
Narcotics Anonymous Loner Group

MEETING BY MAIL

WORLD SERVICE OFFICE, INC.

16155 Wyandotte Street, Van Nuys, California 91406

VOLUME II

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Welcome to the bimonthly meeting of the Narcotics Anonymous Loner Group.

This publication is dedicated to the hope that every addict seeking recovery, however distant from another addict, may find and share the experience, strength and hope necessary for ongoing recovery.

Information contained in the *Meeting by Mail* is for confidential use by members of Narcotics Anonymous only. This is in keeping with the Twelve Traditions of N.A., reminding us of our primary purpose and the importance of every member's right to personal anonymity.

LETTERS FROM NEW LONERS

Dear Loner Group,

Hello there, my name is Dave C. I'm working offshore on an oil platform, fourteen miles out from Vandenberg Airforce Base. I am rather new to the Program of Narcotics Anonymous. I will have thirty days clean on the 17th of September. Wow! I can't believe it.

I just came back out here on the 10th, and it's really strange with no meetings to attend. I'm going to be here until the 8th of October and then have a week off, then back out again for a couple of weeks.

I do have my Basic Text with me and read it every night before going to sleep. But it still is lonely out here. I sure wish that I had someone to write to.

Well, that's about it for now, it's time to get some sleep. So someone please write.

Dave Clark
Petroleum Helicopters, Inc.
c/o Platform Harvest
302 Moffett Pl.
Goleta, CA 93117

Dear Loner Group,

First off, we just moved. Naturally right after the updated list came out. Also, my wife would like her name on the list. Perhaps some women would like to write her. She is in the Fellowship also.

Last (and first), lots of thanks and gratitude for the *Meeting by Mail* and *Newsline*. I read them over and over.

We tried to start a meeting in Jerusalem and it lasted a few months, but no one was able to commit to opening it come rain or shine. While I was very sick and not able to make it for a couple of weeks, a few of the others decided to close the meeting. Boy, did I feel stabbed in the back. MY MEETING! Really a very educational experience and a very good (hard) one for the ego. I've got a nice correspondence going with another loner and he said all the right things to me and I finally got the message that the time wasn't ripe for a meeting in Jerusalem. In Tel-Aviv there are now four Hebrew meetings and one English meeting per week. I guess the Holy City is still holy.

So instead of trying to buck the tide, I'm intensifying my letter writing (witness this attempt), literature reading, prayer and meditation, and of course being married to someone in the program is always a million laughs (when we're not

crying). It's hard to get away with sh-t anymore. But we still try. Thanks again for being there.

Jonathan and Shira C.

TEKOA

DN Jerusalem Hills

Israel 90908

Editor's Note: Remember to update your loner list if you have one. Also, Jonathan and Shira sent a donation to the office for the Meeting by Mail. Thanks Jonathan and Shira. We've also had requests from other members of the Loner Group who have asked if they should send any money. The Loner Group is a free service, a meeting by mail, offered through the World Service Office. The World Service Office is not supported by member donations and any monies received are forward on to the World Service Conference of Narcotics Anonymous. We gave Jonathan and Shira's donation to the World Service Conference with a letter of explanation.

Dear Loner Group,

I am a drug addict. I came in touch with drugs in 1980 and I was on heavy drugs for three years. Later on when I could not get the drugs, I switched to alcohol and continued using until today. I was in Bombay for one year undergoing treatment for my addiction, and attending meetings. Now I am alone with my work.

I attended several meetings of A.A. and N.A. and was able to give up all sorts of drugs and chemicals. I have been in A.A. and N.A. for the last year, but in between there were relapses. There is no N.A. at present where I live but there is A.A., which is not so good for me. So, I request that you send me regularly the *Meeting by Mail* and include my address in it.

Joseph R.

Bishop's House

Mysore - 5700001

Karnataka, India

Editor's Note: Let's give Joseph a lot of N.A. support so he can experience the N.A. Program. Good luck, Joseph.

Dear Loner Group,

Would you please list me as a loner in the next issue of the *Meeting by Mail*.

I am a long way from the nearest N.A. meeting and would be glad of support from other addicts.

John S.
P.O. Box 47
Ballymena, BT41. 1HG,
Co. Antrim, Northern Ireland

WILLING TO SHARE

Dear Loner Group,

Thank you for the *Meeting by Mail*. Please continue to send them.

The *Meeting by Mail* is good for me and my recovery. I feel it has done me good to correspond with addicts all over the world who are, or have been, where I was. I need to constantly confront my past in order to stay in touch, which is a must for me to stay clean.

Carl O.
Pennsylvania

Dear Loner Group,

My name is Karleen and I'm an addict. I was excited when I came across the *Meeting by Mail*, as one can never have too many people to write to.

I am from Newcastle, which is 170 km. north of Sydney. In the N.A. community here, the meetings are quite small, but personally I prefer them like this as we all have time for one another.

I have four years and five months clean time, which I am extremely grateful for. While it hasn't been easy attaining that, it has been rewarding and my gratitude is much greater than I could possibly relay on paper.

I am eager to receive the information on the Loner Group and answer letters.

Karleen P.
Australia

Dear Loner Group,

I have been involved in the Loner Group now for about a year. I have not been sorry for it at all.

I live in a very small town and the Loner Group is all there is for me. I have made a lot of new friends through the Loner Group, and am writing to around one hundred people.

I would like to tell you that if it hadn't been for the Loner Group, I don't know what I would have done. It means so much to me. I hear from several people from the States, and several overseas. I couldn't pick just one that means the most to me. They all mean a lot.

I want to say, "Thanks so much, N.A. Loner Group." I hope there are more addicts out there in the world who will get their names on the list, I'm sure glad I did.

Please send me the complete list of loners, so I can write to someone else.

Betty F.
Missouri

Editor's Note: We sent Betty the complete list of loners. It sure sounds like she's writing to a lot of people. Thanks Betty for your dedication and involvement in the Loner Group. Remember, anyone desiring the complete list of loners, just send a note to the World Service Office requesting it.

NEW NON-LONERS

Dear Loner Group,

My name is Beth, and I'm an addict. I'm from the Flint Area and I am a member of Narcotics Anonymous. I am able to attend meetings, but would like to write to loners.

A member from meetings that I attend is very enthusiastic about this concept. She goes to lots of meetings, writes to loners, is active in service work, and has been clean for six years. She is a winner, so I would like to follow her lead. She advised me to write for a list of names and addresses, so I'm requesting that you send any information you can.

Beth F.
Michigan

Dear Loner Group,

I would very much like to have a person or persons to write to who have no meetings to attend and would like experience, strength and hope from someone who has N.A. meetings to go to.

I have been clean for nine months. I would like to write to these people. Maybe we both can learn something from each other.

Karen H.
Michigan

Dear Loner Group,

I am very interested in getting involved in the *Meeting by Mail*. I just became aware of it as it was announced after one of the meetings I attend each week.

I am not a loner and feel very grateful that here in Naples, Florida, we have an N.A. meeting every day/night of the week. It has not always been this way. When I first moved here in 1981, there was one N.A. meeting in its infancy and

often there were only one or two addicts at the meeting and other times no one. I ended up using another fellowship for several years and found recovery from addiction out of reach for me. Since I found N.A. again it has really grown and I have found exactly what I have been searching for.

I have gotten involved in service work and the challenge of setting up new meetings which become groups and so N.A. grows and grows and grows.

I am excited about communicating with other addicts who may not have N.A. meetings to go to, or have had to use other fellowships, or who are trying to get meetings going. I remember clearly how I desperately needed to identify with other addicts and how isolated I felt. I love writing and can't wait to hear from friends I just haven't met yet.

Susie C.
Florida

Dear Loner Group,

My name is Harry and I'm a recovering addict. I belong to the "Just for Today" N.A. group here in Saskatoon.

Early in my recovery when I lived in Quesnel, B.C., I was a member of the Loner Group, as there were no N.A. groups in my area. I moved to Saskatchewan and found N.A. active here and joined a group. I became the Hospital and Institution Representative and I am now into my second term.

We have brought the message of recovery through N.A. into a rehab center and a detox here.

Now getting back to the beginning of this letter, I found the Loner Group to be a great help to me. I would like to pass this message on to others who do not have access to regular meetings. Could you please assist me by supplying some information on being a member of the Loner Group.

Harry O.
Canada

GENERAL SHARING

Dear Loner Group,

I have just come back from London WCNA-16 and it was the most beautiful experience of my life. The recovery was fantastic, meetings, old friends from London, and also a couple of old friends I had never met, but had been writing to through the Loner Group. It was unreal at times and I had to pinch myself to believe I really was there. The sharing and caring, loving and laughing, made me high as a kite. I was so grateful and proud to be a member of our wonderful Fellowship. I never felt so happy or high on any of my drugs of choice in my whole life. It was a lot of fun, hugging people and smiling and not knowing a word they were saying.

My convention, however, started the week end before I went to London. Two Americans and one Englishman came to my home for the week end and the next ten days after the convention I had another seven Americans staying. So, we had our own wee meetings and it was beautiful. They took me to places in Scotland that I had never been to and we had a really good time clean and recovering, thanks to our God and the Fellowship of N.A.

I would like to take this opportunity to thank everyone who has written to me since the Loner Group began, and also the staff of the N.A. office in the USA. Your letters have all kept me clean and happy. I will have my second N.A. birthday in October, and you have all helped to bring that around.

I'm sorry to end this letter on a serious note. But, a lot of my mail has been missing. I am not due anyone a letter. I have answered all the letters I have received. If you have written and I haven't answered, will you please drop a note to me and let me know.

Jenny R.
Scotland

Dear Loner Group,

Hi, my name is Jim and I'm an addict. I would like to say thanks to those of you who shared on the last topic discussion. My *Meeting by Mail* always seems to come to my house at the right time. It was a Friday after a long weird day at work, arriving home and finding the *Meeting by Mail*, I was relieved. I opened it right up and read it. I really felt good after reading it and my head got right back into the program.

I went to a convention at the beginning of the summer and had a good time. The convention helped me have a mini-vacation away from my job and other everyday activities for a while.

The convention was good and I had a good time, but it didn't make me feel as good as what I got from reading the *Meeting by Mail* that Friday when I came home from work and saw written input to the Topic Discussion.

Thanks again to those who take time to share in the *Meeting by Mail*.

Jim S.
New Jersey

TOPIC DISCUSSION

Let Go and Let God,

I surrendered to the N.A. new way of life in New York City, 1984. I'd been using drugs for the last fifteen years and the fun had long gone away. I was totally paranoid, isolated, sick, hurting, fearful, angry, hopeless--but the Fellowship accepted me as I was and kept saying, "Keep coming back, it gets better."

After being clean one year, I was very grateful for the Twelve Steps, slogans, new friends, new activities, new boyfriend, job, a nice looking apartment, and what I cherished most, peace of mind. I lived the program, I attended seven

meetings a week. I was a miracle and loving every minute of what was happening to me.

But, some events came to totally change my life. I moved back to Brazil. I arrived in Rio, leaving behind NYC at the peak of winter time, and it was glorious summer time in Brazil. My mother bought me an apartment, later sold it and gave me a bigger one to live in. I met a couple of friends from N.A. who were vacationing in Rio, I opened an N.A. meeting in Rio. I had several new friends in recovery who were willing to help me re-adapt again. I enlisted with the Loner Group and had many letters sent to me from all over the world. I got a job one block away from my house. I was fit, I was healthy, pretty, busy, sun tanned, but, oh so miserable. And it went like this, this dead feeling inside of me for nine months.

I had to go back to NYC to renew my residency. I'd sublet my flat there so I would have a place to stay when I came back. Everything was there for me again. All my valuables, clothing, plaques, friends, meetings ... and still, I wasn't happy! Oh, God, I must truly be an addict! Maybe more than the others, maybe ... a little dope would help. I kept on playing with the thought of using during those weeks.

Then a distant N.A. friend came to visit me. His presence made me "use" my head. So many questions. The newcomers I'd met a year ago were all active in the program and looked so much healthier; old places I used to hang out were closed; close friends had kept in touch and would continue to do so; the Fellowship had grown a lot, doubling in number of meetings.

Praying, meditating, asking for my H.P.'s guidance, finally I had an answer; I had suffered, tried and finally adapted to my new quarters of living in Rio. I'd been nurtured, loved, guided and cared for by my New York N.A. friends--but I'd outgrown my need for their daily reassurance in order for me to stay clean. I loved them all, but I had GROWN! I learned to let go and let God. Rio has an N.A. community starting and I think Rio is where I can be of the most service; newcomers, H&I, translating literature, Loner Group letters, all new friends.

When the plane flew over NYC, bringing me back to Rio, I felt a little sadness for letting go of NYC, but I let God guide me through this adventure of carrying the message, with the help of N.A. in the States.

Sandra B.
Brazil

Dear Loner Group,

Today, October 13, 1986, is my two year birthday in N.A. "Clean and Serene," and "Let Go, Let God" were my first slogans to try and remember daily. I look back on a long career in the medical field where I grew to love "the power trip" of decision making, the false power illusion of drugs, and the insane power of addiction. I had to "let go" to live. Along with my sign of "Let Go, Let God" by my bed, I added the very necessary and true statement, "With God, Nothing is Impossible." With lots of loving help I've grown day by 730 days. This last half of my life I am returning to the medical field as a substance abuse counselor.

Dianne M.
Indiana

FROM THE EDITOR

The Loner Group has been going strong now for over two years. We have made changes here and there, in response to input about what does and does not work, and also to allow for the overwhelming growth of the Loner Group. The input and letters we have received from members have been great and indicate that the Loner Group is working.

However, we would like to be sure that members are receiving the support they need. If not, are there changes we can make to improve the situation? Please fill out the form on the following page and send it in to the Loner Group, c/o the World Service Office, P.O. Box 9999, Van Nuys, CA 91409.

Are you a loner _____, or a non-loner _____?
Clean time _____

A. General Information

1. How many letters do you receive each month?
2. _____
How many letters do you send each month?
3. _____
How many different people do you write to?
4. _____
How many different people do you hear from?

B. Additional Information

1. Do you share specifically about experience, strength and hope in N.A. recovery? _____
2. Do the letters you receive share specifically about experience, strength and hope in N.A. recovery?

C. Problems

1. Have you received any letters that seem inappropriate? _____ If so, in what way were they inappropriate?

Please return this questionnaire before December 25, 1986. The responses will be compiled and reported on in the January, 1987 issue of the *Meeting by Mail*.

Thanks for your help. We need your input and experience in order to provide the support necessary to carry the message of recovery to the addict who still suffers.