



NEWSLETTER

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It has taken us a long time to start this paper but if we bring to mind the saying "All past is Prologue" we can realize how well it applies to us. Increased hope for more and better recoveries comes from a better understanding of our disorder plus the experience of addicts who have long term recovery.

In the past about all that was really known about the addict encompassed only a small segment of addiction. Since there were few if any real recoveries how could anything else be known, except our behavior while using, during withdrawal and thru some short periods of abstinence. Even when long periods of abstinence had been imposed upon us nothing really changed to bring about real freedom from drugs.

We hope this newsletter will enlarge on one of our basic beliefs, that the best hope for any addict is the practice of personal freedom in abstinence and the maintenance of a simple spiritual program.

In comparing parts of our past with others it would seem that we all reach a point, soon or late, when we say to ourselves or others "I just don't have a way to go, if I only knew what to do."

In N.A. we find a way to go and a way to know and in association with others like ourselves we learn to know.

We trust that this paper can help in that transition. That we can share hope, faith and courage with each other and reach our common goal, a clean, secure, satisfying, meaningful and productive personal life.

Editor.

UNITY. George R. Sect. '67 '68

Although all of us develop a sense of humor and are able to laugh at most of our past, I would like to be serious in this first newsletter. I'm directing my words to all our members (no matter where they are) who are truly interested in the N.A. Fellowship and wish for more unity and greater growth.

Most of us know that the N.A. movement, west of the Rockies, started with one group in Sun Valley, California. In 1953 the foundation group gladly or at least willingly took all responsibility for our society as a whole. It took some time to bring the structure we now have from idea to reality.

This structure includes:-

Help for the addict seeking it or information as to the places of our group meetings, both open and closed.

Answering mail requests from addicts or others seeking information.

P.O. BOX Service----Phone Answering Service ----Literature Tape Library----Banking---Public Relations---Other related services, such as, helping new groups to form, both on the street and inside institutions.

For a long time we had only the Foundation group funds to depend on for maintenance and expansion of our services. Now some of the other groups, knowing these services make it possible for them to do a better job, voluntarily donate to the general service such funds as they are able. This means a closer bond between us and a united effort to meet our common responsibility.

Other groups have formed in the past with high hopes for success, but they kept apart from the main stream of N.A.; without the strength that comes from unity of purpose their isolation defeated them and they disbanded; we would like to avoid this where ever possible.

We have well established meetings now but would like even closer communication with each other. This newsletter and your written material for future issues, could be one of the best ways to integrate and expand our society, thus making it possible to carry our message of recovery to those still seeking help.

Yours in Unity.

George.

 A pessimist sees a difficulty in every opportunity.

An optimist sees an opportunity in every difficulty.

 Faith was the willingness to perceive a thought and a will infinitely greater than one's own. Faith was the ability to see what others had failed to see, or to discover what others had vainly hoped to see.

Excerpt from "Thirst For Freedom"

Any addict will tell you that medicine alone will not cure his illness. He may regain good physical health only to relapse. Many addicts report that they got in good shape the better to enjoy their next binge.

Psychological insight, if it were the only required remedy, would enable addicts to resume their habit. The records show that it is impossible for an addict to indulge with control no matter how enlightened he may be about his emotional trouble and no matter how well he may control his feelings.

Social adjustment similarly fails to bring recovery, if it is thought that a suitable job and harmonious social relations alone are the answer to the drug habit. They report they "Never had it so good." then relapse.

What the addict must strive for, more than anything else, after he realizes he cannot be free alone, is a richer experience of personal freedom. This is far more important than anything he may learn from medicine, psychology or sociology. It is of course true that scientific facts can help him in his pursuit of sobriety, provided he has already developed some desire for the freedom which sobriety will give him.

Permission by., Dr. D. Stewart

