

# **HAPPY, JOYOUS AND FREE TIMES!**

Serving the Upper Cumberland Area of Narcotics Anonymous

<http://www.nauca.org>

December, 2004

Volume 2, Issue 24

## **CAUSE AND EFFECT**

*"Something happens when we practice the steps and learn to apply principles in our individual lives. We develop an awareness of our behavior and its effects on ourselves and others." (It Works: How and Why p. 135)*

The only way for me to truly recover is to change my old patterns. As long as I practice any of the same old behaviors in recovery that I did in active addiction, at best I won't be able to realize my fullest potential as a recovering addict, and at worst it could send me back out into using again. I can not live in recovery the way I used to live and expect to enjoy the same joyous freedom that I see others in recovery enjoying.

We've heard it said so many times before: "What goes around comes around", and that statement is just as true in recovery as anywhere else. When I show indifference or intolerance to others, then my own spiritual growth stagnates and my recovery begins to suffer.

In active addiction, I was close-minded, self centered and callous toward others' feelings. And because of that I was constantly in severe mental and emotional pain, not to mention the devastating effects it had on my personal life. Now, in recovery, I must learn to be open-minded, God centered and practice unconditional love for others. Then I will truly learn to be a happy and grateful recovering addict.

So how do I learn these new traits? By working the steps and traditions and becoming intimately involved with them, and by applying the spiritual principles on a daily basis. When I replace my old behavior and thinking with the spiritual principles of Narcotics Anonymous, I can then begin accepting and loving others for who they are, not who I want them to be.

As I progress in my recovery, I learn the importance of acceptance because of the way I am accepted by the fellowship, regardless of what I did in the past. I learn the value of unconditional love as I find myself being loved by other recovering addicts, regardless of the differences that we may have. It is then, through a daily application of spiritual principles, that I begin to see how my old behaviors adversely affected others. I find that I no longer want to treat others badly because I no longer want to be treated badly.

Narcotics anonymous truly is a program of reciprocity. The only way for me to really experience the full effects of recovery is to treat others the way I want to be treated, and they in turn learn how to treat others by my actions. Once I become aware of how my actions affect others, and myself, and decide I want more from my recovery, I will become more careful in what I say and do, test my motives, and see just how spiritual it is first.

- Ken H.

---

The Purpose of Happy, Joyous and Free Times is to help share the message of Narcotics Anonymous to the Upper Cumberland Area. Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. The only requirement for membership is a desire to stop using. A meeting schedule can be found at <http://www.nauca.org>.

---

# Money, Money, Money...MONEY!!!

What is it about the topic of money in Narcotics Anonymous that gets us so riled up? I have to ask myself that question because I notice my blood pressure goes up a couple of notches if there is something I “think” is not just right with how someone or a group, area, region, or even the world is handling NA funds. You hear many things and I just wanted to share my thoughts of what I have experienced.

First of all, “What’s the basket for?” I have heard over the years people, including myself say, “If I put a dollar in the basket, I want to know that it is going to carry the message to the addict who still suffers”. I have definitely had to take a look at this in my recovery. Can you say control issue? What I learned is that if I am that worried about that dollar, I better just hang on to it. Our 4<sup>th</sup> Tradition states, “Each group should be autonomous except in matters affecting other groups or NA as a whole”, which means that the groups decide how to use that money. No one dictates to the groups but the members of the groups. So I have a choice to donate or not, but what happens then is in the hands of the group conscience. In the new IP, “Self-Support, Principle and Practice”, it talks about different ways that groups handle funds. Some are under the misconception that you *must* give money to the area. This is not so. Groups can donate to their area, region, and world. They can choose what percentage they want to go where. We, as a fellowship adopted this policy when we passed the motion to accept the “Guide to Local Service” in the Conference Agenda Report several years ago. Some groups feel they can serve the fellowship better by having more literature on hand. Some like to have functions. Some like to split it up among the different levels of service. Some focus on just sending it to one. Whatever they choose. I may not agree with it, but it is none of my business. Acceptance, what a concept!

Something else I feel is a misconception is some of the misinformation I hear shared about the “trickle down factor” and the 7<sup>th</sup> Tradition. I hear “The money in the basket goes for blah, blah, blah, and what is left over is sent on to area, then the region, then the world and then it “trickles” on back down to us. Well, isn’t that special? Where is that again in the literature? In reality, if you look at the last financial report from the WSO, note that member donations are only 9 percent of total income and that 2 percent came from conventions and events put on by NAWS, Inc, continuing the overwhelming financial dependence of NA World Services on literature and product income, a whopping 89 percent! 9 percent doesn’t even cover what it costs to keep the office running. So, that dollar ain’t tricklin’ nowhere. The percentage of NA groups making donations directly to world service has been increasing since the new fund flow system was adopted several years ago. However, less than 5 percent of the 25,000+ NA groups worldwide actually contribute to NA World Services. This represents less than 10 percent of the \$612,000+/- that comes from donations worldwide. Some food for thought would be to take a look at the Unified Budget that we adopted as a fellowship. If we plan on accomplishing some of the things that we determined were important, fellowship development being at the top if the list, the till is a little light. Our fellowship is growing and it takes funds to keep up with that growth. Something maybe to bring up at your next business meeting, at whatever level.  
(continued on page 3)

# NEW MEETING ANNOUNCEMENTS

**The Freedom Group**, a closed discussion meeting for addicts only, is meeting in Allard, Tennessee at 1700 Pennsylvania Avenue, at the corner of 296 and 52, behind Gracie's Gas Station. This is a non-smoking meeting and meets Monday nights at 7pm CST.

**Recovery 1st** (formerly the Basic Group) has moved to 305 N. Jefferson Avenue, Cookeville, Tennessee at the New Life Community Church. Group meets Monday nights and Wednesday nights at 7:30pm CST, and Saturday nights at 6pm CST. Wednesday meeting is closed to addicts only.

**Crossville NA** now meets in the building directly behind the 4th Dimension Clubhouse at 2224 West Avenue in Crossville, Tennessee. Group meets Monday, Wednesday and Friday mornings at 8:00 am, Sunday, Monday, Wednesday and Friday nights at 6:30pm CST, Tuesday nights at 7:30 pm CST, and Saturday nights at 5:30pm CST.

**The Unity Group** closed Traditions study for addicts only, has moved to the building directly behind the 4th Dimension Clubhouse at 2224 West Avenue in Crossville, Tennessee. Group meets Thursday nights 7pm - 8:30 pm CST.

## **Money, Money, Money... Money!!!** (continued from page 2)

And last, my personal soapbox on donations, and again this is just my not so humble opinion, so if you disagree, just choose to ignore it. It is back to the dollar thing. When I first got clean, I looked around and folks were throwing a dollar in the basket. So, that's what I did. In the beginning, as I was rebuilding my life with the help of you guys and a God of my understanding, that was all I could do. If you are new around here, there is no expectation for newcomers to give anything, just give what you can. Also, if you have been around and a dollar is all you got, disregard. However, I have been clean for several years and been given a life beyond my wildest dreams. Do I still give a dollar? No. I feel I owe my life to Narcotics Anonymous and that I gladly give up some of my good fortune to carry the message to someone else. I also would like to bring up the fact that things cost quite a bit more than when I first got clean. Literature, rent for meeting space, coffee, etc... have all gone up. Plus, the cost to carry the message in our subcommittees, like this newsletter, has gone up. I just ask that you think about that when you donate. Does it have to be in the basket? Absolutely not. Many of our members choose to donate anonymously or put money in different areas of the service structure.

Well, I am done. Thanks for letting me share.

- Scott W.

# TRADITIONALLY SPEAKING

*(The Twelve Traditions of Narcotics Anonymous truly are "the ties that bind us together". As important as the Steps are to personal recovery, so the Traditions are to group survival and to insure that our meetings fulfill their primary purpose. Each month, we will look a little closer at a particular Tradition, because we cannot implement a tool of recovery until we can begin to understand it.)*

Tradition Seven:

"Every N.A. group should be fully self-supporting, declining outside contributions."

"Addicts as a group have been a burden to society. In N.A., our groups not only stand on their own, but demand the right to do so." - Basic Text, pp.68.

Some thoughts to ponder concerning Tradition Seven:

- 1) Why is it so important for a group to be self supporting?
- 2) Is my group truly self supporting?
- 3) What is an outside contribution?
- 4) What are the dangers of a group relyinh too strongly on the donations of a few wealthy members?
- 5) How does this tradition relate to Tradition Six?
- 6) What if my group can't afford to pay a lot of rent for our meeting facility?
- 7) How does the principle of prudence play into this tradition?
- 8) How does faith in a collective Higher Power play into this tradition?
- 9) How does the principle of anonymity play into this tradition?
- 10) How does accepting outside contribution affect the freedom of our groups?

---

## **WE NEED YOUR HELP!**

Do you have an article, poem or personal story you would like to share with other recovering addicts? Maybe you would like to share an interesting experience of how your Higher Power has intervned in your life. Or maybe you would like to tell how you have applied the principles of Narcotics Anonymous in your life to overcome a difficult situation.

Any submissions you have can be sent to Happy, Joyous and Free Times 300 Neal Dr. Dowelltown, Tenn 37059. Or email [hjnftimes@hotmail.com](mailto:hjnftimes@hotmail.com).

---