



Serving the Upper Cumberland Area of Narcotics Anonymous

# The Guardian

Issue 2 Volume 1 February 2006

## CONTROLLING TOMORROW

Perhaps one of the greatest lessons the Fellowship of Narcotics Anonymous has taught me is the principle of living just for today. Not trying to change yesterday and not trying to figure out tomorrow allows me time to concentrate on what I'm going to do today for my recovery. And on days that I decide to apply that principle to my life, it works pretty well.

However, although I am powerless over the future, there is one aspect of tomorrow that I do have control over. I need to always remember that what kind of tomorrow I have is directly

related to what I do today.

In active addiction, I ran helter skelter, doing what I needed to do to get what I wanted at the moment, with no concern for how it would affect me or others later on. But today I have to be more responsible. I need to remember that my actions are not single events standing alone from everything else, but are actually links in the chain that connects today and tomorrow.

Now that does not mean that I have to be scared of doing anything, afraid that every action I take may adversely affect myself or someone else later on. Living in fear of doing anything is no more spiritual than doing

whatever I want regardless of the outcome.

Thankfully, recovery has given me a way to still live and enjoy my life while at the same time making sure that what I do doesn't have a negative affect in my life tomorrow. As long as I allow the God of my understanding guide me in my daily actions through the Steps, Traditions and Spiritual Principles of Narcotics Anonymous, then I know that my actions will be positive and that only good will come from them.

So by doing the next right thing today, not only will I have a better day, I will also have a better tomorrow.

- Ken H.

## NA TRIVIA

How much do you really know about your Fellowship? Take this simple quiz to find out.

1. What year was Narcotics Anonymous founded?
2. What was the original name of Narcotics Anonymous?
3. What is the official name of the Basic Text?

4. Although no one person was ever singled out as the founder of NA, there was someone who was largely responsible for keeping the fellowship together in it's early years and is considered by many to be the founder. Who was this person?

5. The words "drugs" and "narcotics" appear nowhere in NA's Twelve Steps. True or False?

6. Does Jimmy K.'s personal story appear in the "personal stories" section of the Basic Text?

7. In the early days of NA, what was the reason given by Jimmy K. for putting out so much literature?

Answers in next month's issue.

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## ANONYMITY AND THE TRADITIONS

(Editor's note: The following is an excerpt from the "Gray Book" review material for "It Works: How and Why". Although it is not NA approved literature, it is still interesting and gives deeper insight into the traditions.)

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." - Tradition Twelve

The Twelve traditions of Narcotics Anonymous are even more inter-related than our Steps. They complement each other and are bound together by the principle of anonymity. We've heard "principles before personalities" so often it has become a cliché like "Take It Easy" or "First things First". But what does it mean? What is the principle of anonymity?

Anonymity is the whole basis of the program. It is truly the foundation. In order to survive, we must set aside the differences we live by and become a part of a greater whole. The awakening of anonymity in each of us occurs when we finally give up trying to manage our lives and begin to depend on a power greater than ourselves.

Let us examine anonymity. It is the spiritual foundation of our Traditions. The First tradition talks about common welfare and NA unity. The placing of common welfare before personal welfare in the group setting is a direct application of anonymity. The "I wants, I wills and I shoulds" are replaced by "we" - oriented thinking for the common good; the result is unity. Unity is the direct application of anonymity within the group and the fellowship.

The Second Tradition talks about having but one ultimate authority. No single person (no personality) has authority. This is vested in a loving God to whom we have turned over our will and lives. The anonymity of the servant should be typical of our leaders. They themselves are not important, it is only the service which counts.

The Third tradition is a statement of anonymity. We do not define our members. We only insist that they have a desire to stop using. Nothing else should matter. This desire is the one crucial must of our program. We must come with it or develop it before this program will work for us.

Anonymity makes possible the autonomy of our Fourth Tradition. Without the principle of anonymity, each group would set itself up as something different from the rest - something special. Our groups would begin competing with each other for members and for recognition. The resulting loss of unity would eventually destroy NA.

Our Fifth Tradition says that each group has but one primary purpose. The unity of purpose is the tie that binds our groups together. Our groups are not truly different, each has the same spiritual aim and orientation. This anonymity, and the anonymity of the groups, make it possible for an addict to depend on us for help.

Tradition Six tells us we ought never finance, endorse or lend the NA name to any related facility or outside enterprise. To violate this rule would be to lose our anonymity. With anonymity gone, personalities would take over and problems of money, property and prestige would surely divert us from our primary purpose.

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**The Guardian** is a free monthly publication serving the Upper Cumberland Area of Narcotics Anonymous.

### Newsletter Subcommittee

Vice-chair: Ken H.

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**Upper Cumberland Area of Narcotics Anonymous Helpline: 866-454-3784 24 hours toll free**

**Upper Cumberland Area of Narcotics Anonymous web site: <http://www.nauca.org>**

### Meetings in the Upper Cumberland Area of Narcotics Anonymous:

Crossville NA Group  
Crossville, Tennessee

Daily Reprieve  
Wartburg, Tennessee

End of the Road Group  
Woodbury, Tennessee

Freedom Group  
Allardt, Tennessee

Middle of Nowhere Group  
Albany, Kentucky

New Beginnings  
Huntsville, Tennessee

Primary Purpose Group  
Smithville, Tennessee

Unity Group  
Crossville, Tennessee

## ANONYMITY AND THE TRADITIONS

(Continued from page two)

Our Seventh Tradition guarantees each member the right and privilege to share in the financial support of Narcotics Anonymous. Each of us is given the equal opportunity to help anonymously. We uniformly reject outside contributions regardless of their source. We also do not allow a member to contribute more than his fair share, to do so would encourage the loss of their anonymity.

In regard to the Eighth Tradition, we do not single out our members as "professionals", we try to maintain their chance to experience personal recovery and grow. Not forcing power and status on our members is yet another form of anonymity.

The service boards and committees of our

Ninth Tradition are directly responsible to a loving God as expressed in a group conscience. They are not responsible to any particular personality or set of personalities.

In our Tenth Tradition, we strive to limit the growth of powerful personalities and safeguard anonymity by having no opinion on outside issues. When controversy exists, people take sides, personalities come forward, and as this happens anonymity fades. Here again we find consistency of action, and in its own way this is also anonymity.

In our Eleventh Tradition, we find that the way we relate to the outside world is in fact using personal anonymity. None of us are singled out, no one of us represents NA; to do

so would be to place our personalities ahead of others and this would be a violation of our anonymity. In attraction rather than promotion, we give the addict the right to join in our anonymity and find recovery.

Anonymity is everywhere in our Traditions and our Fellowship. It is one of the basics of recovery. The principle of anonymity protects us from our defects of personality and character. Where anonymity exists, personalities and differences have no power. Anonymity in action makes it impossible for personalities to come before principles.

*- From "World Literature Conference III, World Service Conference Literature Committee, Narcotics Anonymous Memphis, Tennessee February 15, 1981"*

## We Need Your Help!

We need your help. The Guardian is in need of submissions. It can be a personal story of how you used the Fellowship or your Higher Power to get through a tough time, your views on a particular quote from the Narcotics Anonymous literature that you happen to like, or a simple expression of gratitude.

Don't worry if you think you can't write well enough, we will be more than happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't very important either, just remember that shorter is better.

The only real criteria for submissions is that they reflect the message of Narcotics Anonymous and stick to the identification of ourselves as addicts suffering from the disease of addiction.

Submissions can be brought to the upper Cumberland Area Service meeting, sent to The Guardian 166 Tami Kay Rd Dowelltown, Tenn 37059, or emailed to [ucaguardian@hotmail.com](mailto:ucaguardian@hotmail.com).

Thank you for your help and support.

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## JIMMY K. QUOTES

Below are some of the sayings of Jimmy K. That we really enjoy. We hope you will also find them inspiring.

"When you look at another, or look at yourself, look on their strength with pride and their weakness with compassion."

"What I have to remember, personally, is that I'm here, and possibly all of you are here, because of people who'll never be here. The newcomer is the life blood of this organization, always has been, always will be."

## CREATING AN ATMOSPHERE OF RECOVERY-Part Two

Continued from last issue

(What follows is a solutions summary of the "Atmosphere of Recovery" presentation from our Dallas forum, 7/2004, presented by John S. (Show-me Region). These solutions are not an expressed conscious of the southern forum as a whole, nor are they the expressed opinions of Regions participating in the SZF. No one person strongly disagreed with any of the "Solutions.")

### Surveillance

First of all, determine if there really is a problem with a group being under surveillance. Call an emergency group business meeting to discuss. Work through area or regional public information chair as those committees may have good relationships with law enforcement and probation parole officials in your town. Contact local officials and request a meeting to explain the group's position and need for anonymity. Allow officials to review our group readings to gain a better understanding of our primary purpose. If they must ask questions, request that it be done away from the NA meeting and that members not be asked to identify or share confidential information. Contact NAWS for additional support. Do not make the situation worse by confronting those conducting surveillance. Deal with professionals in an appropriate and constructive fashion.

### Weapons or drugs carried into a meeting

Make it a standard part of the opening reading: drugs and weapons are not to be carried into the meeting space.

### If a weapon is the issue

Do nothing that will create a direct confrontation and potentially harm

yourself or members. Have a system worked out ahead of time for dealing with this situation, discussed and approved by home group members in a business meeting. Ask the person to return to the parking lot and remove the weapon from the meeting space; be non-confrontational and explain that it's for everyone's safety. If the person refuses or if the situation becomes threatening in any way, have a member call 911 - remember we are not professionals and should not attempt to disarm an individual.

### If the issue is carrying drugs into the meeting place

Again, have a system for dealing with this issue worked out by the group ahead of time during a business meeting. If the person is trying to sell drugs on-premise, call police. If the person is loaded and seems to genuinely want to get better, ask them to remove the drugs from the meeting place and then they are free to return; refrain from sharing and talk to someone after the meeting.

### Unruly children

Again have a group policy for dealing with noise at meetings, whether adults or children. Make it a part of the opening format to remind parents that they are responsible for helping the group protect its atmosphere of recovery; and to please help us keep distractions to a minimum. Consider providing volunteers to watch children during meetings in an adjacent room. Consider starting a meeting specifically for parents with children.

### Off-topic sharing

Let leaders of discussion meetings know how important it is to stay on topic as part of leader orientation. For

discussion meetings, state in the opening format that it's important to stay on-topic unless someone has an issue they need to bring up. Divide meetings into more than one topic discussion; have first half hour be one topic and second, another. Leaders can gently direct the conversation back on track without being offensive. Discuss at the group business meeting how individual home group members can take responsibility at any meeting for bringing the discussion back on track.

### Discussing outside issues

Explain what the 10th tradition means and why NA has no opinion on outside issues. Leaders and home group members can bring the discussion back on track after offering to speak with the individual after the meeting. Also remember, that as long as a member is sharing about how an issue is affecting his/her recovery and not making a statement or asking for a position, that it may not be an outside issue at all.

### Provocative dress or actions at meetings and functions

Especially when representing the group or NA at a public information or H&I function, provocative dress and behavior is inappropriate from anyone. Bring self esteem or projecting a positive NA image up as a meeting topic. Have 2-3 home group members of the same sex discuss the behavior/dress with the addict. Remember what's obscene to one person is art to another.

### To be continued next issue

(reprinted from Volume 3 Issue 3 of the Solutions pamphlet presented by the southern Zonal Forum of Narcotics Anonymous)

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The neat meeting of the Upper Cumberland Service Committee will be on March 19, 2006 at 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. Come check it out to see what the service committee is doing for the Upper Cumberland Area and your group to aid in better carrying the message to the still-suffering addict.

**The Guardian**

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