



# Narcotics Anonymous Purist Newsletter

**The Purist Newsletter where every voice counts**

## Notes from the editor

Hello again my brothers and sisters  
in recovery

Last month we focused on the USFA. We had a few people angry that the message of recovery that the newsletter has been known for was missing. There was a few that were happy with the new direction... but I was kind of unhappy myself... see there has been a down turn in articles being sent in as of late so I went with what was there.

This month I was in Kansas and I got approached by a young lady that was the newsletter chair of her region was very upset because her region had started to edit the committees work because a article and a picture she had placed in one issue. This kind of censorship kills addicts it is just another way to keep stuff from being written by addicts for addicts... THIS NEWSLETTER COMMITTEE IS APPALLED...

Jeff R

## Eighty-Four Days

My name is Habib and I am a addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world.

I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I feel good and I am at peace with myself and the world. I have accepted the will of God.

I'd like to ask you fellow to stay clean and be of service. Try to help other addicts stay clean physically, mentally and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for eighty-four days besides you. I wish success for all addicts... members and non members. God Bless.

Habib, Qazvin, Iran

October 2006



## The Steps are a way of life not a writing assignment

I used many different drugs. Using was fun at first but I began to have some consequences. Going to jail, lost relationships, losing my driver's license ect. Those consequences were the tip of the iceberg and I could have lived with them. The lift I got from using seemed worth the occasional dose of unmanageability. The obsession to use became greater and the things I was willing to sacrifice became greater too. Justification and rationalization became my best friends. I began to live against my own morals. I was brought up to be honest and have integrity. I was taught that thieves are a lower life form and that I should be better than that. These moral values were very important to me as was my family. Somewhere along the line I left these ideals and became a thief and a liar. I'm not like a real good criminal either; I just ripped off the people that trusted me, my family. I put them in a position where they had to cut me loose. I forced my father who had given me every opportunity to look his only son in the eye and tell me "I'm done with you." I developed a self-hatred that was unbearable. To sum it up, I had lost all dignity and self-respect. That is unmanageability.

My every waking thought was to get and use drugs. The obsession was constant. I would make an ironclad decision to not use, only to give into the obsession 15 minutes later; I could not stop on my own power. Addiction is a powerful force that I cannot win against no matter how hard I fight. Once I give into the obsession, The compulsion takes over and I will give up everything I have, including family, hopes and dreams to satisfy it. This is powerlessness.

I stayed at my parents' house for 2 days going through withdrawals. The third day I was admitted into a hospital/treatment center. The night before I was admitted I dropped to my knees and begged a God that I had no understanding to help me. I was done. I had surrendered. I was willing to do whatever it took to change my life. I did not understand that this meant total abstinence but when that shocking news arrived, I was still willing.

I was willing to do things I had never been willing to do before.

Get a sponsor, I did not want one but I got one anyway.

Go to meetings, Didn't want to but I went until I didn't have too anymore (now I get to go)

Pray-I did not want to nor did I really know how to, but I did it anyway.

Get honest and share-I did not want to share anything about myself but I had to learn to trust another human being.

Give it away-my sponsor made me go and talk to the newcomer. I said "What do I say to him" he replied "Don't worry nothing you can say will cause him to fuck up his life any worse than he already has."

I share this with them and then ask them "How do you know that you are done?" and "What are you willing to do about it?"

Then for good measure, I have them complete the questions in the step working guide.

**The steps are a way of life, not a writing assignment.**

**FINALLY  
FREE**



## Let's Talk About It

I have been truly honored in being entrusted as the editor of this newsletter. I have read and re-read stories printed in this newsletter and the spiritual rewards have been over-whelming.

I believe it is rewarding not only to read the stories but also be given the opportunity to share some of my own personal stories with you. It has been difficult, to say the least to receive input from members to fill this newsletter. I enjoy making artwork on my computer and have done so on occasion. I have also put in excerpts from the basic text as well as printing stories to fill in the space. In the last issue I made some controversial artwork to fill a page. Of course I did not know it was controversial when I put it in the newsletter. I have been told that members have shared their concerns that this artwork puts NA in a bad light as it is sent all around the world. And I must say to these members, you are correct, this newsletter does get sent all around the world. And I ask you does the art work in question look worse on Narcotics Anonymous as a whole then printing "work the steps or die MF" the name of a group, in our meeting schedules, which by the way are uploaded on Worlds Website. As addicts it is in our nature to be controversial, I guess what bothers me most is the implication that it is bad to shed light on a subject as powerful as predatory behavior. If you haven't guessed by now the artwork in question had the following words on it; "Give the Newcomers a chance, keep your \_\_\_\_ or \_\_\_\_ in your pants." The blanks were filled in by Chinese characters of a rooster and a cat. I felt I should be all inclusive as we know woman can be predators also. Yet I still don't understand why this is negative.

In every meeting in Narcotics Anonymous all around the world it is stated "the newcomer is the most important person at any meeting because we can only keep what we have by giving it away." Let's think about this statement for a minute, what exactly does it mean? Do we only love them until they love themselves from a distance? Or do we make a concerned approach after the meeting to talk with the newcomer to give them hope that they too can stay clean? Or do we simply hug them and tell them halfheartedly to keep coming back, with no real enthusiasm. Personally, I feel we do not do enough to harness and protect our newer members. We tell them they can be of service by dumping ashtrays. We say things like "I am grateful for newcomers because you remind me of what it's like out there".

Are you kidding me? Is that the best we can do? REALLY. Well for me a newcomer is worth more than dumping ashtrays. A newcomer can work at a PI booth and pass out meeting schedules; they can help update phonebooks and local lists where we put our numbers in. We can teach them to lead a meeting while they are new so they are ready when they have the clean time. And more importantly we can warn them about predatory behavior that can distract them from their recovery.

To deny that predatory behavior is an issue in our rooms is wrong. This brings me to a quote I read; "The central defect in evil is not the sin, but the refusal to acknowledge it"- Dr. Scott P a nonmember. Think about it for a minute when we say things like "I don't have resentments" or "I only owe amends to a couple of people" I even heard a member say "Why do I have to look at the past when I already let it go?" but who does it really hurt to deny the truth?

Who does it help to lie? It has been said in this program that you can't save your ass and your face at the same time. And yet we still don't talk about it!! We skirt around this issue of SEX!!! It is a real issue, it is a part of our lives and it is something that can be a terrible addiction that runs newcomers right out of the rooms.

And the big issue for me is when I was new I thought that being intimate meant having sex. For a lot of us that was the only thing we knew as a form of love. The members of this fellowship from my sponsors to those who came before me in service to the still suffering addict all of you taught me that my Vagina is not my "God Hole!!" There I said. Sex, sex, sex. Personally I like sex and I live the NA way of life and believe it or not, that does include having sex. The whole world does it. There is nothing wrong with it when you are spiritually, mentally, and physically ready to have sex.

Sometimes I have seen older members approach newer members in a predatory manor. This is wrong. If you are having urges that have nothing to do with love or recovery, then maybe you need to talk to your sponsor before moving forward. If you are trying to hook up with someone with only 30, 60, or 90 days and you have more than a few years, dude call your sponsor.



We love to say at meetings "I lost the desire to use drugs a long time ago" and then go flirt with a newcomer, really. If this describes your behavior you didn't lose the desire to use, you changed your drug of choice. I think we need to remember why we are here, read the statement on the cover of this newsletter {what is our message? The message is that an addict, any addict, can stop using and lose the desire to use, and find a new way to live}. Gratitude. I think it is important to protect our newcomers and let them know they are more important to me than worrying about offending anyone.

Thanks for letting me share, thanks for saving my life I will keep coming back. Send me a article for the next printing, something about recovery, NA recovery you could make it about how your life changed or what service means to you. This is your newsletter and it is your stories that make it great. Be good to each other and remember that no matter what happens, you never have to use again.

In loving service,

Suzie E - Editor Mid America Newsletter

**This is the article that got the Mid-America Newsletter censored!!! This is a beautiful article and I wanted my readers to read it. This is the type of articles that addicts can feel not just read...**

**I thank you Suzie for having the heart and guts to write your feelings... dont let the powers that be ever stop you!!!**

This button was given to me on my 20th year anniversary!!!  
The art work my friend from Kansas talked about was very close to this only there was also a cat to symbolize the female predators in NA!!!



**In the great words of my sponsor "How wrong is wrong before it's wrong?" I think it is more wrong hide this subject then bring it up!!! LEAVE THE NEWCOMERS ALONE!!!**

## Thank you family

Family,

If you were lucky enough to be in Wichita, you may have heard me share Saturday morning about my niece, Danielle. She's a 22 year-old future GSR, and describes herself as having bulimia, depression, anxiety, and addiction. She attempted suicide with an overdose of OTC sleeping pills on March 4, while most of us were on our way to Kansas.

I'm happy to tell you all that she and I went to her first Kalamazoo NA meeting last night. It was tough for her, and she was off-the-chart twitchy with anxiety and nervousness, but she kept her well-hugged azz planted in that chair.

Thank you all for the prayers that were said that weekend, and for signing the card I sent around for her. (Including Bo, who addressed his to Joseph P) She carried that card everywhere she went for two weeks in the treatment center, and she keeps it tucked into the (3rd revised edition) Basic Text that I gave her. She is really touched by your care and concern for her, as am I. The "still suffering" addict we prayed for that weekend has a name and a face, and a future today.

I don't know what's down the road for her...who does? But just for today, she's right where she needs to be. Thank you all.

Much love. And hugs. Seriously.

Rachel H (Kalamazoo)