

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS















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The love we find

NA program reopens the world to us

Just for Today, November 4



## THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS

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#### From the editor

Have our lives always moved this quickly? A coworker says, "It's the times we live in." Email, mobile phones, texting, online networking, work, families and friends, meetings, service, leisure time (?!), commuting, personal and spiritual care ...phew! That's why, when my day ends — even if it's very late and I haven't had dinner, or I come home to dishes in the sink — I still love coming home. I experience the same feeling of relief and comfort I felt after attending my first meeting.

This issue celebrates that feeling. From Basic Text excerpts to reports and photos from WCNA 33 in Barcelona, to the reprieve of finding others with whom we can relate and recover, our members generously and poignantly share their experiences.

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Special note to artists and humorists: We're seeking your creativity for The NA Way. Please see the "comic strip" on page 16. We hope you'll share your recovery in this special way.

De J, Editor

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Cover photo: Detail of WCNA 33 window artwork at Convention Center International Barcelona. Shamik C. Kolkata, India

The NA Way Magazine welcomes letters from all readers. Letters to the editor can respond to any article that has appeared in The NA Way, or can simply be a viewpoint about an issue of concern in the NA Fellowship. Letters should be no more than 250 words, and we reserve the right to edit. All letters must include a signature, valid address, and phone number. First name and last initial will be used as the signature line unless the writer requests anonymity.



The NA Way Magazine, published in English, Farsi, French, German, Portuguese, and Spanish, belongs to the members of Narcotics Anonymous. Its mission, therefore, is to provide each member with recovery and service information, as well as recovery-related entertainment, which speaks to current issues and events relevant to each of our members worldwide. In keeping with this mission, the editorial staff is dedicated to providing a magazine which is open to articles and features written by members from around the world, as well as providing current service and convention information. Foremost, the journal is dedicated to the celebration of our message of recovery—"that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."



## Alive and grateful Second in a two-part series

The excitement and anticipation could be felt. Slowly dusk fell on the convention site. Chairs were moved to the edges of the isle of life, creating a ring with a rope held in place by volunteers and people crowded around it. The countdown was about to begin. First, the convention committee and volunteers of the first IRCNA held in 1997 at Kolkata were greeted with loud applause. After that, contests were held and raffle prizes were given away. Then the IRCNA 5 committee introduced their volunteers and were warmly applauded for their efforts.

Then the countdown began. Two members made a formidable duo conducting the countdown. The two ladies from Sweden were to leave early, so they and all of the other ladies went forward. Chants of "Keep coming back!" and "Alive and grateful!" reverberated. The numbers were called out. Eight countries from four continents were

represented there, with a total attendance of 383 addicts (fifteen ladies and 368 men) and twenty-six family members. Together we had 1,268 years and five days of cleantime—an average of 3.3 years per addict.

One by one the regions and areas were called up, and the chanting continued:

"Keep coming back! Alive and grateful!" There was a lull and the sound of collective panting after the continuous chanting. Then the music picked up again in a different tempo. The ultimate countdown had arrived. Anyone with twenty-five years clean? Long pause. Twenty-four years? Pause. Twenty-three? Another long pause. And then a collective catching of breath as someone clean since 1986 waltzed into the ring and the crowd chanted, "Keep coming back!" The music rose to a crescendo, and from the mike we were asked, "What do we tell her?" "Keep coming back!" replied the crowd.

Then came the call for twenty years clean, and three stepped forward. The crowd knew no other words: "Keep coming back!" One member danced uninhibited to the music as his cleantime was called. People were hugging those coming out of the ring, people were hugging each other at random, and love was being shared with one and all. Some went wild and some were hoarse already from shouting, and still we were prodded, "Can you all speak up a little? What do we tell them?" "Keep coming back!" we insisted. One by one the years went by until we hit two years. By this time the ring was becoming crowded. Eighteen months, one year, and then the monthly breakdowns until we hit thirty days. The crowd went quiet. Nine days, eight, seven... and no one came up.

Then there was this miracle from Bangladesh. On their way to the convention, some ten addicts had been queued up at a border checkpoint between Bangladesh and India, where there was a long line of applicants and checking in was thorough and slow. These addicts stayed in the line for fifty-two hours, with little food and hardly any rest,

just so that they could go to the convention. They arrived cheerful and happy to be a part of the celebration of recovery.

Among those ten addicts, nine were clean and one was still using. While they were waiting, in the boredom of the long wait, he used up all his stuff. The border is a hotbed of smuggling and peddling of drugs, yet this guy sought help from his companions, faced the "cold turkey," reached Kolkata, refused all offers of medication, and arrived at the convention clean. He stepped forward to celebrate six days clean. "Keep coming back!"

The last one to come up was a member with just four days clean—and that was that! Then we called for the still-suffering addict who was clean just for this moment, and we kept the invitation open by placing an empty chair in the middle. It was a poignant moment! We thanked HP for giving us this beautiful day, and we all trooped in to dance one more time and to celebrate being clean, alive, and grateful just for today.

After that we made a long procession to the large volleyball court, each of us with a candle and a firework. We gathered in a circle. Candles were lit and we remembered the still-suffering addict with a minute's quiet time, prayed the Serenity Prayer, and placed the candles in a circle at the center. That was a signal for the fireworks to begin. Up and up they went, bursting into colors, strings of light, showers of sparks, and we marveled at the power of the program and the glory of life.

The chairperson stepped to the microphone. "Good night. Now it's time to go home. We're the addicts; we're the addicts living clean."

My story doesn't end here—oh, no! My dispatch is truncated at this point, but the journey goes on and on, for it's the journey that is itself the destination. Keep coming back!

Joy M, Kolkata, India

#### Our readers write

#### **Thanks for Basic Text story**

I'm not entirely sure whom I should be sending this to, or if it will get to the people I hope it does, but can you please forward this to anyone involved with selecting or getting stories into the Sixth Edition Basic Text, specifically the story "Terminally Unique"?

I've been bouncing around in and out of recovery for years now. The biggest barrier to my whole recovery has been a sense of "uniqueness" that many people seem to encounter, but in my case I felt that I was a "special" case since I happen to be a transsexual. It may be an outside issue in meetings, and believe me, I don't mention it to anyone. I try to keep this private, but it's been a major problem for me, and has been a tool of my disease, used to alienate me from just about everyone else. We're an extremely tiny minority in this world. I've met only a few others in recovery like myself, and they were in another city in another state. In my home state, which is quite conservative, it just isn't something you can talk about.

When my sponsor got a copy of the Sixth Edition and pointed out the story by someone like me, I cried. It was truly something I never in my life expected to read in recovery literature. So, to whoever was responsible for it ending up in the book, thank you. I finally am starting to see that I can't use this "issue" against myself anymore. Thank you, NA.

Anonymous, Kansas, USA

#### A home group

I was reading a copy of our NA Way Magazine and came across the page with "Grupo La Magia" in Uruguay (April 2008). I started to cry, as this room is so familiar to me even though I live in Michigan. These rooms are so very important when we share with each other the NA way. The same feeling came over me when I read the description in the same issue about the group in Tehran, Iran, that held its meeting outside at –8 degrees Celsius (about 18 degrees Fahrenheit). This is the spirit of unity at work when we come together to help each other stay clean. A home group offers its members a place where we belong, where people know us and we have gotten to know them—a place to call home. But sometimes, our home group doesn't feel at all homey and we feel lonely. For members who feel this way, this is how I got in touch with God. Sometimes we don't really know our feelings when we pray or share with other addicts. Sometimes it takes a photograph to sum up our feelings about what is missing in our lives. Thank God for this magazine and all the home groups we can call home when the ones we belong to don't feel like home.

Towana N, Michigan, USA





## Step Two

The phrase "came to believe" implies that it is something that happens over time and is a process. My whole life has been lived with the conviction that I could not rely on anyone and that doing so is a sign of weakness. I spent a lot of time and energy denying the existence of God. I tried to believe that I could be spiritual without a relationship with a power greater than myself. When I am really honest with myself, I know I was never completely spiritual because it was a state of being that was lived only within the limits of my own heart and mind. Therefore the experience was limited to me and my human limitations. Something had to give.

When I came back into the life of recovery and the steps of NA, I decided to put my ego and prior convictions aside to just be willing and allow for other possibilities. It didn't happen all at once, but quickly enough I began to experience a change in my outlook and state of mind. While I didn't think my life was completely insane and out of control, I did feel a void spiritually. And what happened to me is that I started to think that living life without God was actually insane. The idea of going it alone and being overmatched by life's challenges, when just being willing to give believing a chance could result in a more peaceful life, was just so obviously wrong. It was a risk that I was willing to take.

body bowsoul

At this point for me, I don't stress about what I don't know and what answers I don't have. I may never know certain things for sure. In fact, just giving up the struggle to figure everything out is easier. Each day I continue to build my relationship with my higher power. My spiritual journey is to find harmony with the virtues and energy that I think God gives to us and expects us to give to others. Restoration of the mind, body, and soul is possible with a power greater than me.

There is something happening now that I am aware of that was invisible to me before. My heart and soul sense that there is something else I can tap into. It is a place that elevates my consciousness and grounds me at the same time. I feel blessed to have had a second chance.

Ronnie R, California, USA

## H&I in Southern Utah

This article is so long overdue. First, I want to thank all the inmates who attend Hospitals and Institutions meetings in correctional facilities. You all have blessed me with much gratitude and purpose.

A little over three years ago, I moved to an area that was pretty much "baby NA." I wanted to get involved and give back what was so freely given to me. I investigated H&I and discovered that there wasn't an NA H&I meeting in the local correctional institution for women. I was

# OMG! I was so deeply touched

incarcerated in 1963 and the following vears, and there were no H&I meetings brought into the facilities where I was incarcerated. It has always been part of my recovery to want to serve in this area. What a perfect time for me at this point. I investigated and continued to pursue the opportunity of taking in an H&I meeting; I was turned down a few times, but continued to try. Finally, I received a letter of invitation to attend an orientation at this facility. I attended, and shortly after that I started to take a meeting of Narcotics Anonymous to these women. Because the area was small and just starting to grow, there was no one willing or with enough cleantime or "off paper" to be part of the H&I team. So. I went in alone for about six months (not suggested). I started to sponsor some women in the area where I lived, and when they had met the cleantime requirements and were off paper, they attended with me. I am so blessed to say that at the present time there are six women who qualify to take meetings into this facility.

The deputies and sergeants continue to express their gratitude for the service we share with the girls. In fact, get this: I was invited to be the guest speaker at their graduation ceremony

last year. OMG! I was so deeply touched to be given the opportunity. I attended their ceremony with the sheriffs, undersheriffs, school board presidents, and other powers that be. And here was this recovering addict as their guest speaker. All the inmates who were graduating knew that I could relate to this experience because I also received my GED in the penitentiary in 1963. Since I wasn't introduced to NA in that facility, when I was released I went back to doing the same things over and over again, for I had no plan and knew nothing of NA at that time. We all know that if nothing changes, nothing changes.

I am so grateful to be a member of H&I and to be able to take a meeting into this correctional institution. I say this because you all allow me to continue to give it away and you give me a purpose in life. I am so grateful to all of you. What a wonderful gift when I am at an outside NA meeting and someone taps me on the shoulder and says, "Hi, remember me?" Something that we also do is hand out a meeting list the week an inmate is being released, and we volunteer to meet them at their first meeting.

Oh, and did I mention that my clean date is 21 October 1981? Okay, you old-timers, reach out and touch an inmate through H&I!

Rosanne S, Utah, USA



## ...in their own language

I am sorry to report that I am on my way home from China. I will only be here another week. This summer my mother had a stroke and was diagnosed with a brain stem lesion of some kind. She cares for my dad who is in a wheelchair, so I am headed back home. My heart aches

because I love my "China Connection," but, my higher power has altered the path and I must follow that. I will continue to practice my Mandarin Chinese and keep in touch with the fellowship guys in Shanghai and Wuhan. If they need anything from the states, I am all over it. Hopefully, I will be able to return to Shanghai in the near future to pick up where I left off with the NA China Region mission!

Since I moved here two years ago I have seen us go from two meetings per week to seven, from ten members to twenty-two members. The service structure is solidifying and the Basic Text is being shared around. Even though my goal of sponsoring a Mandarin-speaking Chinese woman did not come to pass, I feel I have seen growth.

I just have to share one story with you. Several years ago I felt the strange calling to go help with NA in China. I went to the NA world convention in Texas with one goal in mind: to find someone from NA World Services to ask if I should move to Beijing, Shanghai, or Kunming. I ended up doing service with a woman from Hawaii at the registration booths, and she suggested, "Go to the APF—Asia-Pacific Zonal Forum." No matter how many times I asked her which city to move to, she kept saying, "Just make sure you go to the APF."

I moved to Shanghai and met a Chinese woman who could not read Chinese or speak English, but she wanted to stay clean. I worked with her often, but felt that without the Basic Text for help she might never understand me totally. Then I finally went to the APF in Malaysia. The Iranian guys gave me a wonderful collection of the Iranian Region's quarterly magazine in Farsi. When I returned to Shanghai, I was showing everyone the book at a meeting and the Chinese newcomer woman grabbed hold of it and began to cry. It was printed in her Muslim tongue from Northern China, and she could understand the message of NA for the first time. She carried that book with her to every meeting until she moved back to her home province and we lost touch. And her name was Nana! I love this journey!

Suzanne W, Shanghai, China



# Long-distance learning

One day as I drove to work, the regional delegate from the Maldives phoned me. He wanted to know how to go about conducting a Hospitals and Institutions presentation for a big group inside a rehab facility near there. I spoke briefly to him and learned that two men and two women members would do the presentation.

I pulled over in my car and spoke a bit about the "do's and don'ts" and the dress code we all adhere to when going for an H&I presentation. There was so much information and experience I needed to share with him that we would need to speak at length and at ease. Also, I soon realized that I would need to repeat all this information to the rest of their panel, so we fixed a time for him to call back. I requested that all four of them be present and we'd talk by speakerphone. I was going to give them a mock H&I presentation from more than 2,000 miles away.

On schedule, the group called me back. After pleasant hellos and introductions, we got down to business. I told them that after the Serenity Prayer and opening reading were done, the panel leader would give a brief explanation of H&I presentations. Then he/she should ask all inmates to introduce themselves as "addicts," and the others would greet them just like in a regular meeting. This is one way to lighten the dense atmosphere inside.

I went on to explain that H&I speakers usually restrict their sharing to ten minutes each, no more. After the panel had shared, they could take questions, making clear that no questions about the institution or treatment facility were allowed, but any other questions about the NA program, meetings, and recovery were welcome. Then I did something that I had never tried in my life before. I shared the H&I way over a long-distance international phone call in eight minutes flat. There was not a second when I paused or slowed down; it just came pouring out.

The credit goes to the small and relatively new NA fellowship of Male for being open-minded and willing to try something that I am sure nobody has tried before in the APF region, and it worked.

On the day of the presentation, they telephoned me to say they had just stepped outside the facility. The presentation went off smoothly. They were talking to me from the boat they'd taken to the island where the rehab was located. I could only imagine the addicts inside being uplifted by our wonderful message of hope.

I could not wait to visit the Maldives in May 2009 to do H&I and public information workshops face-to-face with the members there. I could feel that these four were enthusiastic NA members who love H&I, and who will definitely make a difference to their local fellowship in the days ahead. When we arrived on Male, we were mesmerized by the crystal-clear, multicolored waters and the beautiful, smiling faces of our hosts. We conducted a PR presentation for local officials and caregivers and conducted service workshops and discussions for our fellow members. I would like to thank the fellowship of NA Male for allowing me to be of service to them. This was a brand-new H&I experience, guys!!

Ned K, Dublin, Ireland

## Phoneline guidelines: our best practices

We cannot deny other addicts their pain, but we can carry the message of hope that was given to us by fellow addicts in recovery.

Basic Text, "How It Works"

There are many good reasons to follow the guidelines in our service handbooks. One is that they represent our fellowship's "best practices," which means they are based on tried-and-true experience. Another is that our guidelines protect us from ourselves and they protect our fellowship and anonymity.

Our primary purpose is to carry the NA message, and our phonelines are a key way for us to provide information to the general public and addicts seeking recovery. While we always want to be available to help an addict in need, there are those who may abuse our services. A good way to provide genuinely needed service is to have and follow our service guidelines. For example, if a phoneline caller wants to meet with a member, we can offer to get together with them at a meeting—and remember that any service is best done by more than one addict. We might want to provide only meeting information through our phonelines. We can ask for a telephone number to call back, rather than giving out any personal contact information for ourselves or other members. We can provide public transportation information, etc.

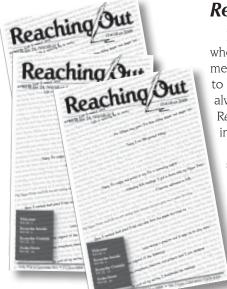
Unfortunately, there may be people who take advantage of the good nature and desire to help that are common in our new way of life, but when we follow the experience of our predecessors, we can safely and lovingly serve those seeking recovery in NA.

Editor's Note: Our thanks to several US NA members who shared this information with each another and with NA World Services.

For more information, please see NA service handbooks, including the *Public Relations Handbook* and A *Guide to Phoneline Service*. NA service material is available for purchase at <a href="http://www.na.org/?ID=OrderLiteratureOnline-content">http://www.na.org/?ID=OrderLiteratureOnline-content</a>, and a selection of handbooks may be viewed online at <a href="http://www.na.org/?ID=handbooks-handbook-index">http://www.na.org/?ID=handbooks-handbook-index</a>.

Many local NA phonelines throughout the United States have been contacted by a caller who identifies himself as a long-haul trucker from a distant state with long-term cleantime. He usually says he wants to use because of a tragedy such as having a heart attack or the death of his wife and children. He'll ask to meet at a restaurant or to be picked up in front of a hospital, and typically asks the volunteer to pay for meals and/or a hotel room for him. If he goes to a meeting, he tends to share about the "tragedy" and claims to have no money or a place to stay, saying things like "I will have to find a safe doorway to sleep in."

Jeff R, California, USA



#### Reaching Out

Reaching Out is a newsletter dedicated to sharing the NA message with members who are recovering "on the inside." Letters "from the inside" are submitted by NA members recovering while incarcerated, and those "from the outside" allow members to share their experience, strength, and hope with members on the inside. There is always a need for sharing from members on the outside. Work is underway to make Reaching Out submissions even easier. Once developed, these tools will be introduced in Reaching Out, The NA Way Magazine, and our website.

Members who will be incarcerated for six months or longer may request a free single-copy yearly subscriptions; multiple-copy subscriptions are sent to all area service committees for use by their service subcommittees. Annual twenty-copy paid subscriptions are also available for members or service committees to distribute as they see fit.

Letters and subscription requests can be mailed to NA World Services; Reaching Out; PO Box 9999; Van Nuys, CA 91409 USA, or you can email us at fsmail@na.org (include Reaching Out in the subject line of your message). You can also fax material to the attention of Reaching Out at 818.700.0700. For more information, please visit the Reaching Out Web page at http://www.na.org/reaching out/index.htm.



The primary purpose of the World Convention of Narcotics Anonymous (WCNA) is to provide a special celebration of our recovery, a reflection of our diversity, and a demonstration of our unity.

A Guide to World Services in Narcotics Anonymous

On the following pages, members share their WCNA 33 experiences. From the hot, humid streets of Barcelona, along the shore of the Mediterranean Sea, and within the hotel and convention center rooms, we are treated to three points of view. It's the closest to the "real thing" we can offer here in *The NA Way*.

#### **Transmissions from WCNA**

When he returned to Indiana, Dave P captured his recollections of WCNA in the article that appears on the next pages. From the unofficial events of Wednesday night until his return to the US, he tells us about what he saw and experienced... and how dreams really do come true in NA.

Ron H shared "live posts" via his mobile phone during workshops and speaker meetings throughout the convention. From many, many pages of messages, we culled some of his own musings and what he heard from speakers at workshops and main speaker meetings. Ron's article begins on page eleven.

#### Dion's Calendar

Counting down the days before leaving for the convention, Dion's calendar on page thirteen carries us through his journey to Spain. We sit in with him at the European Delegates Meeting, and then enjoy his time at the convention, including his time serving as one of the speakers at the Saturday night main meeting.

#### **Photographs**

We are so grateful to members who took photos while at the convention. There is no arguing that a picture speaks a thousand words. The photos here not only speak words, they also convey the emotion and spirit of this recovery celebration, amor sin fronteras... love without borders.



#### **Transmissions from WCNA 33**

Two NA members share their WCNA experiences, their observations, and what they heard from workshop and main meeting speakers.

#### **Dave P remembers**

Beautiful, unforgettable, and life-changing: WCNA 33, held 20-23 August 2009 in Barcelona, Spain. Writing about my experience poses a bit of a challenge. It's so difficult to put into words what it felt like to be surrounded by a sea of thousands of diverse addicts from all over the world, speaking different languages, all united by one common goal: to celebrate the joy of living clean.

The convention unofficially started Wednesday night with a speaker and a dance. Displays showcased NA memorabilia from over a half century of our history and from all over the world. More than 6,800 chairs were set up in the hall where the main speaker meetings would be held. Throughout the room were four large viewing screens. The main stage had a podium and two more screens, so no matter where you sat, it was like having a front-row seat. In the back of the room were the translators' booths where NA members translated the

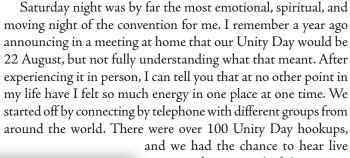
message of hope into various languages. Speakers and workshop leaders came from at least thirty-two countries and every continent on earth except Antarctica.

Thursday night kicked off with a presentation by a passionate

Spanish flamenco group. There wasn't an empty seat to be had, so many addicts stood for more than two hours to hear a touching message from Toni. She helped start the first NA meeting in her country. Then Earl shared about dealing with life on life's terms and how difficult that can be. Both speakers shared a heartfelt message of love, hope, and gratitude for NA.

Friday night the show started with an explosive Spanish drumming group that set the stage for the excitement of the geographic countdown. Sixty-five

countries were represented, with the largest turnouts from the US, UK, Denmark, and Spain. Our main speakers that night were Chrissie and Reggie.



and we had the chance to hear live greetings from several of the groups. Each group announced their name, how many people were there, and what time it was locally. Some were having breakfast, and for some it was the middle of the night when everyone else in their country was fast asleep.

Along with the thousands of addicts all over the world connected by telephone, some 6,000 addicts in the main hall interlocked arms and hearts to say the Serenity Prayer together. There are no words to describe how beautiful, how powerful that was, but that moment has forever changed

my life in a very positive way. We then heard speakers from six different countries. I recommend ordering the speaker CDs to personally experience the NA message of hope, humility, love, passion, experience, strength, and joy, carried by all the speakers

at WCNA 33. I had to leave before the closing meeting on Sunday. Due to the large number of workshops that were available, it was impossible to get to every one of them, so I plan to spend the next year listening to all the CDs of all the speakers.

While I was at the convention I spoke to so many addicts and heard so many things to share with you. I was told that many addicts from Iran applied for visas, but only seven were allowed to come. There was a guy who had people signing a banner that he

wished to mail back to the members in Iran. He also had one to send to a country that is so poor that no one could afford to come, but through this banner, the fellowship made them a part of anyway.



Displays showcased NA memorabilia from over a half century of our history and from all over the world.



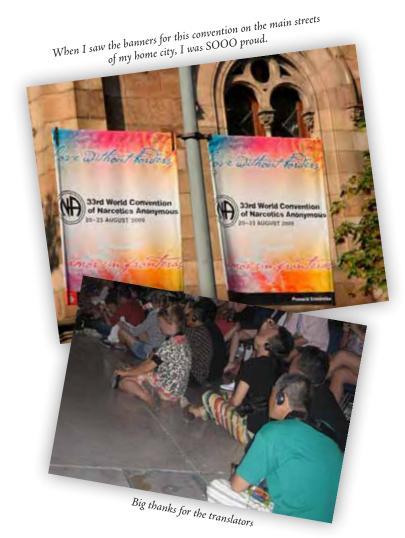
The drummers are rockin' the joint!

The World Convention of NA is held every other year and is an experience of a lifetime. In 2007, when I had around a month clean, my sponsor went to San Antonio, Texas, for WCNA 32. I didn't have the funds and couldn't get the time off work, as I had just started a new job. His comforting words to me were that if I stayed clean and put away \$50 to \$100 each month, in two years I could go to Barcelona, Spain, to attend my first world convention.

My two-year NA birthday was 21 August. It happened that my sponsor and I were awake Friday morning, so at 12:01am, he gave me my two-year medallion and was the first to congratulate me. It was a very special experience. I celebrated that night by attending the main speaker meeting and geographic countdown. And then, on Saturday morning, I took a cake with a group of friends at a local Barcelona meeting. There was also someone there marking twenty years clean, so it was an awe-some celebration.

Two years ago, attending a world convention seemed like such an impossible feat. But, my sponsor believed in me and, by the grace of God, I did it. Thank you, Narcotics Anonymous, for making a dream become a reality.

Dave P. Indiana, USA



#### Ron H reports

#### **Thursday Workshops**

#### Silvia:

When I saw the banners for this convention on the main streets of my home city, I was SOOO proud.

#### Karen:

I've been struggling recently to forgive my mom and having a hard time with her; then an email came asking me to do this workshop on forgiveness...

#### Yuval:

I really needed to talk to my sponsor, but I couldn't get in touch with him. He called me back a week later and said, "Did you want to talk?" I said, "Yes, but now I forgot why." He said, "See, it works."

#### Greg:

Everyone wants to say their home group is the best in the world. I'm actually pretty sure there might be one on a beach in Tahiti somewhere that I'd like better than mine.

#### **Thursday Night Main Meeting**

Announcements from the podium:

Big thanks for the translators (huge applause). Members from more than 60 countries here; translation headsets sprinkled throughout the crowd.

A five-page, glossy article written by a famous journalist was published this week in Spain's biggest newspaper. Some newcomers here today said that reading that article made them decide to come to the convention.

The meeting begins with our usual readings in Russian, Hebrew, French, Farsi, and Finnish (some Scandinavians shouting out the numbers and finishing each line in English).

#### Toni:

I'm an addict, but I'm not an idiot. When my grandma first dipped the bread in wine for me as a kid and I got a feel of that, I said, "Grandma, this bread is really dry! Can you moisten it again for me?"

#### Earl:

I'd like to welcome the newcomer, the oldtimer, and the sometimer. Y'all keep comin' back.

#### Friday Main Meeting

There's pandemonium in the room! The geographic countdown is tonight, so country groups are waving their flags; some are in traditional local dress, gathering with their flags for pictures, or shouting competing soccer chants. There's loud music and dancing all around; people are on chairs to get pictures. It's a delicious cultural stew here. The evening begins with wild, passionate drumming and dancing on stage. The crowd is all up in it. The drummers are rockin' the joint!

The room quiets as the meeting begins with readings in Swedish (accompanied by chanting by the Swedes), Arabic, Farsi, French, and Polish.

#### Reggie:

When I was new they told me to just listen for about ninety days. They said, "If we want to know how to get loaded, you'll be the first one we call on."

#### Chrissie:

(Talking about WCNA in London in 1986): I had walkie-talkie envy; you had to have a year clean to carry one. I met a man at that convention. We're still together twenty-eight years later. What's kept us together is NA. We're both passionate about service locally and at the EDM [our zonal forum]. Relationships in NA can work. (applause)

#### **Saturday Main Meeting**

Unity Day begins with the Serenity Prayer shared around the world as pictures of the worldwide fellowship are shown.

The readings: English, Turkish, Arabic, French, Bengali. And now the speakers...

#### Tomo:

I fell in love with a guy from Hawaii who is now my husband. I learned English, and I'm now secretary of my Monday night home group. My English got a little better, so I stepped up to serve as GSR. There are no coincidences. If I hadn't met my husband and moved from my country, I wouldn't be here tonight. If I hadn't gotten clean in my home country, I would never have gotten here.

Bablu, expressing gratitude to his wife, the beautiful woman in the sari with the bindi:

She's been sitting in the chair next to me, crying tears of support for her husband.

#### Pam:

I came here with a little kid; now he's made me a grandmother in NA.

#### Dion:

I had a dream of getting to a world convention, just getting to one. I shared about it, talked about it, but never dreamed of being up here.

#### Jose Luis:

My doctors wanted to remove my kidney...but now, months later, I still have my kidney and I'm getting better.

#### Sima:

I was one of the first women to find recovery in my country. I found a meeting 400 km from home (about 250 miles) and there were no women there. I hated it. I remem-

bered "just for today" and prayer, but something stronger than me brought me back. Our government didn't like women going to NA with the men, so we started women's meetings. They closed us down, but we just found another place to meet (huge applause). There are now about 10,000 clean women in Iran.

The meeting comes to a close with each speaker saying the Serenity Prayer in his/her own language, and then we end with the Third Step prayer in English.

#### **Sunday Morning Closing Meeting**

Our readings in English, Spanish, French, Danish, Arabic

#### Lib:

My sister sent me a text yesterday asking, "How you doing?" I said, "I'm sacred." My sister texted back, "That may be pushing it." I meant to say I was scared!

#### Steve

I met a girl in rehab (I know you know), got in a knife fight with a guy, relapsed, was attacked on the street, and stabbed five times—the last one in the chest. I thought, "Good. I don't want to live like this anymore." I woke up in intensive care, and you know who came to see me? You—NA members. When everyone else says you're no good, NA is showing up in your hospital room...

The cleantime countdown begins. The only guy alive who has been to all thirty-three world conventions, who has forty-eight years clean, is being mobbed as I type this (crying). He walks up to the stage to a standing ovation and is asked to hand out books to the newcomers.

Now things are winding down: announcements and thanks from the WCNA 33 support committee, an invitation to WCNA 34 in San Diego in 2011. The last moments of the meeting, of the convention. We close with the serenity prayer...

Ron H, New Mexico, USA



See you in 2011 at WCNA 34 in San Diego.

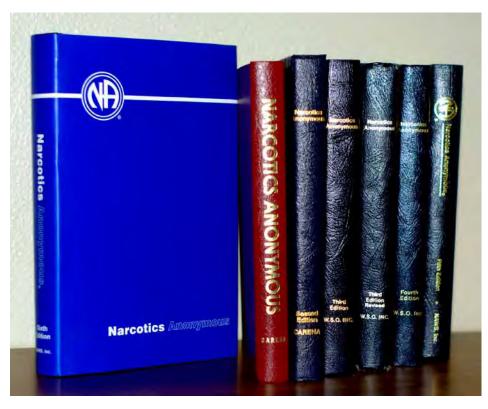
	Friday Saturday	Φ	Greetings from Barcelona! I wish I'd packed more "summery" clothes. Going to EDM now; REALLY EXCITEN	CNA today wa: N-BELIEVABLE embers here f Some countri NA, IOU!!
August 2009 Calender	Thursday	one week!	Last-minute preps! My mind is a tumble drier already!	IALLY 33 begins!
nst 2009	Wednesday	n a	Another dream coming true! I'm believing more and more that if you can dream it you can do it CLEAN	Last day at EDM WCNA hope to get to the beach today!  26 Home Sweet Home! Glad to be back! Thank you all for the messages, greetings, and love! (It is so cold here!)
Dion's Aug	Tuesday	4 Je suis si excité du départ pour Barcelone dans 9 jours!	Packing just two more sleeps	nent day at EDM!! y excited about ring Thursday! I beach yet (sigh), 25 POST- CONVENTION BLUES!!!
Di	Monday	m (A)	THREE MORE SLEEPS!!	reh Getting really, really excited about getting really, really excited about the convention starting Thursday! I haven't been to the beach yet (sigh), haven't been to the beach yet (sigh), haven't sall good!!  POST- CONVENT BLUES!!!
	Sunday	Z JANAN AND AND AND AND AND AND AND AND AND		16 I think it's betweek 30 and 40 degrees Celsius GEEZ! When do people sleep in Barcelona? 23 24

### Our members share

NA reaches us no matter where we are and who we are, and this is especially evident in the personal stories of our new Sixth Edition Basic Text. "Our Members Share" is now the name of this part of our book, where the stories are grouped in four sections. In "Beginnings," stories from some of our early members are included as they were originally published in previous editions of the Basic Text. This is followed by "Coming Home," accounts from members finding our fellowship or starting NA where they live. The "Regardless of..." section includes stories about finding acceptance in NA and creating a safe and welcoming place for all recovering addicts. And, with a focus on "Life on Life's Terms," the final section of the book includes stories from members practicing NA principles in day-to-day life. In this issue of The NA Way Magazine, we've included excerpts from "Coming Home."

### **Coming home**

In the "Coming Home" section of the Basic Text, members share about finding NA, or in some cases, starting NA in their part of the world. The Basic Text is available online at www.na.org/?ID=ips-index or may be purchased at www.na.org/?ID=OrderLiteratureOnline-Content.



#### A quiet satisfaction

At the end of his using, even the other street boys and the dealers didn't want him around, but NA felt like home from his very first meeting. Sometimes he is the only person in the room, but that only renews this Kenyan addict's commitment to recovery.

Service has been the cornerstone of my recovery. My friends tell me that I underrate all I do, but I feel apprehensive sharing about service. I try to serve with humility—nothing compares to the joy of service, of sharing the NA way, setting up tables, attending meetings, connecting members with each other, passing on books and other NA literature, corresponding with those visiting Kenya, holding public information workshops, bringing together new groups outside Nairobi, and now, recently, sponsoring other members. Surrounding countries like Rwanda, Uganda, and Tanzania are starting to ask for literature. We are working on getting them what they need. What a quiet satisfaction there is in being useful. It makes me feel even better when I don't mention it. Please do not take this as being proud of what I do. My recovery has been based on three fundamental truths that work for me: One, do not pick up no matter what—all feelings eventually pass; two, go to meetings; and three, pray. I tell my sponsees these same things. My experience is that everything else sorts itself out with this as a base. I have a lot more to learn about the NA way.

#### **Reflections**

These snapshots of our members' experiences finding NA are meant to be similar to the sharing at a topic meeting.

Even here in prison, my life can be peaceful, orderly, and useful. And by the grace of God I am making progress. At the end of my using, I was arrested for robbery. Though I knew I was an addict, I wouldn't admit it. Getting high was the only relief I felt I could get, but it was becoming less effective and producing more problems. Here, I connected with a sponsor by mail. He encourages me and helps me work the steps. I've learned to just follow directions as best I can.

### Self-Support and In Times of Illness Projects

We want to thank everyone who participated in the review and input process for these projects. The Self-Support information pamphlets, and the revised *In Times of Illness* were out for review and input between mid-February and the end of May. Approval drafts will be included as addenda to the *Conference Agenda Report*, which will be released in November. The main body of the *CAR* (without the addenda) will be available online after 25 November at http://www.na.org/?ID=conference-index.

## Have you completed the Membership Survey?

When you participate in the survey, your recovery experience "counts." The information gathered goes to those who work with and refer addicts to twelve-step programs like NA. Approximately 4,000 members from around the world completed the survey at the world convention in Barcelona, Spain, and we've received just over 3,800 online survey responses. This is just a small sampling of our membership, so we encourage members to complete the survey online at http://web.na.org/?ID=membership survey links.

Please forward this web address to your NA friends so they can participate and forward the address to their friends, too.

http://web.na.org/?ID=membership\_survey\_links

Be a part of and complete your survey by 31 December 2009.

### Living Clean The Journey Continues



"Where once we had spiritual theories, we now begin to awaken to spiritual reality." (Basic Text) As this project develops, we're beginning to see the spiritual reality of so many of our members walking a common path. There is still time to contribute to the book, and the best time to affect new literature is in these early stages!

Join us in the online discussion board, which is open to all NA members at <a href="http://naws.org/lc">http://naws.org/lc</a>. It is necessary to register, which is a different than the process for other NAWS discussion boards. The discussion board is organized by chapters, with the topic outline for each chapter posted for easy reference. Members share their experience living clean related to these and other topics. This wonderful reservoir of experience is aiding in the development of the book. Thank you to everyone who has contributed to the discussion board!

There is also a session profile so NA members can gather locally to help create input. At this stage, the most effective focus of these sessions is on the later chapters. The session profile is posted at <a href="http://www.na.org/?ID=Living\_Clean\_Project">http://www.na.org/?ID=Living\_Clean\_Project</a>. Of course, sending input via postal mail is always an option: NA World Services; Living Clean; Box 9999; Van Nuys, CA 91409.

#### **Review and Input**

The outline and Chapters One and Two were out for review and input from the beginning of June through 15 September 2009. Thank you to all of you who participated in this process. The next phase of review and input will occur in early 2010.

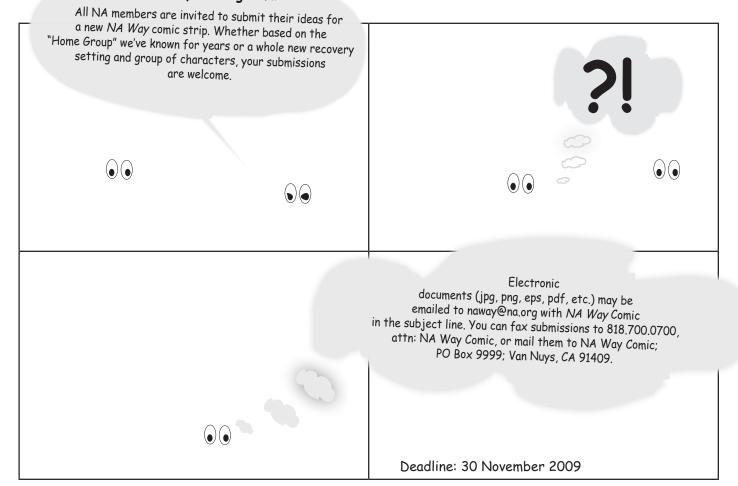
We are
recovering in the
here and now
and the future
becomes an
exciting journey.

**Basic Text** 

www.na.org/?ID=Living Clean\_Project livingclean@na..org www.na.org



#### Share your laughter!!





Multi-day events and those occurring between publication dates are printed according to the schedule below. To enter events or to access event details, visit the online calendar at: <a href="www.na.org/?ID?=comingup-toc">www.na.org/?ID?=comingup-toc</a>. (If you don't have Internet access, fax or mail your event info to 818.700.0700, attn: NA Way; or The NA Way; Box 9999; Van Nuys, CA 91409 USA.)

Issue	Submit event info by	For events taking place during
January	. 15 October	second week of January through first week of April
April	.15 January	second week of April through first week of July
July	. 15 April	second week of July through first week of October
October	. 15 July	second week of October through first week of January

#### Argentina

**Cordoba** 20-22 Nov; Argentina Regional Convention 17; Hotel Luz y Fuerza de Villa Giardino, Villa Giardino; www.na.org.ar

#### **Bahamas**

**New Providence** 30 Oct-1 Nov; Bahamas Area Celebration 20; British Colonial Hilton, Nassau; Info: 242.456.6911; rsvns: 242-302-9000

#### Bermuda

**Southhampton** 26-28 Feb 2010; Circle of Sisters 13; Fairmont Southampton Hotel, Southampton; speaker tape submission deadline: 30 November; www.circleofsisters.org

#### Canada

**Alberta** 13-15 Nov; Canadian Assembly Convention 17; Coast Plaza Hotel, Calgary; www.canaacna.org

**Ontario** 12-14 Feb 2010; Toronto Area Convention 6; Crowne Plaza Hotel, Toronto; www.torontona.org

#### Chile

**Quinta Region** 27-29 Nov; Chile Regional Convention 6; Punta de Tralca; www.narcoticosanonimos.es.tl

#### Guatemala

**Guatemala City** 16-18 Oct; Region Guatemala Convention 5; Hotel Conquistador and Conference Center, Guatemala City; www. naguatemala.org

#### India

**Sikkim** 12-14 Nov; Sikkim Area Convention 3; Karfectar Jorethang, Jorethang; Info: 919800730010

#### Mexico

**Sonora** 27-29 Nov; Primer Convención Region Baja Son; Peñasco del Sol Hotel, Puerto Peñasco; www.bajason-na.org

**Baja California** 30 Oct-1 Nov; Baja Coast Area Convention 17; Grand Hotel Tijuana, Tijuana; Info: 858.277.6438

#### **Philippines**

**Olongapo, Luzon** 12-14 Feb 2010; Pilipinas Regional Convention 15; Pier One Restaurant, Subic Bay; www.napilipinas.org

#### South Africa

**Gauteng** 13-15 Nov; South Africa Regional Convention 9; YFC Training Centre - CYARA camp, Magaliesburg; Info: 27836620552

#### **Turkey**

Istanbul 16-18 Oct; Turkey Regional Convention Natak 7; Grand Hotel Gursoy, Istanbul; www.na-turkiye.org

#### Uruguay

**Florida** 16-18 Oct; Uruguay Regional Convention; Centro Recreativo Paso Severino, Florida; Info: 598294311149

#### Venezuela

**Miranda** 12-15 Nov; Convention of Latin America 9 and Latin American Zonal Forum; www.clana9.com, www.fzlatino.org

#### **United States**

**Alabama** 13-15 Nov; Greater Birmingham Area Convention 15; Sheraton Hotel - Birmingham Jefferson Civic Center, Birmingham; www.alnwfl.org

**Arkansas** 16-18 Oct; Arkansas Regional Convention 2; Holiday Inn City Center, Fort Smith; www.arscna.org

**California** 16-18 Oct; First Mexico, Arizona, California Convention; Quechan Casino Resort, Winterhaven; http://sites.google.com/site/maccna1

- **2)** 23-25 Oct; Western Service Learning Days Conference 23; Radisson Hotel, Fresno; www.wsld.org
- **3)** 8-10 Jan 2010; Shasta/Trinity Area Convention 10; Holiday Inn, Redding; www.tac-convention.org
- **4)** 15-17 Jan 2010; San Fernando Valley Area Convention 15; Marriott Burbank Airport, Burbank; www.nasfv.com
- 5) 11-18 Apr 2010; Southern California Regional Cruise 6; Carnival Conquest-Galveston Texas; www.todayna.org/activities

**Colorado** 23-25 Oct; Colorado Regional Convention 23; Crowne Plaza Hotel, Colorado Springs; www.nacolorado.org/crcna

**Connecticut** 8-10 Jan 2010; Connecticut Regional Convention 25; Stamford Hilton Hotel, Stamford; www.ctrcna.org

**Florida** 16-18 Oct; Heartland Area Convention 7; River Ranch Resort, River Ranch; www.naflheartland.org

- 2) 6-8 Nov; Unidos en Recuperación Hispanic Convention 5; Ramada Plaza Hotel and Inn Gateway, Kissimmee; www.orlandona.org
- **3)** 13-15 Nov; New Path Group Rainbow Weekend 12; Marriot Hollywood Beach, Hollywood; www.rainbowweekend.org
- **4)** 27-29 Nov; Palm Coast Area Convention 28; Palm Beach Gardens Marriott, Palm Beach Gardens; www.palmcoastna.org

**Georgia** 30 Oct-1 Nov; West End Area Anniversary 23; Renaissance Concourse Hotel, Atlanta; Info: 404.428.6897

**Hawaii** 29 Oct-1 Nov; Hawaii Regional Convention 17; Hilton Kaua'i Beach Resort, Lihue; www.na-hawaii.org

**Idaho** 13-14 Nov; Southern Idaho Region H&I/PI Learning Days; Twin Falls Best Western, Twin Falls; www.sirna.org

**Illinois** 30 Oct-1 Nov; Joliet Area Convention 12; Doubletree Hotel Chicago, Oak Brook; www.chicagona.org/events.html

- **2)** 6-8 Nov; Lake Borderline Area Convention 3; Hyatt Deerfield, Deerfield; www.chicagona.org/events.html
- **3)** 20-22 Nov; Greater Illinois Regional Convention 13; Decatur Conference Center, Decatur; www.oopsna.org

**Maryland** 23-25 Oct; Ocean Gateway Area Convention 12; Clarion Fontainebleau Resort, Ocean City; www.geocities.com/jpjeanie55/regform.html

**Massachusetts** 20-22 Nov; NAWS Worldwide Workshop; Marriott Peabody, Boston; www.na.org/?ID=nawsevents-event-reg

**2)** 25-26 Nov; Metro West Area Thanksgiving Marathon; Right Turn, Arlington; Info: 617.921.3584

**3)** 15-17 Jan 2010; Boston Area Convention 14; Sheraton Framingham Hotel, Boston; www.newenglandna.org/events/index.cfm

**Michigan** 26-29 Nov; Metro-Detroit Regional Convention 11; Marriott Hotel Detroit, Detroit; Info: 313.221.3410

**Mississippi** 23-25 Oct; Mississippi Regional Convention 26; Clarion Hotel, Jackson; www.mrscna.net

**Missouri** 6-8 Nov; Greater Saint Louis Area Convention; Holiday Inn-Viking , Saint Louis; Info: 314.809.1236

**Nevada** 6-8 Nov; Sierra Sage Regional Convention 14; Circus Circus Hotel Casino, Reno; www.ssrna.org

**New Jersey**16-18 Oct; Greater Atlantic City Area Convention 2; Clarion Hotel, Egg Harbor Township; Info: 609.328.2891

**2)** 30 Oct-1 Nov; NE New Jersey Area Convention 15; Doubletree Hotel and Center, Somerset; Info: 908.233.1672

**New York** 30 Oct-1 Nov; Western New York Regional Convention 14; Holiday Inn Grand Island Resort\Conference Center, Grand Island; www.nawny.org

2) 24-25 Dec; Mohawk River Area l Holiday Marathon Meeting; Christ Church, 970 State St, Schenectady; www.abcdrna.org

**3)** 8-10 Jan 2010; Nassau Area Convention 7; Long Island Huntington Hilton, Melville; www.nacna.info

**North Dakota** 6-8 Nov; Upper Midwest Regional Convention 26; Clarion Hotel, Grand Forks; www.umrna.com

**Ohio** 27-29 Nov; Get Honest Group First Unity Weekend; Kings Island Resort and Conference Center; Info: 513.237.4837

2) 1-3 Jan 2010; Central Ohio Area Convention 21; The Columbus, Columbus; Info: 614.622.8515

**Oklahoma** 11-13 Dec; Cushing Connections Group Women's Spiritual Retreat 14; Oak Park Retreat Center, Perkins; www.pasc.okna.org/activities.htm

**Pennsylvania** 6-8 Nov; BeeHive Area Birthday Convention 20; Best Western Genetti Hotel and Conference Center, Wilkes-Barre; www. eparna.org/events

**2)** 20-22 Nov; Tri State Regional Convention 27; Sheraton Station Square Hotel, Pittsburgh; Info: 412.452.1597

**South Carolina** 5-8 Nov; Serenity Festival 27; Myrtle Be ach Convention Center, Myrtle Beach; Info: 910.840.0809

**South Dakota** 16-18 Oct; South Dakota Regional Convention; Minervas Convention Center Best Western Kelly Inn, Yankton; www.sdrna.com

**Tennessee** 25-29 Nov; Volunteer Regional Convention 27; Hilton Hotel Memphis, Memphis; www.nanashville.org/activities.html

**Texas** 27-29 Nov; Central Group Anniversary 24; Doubletree Hotel, Dallas; www.dallasareana.org

2) 11-13 Dec; Best Little Regional Convention 21; San Angelo Inn and Conference Center, San Angelo; www.bigcountryna.org

**Utah** 13-15 Nov; Utah Regional Indoor Convention 11; Prospector Square Lodge and Conference Center, Park City; www.utahna.info

2) 5-7 Mar; North by Northwest and Las Vegas Areas Dopes on Slopes; Chalet Village Condominiums, Brian Head; www.nxnwana.org

**Vermont** 13-15 Nov; Champlain Valley Area Convention 20; Sheraton Hotel Burlington, Burlington; www.cvana.org

**Virginia** 15-17 Jan 2010; Annual Virginia Convention – Peninsula Area; Marriott Newport News at City Center, Newport News; avcna.org/html/avcna commitee.html

**Washington** 6-7 Nov; Washington Northern Idaho Region H&I/PI Learning Days; Lake City Community Center, Seattle; www.wnir-na.org/activitiesregional.shtml

**West Virginia** 30 Oct-1 Nov; Mountaineer Regional Convention 23; Cedar Lakes Conference Center, Ripley; www.mrscna.org

### **NAWS PRODUCT UPDATE**

#### Castilian

An Introduction to NA Meetings

Introducción a las reuniones de Narcóticos Anónimos

Item No. CS-2201 Price US \$0.21



Group Business Meetings

#### Reuniones de trabajo del grupo

Item No. CS-2202 Price US \$0.21



NA Groups and Medication

Los grupos de NA

y la medicación

Item No. CS-2205 Price US \$0.26

#### Danish

IP No. 12: The Triangle of Self-Obsession Selvbesættelsens trekant

Item No. DK-3112 Price US \$0.21



#### Hebrew

IP No. 13: By Young Addicts, For Young Addicts

מ צעירים מכורים, ל צעירים מכורים

Item No. HE-3113 Price US \$0.26

#### Hungarian

IP No. 7: Am I an Addict?

Drogfüggő vagyok

Item No. HU-3107 Price US \$0.21



#### Lithuanian

The NA Step Working Guides
Narkomanų anonimų
darbo su žingsniais
vadovas

Item No. LT-1400 Price US \$7.30

Group Treasurer's Workbook

#### Grupės iždininko darbo knyga

Item No. LT-2110 Price US \$1.80

Group Trusted Servants: Roles and Responsibilities

Grupės patikėtiniai: Vaidmenys ir atsakomybės

Item No. LT-2203 Price US \$0.21



Disruptive and Violent Behavior

#### Trikdantis ir smurtinis elgesys

Item No. LT-2204 Price US \$0.21



#### Maltese

IP No. 1: *Who, What, How, and Why Min, X'inhu, Kif u Għalfejn* Item No. MT-3101 Price US \$0.21

#### Russian

The NA Step Working Guides
Руководство к работе по
Шагам в Анонимных
Наркоманах

Item No. RU-1400 Price US \$7.30



#### Norwegian

In Times of Illness

#### Ved sykdom

Item No. NR-1603 Price US \$0.81

NA Groups and Medication

NA-grupper og medisin

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IP No. 13: By Young Addicts, For Young Addicts

Av unge rusavhengige, for unge rusavhengige Item No. NR-3113 Price US \$0.26



IP No. 27: For the Parents or Guardians of Young People in NA

For foreldre til og formyndere for unge mennesker i NA

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Now available in Farsi (FA), Kannada (KN), Punjabi (PA), and Tamil (TA) Welcome – multiple years

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#### Sixth Edition Basic Text Gift Edition

Features a handsome blue leatherette cover, debossed NA logo, silver lettering, and gift box.

Item No. 1107 US \$25.00

#### **Basic Journal**

A whimsical cover design opens to ruled pages in this 6 x 9-inch journal.

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The 3.5 x 5.4-inch pocket-sized softcover fits easily in pocket, purse, briefcase, or backpack.

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#### Just for Today, Revised Pocket-sized Softcover

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A black velveteen pouch will be included with each tri-plate medallion, and the price will be adjusted to \$20.28 each or \$16.28 for 25 pieces or more.



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In response to fellowship demand, we are offering a keychain or necklace in gold or silver finish.

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Striking acrylic tabletop medallion holder. Includes an embedded image from the 6th Edition Basic Text Commemorative and Gift Editions title pages, or can be replaced with your own photo or artwork.

Displays front and back of medallion.



#### **Finnish**

It Works: How and Why
Se toimii: Miten ja Miksi

#### Norwegian

Sponsorship **Sponsorskap** 

#### **Swedish**

Just for Today **Bara för idag** 













