

THE N.A. Way[®]

M A G A Z I N E

June 1991

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Conference summary
page 22

The Twelve Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

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THE N.A. Way[®]

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The N.A. Way Magazine welcomes the participation of its readers. You are invited to share with the entire N.A. Fellowship in our monthly international journal. Send us your experience in recovery, your views on N.A. matters, and feature items. All manuscripts submitted become the property of World Service Office, Inc.

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Touchstones

When at the end of the road...

There came a time in my life where I could no longer continue what I was doing. Then came a time when I admitted it.

We find that we can no longer function as a human being...

My skills were no longer that of a person. I was an animal instinctively acting on destruction.

Either with or without drugs...

When I used I was an insane, violent maniac. The highs were no longer high and when I didn't have my drugs I would "kill" to get more.

We all face the same dilemma...

A bond all addicts share. The utter desperation of hopeless isolation of active addiction.

What is there left to do?

In a using addicts mind, this isn't one of the better thoughts I'd

want to be contemplating. Who knows what the answer might be?

There seems to be this alternative:

either go on as best we can to the bitter ends—

Slowly committing suicide.
Maybe even appearing to be too slow.
Often not even wanting to carry on.

Jails, institutions or death—

Being seasoned in the art of jails and institutions. Sometimes almost believing it was normal to be locked up. Death sometimes closer than I knew.

Those who are addicted today are more fortunate...

There is a choice.

For the first time in man's entire history a simple way has been proving itself in the lives of many addicts...

I've found the proof.
Clean addicts—

happily recovering.

It is available to us all...

The only requirement is the desire to stop using.

This is a simple, spiritual—not religious—program...

With spiritual principles at hand we can all grow at our own pace with our own understanding of God.

Known as Narcotics Anonymous.

Thank God.
There is a way
we do recover.

M.M., Florida

Journey notes

Yes I'm going to do it! Here is a little part of my journal that I found this morning. I thought, "Well, I'll send it to *The N.A. Way*."

Step One:

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

Where do I begin? Well, I know that addiction includes being obsessive and compulsive, sometimes to the extent of total self-centeredness around anything and everything. It has become easier to admit that I am powerless over my addiction. My life becomes totally unmanageable when I allow my addiction to run my life. This step somehow puts perspective on things. Once I do Step One, it pauses the merry-go-round for a moment. Sometimes I choose to go on with the steps and sometimes I choose

to stay on the merry-go-round.

Step One is always home base. A starting place. I can remember several times feeling totally helpless, to the extent of not knowing where to start or what to do! I mentioned this statement to my sponsor at the time and she calmly said, "Start at Step One!" At that moment I felt like a complete idiot! But at the same time I felt sadness, relief and a new sense of hope. This is one of the moments in recovery that stand out for me. I hope I never forget it! Step One teaches me the principles of surrender.

Step Two:

We came to believe that a Power greater than ourselves could restore us to sanity.

This step has always seemed fairly simple to me. Although it did take a while for me to even look at Step Two because I kept using Step One as an excuse to _____ up. I honestly believe what it says in our Basic Text about how after you do Step One you're left with an empty space. Step Two for me is the beginning to help fill this void. Step Two simply tells me to believe in a power greater than me (which is not hard to do at all!) and that if I do, this power can help me find strength and courage to live life on life's terms. I do, and I think I always have believed in a Higher Power. I just haven't always remembered to use it. That's part of why I continue to be a part of N.A. Step Two teaches me to believe in an H.P. and gives me hope for the future.

Step Three:

We made a decision to turn our will and our lives over to the care of God as we understood Him.

"God, take my will and my life. Guide me thru my recovery. Show me how to live" are three sentences I say to myself when I choose to work Step Three. It's really pretty simple. I think the key, however, is to (1) surrender and (2) believe in H.P.

Because, in my opinion, if I don't surrender or believe then those three sentences are helpless. The reason I say this is because it seems as though there have been several times I've said those three sentences (or the Serenity Prayer) and nothing happened! No relief or guidance, just more pain and confusion. I believe that those times were the times I was looking for a quick fix. I seemed to have forgotten to start back at home

base with Step One. I don't think those three sentences work without first surrendering and then coming to believe.

Sometimes (like now) it seems as though this is the first time I've really seen why we have Step One to surrender, Step Two to believe, and Step Three to turn our life over to the care of H.P. So we can find relief from our disease of addiction. Yes, I've heard it said before that the steps are numbered for a reason; and yes, I will continue to learn or re-learn different principles of Narcotics Anonymous as long as I choose to stay clean and stay involved.

Thank you H.P. This is what I was alluding to in Step Two. H.P. is there and always will be, for strength and guidance on how to live on life's terms. Thank you again for the ability and choices that I have been so freely given today.

M.B., Iowa



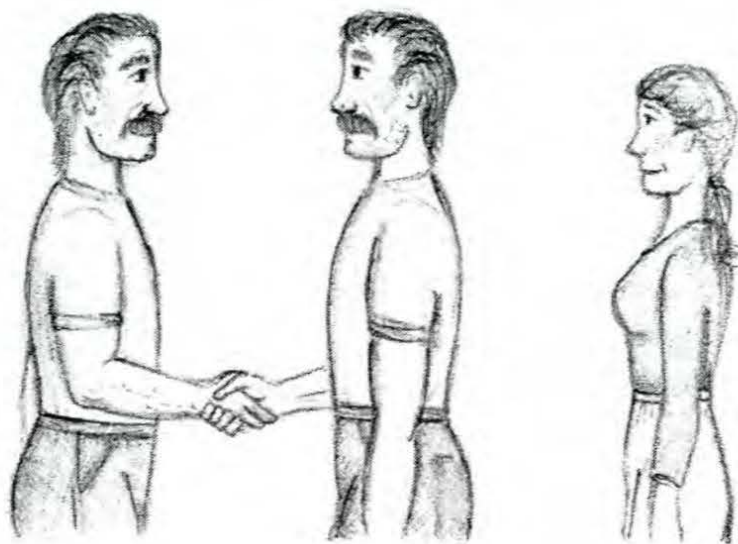
Step Eight

Many times I've heard members share that the Third Step was the biggest step, or the Fourth was the hardest. Some say the Fifth was the turning point in their recovery. Although this is somewhat true for me, Six and Seven molded my previous steps so much brighter in my mind. Step Eight first brought about fear and apprehension. I did what was common to many of us; I focused on what Step Nine calls for. After shar-

ing with my sponsor what was going on it was brought to my attention that this might be where a lot of my fear was stemming from. Today I've come to accept Step Eight to be the turning point in my recovery. It has given me so much more than I'd anticipated. It's allowing me the opportunity to once again work on the forgiveness I've always so longed to have.

I believe that most of all we harmed ourselves by our inability to accept ourselves. After all, that's who we're supposed to be working on. This is why I put myself on top of the list. I've always wanted forgiveness for all the harm and damage I put myself and the ones closest to me through.

Most, if not all my problems were of my own creation, my thinking. I've been told that we have a "thinking disease" and I believe the previous steps address this more directly. This step dwells on my actions towards others, myself and God. It is also asking for action. How do we become



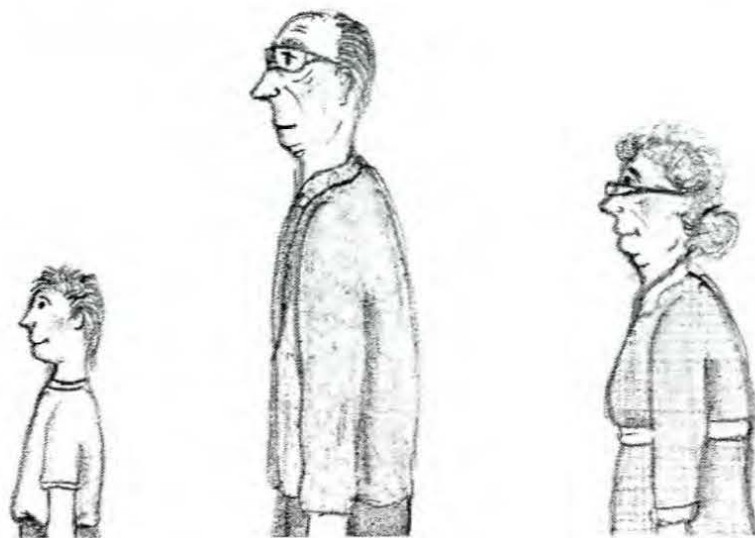
willing? For me to work this step effectively I had to follow direction from my sponsor. First, all that was required of me was to define harm. I also decided to define willingness, and amends. To my surprise I discovered that "harm," from the dictionary is "to inflict pain, suffering or loss, intentional or unintentional." Sounds like what I've been doing the last twenty-five years, especially the last five, to me and others.

Then the next thing was to make a list, at the same time make sure to allow enough space to write down the harm or actions. Many things have come back to my memory that were not in my Fourth Step. When I caused harm to another I, in turn, have shame, guilt and remorse. In some of the cases on my list I created only harm to myself, and not to the person I listed.

This was a revelation to me, for I had to separate my action from my feelings. This is why it's so important

to have a sponsor. I'm incapable of managing my recovery, which is my life! This is not to say I didn't have difficulties. Because all the guilt I'd been carrying around all my life came back. This seemed to cause me to stop doing what this step calls for. To look at myself was not and is not easy for me. This was to be the time in my recovery to get closer to God. It was suggested to pray and ask specifically for the forgiveness, and to please instill in me the sense that I have been forgiven for all the things I've done so I'm not living in the limitation of my past. This took some time and I was reminded again and again that quote "in God's time, not mine." I'm still working on this step, discovering many things and working on them when they come to memory. So, for me, the willingness is writing and sharing with my sponsor, and other recovering addicts, my problems and acceptance with Step Eight.

J.C., Michigan



Reaping the benefits of sponsorship



Before I got clean I never had anybody remotely close to me. Somehow, I found many ways to push people as far away as I could. There might have been a friend or two along the way that occasionally I would open up to, but as soon as they would find out what I was about or perhaps did something that hurt me I would instantly back off and withdraw. Then up went those only too familiar walls.

When I entered the rooms of Narcotics Anonymous, one of the first things I heard was "Get a sponsor." I don't know about anybody else, but I was so sick, tired and beat up, I was willing to do whatever was suggested to stay clean. I believe today, my Higher Power was in control, and not me. It seems like He always does for me what I can't do for myself. He placed this wonderful person in my life—my sponsor. She was there for me from the beginning of my recovery and has remained there to give me guidance through the steps of the program and as they apply to my life. As I look back, I can remember many different situations where, left to my sick thinking alone, I would have sat in a very large bag of crap instead of the small one which I seem to find my way into before I go to my sponsor. I don't want to live in large bags of crap anymore! That isn't what I want my recovery to be about. With my sponsor—we are a team. Although I have meetings I frequently attend, my home group and other members in the fellowship whom I call my friends, this addict still gets very intimidated by largeness and when I am

deeply wounded, I need to get it out of me or it will kill me. This is where I find the safety of my sponsor. That one person I can tell it all to. For me, it starts with the trust I have had to put into my Higher Power. Then when He puts that special person in my life, I have to believe that they are there for a reason. It is then up to me to learn to trust in the relationship and to remain teachable.

I recently moved away and found a new home. I had to go through the same process of finding a sponsor all over again. I would like to tell you it went very smoothly, but I would be lying. Like any good addict, I go through many things in life kicking, screaming and doing it my way until the inevitable always happens and I become willing to surrender. This surrender happens a little bit sooner each time. Things always seem to work out the way they are supposed to. One more time my Higher Power put a very special person in my life who I am learning to trust and become close to. She is my new sponsor.

I have also had the privilege of sponsoring people early within my recovery. All of my sponsees are wonderful and I am grateful for each of them. I thank my Higher Power for them. They teach me all about myself—as long as I remain teachable. One thing that never fails to happen is when I am going through some lessons or am getting ready to, one of my sponsees will come to me with all or part of what I am experiencing in one form or another. At first, I get angry be-

cause I can't remain in denial anymore. As they say, "The truth will set you free, but at first it will piss you off." And one more time, I realize I am not alone through my studies and I become very grateful to the people who are willing to walk along the road with me.

I believe everyone can reap the benefits of sponsorship if they just give themselves the opportunity to do so.

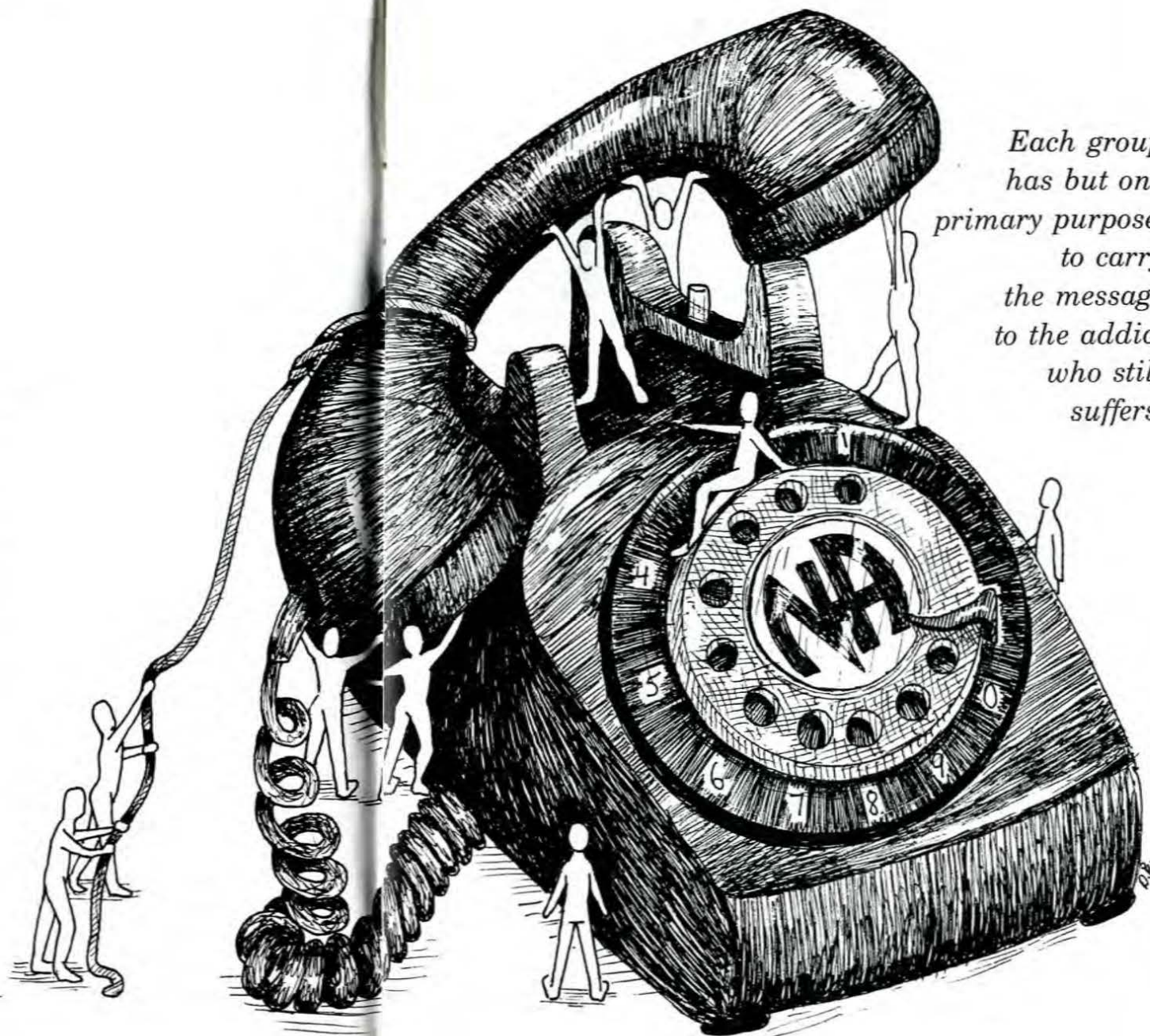
L.M., Arizona



A Fifth Tradition success story

This is the story of a small area with a dream. This dream was to try to make recovery available through that instrument of eternal opportunity, the telephone. Now, the telephone is surely something that we are all familiar with. It weighs five-hundred pounds, has something called a receiver that is constantly being glued down by "phone gnomes" and is used only in instances of impending doom or certain death. Yes, the telephone is one of those valuable tools that we hear so much about in these rooms of recovery.

Sometime in 1985 in the Almost Heaven Area of the Region of the Virginians some addicts came up with an idea. The idea was to be able to provide a service that would be capable of 24-hour per day response, because we never know when an addict will be ready. They knew that with low numbers of members and that since addicts are often inconsistent, it would be difficult to operate a phonenumber using members to answer calls directly. After sharing with others who had attempted to operate phonenumber, it was



*Each group
has but one
primary purpose,
to carry
the message
to the addict
who still
suffers.*

decided that a certain type of "helpline" would be the best answer.

This type service allows an addict to be easily given information on meeting locations, times and Narcotics Anonymous in general, and, within minutes, can have a member available to speak to the suffering addict who cannot wait for the next meeting. It is answered by an operator that has been instructed in the proper method of handling calls. The operator determines the need of the caller and takes the appropriate action. Operators are not allowed to make referrals to anyone or anything that operates outside of the traditions of Narcotics Anonymous. When an addict needs to speak to someone in recovery, the operator takes the person's first name and phone number and has a "Twelfth Step" volunteer call them back. This was a tall order for an area as small as Almost Heaven was then.

The Almost Heaven Area consisted of about ten groups that supported the Winchester, Martinsburg and Hagerstown, MD vicinities. There was no ASC treasury.

The action was taken to put the helpline in operation in June of '87. One of our members related how several addicts were sitting around, and decided to try the number. It was answered with the now familiar, "Narcotics Anonymous, may I help you?" and there were tears of joy shed as they realized their efforts had been a success and their dream was alive.

This was not the end of the story. Many changes and events were to occur that would continue the evolution of the helpline. July 19, 1987 was the date of our first Helpline Workshop.

It was a requirement to be on the Twelve Step list then just as it is today. On August 1, 1987, Twelve Step guidelines were adopted by the Almost Heaven Area to insure that our helpline would adhere to our traditions and that the singular purpose of getting an addict to a meeting would be strictly adhered to. The guidelines are still much the same, except for a few minor changes.

The new system was not without its problems. As calls started to come in from all over the eastern United States, the supporters realized that they had to direct calls to other areas and states. Later on, the helpline would be adjusted to include only the 301, 304, 703, 804, 717 and 919 area codes. Requests were made to other areas of our region for meeting lists and "Twelve Step" volunteer lists so that the addict seeking recovery would not have to be turned away. The ASR reported on the floor of the RSC in August of 1987, that Almost Heaven was willing to share its helpline with other areas within the region. Many community agencies requested for us to refer callers to their phone numbers. Our policy was then and remains today that we do no referrals because to do so would suggest an association with these agencies. The spirit of cooperation does, however, allow them to refer callers to our number.

As mounting costs and insufficient funds from the Seventh Tradition started to take a toll on our area, we started to fall behind on the bills. The region was invited to join us again. A motion regarding this was taken to groups from the October 1987 RSC for

consideration. The first vote at the December RSC resulted in a defeat of the motion, with only four of nine areas approving. A new motion was returned to the regional floor on the issue and was promptly tabled. During the February '88 RSC, the helpline issue was once again voted on, and this time approval was granted. The dream had become a "regional helpline." Many discussions ensued during the next eight months about how payment was to be made and what each area's share would be. The figure of thirty dollars per area, per regional, was reached, and the region was to pay the balance. It was projected that it would take one-and-a-half years to have all areas of the region involved.

Eight months later eight of the nine areas that made up the Region of the Virginians had become participants in the helpline. The regional P.I. committee had originally been charged with operation of the helpline, but it soon became apparent that this was more than they could handle. The region responded by creating a Phone-line Subcommittee to oversee the helpline.

This is not far from the way things stand today with the helpline. We continue to receive about five-hundred calls per month on the average. The entire region now takes part in the effort to keep it going. More than ninety percent of the calls taken are requests for meeting information, therefore meeting lists and Twelve Step lists are constantly being updated. Our area averages twenty to thirty calls per month. At the present time we have fifteen volunteers on our

Twelve Step list and a separate list of persons available to help on Twelve Step calls.

Most of the information for this story came from past minutes of area and regional services, Public Information meetings and information from addicts who were involved. Every effort has been made to show things as they were, but sometimes the keeping of records in Narcotics Anonymous leaves something to be desired. Details often are recorded only by the memories of those who are in attendance and the whole story is often hard to get. Throughout the research that went into this essay, a couple of themes kept showing up. First, there is the seemingly endless desire of recovering addicts to attract those still suffering to the rooms. Second, the call remains constant for support for the subcommittees that provide our services. Then, as now, a few seemed to provide most of our services for the many, as the same names kept showing up.

Those who were here before us made efforts to prepare the way so that we might find the opportunity to recover. The helpline was started to help this area and to bring Narcotics Anonymous a little bit closer to the still-suffering addict. They had no way of knowing that thousands of calls for help would be answered through their effort. We don't know how many addicts we may touch through efforts we make today. The value of one addict helping another remains without parallel. So take the time to make your effort today!!!

Anonymous

Loving me

Loving me was something that I never did, I would much rather love outside of myself.

I found "feel goods" in people, places and things, but never in me. I did not want to, I did not even like me. I would look in the mirror and what I saw was a cold, heartless drug addict. When I look in that same mirror today I see a smiling face that is kind and caring of myself and others. I really like me today and I am learning to love myself. Working on me has been very hard to do at times, but worth doing.

I said earlier, I found "feel goods" in people, places and things. In people, I tried to find a love that was lacking in myself. I was constantly searching for a romance that would make me feel good about me. I could not find one. I was unhealthy, so I attracted only unhealthy people.

I searched for the perfect place, moving from town to town, and state to state. Now I know that home is where the heart is. There is no "perfect place" except within my own skin. I could go all over the world, never to feel happy if I am not truly happy with me. I take me wherever I go. I can run, but I can't hide from myself.

I tried things to no avail. I bought myself presents. Clothes, jewelry and anything that would give me temporary happiness. I used anything I could to cover up the real me. I did not want to know who I really was, I was afraid I would not like who I really was.

I did drugs for the same reasons; I did not want to know who I was, the fear of hating the real me kept me on drugs for many years. I found only misery and finally out of desperation I found a recovery program. When I decided to turn my life around it was because I felt like life had to have more to offer me besides pain. I had hit every bottom known to man. I was broke, homeless, jobless and emotionally and spiritually drained. I was also in very poor health.

Today I am a grateful recovering addict. I am learning that life has so much to offer me; that I am actually a very nice person. I am now helping other addicts who are trying to make a better life for themselves. Loving me is getting easier and easier each and every day.

K.J., Florida

The gift of choice

When I finally made it through the doors of Narcotics Anonymous, I had spent my whole life as a taker. I hardly ever recall doing anything for anybody without expecting something in return. Even from my earliest childhood memories, I remember feeling that the more I got or the more that was done for me the more satisfied I would feel. I learned to use long before I learned to use drugs. Through all the years of getting my way, nothing ever seemed to fill that emptiness I felt inside. It was difficult for me to understand why so many people seemed to care about me and seemed to want to help me. A lot of the time I felt they must surely have some selfish motive in mind. I knew that I never did anything for anyone unless there was some selfish motive behind it—unless there was something in it for me.

After writing my first Fourth Step and learning about some of my character defects, I felt like the worst person in the world. I wanted to change, but I still wanted it all right now. I also made the mistake of not giving myself any credit for the changes I had made. My sponsor told me that changing who I was would be the process of a lifetime. Being an

addict, I didn't want to wait that long. The people of the fellowship told me that I should give myself a break and just continue to work the steps and one day I would be that person that I wanted to be. They told me that I am just a human being and I would falter some along the way.

Today I've learned I have a choice about becoming the person I want to be. Through living the steps; doing my best to live life by a valued set of principles; through getting involved in service; attending meetings regularly; through having an honest desire to listen and learn, I am living this program of change and growth.

Today I believe I've truly learned how to love and care for another human being. I've learned that in not expecting anything in return I get back more than I could have hoped for. I've learned that true happiness comes only when I share my blessings with others. I've learned that in order to *hold on*, sometimes we have to *let go*.

At times I can still be that selfish brat I was for so many years, but today I do have a choice.

Chuck K., Florida

Searching for something different

When I was fourteen years old, still young and green, my older cousin came to visit my family and me. He witnessed the insanity that surrounded me at my parent's house, which certainly could have been choreographed by the Brothers Ringling (. . . in this ring we have the pugnacious father doing battle with his wife; in the ring on your right is the secretive sister locked in her room; in the center ring. . . the angry brother vandalizing the furniture. . .). And my cousin said to me, "You've got to get out of this place." While never one to heed a warning given by someone who epitomized all I hated, I nevertheless took his advice and *got out* the only way I knew how—I started using drugs.

Fifteen years later and considerably more seasoned, I sat alone in my room at a detox ward at a New York City hospital, a seeming refuge where addicts might be weaned from their chemical obsessions, and pondered my future. Did I want to stop using? I thought I did, but this was my seventh time in detox and I had want-

ed to quit before. What would I do, anyway? I had no real skills, no marketable experience, no knowledge of the workings of the world. I considered this and did what I thought I had to do. When I left the hospital I headed straight downtown and scored some heroin.

My madness went on for another two years, during which time I was arrested four times, came close to death from drug overdoses six times and did a short stint in a psychiatric hospital. I was spiralling ever downward and

came to believe I was hopeless. But was I? An interested social worker didn't think so. I followed his advice and attended a Narcotics Anonymous meeting.

The first thing I remember about my initial brush with sanity was how easily everyone at the N.A. meeting called themselves addicts. Could I do the same?

Without question, I had been a drug addict. For seventeen years of my life, I was immersed in the pursuit of obtaining an instant cure for my feel-

ings of despair. Although considered extremely bright, I abandoned my school education and instead absorbed the instruction of the streets: I knew where to buy drugs and how to get money.

But my crimes had been mostly ones of betrayal. Born into a family of inherited wealth, I quickly went through all the funds at my disposal and proceeded to whittle away at the accumulated affluence of three generations. I ended up alone with an extremely expensive heroin habit. By



the time I was cut off from my family, all those around me—relatives, teachers, neighbors and long-time friends—had long thrown up their hands in defeat. They couldn't understand why a young man of such promise insisted on throwing it all away. Nor could I.

All the suffering that is part of a normal existence, all the torments, discomforts, and worries essential to life, I wound into one enormous ache with only one remedy—drugs. It was the supreme illusion. And while illusions are by their nature sweet, the reality often is quite bitter. Drugs soon lost their allure and when I decided to straighten up, I was truly miserable. . . and alone.

But getting back to that first meeting. Why should I find it hard to announce that I am an addict? After all, I had become one by choice. When I was but fifteen years old, I took out a stack of books from the library—books such as *Mainline to Nowhere*, *Down These Mean Streets* and *Junkie*. My mother thought it was great. "I'm so proud of you," she said. "You're so smart to learn about these terrible things." Little did she know I was actually researching how to become a drug addict. "This was the way to go," I thought. Using the knowledge I gained from my research, I took off on the desolate path of drug addiction. It appeared a one-way street until I entered that first meeting.

I was lucky; I found N.A. at an advantageous time. While not exactly fashionable, recovery is everywhere: actresses are telling over coffee how they now live one day at a time; rock stars are proclaiming abstinence as

their salvation; even those who at one time doubled as prime procurers of instant remedies, now are encouraging moderation. Having a problem with addiction is no longer the shame it once was.

Remarkably, just as taverns suddenly appeared on every corner when prohibition was repealed, Twelve Step programs sprung up throughout New York City when using drugs lost its appeal. Certain areas known for their drug abuse and conviviality, such as Hell's Kitchen and Greenwich Village, now maintain meetings around the clock. I called myself an addict at one of them three years ago and I'm still coming back.

Yet I am not reborn. I am still the same person I was during most of my life: I feel like a precocious child who is allowed to hang-out with the grownups, but who may be sent to his room at any time. I still suffer from low self-esteem, I continue to struggle with a sense of identity, I persist in having problems. (Which is understandable; I'm doing things that I never before attempted—simple things, like paying bills.) While in the grips of my obsession to get high, I performed many acts of criminal selfishness and with the usual creeping inefficiency of the judicial system, I find myself preoccupied with the intricacies of the legal maze long after I gave up crime and drugs.

But my ability to deal with all this has improved. I have discovered, although it should not have come as any great revelation, that one of the tenets of a successful life is friendship. I now am surrounded with friends and indeed, consider some of those I

met in the rooms to be my ablest confederates in staying clean.

I also believe, as Nietzsche said, not to call a thing good a day longer than it seems good to us, is the only way to remain really happy. I know that for me, getting high has long outlived its purpose; it can no longer help me to escape. The only way to elude my feelings of despair is to make positive changes. As a famous balladeer said (as you can see, I like quotes), "Those not busy being born are busy dying."

The last time I saw my cousin he had grown considerably heavier and appeared much older. He said he was proud of me and that made me feel good. I no longer hate what he represents—stability. In fact, a sense of equilibrium is now what I most crave in life. The only difference

between me now and me then is that now I believe I can attain it. Of course, I don't want too much stability; I still want to rock and roll.

There's more to do. I've been incredibly lucky; I've gone from sleeping on rooftops and living off Salvation Army handouts to maintaining a Greenwich Village apartment and being respected by the local merchants. I now have a career and a grudging belief that I have a marketable skill. I need to stay focused on my dream.

It may sound trite and I detest sounding preachy, but my life has been through a lot of changes in the past three years and I am grateful. I have a lot of people to thank for offering guidance, but thankfully, I am more cautious today in the ways I interpret their advice.

S.F., New York



Home Group

Denilah's "Program"

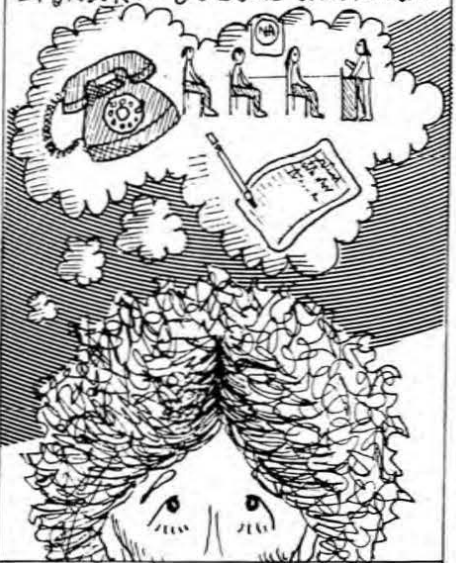
I WAS FEELING, LIKE, A LITTLE DEPRESSED, YA KNOW...



I THOUGHT- LIKE- WHAT CAN I DO TO MAKE MYSELF FEEL BETTER?..



GO TO A MEETING?..CALL MY SPONSOR?.. DO SOME WRITING?..



MY BEST THINKING USED TO TAKE ME BACK TO DRUGS...



The broad perspective

Whew!

As any of you who've ever sat through an N.A. group's business meeting might guess, things were active and exciting around the World Service Office in April. The parent of all business meetings, for most of the N.A. Fellowship, came together in the main conference area (and various cubbyholes) of a very large hotel right across the street from the WSO.

As always, your stalwart band of special workers was on hand to copy documents, sort effects, and record the pronouncements. We'll barely mention trundling the thousands of dollars worth of coffee, bagels, fruit and donuts impressively dispatched.

Flowers came, from near and far. A yard-high, professional arrangement was delivered, to thank the office clerical staff for its work. Straight to the podium, in the middle of a session on the fourth day, a water-pitcher of hand-picked roses was carried.

At the peak, 82 participants were voting; the roll-calls consistently showed about 80 voters on the floor throughout the conference. RSRs, using the appropriate tag-team style, were spelled by their alternates. Admin folks, BOT members and confer-

ence chairpeople, by turns, fielded questions, introduced topics, and brought each other sandwiches. By the end of the conference requests for moments of silence and the repeating of the Serenity Prayer were introduced as acceptably as whatever the next motion was supposed to be. Late one night a motion was whimsically titled "Number 999" when its order could not be immediately determined. "Number 999" is how it is now recorded in the minutes. For details see the full story starting on the next page. For a special view of how its kept basically civil, see *Points of order*, page 29.

N.A. Way panel

Here's thanks for the 17, count 'em, 17 nominees to serve on *The N.A. Way Magazine Review Panel*, named during the 1991 WSC.

Reaching Out

Starting with the July issue of the quarterly H&I publication *Reaching Out*, the newsletter will be available for bulk subscription. *Reaching Out* publishes the experience, strength and hope of N.A. members who are incarcerated or who are involved with H&I service. It will still be available free by individual subscription, but now individuals or institutions may order 20 copies per issue (that's 80 copies a year) for \$28.

Order through the WSO, Inc. Its item #9300.

The H&I coordinator says "We really appreciate the participation. Keep it coming!"

WORLD SERVICE CONFERENCE 1991



Conference logos designed by Julie K.

Voting participants of the 1991 World Service Conference, after much discussion and consideration of several motions, agreed to issue the following statement to the fellowship:

"The Basic Text, Fifth Edition, is the only edition of the Basic Text that is currently approved by the World Service Conference of Narcotics Anonymous for publication and sale. The World Service Office Board of Directors is entrusted with the responsibility for protecting the fellowship's physical and intellectual properties, including the Basic Text, and at the Board of Directors discretion, shall take legal action to protect those rights against any and all persons who choose to infringe upon this literature trust."

The text quoted above came from what was #142 of the 150 or so main motions or formal amendments presented during this year's conference. The statement (supported by 68 of 74 voters) was developed after a lengthy discussion following the defeat of motions #13, 14 and 15. Motions #13, 14 and 15 were those included in the *Conference Agenda Report* (CAR) in accordance with the January 1991 Philadelphia agreement enjoining the production and distribution of an illicit N.A. book.

Motions #13 and #15 were defeated by roll-call votes of 23 yeas / 51 nays / 6 abstain and 21 yeas / 55 nays / 4 abstain respectively. Motion 14 failed by voice vote to gain a two-thirds majority.

The conference also adopted as main motions the affirmations offered in the WSO section of the *Conference Agenda Report*, to wit:

"To reaffirm and ratify that the ownership of all N.A.'s intellectual and physical properties prepared in the past, and to be prepared in the future, is held by WSO, Inc., which holds such title in trust on behalf of the Fellowship of Narcotics Anonymous as a whole, in accordance with the decisions of the World Service Conference" and;

"To reaffirm that the World Service Office, Inc., is the exclusive publisher and distributor of all World Service Conference-approved literature, including all books, pamphlets, handbooks, and other intellectual and physical properties, as directed by the Fellowship of Narcotics Anonymous through the World Service Conference."

(The originally published text of the first affirmation was amended on the conference floor.)

Funding decisions

On April 25th of the weeklong conference an "Interim Committee" was created to supplant fiscal responsibilities of the Joint Administrative Committee (JAC). Participants appeared to generally agree the JAC has proved unwieldy for the making of timely decisions where action, and funding, are needed to meet priorities. The Interim Committee was created through the adoption of a motion advanced by an ad hoc committee appointed on the heels of several motions, and amid much discussion, about the usefulness of the JAC.

Among factors considered before adopting the suggestion of the ad hoc committee was the passage of CAR motion #12: "That the WSC supports continuing the work in progress outlined in the *Unified Budget and Review Proposal*." The passage of motion #12, a couple of days earlier, indicated the conferences' willingness that further work toward the eventual establishment of a "Budget Review and Utilization Committee" (BRUC) be undertaken.

Current rationale and proposed membership of the BRUC is described in the back of the 1990-91 CAR. The BRUC's suggested purpose is "... to insure that world service funds are properly allocated and prudently utilized. The committee has the authority to develop a comprehensive budget, allocate funds from disposable income, monitor the use of allocated funds, and revoke funding."

Proposed voting members of the BRUC are the chairperson of the WSO BOD; the treasurer of the BOD;

the treasurer of the WSC; an additional member of the BOD chosen annually; a member of the World Service Board of Trustees, chosen annually; and an additional, past, member of world services boards or committees, who would serve a three-year BRUC term.

Text of the motion creating the Interim Committee (deemed to have been carried unanimously by voice vote) is, "That for the conference year 1991-1992, the fiscal responsibilities currently assigned to the Joint Administrative Committee be reassigned to a committee composed of the treasurer of the World Service Conference and the Chairpersons of the World Service Conference, the World Service Board of Trustees, and the World Service Office Board of Directors. This committee shall be known as the Interim Committee. Further, the Interim Committee shall make necessary decisions affecting N.A. World Services when the World Service Conference is not in session, mindful of priorities previously established by the World Service Conference. The Interim Committee shall report its actions throughout 1991-1992 in the Conference Report. In the WSC Administrative Committee portion of the 1991 Conference Agenda Report, the Interim Committee shall report and offer recommendations on a permanent process by which decisions can be made when the World Service Conference is not in session.

The establishment of "priorities" was given much discussion during the conference. In new business on the last day of the agenda, a motion advanced by the Board of Trustees was

unanimously carried, "That the fixed expenses proposal and the priority statistical study be referred to the newly established Interim Committee as the budgetary recommendations of WSC 1991."

The "fixed expenses proposal," prepared under the guidance of the WSC treasurer, detailed a breakdown for standing committee and other meeting costs of \$262,432 during the current year. The "priority statistical survey" was a set of handouts, completed by conference participants, through which particular efforts were rated as more or less desirable funding recipients.

The tally of the survey is, in descending order: 1. International Development Forum; 2. P.I. video; 3. international development travel; 4. regional workshops; 5. European Service Conference travel; 6. H&I working group travel; 7. some non-N.A. events; 8. conference agenda workshops; 9. metropolitan services meetings; 10. non-trustee member travel; 11. phoneline committee meeting; 12. *Guide To Service*; 13. policy working group meeting; 14. pamphlet development travel; and 15. world convention attendance.

A motion to devote two days of a four-day 1991 WSC workshop to a "Multi-National Development Forum" was referred to the new Interim Committee.

The conference passed by voice vote the motion, "That the World Service Conference supports the development and production of a video about N.A. This project is to be funded by the WSO. A committee consisting of two members of the WSC P.I. Committee,

two members of the WSB, and two members of the WSO BOD, to be selected by their respective board/committee chairpersons, will oversee the production of this project."

A cost estimate for the film was said to be \$29,000.

Literature activity

Established as the "A-list" (CAR motion #20) for the World Literature Committee during the coming year are: 1. the "steps" portion of *It Works, How and Why*; 2. *In Times of Illness*, approval form; and, 3. a daily meditation book.

The "A-list" is the order of priority of literature committee projects. *It Works, How and Why* will eventually be a Narcotics Anonymous book about the Twelve Steps and Twelve Traditions.

Much favorable response was heard early in the conference for the progress made by a WSB subcommittee effort on the traditions' portion of this work-in-progress. Review and input drafts of the first six traditions were handed out to conference participants (and are available for \$2.50 each from the WSO). There was some discussion (including an hour-long "Committee of the Whole") of transferring responsibility for the development of the "steps" portion from the literature committee's proposed "A-list" into the care of the trustees. The conference elected to continue the steps project in the care of the WLC by adopting the motion, "That the Board of Trustees be discharged from any further consideration of the motion relating to the Steps portion of It

Works: How and Why and the WSCLC work list, so that the WSCLC can present its work list to the World Service Conference."

A motion was carried on the last day of the WSC, "That the WSO, in conjunction with the WSC Literature Committee, compile and publish for distribution to the fellowship, An Introductory Guide to Narcotics Anonymous, consisting of only conference approved literature, as a low-cost inventory item. Price to be determined by the WSO BOD. For content review, table of contents of the proposed piece, and a survey form will be sent to each conference participant and registered literature committee, with input due back to the WSCLC by August 1, 1991."

Additional conference action in literature matters included the passage of motion #18 (CAR) announcing approval of the booklet *For Those In Treatment* for production and distribution.

Multi-national!

Approximately 100 people jammed into the available meeting space of the hotel conference site for the first scheduled "International Development Forum" Saturday, April 20.

The forum, hosted by the WSB, was led by BOT member Kim J. After general remarks the assembly split into three groups for more specific discussions and then returned for an exchange of insight. Voiced several different ways was the opinion "That autonomy should be encouraged. . . , share experience, not policy."

Translations were a big topic and one participant noted that 5,000 Basic Texts in French have been sold in just over a year. Another pointedly stated, "You can't go to the French, speaking in English, asking for money."

Other conference actions

Motion #1, from the Admin Committee, seeking stronger division between "old" and "new business" in the conference format, failed.

Motion #2, revising the *Temporary Working Guide to the Service Structure* (TWGSS) to include language allowing the production of a "Conference Digest," (an abbreviated form of the *Fellowship Report*) carried.

Motion #3, carried, changing the name of the *Fellowship Report* to the *Conference Report*.

Motion #4, that tapes of the WSC be produced and made available at a nominal charge, carried.

Motion #5, establishing zones for future World Service Conference sites, carried. The 1992 WSC will be conducted in "Zone A," (see CAR) which is the central part of the United States.

Motion #6, a more formal delineation between H&I internal guidelines and those of the conference proper, failed.

Motion #7, a similar delineation between P.I. guidelines and those of the WSC, carried.

Motion #8, delineating Policy Committee guidelines insofar as the WSC is concerned, was postponed.

Motion #9, from the JAC, a suggested change in the wording of the TWGSS to more clearly delineate between policies of the conference and committee internal guidelines, was withdrawn.

Motion #10, establishing Translations' policy and configuration of a Translations Committee for one year (see CAR Addendum) carried.

Motion #11, establishing a Travel Committee Operational Plan (see CAR Addendum) for one year, carried.

Motion #12, carried. (See "Funding decisions" above).

Motion #13, #14 & #15, defeated, (see above).

Motions #16 & #17, establishing the Ad Hoc Committee on Isolated Groups as a standing committee to be known as the "Outreach Committee, were replaced by a prevailing substitute motion assigning such tasks to the Admin Committee.

Motion #18, carried, (see Literature section, above).

Motion #19, delineating internal guidelines of the literature committee from those of the formal conference, carried, with an amendment specifying that translations be provided.

Motion #20, Literature "A-list" carried (see above).

Motion #21, establishing new internal Policy Committee guidelines, failed. A motion was carried late Fri-

day giving the Policy Committee a vote of confidence to continue working on parameters for the seating of new regions.

Motions #22 & #23, from the P.I. Committee, seeking approval for the production and distribution of the pamphlets, *P.I. and the N.A. Member* and *N.A., A Resource in Your Community*, carried.

Motion #24, replacing a section in the approved P.I. guidelines (see CAR Addendum) carried.

New Regions

The following new regions were represented and seated as voting participants during the 1991 WSC: the *Free State Region*, from parts of Maryland and the District of Columbia; the *Arkansas Region*, from some parts of the *Louisiana Purchase Region* and some previously unaffiliated areas; the *Mountain Valley Region*, comprised of areas of Vermont and Western Massachusetts; the *Southern Idaho Region*, from parts of the *Oregon / Southern Idaho* and *Utah Regions*; and the *Bahamas Region*, formerly a part of the *South Florida / Bahamas Region*.

New Trustees

Jamie S.-H., England; Stu T., California; Pete C., North Carolina; and Bob M., Pennsylvania; were elected as new members of the Board of Trustees.

Admin notes

Barbara J., California, was elected Chairperson of the WSC for 1991-1992; and Dave T., Nevada, was elected Vice Chairperson. Dave T. was also elected to serve as chairperson of the Ad Hoc Committee on N.A. Service. The next WSC workshop is set for the weekend of August 15 in Tulsa, Oklahoma.

Near misses

As result of the parliamentary requirements of the WSC, several motions failed despite having a majority of support from participants. They included a move to disband the Ad Hoc Committee on N.A. Service and assign its responsibilities (*The Guide to Service* publication) to the BOT. That motion failed, though 48 participants voted in its favor and 27 opposed it.

Late on the last night of the conference, 35 participants supported a motion from the *Region of the Virginians* to make RSRs, or their alternates, the only voting members of the WSC, while 28 voted against the motion. There were 10 abstentions among the 73 participants still on the floor.

It was motioned, seconded and referred (to the Board of Trustees), "That all subsequent literature that is to be revised and be produced, to have non-gender specific language and all references to God be changed to "Higher Power" or "Power Greater than ourselves."

Also, on Friday evening, a motion to restore the line, "When we collectively apply the insight received from

that spiritual awakening to our group's problems, we call that *group conscience*," to the text of *The Group Booklet*, failed to gain the required two-thirds support.

Experiential opportunity

An emphasis on panel presentations and open sharing of feelings, in the hoped for stead of parliamentary recourse, led many participants to use "experiential" as this WSC's buzzword. "Experiential" challenged "dialogue" in conference-speak, and appears to have the allure to fuel talkers and writers for the immediate future. Watch committee and board minutes for updates on this race.

Three panels were appointed, of RSR membership, to consider the topics: 1. "Is there a need to formalize inter-regional communication?"; 2. "What are we here? The need to establish an N.A. Identity"; and, 3. "What is Group Conscience?"

Each panel discussed all three questions and apparently none came to a definitive conclusion on any of them. There was substantial agreement inter-regional communication would be beneficial, but no clear recommendation for how to do it. A motion, "That the WSO produce an inter-regional newslines publication to take place on a bimonthly basis" was referred to the Admin Committee late in the conference.

One RSR discussion report on group conscience related "That fellowship-wide agreement on specific definitions relating to this topic might never be reached."

POINTS OF ORDER

When faced with following the intricate business proceedings at the World Service Conference (WSC), a knowledge of parliamentary procedure is a big help to the Regional Service Representative (RSR).

What happens when a difficult issue arises, and some motions take precedence over other motions? For instance, does a motion to table require a second? Is it debatable? Does it require a simple majority, or a two-thirds majority? When in doubt about how to proceed, the conference chairperson turns to the expertise of a professional. For the past three years, Parliamentarian Don Cameron has acted as the arbiter of parliamentary procedure at the World Service Conference. We invited his thoughts as an observer of the business proceedings of Narcotics Anonymous. In addition, he gave a few insights into how the WSC might operate more smoothly.

Cameron's interest in parliamentary procedure dates back over twenty years. As a speech professor at California State University, he worked closely with the university president, who, in 1969, completed a revision to *Robert's Rules of Order*. Without question, *Robert's* is the preferred reference for parliamentary procedure. When the author became too busy to answer inquiries that were pouring in from around the country, Cameron stepped in. He studied an advance copy of the revised book, and said he became fascinated by the process. He began to teach a class on the topic, and to give workshops to local organizations. He now spends a great deal of time acting as a parliamentarian to various organizations.

Parliamentary procedure helps insure that a business meeting goes smoothly. Although the WSC has adapted *Robert's Rules of Order* to fit its needs, our procedures still closely resemble the guidelines laid down in *Robert's*. According to the expert, "If parliamentary rules are used properly, they would help expedite a meeting so that people would feel that there was a fair and full discussion of the issues, but that within the time constraints that have to be imposed, the group reached a decision that is at least a majority opinion."

Asked what the most unruly group to work with is, and expecting that his answer would be "N.A.," he surprisingly said that "church groups tend to be the most fractious of all in some ways. I've been in some heated, heated meetings where boards of directors and deacons of various churches will become embroiled in some very intense debates about how to spend endowments or bequests that have been left to the church."

Sharing some thoughts on how the WSC might operate more smoothly, he suggested that the conference might consider holding a procedural workshop at the beginning of the conference. This workshop would introduce the RSRs and RSR-Alternates to parliamentary procedure. For those who have attended the conference before, this could be a refresher course, but he feels it would benefit them as well as those participants who are attending the conference for the first time. In addition, he said, "I think this can help set a tone for the meeting."

It also helps if the chairperson presiding over the meeting is very familiar with parliamentary procedure, he continued. This year's chairperson received praise for his good judgement in using procedure when applicable, and common sense when that seemed more appropriate. "I think that he resorted to parliamentary rules when it was necessary to do so, but he also had a very good sense of the mood of the group, so he knew when to be a little bit less formal when conducting business."

"Your group, for example, meets for a longer number of hours in actual

meetings than any group I've ever had contact with. You're actually there for most of six days, and your meetings start reasonably early in the morning, and sometimes you're still meeting at midnight. I don't know of any other organization that would subject themselves to that sort of punishment, who would be willing to attempt that number of hours of meetings."

"Now, that leads to several things almost inevitably happening. Because there are so many hours available for meetings, there is a temptation, especially early in the week, for people to think that you have plenty of time, so there's no reason to hurry. . . . All of a sudden come Friday, there is a considerable amount of business that hasn't yet been completed. There then tends to be kind of a rush to finish on Friday. That can be frustrating to people, because some important issues have been postponed to a point where discussion may have to be limited."

His role can be difficult, especially when members deliberately misuse parliamentary procedure. Some members can use their knowledge to ". . . play games with these motions, and use them in ways that don't always help to efficiently conduct business," he stated.

"It is never my role to interrupt a meeting or anything of that sort, so I advise the chair. Or if the chair has a question, I would answer the question, or if anyone in the room has called a point of order, I would indicate that the motion is being misused. But unless it's a very serious disruption of the meeting I would never interject my thoughts about that."

At one point in this year's conference, when motion after motion was made and tempers were becoming short, a participant called upon the parliamentarian to comment upon the current use of procedure. Approaching the microphone, he stated simply, "I think we're suffering from motion sickness."

One thing that the professional said he found puzzling was a consistent practice of participants walking out of the room when others were speaking. "On a number of occasions delegates [participants] would come to the microphone and give quite impassioned comments on whatever the topic might be. Obviously they had thought carefully about what they were saying—they had come from their districts [regions] with a message to convey. And yet, immediately after they spoke, even though there might be people lined up at the other two microphones, they would then walk out of the room."

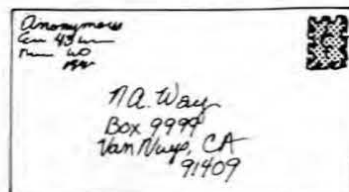
"I found that a little bit odd, because if they wanted others in the audience to hear what they were saying, and it seemed they did because they were quite articulate in their comments—well thought out—it would seem that they would also want to give the same courtesy to the next speaker; that they would be in the audience to hear what the next speaker would have to say. That's happened each year at the group, and I guess that becomes a sort of informal way of operating. Many other somewhat similar groups [that he has consulted with] simply would not allow that sort of constant coming in and going out that is permitted at your meetings."

"Now, one reason why I think you have to do that is because you meet for so many hours; you simply can't require people to sit in a meeting for five or six or seven hours. But there is a great deal of coming in and out and informality, which means that even the delegates [participants] who are there for the entire six days and attend every meeting at some point still miss much of what goes on because they're out in the hall."

Despite the vast amount of business that was scheduled, this year's conference, to the delight of many members, had its lighter moments. Some of the antics of various members were called a "welcome distraction" by Cameron. When he was told that one member who provided hilarious distractions on several occasions would not be returning next year, he responded, "You need to find a replacement for him. That's important."

After watching our sometimes emotional participants for the past three years, would Cameron refer one of his students who had a drug problem to Narcotics Anonymous? "Oh, yes, certainly, certainly. I suppose the one impression that an outsider would have is the commitment, the intensity of feeling and commitment to the organization that is exhibited. . . . I know of no other organization whose members would be willing to spend the number of hours that your members do in meetings during its annual meeting. There is a deep commitment to the organization on the part of all those who came."

From our readers



Spiritual principles

I have been blessed to be clean in N.A. since May 22, 1986, and I recently have experienced a spiritual awakening. I know I'm not the first N.A. member to have a spiritual awakening, but for me it's new and awesome.

I see how beautiful this fellowship is. We pick each other up, dust each other off, help each other "jones," and love each other until we can learn to love ourselves. We freely give what was so freely given to us with tolerance, patience and encouragement.

The spiritual principles of the steps as I understand them, through H.P. as I understand Him/Her/It, have suddenly become real for me. For so long the principles were mysterious, almost ghost-like things, but now I see them pretty clearly, I think.

In Step One I have to admit. Ach! I never before admitted anything to anyone, anytime, anyplace. I got honest. For this child, who lied as soon as she could talk, that is a miracle.

In Step Two, I come to believe in a Power greater than myself (that isn't a chemical). I get humble. Step Three, turning my will and life over to the care of God. Trusting someone other than the dude I gave my money to for drugs (and never saw again). Step Three takes faith and surrender. Writing Step Four took more courage than a girl strolling through a ghetto looking for smack.

So okay, I've only worked four steps, and already this junkie has gotten

honest, become humble, has experienced faith and courage, and is ready to, in Step Five, talk to God and another human being about my past. Okay folks, you have me talking to God already, and miraculously I'm not using or sleeping with anything that moves.

In Steps Six and Seven, I learn more humility. That's already at least three steps involving humility. Are you trying to tell me something, other than it's almost five years and I'm still working six and seven?

Eight and nine, oops, I left myself off the list. Time to get humble (again!) and learn to forgive myself by letting other people forgive me. Forgiveness. This one comes in handy when working Step Ten. Forgiveness releases me of the burden of any daily resentments or anger, against myself or others.

So getting rid of all this garbage by working the first ten steps prepares me for Step Eleven so that I can get quiet, center myself, talk to God and listen for answers. Get quiet and experience the serenity within. Let go and let God.

Step Twelve, "having had a spiritual awakening as a result of these steps, we tried to carry this message to the addict . . ." which is why I have the courage to write to you.

I love Narcotics Anonymous. This spiritual program has given me back to society, my self, my family and my God. Thank you is not enough.

R.K., Hawaii

Comin' up



ALABAMA: Aug. 16-18, 1991; Celebration of N.A. History; State House Inn, 924 Madison Avenue, Montgomery, AL 36104; rsvn.s (800) 552-7099; information (205) 265-0831 or (205) 232-4365

ALBERTA: Jun. 28—Jul. 1, 1991; 2nd Annual Central Alberta Fun Family and Fellowship Campout; Old McDonald Resort, Buffalo Lake; information (403) 342-1444; Campout, PO Box 472, Red Deer, Alberta, Canada, T4N 5G9

ARIZONA: Jun. 14-16, 1991; 5th Annual Festival of Recovery; information (602) 776-1212; Arizona RAC, PO Box 26404, Tempe, AZ 85282

2) Jun. 22, 1991; East Valley Area Trusted Servants Learning Day; 1735 South College, Tempe; information (602) 829-0873

ARKANSAS: Jul. 5-7, 1991; 3rd Central Arkansas Area Convention; The Park Hilton, One Convention Plaza, Hot Springs, Arkansas; rsvn.s 1(800) 468-0061 or information at (501) 664-8396 or (501) 221-1009; CAACNA III, PO Box 24223, Little Rock, AR 72221

AUSTRALIA: Oct. 4-6, 1991. WCNA 21. See note at end of Comin' up!

CALIFORNIA: Jul. 13, 1991; 7th Annual Sonoma County Fellowship Unity Day; Villa Chanticleer, Powell Avenue, Healdsburg (new location); Hotline (707) 575-7837; information (707) 996-3726; Unity Day, PO Box 1365, Santa Rosa, CA 95402

2) Jul. 26-28, 1991; 7th Annual Campout; Pinecrest, CA; rsvn.s (209) 536-0852; Central Sierra N.A., PO Box 5100, Sonoma, CA 95370

3) Aug. 16-18, 1991; 2nd Annual "Set Em Free" Campout; Oakwood Lake Resort, Manteca, CA; information (408) 438-3420 or (408) 688-5817; Set Em Free, PO Box 1837, Soquel, CA 95073

COLORADO: Jul. 26-28, 1991; 4th Annual "Standing on Higher Ground" Campout; Telluride, CO; information (303) 728-3062; Campout, PO Box 10, Telluride, CO 81435

FLORIDA: Jul. 4-7, 1991; 10th Florida Regional Convention; Saddlebrook Resort, 100 Saddlebrook Way, Wesley Chapel, Florida; rsvn.s 1(800) 237-7519 or information (813) 973-1111; FRCNA—10, 1110 N.E. 34th Court, Oakland Park, FL 33334

GEORGIA: Jul. 19-21, 1991; PASC Ninth Anniversary; Holiday Inn; information (912) 689-4260 or (912) 272-1586; Registration, Route 2, Box 265, Dublin, GA 31021

2) Aug. 2-4, 1991; MACNA II Convention; Downtown Atlanta Hilton; rsvn.s 1-800 445-8667; information (404) 289-7359; MACNA II, PO Box 2339, Decatur, GA 30031

ILLINOIS: Jun. 15, 1991; Learning Day; Howard Johnson Hotel at O'Hare, 10249 West Irving Park Road, Schiller Park, IL 60176; information (708) 671-6000; C.S.O., 212 South Marion Street, Suite -27, Oak Park, IL 60302

2) Jul. 19-21, 1991; 7th Annual Little Egypt Area "Flight To Freedom" Campout; Dam East Recreational Area, Lake Carlyle, Carlyle, IL; information (618) 548-1798; Little Egypt Area, PO Box 1062, Salem, IL 62881

INDIANA: Jul. 26-28, 1991; Mid-Coast Convention VII; Rodeway Inn, 5240 Distribution Drive, Fort Wayne, Indiana 46825; rsvn.s (800) 228-2660; information (219) 744-3284; MCC VII, PO Box 11126, Fort Wayne, IN 46856

IOWA: Jul. 5-7, 1991; Iowa Regional Convention VIII; "More will be revealed"; Frontier Motor Lodge, 2216 27th Avenue, Council Bluffs, Iowa 51501; rsvn.s 1(800) 528-1234 or information at (712) 527-5310; IRCNA VIII, PO Box 1081, Council Bluffs, IA 51502

KANSAS: Jun. 28-30, 1991; 3rd Annual Southeast Kansas Area Campout; Sycamore Valley Recreation Park, along Highway 10 outside Wyndotte, OK; SE Kansas Area, PO Box 276, Baxter Springs, KS 66713

2) Aug. 9-11, 1991; 4th Annual "Just For Today" Free Campout; Thunderbird Marina, Rolling Hills Area of Millford Lake, Kansas; rsvn.s (913) 238-5864; information (913) 762-3596 or (913) 238-1531

3) Aug. 23-25, 1991; 2nd Annual "New Life Loadies" Group Free Campout; Lucas Park, Wilson Lake; Information, PO Box 544, McPherson, KS 67460

MASSACHUSETTS: Jun. 21-23, 1991; 2nd Serenity in Berkshire; Camp Stevenson, Pittsfield, MA; information (413) 499-3355 or (413) 442-7494; Registrations, PO Box 245, Williamstown, PA 01267

MICHIGAN: Jul. 4-7, 1991; Michigan Regional Convention Freedom VII; Westin Hotel, Renaissance Center, Detroit, Michigan; rsvn.s 1(800) 228-3000 or (313) 568-8200; MRCNA VII, PO Box 721308, Berkley, MI 48072

2) Jul. 19-21, 1991; 3rd Annual Public Meeting Campout; Holly Recreation Area, 8100 Grange Hall Road, Holly, MI 48447; information (313) 634-8811; Michigan Service Office, 23906 Woodward, Pleasant Ridge, MI 48069

MISSOURI: Jul. 26-28, 1991; 12th Annual High-on-Life Picnic; Stockton Lake; information (417) 781-3947

MONTANA: Jun. 21-22, 1991; 3rd Annual N.A. Gathering Southwest; Blain Community Center, 975 North Main, Butte, MT; information (406) 496-6117

NEBRASKA: Jun. 21-23, 1991; 1st Annual Mid-Summernight Campout; Sandy Channels Camp Ground, 1 1/2 miles south of the I-80 Elm Creek exit; information (308) 236-6151; Ambry Club, 15 East 26th, Kearney, NE 68847

NEVADA: Jul. 19-21, 1991; 3rd Sierra Sage Regional Convention; "One Promise, Many Gifts"; Peppermill Hotel/Casino, 2707 South Virginia Street, Reno, NV; information (800) 282-2444; Hotline (702) 322-4811; Sierra Sage Region, PO Box 11913, Reno, NV 89510-1913

2) Aug. 23-25, 1991; 5th Southern Nevada Convention; Hacienda Hotel, Las Vegas, NV; information (702) 453-3713 or (702) 451-2768; SNCC, 4928 E Tropicana Avenue, Suite 101, Las Vegas, NV 89121

NEW BRUNSWICK: Jul. 26-28, 1991; 1st New Brunswick Area Convention; "Willingness To Grow"; information (506) 459-4300 or (506) 457-1214; NBASC, PO Box 20064, Fredericton, N. Brunswick, CANADA, E3B 6Y8

NEW JERSEY: Aug. 16-18, 1991; 1st Annual Northern New Jersey Regional Service Convention; "A New Beginning"; Loews Glenpointe Hotel, 100 Frank W Burr Boulevard, Teaneck, NJ; General Information/rsvn.s (201) 614-9260 or (201) 933-2123; NNJRSC, PO Box 5064, South Hackensack, NJ 07606

NEW YORK: Jul. 12-13, 1991; Manhattan Area Unity Convention; West 17th Street, IS 70 School, Manhattan; information (212) 505-2783 or (718) 339-6162; Unity 91, Gay & Lesbian Center, 208 West 13th Street, New York, NY 10011

2) Jul. 12-14, 1991; "Another Recovery Weekend"; Duggfield Camp and Conference Center; phoneline (716) 878-2316; ARWNA, PO Box 174, Orchard Park, NY 14127

3) Jul. 16-21, 1991; Manhattan Area "Unity 91," Convention; Indian Hills Resort, Pawling, NY; information (201) 485-0570 or (212) 505-2783; Unity 91, 208 West 13th Street, New York, NY 10011

4) Jul. 26-28, 1991; The 6th Northern New York Regional Convention; Wells College Campus, Aurora, New York; information (716) 473-2769; NNYRCNA VI, 2604 Elmwood Avenue, Suite 240, Rochester, NY 14607

OHIO: Jul. 12-14, 1991; 7th Annual Columbiana County Camp-Vention; Stone Ridge Terrace, 33807 Winona Road, Winona; CCASCNA, PO Box 451, Salem, OH 44460

OREGON: Jun. 22, 1991; Learning Day, Salem Heights Hall, 3500 Liberty Road Northeast, Salem, OR

2) Jul. 12-14, 1991; Together We Can Regional Service Conference; Paulist Center, 2408 SE 16th (at Division); information 223-2535; Host Committee, 2140 NW Kearney -413, Portland, OR 97210

3) Jul. 27, 1991; H&I Learning Day; "Unity Through Learning"; Sheldon Meadow Community Center, 2445 Willakenzie Road, Eugene, OR; EASC, PO Box 262, Eugene, OR 97440

4) Aug. 10, 1991; Phoneline Learning Days; Eagle's Lodge, 835 Walnut Avenue, Klamath Falls, OR 97601; Wendy White, PO Box 749, Chiloquin, OR 97624

PENNSYLVANIA: Jun. 29, 1991; A New Beginning Group sponsors "Fun in the Sun"; Northampton Borough Pool and Park, Laubach Avenue and Smith Street; information (215) 866-3330

2) Jul. 4-7, 1991; N.A. history conference; Leigh High University, Bethlehem, PA.; rsvn.s (215) 398-8438 or (215) 437-2790; Recovery First Group, Box 442, Allentown, PA 18105

PUERTO RICO: Aug. 2-4, 1991; Unidos Podemos II; Caribe Hilton Hotel; information (809) 721-0303 or (809) 763-5919; Reservations, PO Box 10524, Station, PR 00922

QUEBEC: Jun. 28-30, 1991; 1st Canadian Convention of Narcotics Anonymous; Laval Convention Center, Laval, Quebec; rsvn.s (514) 687-2440; CCNA-1, C.P. 49156, Place Versailles, Montreal Quebec, H1N 3T6

SASKATCHEWAN: Aug. 23-25, 1991; Additional Needs Workshop; Core Richey Neighborhood Center, 445 14th Avenue, Regina, Saskatchewan; information (306) 522-8361 or (306) 352-9214

SOUTH CAROLINA: Jul. 5-7, 1991; 11th Annual Carolina Regional Convention; Embassy Suites Hotel, I-126 and Greystone Boulevard; information (803) 750-0189 or (803) 765-2864; CRCNA, PO Box 5535, Columbia, SC 29250

2) Aug. 16-18, 1991; Carolina Regional H&I Awareness Weekend; Hyatt Regency Hotel, Greenville, SC; rsvn.s (800) 228-9000; information (704) 394-5532

TENNESSEE: Jul. 12-13, 1991; 12th Anniversary Celebration; Days Inn Riverside Hotel, 271 West Alston Street, near I 55 Bridge; information (901) 458-5585 or (901) 726-1418; rsvn.s (901) 946-3301; WTASCNA, PO Box 111105, Memphis, TN 38111

UTAH: Jun. 21-23, 1991; 5th Annual Celebration of Recovery; Vernal American Legion Hall, 340 South Vernal Avenue, Vernal, UT; Convention Information, PO Box 1841, Vernal, UT 84078

2) Jul. 26-28, 1991; 8th Annual Campvention; "Soar to New Heights"; Indian Creek Campground, near Orangeville, UT; VIII URNA Campvention, PO Box 400, Springville, UT 84663

VIRGINIA: Jul. 26-28, 1991; Blue Ridge Area Campout X; "More Will Be Revealed"; Natural Chimneys Regional Park, Mount Solon, VA; information (703) 434-6744 or (703) 433-3236; BRANA, PO Box 623, Harrisonburg, VA 22801

WASHINGTON: Jul. 26-28, 1991; 2nd Annual Unity Days Campout and Triathlon; helpline (509) 325-5045; NEWANA, PO Box 945, Spokane, WA 99210

WASHINGTON, D.C.: Jun. 21-23, 1991; 12th East Coast Convention; University of Maryland, College Park, Route 1; information (202) 362-0296; Convention, PO Box 57129, Washington, DC 20037

WEST VIRGINIA: Aug. 2-4, 1991; 5th Almost Heaven Area Convention; Shepherd College; Shepherdstown, West Virginia; information (703) 722-3939 or (304) 267-0691; AHACNA V, PO Box 3329, Martinsburg, WV

WCNA TWENTY-ONE SYDNEY, AUSTRALIA



WCNA-21 is set to take place in the Darling Harbour Convention Centre in the Kings Cross area of Sydney. Arrangements have been made with two hotels, the Novatel, (02) 934-0000; and the Gazebo, (02) 358-1999 (dial the country code 61 first). Rooms should be reserved by the end of June.

Except for residents of countries with waiver agreements, all visitors need valid passports and visas to enter Australia. A packet describing the event, including hotel and convention registration forms, may be obtained by calling (818) 780-3951, or writing

"WCNA-21"

c/o WSO

P.O. Box 9999

Van Nuys, CA 91409, USA.

N.A. Way

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3TEA

The Twelve Traditions of Narcotics Anonymous

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or N.A. as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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What is Narcotics Anonymous?

N.A. is a non-profit 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. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break.

Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

My gratitude speaks
when I care
and when I share
with others
the N.A. way

Welcome to the
Narcotics Anonymous
World Service Conference
1991