

JANUARY 2016 VOLUME THIRTY-THREE ♦ NUMBER ONE



• <u>2016 World Service Conference</u> • Fellowship development • <u>Faith, part two</u>



INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS

The NA Way Magazine, published in English, Farsi, French, German, Japanese, Portuguese, Russian, 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."

NA World Services, Inc. PO Box 9999 Van Nuys, CA 91409 USA Telephone: (818) 773-9999 Fax: (818) 700-0700 Website: www.na.org

The NA Wau Magazine welcomes the participation of its readers. You are invited to share with the NA Fellowship in our quarterly international journal. Send us your experience in recovery, your views on NA matters, and feature items. All manuscripts submitted become the property of Narcotics Anonymous World Services, Inc. Subscription, editorial, and business services: PO Box 9999, Van Nuys, CA 91409-9099.

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From the editor

In October, we encouraged readers with paper and electronic NA Way subscriptions to discontinue the paper version. We are grateful that many, many of you have taken care of eliminating your duplicate subscriptions. Our next step is to purge our database of these paper duplicates at the end of February, which will decrease printing and distribution costs, allowing those funds to be used in other ways to carry the NA message. Thank you for supporting these efforts!

This is the time of year we call "Conference Season." The Conference Agenda Report has been shipped and posted online, along with presentation videos for CAR workshops and other materials related to the 2016 World Service Conference. Not sure what this all means? This issue includes a depiction of how we develop ideas and make decisions together as a fellowship-along with lots of links to related information for our e-subscribers.

As I write this, we are in the midst of the flurry of winter holidays. Candles and bright lights illuminate our nights and a spirit of togetherness underpins our interactions. As the year ends, many of us think about the bright lights we've lost—family members and friends, and fellow NA members in communities around the world. Although their presence is missed, what a joy it is to have shared life and love with people who shone so bright in our lives.

De J. Editor

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• Electronic subscribers can click here for additional content. •

Cover photo: Preparing for the World Service Conference. See page 10 for more information on the WSC, and visit the Conference page at <u>www.na.org/conference</u>.

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.



Giving and getting

There is a fundamental flaw in the concept of "giving back" in terms of doing service within Narcotics Anonymous. Allow me to explain.

I picked up for the first time at age 17, and spent 40 years using to "help me cope with life." I hid my addiction reasonably successfully, appearing to the world like a functional, happy, extroverted, and successful human—until the final few years. It was the longest-running show on off-off-off Broadway. In the end, despite my best efforts to hold it together, the show closed and I fell apart. Sick, isolated, suicidal, and utterly defeated, I walked into my first NA meeting exactly one year ago (as I write this) at age 58.

This past year has been a combination of relief, discovery, massive introspection, revelation, and change. Honesty is now my North Star, and with the help of a sponsor, a growing network of support, individual therapy, meditation, a new core of spirituality, and lots and lots of step work, I've moved from stuck in despair to finally starting to grow up, and from hitting bottom to a sense of purpose and connection. Life will always be difficult, but with the help of NA I have discovered the crucial truth, that missing link that has allowed me hope and peace. I am not alone. Of course, I will face hurdles, like the challenges of change, disappointments, loss, and grief; *but I am not alone*, and I don't ever need to suffer alone again. And I don't ever need to use again. And finally, finally, I am experiencing moments of genuine joy, of sheer happiness, the blessing of community, the miracle of compassion for myself, and so much gratitude.

Gratitude. That's what brought me to service. Paying it forward because so much was freely given to me. I began with a few small steps. I joined a home group and chaired some meetings. It felt wonderful. I felt included, trusted, and respected. Oh my. That was a gift and a pleasure for me, so instead of just giving back, I found I had actually received more from NA.

So I redoubled my efforts to give back and accepted the position of group secretary. I arrived at meetings early and helped set up the room and make coffee. I baked cupcakes; I brought tea when it was cold, and ice cubes when it was hot. Each time I gave in service I felt a sense of delight at the privilege of contributing, and on top of that I was thanked. Uh-oh. This means that when I *thought* I was giving I was actually getting—again.

So I stepped forward to help organize a new meeting. I thought this would be a way to truly offer service to the newcomer and others who would benefit from a meeting where none existed. And I discovered more fellowship, more appreciation, and a greater sense of commitment to my own recovery. Are you following me yet? Yep, this meant that while my intention was to give something away, I was getting back bucketsful of treasure.

In fact, the more I have tried to give, the more I've received, creating a more intense desire to give, which ultimately creates more gifts for me, which spurs me on to give even more, which then results in a bounty of riches. And so I have arrived at the fundamental flaw I spoke of. The reward of selflessness is the incentive to reach for more ways to give back.

I can never catch up. There is no way I can ever give back, because I am the inevitable beneficiary no matter how hard I try to offer support to others. But the gratitude I feel because I am now being comforted, held, understood, and inspired by other addicts will keep me trying for the rest of my life.

Marian W, Massachusetts, USA

We get the real rewards of recovery by giving back and giving forward, out of gratitude for what we have been given, and out of hope for what is to come. Being of loving service is living spiritually. First we take, then we give, then we share.

Living Clean: The Journey Continues, Chapter Three, "A Spiritual Path"



Get More, Give More

Subscription changes are coming!

In the October 2015 issue, we talked about our efforts to decrease costs by encouraging electronic *NA Way* subscriptions. We asked e-subscribers to share their *NA Way*, and we encouraged paper subscribers to switch to e-subs. We also asked subscribers taking duplicate paper and e-subscriptions to cancel their paper subscriptions. Many of you responded, and we thank you for your choice to e-subscribe!

Now the time has come for us to take the next step:

We will discontinue the paper version of duplicate subscriptions that still remain on 29 February 2016. Electronic subscribers will still be emailed their quarterly issues. They will enjoy additional content included in the electronic *NA Way*—and their e-sub will free up printing and postage costs so we can carry the NA message in other ways. This means all of us will get more, give more!

Adjust your subscription at <u>www.na.org/subscribe</u>

(or email naway@na.org with "get more, give more" in the subject line)

Thank you for supporting The NA Way Magazine by committing to **get more, give more!**

Basic caption contest



Dan H, California, USA

Here's your chance to participate in The NA Way Magazine in a whole new way. Write a caption for this comic, send it to us, and you'll be magically entered in our caption contest. We'll choose the best (and maybe a few other really good ones) for publication in an upcoming issue. Your prize will be the satisfaction of contributing to the humorous recovery pursuits of fellow NA members—and seeing your name in The NA Way!

Email your entry with "Basic Caption Contest" in the subject line, and be sure to include your name and where you're from in the body of the email: <u>naway@na.org</u>.



Hmmmmm. I wonder if someone is having a laugh. Or is it simply a coincidence or is it a "Godincidence," as one of my sponsees likes to call it? You see, I just arrived home from the hen party (bachelorette party) for my friend who will be married next month. Just before I arrived at the hen party, I received an email from THE organization I had applied to for funding for a course that I wanted to do. On the way home, I received an email from someone inquiring if I had received the money for the course. In between these two emails I had been thinking, "I wonder if I should check on the status of my application." And then I thought, "I wonder if I should try to write another article for *The* NA Way Magazine."

"So, Ann-Marie ... did you get the money for the course?" I stared at the email and chuckled to myself. Did I get the money? For some reason I repeated the question slowly to myself; the irony was not lost on me.

The long and short of it: No, I didn't get the money. Well, not from THE fund that I was hoping for. So, what did I get? I got to write three articles for a local magazine, and two of the articles were published. I contacted other organizations within the community and secured not one, but two offers of work experience in the field that I am hoping to pursue. I also got the jolt back into reality I needed from the question that I was slowly repeating to myself over and over.

I previously wrote, "What I do know is that I have been here before. I do know that God's got it and that I just need to do the footwork and trust that if it's for me, it will be for me, and if it's not, I will be disappointed, but like they say: Rejection is God's protection. Right? I'll keep doing the footwork until I do know. And in the meantime, God's got it." Do I feel disappointed? Sure I do. I was somewhat hoping that it would be easy, like a Sunday morning. My plan always has a straight line; God's does not.

So you want to know what happened, what really, really happened? This is what happened. So, there I was, receiving all these green lights, feeling good, feeling positive, feeling hopeful, feeling a sense of purpose and direction in my life. Then I picked up . . . a distraction. (Not drugs! I celebrated 10 years of recovery on 23 May 2014, people!) And the more I read the question "So, Ann-Marie, did you get the money?" the more I realized exactly what the purpose of that distraction was and how it was serving me.

First, it was disguising my fear around making decisions to do the work, experience or not. You see, on 23 April I was due to start my introductory course that I had paid for and was so, so, so looking forward to. I arrived at the doorstep of the college, brighteyed and bushy-tailed, only to discover the course had been cancelled and I hadn't been notified. Keeping in the spirit of telling exactly what happened, I did receive a spiritual notification by way of receiving the check back in the mail the day before the course was due to start. Big clue, Ann-Marie, BIG, HUGE CLUE; but my first thought was "Ha ha! I can cash the check, keep the money, and still do the course." My first thought was NOT to phone the college and make sure I was still enrolled. I practice an honest program to the best of my ability, so I decided to take the check with me and if they said I was not enrolled because I had received the check back, I would give them back the check, or keep it but pay again. However, all that could have been avoided if my first thought had been honest. So, back to the work experience: Because I was not in the introductory course, I feared I would be doing work experience blind, like learning how to work a computer with no computer, and so the distraction helped me avoid making a decision.

Second, the distraction disguised my fear about the possibility of not getting the money. I didn't have to think about it with this distraction distracting me.

Electronic subscribers can click here to read "Faith, part one." Third, the distraction disguised my fear around the fact that I was finding it difficult to trust God wholeheartedly. Remember, I had said rejection is God's protection, right? And if it's for me, it will be for me, and if not, it's not, and I'll keep doing the footwork until I know. In the meantime, God's got it. Well, this distraction disguised the fact that although I might intellectually realize God's got it, my heart was taking a little while to catch up with that. They do say the longest journey is twelve inches—from the head to the heart.

Fourth, and finally, the distraction disguised my fear around figuring out exactly what my next step was. I did not know what the next lot of footwork was going to entail, and I do not like not knowing. I tried to get in another introductory course, but I missed the start by a day. This uncertainty and disappointment created fear. The distraction distracted me from this, but not from playing the blame game. God's fault or my fault? I also began to beat myself up. Why did I choose the course that got cancelled?

Of course, working Step Eleven is a part of the deal.

Why did I not polish my crystal ball and foresee that this would happen? Why did I not enroll in the other course? I knew I should have chosen the other course. God, why didn't you tell me? Why this and why that and why some more?

As I read the words "So, Ann-Marie, did you get the money?" I realized that the distraction really served a purpose for me, that there was a value in it, a reason why I pick up these types of distractions around the times that I do. This has not been the first time!! These distractions stop me from facing my reality and my uncertainties, and they also stop me from navigating them. Instead, I avoid them. The distraction gives me a problem to solve when I do not really have a problem in the first place, just a goal or a point to head to and steps to take. The distraction hands me a magnifying glass instead of a mirror. The distraction gives me an alternative reality to prevent me from facing my reality.

So, no, I did not get the money. Instead, I got another level of awareness of myself and a pattern that I keep repeating at various stages of my life. I got the offer of work experience in my chosen career field, three articles published ... and I wrote this article. You want to know how long it has been since I sat at my desk and wrote something? It's been a couple of months now. The question gave me that sharp jolt back into reality that I needed and got me writing again.

So what are my next steps? I accepted an offer of work experience and selected a date. Yes, at nearly 3:00 am GMT I emailed the contract and inquired whether the prospective date I had selected was suitable. Next. I need to complete an application for a second funding source. The first funding source said they could provide feedback on my application; perhaps this feedback would help me make my next application successful. Another step is to work on the idea that keeps coming to me: Chip away at it until it becomes something. If I can conceive it, I can achieve it, right? (Heard that on TV, and I liked it.)

Of course, I need to let go of the distraction, face things, and not avoid them. That's what I used drugs for. I will also be patient, wait for a new college prospectus to come out, and apply for another introductory course. I will call the young lady in the Fellowship who does the job I want to do to have a conversation about the job and entry routes, and what the job's really like.

What else? Call the college where I have gained a place (pat on the back) and that runs THE course that will qualify me, and advise them that I may have to put my start on hold until next year. If I am unsuccessful with my second attempt in applying for funding, another option will be to pay for the course by either taking out a loan or winning the lottery. If it's the former, I want to make sure it's something I want to do by doing the introductory course.

Of course, working Step Eleven is a part of the deal. Improve that conscious contact, make the effort; it works if I work it and won't if I don't. Simple! And, finally, make sure I book the day off from work so that I can complete work experience on the chosen day.

So there we are: a plan of action, another thing I got that I would not have done if I had not received that second email. "So, Ann-Marie ..." Watch this space.

> In Loving Fellowship, Ann-Marie A, London, UK

Thanks for listening

I recently read a meditation on "active listening." For me, active listening was a skill that I just didn't have. Since childhood, my head had always been elsewhere and I had extreme difficulty concentrating on any one thing or person for any length of time.

My sponsor suggested looking directly at everyone who shared. "Don't let anything distract you, and tell me what you heard."

With a lot of work and practice it got easier, and I found that no matter what was spinning around in my head or what was happening in the room, actively listening had become who I am. I've found my "spiritual connection" at meetings. I realized that my God speaks to me through other addicts.

I've gone through periods when I was complacent in my recovery. My listening skills slipped and I found myself in meetings talking to others, joking around, playing with my phone, being a distraction to others, etc. "I'm listening," I told myself, but I wasn't because I could not tell you what I'd heard.

While discussing this with other addicts and my higher power, I realized that this behavior was self-centered and a way for me to isolate. I recognized that I wasn't practicing the spiritual principles of Tradition Five—"to carry the message to the addict who still suffers." I needed to take a good look at fear, isolation, selfcenteredness, resentment, complacency, accountability, and service in my writing. My responsibility to my recovery and our Fellowship is not only to carry the message, but to set an example for the newcomer and other addicts. When any addict shares, we can be supportive to them no matter what. Addicts have listened to me when I needed them to, and it is my responsibility to do the same. We all deserve to be heard!

Some have told me that this is the age of technology and everyone is on their phones. Not during a meeting! If our heads are buried in our phones or anything else, we are not actively listening, no matter how we try to justify it. It's sad to me to see many members on their phones for almost entire meetings, even with years of cleantime. They are totally ignoring group formats that ask members not to use cell phones during meetings. That is disrespectful not only to other addicts, but also to the group. If we need to be on a cell phone for most or all of the meeting, then we can take it outside until we are done, or maybe try leaving the phone in the car for an hour. Maybe we need to ask ourselves, "Why am I here?"

So, for all my brothers and sisters who are part of the solution ... thanks for listening!

Anonymously Listening, Texas, USA

Couldn't see the forest for the tree

I've been in recovery since 5 August 1988, and I've been to meetings in many NA communities in those 26-plus years. I started out in the **North Coastal Area** in the San Diego Imperial Region and moved to the **Sonoma County Area** in the Northern California Region. Eventually I moved to the **South West Area of Narcotics Anony-mous** in the Show-Me Region, where I have lived and practiced the NA program for the last 14 years to the best of my ability.

I have traveled to other states and attended meetings that follow many different and autonomous formats, but I am somewhat amazed and confused by something that happened to me here in my home area that I don't remember ever happening anywhere else in NA. When I first moved here I attended meetings and continued to work the Twelve Steps. I tried to maintain a long-distance relationship with my sponsor from San Diego, but he suggested that I find someone locally who could be present to help me with support and guidance on a daily basis.

It was here that I was first introduced to the idea of a "sponsorship tree." I had always had an NA sponsor who had an NA sponsor and who worked NA Steps. Suddenly I found myself caught up in the concept of having a sponsor whose sponsor was one of the addicts who was instrumental in writing the Basic Text, who helped write and create most of our information pamphlets, and whose own sponsor was one of the addicts credited with founding NA.

Out the window went all I had learned about the Sixth Tradition, especially the part about money, property, and prestige. I thought I had found an almost direct link to the root of Narcotics Anonymous, and I saw it as an opportunity to tap into a base of information, history, and experience that would be a source of nourishment and recovery like nothing I had experienced before.

With 13 years in the program I became focused on being a part of that sponsorship tree, and for the next 12 years (yes, I'm a slow learner) I followed that path with almost blind devotion and nearly complete disregard for all I had learned before that time. I became focused on being a part of a specific sponsorship tree and I lost sight of the forest—Narcotics Anonymous as a whole.

I came to a spiritual awakening when I remembered the fact that even an addict often called one of the founders of NA was also simply an addict in recovery. I'd be willing to bet big money (although I never got to meet him personally) that even he would be dismayed by the separations and disunity that focusing on sponsorship trees instead of focusing on carrying the message to the still-suffering addict has caused folks in NA, especially lately.

Having the best Narcotics Anonymous sponsor for you is important for many addicts. I realize that, and having pride in where our recovery came from might be a good thing, but when I became so focused on being part of a specific sponsorship tree, I forgot what was really important to NA as a whole—my personal recovery, and even the process of recovery itself.

NA allows me to be a part of something bigger than myself, something bigger than just my sponsorship tree and even bigger than my ego. I get to be a part of and participate in living life on its own terms, becoming a branch or maybe a leaf in a forest of trees, all connected by one common root. I am an addict in the program of Narcotics Anonymous.

Michael R, Missouri, USA

Everything changes

I did service at the same meeting for many years. It was a great place to be on a Saturday night. A friend would pick me up, we would buy milk on the way, and then we'd set up the chairs, start the coffee, and help get everything organized while catching up with other group members. It was nice to get there early to hug everyone who came through the doors. I think a meeting feels like home when you show up in that way, and it was where I could be found every Saturday for many years.

After a while I moved to a different neighborhood across town. I didn't have a car, I started doing English meetings (instead of French meetings) again, and I stopped going to my old home group. We move on, and that's okay, I guess. Everything changes.

But one evening I found myself back in my old neighborhood, so I decided to go to my old home group. As I sat on the steps leading up to the building, I watched as the sun setting over the houses turned the street that particular shade of evening gold that makes me so sentimental, and I thought of an old sponsee I had met at that meeting who I hadn't heard from in too long. I used to think of her when we did our closing circle at the end of meetings. She was my moment of silence.

Then I spotted a figure walking down the hill. I couldn't make out her face, as the sun was behind her; she was a silhouette, but I recognized the way she moved. She ambled over to me and, as she threw her arms around my neck, she said, "I came here because I knew you'd be here."

We picked up our sponsorship relationship again that night. It worked for a time, and then she moved on, which was okay. Everything changes. I haven't seen her in a long time. To be honest, I haven't thought about her in some time, either. These days I've had others on my mind during the closing circle. It seems like the longer you stay clean, the longer that moment of silence needs to be. Yesterday I found out that she is gone, and it's making me sad. Sad that she chose to leave at 31, and sad that I will never feel her arms wrapped around me again, and will never feel that old, comfortable, secure, "we have history" love with her again.

Kyla F, Québec, Canada



Web meetings offer the opportunity for exchanging information and discussing solutions for common issues. Our next Public Relations and H&I web meetings will be in January 2016. We are asking those who have not signed up yet to please join us.

The Inmate Step Writing web meeting was held again in November 2015. We believe that more Inmate Step Writing committees are being formed, and would like to invite you into the process. Please sign up via the Handl@na.org address and identify yourself as wanting to join the Inmate Step Writing web meeting.

If you would like to participate in any of the following web meetings, please send your name, contact information (email address), trusted servant position, and region, along with ideas about what you would like to see discussed, to:

- **Events@na.org** for conventions
- Handl@na.org for hospitals and institutions
- PR@na.org for public relations/public information

The agendas for the above web meetings are created by the participants; they present challenges in their service efforts and topics members want to learn about, which is why when you sign up your ideas are important. Join us.

Picture this

NA communities are invited to send photographs of their meeting places and events. Sorry, we cannot use photos that identify NA members. Please tell us the group/event name, location, how long it has been in existence, format or special traditions, and what makes it a unique part of your NA community.



In Tehran

This is my home group, called "Message of Freedom." We started our group about 14 years ago in a park on the north side of Tehran. We hold meetings seven nights per week from 9:30 until 11:00. We serve tea just after the meeting ends each night, when we often enjoy candies, chocolate, or other refreshments that members bring with them. We often enjoy one another's company and our tea and treats for hours into the night.

On Mondays we have a literature study, reading NA books and pamphlets. Tuesday nights we have Q & A meetings, and on Fridays we have a Traditions meeting. We celebrate cleantime on Thursday nights with a cake and candle for all members celebrating one year clean. Those celebrating more than one year clean collaborate with their sponsors for their celebrations. The group gives keytags and sponsors usually present medallions. Many times, those celebrating cleantime dedicate their cake and candle to the newcomers at the meeting.

If you happen to come here, you can be sure that you will be welcomed to our meetings at Barzegar Park in Tehran.

Mahmoud B, Tehran, Iran



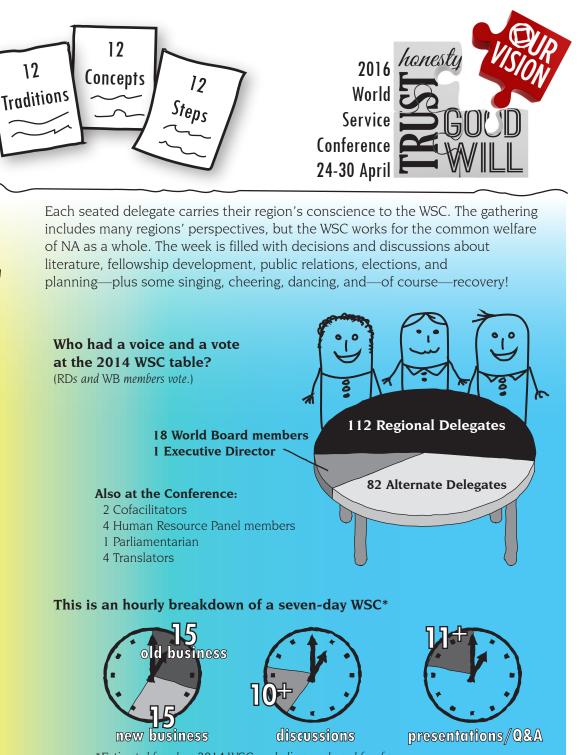
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The World Service Conference...

...brings together all elements of NA World Services to further the common welfare of Narcotics Anonymous as a whole. At the biennial Conference, our Fellowship collectively expresses itself on issues that affect NA now and in the future.

For more info, see A Guide to World Services in NA at www.na.org/conference.

our primary purpose; the principles of NA's 12 Steps, Traditions, and Concepts; and by a loving Higher Power.





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To access or purchase the Conference Agenda Report please visit www.na.org/conference

Pricing of NA Literature

In the past several issues of *The* NA *Way Magazine*, we featured articles about the development and protection of <u>NA literature</u>: <u>NA Copyrights and Literature</u>, <u>A Brief History of</u> <u>the Basic Text</u>, <u>Group Conscience & NA Literature</u>, and the most recent <u>NA literature</u> <u>timeline</u> (in the electronic July 2015 issue). In this issue, we're covering the pricing of our literature as the next part of this series. The paragraphs below come from a longer essay, NA Literature and Our Primary Purpose, in the 2016 <u>Conference Agenda Report</u>.

Our literature is priced to help provide services and support, including literature, to those who need it. NA made a decision long ago, and has supported it since, to stay unified as a worldwide effort, to have one point of accountability for NA literature, and not to totally decentralize as other fellowships have done. Ninety percent of NA World Services income comes from literature sales, the majority of that income from the Basic Text. To drastically change that income stream would require rethinking World Services and the service and support it provides.

Today, we are a truly international fellowship, and protecting the fidelity of NA literature and supporting services through literature sales have become increasingly complicated and, perhaps, more important than ever. When the FIPT was adopted in 1993, World Services served 16,575 meetings, over 88 percent of them in the US and Canada. We published IPs, booklets, the Basic Text, and the new Just for Today in English, and about 100 translated titles. We provided a whopping \$4,771.56 in free literature just to H&I.

By contrast, today NA meets 63,000 times per week in 77 languages in 132 countries. That means that there is an NA meeting somewhere in the world, most saying the Serenity Prayer, every ten seconds. Only 45 percent of NA meetings are now in the US and Canada. We publish almost 1,000 translated titles, with something new being produced almost every week. And we were able to provide \$535,599 in free or subsidized literature in the last fiscal year...

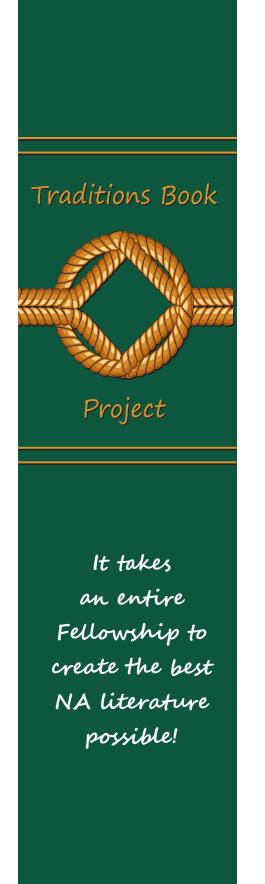
The other efforts that NA World Services provides on the Fellowship's behalf are extensive and often not things that most members are aware of. We write long reports every year just to summarize some of the fellowship support activities in our annual report that is posted on <u>www.na.org</u>.

> That's \$3.55 more than 33 years ago when it was first published.

This information is excerpted from the 2016 <u>Conference Agenda Report</u>, available at <u>www.na.org/conference</u>. And please see this and NA Way archive issues for more coverage of NAWS fellowship development efforts at <u>www.naway.org</u>.

A Basic Text

costs \$11.55



Traditions Project Update

"Guiding Principles: The Spirit of Our Traditions"

The 2016 World Service Conference will consider a motion in April to approve our new Traditions workbook titled "Guiding Principles: The Spirit of Our Traditions."

The approval form of the workbook is included in Addendum A of the *Conference Agenda Report*, and consists of an introduction chapter, a chapter for each of the Twelve Traditions, and a brief closing section. The introduction explains the workbook and how it is structured. Each chapter includes introductory material, followed by sections with text and questions for members, groups, and service bodies.

This project was prompted by a regional motion at the 2010 World Service Conference directing the World Board to develop a project plan to create a Traditions workbook. We put forward a project plan in 2012 that devoted the first cycle of the project to gathering Fellowship input about two things: what the book could (and should) be, and members' experience with learning about and applying the Traditions.

The first Conference cycle (2012–2014) yielded a wealth of input from members, groups, and workshops all over the world about their hopes and ideas regarding what the book could be. We also received over 2,500 pages of shared experience on each of the Twelve Traditions.

The 2014–2016 project plan included a rough outline reflecting Fellowship input that the Traditions workbook should be something that can be used by members, groups, and NA service bodies to study, learn about, and improve our application of the Twelve Traditions.

We released the first chapter drafts, the Introduction and Tradition One, in November 2014. During this first 90-day review-and-input period we received well over 200 pages of input, which helped us improve the structure of each chapter. We then released drafts of Traditions Two through Six in March 2015; Traditions Seven through Ten in June; and Traditions Eleven, Twelve, and the conclusion in July 2015. Each chapter was available for Fellowship review for at least three months. We received between 60 and 100 pages of input per chapter from members, groups, and committees in regions around the world, including at least 15 US states and 12 other countries. We are deeply grateful for the dedication and thoughtful participation and input provided by so many members.

It Works: How and Why introduces the Twelve Traditions section with a note reminding members to engage with the spirit, not the law, of these guiding principles. We hope this workbook, too, will help engage members in meaningful discussions to cultivate understanding of the value and importance of the principles embodied in our Twelve Traditions. The readings, exercises, text, and questions are all meant to help members do with the Traditions what we do best in NA: share our own experience, strength, and hope with the principles we practice, and achieve greater freedom and growth as a result.

The Conference Agenda Report is available for download at <u>www.na.org/conference</u>

or for purchase from the World Service Office.

It takes an entire Fellowship to create the best NA literature possible.

Fellowship development

Africa

NAWS traveled to East Africa in September 2015 for the third face-to-face meeting of the Afri-can Zonal Forum; for NAWS workshops in Mombasa, Kenya and Dar es Salaam, Tanzania; and for the first regional meeting in Tanzania.

The zonal forum took place 16–18 September in Mombasa, Kenya. Delegates from 13 African NA communities were funded by World Services to meet in Mombasa, Kenya, to talk about how to support each other in their continued efforts to grow NA throughout the continent.

South Africa is the only AZF community that is seated at the World Service Conference. Many of the other communities are small—some with just one or two meetings—but growing. Being able to meet together and talk about NA and service is a priceless opportunity for these members.

AZF member communities are Ethiopia, Ghana, Kenya, Lesotho, Liberia, Namibia, Nigeria, Rwanda, South Africa, Tanzania, Uganda, Zambia (not present at the meeting), Zanzibar, and Zimbabwe.

Since the zonal forum first met in May 2013, so much has happened in these communities. Just the fact that this meeting of the zonal forum was sandwiched between a weekend-long Traditions and Concepts workshop in Tanzania and the Tenth NA Learning Day in Kenya speaks volumes; not to mention the first regional meeting in Dar es Salaam, where all eleven groups with 35 meetings were represented and the first PR poster was unveiled. More and more communities have followed Kenya's lead and have held learning days, and PR efforts are increasing almost everywhere. Translations efforts are on the rise as well. Informational Pamphlet #1 was recently published in Amharic, with several other Amharic translations in the works, and IP #1 in Zulu should be published very soon, too.

Editor's Note: The Afri-can Zonal Forum is one of 15 zones around the world. Visit <u>www.na.org/future</u> for an infographic map of all the zones as well as charts and survey data that describe each zone, its members, and activities.

AZF Vision:

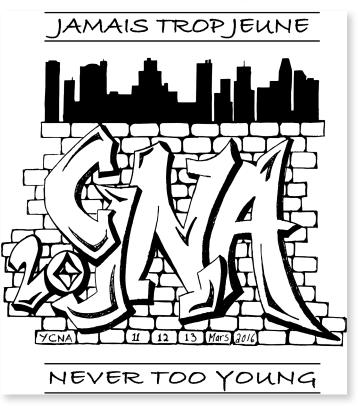
Our vision is that all addicts in Africa have the opportunity to experience the NA message of recovery in their own language and culture.

My name is Mathieu, a recovering addict from Montréal, Québec, Canada. My region has been the host of the only Youth Convention of NA for the past years. We are actually celebrating 20 years this coming March 2016, with the theme "Never Too Young." Many recovering addicts have found a way to serve our fellowship through the Youth Convention. Over the years, we've had the unique opportunity to meet many great people from around the world. But not a lot of people know our history.

The concept of a youth convention started as an idea back in 1995, when a group of kids and other members of NA were asking themselves how to better include young people in recovery and service. Many younger members were hanging out in conventions without getting a sense of being included. That's when the idea slowly became reality. A group of kids started having business meetings, accompanied by a more experienced recovering addict. They associated with a regular NA group. With this, the Youth Convention started to be brought to life. In February 1997, the first-ever Youth Convention of NA happened. It was held in a school and about 400 people attended. It was something new, fresh, and out of the ordinary—but not without controversy.

I personally attended the first YCNA. I was overwhelmed by the number of kids I could look up to. I was 19 at the time and I could at last identify with recovering addicts of my age. A couple of friends and I decided to serve with YCNA for its second edition. On a more personal note, I know for a fact that YCNA reaches young members in NA. We got involved in the Youth Convention

Never too young: YCNA



to ensure that young members throughout the world could stay in the rooms and recover from this deadly disease. I, for one, can



say that the YCNA saved my life, because at one point in my life I had nothing left but my service work with the committee.

Throughout the years, we served and encountered a lot of issues, namely, dealing with nonexperienced members, a hectic new association with the Québec Region of NA, and financial problems. But our experience, our love for this committee, and our willingness to learn and serve NA gave us the necessary energy to continue. YCNA grew, became bilingual, learned how to cut costs, was hosted in hotels, and reinvented our ways to serve NA, and we never stopped growing as a whole. We innovated in how to carry the message through an affordable convention despite cost increases. It was and still is a breeze of fresh air in our local service structure.

We strongly believe that, even though NA is available to all regardless of age, there was some sort of stereotype in the past. As young members of NA, we did not always feel comfortable and included, and this is why YCNA started. Today, we are less excluded from the service meetings and committees. Even the controversies caused by the very existence of the Youth Convention could not stop us from serving and learning how to serve in NA.

Today, we are on the verge of going back to where it all began. Our first YCNA was in a school, and after many years of having the convention in hotels, we wanted to go back to our roots. Our main goal has evolved many times over in all these years, and we know that our goal is not only to celebrate our recovery in a unique fashion, but also to include anyone who has the desire to stop using and to serve our Fellowship. The celebration of our recovery is inclusive to everybody and anybody because we strongly believe that no one is ever too young to attend the Youth Convention.

Mathieu F, Québec, Canada

Fellowship development

NA World Services attended NA Russia's Twenty-fifth Anniversary Convention in July 2015 to join the celebration and provide some fellowship development service. We strive to use resources effectively by attending more than one event in a single trip and combining Fellowship events with PR or other opportunities. So, on this trip, we facilitated workshops and participated in PR/H&I service in Russia, Ukraine, Moldova, and Kazakhstan.

NA Russia

A NAWS Update and Q&A session was attended by 300 members, and about 200 members participated in a Role of Zones workshop. There was keen interest in the idea of zonal representation at the World Service Conference, so Russia's NA communities will continue this discussion. We also facilitated a social media and anonymity workshop for about 150 members, a topic that is better understood through the service pamphlet *Social Media and Our Guiding Principles*.

NA is in 197 cities in Russia, with 446 NA groups and 1,370 meetings per week. There are five regions and almost 50 areas. NA Russia has a 4,000-member social media group and a virtual service committee that supports online meetings and Russian-speaking members and groups in places like Indonesia, England, Finland, Germany, Spain, and Thailand.

NA Ukraine

Next we visited Kiev, Ukraine, for an event that celebrated the true nature of our NA principles as members of diverse backgrounds and countries came together.

The Ukraine PR Committee attended a governmental panel discussion on addiction and drugs, where a full 30 minutes of the three-hour session was dedicated to an NA presentation. This helped open the doors for NA to enter hospitals and institutions throughout the country.

NAWS facilitated workshops on the Attraction of Service and Our Service Structure. We tried a TV talk show format with a panel of five trusted servants who shared their service experience. Two members who hadn't done service participated as "guests." It was a fun, interactive, and inspiring format that worked very well-so well that the two "guest" members now have website and PR commitments!



NA Moldova



On to Moldova—a small, but very active NA community—for the Second Moldova Convention. Moldova interacts regularly with NA World Services, Russian NA communities, and the European Delegates Meeting. The Moldovan language is a dialect of Romanian, and most people speak both Russian and Moldavian/ Romanian. The EDM funded a Romanian member to participate in this event for training on H&I and translations services, which was vital for his recovery and for the growth and future of NA in Romania.

PR in Moldova is well developed, including placement of posters in every hospital in Chisinau. But members struggled with organizing H&I panels, so we worked with them during this trip. We did an H&I workshop, and a five-member team visited four hospitals. We reviewed H&I *Basics* and discussed our results and ways to improve after each visit, and we changed up roles so each team member gained more experience.

<mark>NA Kazakhstan</mark>



Finally, this long and fruitful trip took us to Almaty, Kazakhstan, where we discussed H&I, PR, and formation of an ASC. The members had started some services, and the work we did together helped solidify a structure, plan, and points of responsibility and accountability.

In Ridder, at the Second Kazakhstan Convention, we facilitated workshops on H&I and PR along with their RSC, which usually meets online. As with some other developing communities, members in Kazakhstan are connected to experienced members in Russia and other countries via social media. NA Kazakhstan is small in numbers, but a new generation of trusted servants is growing there—an important step in the ongoing development of NA in Kazakhstan.



The online calendar at **na.org** and the *The* NA *Way Magazine* calendar page are available to NA groups and service bodies registered with NA World Services to share information about multi-day events. Usually, events occurring between NA *Way* publication dates are published according to the schedule below. To enter events or to access event details, visit <u>www.na.org/events</u>.

Issue April July October January Events Occurring 1 May – 31 July 1 August – 31 October 1 November – 31 January 1 February – 30 April Submission Deadline 15 January 15 April 15 July 15 October

Important Notice: In order to comply with new privacy laws, beginning 1 April 2015, we will not be able to publish personal contact information in the online and NA *Way Magazine* calendars. However, the email address and/or website of the event or an associated NA group, area, region, or zone that is registered with NAWS may be submitted. In addition, the person submitting event information will be asked to acknowledge that s/he has read and agrees to our Privacy Policy before the event can be activated on the calendar.

Canada

Ontario 12-14 Feb; Toronto Area Convention 9; Downtown Marriott, Toronto; www.torontonaconvention.org

Montreal 11-13 Mar; Youth Convention 20; Maisonneuve College, Montreal; event info: 514.817.4760

Colombia

Cartagena 19-21 Feb; First Cartagena Area Convention; Hotel Dorado, Cartagena; www.nacolombia.org/web

Egypt

Giza 18-20 Mar; Egypt Convention; Must Opera House, Giza; www. naegypt.org/en/

India

Orissa 5-7 Feb; Indian Regional Convention 8; Blue Lily Beach Resort and Hotel Empires, Puri; www.naindia.in/ircna-viii

Jamaica

Grand Cayman & Cozumel 10-16 Apr; Recovery at Sea 4; Montego Bay, Grand Cayman & Cozumel, Fort Lauderdale Port; event info: 407.421.6525

Nepal

Bhedetar 2-4 Mar; Nepal Regional Convention 5; Dhankuta, Bhedetar; www.facebook.com/NRCNA5

Norway

Yrysil 6-13 Mar; Ski and Recovery; Trysil; www.nanorge.org/events **Philippines**

Cavite 19-21 Feb; Island Cove Hotel and Leisure Park, Kawit, Cavite; www.napilipinas.org

Philippines

Cavite 19-21 Feb; Island Cove Hotel and Leisure Park, Kawit, Cavite; www.napilipinas.org

Thailand

Pattaya 2-14 Feb; Thailand Regional Convention 9; Asia Pattaya Hotel, Pattaya; www.na-thailand.org

United Kingdom

Glasgow 25-27 Mar; United Kingdom Convention 27; Hilton Inn, Glasgow; www.ukna.org/events

United States

Alabama 19-21 Feb; Out of the Darkness/Into the Light 19; DoubleTree by Hilton, Decatur; www.alnwfl.org

2) 11-13 Mar; Greater Mobile Area Convention; Marriot, Mobile; event info: 251.391.0990

Arizona 11-13 Mar; Mexico, Arizona, California Convention 7; Shilo Inn, Yuma; www.maccna.org

2) 1-3 Apr; West Valley Campout; Lake Pleasant Regional Park, Morristown; rsvns: 928.501.1710

California 24-27 Mar; Northern California Regional Convention 38; Santa Clara Convention Center, Santa Clara; www.norcalna.org

2) 25-27 Mar; San Diego/Imperial Counties Regional Convention 31; Bayfront Hilton, San Diego; www.sandiegona.org

Delaware 11-13 Mar; Small Wonder Area Convention 12; Chase Center on the Riverfront, Wilmington; www.smallwonderarea.org

Florida 21-24 Apr; Alabama/NW Florida Regional Convention Fun in the Sun 38; Boardwalk Beach Resort, Panama City Beach; www. funinthesunconvention.org

Georgia 4-7 Feb; Georgia Regional Convention 35; Renaissance Concourse Atlanta Airport Hotel, Atlanta; www.grcna.org

2) 11-13 Mar; Recovery in Action 2 Newcomer Event; Ramada Inn Hotel, Pooler; event info: 912.272.1661

3) 25-27 Mar; Recovery by the River 7; Altamaha Regional Park, Brunswick; event info: 912.506.0084

Hawaii 19-21 Feb; Kane Solutions Men's Retreat; Makapala Retreat Center, Kapaau; http://na-hawaii.org/nahawaii-wp/

Kansas 8-10 Apr; Mid-America Regional Convention 33; Atrium Hotel and Conference Center, Hutchinson; www.marscna.net

Kentucky 25-27 Mar; Kentuckiana Regional Convention 30; Crowne Plaza Louisville Airport, Louisville; www.krscna.org

Maine 15-17 Apr; Brothers in Spirit Men's Retreat 17; Notre Dame Spiritual Center, Alfred; event info: bis@namaine.org

Maryland 15-17 Apr; Chesapeake & Potomac Regional Convention 30; Roland E Powell Convention Center, Ocean City; www.cprcna.org

2) 6-8 May; Baltimore Area Convention 12; Hunt Valley Inn, Wyndham Grand Hotel, Hunt Valley; www.baltoareana.org

Massachusetts 11-13 Mar; North East Mass Area Convention 5; Marriott, Burlington; www.nerna.org

2) 18-20 Mar; Boston Area Convention 17; Sheraton Hotel & Conference Center, Framingham; www.nerna.org

Michigan 24-27 Mar; Detroit Areas Convention 24; Marriott at the Renaissance Center, Detroit; www.michigan-na.org

Minnesota 29 Apr-1 May; Minnesota State Convention 23; St Cloud River's Edge Convention Center, Saint Cloud; www.naminnesota.org

Missouri 5-7 Feb; Cabin Fever Prevention Convention; The Lodge of Four Seasons, Lake Ozark; www.cabinfeverconvention.org

New Jersey 26-28 Feb; Out of the Darkness into the Light Pearl of Recovery Convention 26; Stockton Seaview Hotel, Galloway; www.pearlofrecovery.com/

2) 1-3 Apr; Shore to Recover Convention 8; Berkeley Ocean Front Hotel, Asbury Park; www.oceanareaconvention.org/

New York 12-14 Feb; Metro Area de Habla Hispana Convention 11; Crowne Plaza Hotel, White Plains; event info: 917.930.8384

2) 26-28 Feb; Rochester Area Convention 22; Radisson Hotel, Rochester; http://rochesterny-na.org/

3) 25-27 Mar; Bronx Area Convention 10; Hilton Westchester Rye Brook Hotel, Rye Brook; www.bronxareana.com

North Carolina 26-28 Feb; Freedom by the Sea 15; Sea Trails Golf Resort & Convention Center, Sunset Beach; www.coastalcarolinaarea.org
2) 15-17 Jul; New Hope Area Convention 23; Durham Convention Center, Durham; http://newhopeconvention.com

Ohio 19-21 Feb; Toledo Area Convention 19; Ramada Hotel & Conference Center, Toledo; www.natoledo.com

2) 4-6 Mar; Cleveland Legs Area Convention 13; Holiday Inn Rockside, Independence; www.naohio.org

Pennsylvania 5-7 Feb; MARLCNA 32; Lancaster Host, Lancaster; www.marscna.org

Rhode Island 19-21 Feb; Greater Providence Area Convention 8; Crowne Plaza, Warwick; www.gpana.org

South Carolina 19-21 Feb; Recovery at Work (RAW) 15; Westin Hilton Head Resort & Spa, Hilton Head; www.midcarolinana.org/

Texas 24-27 Mar; Lone Star Regional Convention 31; DFW Lakes Hilton, Grapevine; www.lsrna.com

Utah 1-3 Apr; Northern Utah Area Convention 23; Davis Conference Center, Layton; www.nuacna.org

2) 17-19 Jun; Southern Utah Area Convention 9; Hilton Garden Inn, Saint George; http://nasouthernutah.org/

Virginia 26-28 Feb; Tidewater Area Convention 15; Marriott Hotel Norfolk Waterside, Norfolk; www.tidewaterareana.org

Washington 10-13 Mar; Clean & Free Convention; Ocean Shores Convention Center, Ocean Shores; www.wnirna.org

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Awailable at amazon

NAWS Product Update

7th Tradition Box

It folds flat for storage and pops up for use during meetings! The new 7th Tradition box features a drop-slot for contributions and is attractively decorated with NA artwork and 7th Tradition literature quotations. Item No. 9111 Price US \$3.00/2.70 €



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Keep a daily journal on pages enhanced with a year's worth of *Just for Today* excerpts and beautiful artwork, wrapped in a cover featuring a stylized JFT and NA service symbol in shades of burgundy. Item No. 9405 Price US \$14.00/12.40 €

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Finnish

Group Trusted Servants: Roles & Responsibilities **Ryhmän luotetut palvelijat: roolit ja vastuut**

Item No. FI-2203 Price US \$0.24/0.21 €



Hungarian

Twelve Concepts for NA Service Az NA Szolgálat Tizenkét Elve Item No. HU-1164 Price US \$2.05/1.80 € The Group Booklet

Füzet az NA Csoportokhoz

Item No. HU-1600 Price US \$0.95/0.82 € *Membership Survey* **Tagjai Körében Végzett Felmérés** Price US \$0.30/0.27 €

Icelandic

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Narcotics Anonymous.

Polish

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Portuguese

IP #28: Financiando os Serviços de NA Item No. PO-3128 Price US \$0.53/0.46 €

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IP #2: *Γpyna* Item No. UA-3102 Price US \$0.31/0.26 €









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Basic Text (5th Edition) สมาคม ผู้ติดยาเสพติดนิรนาม Item No. TH-1101 Price US \$7.90/6.90 €

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FREEDO

Statement of Ownership, Management, and Circulation

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Exter	it and nature of circulation	Average No. of copies in preceding 12 months	Actual No. copies as of Oct-15
a.	Total number of copies (Net press run)	18,125	18,500
b (1)	Mailed outside county subscription	9,500	9,177
b (2)	Mailed in-county subscription	14	15
b (3)	Distribution outside the mails	8,563	8,777
С.	Total requested distribution	17,582	17,969
d (4)	Free or nominal rate distribution	400	320
e.	Total free or nominal rate distribution	400	320
f.	Total distribution	17,982	18,289
g.	Copies not distributed (office uses)	143	211
h.	Total	18,125	18,500
i.	Percent requested circulation	97.8%	98.3%
a.	Requested electronic copies (e-subscription)	19,777	20,476
b.	Total requested print + electronic distributions	37,359	38,445
C.	Total print + electronic distributions	37,759	38,765
d.	Percent requested circulation	98.9%	99.2%
Certif	ied, correct, complete		







