



# Core Issues

Oct. 2014 Vol.2 Issue 9  
By: Lester O.



## Goals And Purposes

We believe there needs to be discussion among the members of NA with regard the purpose and direction of our fellowship. There are 'service' groups springing up throughout North America; their goals are as many and varied as our members. Our purpose at 'core' is to provide a venue to facilitate open and respectful discussion among the members of the fellowship. We discuss ideas about how to make the NA fellowship more responsive to the still suffering addict. We hold weekly meetings, publish a weekly newsletter, and plan events for the purpose of uniting our fellowship. These are not core meetings, core newsletters, nor core gatherings; they are our gift to the NA fellowship.

We Believe that  
the Greater the  
Base (Global NA  
Society)



The Broader the  
sides and the  
Higher the point  
of freedom.

Email: [lester7286@gmail.com](mailto:lester7286@gmail.com)

Phone: 321-215-5898

Yours in Loving Service,

Lester O.

Editor of Core Issues

(A non-profit Newsletter of the Core Group)

## Summary of Core Group Discussions for the Month of September, 2014



Core Group Minutes

# Core Issues

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**September 2,, 2014**

**8:30 pm EST, 7:30 pm CST, 6:30 pm MST; 5:30 pm PST**

## **Tuesday Night CONFERENCE CALL**

*Attendance with area codes:*

Bo 404 – Monica 678 – John 707 – David 318 – Lester 321

Bo on Minutes

***Be sure to check out commentary and posts in the Addendum at end of these minutes..also, essays may appear before the minutes to get attention for items discussed. – Ed***

- DON'T USE, GO TO MEETINGS AND WORK YOUR STEPS
- Weekly Articles Sent in by Core Group Members

### GLOBAL 1

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Jacksonville Fl,  
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MORE WILL BE REVEALED

David B stated during the call that he subscribes by this philosophy when he writes. Beautifully written and beautifully quoted. Thank you David for sharing...

**So you want to be a writer by Charles Bukowski**

**If** it doesn't come bursting out of you in spite of everything, **don't do it.**

**Unless** it comes unasked out of your heart and your mind and your mouth and your gut, **don't do it.**

**If** you have to sit for hours staring at your computer screen or hunched over your typewriter searching for words, **don't do it.**

**If** you're doing it for money or fame, **don't do it.**

**If** you're doing it because you want women in your bed, **don't do it.**

**If** you have to sit there and rewrite it again and again, **don't do it.**

**If** it's hard work just thinking about doing it, **don't do it.**

**If** you're trying to write like somebody else, **forget about it.**

**If** you have to wait for it to roar out of you, **then wait patiently.**

**If** it never does roar out of you, **do something else.**

**If** you first have to read it to your wife or your girlfriend or your boyfriend or your parents or to anybody at all, **you're not ready.**

**Don't be** like so many writers.

**Don't be** like so many thousands of people who call themselves writers.

**Don't be** dull and boring and pretentious, don't be consumed with self-love.

The libraries of the world have yawned themselves to sleep over your kind, don't add to that, **don't do it.**

**Unless** it comes out of your soul like a rocket, unless being still would drive you to madness or suicide or murder, **don't do it.**

**Unless** the sun inside you is burning your gut, **don't do it.**

When it is truly time, and if you have been chosen, it will do it by itself and it will keep on doing it until you die or it dies in you.

**There is no other way, and there never was.**

### General discussion

### Discussion List:

### Discussion:



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Event in Jacksonville, last weekend in November.

Issues to write about:

- Drug Replacement Therapy

- Drug Court

- Democratic Principles

- Complete, creative freedom

- Global NA – the dream

- Discipline and Restraint

- NA Unity – Many service models, one Fellowship

- Fellowship of the Spirit

Bo – FB Global NA was loaded by a well intended member with opposition. This resulted in squabbles we don’t own or deserve. Please be careful. You know the saying: there are two types of people in NA, one type works the program like it is a good idea, kind of like taking out the garbage. The other types works the program like their lives depend on it. If the mechanism to gather and decide how to allocate the funds we gather to benefit the addicts seeking recovery, it is no time to play stupid games. The spirit of Global NA may be friendly, but we are also committed to simplify, lower group costs, and have a say in how our money is spent.

David – Lots of noise on FB page.

Bo - Tell some admin to stop loading site. We need quality, not quantity. We don’t ask for trouble and needless confrontation. We have to be about the truth.

David – deleting trouble makers.



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Most on site now not causing trouble.

There are still 2000 on Global NA FB and no idea how many members support improvement.

Lester – We need by-laws on website. Good to answer questions.

Mark – Talked to people who may help find the original box Suboxone came in that said, “Do not take more than ten days.” They couldn’t find it. Still working on DRT Informational Pamphlet.

Bo – Working on Grey Book, mainly stories. Lotsa typing!

Mark – FB page, spoke with Hank and Bonnie. Misgivings.

Bo – What misgivings? Those we have trusted are like a baby sitter who is killing the baby. Pretty dramatic. Our survival is not dependent on what the Gov’t or TC’s think. When did they ever help us? NA grew because we were out front and up front. Catering to outsiders breeds the idea we are not honest or earnest in our core beliefs, like total abstinence and spiritual growth.

Mark – Global is new. One voice from the WB. That’s beyond censorship. Should be representative of Fellowship (their words) who cannot attend WSC. Should be lots of messages coming through, they are not. Read WB minutes before sanitizing them and there was a WB member in opposition to what was happening. In next set of minutes, he was castigated for dissention. He was told to support rest of WB.

David – Good writing is pure, spirited. Total abstinence is in danger of being overwritten (ASIS). [Monica was good enough to use the recording to transcribe what David shared and the quote is at top of these minutes. Thanks, Monica!]

Mark – Talking with his buddy blew him away. Simple article can be overworked into gobbledygook.

Monica – makes sense. Has some writing she is sending in to us.

David – Some of the stuff I write is no good. Doesn’t stop me!

Monica – It’s going to be ok.

Mark – When I’m afraid of rejection, maybe I out of 5 will.

Bo – Ego is the master of self-editing.

Monica – Learned a lot tonight. Sit back and bitch about what’s going on, get up and do something about it. Have to work your ass off. Have to do it on a daily basis. Application. Stood outside the box and every addict has a right to recovery. The passion to do something to help.

Bo – Can get 5000 poker chips for \$900.00. Want to?

Monica – can by-laws help insure the future of our efforts.

Bo – It is up to the people who stand around to validate by-laws that give them strength. Look at what happened to us! Un-informed people have no basis to think accurately.

Monica led us in the 3<sup>rd</sup> Step Prayer...

Closed at 10:10 pm

Recording 44479748-142218786.mp3

**Next meetings on 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> of September.**



*Core Group Minutes*

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*Core Group Minutes*

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#### **Discussion List:**

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NA Unity – Many service models, one Fellowship  
Fellowship of the Spirit

John – Talked with Chris K (Iowa) who is involved with USSC group and asked two questions:

1. Is the USSC group giving money to NAWS? Yes, to get WSO to acknowledge them as a bona fide NA service body.
2. Has their group structure got 12 concepts in it? Yes but only to diffuse arguments. Does not use them.

Bo – John, good article on 3 types of people: uninformed and uninterested, informed but not active, informed and active.

Bo – re-cap for Lester coming on call.

Lester – Nothing new happening in his area. Not too many newer members. Some health problems and doctor visits.

Long talks with Hank.

Hank - \$300 to hotel, \$300 due.

Bo – working on Grey Book w stories, getting help from many members. Have extra stories beyond what was sent out with review form to vote on accept/decline in 1982.

Got with Kermit on phone, helping with website.

Lester – 3<sup>rd</sup> Step prayer.

Closed at 10:00 pm

Recording 44479748-142276956.mp3

**Next meetings on 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> of September. Check out articles in Addendum**

“That we can all come together for the good of the Fellowship.”

Core Group Minutes

**September 16, 2014**

8:30 pm EST, 7:30 pm CST, 6:30 pm MST, 5:30 pm PST

**Tuesday Night**  
**CONFERENCE CALL**





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Bo 404 - Monica 678 - John 707 - Jmu 703 - Tim 860  
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- Issues to write about:
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### **Discussion:**

Tim H, Middletown, CT - Stamford went great. Had to leave Saturday after meeting. 211 attendance. Sharon Saturday night great speaker. Holocaust survivor. Dutch and speaker from California. Got Jmu's phone number on call.

Mitch and Bonnie went. - Spoke with Bonnie today, Wednesday.

Jmu - Doing OK after his collision with car around the 1st of the month.



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Monica - Welcomed! Says she is listening...

Shared she is changing HG due to personality with dominant personality who controls the group. She has tried over two years to reconcile unsuccessfully. A little bit of information is dangerous. Can lead to manipulation vs. bringing full control back to members. Underlying ego trip. Discussed w/sponsor. Should she do letter to group members? Interest in young females...

Tim - inform group, read literature.

Jmu - Has great Home Group. Lots of mutual respect. Write brief letter: "I'm leaving and why."

Tim - likes that...

Monica - Group is stagnant, she is miserable. Tried to talk directly. Not a black and white program, many shades of grey. Feels shut down. Any group motions shut down. Fear of group pressure and individual pressure for free expression.

John F - Lots of members looking for softer, easier way. Under value the 12 Traditions. Anyone who disagrees gets destroyed. Don't want to hear anyone with clean time. He has tried everything, even started X Anonymous at Texas Roadhouse and offers of free steak. Meetings 'go dark' meaning door is locked. Sometimes sign on door '12x12' and anyone with key can open and have meeting. Fellowship east of Mississippi is whole different case. In Missouri, whole room will jump on him, scream at him.

Bo S. - We discuss and deal with messy business. Had great weekend with Chubbs from North Carolina and a couple, Jessica and Eddie, from Dawsonville. We worked on stories while Eddie looked up talks by Greg Pierce for planned book to be transcribed. Checked out new voice recognition software, Dragon.

Chubbs - not comfortable with making video clips. 11th Tradition.

Bo - Well, you can always talk and not show your face and still participate. The important thing is to share feelings as well as words and your voice does that. People need to know it's real people sharing. Let us know if you come up with something to help us understand your concerns.



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Jmu – I was hit by car while riding my bicycle. I was saved by my helmet! Gives me the spooks to see someone riding without one now! Last August 1st. Talked about lots of ‘nice’ people on web and FB, not very loving. Goes to Radio Free, NA.org, Global NA, NA purist, etc.

Bo - I think FB does some good, it at least brings up issues and members learn parts of what’s going on if not the whole thing. Basically, though, I think many members get stuck on the mental plane and never go further for all the real good stuff in NA Spirituality. Steps Ten, Eleven and Twelve take you deep onto what’s happening and where it comes from. Like you can discuss issues, behavior and surface manifestations but not the roots problems. Like insecure, fear-based people are basically afraid of everything. So they take measures to protect themselves and get a leg up on whoever they interact with. They never really relax and enjoy life and all the blessings we have. They get to look forward and see what is coming. Sometimes they can right into the heart of someone and help them see where their pain comes from and options that appear invisible to them. Planning on visiting Hank in Jax for celebration of his twenty years again, then off to sponsorship gathering in Kalamazoo, Michigan. Going to California to visit friends in October and will be in Dallas/Ft. Worth, Texas in early November and great face to face in Jacksonville to discuss plans for global NA.

Monica - also coming to Texas and Jacksonville in November. Wondering how old-timers stayed clean before Step Writing Guides, etc. Are looking to provide new Step Guides.

Bo - More is being revealed, Monica!

Jmu - Celebrates 25 years, used Step Guides. Work ‘around’ the Guides.

Bo - Concerns were expressed when they came out that many things were not covered and real Step Work is infinite. Takes conscious contact to work them. Our lives are the real guide. Apply surrender, faith, prayer and meditation to work the Steps. The Traditions contribute to the process because we get to see the applications in real life.

Jmu gave closing Prayer: “Thank you God for all you give us. Let us carry forth the message you give us to all who are open to it.”

Closed call at 9:50 pm



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core group minutes

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God, Service and Representative has been left out and will be restored. Even our service structure can recovery. Starts with an inventory – fearless and through.

Bo – Preparing manuscript of the Grey Form with Stories. Having to type. Hank says 100 numbered First Editions. Typing the stories – even I am amazed at how applicable and moving they are. This is a timeless foot print of addicts seeking



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recovery. Not perfect, but very beautiful and spirited. Some have died of natural and other causes. Many are alive, clean and happy today! Getting help from Jessica and Eddie, thanks guys!

Weekend of 19<sup>th</sup> to 22<sup>nd</sup> went like a nice, spiritual dreamscape! Running a little ragged, headed for Michigan Sponsorship Gathering Friday!

John – had a quiet weekend...

Lester – Got angry call from Arizona riled up about Global NA effort.

Bo – Hank got call from same guy, apparently taken from FB contact information. Hank said he didn't think he would get another call! Anger is an empowering emotion.

Mitch – has all the speaker tapes from Stamford History, will share. Bonnie drove up and they attended together. John Farrell was a good speaker. Said Bob R was on one side, Larry N. the other and he was in the middle!

Lester – John has his own bones to pick with NAWS.

Mitch – John F didn't like deletions in Traditions 4 and 9 from printing of First Edition Basic Text.

George R spoke with great passion. Bonnie gave great talk. Karen B from California was funny and told story of being 'black listed' from speaking at World Convention of NA one year because she had gone to some AA, then called to speak at a later WCNA as kind of an amends but she had to care for her aged Mother. Fawn spoke Sunday morning.,

Mitch – Spoke with Mel H who likes Global NA. Found one of best friends is Jack B. who he holds in high regard.

Lester – Chuck Skinner was my first sponsor, same as Bo.

Mitch – Did Bob Rehmar, Jimmy Kinnon and Chuck Skinner sign off on 4<sup>th</sup> and 9<sup>th</sup> deletions?

Bo – Changes were made because they thought WSO could not service the Fellowship with "all else is not NA" and the service boards "do not have the power to rule, censor, dictate or decide" for the Fellowship. All three seemed to not understand what the big upset was about. From my position on the Lit Committee and later on the World Service Board of Trustees, I could see quite clearly the Fellowship and active members of the World Service Conference knew that Chuck, Jimmy and Bob all had six months to bring up any problem with the Basic Text as approved by the Fellowship and Lit workers. If they found a serious concern, like they say they did in some writings and talks, the proper thing would be to notify the Fellowship and proceed with caution for not catching it during the six months they were to review the material. It wasn't buried in an obscure part of the Book where it was hard to locate. It was right there in the Traditions. This should be a lasting lesson about the weakness of making hasty decisions without checking with other members knowledgeable on a topic or issue. Instead we had one of the safeguards of the Twelve Traditions removed amidst confusion that endures to this day. Another thing, is lofty service positions can make members think they know best. I have found this is usually a mistake. Informing and maintaining a high level of information disbursement is the basis for coherent action spread over a large body of people.

Mitch – So much hell raised about the 1<sup>st</sup> Edition BT, The so-called letter from Nebraska reads like a lawyer wrote it. Dutch H, active in H&I, wanted a low cost BT to go into jails where hard backs were not allowed. The soft cover produced by WSO is same size as BT hard cover and costs the same. Larry North could have played a role in this. [note: I follow a convention that says last initial on living persons, full name on deceased for clarity to the reader.]

Bo – Propose Mitch and I do a write up and run it by John and Lester prior to putting out to the core group.

John – Fellowship got up in arms enough for WSO to make a 2<sup>nd</sup> Edition. Kermit says Fellowship confused by language sent out to Regions at the time where they made reference to the 1<sup>st</sup> Edition as if it were the "Original" approved by the Fellowship after having each group in the world look over their own approval form of the Basic Text – the soft cover with a white shiny cover and the folded 8.5 by 5.5"

Mitch – Bobby B in hospital for tests. Gave Bo the number to call. Been feeling disoriented lately, like there is widespread disrespect for old-timers in Baltimore.

Bob McK. Celebrates 40 years!!! Yea!

Bo – So, let's review the tape for all the things I covered in the long forty minute talk on book changes, ok?



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Bo – in other departments, Hank and I set up [www.globalnalit.org](http://www.globalnalit.org) on Sunday. Will work with Kermit to create stable sub-page just for the daily meditation book – Just for Tonight.

Great input to start new work on NA recovery and spiritual material from a lady named Nolie B.

Had a mini-lit conference at my home in Marietta to work on stories for the new book on Grey Form.

Also, got software to voice transcribe tapes to Word documents. Planning a book of Greg P's talks, especially what he had to say about service structure and service in general. Great stuff! Google has a transcription service and will quote on transcribing tapes.

The 'rubber is hitting the road' now!

Dale A from Bangkok sent excellent ideas on dealing with national governments. We hope for involvement from Sunil, Suyash, Omar and Juri to mention a few on core group who may wish to help build Global NA.

John led closing prayer at 10:30 – Serenity Prayer

Mitch – (after call) the talk we had about the book changes was best explanation he has ever heard. "It was the beginning of us and them" mentality.

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Next meetings on 23rd, 30th of September.

check out articles in Addendum

"That we can all come together for the good of the Fellowship."

### *Core Group Minutes*

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for Michigan Sponsorship Gathering Friday!

John – had a quiet weekend...

Lester – Got angry call from Arizona riled up about Global NA effort.

Bo – Hank got call from same guy, apparently taken from FB contact information. Hank said he didn't think he would get another call! Anger is an empowering emotion.

Mitch – has all the speaker tapes from Stamford History, will share. Bonnie drove up and they attended together. John Farrell was a good speaker. Said Bob R was on one side, Larry N. the other and he was in the middle!

Lester – John has his own bones to pick with NAWS.

Mitch – John F didn't like deletions in Traditions 4 and 9 from printing of First Edition Basic Text.

George R spoke with great passion. Bonnie gave great talk. Karen B from California was funny and told story of being 'black listed' from speaking at World Convention of NA one year because she had gone to some AA, then called to speak at a later WCNA as kind of an amends but she had to care for her aged Mother. Fawn spoke Sunday morning.,

Mitch – Spoke with Mel H who likes Global NA. Found one of best friends is Jack B. who he holds in high regard.

Lester – Chuck Skinner was my first sponsor, same as Bo.

Mitch – Did Bob Rehmar, Jimmy Kinnon and Chuck Skinner sign off on 4<sup>th</sup> and 9<sup>th</sup> deletions?

Bo – Changes were made because they thought WSO could not service the Fellowship with "all else is not NA" and the service boards "do not have the power to rule, censor, dictate or decide" for the Fellowship. All three seemed to not understand what the big upset was about. From my position on the Lit Committee and later on the World Service Board of Trustees, I could see quite clearly the Fellowship and active members of the World Service Conference knew that Chuck, Jimmy and Bob all had six months to bring up any problem with the Basic Text as approved by the Fellowship and Lit workers. If they found a serious concern, like they say they did in some writings and talks, the proper thing would be to notify the Fellowship and proceed with caution for not catching it during the six months they were to review the material. It wasn't buried in an obscure part of the Book where it was hard to locate. It was right there in the Traditions. This should be a lasting lesson about the weakness of making hasty decisions without checking with other members knowledgeable on a topic or issue. Instead we had one of the safeguards of the Twelve Traditions removed amidst confusion that endures to this day. Another thing, is lofty service positions can make members think they know best. I have found this is usually a mistake. Informing and maintaining a high level of



# Core Issues

## Oct. 2014 Vol.2 Issue 9

By: Lester O.



information disbursement is the basis for coherent action spread over a large body of people.

Mitch – So much hell raised about the 1<sup>st</sup> Edition BT, The so-called letter from Nebraska reads like a lawyer wrote it. Dutch H, active in H&I, wanted a low cost BT to go into jails where hard backs were not allowed. The soft cover produced by WSO is same size as BT hard cover and costs the same. Larry North could have played a role in this. [note: I follow a convention that says last initial on living persons, full name on deceased for clarity to the reader.]

Bo – Propose Mitch and I do a write up and run it by John and Lester prior to putting out to the core group.

John – Fellowship got up in arms enough for WSO to make a 2<sup>nd</sup> Edition. Kermit says Fellowship confused by language sent out to Regions at the time where they made reference to the 1<sup>st</sup> Edition as if it were the “Original” approved by the Fellowship after having each group in the world look over their own approval form of the Basic Text – the soft cover with a white shiny cover and the folded 8.5 by 5.5”

Mitch – Bobby B in hospital for tests. Gave Bo the number to call. Been feeling disoriented lately, like there is widespread disrespect for old-timers in Baltimore.

Bob McK. Celebrates 40 years!!! Yea!

Bo – So, let’s review the tape for all the things I covered in the long forty minute talk on book changes, ok?

Bo – in other departments, Hank and I set up [www.globalnalit.org](http://www.globalnalit.org) on Sunday. Will work with Kermit to create stable sub-page just for the daily meditation book – Just for Tonight.

Great input to start new work on NA recovery and spiritual material from a lady named Nolie B.

Had a mini-lit conference at my home in Marietta to work on stories for the new book on Grey Form.

Also, got software to voice transcribe tapes to Word documents. Planning a book of Greg P’s talks, especially what he had to say about service structure and service in general. Great stuff! Google has a transcription service and will quote on transcribing tapes.

The ‘rubber is hitting the road’ now!

Dale A from Bangkok sent excellent ideas on dealing with national governments. We hope for involvement from Sunil, Suyash, Omar and Juri to mention a few on core group who may wish to help build Global NA.

John led closing prayer at 10:30 – Serenity Prayer



# **Core Issues**

## **Oct. 2014 Vol.2 Issue 9**

By: Lester O.



Mitch – (after call) the talk we had about the book changes was best explanation he has ever heard. “It was the beginning of us and them” mentality.

Recording 44479748-142391035.mp3

**Next meeting on 30<sup>th</sup> of September.**

**check out articles in Addendum**

“That we can all come together for the good of the Fellowship.”

Core Group Minutes

**September 30, 2014**

**8:30 pm EST, 7:30 pm CST, 6:30 pm MST; 5:30 pm PST**

## **Tuesday Night CONFERENCE CALL**

Attendance with area codes:

Bo 404 - Monica 678 - John 707 – Lester 312 – Mitch 860

Bo on Minutes

Be sure to check out commentary and posts in the Addendum at end of these minutes..also, essays may appear before the minutes to get attention for items discussed. – Ed

- DON'T USE, GO TO MEETINGS AND WORK YOUR STEPS –
  - Weekly Articles Sent in by Core Group Members
  -

GLOBAL 1

The first Global NA Assembly

Jacksonville FL,  
November 21-23, 2014



# Core Issues

## Oct. 2014 Vol.2 Issue 9

By: Lester O.



Wyndham Jacksonville River walk  
1515 Prudential Dr. Jacksonville, FL, 32207  
United States of America

- Hotel Phone 866 539 8430
- Early Registration \$15.00
- Door Registration \$20.00
- Room Rates \$69.00

Discounted room registration will be open until Nov 8 after this date the rooms will be \$99.00  
Sunday morning breakfast will be \$12.00

MORE WILL BE REVEALED

### **General discussion**

#### **Discussion List:**

#### **Discussion:**

8:30: Progress report, read to attending members:

GAS, Inc. – Global Anonymous Services, Inc. project

Lawyer created 501-c3

Non-profit app in progress

Advocating daily meditation book

Global NA FB group

Business office – need \$

Structure – People seem to like the 'Global Service Structure' (GSS) simplified into a self-consistent system with sub-committees at area, region, national and global levels. Member, group, area and region remain the same except for replacing some designations with the word



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By: Lester O.



'representative' and 'service.'

Virtual Office will be set up on web with free downloads, starter kits and anything you deem necessary or helpful.

Core group:

Websites still in repair – [nacoregroup.org](http://nacoregroup.org) and NA views

Fan page still in place

Event in Jacksonville, last weekend in November.

Issues to write about:

- Drug Replacement Therapy
- Drug Court
- Democratic Principles
- Complete, creative freedom
- Global NA – the dream
- Discipline and Restraint
- Limitations of Group Conscience – importance of information and polling method.
- NA Unity – Many service models, one Fellowship
- Fellowship of the Spirit

Core Group Minutes

8:47 – trouble with hook up, members showed up at 8:30, my bad...

Lester – Bill F. noticed NAWS is looking to by special software. Has secret page and held discussion. NAWS upset that one of their WB's is leaking private discussion. Discussion the propriety of kicking off a WB from FB page.

Mitch – Good

Bo – Takes faith to overcome fear.

Monica – Need lit in hand before we spend money on poker chips to service groups under Global NA Service Center. Those forming groups will need chips for group supplies.

John – Recalls forming Area Committee in San Francisco. Lady wanted \$12 for ribbons to make



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By: Lester O.



decorations for event with pine cones and leaves she could collect free from the forest. Group said no and it was like a rebuff to her offer of service. Never saw her again. Lost two more meetings in Kansas City, youth groups.

Monica – If Bo's willing to get chips for us and wait for the money to be reimbursed, why not?

Bo – If you get ten or forty or a hundred people coming to Jax and they get twelve or forty poker chips with NA printed in gold foil, what would be reaction of members back home? I think it is evidence we are here to serve.

Lester – Has twenty-five meetings in his area. If he was to bring home chips, most would stick it in their pocket and forget about it. Majority would say groups are working fine, why fix it? One group is already making out lit. Half the cost of what lit would be at area. Not really about the money, don't want to give money to NAWS.

Mitch – Letter from NAWS about groups publishing and refer to the subject as 'illicit publication and distribution.' They asserted it was example of going around the Traditions.

Lester – Sending cease and desist letters to individuals, not groups.

Monica – Someone in Area brought back letter from NAWS. (see attachment)

Bo – Note that the "History" completely leaves out where the Basic Text came from and the members who wrote it without any help from WSO at the time or later. The writing determines ownership. We all agreed that ownership should be placed with NA as a whole. Presenting incomplete information to uninformed members is a breach of trust and a tricky tactic we never thought possible in NA. Go figure. The treatment contained in this document meant as a defining statement on the Basic Text leaves out the most basic truth about our literature – the people who wrote it, as if the book fell out of thin air. Is it so hard to be grateful to the Fellowship?

Lester – Nadine put great post on FB.

Nadine Double-u 2:24pm Sep 29

One of the big problems I see is that we are being told ("we" as in the Fellowship) as individuals our primary purpose as an NA member is to carry the message. But isn't that the Group's primary purpose? Isn't my primary purpose is to stay clean and find a new way to live? I feel that many things that are causing the huge confusion and divide in the fellowship can be traced back to a "messianic complex" that says we are The Answer. In reading the PR handbook and comparing it to the PI handbook, I am struck with the over reach of our purpose and our focus. In seeing the SSP and one of it's primary purposes being the reshaping of our Fellowship to fit outside enterprise needs rather than coming from a place of placing how the Fellowship has created what works for each area , region and Group first and honoring and preserving it I am also uncomfortable knowing that





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anything that can be put under the heading "Carrying the Message" justifies whatever action that comes next. I wonder how NAWS will justify suing it's own groups as they embark upon a campaign of censorship and literature control. Only basic texts the WB deems acceptable are to be read by us? Anyone/Group that chooses to make other versions available is subject to castigation and lawsuits? Meanwhile, OUR regional delegates are treated as "special" and sequestered away to have private conversations about what "should/will" happen to OUR fellowship. We move towards zonal representation, people say "this has been discussed since the 90s" to justify it yet again, the real Fellowship does not know this. Our WSC is hijacked, group conscience is given but a nod at the WSC and personalities run things rather than principles. I witnessed that personally as our region's choice in how to be represented was blocked by Anthony E., Becky and our own RDA. Bringing attention to this only led me to be lied about and slandered later. We are moving away from the simplicity of service and recovery and finding ourselves in murky water. As we are told we need to be all things to all people, we are losing ourselves. One of my favorite quotes from the movie "The Point" is "having a point in every direction is the same as having no point at all". NA saves lives only if it is able to keep it's shape (as formed by our 12 steps and traditions) and not allow itself to bleed out and become a shapeless formless mass, molded by every wind that blows through the treatment, pharmaceutical and legislative industries. IMHO. ( **Included Cease and Desist Letter, See Addendum A.**)

Monica – clean date May 25, 2011

Mitch – Intellectual Property threats

Lester – Intimidation campaign.

Longwood Literature Conference coming up soon.

Bo – Also Ohio...

Mitch – 6th Edition referred to as the only currently approved edition of Basic Text. "United expression of consensus." This may be a questionable statement because member's had little or no say in the Edition.

Lester – Nadine's letter about 'cease and desist' makes good point about WB discussing 'future of NA' in secret FB page.

Bo – Need personal stories for Grey Book with Stories – need eleven more.

Stories needed...

- It's ok to be Clean
- A Long Way Down



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- Anonymous Addict
- Damsel in Distress
- He is in Charge/I am Responsible
- Hell-n-Back
- I'd try anything Once
- It Was'nt always like This
- It Won't Get Any Worse
- Pain is Pain
- Resentment at the World
- Surrendered
- Today I Live
- Why Me? Why not Me?

Lester – Steve One Shot and Danny M. may have them. Also Big Jaye E.

Bo – Grey Book with Stories in progress.

Next will be Greg Pierce transcriptions from CD's and Audio tapes which have invaluable material to help members today understand the intent of our original service structure.

Mitch – 12 Precepts could be a great outline for Global NA.

Bo – How about the original IP's you wanted us to make free downloads? Also, thoughts on propriety of using video clips to communicate ideas and share experience on web or cd's.

While clearly not a 'public' venue, they could be accessed by non-members. How does this stand up with the 11th Tradition about "press, radio and films?" Chubbs brought this up.

Mitch – videos violate the 11th Tradition.

Bo – did Videos done three years ago and still available on youtube.com violate 11th Tradition?

Mitch – Doesn't think they violate 11th Tradition – on TV would violate because more public venue.

Bo - People can project on possible violation while the reality is not so bad.

Mitch – What about the CARENA copyright marks on old literature?

Bo – It is my understanding the CARENA was an invention that had no legal power. CARENA was a nice idea that represented a 'holding company' and was discontinued as soon as Bob Stone became manager at WSO.

Monica – Press, radio and films. Vision of social media not foreseen. No longer applicable.

Anybody could say violation. All info is free via internet and web. Hard to avoid violation of the letter of the Traditions. Sitcoms on TV. Socially acceptable disease.

Bo – maybe it is the tail end of '...there will come a time when that tired old lie, "Once an



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addict, always and addict.”

Monica – We fought so hard to change image of drug addict. Everybody got caught up in addiction at a certain point. For us to say blocking experience, strength and hope is also a violation ignores changes in society’s perception of the way addicts are seen today. Need to grow with the times. Keep Traditions sacred.

Lester – In Portland a group met where they had video camera. Pup on schedule that the meeting was videotaped so members told in advance.

John – Meeting videotaped in Wichita, group said it was ok to have tape to take advantage of another meeting place. Public service announcements of meeting places ok. Member to member is ok.

Lester – As long as people have a choice, OK. Had no choice if wanted to have a meeting in that facility.

Bo – Will change \$ on event in Jax.

Lester – Traditions are in violation to announce Christmas Party. Posted event on website. Some people objected because it was area telling group what to do.

Monica – Area can share information and inform groups. Up to groups to decide what to do.

Lester – What if group chooses to disregard area advisement?

Monica – lead by example, may not be as easy but if we want them to be taught properly we have to set a good example.

Lester – Advertising even on Christmas Day, having special dinner and marathon meeting.

Mitch – Talking about event as regular meeting, has nothing to do with group. Celebration of Ramadan, Honica

Lester – People with argue over ridiculous questions.

Bo – Don’t use and go to meetings. Going to Ramadan.

Monica – Was in “Selling Traditional Solutions” and “NA Service Forum.”

Monica led closing prayer. Moment of silence followed by Serenity Prayer.

Closed call at 9:50 pm

Recording 44479748 – 142448294.mp3

**Next meetings on 7th, 14th, 21st and 28th of October.**

**Check out articles in Addendum**

“That we can all come together for the good of the Fellowship.”



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hacked both hacked in April or May. Must be doing something right...

### Projects:

NA Views – Go to NA Views – USSC and take a look at what is possible through this amazing venue. We will do more in future but the shares here are worth viewing because they give good examples of what members can share from the heart.

– Considering new location... How about 100,000 members showing up to have a good time, the NA way! Hey, let's call it Cleanstock! Why not in Lexington, Kentucky, at and near the original site of 12 Steps for addicts seeking recovery!

### Did You Know:

1. World services considers themselves exempt from the NA 12 Traditions?
2. Homeland Security states that NA receives no direct support from them.
3. NA ought never be organized.
4. What are the three elements of self-determination?
5. Do you think spiritual growth is important?
6. How do you describe spiritual growth? 7. What's the difference between individual opinion and efficiency?
8. Do you believe the spiritual dominates the mental and physical realms?
9. What about body drugs in recovery?
10. Did you know that many members attend big conventions with funds paid by a treatment center?
11. Did you know the 12 Steps and Traditions are spiritual principles whereas the 12 Concepts are corporate principles?
12. What have we learned since 1990?

*[Editor's note: putting material in reduced size allows reader to reference material while making it obvious that it is an excerpt and not a current document. Also, it may be document referred to by attending member. – Ed]*

### **Addendum: for core group members:**

May includes some emails or phone conversations from core group members during past week.

Please select material below and set to 14 point size to read and review following articles. You



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By: Lester O.



can reset to 7 point when done or paste to another document. Let us know what you think and like/dislike.

Without including this in our minutes, the situation is almost impossible to believe, much less explain. This is why we need big change now! – Bo S.

### Notes:

- John F
- "If everyone is thinking alike then someone is not thinking"
- George S. Patton -
- From the other greatest living essayist,
- Nadine Double-u 2:24pm Sep 29

One of the big problems I see is that we are being told ("we" as in the Fellowship) as individuals our primary purpose as an NA member is to carry the message. But isn't that the Group's primary purpose? Isn't my primary purpose is to stay clean and find a new way to live? I feel that many things that are causing the huge confusion and divide in the fellowship can be traced back to a "messianic complex" that says we are The Answer. In reading the PR handbook and comparing it to the PI handbook, I am struck with the over reach of our purpose and our focus. In seeing the SSP and one of its primary purposes being the reshaping of our Fellowship to fit outside enterprise needs rather than coming from a place of placing how the Fellowship has created what works for each area , region and Group first and honoring and preserving it I am also uncomfortable knowing that anything that can be put under the heading "Carrying the Message" justifies whatever action that comes next. I wonder how NAWS will justify suing it's own groups as they embark upon a campaign of censorship and literature control. Only basic texts the WB deems acceptable are to be read by us? Anyone/Group that chooses to make other versions available is subject to castigation and lawsuits? Meanwhile, OUR regional delegates are treated as "special" and sequestered away to have private conversations about what "should/will" happen to OUR fellowship. We move towards zonal representation, people say "this has been discussed since the 90s" to justify it yet again, the real Fellowship does not know this. Our WSC is hijacked, group conscience is given but a nod at the WSC and personalities run things rather than principles. I witnessed that personally as our region's choice in how to be represented was blocked by Anthony E., Becky and our own RDA. Bringing attention to this only led me to be lied about and slandered later. We are moving away from the simplicity of service and recovery and finding ourselves in murky water. As we are told we need to be all things to all people,



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we are losing ourselves. One of my favorite quotes from the movie "The Point" is "having a point in every direction is the same as having no point at all". NA saves lives only if it is able to keep its shape (as formed by our 12 steps and traditions) and not allow itself to bleed out and become a shapeless formless mass, molded by every wind that blows through the treatment, pharmaceutical and legislative industries. IMHO

- New idea for non-religious closing prayer:  
Higher power who surrounds, whose name is without definition, take our will and life, guide us today through recovery, relieve our resentments and show us where amends may be made. Lead us through another day clean and relieve our obsessions. Just for today.
- Also, Hank asked if I minded you signing Nolie B. And I do not mind. I trust the spirit within you. When I send you anything I write I trust you will do with it as God leads.
- Love and Light,  
Nolie B.
- Bo Sewell - Got news for you about dividing the Fellowship. It has chopped away at our membership for decades. Every time there is a Tradition Violation members leave, shaking their heads. They don't want to contribute time and money to a system with a dozen holes in it. First thing we learned three years ago is there is a 'disconnect' between world service and the general Fellowship. Recently, it has come to light that with the Federal Government having a vested interest in a popular new drug called Suboxone, requires treatment centers getting Federal money have to offer Suboxone therapy. This means certain book publishers will stop ordering recovery books stressing total abstinence. When this happens, WSO will lose book sales. They will seek to continue the cash stream. That's one side. The other is having court judges populating our meetings. Drug dealers, gang members, teenagers drinking beer. This is what moves us to actively develop a new service structure, while we can. Lower costs, decentralized structure, simple voting methods, restoration of our representative service bodies and the guardians of our Twelve Traditions. It takes some honesty, open-mindedness and willingness to study and learn. There are no back rooms deals here. We are open and upfront. We know it is in your hands. [FB]
- This was posted by Gary H. about twenty minutes ago.



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By: Lester O.



- I just wanted to share this with all my friends in the fellowship. Its almost like they have a secret society so they can talk about everybody without everybody else being able to see it. The WSC Facebook group found out that the post about "illicit literature" I sent you ended up on Radio Free. They are all whining that it breaks everyone's anonymity LOL. They haven't figured out it was me as of yet, but they know someone is leaking info.
- If they want to post on a site called WSC Facebook page be accountable let's not be concerned about who finds out what you do on this site you call private when you serve the fellowship of NA Home Groups who they are to be accountable to... If you can say it on that site be willing to say it in public especially when you are attacking NA Home Groups and talking about taking NA Home Groups to Court in private site.. Whoever is taking these post back to the naws.inc board feel free to take this back we do not hide on this board.. However stand up and be accountable for your action they have enough addicts on their site that feel if they voice their voice on their site that they will be isolated and marginalized to where they will be ineffective to be able to carry their regional concerns without being called a trouble maker..

In loving service

## Addendum A

To: [Trusted Servant's Name]

From: Wagner & Middlebrook, Attorneys

Date: July 10, 1990

Re: FELLOWSHIP OF NARCOTICS ANONYMOUS

World Service Office

Our Docket No.: 03-9545-15.XX

This office represents WORLD SERVICE OFFICE, INC., the service office for the Fellowship of Narcotics Anonymous. My client is the owner of United States Trademark and Service Mark Registration Nos. 1,450,681, and 1,476,774, for the marks NARCOTICS ANONYMOUS and NA logo. My client is also the owner of United States copyright Registration Nos. TX 2 112 598, TX 2 250 589, TX 2 342 402, TX 2 250 588 and TX 2 254 607, covering the First through





# **Core Issues**

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**By: Lester O.**



Fourth editions of the NARCOTICS ANONYMOUS Basic Text. The registration for the Fifth Edition is now pending.

It has come to our attention that you may have been printing and/or distributing a version of the

copyrighted Basic Text, including unauthorized duplications of the NA Fellowship's trademark to include the totally false legend that the version being distributed is "Fellowship" approved. These actions violate the NA Fellowship's rights under both Title 35 and Title 17 of the United States Code, as well as constitutes consumer fraud on the members of the Fellowship of Narcotics Anonymous, and unfair and diluting use of the registered marks.

IF YOU ARE OR HAVE AT ANY TIME ENGAGED IN THESE ACTIVITIES, YOU ARE  
HEREBY DIRECTED TO IMMEDIATELY CEASE AND DESIST IN ALL SUCH

ACTIVITIES, as well as any other infringements that may have not yet been discovered. Please confirm by return letter that each and every infringement has ceased, and surrender the remaining infringements to this office.

Simply being a member of the Fellowship of Narcotics Anonymous does not give you, or any other member, the right to engage in unauthorized use of the marks or copyrights of the Fellowship of Narcotics Anonymous, or to falsely represent that approval has been granted to these materials.

We ask that you accurately complete, sign, date and return the enclosed response in the postage

paid envelope provided. If we are in receipt of your immediate agreement in writing that all further infringement and distribution of infringing items has ceased, we will consider this matter

closed. If we do not receive your immediate and full cooperation, my client is prepared to institute litigation against you and your company to protect these properties from your misuse, as

well as costs and attorneys fees. May I have your response within ten days of the date of this letter.





# Core Issues

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By: Lester O.



Very truly yours,

Theresa Wagner Middlebrook, for  
WAGNER & MIDDLEBROOK

Response to cease and desist letter.

This response is made by the following person or company:

Name \_\_\_\_\_

Address \_\_\_\_\_

Please check the correct response:

\_\_\_\_\_ We have never printed any copies of the Basic Text.

\_\_\_\_\_ We have never distributed any copies of the Basic Text that consist of the following:  
a

light-blue paperback cover containing the first ten chapters of the Third Edition of N.A.'s Basic Text, replacing the material on Traditions Four and Nine with material from the Second Edition text

\_\_\_\_\_ We have printed copies of the Basic Text consisting of a light-blue paperback cover containing the first ten chapters of the Third Edition of N.A.'s Basic Text, replacing the material on Traditions Four and Nine with material from the Second Edition text, and agree to print or distribute this NO LONGER. Our inventory is \_\_\_\_\_ books at this time.

\_\_\_\_\_ We have sold, given away, or otherwise distributed printed copies of the Basic Text consisting of a light-blue paperback cover containing the first ten chapters of the Third Edition of

N.A.'s Basic Text, replacing the material on Traditions Four and Nine with material from the Second Edition text, and agree to print or distribute this NO LONGER. Our inventory is \_\_\_\_\_ books at this time.



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\_\_\_\_\_ Other response: \_\_\_\_\_

I declare under penalty of perjury that the foregoing is true and correct.

Signature and date

Printed name: \_\_\_\_\_

## Addendum B

### Convictions

Convictions are not a matter of right or wrong. They have nothing to do with what we have been told, societal or fellowship norms. Conviction is a knowing within spirit of what a calling is. We take notice of our convictions when we place our focus on our highest thoughts. When we act out of conviction we act in spirit. When we allow our spirit to carry forth in this way we do the footwork and allow God to do the rest. We never act alone. When we act from conviction we are focused on the spiritual realm, being guided by a higher power and participating in a higher, synchronized purpose. We need not be concerned with results, only with carrying out our calling. Once we take this movement of faith we may take solace knowing God cares for the rest. We must remember that we are a single unit of the body, a piece of the whole. We are servants of life. - Nolie B.

### Spiritual beings

We all face the same spiritual dilemma. Jaded by our human existence, Where do we go from here? With recognition of our spiritual core we may become confused by human emotions. It is not uncommon to feel as though we are fluctuating in and out of a higher plane. When we are present on this higher, spiritual plane, we experience without anxieties, without defect, within faith. When we act within a lower plane we quickly forget the care that the God of our understanding has previously demonstrated. We become easily agitated and may be tempted to control and manipulate even the most mundane events. At our core We are spiritual beings. At any point in time we can chose to recognize our part and relieve the rest to God. The answer to our confusion is to allow things to be, as they are, remaining aware and open to receive from a higher power. Practicing Steps 1-3 will help to bring us back to our center in these times. Events and feelings occur which may seem to over ride even our best attempts to work these Steps. This is a pivotal time to journal what is occurring. Speaking with another addict may as a verbal release. Within all of these things the God of our understanding is present. The point is that we do not give up faith. And we must not forget that we are



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**By: Lester O.**



spiritual beings. Sometimes it is necessary to experience our humanity to keep us compassionate, and continue elevation into deeper spiritual wisdom. - Nolie B.

Let my thoughts be inspired, my emotions surrendered and my actions in faith

### **Global Service Structure - Provisional**

Way back when we had no written service structure and only twenty known meetings in the world, a fellow who came to NA in a business suit took it upon himself to write the NA Tree, our first service structure. The NA Tree outlined a structure to suit the special spiritual needs of Narcotics Anonymous. A structure designates the primary service bodies which compose the system by which a membership functions to co-operate for the benefit of all. It also describes and defines how and when they interact to satisfy the needs of the membership.

At the top is the Member, the basis of all of NA. All the functions of our formal service structure are performed by members; they write down things they hear or think of in the atmosphere of recovery we find in our meetings. This is their literature. They write down meeting lists if they need to. They carry our message so addicts can find our meetings. This is their public information to let people know where the meetings are and when they meet. They attend our meetings and they alone can start new groups and meetings. They carry a message of hope to the newcomer and carry the experience, strength and hope accumulated within the Fellowship of Narcotics Anonymous.

Groups which hold one or more meetings a week are just below the Member in importance. Members read and study to learn the special NA way of doing things. They show up, lay out the literature and put on the coffee. They make sure the meetings start and finish on time. This is to protect the right of members to keep their commitments away from meetings whether it is getting home for a spouse, a baby sitter or their jobs. A chairperson is usually chosen on a monthly basis and a discussion leader starts off the meeting with a few words and a topic of discussion. There are also speaker meetings, participation style meetings, table meetings and other formats described in the course of opening the meetings along with a prayer and readings from our literature. We include these readings in each meeting so as to drive home certain things necessary to recovery involving how we treat one another and our duties and responsibilities as group members.

Each group sends a Group Service Representative to the local Area Service Committee to find out how other meetings are doing, get group supplies and help communicate with the other meetings. Some groups have an alternate GSR ALT (Group Service Representative Alternate) to



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train to step up to the position or act in place of the GSR if unable to attend.

The Area Service Committee (ASC) is composed of group representatives who share resources to benefit local group needs and participate in discussions that determine how those resources are allocated for routine and special services provided with group resources. The ASC has the usual complement of Chair, Vice-Chair, Secretary and Treasurer along with Sub-Committees, each with its own Chair and Vice-Chair. The Vice-Chair position is important to maintain the direction and services to which their sub-committee is devoted. The most important people in the room are those who carry their groups conscience. They do this by keeping their group members informed and listening carefully to their reactions. One of the difficulties addicts face is no one takes them seriously because of the damage done. When they realize they are taken seriously, they wake up. They are energized. When they feel their concerns and issues are corrected or implemented, they become more responsible. Learning days teach newer members and remind older members how things are done within the 12 Traditions of NA. When members or service bodies disregard our Traditions, insanity and disunity result.

Learning is the only way of maintaining our integrity and commitment to pass on to others what was so freely given us when we got clean. How to chair a meeting, how the service positions work together to produce the miracle of NA recovery. When this system is disconnected from group conscience, service stops working and floats off on a cloud of ego. Service necessarily must be, attractive, approachable and transparent to transmit hope to those who would save lives through their efforts to serve our Higher Power.

Ways to enable the groups to carry the message...literature in probation offices, suboxone, clinics, drug court offices, and presentations to all of those previously mentioned...An effective and low cost virtual Hotline to involve members in...Books in all Libraries, meetings schedules and Posters in areas targeted by the groups through their GSRs or representative if no GSR is present, Outreach members to contact isolated groups and members to determine their needs. Also design website templates that can be used by even the uneducated on websites. Also business cards to give out durable phone numbers or meeting places. The main purpose of an ASC is to enable to use our funds responsibly by "two living cheaper than one." They may buy blocks of website hosting from a company like [www.godaddy.com](http://www.godaddy.com) Literature printing like ips and posters. Each Area sends a representative to their Regional Service Committee (RSC) which has the same officers as its component areas.

The Regional Committee pools resources and provides routine and special services for its member areas, groups and members. Many members believe the honor and responsibilities



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that go with group, area and regional services enhances membership and recovery so long as faith is kept and spiritual condition is maintained. The RSR (Regional Service Representative) carries group conscience which came from members, groups and areas to the National Service Committee which combines the resources of the Fellowship to provide routine and special services such as national help line, public information, H&I, activities, and literature.

Any number of regional committees may be formed to provide adequate communications and the array of services to help our membership get together for discussion and decision making. As with the areas and regions, a National Committee may be required to help establish and maintain services. In some continents this helps where there are unique cultural and language differences.

The Global Service Committee allows all members and their representatives to come together to attend to the business of NA. To prevent excessive concentration of money, power or prestige in one great over body, the main item is discussion of mutual concerns and resources to better service the general Fellowship. A system of service centers replaces the cumbersome rigamarole of treating with members as if they were part of a management system or a mercantile group. Paid personal is used only for performance of routines under direction of members and their service bodies.

The SSS gets away from the idea that our groups and members need someone or something to tell them what to do.

- Member
- Group 1    Group 2    Group X
- Area 1        Area 2        Area X
- Region 1      Region 2      Region X
- National
- Global

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At present the SSS is provisional which means it is subject to improvement or alteration to avoid needless complication or conflicts. It is our sincere hope and desire that this structure remain the same over time so as to make unwonted changes difficult or impossible. The



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services and help roles are the important focus of what we do.

### **You Would Not Understand**

If you have never been so in love with someone, you would not understand.

If you have never felt your life explode from your chest, at the hands of someone else, you would not understand.

If in all your life you wanted to do, be or have a real family, one that loves without expectation, demands or requirements, you would not understand.

If you have given all that you had, only wanting love, understanding, acceptance and appreciation in return but getting nothing in return, you would not understand.

If you have never woke each day and begged the God of your understanding to reveal to you, your place in this world and received not one ounce of response, you would not understand.

If you have never been gripped with such enormous fear of the “what if’s”, and your entire body ached clear to the core, you would not understand.

If you have never looked in the mirror and all that you can see is a stranger staring back at you, you would not understand.

Lastly, if you have never worked towards wholeness through the very painful process of maturation and evolution, only to discover that what you thought was, was not and what is, is not, you would not understand.

Not one has ever said that truly working the steps has ever been an easy process. The process of peeling back, layer upon layer, revealing the deepest, darkest, most painful parts of themselves, revealing all the covered up hurts, pains, fears, regrets, and disappointments of the past that has molded them into the person they are today. Not one has said that they would never do it again. For through all the pain, heartache and tears that transpired, TRUTH has been revealed. They have DIED on order to LIVE. They found the support, love and understanding from others, and that which was given to them so freely now is given to others just as freely. They find that it is ok to love, feel, and express emotions. They find that the further down deep they dig the more of the TRUE them that they become. They find that they are stronger than they once thought and that although they had loved with all they had, they





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can be loved in return just as deeply and they can love with all without giving all. We don't promise that it will be easy. We do promise that your life will change.

EXECPT the change. ACCEPT the change but please don't REJECT the change.

Monica B 9/1/14

