

Your Fellowship Magazine
Share...
and be shared with..

Like it was when NA was new and young and life or death intense:
You matter to us so we will tell you the truth as we know it with nothing held back.

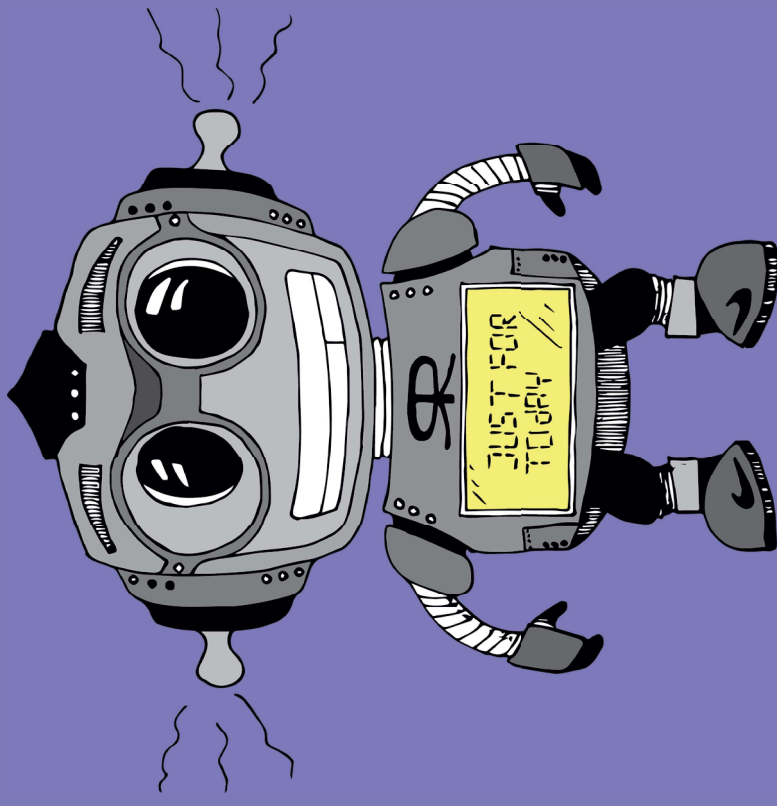
THE
NEW/OLD
NA
WAY

“ ... so that no addict seeking recovery need ever die...”

We publish your input -- the opinions presented are not necessarily those of the New/Old NA Way or Anonymi Foundation

The New/Old
NA Way

Conference Agenda Report



Volume 55 - February 2024



The New/Old NA WAY Magazine
Volume 55 - Conference Agenda Report
February 2024

This magazine was written in open participation by members of the Groups of The Anonymity Foundation and members of the Groups who participate in the Fellowship Service Conference and the European Fellowship Service Conference



WE NEED YOUR INPUT!

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

nahelp.org@gmail.com

Upcoming Events

19TH ANNUAL FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: June 28th thru June 30th, 2024
Hamburg, PA

9TH ANNUAL EUROPEAN FELLOWSHIP SERVICE CONFERENCE FOR N.A.

Date: September 12th thru September 15th, 2024
Ambt Delden, The Netherlands

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



Weblinks

www.nahelp.org

Contact: nahelp.org@gmail.com
USA

www.nahelp.nl

Contact: nahelp.nl@gmail.com
The Netherlands

www.freerecovery.org.uk

United Kingdom

www.nahelp.se

Contact: antigenfrian@gmail.com
Sweden

www.nahelp.ru

Russia

The New/Old NA Way

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

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 matrixmatchclub@yahoo.com

Check Out Our Web www.nahelp.org Send check to: A.S.I.S. For NA

P.O. Box 4404 Allentown, Pa 18105 Write checks payable to

Historical Perspective Group of NA (Bring sheets, pillows, Towels, and soap
everything else provided)

Name: _____ E - Mail: _____

Address: _____ City _____ State: _____

Zip: _____ Phone Number () _____

Group Name _____ **Register by June 10, 2024**



Amount \$125.00 Check NO _____



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

Conference Report

The Groups of Northern Columbiana County Area of Narcotics Anonymous present...

Annual 12-Step Retreat

February, 16, 17, 18, 2024

Das *Dutch Village Inn*

150 East State Route 14

Columbiana, Ohio 44408

What to expect: Speakers, Discussion, Coffee,

Real NA Old School Recovery!

Only \$5.00 for the weekend if you pre-register - \$10.00 at the door

NO addict EVER turned away!

Pre-register by e-mailing stepretreat@yahoo.com

Rooms Check with the Hotel for the price per night for 2 adults (\$10.00 additional for each adult)

Reserve your room by January 1, 2024, and mention you are with the NA Retreat to get the discounted price - Call 330-482-5050.

F.S.C. 2024

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

CHAIR REPORT

1/31/2024

Dear fellow NA members and Groups of the Fellowship Service Conference,

First of all we hope you are all doing well! It is exciting to hear that the Groups have been active and successful in carrying our message all over the world. The Conference is always a great vehicle of bringing the Groups together and to communicate growth and inspiration with each other. In this report we would like to briefly state some of the developments that have been going on.

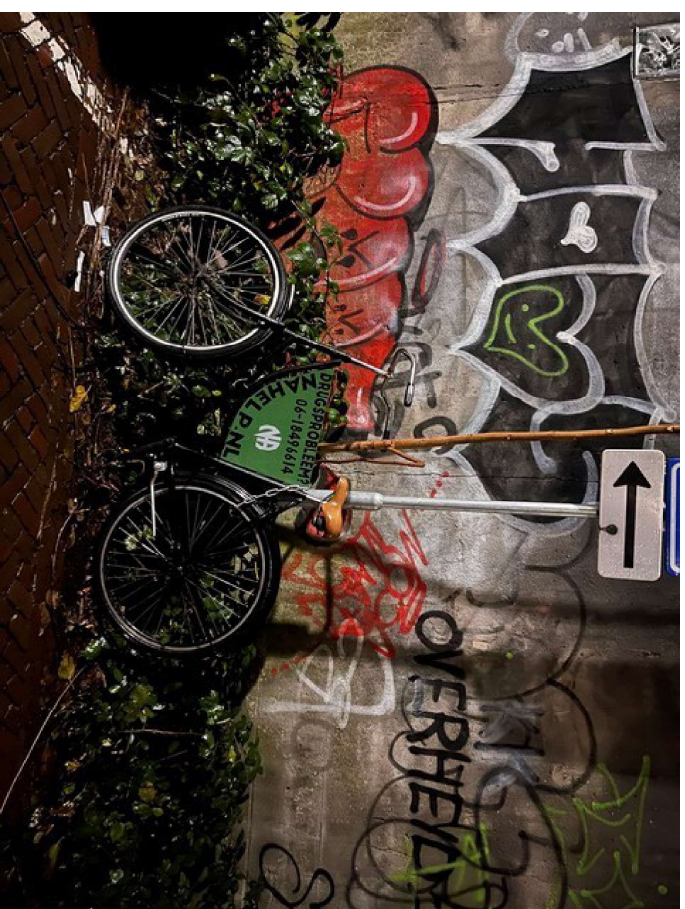
The proposals that were brought by the Groups as well as the existing old business from previous years, have been turned into finalized motions after the deadline of January 1st. There has been some input from Groups on the proposals, so the Groups that brought the proposals needed some time to process the input and make the changes they saw fit. For the correct files of the literature that's up for approval we advise you to look at <https://nahelp.org/fsc-2024/>

One issue that has been discussed at the recent Conference in 2023 is the legality of our foundation. Motion 2024-C talks about this. What was brought up is that the Groups already directed us to fulfill this task some years ago. Our Anonymi Agent has done more research that he will bring to the Conference to see how we can complete this task. For example we have to look at the costs. The Groups will have to make a decision on how to move forward. For more information please contact the Historical Perspective Group from PA.

We would like to encourage the Groups to hand in their Group reports digitally to our secretary so we can save them. It makes it easier this way, and we can use the reports as articles in the New Old NA Way Magazine. Looking to see many of you in Hamburg in June. Let's make it a great one! In Loving Service

Co - Chair: Shawn C - shawnc7489@gmail.com

Chair - Erik F - erikfiselier@hotmail.com



Today I Choose Action

In active addiction everything seemed urgent. Choices, life, obstacles, goals. I lived with dread, impending doom, worry, anxiety, and frustration. Today with God, NA, my sponsor, and my NA family, I am never alone with these feelings. In active addiction I made rash decisions and often led to more pain or falling short again. Today when I choose to use our tools and take suggestions from my sponsor and others that I trust in NA things always work out better. I have had a lot of growth imd some

areas which I'm extremely grateful for. None of which I would have own my own. Of course, there are a lot of areas that I still need and will always need help with. But today I choose to continue on this course and focus on the things that I can change. Which is me. My reactions, my expectations, and choosing to live by these spiritual principles, and not just say them. This is a program of action and we can never forget that. If I want to change myself and behaviors, I have to make the choice to take action, to surrender

By an anonymous addict in Ohio

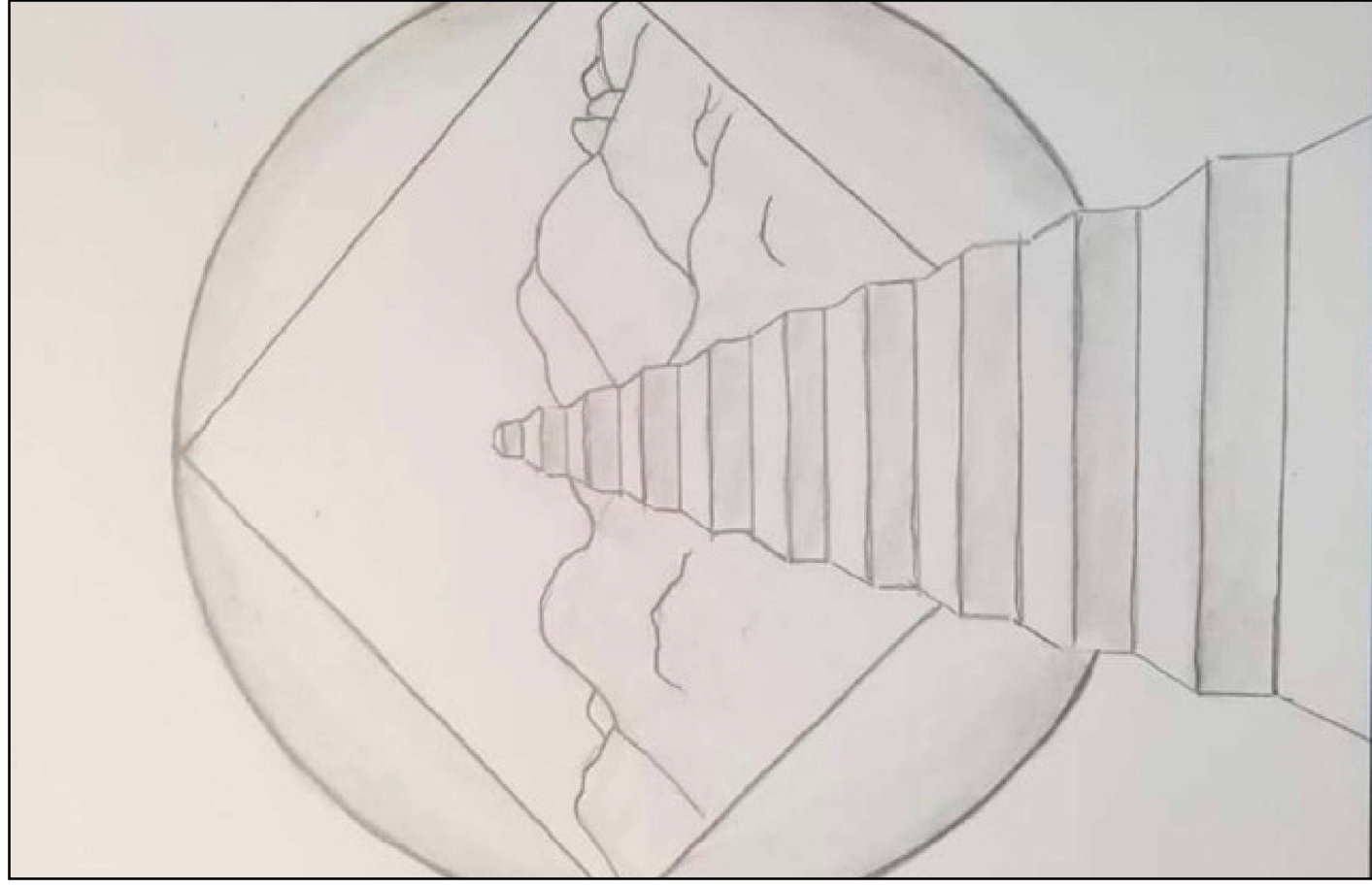
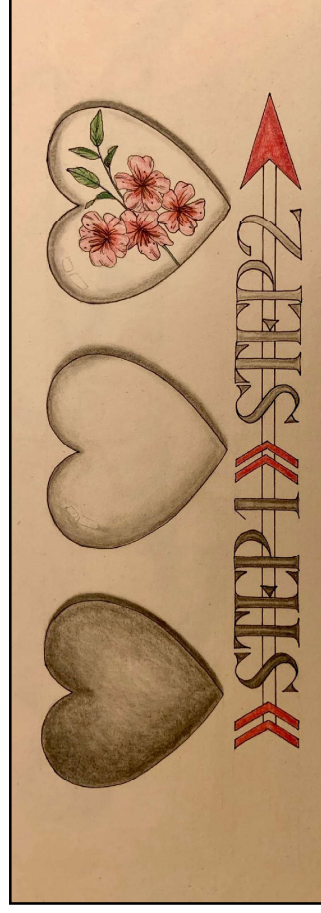
by doing that I forfeited my license. I was obviously under the influence of drugs but would not admit to it.

This situation began my decent to the bottom. After that I found myself in a mess I was not getting out of. Things got worse and worse. It got to the point where every day was a living nightmare. I was reduced to complete failure. At the end I was being evicted, had no electricity and still the only thing that mattered to me was using. How could all of this happen to me?! I was angry at God, society and everyone and everything that let this happen to me. My life was supposed to be different! I felt like I was the victim of some horrible injustice. I couldn't see that I was the problem. I caused all of those things that happened.

It wasn't long after this time that I found myself in my first Narcotics Anonymous meeting. I was a train wreck for a while after coming to NA, but with some time and work my life has been restored in so many ways. I think one of the main ways is the shift in perspective I have had about the events of my past and being able to see God doing for me what I couldn't do for myself.

When I am struggling with self-will, it's good to look back at my experiences with running my own life and what that got me. What would have happened if those horrible events hadn't taken place? Would I have gone on to have a successful and fulfilling life? I don't see how that would have been possible if my disease had went unchecked to the destination it wanted to take me. What would have happened if that cop hadn't pulled me over? Would one of us had died that night, or soon after? I know for sure that if these divine interventions by God hadn't taken place, then there are only so many ends that could have come. I would either be in jail, institutionalized or dead, or I would still be out there thinking I can use successfully and creating my own problems. I would be a victim and would not be taking any responsibility for my life. Thank God and NA for restoring me to a point of sanity. It makes it so much easier to make that decision to turn my will and my life over to His care on a daily basis because I know now where my will takes me.

An anonymous addict from Ohio



MOTIONS

OLD BUSINESS

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

2019-A

Never Alone, Never Again Group in North Carolina

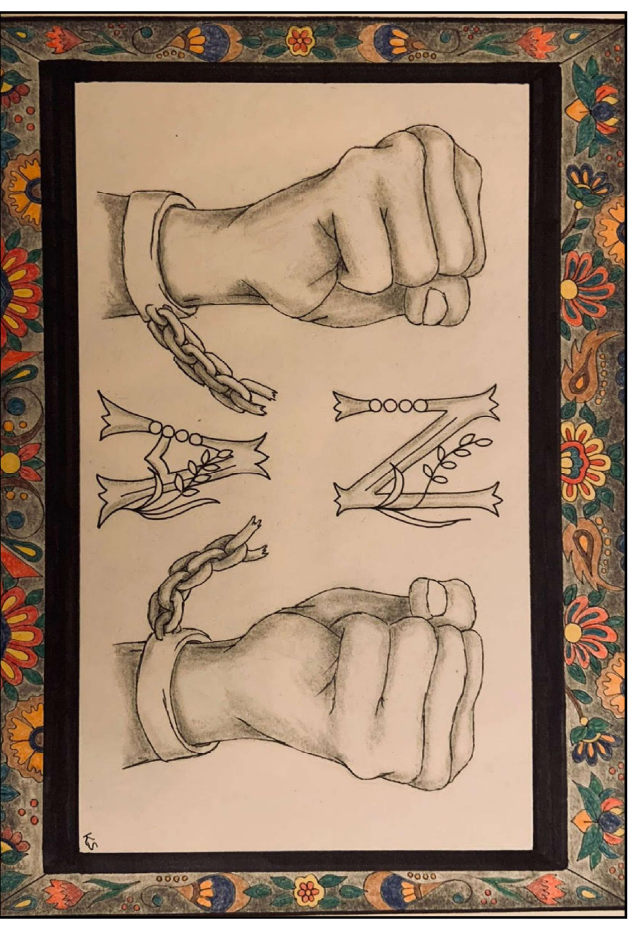
Motion for ASIS to maintain a stock pile of \$5000 worth of literature and phone number where groups can order literature. For this to happen ASIS would have to rent storage space and assign a trusted servant to receive and fulfill the orders. The trusted servant assigned would need to be given access 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 \$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

the face I thought, "I can quit any time I want, I just don't want to." I thought I liked to use drugs; I didn't realize the drugs were using me. In my mind, I was a victim of every unfortunate circumstance in my life and I used that victim mentality to justify my use.

The last two years of my addiction were a living hell. It got to the point like our literature talks about where we had to have drugs at all costs and we put drugs before everything else. In the end my life was reduced to getting, using and finding ways and means to get more. The beginning of the end was when everything started catching up with me. My new girlfriend and I got pulled over on the highway one night in a situation that I could only describe as divine intervention. You

see, usually when a cop is going to pull you over it's because you drove past them at an excessive speed or are driving erratically. This situation was different. I was driving a little faster than the speed limit but not excessively when suddenly a care was coming toward me almost head on through the median of the highway. I was blinded by the headlights and had to swerve to prevent a collision. It became apparent to me almost immediately that it was a police cruiser. As I passed the car, I looked in my rear-view mirror and saw the cop fish tail around and speed up to me with his lights on. I was stunned and confused. I pulled over and the cop immediately began to try to administer the field test for intoxicated driving. I refused to cooperate in any way so



God Had Different Plans

Now that I have a little bit of recovery and my perspective has changed, I can look back at my past and see that God was there all along, even at my worst moments in active addiction. It was hard to see it at the time because these interventions were not how I would expect God to show up. I expected God to rescue me from the horrible circumstances of my life and give me everything I wanted without actually working for it. I expected to live and act however I wanted without any consequences. I was insane.

As I came into adulthood, I was already an addict and using drugs regularly. I had created a life by self-will that I thought I wanted. I was chasing my dreams of being a musician and artist and lived by the model of the people I looked up to. Most of the examples I followed were of addicted, self-destructive people. There was this attraction that I had to that lifestyle and because of my obsessive and compulsive nature, I went for it full steam ahead. I was trying to create an image and personality based on these bad examples and I did a pretty good job of it. The problem was, I was a phony. I was living in a way that was contradictory to my conscience, which was guiding me less and less as my disease progressed. One thing I know for sure is once we compromise and

give into doing the wrong thing, it gets easier and easier to do the next time.

This brings me to a pivotal place in the course of my addiction. Right when I thought that my dreams were about to come true and I was on the brink of embarking on a trek to become rich and famous, the rug was swiftly pulled from under my feet. In the course of two weeks, my whole life collapsed. First, my ex-girlfriend, who I had been with and was living with for 5 years, broke up with me. We were also in a band together which made things really hard. After that we had one more show, after which all of my music equipment that I used was stolen out of the back of her car. A day or so later, the band broke up. The next week, I got arrested for driving while intoxicated for the first time. I was a mess and my entire world was turned upside down in a matter of a couple of weeks.

At this point I moved out and in with some other friends I played music with. I started using more heavily and very soon after I started to use heavier and heavier drugs. I started living like I didn't care anymore because I really didn't. I looked at my situation like I was being unfairly punished by life and so I felt I had the right to do whatever I wanted to. I was able to use hard drugs on and off for a while but eventually I had to have them. This began about a four-year progression to the bottom. Even when my disease was staring me in

1st YEAR MOTIONS

NEW BUSINESS

Proposals Historical Perspective Group of NA FSC 2023

2024-A

Approve Personal Responsibility Booklet

Intent: Personal Responsibility has gone through the FLC and has been in curriculum for years. It has been translated into other languages. and it is openly being used by many Worldwide Groups. SO, we feel it is time to approve it as a Fellowship NA Approved Literature

2024-B

Approve the Home Group Booklet

Intent: has gone through the FLC and has been in curriculum for years. It has been translated into other languages. and it is openly being used by many Worldwide Groups. SO, we feel it is time to approve it as NA Approved Literature

2024-C

To legalize the Anonymi foundation as a Foundation with the federal Government

Intent: To officially have standing to protect our copyrights, and have legal standing in the federal courts as the Agent for the Anonymi

2024-D

To Expand the Anonymi Foundation to add 3 Board Members to oversee the Anonymi agent.

Intent: to hold the Anonymi Foundation agent accountable for the fellowship to add a direct communication with the NA Groups that members Groups of the FSC and EFSC

2024-E

That the Anonymi Foundation hold copy rights, logo and holds history archive for the NA Groups to made available for the NA Home Groups

Intent: To be able to hold anybody accountable outside of the NA Fellowship from using are Logo's,

2024-F

That the Anonymi Foundation creates a digital webpage for historical documents to be made available to the NA Home Groups, to hold these documents to protect these documents.

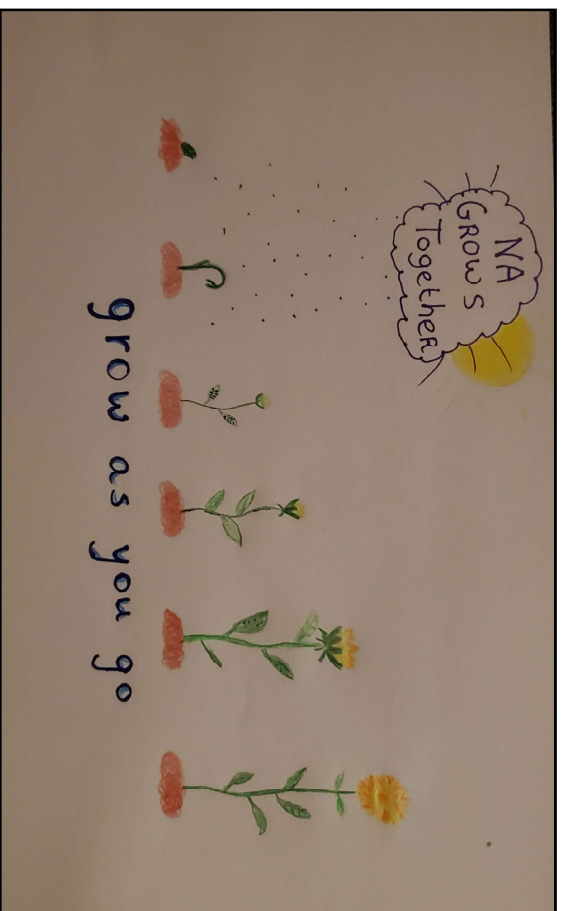
Intent: To make sure our Historical Documents are never lost, and ownership lies with the NA Home Groups belonging to the FSC and EFSC and in future FSC will expand worldwide. To hold Archives, property of the NA Home Groups of the FSC & EFSC Through the Anonymi Foundation

Historical Perspective Group for NA

Chairperson Bill A

1-484-951-3305

matrixmatclub@yahoo.com



their experiences at the conference. It felt surreal to be experiencing that after it seemed like such a struggle for so long.

I think one thing that made this year's conference so special was the fact that the European's were allowed back into our country this year. I have gotten to know some of them pretty well over zoom but never were able to be around them in person. This year, this Program afforded me the ability to be with them twice in a matter of two months. There is so much to be grateful for and so much work to do. My thinking when I started with all of this stuff was that of the loser's point of view. I thought all of

this was impossible and that there

was no way any of this was going to grow or catch on. There have been many times where it felt like our Group was going to fall apart and come to an end but just when I think it's about to be over a miracle takes place and addicts that receive the message remind me why we do this and how powerful this thing is.

Every year when we go to the FSC it recharges and renews my spirit and excitement for NA. I needed this conference this year and thank you all for being there and being part of my life!

By an anonymous addict in Ohio

Mirror, Mirror

Me: Mirror, mirror on the wall who is the fairest addict of them all

Mirror: it sure isn't you. All you see is the disease staring back

Me: Mirror, mirror if not me then who

Mirror: you see those addicts over there?

Me: yeah

Mirror: notice what they are doing.

Me: what's so special about them taking Steps

Mirror: what do you see with the addicts that have climbed all the Steps?

Me: I can't see them.... it's too bright.

Mirror: That's right if you want to be the fairest addict of them all you must let ego out completely and instead let the focus be on God's light shining through you instead.

From an anonymous addict in Nebraska

Commitment Brings Growth to the FSC

The first couple of years I went to the FSC it seemed like a struggle to get anyone to go. I started attending in 2020 during the pandemic, which had a huge impact on the attendance of the conference. Addicts who cared deeply about this Fellowship made the conference happen regardless of what was happening in the world. To be clear, the conference couldn't be held in its normal location due to the state guidelines for the pandemic. This didn't stop these addicts from doing it anyways.

You see, when I first came to NA and was told to make a meeting everyday no matter what, I never thought I would see the day where there wouldn't be meetings happening. Before I was really ready to recover, I would look for any excuse to not go to meetings but when this all started, I was actually scared. I didn't know how I would be able to stay clean if I didn't have meetings to go to. Our Group had to meet only on zoom temporarily because our facility closed but we very quickly found somewhere else to meet. This wouldn't have been possible had I not met the addicts who made the 2020 FSC happen no matter what. Because of this our Group grew during covid while others fell apart. This example of commitment by those Members has had a profound effect on my recovery.

The only reason I bring up all this stuff from that time is to set the stage for what came next. We started having a "no matter what" attitude toward recovery and how our Group operated and made being at the FSC a priority. The two years the attendance was pretty low. The first year there was 3 of us and the second year there were only two. At that time, it felt pretty impossible that it would grow or that we would be able to get any addicts to come with us. At that time our Group went through a lot of difficulties with keeping a clear message and cultivating an atmosphere of recovery. Addicts that attended the FSC told us not to give up and not to lose hope. The next year we had 5 addicts attend and then this year our Group had 9. We also gave a ride to one from Kentucky.

This was a very special year for me to see the growth and the fruits of our labor. For the first couple of years, when I shared the excitement and wanted to talk about the conference with others in our Group, I felt like they didn't see it the way I did. I was excited to be part of and involved with addicts that really cared about carrying this message. For a long time, it felt like I saw and was part of this whole other world that no one understood or wanted anything to do with. That slowly changed. It all hit me when we had Group Conscience the Monday after the conference. I walked into a room of addicts that were laughing and talking about

Following the NA Way Of Life

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

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

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

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

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

Gratitude and My Part

I have been trying to see gratitude in all areas of my life. I can see the effects of gratitude in some areas of my life. I also see areas where I can practice it more, like being grateful for a job. Today, I dropped my oldest son off at an appointment. Before he got out of the car he said, "Dad, yours and mine relationship has gotten better. I wonder why? Love you.."

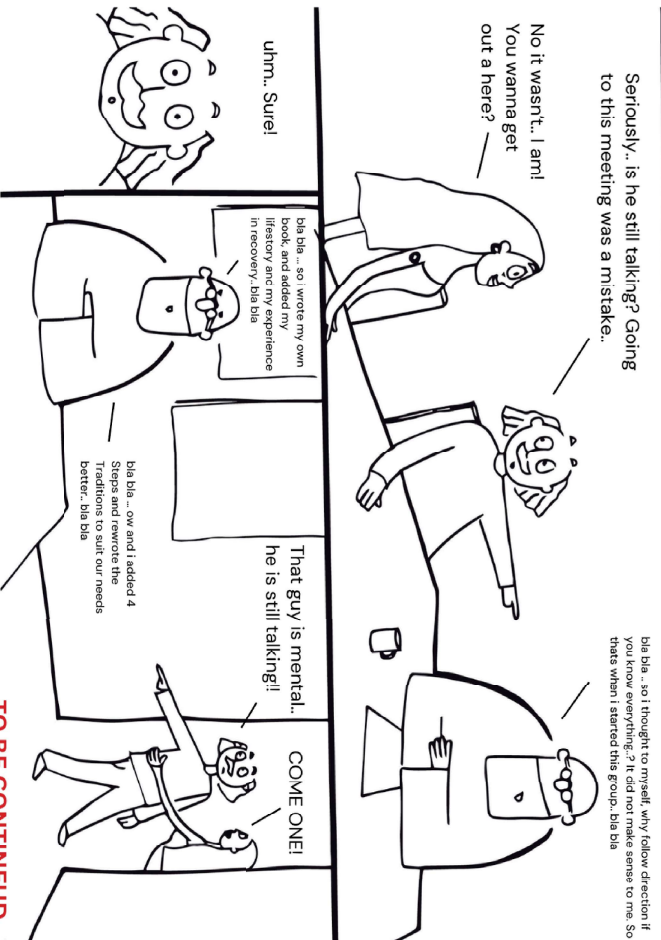
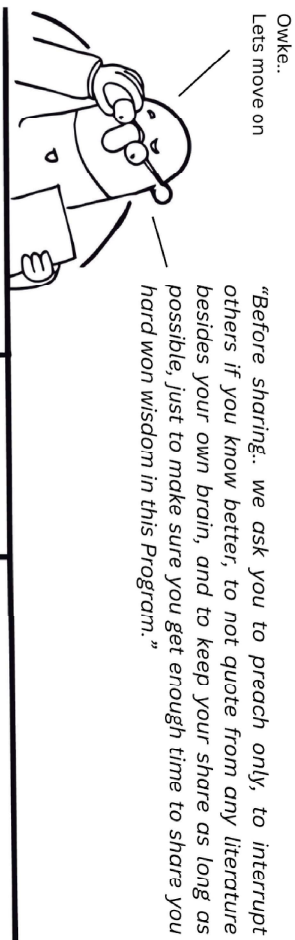
I know why. From the program of narcotics anonymous. From learning how to be grateful and seeing what am grateful for, in him, every day. Like all things in this program gratitude is an action word, to me. I have to mentally think and see something thankful for, even in situations where my ego may get in the way. My son has been grounded from his phone. Yet, he is always on it. I can be upstairs putting the kids to bed and hear him playing a theme song on a piano app. My first feeling is always resentment. How dare he disrespect me, ignore me, and do what he wants.

Though it's not okay that he continually ignores his mother and my consequence for his failing grades, I able to still find gratitude on the situation. Like many others in our fellowship, my mind drew tot goes through the step writing guide. I'm this situation it reminds

me of a lot from the past. It reminds me of all the music equipment that I have brought or handed down to him over the past decade. I placed expectations on a three-year-old that fostered resentments against him since the time I gave him his first guitar. I remember I got him a video game so he could plug in his Mini Stratocaster and learn to play. It also reminded me of all of times when I was four and five, I would get in trouble for being up at 2 and 2 on the morning, listening to my dad's old Sony stereo set up, and looking at the artwork on the back of his vinyl collection.

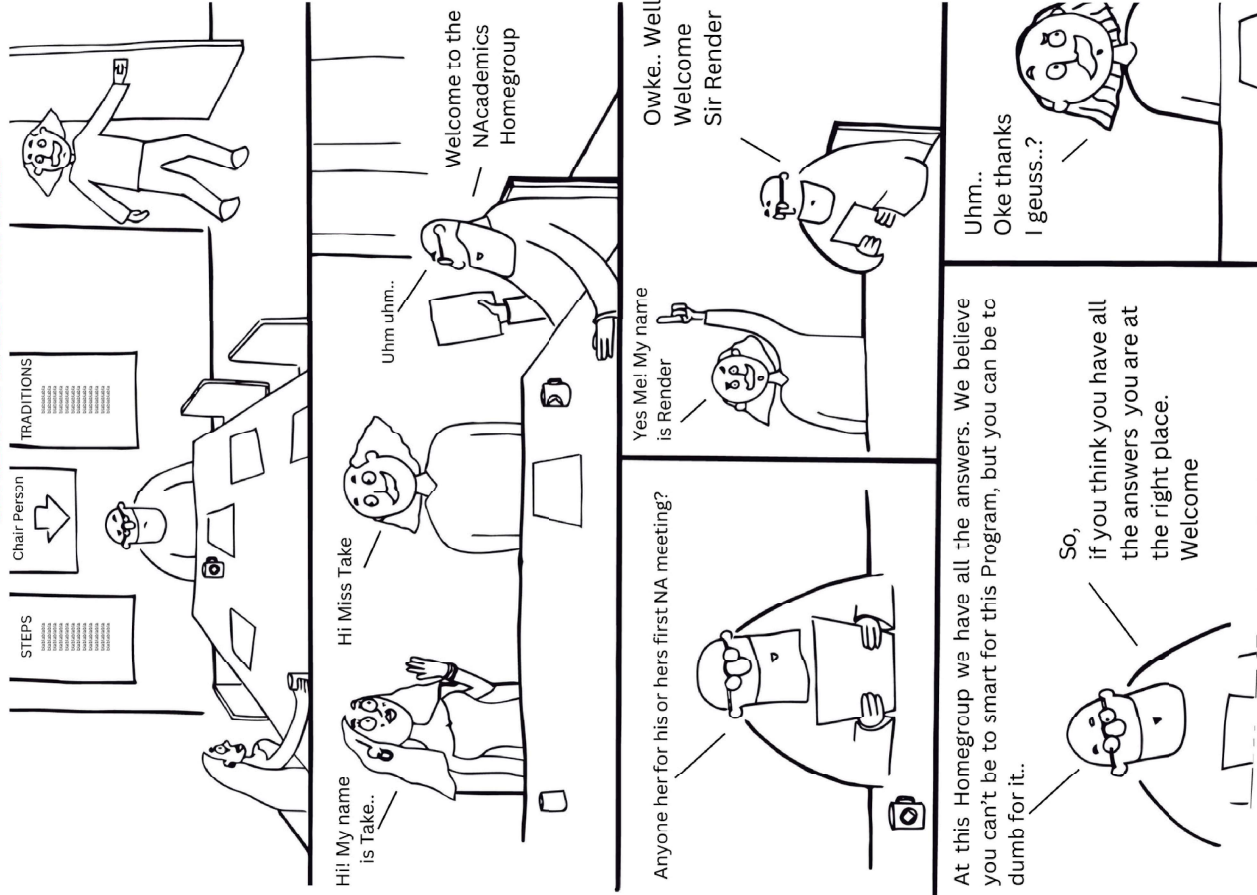
I also understand that I create my own problems. While I was a single father during my son's formative years, and my disease progressed during that time. This was the first time that I started to feel real unmanageability in my life. During a time when my sons needed me the most, I became strict and over-protective. Instead of being more loving, I projected my fears and expectations on to him. I had him reading Dr. Seuss at two years old. I read books all the time with him. Took him to the parks almost daily. I was often told about how good of a father I was.

They didn't see the times that I put it off a game of catch, or working on his hobbies together, because I stuck on fear and resentment, and used to numb by the pain. Or yelling, grounded, slaming him, instead of having a teachable moment. He development resentments towards



THE ADVENTURES OF SIR RENDER

SIR RENDER MAKES A MISTAKE..



me and towards schoolwork. Now it is easier for him to talk to me, and for me to listen. That covers from working the program and learned about my defects by looking inward and working on me. From examples and experience of others in the rooms of NA. I still have a long way to go but this relationship and others. Rusty I can accept where I am at, and him more, and focus on being grateful for the changes in my life.

An anonymous addict from Ohio

Today, surrender has taken on new meaning. I submit to the authority of the program and take action. I call other addicts, I write, I read the literature, I go to meetings, I pray, I meditate, and I am of service. I do these things daily. I do not always want to do these things, I may scream and stomp my feet, but I do them.

Surrender into Action

Putting surrender into action has given me a life worth living. It has given me more joy and happiness than I thought possible. It has given me purpose and gratitude. I am able to live in the moment when I surrender. I am able to fully appreciate a relationship with reality. It helps me to feel accomplished yet humble. Surrendering to NA has stopped the fight with myself, helped me to live in the light of the spirit and share my spirit with others. Today I chose to put surrender into action and give myself a break.

An Anonymous Addict

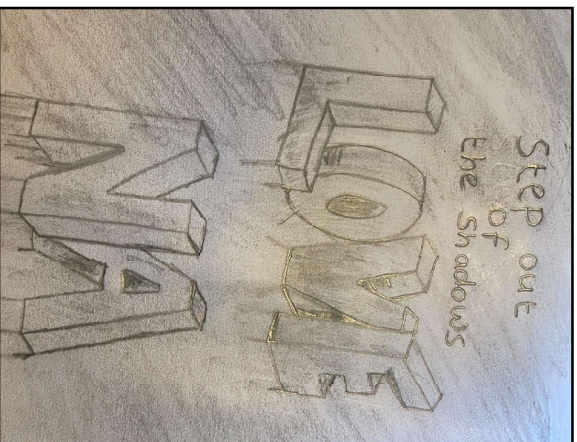
The dictionary defines surrender as the ACTION of surrendering; to cease resistance and submit to authority. I am slowly understanding that surrender means to take action to the suggestions of the program. To put in the work and do things my disease tells me I don't need to do. As most addicts, I am a fighter, I am stubborn, and I am determined. To fully concede and surrender to the program, I have

I Can't Do This on My Own, But Together We Can.

I just got back to the rooms a little over 4 months ago. My first go through I showed up, listened, and took suggestions. All of those things were extremely beneficial. After 2 years, I became guilty of getting resentful towards the fellowship and not talking about it. I was involved with our area service which to me was nothing but a joke and I got really angry and resentful towards people that talked the game of giving back yet they never seemed to give back. I got fixated on that and it affected my meeting attendance and honestly all other areas of my recovery. I learned from that that the spiritual principles we pick up in here can go away quick if we aren't careful. I stopped getting honest. I went from extremely willing to it being basically nonexistent and I completely closed my mind. I stopped with meetings, forgot I was an addict and we all know what that leads to. I made it 2 years and 10 months and I was feeling like I was already using when I wasn't. So, what did I do.....I used. 4 years later I am back. The obsession to use doesn't last that long for me. It takes on other forms. I am back into step work and keeping meeting attendance up. I truly believe in the 2nd step and have a solid supporting cast of people (a power greater than myself) that I am very grateful for. I came back to open arms and

I feel in my heart that my relapse really showed me that I am where I need to be. Also, there is no more doubt that I am an addict. I can't do this on my own, but together we can.

By an anonymous addict in Pennsylvania



H.O.W. We Can Help You

"We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only what you want to do about your problem and how we can help." Heard a different take on this today and found it very interesting. An addict shared that they thought this was often misunderstood. In all honesty when they shared with me it made

complete sense as for years had thought along the lines of, we don't care what those that are using how they want us to help. Of course, we do to a certain extent. It is just that if we want to know how to use, we will ask those that are using how to use.

Anyways they went on to talk about how we can help is the H.O.W. of the program. How sharing our Honesty, Open mindedness and Willingness with those seeking help can change their lives. If we focused on what we wanted when we got here, I'm sure we could find some great enablers. We could find others to bail us out instead of learning how to have personal

responsibility. This is not what NA has to offer though. Our program is a set of principles written so simply they can attract anybody to our way of life. We only have a proven program of 12 Steps and 12 Traditions that works. We are not here to deal with what you think your problem is. WE KNOW the problem of insanity and desperation that comes with being new to NA. We are here to provide hope for the hopeless. We are here to show that "WE DO RECOVER". Without those struggling having us share our H.O.W. this program works there is no hope.

By an anonymous addict from Nebraska

