

# Happy, Joyous and Free Times!

## Serving the Upper Cumberland Area of Narcotics Anonymous

<http://www.nauca.org>

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January, 2005

Volume 2, Issue 25

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## Plan to change, Plan to succeed

I have been clean over 14 years and I have made many New Year's resolutions. I can't recall if I have ever followed through on any of them to completion. I view it like the many times I said, "I need to stop using", but never did. My reason for failure, then and now, is not having a plan. If I fail to plan, I am planning to fail.

For my recovery, I have a plan. I go to meetings, ask for help, work the steps, do service work, and use the men of the fellowship to support me in my recovery. When I follow that plan, I seem to have very little drama in my life. The biggest drama that I don't have is the obsession to use. After that, everything else is just life on life's terms. I need to have a plan for when things arise, no matter what the size. I need to pray for God's Will, call my sponsor or share it with the men I sponsor or other men I am close to, write about it, etc...

When I am facing changes in my life, it is the same process. How can I alone make these changes? I have proven in the past that I can't. So now I have all of this clean time, surely I can do this alone now? That is my disease talking. If I am alone, my disease will win. So, no matter what I am contemplating, I have to use the tools of the program and the members of the fellowship to make these changes. I have seen many people, myself included, forget what got them to this point.

I won't outgrow Narcotics Anonymous. Regardless of how far I have come, I still have a long way to go. The process will always be the same. I haven't always been this way. I used to work MY program and not THE program. My results were predictable. Chaos, close calls, and consequences were my calling card.

With a plan of action and the help of NA, I have had many successes. I have been able to translate these wonderful tools into every area of my life. I plan at work and I have become a valued employee and manager. I plan for my health and I feel better now physically than I ever have in my life. I plan for my financial stability and I don't find myself overextending my self financially. I use the exact same process. It works 100% of the time.

So in 2005, I am not making any New Year's resolutions. I will just continue to plan, day after day. As long as I don't do it alone, I will continue to succeed. Not only by staying clean another day, but by applying the principles to the rest of my life and having a life beyond my wildest dreams.

TFLMS

Scott W.

Nashville, TN

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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>.

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# 48 "Musts" of Narcotics Anonymous

(We hear recovering addicts say all the time that there are no "musts" in N.A. Actually, nothing could be further from the truth. The Basic Text of Narcotics Anonymous, our textbook to living a life clean, contains 48 "musts" that recovering addicts need to adhere to in order to live happy, joyous and free. We have decided to reprint this article from one of our past issues, so that you may see for yourself that N.A. is indeed a program of "musts".)

1. "Everything that occurs in the course of N.A. service **MUST** be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." - pg. XVI
  2. "We **MUST** always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." - pg. XVI
  3. "We **MUST** face our problems and our feelings." - pg. 15
  4. "We are people with the disease of addiction who **MUST** abstain from all drugs in order to recover." - pg. 18
  5. "A second admission **MUST** be made before our foundation is complete." - pg. 21 (Explanation: It is not enough to admit that we are powerless over drugs, we **MUST** also admit that our lives had become unmanageable.)
  6. "We **MUST** be done with the past and not cling to it." - pg. 28
  7. "Assets **MUST** also be considered, if we are to get an accurate and complete picture of ourselves." - pg. 28
  8. "Although He already knows, the admission **MUST** come from our own lips to be truly effective. Step five is not simply a reading of step four." - pg. 31
  9. & 10. "We **MUST** carefully choose the person who is to hear our fifth step. We **MUST** make sure that they know what we are doing and why we are doing it." - pg. 31
  11. "We **MUST** be exact." - pg. 32
  12. "We **MUST** realize that we are not perfect." - pg. 35
  13. "Our experience tells us that we **MUST** become willing before this step will have any effect." - pg. 36 (Step Eight)
  14. "We **MUST** separate what was done to us from what we did to others." - pg. 37
  15. "As with each step, we **MUST** be thorough." - pg. 38
  16. "We **MUST** remember the pain that they have known." - pg. 40
  17. "It is said that for meditation to be of value, the results **MUST** show in our daily lives." - pg. 46
  18. "We **MUST** give freely and gratefully that which has been freely and gratefully given to us." - pg. 47
  19. "Our disease involved much more than just using drugs, so our recovery **MUST** involve much more than simple abstinence." - pg. 53
  20. "We **MUST** give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not." - pg. 53
- (Continued on page three)

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**48 "Musts" of Narcotics Anonymous** (Continued from page two)

21. & 22. "When we are prepared, we **MUST** try out our newly found way of life. We learn the program won't work when we try to adapt it to our life. We **MUST** learn to adapt our life to the program." - pg. 55
23. "Unity is a **MUST** in Narcotics Anonymous." - pg. 60
24. "We **MUST** live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish." - pg. 60
25. "We **MUST** be constantly on guard that our decisions are truly an expression of God's will." - pg. 61
26. "An atmosphere of recovery in our groups is one of the most valued assets, and we **MUST** guard it carefully, lest we lose it to politics and personalities." - pg. 61
27. "We **MUST** remember that officers have been placed in trust, that we are trusted servants, and that at no time do any of us govern." - pg. 61
28. "Our Sixth Tradition tells us some of the things we **MUST** do to preserve and protect our primary purpose." - pg. 66
29. "We **MUST** first understand what N.A. is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so." - pg. 70
30. "In order to achieve our spiritual aim, Narcotics Anonymous **MUST** be known and respected." - pg. 71
31. "To improve ourselves takes effort and since there is no way in the world to graft a new idea on a closed mind, an opening **MUST** be made somehow." - pg. 75
32. "We **MUST** relearn many things that we have forgotten and develop a new approach to life if we are to survive." - pg. 77
33. "We realize we **MUST** do something." - pg. 78 (read the prior sentences)
34. "When we feel the old urges come over us, we think there **MUST** be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand." - pg. 79
35. "We come here powerless and the power that we seek comes to us through other people in Narcotics Anonymous, but we **MUST** reach out for it." - pg. 79
36. "Recovery found in Narcotics Anonymous **MUST** come from within, and no one stays clean for anyone but themselves." - pg. 80
37. "If we have relapsed it is important to keep in mind that we **MUST** get back to meetings as soon as possible." - pg. 80
38. "We **MUST** totally surrender ourselves to the program." - pg. 81
39. "We **MUST** use what we learn or we will lose it in a relapse." - pg. 81
40. "We **MUST**, use what we learn or we will lose it, no matter how long we have been clean." - pg. 82
41. "Eventually we are shown that we **MUST** get honest or we will use again." - pg. 82
42. "We **MUST** smash the illusion that we can do it alone." - pg. 82
43. "Staying clean **MUST** always come first." - pg. 82
44. "Some things we **MUST** accept, others we can change." - pg. 92
45. "We **MUST** be willing to do whatever is necessary to recover." - pg. 93
46. "We never know when the time will come when we **MUST** put forth all the effort and strength we have just to stay clean." - pg. 93
47. "No matter how painful life's tragedies can be for us, one thing is clear: we **MUST** not use no matter what!" - pg. 98
48. "In order to receive we **MUST** be willing to give." - pg. 102
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# 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 Eight:

"Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers."

"In our Eighth Tradition, we do not single out our members as professional. " - Basic Text, p.70.

Some thoughts to ponder concerning Tradition Eight:

- 1) Why is it so important for Narcotics Anonymous to remain non-professional?
- 2) What is a service center?
- 3) Is a treatment center a service center?
- 4) What is a "special worker"?
- 5) Does this tradition mean that a recovering addict, who is also a professional, can't volunteer his/her services to N.A.?
- 6) How does the principle of anonymity apply to this tradition?
- 7) How does this tradition relate to Tradition Five?
- 8) How does this tradition relate to Tradition Six?
- 9) Why is the Eighth Tradition "vital to the stability of N.A. as a whole" (Basic Text -p.69)?
- 10) Why is it necessary for N.A. to employ special workers?

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## **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 intervened 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. Dowlletown, Tenn 37059. Or email [hjnftimes@hotmail.com](mailto:hjnftimes@hotmail.com).

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