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FOREWORD

This booklet is an introduction to the fellowship of Narcotics Anonymous. It is written for those men and women, who like ourselves, suffer from a seemingly hopeless addiction to narcotics and sedation. There is no 'Cure' for addiction, but 'Recovery' is possible by a program of simple spiritual principles. This is not meant to be comprehensive, but it contains the essentials that in our personal and group experiences, we know to be necessary for recovery.

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N.A. World Service
P.O. Box 622
Sun Valley, CA. 91352

We should be most careful to explain that the Steps of Recovery and the Twelve Traditions are not areas of negotiation. THEY OUGHT NEVER BE ALTERED IN ANY FORM TO SET A PRECEDENT OR FOR ANY SHORT TERM GAIN.

Very simply, Narcotics Anonymous meetings fall into seven categories.

1. Discussion
2. Participation
3. Speaker
4. Step or literature study
5. Beginners
6. Question and Answer
7. Various combinations of all of these.

All these may be either open with relatives or others attending, or closed for addicts only.

At present we are working on a more comprehensive piece of literature that will expand and update all phases of meetings.

BASED ON OUR EXPERIENCE, YOU MAY FIND THE FOLLOWING SUGGESTIONS
HELPFUL IN FORMING YOUR NEW GROUP:

1. Keep in touch with the World Service Office:

Box 622

Sun Valley, CA 91352

We may be able to help you with some of your basic
difficulties.

2. Always try to make a booklet available and free to
all newcomers.
3. Contact your local law enforcement agency and tell them
your plan to help addicts in your area. Give them a
booklet to read so that they will be aware of our program
and what it stands for. (See page 2 of booklet, first
paragraph.) If they wish more information, they may
contact World Service Inc. Box 622, Sun Valley, CA 91352
Phone: (213) 764-4880.
4. Although you may start a meeting in a private residence,
we have found it unwise to remain there long. Meetings
in public places are much more successful. The following
organizations may have a place suitable for meetings since
most have facilities suited to our needs: CHURCHES (all
denominations), Y.M.C.A., SALVATION ARMY, V.F.W., ETC.
Check with your local Alcoholics Anonymous Central Office.
They can be very helpful to you.
5. New members may be attracted in several ways:
 - A. By a simple PUBLIC SERVICE AD (generally free) in your
local newspaper, such as:

DO YOU HAVE A DRUG PROBLEM?

Narcotics Anonymous may help you.

Meeting Monday Night

1650 Oak Street

Moon Ridge, Iowa

5. New members may be attracted in several ways:

- a. By a simple PUBLIC SERVICE AD (generally free) in your local newspaper, such as:

DO YOU HAVE A DRUG PROBLEM?

Narcotics Anonymous may help you.

Meeting Monday Nite

8:30 P.M.

1650 Oak Street

Moon Ridge, Iowa

You may mention in the ad that it costs nothing to belong.

- b. You could seek referrals from Probation Depts., Health Clinics, Schools and Colleges, Hospitals and A.A. Central Offices.

6. Meeting Tips (see format)

- a. Meetings are usually 1½ hours. Start and stop on time.
- b. Coffee may be served during or after a meeting.
Cookies or doughnuts may encourage people to socialize and get to know each other in the fellowship.
- c. Keep basic records and bank money (regardless of amount) in your group's name.
- d. As soon as you have a small number of regulars, elect or choose a chairperson and secretary and/or treasurer.
- e. In keeping with Tradition Seven, pay your way for places where you meet. In some places a percentage of your collections or a straight donation monthly is acceptable. Some organizations, especially small

churches can be compensated by some service as typing/
painting/etc.

- f. Always leave your meeting place in the same or better condition and order than you found it.
- g. If there are any other N.A. groups in your general area, contact them for mutual support and form an intergroup or local General Service Organization (see "THE TREE"). Your voice in N.A. affairs will be strengthened and local problems will be more successfully dealt with.
- h. See page 7 in WHITE BOOK.

We keep what we have only with vigilance and just as freedom for the individual comes from the Twelve Steps, so freedom for the Group springs from our Traditions.

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PRACTICE THE TRADITIONS FOR THE
WELFARE OF YOUR GROUP & N.A. AS
A WHOLE.

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MY GRATITUDE SPEAKS.....

WHEN I CARE AND WHEN I SHARE
WITH OTHERS THE N.A. WAY.

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