

WORLD SERVICE CONFERENCE OF NARCOTICS ANONYMOUS

16155 Wyandotte Street
Van Nuys, CA 91406
(818) 780-3951



November 22, 1985

Dear Friends in recovery,

Greetings from the World Literature Committee. We are happy that you are interested in the new Daily Meditation Guide and we look forward to receiving your original materials. There are a few items we wish to emphasize regarding this project:

1. All material must be original.
2. If members wish to quote, please limit quotes to N.A. Conference-approved literature. All quotes should be referenced indicating the source, edition, chapter, and page number or I.P. title and number. (Example, *Narcotics Anonymous*, first edition, chapter two, page eight or I.P. #1, *Who, What, How, and Why*)
3. All material must be accompanied by a copyright release form (see attached).
4. All material submitted may be edited or modified as needed. All material becomes the property of the World Literature Committee and cannot be returned to contributors.
5. The most important point of all is that this project is intended to be written "by addicts and for addicts." We feel that all N.A. members have valuable experience and insight to share. We also know that this daily meditation book will assist addicts, whether they're newcomers or old-timers, in their daily recovery.

Enclosed you will find several pieces of information which will aid N.A. members who want to contribute to this project. We have enclosed an information flyer which lists the topics and other information about the book; two workshop flyers, one is an example and one is blank; and a copyright release form which must accompany all material which is submitted.

We wish to thank all of the members who have already submitted material for this book, as well as those members

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who may submit input in the future. We are grateful to those who are hosting workshops to generate input for this project and we hope you will feel free to contact us for further information. This book is intended to be used by recovering addicts all over the world, and we hope to receive input from as many N.A. members as possible. We thank you for your cooperation and support and we look forward to hearing from you soon.

Yours in fellowship,

World Service Conference
Literature Committee

WSCLC:ld

Enclosures



WORLD SERVICE OFFICE, Inc. NARCOTICS ANONYMOUS

16155 Wyandotte Street
Van Nuys, CA 91406 (818) 780-3951

ESTABLISHING A WORKSHOP FOR THE DAILY MEDITATION GUIDE

A workshop for the Daily Meditation Guide can be hosted by an area or regional literature committee. If no literature committee exists in your area or region, interested members may get together to put on a workshop for the purpose of writing input for the daily meditation book. Several members should be selected to serve as chairperson, secretary and typist. There is no limit on the number of N.A. members who may attend or participate in the workshop.

Refer to the information flyer for a list of topics to write about. If members of your group want to write on topics not included in the list, that is fine. The World Literature Committee will accept input on any topic. Each member should pick one or more topics to write about. If more than one person choose to write on the same topic that is okay too. It is very unlikely that they will write the same thing.

Get together any source material you may find helpful. You may wish to have on hand the N.A. Conference-approved literature including the Narcotics Anonymous Basic Text and information pamphlets. You may also find it helpful to have a dictionary and thesaurus handy as well as writing paper, pencils and erasers.

Spend a few minutes talking about the project and what the input is for. You may wish to read the letter from the World Literature Committee which describes this project. After ensuring that all of the members understand the purpose of the workshop and have a desire to contribute input for a Daily Meditation Guide, the members can start writing. It is usually best to keep verbal discussions down to a minimum while others are writing. Inform members if they wish to talk it is best to go into another room to do so, in order to not interrupt the members who are trying to concentrate and put their thoughts down on paper.

When all of the members have finished writing on one or more topics, the secretary is responsible for making sure that each person fills out a copyright release form. You can make as many copies of the attached form as are necessary. If you do not have the form available, ask the members to write their full names and addresses on their original material. In this way, when the material is submitted to the World Literature Committee, they can be contacted with the appropriate form. The secretary and typist then type the material and submit it to the World Literature Committee. Send all material to:

World Literature Committee
P.O. Box 9999
Van Nuys, CA 91409

Please include information about the chairperson and secretary of the committee as well as the name of the committee who hosted the workshop. If necessary the World Literature Committee may need to contact the officers of the committee for additional information. It is wise to inform members that they need not be overly concerned with their individual writing ability, specifically spelling and punctuation skills. Please emphasize that the most important thing addicts have to share is their recovery from addiction. The World Literature Committee has the accessibility of professional editors who can certainly correct grammar and punctuation. However, no one can duplicate the honest and sincere sharing of one addict helping another. Therefore, we strongly encourage members to share from their heart, their deepest and most meaningful experiences with recovery from addiction. As we all know, it is our experience with recovery from addiction that enables us to help other addicts. Finally, individual and group prayer has proven to be very helpful. Many miracles can be accomplished in spite of our own shortcomings.

ASSIGNMENT

AGREEMENT made this _____ day of _____, 19____, by and Between WORLD SERVICE OFFICE, INC., referred to as "Assignee", and _____, hereinafter referred to as "Assignor".

RECITALS

Assignor is the owner of material, information, notes, personal recollections, and other matter relevant to assignor's personal story of his or her experience with and recovery from narcotic and/or drug addiction or use which is entitled _____ input for Daily Meditation Guide. The assignee heretofore first referenced is a California Non-profit Corporation operating as a service arm for a national Fellowship known as Narcotics Anonymous. It is the intention of said assignee to use the experiences of persons once involved with drugs to assist those others who are seeking understanding and assistance in changing their own lives.

IT IS THEREFORE AGREED:

1. For valuable consideration, receipt of which is hereby acknowledged, Assignor hereby sells, assigns, and transfers to Assignee, without exception and without limitation any and all of Assignor's interests and copyrights and rights to copyright and rights to publish together with all rights to secure renewals, reissues, and extensions of such copyrights in said story or article, including any excerpt from or adaptation of said story.
2. Assignor hereby covenants, warrants, and repre-

sents to Assignee, and this Agreement is made in reliance thereof, each of which is deemed to be a separate covenant, representation, and warranty:

(a) Assignor is the sole owner of, and has the exclusive right to use said story and the copyright, free and clear of any liens, encumbrances, licenses, or claims of whatsoever nature, and has made no agreement with respect to said story or related material and/or it's copyright which is in conflict with this agreement.

(c) No other copyright has been affected, nor has any other registration relating to copyright protection been made with respect to said story, except as hereafter set forth:

(if none, state none)

(d) Assignor agrees to hold Assignee completely and forever harmless from any liability whatsoever in connection with any use by Assignor of said story or excerpts or adaptations of same pursuant to this agreement.

(e) Assignee agrees to take all reasonable caution to protect the anonymity of the Assignor.

(f) This agreement shall be binding upon the Assignor's heirs, assigns, administrators, trustees, executors and successors in interest and Assignor agrees to authorize and direct his heirs and personal representatives to make and execute any instrument and perform any legal act that Assignee may think necess-

ary to secure the copyright, or any renewal or extension thereof.

3. This agreement contains the sole and final agreement between the parties concerning the subject matter herein referenced and supercedes any and all other agreements either oral or written which are hereby expressly revoked and disaffirmed. It is specifically agreed that this agreement may be modified only in a writing signed by both parties.

IN WITNESS WHEREOF, the parties have executed this agreement at _____, State of _____, on the day and year first above written.

ASSIGNOR:

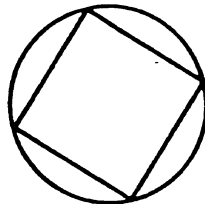
ASSIGNOR (SPOUSE):

ASSIGNEE:

PROPOSED GRAPHICS / GUIDELINE FOR PREPARING INPUT

Please submit all input typed on 8 1/2 x 11 paper, preferably double spaced, to:
World Service Office, P. O. Box 9999, Van Nuys, CA 91409.

Just for TODAY



PREFACE

The contents of *Just for Today* are derived from the experience, sharing and caring of recovering addicts.

In our recovery, we believe the value of one addict helping another is unparalleled. These pages reflect that belief and reach out to share hope with addicts everywhere who are seeking recovery from the encompassing disease of addiction.

This daily book was once only a dream. Through faith, unity in service, and a dedicated desire to carry the message of recovery, the efforts of the N.A. Fellowship as a whole has made *Just for Today* possible.

Dedicated to the addict who still suffers, with hope that they may find what we have found through N.A.

JANUARY 12

Accepting Bad with Good

When we accept the good things that happen to us as we grow in the N.A. program, we need to be willing to accept the negative as well. As a power greater than ourselves acts on situations in our lives, we often don't realize the spiritual principles in the bad instances. These too are lessons in living and are as important as the rewarding feelings of experiencing the good.

For Today...

Please let me better understand the meaning of that which confuses me. With Your help, I shall gain a new depth of perception in this day's experiences. With the negative, may I be patient until the positive is revealed in order to help me better understand.

**JUST FOR TODAY...
I DON'T HAVE TO USE!**

COVER

PREFACE PAGE

PAGE FORMAT

1st Part - approximately 70 to 80 words
2nd Part - approximately 60 to 70 words

Please be consistent with the "We" and "I" styles as indicated.

ATTENTION N.A. MEMBERS! YOU CAN HELP!

Please submit input for a Daily Meditation Book for our Fellowship!

DEAR FELLOW MEMBERS...

We are excited about a new literature project. A growing number of addicts throughout the worldwide N.A. Fellowship share a common dream of writing a "daily book" for N.A.... hopefully entitled *Just For Today*. This project will be a large one and we need to have as much worldwide participation as possible to truly reflect our Fellowship as a whole!

Please review the information below regarding graphics, format, etc. Any ideas or suggestions are welcome. We request as much involvement and communication from as many regions, areas, groups, and members as possible. Thank you and we hope to hear from you soon!

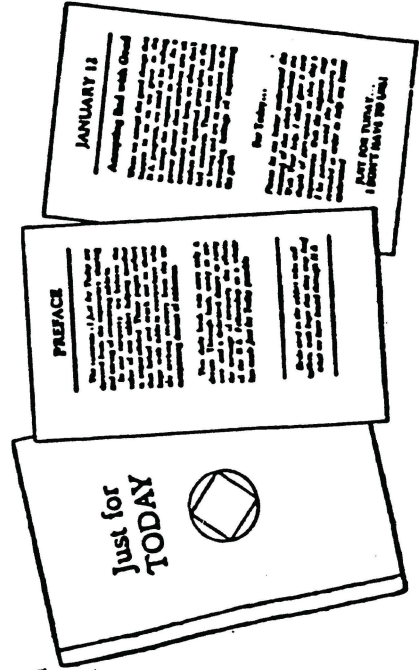
In unity, fellowship and service,
World Service Conference
Literature Committee

Proposed Format... Actual Size is Approximately 3" x 5". Please submit feedback, ideas, suggestions, etc. on these examples below.

Proposed Cover Design and Title. Need suggestions on cover and ink colors.

Proposed Preface Page

Proposed Page Format



LIST OF SUGGESTED TOPICS...

We ask that if input is written on one of these numbered topics, please indicate which topic (by number) so we can file it accordingly. Also, please include your name and address on each piece you write. If you would like to write on a different or more specific topic than the suggested topics here, feel free to do so. Since this is a book written by and for N.A. members, all material submitted must be original. It is also important that the World Literature Committee receive an executed copyright release form for each piece of material submitted. Copies may be obtained by writing to the World Literature Committee c/o WSO. Thank you...

- | | | |
|--------------------------------------|-------------------------------------|--|
| 1. Anonymity | 2. Recovery | 3. Unity |
| 4. Service | 5. Fellowship | 6. Honesty |
| 7. Sponsors | 8. Newcomers | 9. Oldtimers |
| 10. Relapse | 11. Humility | 12. Growth |
| 13. Happiness | 14. 12 Stepping | 15. Forgiving |
| 16. Freedom | 17. Friends | 18. Gratitude |
| 19. Compulsion | 20. Addiction | 21. Membership |
| 22. Disease | 23. Amends | 24. Inventory |
| 25. Tolerance | 26. Temptation | 27. Ego |
| 28. Resentment | 29. Guilt | 30. Pride |
| 31. Remorse | 32. Anger | 33. Complacency |
| 34. Envy | 35. Lust | 36. Impatience |
| 37. Sex | 38. Clean Time | 39. Commitment |
| 40. Belonging | 41. Participation | 42. Depression |
| 43. Self-Pity | 44. Worry | 45. Trust |
| 46. Acceptance | 47. Higher Power | 48. Faith |
| 49. Courage | 50. Prayer | 51. Serenity |
| 52. Wisdom | 53. Surrender | 54. Love |
| 55. Sanity | 56. Meditation | 57. Progress |
| 58. Patience | 59. Sincerity | 60. Tolerance |
| 61. Priorities | 62. Goals | 63. Powerlessness |
| 64. Openmindedness | 65. Procrastination | 66. Projection |
| 67. Responsibility | 68. Perfectionism | 69. Caring and Sharing |
| 70. The Written Message | 71. Unmanageability | 72. Character Defects |
| 73. Admission Vs. Acceptance | 74. Spiritual Awakening | 75. Peace of Mind |
| 76. Unselfishness | 77. Willingness to Try | 78. Miracles Happen |
| 79. An Addict Alone... | 80. Hugs Not Drugs | 81. Keep Coming Back |
| 82. No More! | 83. Taking It Easy | 84. Live and Let Live |
| 85. Clean and Serene | 86. Principles Before Personalities | 87. 12 Steps--Each step taken separately |
| 88. Application of the 12 Traditions | 89. Today, I Live | 90. An Addict Alone in Bad Company |
| 91. 13th Stepping | 92. Misconceptions | 93. Hope |
| 94. Self-Acceptance | 95. Dreams | 96. Involvement |
| 97. Listening | 98. Understanding | 99. It Works...If You Work It! |

Guidelines for Preparing Input...

1st Part - 70 to 80 words maximum / 2nd Part - 60 to 70 words maximum. Submit all input typewritten on 8 1/2 x 11" paper.

Send input to: World Literature Committee, P. O. Box 9999, Van Nuys, CA 91409.

INPUT WORKSHOP JUST FOR TODAY

AN AREA LITERATURE WORKSHOP TO HELP DEVELOP
A DAILY REFERENCE BOOK FOR OUR FELLOWSHIP

DAY: _____

TIME: _____

PLACE: _____

HOSTED BY:

AREA SERVICE COMMITTEE

**NEW N.A.
LITERATURE
IN
PROGRESS**

**HANDLE
WITH
CARING
AND
SHARING**