to make sure we can provide an atmosphere of recovery. We want new members

to feel comfortable when they arrive so make sure the meeting is opened early and starts on time and that we stay late to be able to talk to the newer addicts. Make them feel that we care. Make sure the literature table is set up early, and the coffee, tea are refreshments are out early so the members have time to welcome one another. Take time to make sure everyone feels they are part of the

meeting. We should feel we want to get to the next meeting that is scheduled to take time out to answer questions.

Remember it takes at least three years to get a meeting off the ground. So have patience. Make sure your Group has enough support for the meeting off the ground. The Strength of your Group will show with your involvement in carrying the message to other addicts in this area where Groups exist so all service will be carried out by the Home Group which is sponsoring these outreach meetings. The Rewards are many when your Group is involved in Outreach to others. It also benefits your members more than you will know. Stay focused on the message and it will attract newer members who will be the servants of the new Group. They in return will duplicate what they learn from the Sponsor Group.

Be positive in your presentation to the public and to new possible members Remember they might be the only recovery addicts they have ever seen so your presentation and message will impact the possible members who stay are do not stay. So, remember.

More will be revealed, remember we are responsible and only we are responsible know one else can do it We are Responsible so remember it.

## **ANONYMI FOUNDATION**

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The Anonymi Foundation is an entity owned wholly by the NA Home Groups and is directed by the ASIS Conference. To date, the Anonymi Foundation is not a corporation as the Groups have not given instructions for the foundation to incorporate. Its purpose is to copyright Traditionalist literature in the name of the Groups who create and direct the Alternate Service Informational Structure. The Anonymi Foundation does not register literature in the name of the foundation. The Groups themselves own the literature. We do not need anyone to hold our literature for us because the member-addicts of those Home Groups are the trustees of the literature those very Groups write. The beneficiary of the literature is the still-suffering addict as well as any addict seeking freedom from active addiction. The Anonymi Foundation does have an elected agent, however, that agent has no power to act on anything without being directed to do

# **ANONYMI**

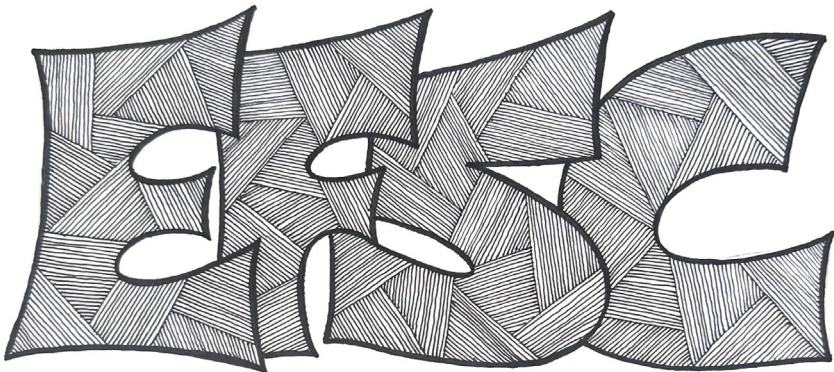
*A world-wide NA Home Group designed to provide our trusted servants (whose service has sometimes isolated them from their local groups) with the love and understanding they need to survive.*

## EFSC Energy

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Some of us were excited, Some of us were scared.  
But everything was possible, if we only just shared.  
If we stick together and share what we feel.  
We are going to survive and miracles become real  
Every evening we had a good meal.  
We made an interesting deal, so we don't have to steal.  
We soaked up the sun, and swam in the pool.  
Some of us painted them nails and looked like fools.  
We had a lot of fun and we also shed some tears.  
But we surrendered and conquered our fears.  
By following the program and do what we can,  
we get some freedom, never alone never again.

**Written by Anonymous Addicts at the EFSC 2023**



## From The EFSC 2023 An Overview

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One for the ages. We pre-started EFSC 2023 on Wednesday Night. We had 43 addicts at the meeting. Bill A. shared his experience, strength, and hope on N A Recovery geared toward the newcomer. It was exciting for all of us. We had a great time after meeting the addicts, hanging out, and sharing with one another. Then we headed over to the city center and hung out outside the ice cream store and had great conversations on recovery.

Then not the EFSC the next day. We met at the Food store; the Kitchen team was there doing the shopping for dinner food. We hung out outside the store sitting on their outside furniture, sharing, and caring and recovery stories. Filled up the van. With the food and headed to the facility. When we arrived half the people were already there. Everyone worked together to get the van unloaded, we were given keys to the room, and we settled in for the next four days. We set up the meeting room with printers, laptops, and recording equipment. We set up the new webcams to run Zoom through.

Then registration, hugs, and everyone is given their rooms. We had a great dinner with fresh hamburgers, lettuce, tomatoes, fruit, and a dessert. After dinner, we fellowship and then started the opening meeting to get to know one another. After the opening

meeting, we took a break and then opened the Grey Book meeting.

Friday Breakfast started at 7 a.m. We had service teams serving breakfast, cleaning up after breakfast, cleaning up the hallways, cleaning up bathrooms, and making sure all the trash was taken out. Opening meeting Friday morning at 9 pm Reports on (Webpages, New/Old NA Way Magazine. and translations of our Literature into other languages Reports were great and informative. Lots of questions and participation from the floor. Lunch at 12 noon

Friday Afternoon Group Reports We had 9 countries participate this year Netherlands, England, USA, Germany, Sweden, Thailand, Russia, Iran, and South Africa, Great Groups report and Growth from Translations of literature into six different Languages.

3.45 pm workshop on agenda report from the FSC and where we are at with the Anonymi Foundation we went over all new proposals for next year's FSC. That way Groups were educated about the importance of being involved in the FSC and Voting on the motions. We went over the Responsibilities of the Literature Coordinator and co-coordinator We went over the past motion of creating the Literature Coordinator and committee and their responsibility and the actions they must operate by. So, the Groups understood that they were the ones who needed to write the guidelines for the commit-



tee on how they are to operate. The Groups direct the literature. by hosting Literature Conferences, inputting and reviewing literature, and communicating between Groups. Of this material. The Literature Coordinator and Co-Coordinator work would Coordinate these efforts. The Literature Coordinator would assist in hosting Literature conferences/ Great workshops.

Dinner 5.30 pm Great Cooking Crew

Literature writing workshop everyone participated in six Groups' writing projects which was rewarding. They wrote enough that we are coming out with a special EFSC New/Old NA Way Magazine from the EFSC

Saturday Breakfasts 7 pm Great Team cooking and serving breakfast The Bacon was the ever-great job team.

We ran two workshops back-to-back from 9 am to 12 pm Workshop on Group Conscience and Outreach and discussion. Loads of questions from the floor. The two workshops created lively participation from the floor. There was a lot of excitement about being able to grow their Groups and expand their outreach to start new meetings and grow the EFSC through outreach.

After lunch, the public information workshop showcased the Group's efforts and their involvement in Public Information new banners. There are so many activities and new areas for creating stickers and new post-

ers. There are receiving requests to do public information in the prison system and rehabilitation system. More will be revealed.

Open Forum 3.45 pm was lively questions and great participation one of the areas that received extra time was our message and how to deal with others trying to change our message. The conclusion was to get people to read our Basic Text and ask them questions about whether the book has any endorsement of the outside issue of taking any mood-changing substance are mind-altering chemicals. The conclusion was we do not change our message.

Great barbecue everyone loved it great group photos and great fellowship.

We closed out with Bill A, speaking as the main speaker. It was a powerful talk. Everyone was excited about the speech. He shared a message that let us know that our Program was all about total Abstinence and the 12-step sand 12 tradition standing ovation and hugs and tears of joy after the meeting. It is now one am Sunday morning a lot of people are still fellowshipping as we put the magazine together.

Next year EFSC Dates 9/ 12th through the 15th 2024

**More Will Be Revealed**

**19th Annual Fellowship Service  
Conference for N.A.**

**When: June 28th thru June 30th, 2024**

**Where: Hamburg, PA**

**Place. Olivet Mountain Camp 1540 Mountain Ave.  
Hamburg, Pa 19526**

**Cost: \$125.00 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, 2024**



**Amount \$125.00 Check NO \_\_\_\_\_**

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





# SAVE THE DATE

*European Fellowship  
Service Conference*

12 - 15 september 2024

## Upcoming Events

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### 19th Annual Fellowship Service Conference for N.A.

Date: June 28th thru June 30th, 2024

Hamburg, PA

### EFSC NETHERLANDS

Date: September 12th thru 15th , 2024

Ambt Delden, The Netherlands

Your event here? Send information to [nahelp.org@gmail.com](mailto:nahelp.org@gmail.com)

## Weblinks

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

Contact: [nahelp.org@gmail.com](mailto:nahelp.org@gmail.com)

World

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

Contact: [nahelp.nl@gmail.com](mailto: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](mailto:AntligenFriaNA@gmail.com)

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

Russia

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

Germany

Contact: [info@nahelp.de](mailto:info@nahelp.de)

**GET  
INVOLVED!**

**WE NEED YOUR INPUT!**

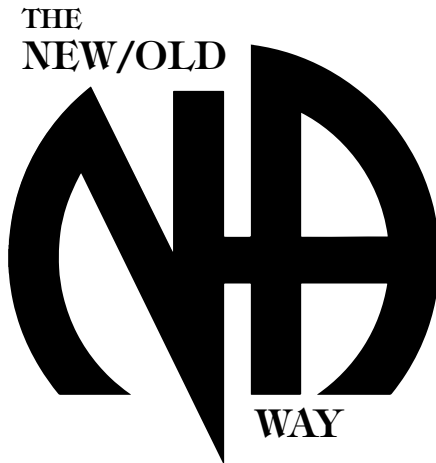
Please send your articles, event information, comics or other input to:

**[nahelp.org@gmail.com](mailto: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

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