

WSC 90

REACHING OUT

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Welcome

We would like to welcome all of you to the WSC H&I Newsletter. We hope that the contents of this simple newsletter will assist you in your recovery or H&I efforts throughout the Fellowship of Narcotics Anonymous.

FROM THE INSIDE

Dear *Reaching Out*,

My name is J— and I've been an addict for a long time. Because of my using I wound up in prison many times. I am now serving eight years in ——— Prison. It was very hard for me to realize that my problem was my addiction. Until I admitted it and made a decision to stop using, I was very troubled inside and very confused in a lot of ways. On my road to recovery I am still all of these things but not as bad as I was and my decision making isn't clouded and distorted. I take it one day at a time and attend N.A. I'd like to attend N.A. more than once a week, but we only have one meeting a week here in prison. I wish we had more.

I've been in prison before so I know the system. I try to stay away from all the negative people and deal with the people in the N.A. program. It's not possible all the time. Some of the people I used with, that don't know I'm clean now, still ask me to get high with them and I just

tell them no. That's something I have to practice a lot, saying no, because that word never used to be part of my vocabulary but it is and has to be now.

In "How It Works," they say, "if you want what we have to offer," and I do, "then you are ready to take certain steps," and I am. I want to stay out there and I can't when I use. I used to think I could have the best of both worlds but today I know I can't. I chose not to use and that's my choice today. It's not easy for me; I'm locked up and I want to be out there bad. I used to think that using would make the time easier to do but I see that it only makes it longer and harder. I have a small number this time but what is the size of the number if I come back again?

I learned nothing all the years I've been locked up. What a waste. I've only been down for a year now and I've learned more than I ever have. First, because I've stopped using and admitted I was powerless over my addiction and second, because now I'm trying to do something about it. I know I have a long way to go and it's not going to be easy, but I take it one day at a time. If I didn't go to N.A. I know I'd still be using.

I thank my Higher Power for showing me the path to the door I walk through every week for the meeting. It's the best door I've ever walked through.

In here I see a lot of people use and I have to remember when I was in their place. More importantly though I have to watch what it does to them. Going to courtlane adds, e.g., time, loss of privileges, loss of good time, or visiting, or anything else that happens to them when they use. If I use I will be in their place. If that's what you call feeling good, then count me out. I can't trade my freedom for a high. You see, this is my last chance. I was told in court that I'll spend the rest of my life here if I come back. That's no bargain to me; I use and I'll spend the rest of my life in prison.

J.

New Jersey

Dear *Reaching Out*,

My name is S— The easiest thing I've ever written is that I am an addict. Accepting my fate and admitting that I am completely powerless and letting a power greater than me come into my life was the hardest thing I've ever had to grasp. I am thirty-three years of age. I have four children and a wife who I love, and is currently divorcing me after sixteen years. I recently came to realize that she's never known me any other way but as an addict.

I've been using since I was ten years old and have been hooked on one

substance or another as long as I can remember. I've used people, hurt and injured them so many times it would be impossible to count. I've been fortunate that I've never killed anyone, not that I hadn't tried. I've been stabbed, shot and beat up so many times for things that I've done to get my fix that I ended up on the FBI most wanted list for a series of crimes that had my picture in every bank in California.

By the grace of my Higher Power I was finally arrested and sent to a penitentiary. At the time I was kicking from drugs of all kinds. I got into prison only to find that no longer did I have to drive to connection's. I could walk. Believe it or not, after all the pain and hurt I'd caused myself and others, my desire to use still consumed every waking moment of my life until finally my life was almost taken from me.

The rules were different in my new home. I could no longer get over or run away. I had been to N.A., other twelve step fellowships, recovery homes and hospitals, and heard about the twelve steps. How could I take a step when I didn't even know how to walk? I knew that I had reached a point of no return. Death was waiting for me. I've lost so many friends over the years that I knew death was real and forever. All those who had overdosed never made it back except me. Why? Was it possible that something/someone had other plans for me?

I sat down and cried for what seemed days. I got on my knees and prayed for help. I got the book and learned how to crawl. Before I knew it I could stand and today I can walk. I'm far from being cured. I will always have this disease and I can live with that. Today I didn't use and I have tools to help me.

I'll never be able to right all the wrongs or tell all those who cared for me how sorry I am. I am starting my fourth step and trying to clear the wreckage. I still love my wife who has finally divorced me, and I still love my children who don't know me. And I still love all those who gave up on me over and over and over. They all tried to help me so many times to no avail. Today some of them are getting help from their twelve step programs to help them recover. I never knew that my sickness was theirs too.

Most important though is that today I love me. And even though I'm not the center of the universe and I've come to see that God is really the Boss, just today I can have peace of mind with all my wrongs and I know that other people love me. Other people care.

Thanks for listening,
God Bless, Love,
S.
Addict

Dear *Reaching Out*,

Listen, I'm going to tell you a little about me and I hope that you'll listen because it may save your life someday.

My name is T— and I'm an addict and I am serving a thirty year sentence.

My story begins like many others. I was always told that I wouldn't amount to anything or do anything productive in my life and I started to believe it. I guess you could say I was the black sheep of my family, or so I thought. I can't remember ever having any fun with my family. All I remember was pain. So, I started to think pain was what life was all about.

Instead of making friends I inflicted pain on people. I would break you down mentally and walk all over you. The only thing about inflicting pain on others is you start to lose touch. When that happened to me I couldn't get pain off my mind so I started using. You name it and I did it at some time or the other, thus losing touch with reality. I couldn't live without something in my system.

I look back on those days and remember my three and four year old brother and sister crying when I walked into the room. Even my mother was scared of me. I've been clean now for about a month and people have come up to me and said, "You've changed."

I never thought anybody cared about me, but now I do. From the N.A. group I've learned that there are people that care about me, but I've also learned to care about me, too. Instead of hurting myself or others I asked for help. N.A. is giving me that help. I now look at life differently. With N.A. and my Higher Power I have a chance to change my life for the better. I now give instead of taking. I help instead of hurting. I have started to rebuild my life and you can do it too!

Just remember, although life with drugs and a feeling that things will never change may be what you're feeling, think about what will happen if you don't stop. If you don't know, let me tell you: either you'll be dead, kill someone else or be locked up for the rest of your life and have everything you treasure and everyone you love taken away from you. You can reach out for help. Just take a chance. I did. You've got nothing to lose and everything to gain. You can make it, I know you can. Just give it a chance. "The Journey Never Ends"

T.

New Jersey

Dear *Reaching Out*,

Hello, my name is L--- and I am an addict. Right now I'm currently doing time in prison. I have been locked up a few years now because of my addiction. I started getting high when I was young, about nine—ten years old. When I was about thirteen years old, I started coming to jail because I had to rob so I could get high. When I had drugs I had friends but today I don't see or hear from them because I'm in prison and they're out there on the streets getting high.

When I went to court I got ten years. When I came to prison all I wanted to do was get high and forget about everything. I never did forget, because every time I got high I got in trouble because it made me think about the streets more. I got high, got in trouble. I went from one prison to the next, each worse than the last.

About a year and a half ago I got locked up in the hole and I took a good look at myself. I didn't like what I found out about me. (I think it's because I didn't want to face my problems.) I told myself I had to stop doing drugs but when I got out of the hole I went and got high. I also went to an N.A. meeting that week. The first meeting didn't do much for me because when I left I went to get high. Every week for about three or four months I did the same thing. About thirteen months ago I stopped doing drugs because I was starting to get some help and N.A. made me feel good.

I go to N.A. every week and I feel good. I keep that feeling for about two days. Today, I can deal with my problems. I don't have to get high and I don't have to run away. I still get a feeling of wanting to get high, but I don't. Today, I don't go looking to get high. I don't hang out no more. I keep myself busy by reading and writing. I also don't get into trouble any more.

I still have some problems that have to be worked out, but I'm happier now. I'm not the same person I used to be. My life has improved and so has my attitude. I see my life is better because I have help from the N.A. program. Some of the people in N.A. help me work the program and it works. I know. Thank you for taking the time to read this.

L.

New Jersey

Dear *Reaching Out*,

My name is B— and I'm an addict. The things I see in life are pretty hard for me to understand. People everywhere are destroying their lives by using (just like I did) and not knowing there is any hope or help.

I hope that when I am released I will be able to pass some of the hope to others that N.A. has given me. Then, maybe one of the beds here in prison will stay empty or maybe someone won't take the same path I did. I know that N.A. is helping me so the least I can do is pass that on to others. I believe that I have a chance to make it out there because N.A. is all over. Following the suggestions and working the program out there can't be as hard as doing time.

I was a heavy user when I got in trouble and locked up. Sometimes I wish I had heard of N.A. before I got locked up, then maybe I wouldn't have had to come here. Coming to N.A. I learned that drugs are not the only things in life, and that if I didn't use, I probably wouldn't have come here. I have a future ahead of me now that I have help. I don't believe that I am destined to have this place in my life anymore because I know that using is why I'm here. So, if I don't use, I don't have to come back. I am being picked up by someone in N.A. on my release and after my visit to the parole office, it's off to a meeting and a new life. I also want to thank my Higher Power for letting me find N.A. here in prison so that I will have a chance to start my, soon to be free, life clean.

Soon to be released,

B.

New Jersey

Dear *Reaching Out*

My name is L— I'm a recovering addict. I'm serving a twenty and a five year bit in ———, without the possibility of parole.

While I was on the streets, I went to various Narcotics Anonymous meetings because deep down inside I knew that I was going off on a dangerous tangent that would end only one way, prison—if I weren't killed first. I just couldn't go on playing the games, pretending I was in charge and feeling fine. So much hurt and pain had built up in my life. There wasn't a day that went by that I didn't take some drugs to dull that ache. You can't move your life forward when you're gripped by physical or emotional pain. I felt helpless, caught up in an unstoppable, self-destructive vortex, unable to recoup and regain perspective.

I'm behind prison walls, trying to create a balanced, drug free lifestyle.

I acknowledge that without N.A. I would only end up in another place like this, if I'm not killed. I had the privilege of attending my first N.A. meeting while in prison, and made a commitment that I will allow N.A.'s positive influence to help me create a balanced, drug free lifestyle.

I am aware, in order for me to take action, I have to face the truth about things that center around my drug addiction. Thanks for listening to me.

Sincerely,

L.

Indiana

Dear *Reaching Out*,

I am an addict, my name is K--- I am presently incarcerated. I began using drugs at age twelve. I began abusing them at age fifteen. I am an addict of all sorts. I have a very addictive personality and when I found my drug of choice, that was all it took.

I went to any lengths for my addiction and compromised my mind, body and soul in many ways. The statement, "Used to live and lived to use," fits me well. While in active addiction I was involved in cults, cliques and clubs. I was always searching for a place to fit in and feel accepted. Now, through N.A., I do it "in a healthy way."

At age nineteen, an opportunity arose to sell drugs. Being the dedicated addict I am, I jumped at the chance. I was so caught up and insane that I didn't even bother to recognize that I was selling to a narcotics agent for two months. After building my case, they finally busted me on trafficking.

I hated the world and wanted to die. Instead, I was shipped directly to a detoxification center. I am five feet two inches and weighed seventy-nine pounds on a good day! Only by the grace of God was I able to go to treatment right away instead of jail. I stayed in treatment for three months. I was totally deprogrammed and reprogrammed on how to live. I was scared and apprehensive, but at this point, I desperately needed help and was ready to take the cotton out of my ears and put it in my mouth!

After getting back my pride, dignity and self-respect, (which I never thought possible) I was graduated from treatment. I then was moved by direction of my counselor and lawyer to a half-way house for further treatment.

I realize that many addicts don't get the chances I've had to be exposed to N.A. before facing their legal consequences and I am extremely

grateful. So, at ten months clean and active in the fellowship of N.A., I was shipped back to — for court.

I was only sentenced to ten years to serve on three sales of drugs (reduced from trafficking). This to me, proves that good things happen to people that stay clean in N.A. because, with all my progress I probably won't even do one fourth of that. God carried me to this point and would not just "drop me off" in jail. I find that my spirituality has grown more in jail than it did on the outside!

I have wonderful friends and a sponsor with eleven years clean in N.A. I have a boyfriend in N.A. with three years clean and today—*a real life*. Being in jail does not restrict my growth in the fellowship, it simply slows me down a bit. I shudder to think what my life in jail would be like without this fellowship. I also know that I was in prison for seven and one half years. A prison I built through addiction. Now I am free no matter where I am, because I am free inside myself. I like to think of jail and prison as being a stepping stone in my recovery. I am a good person today and will more than likely get out on an early release. When that happens I will be able to "reach out" to people in institutions and know how to help because I've been there.

I also try to remember that although I don't have everything I want in here, I do have everything I need. And if I keep up the good work I'll have a year clean on January 12, 1990. *What a miracle*.

I am strong and I can survive anything with God's help as long as I don't use over it. And I know that today *nothing*—absolutely nothing is worth using over.

K.

Oklahoma

Editor's Note: This section is dedicated to aiding H&I subcommittees to gain a world-wide perspective of H&I activity. It reflects input received from H&I subcommittees and may address specific issues of interest to members in their H&I efforts, as well as personal experiences obtained through carrying the N.A. message of recovery to addicts who are unable to attend regular meetings.. Therefore we are asking members and H&I subcommittees to submit input to the section to the H&I Coordinator at the W.S.O., P.O. Box 9999, Van Nuys, CA 91409-9999.

FROM THE OUTSIDE FROM WSC H&I

FIVE YEARS OF WSC H&I

This is the fifth anniversary issue of *Reaching Out*. It is also the fifth anniversary (plus a little) of my membership in the WSC H&I Committee and the last issue before my membership ends. It seemed an appropriate time to look back at some of the progress that has been made in H&I during those years.

I joined the Committee at the World Convention in Chicago in 1984. At that time, the only regular meeting of the Committee was in April during the World Service Conference (WSC). Committee sessions were mainly problem solving sessions dealing with local difficulties involving H&I work. There were no world level projects although plans were underway to meet in Capon Bridge, West Virginia to draft a new Handbook for H&I. We had our first W.S.O. project coordinator, and there was discussion about starting a newsletter for H&I. The then WSC H&I Chair also wanted to develop a booklet directed toward incarcerated addicts and put out an appeal for personal stories to be included in such a booklet.

The newsletter got started right away and you are reading the latest issue of it. The Handbook was approved in 1986 and served us well for a time. The booklet has become two separate projects: "For Those in Treatment," and "Behind The Walls." The first is directed to addicts in treatment and is currently going through the literature process, and the second is being presented to the Conference this year for approval.

During the last five years, the membership of the Committee has grown as has the pool of nominees waiting to get on the Committee. We have benefited from the participation of NA members who are committed to service and who have worked hard throughout the years for the good of the Fellowship and H&I.

Other projects which have been completed included the informational pamphlets, "Staying Clean on the Outside" and "H&I and the NA Member."

As we progressed in the amount and quality of experience in H&I work, the need was felt for an expanded handbook for H&I. Additionally, treatment and corrections facilities were rapidly changing their methods and their approaches to addicts. We needed to make the Fellowship aware of all the new information we had about doing H&I work. The new handbook went through a very thorough process of input and revision and was approved by the WSC in 1989.

The number of area and regional H&I committees and addicts served has multiplied dramatically over these five years. We are currently aware of approximately 400 functioning committees and constantly hear of others. We have changed our understanding of the nature of our services. H&I used to be thought of as a way to have an NA meeting without abiding by the Twelve Traditions. Today, we understand that and H&I presentation is not an NA meeting at all, but a presentation of our recovery message by a service committee. H&I does not violate the Twelve Traditions unless the supporting ASC violates the Twelve Traditions. It took us a while to clearly see this, but the application of the knowledge that spiritual principles are never in conflict finally helped us clarify our position.

Another major step in our history was doing away with the H&I can. For years, H&I efforts had been supported by funding raised by passing a separate can at meetings and functions, and by holding fund raising activities specifically for H&I. Slowly, this system stopped working for us. Problems with accountability increased with increased numbers and donations and members began to have philosophical difficulties about a separate funding structure. The years in which H&I had functioned largely autonomously were drawing to a close. In most areas, H&I was the first branch of service to develop. Often it existed years before any other service activities really began. When the other services matured, the special conditions were no longer necessary or justified and we began to work totally within the service structure of Narcotics Anonymous.

Even though there were many fears about our services to addicts suffering, this had not been the case. H&I has continued to grow.

Our Fellowship has also grown over the years. We now deal with issues from countries around the world. The amazing thing is that usually our experience applies very well. The problems of H&I committees outside the United States are very similar to problems we had to find solutions to in earlier years of the development of H&I in the United States. Of course there are differences, but just like personal recovery among addicts, the similarities are much more remarkable.

My involvement with H&I has been one of the most rewarding experiences in my life. My eligibility for membership on WSC H&I has expired. It is time for newer members to have a chance to serve. I have no idea what I shall do without being an active Committee member. I will miss serving with the friends I have made in H&I more than I can tell you. They are without a doubt some of the finest and most devoted servants I have ever known. Fortunately, I will never run out of eligibility to be a panel member and will continue my involvement in that way. Thank you all for allowing me to be of service.

Barbara J.

WSC H&I Chairperson

NEWS FROM REGIONAL AND AREA H&I SUBCOMMITTEES

From The Regional H&I Chair, Indiana Region

Dear *Reaching Out*,

I'm an addict, currently serving as the Indiana Regional H&I Chair. Our subcommittee has just celebrated our second year of service to the Indiana Region. We would like, at this time, to share some of our experiences during our first two years of service.

The Indiana Regional H&I Subcommittee was formed in December of 1987. At that time our region consisted of four areas, with only two area H&I subcommittees that were active. There were some H&I meetings that existed within the areas that didn't have an area H&I subcommittee. These meetings were supported by the groups, through the addicts who carried our message of recovery into these facilities. During this first year H&I subcommittees became active in all of our areas, including two

new areas that were formed. Our regional H&I subcommittee was able to compile a list of active H&I meetings and their contacts. We also held a regional H&I learning day in September with over thirty addicts in attendance. At the close of our first year there were twenty-eight H&I meetings within the region and all six areas had active H&I subcommittees.

This past year our committee has seen two more areas formed, both with active H&I subcommittees. We have managed to keep updated H&I meeting and mailing lists. Also, we have seen an increase in support at both the area and regional levels. Several of us have attended H&I learning days in neighboring regions, and this past November our committee hosted our first multi-regional H&I awareness day. This event was a great success. There were over 175 addicts who supported us, with eleven regions represented! A panel presentation format was used and we also received support from the WSC H&I Committee through the sharing of committee members who were present. Their knowledge and experience were a valuable asset to our presentation. We are very grateful for their support and the support of all who attended and shared their experience, strength and hope.

Since the awareness day, both the regional and the area H&I subcommittees have seen a sudden increase in support. We recently elected a regional H&I vice-chair; the position had been open for a year! We have also formed a regional H&I panel to assist our areas in presenting H&I learning days. A good flow of communication now exists between our areas, the region and neighboring regions. This not only keeps us up to date with what's happening, it helps us to better support each other in carrying the message of recovery through Narcotics Anonymous. Our message is one of hope and freedom; may we always remember this.

In love & service,
D. G.
Trusted servant,
Chairman, IRSC
H&I Subcommittee

Dear Reaching Out,

I want to share a problem that happened to our area H&I committee and tell how we solved it. The committee took on a commitment at a local forensic institution, and we approached it the same way that we had many others. We went in and talked with the people in charge of the institution, but we failed to ask some important questions. I guess that was because most of the other presentations that we do are in treat-

ment centers, so the use of medication never crossed our minds.

We had been doing this presentation for about three months when the institution asked us not to come back. It seems there was a problem after one of our meetings. A call, placed the next day, helped us to learn some valuable lessons.

What happened was that one of the panel members had asked an addict from another state, who was visiting our area, to speak. This addict had a strong message of recovery. That was the problem. It appears that as he spoke, he addressed total abstinence. After the meeting, the addicts in this forensic institution refused to take their medication. They said that if they were to stay clean, they couldn't take anything. I must admit that as a recovering addict, I was pleased that they heard the speaker, but, as a member of an area H&I committee, I was upset when told not to come back.

After a discussion with the staff at that institution, the area committee went back to meet with them. At that meeting they helped us understand the need for these institutionalized addicts to take medication, as prescribed, while there. As a committee, we were able to share a bit about N.A. Traditions, and let them know that we are not professionals and have no opinions on the use of medications while in the institution. We were also able to commit to being sure of who was coming in to speak and informing our speakers about how the institution works. At that point, the staff asked us to come back the following week.

I'm happy to say that it has been about a year since that incident and the presentation is still taking place. Our area H&I committee learned more about getting information from the staff, when starting a meeting. We also learned the importance of our traditions in H&I work. We all look forward to continuing with this meeting.

J.

Dear *Reaching Out*,

I am the secretary of the jail meeting on Maui, and as such, am the whole H&I committee here. (We have no formal H&I committee and this is our only H&I meeting.) For me, this is my favorite type of service—I did a lot of time in jail myself, and I can't think of a better place to carry the message. There have been many Friday nights that I didn't feel like going, but I always come out feeling fulfilled—I got to give back a little of what was so freely given to me.

We hold two meetings every Friday night back to back—one in the unsentenced section, and one in the sentenced section. So far, we have

tried several different formats: discussion, panel, question & answer, and going over the first three steps. One night there were four of us and we told a little about our personal stories—what it was like and what it's like now—this went over real well. I made the decision to do that type of meeting because one inmate indicated the week before that he "loved drugs," and didn't think any of us came from where he'd been (Ha!). I would really like to hear of any other formats members have tried in their H&I meetings.

A ray of hope: so far, four inmates have shown up at outside meetings. One left the correctional center, entered treatment, graduated, and now attends outside meetings. She now has nine months clean! The most we can hope for is to help plant some seeds, but to see some of them sprout and grow . . . what a pleasure!

R. G.

Maui

MEMBERS' PERSONAL EXPERIENCES WITH H&I WORK

Dear *Reaching Out*,

My name is J— and I am an addict. I had first read your issue where I was institutionalized. I could relate to many of the addicts that had let a little bit of themselves be shown through words. And at that time I was physically, spiritually and emotionally beat. I could not take the use and abuse of drug addiction anymore.

Since that time I have become active within the fellowship of N.A. I have done commitments at a local center where many addicts on the inside cannot wait to get outside to serve as I am doing, for those inside. Many have good amounts of clean time. I also presently go back to institutions to share my message of hope—strength—recovery to the addict, as I can no longer take it! The N.A. way has given me more than I can write. My H.P. and the Twelve Steps and Twelve Traditions of N.A. are given to me freely so that I may share to those who wish to get what I have today. I also presently sit on the Public Information subcommittee in my area to carry the message to the addict who has not gone as far as I had to—the institution. Because if I can show my gratitude when I share the N.A. way and possibly help a sick and suffering addict—that to me is worth it all. *I love you all.*

J.

Massachusetts

Dear *Reaching Out*,

Just thought I would drop you a line and share my experience about getting involved with an H&I meeting at a local correctional facility.

In late June, our area H&I vice-chair approached me about helping him start an afternoon meeting for the inmates who could not attend the two evening meetings there because of college, work or other activities. Because I had been going to our H&I subcommittee meetings looking to get involved in H&I work, he knew I had the willingness. He also knew I worked third shift and was available during the daytime. I told him I would think it over and let him know in a few days.

To be honest, my first thought was, "Me go into a prison? No way!" Having only spent one day in jail in my whole life, I could not see how I could relate to these men or what I had to offer them. Besides, I got involved in H&I to do treatment centers so I could give back what I had gotten while I was in treatment.

When I shared these fears and reservations with our vice-chair, he simply said that since I was an addict, that was more than enough to offer. This didn't get rid of all my reservations, but I agreed to give it a try and if I couldn't handle it or didn't like it, I could stop going. He just gave me this funny smile and said, O.K.

On Monday, July 24, the day of the first meeting was finally at hand. I was so nervous that I could not sleep that morning when I got home from work. And when we arrived at the facility and I saw the bars and wire, I wanted to run home and hide. When we got inside and that first door slammed and locked behind us, I thought I would jump right out of my skin. I don't think I have ever prayed so much in so short a time in my whole life. Talk about feeling like a fool.

Needless to say, that first meeting, a textbook meeting, which is how we have kept it, was a huge success. It is some of the best recovery I have had the privilege to be involved in. The inmates run the meeting and we are just there to share our experience, strength and hope along with everyone else. We have grown from ten members at that first meeting to twenty-three at our five month anniversary meeting. It has truly become the highlight of my week to be there.

These men keep telling me that they feel lucky to have us coming up to be a part of their recovery, but I now know who the real lucky one is and it's me. Just being around these guys and seeing their dedication to the program and seriousness about recovery fills me with so much gratitude, humility and love that it strengthens my recovery a thousandfold.

For the newcomers to H&I work: Don't be afraid to get involved at a correctional facility. It is truly some of the most gratifying work you can do. I have never felt so at home in my life as I do when I'm there. And it's nothing like you think it would or could be. Give it a try. I think

you will be pleasantly surprised. I know I was.

Incidentally, I still have trouble sleeping on some Monday mornings. But now it's from anticipation and impatience, not fear. It is truly gratitude city for me.

With much love and gratitude,

T.

Ohio

NOTE FROM THE EDITOR: If you are a recovering addict who is housed in a correctional or treatment setting, let us hear how Narcotics Anonymous has helped you in your life. Many times the articles that we receive cannot be used because they concentrate on using and not on how N.A. has helped addicts to recover. If you are a member of an H&I committee, let others hear how you or your committee have carried the N.A. message of recovery. We would like to thank all of the members who have sent in articles and other written contributions to the newsletter. We all have a responsibility to the suffering addict, and to ourselves as recovering addicts, to do our best in carrying the Narcotics Anonymous message of recovery—to participate by sharing with others what we have been freely given.

GET INVOLVED AND HELP US CARRY OUT OUR FELLOWSHIP'S PRIMARY PURPOSE!!

H&I Learning/Awareness Days Coming Up

MICHIGAN: April 21, 1990; Michigan Multi-Regional H&I Learning Day, 9 a.m.—6 p.m. Wayne Community Center, Wayne, MI (313) 721-7400. Information: Detroit Service Office, (313) 544-2010.

FLORIDA: May 4—6, 1990; 3rd Annual Florida Regional H&I Awareness Weekend; Clearwater Beach Hotel, Clearwater, FL (813) 447-9566. Florida Regional Service Office (305) 563-4262.

MINNESOTA: July 26—29, 1990; "Hope & Inspiration"—a four day H&I learning conference; Macalester College, St Paul, MN; rsvn.s—Upper Midwest H&I Learning Conference, P.O. Box 17946, St. Paul, MN 55117.

Note: If your area or region is holding an H&I Learning or Awareness Day, and wish to have it listed in *Reaching Out*, please mail a flyer or notice to the H&I coordinator at the W.S.O.

My gratitude speaks . . .

When I care and

When I share with others

The N.A. way