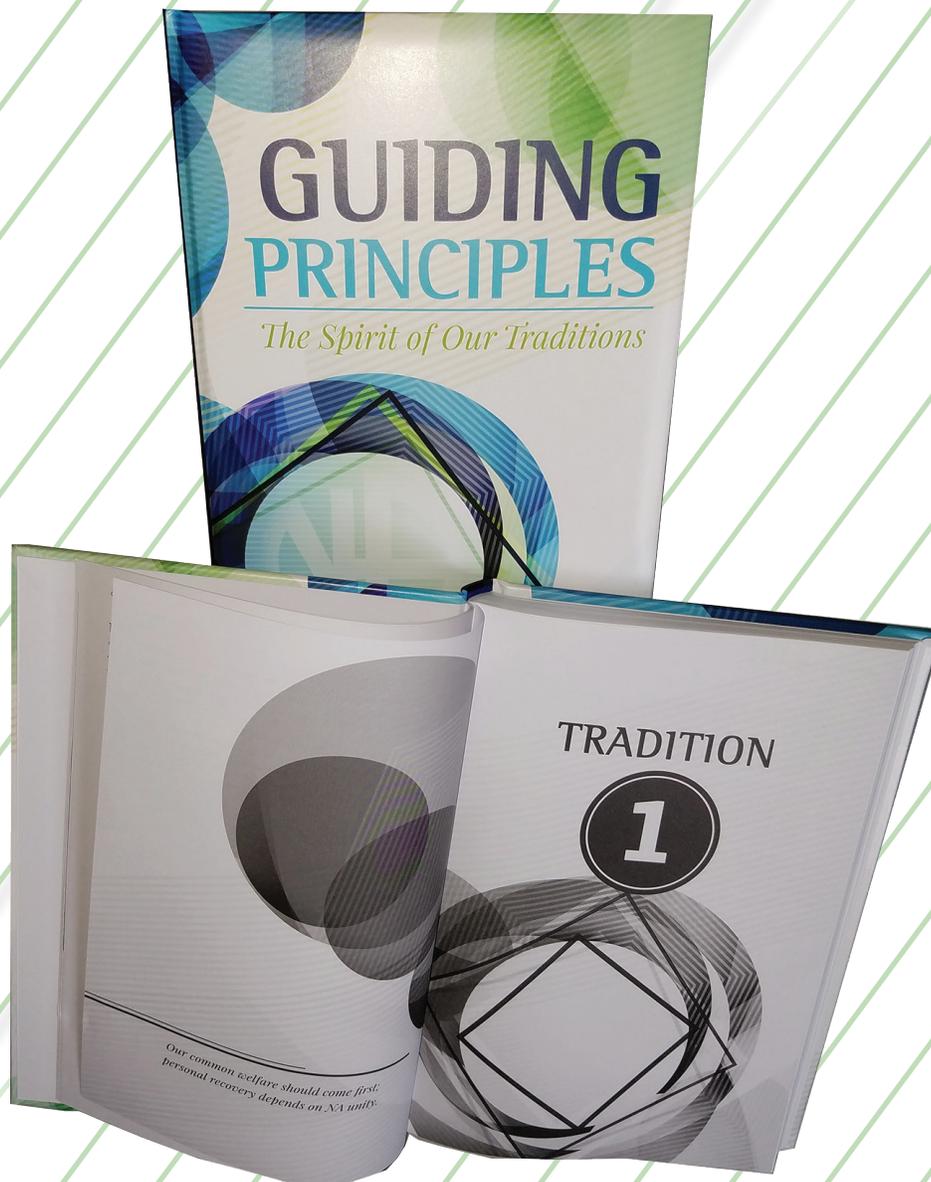


OCTOBER 2016  
VOLUME THIRTY-THREE ♦ NUMBER FOUR

Introducing our new  
Traditions workbook...



- [2015 Membership Survey](#)
- China magic: part two
- FD: Nigeria and Uganda



THE  
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."

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## From the editor

This issue of *The NA Way* reminds me of what can happen for us when we work the NA program. When we surrender, we can release our grip on and struggle against whatever it is we are fighting—our addiction, a resentment, a character defect, a situation that's just not working, an illness. Along the way, we learn and grow and sometimes it takes a long time or many attempts to surrender. Sadly, some of us never make that transition to freedom, either from the disease itself or from what holds us back from experiencing freedom. And sometimes this means addiction pulls us back into its grips. The articles in this issue are reminders of some of the joy we can experience when we do surrender and find freedom.

In my first "From the editor" column in [October 2005](#), I wrote about a more experienced member who lovingly mentored me through service and recovery experiences. For more than 30 years, he did much for NA and for the members who he encountered, contributing his time, effort, and heart to help others and to grow NA. He recently passed after struggling the past few years. I hope his surrender means that he's now making meetings and going out for coffee with lots of old friends.

[De J. Editor](#)

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Electronic subscribers can click here for additional content.

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.

# In the harsh light of day

The sun was coming up, signaling the start of another day. There I was, sitting in my room, dreading the hours to come. I was alone except for the only true friend I had left. Aveao loved me unconditionally. He was a loyal and trusting mutt, immense in size but gentle in nature. His sad eyes watched me, curious to know what was happening. I could hear voices coming from downstairs, a constant reminder that I had trusted the wrong people. I had made my choices driven by the desire for the drug I had grown to love and hate. One of my so-called friends was in deep with a dealer. I bailed him out so he could pay off the debt and get us a supply. He took the money and returned the following morning, broke and with nothing left to show. I had finally had enough and confronted him. It became violent quickly, and Aveao came to my aid as usual. I retreated to my room, faced with my own stupidity. The feeling of despair was overwhelming. I knew I had to get out, one way or another. I couldn't stand it any longer; the person I had become was so far from who I really was. The only love I knew was from the big brown eyes of my faithful companion.

I knew I couldn't live like this any longer. In my desperation, I saw only one solution: a permanent end to the misery called life. I didn't contemplate the decision for very long, fearing I wouldn't have the strength to go through with it. I scanned the room, looking for an instrument of death. My eyes settled on a pack of disposable razors lying on the dresser. I had to break one of them apart to get the blade free from the plastic body. As I settled back on the bed, resigned to the task at hand, I noticed the sad eyes watching me closely. Aveao knew something was happening and that the end result would not be good. He let out a high-pitched whine. I tried to ignore him as I prepared for the pain of the first slice, but he did not like being ignored. He jumped onto the small bed, taking up most of the space. His eyes spoke volumes of love and pain. Letting out another whine, he laid his head on my wrists, blocking my attempts to end my life. I tried to move him, the weight of his head making my efforts useless. As I looked down at my friend, tears fell from my eyes. Light began to seep into the black hole of my heart. His unconditional love gave me hope for a future I thought would never be. In that moment, I made a deal with him, giving myself a deadline of midnight to change my life. After all, didn't I owe him that much?

I needed a phone and there weren't many people left in my life willing to let me use theirs, except Julie—my closest friend until I callously threw her aside for drugs. Fueled with new resolve, I quickly dressed for the long walk ahead of me. I walked fast, afraid I would lose my nerve. Fear welled up inside, making me feel sick. What if I had alienated the one person I could go to for help? Going back was no longer an option. I finally reached my destination, winded and sweating despite the cool spring air. Julie welcomed me with a smile. Tears filled my eyes once more as I wondered why she would even speak to me after the way I had acted. She handed me her phone without question. The look in her eyes said she was glad I had finally had enough. I punched the familiar digits into the phone and waited, breathless, for the voice I knew would answer. When I heard the voice say hello, I started to sob heavily. I spoke, my voice barely a whisper: "Daddy, I need help!"



Photo: Janusz Ł., Sligo, Ireland

With that simple statement, my world changed in ways I had never imagined. My dad was there within a couple of hours. I packed only a few items and some clothes, leaving the rest of my life at the mercy of the world. As we loaded the truck I made room for Aveao, knowing I couldn't leave him behind. I never returned to that place or had any contact with those people. That day marked the beginning of a new life for me. Looking back, I realize God had sent an angel to watch over me, and that angel had saved my life. Sometimes at night, I still see those sad eyes watching over me. Aveao is no longer with us—hit by a car while I was in treatment. I still think about him all the time. He was my salvation in the darkest moments of my life—an angel in an unlikely body. But his impact was unmistakable.

Paige G, Kansas, USA

## The next BCC

Here's your chance to participate in *The NA Way Magazine* in a whole new way. Write a caption for this image, send it to us, and you'll be magically entered in our caption contest. We'll choose the best (and maybe a few others) for publication in an upcoming issue. Your prize will be the satisfaction of seeing your name in *The NA Way*!

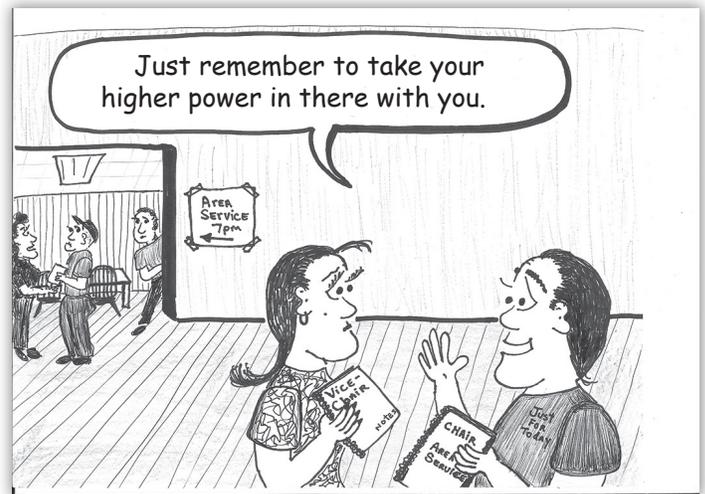
Email your entry with "Basic Caption Contest" in the subject line, and be sure to include your name and where you're from in the body of the email: [naway@na.org](mailto:naway@na.org).



Photo: Irene C, County Westmeath, Ireland

## Basic caption contest winner

Thank you to everyone who participated in the Basic Caption Contest! The winning submission is from Chuck B of Oregon, USA.



Artwork: Ben C, Maryland, USA

## And some other notable entries:

Holy @&\*%! Now what the #@\*\$\* do we do?!

Wally I, Florida, USA



You will do fine. Just follow my lead.

John M, Wisconsin, USA



Yes, procrastination—in the beginning I also wondered what that word meant, but it took me one year CHAIR before I looked it up in the dictionary.

Carlos P, Rio de Janeiro, Brazil



Think you know better than them? Remember that your best thinking got you in trouble.

Joaquim Filho, Maranhao, Brazil



Being of service is not something you do, it's someone you are.

Larry R, California, USA

# China magic part two

第一次知道NA是在2003年，那时候我因为吸毒被强制戒毒处理6个月的时间。记得有一天我到辅导员(警察)办公室，发现桌子上放着NA的小册子《谁，为什么，怎么办》，我很好奇的拿起来看，我被这些文字吸引，那些文字写的简直就是我啊！我问辅导员这是什么？他告诉我，在很多国家，每天都有都有向我一样的人为了戒毒聚在一起，一起学习、讨论如何戒毒，这是一种很有效的戒毒的方法叫做NA，只可惜在中国没有。我当时非常感动，突然感觉自己不那么孤独了，那么无力了，原来在全世界有那么多人和我一样，经历了地狱般吸毒的生活，还能活下来为了戒毒继续前行。

The first time I knew about NA was back in 2003. I was forced to stay in a rehabilitation center for six months due to my drug using. One day, I was in the office of a counselor (police), and I discovered there was the NA pamphlet *Who, What, How, and Why* on the table. I was curious about it so I picked it up and start reading it. I was attracted by the words inside; these words were actually describing me! I asked the counselor, "What is that?" He told me that in many countries, every day there are people like me in recovery who meet up and learn from each other. They discuss how to stop using. This is a very effective method to stop using and it is called NA. Unfortunately, he told me, it does not exist in China. I felt very touched at that moment, suddenly feeling that I was not as lonely and powerless, because in this world there are so many people just like me, experiencing a life like living in hell due to using, yet still finding recovery and continuing their journey.

*Editor's note: In the [July issue](#) we shared the article "China magic," in which Tom M of Hawaii shared his experience meeting a young woman in a treatment facility in China years ago. In this article, that young woman, now in recovery for many years, shares her experience (presented in her native Chinese and in English).*

就这样当我六个月到期后，真巧有个机会，戒毒所正在招募有成瘾经历的志愿者。于是我就留了下来，在2004年10月份有个机会到上海学习，遇到一个云南戴托普的工作人员，也跟我有着同样的经历，他说晚上带我去一个地方玩儿，还说我一定会喜欢。没想到那就是我的第一个NA会，我现在还清晰的记得主持人朗读规则的时候，“如果你正在使用毒品或者身上有使用毒品的工具，那么请你们把他们放在门口，然后进来继续开会。”听到这个时候我哭了，因为没有任何一个地方能够如此的包容，甚至是爱我们的父母，我们的家。



As I was finishing up my six months in the rehab center, there was an opportunity for a graduated addict to become a volunteer there, so I stayed for that. In October 2004, I had a chance to go for further learning in Shanghai. There I met a staff member from a detox treatment center who had the same experiences as me. That night he said he would take me to a place that I would enjoy, and I could never have imagined that would be my first-ever NA meeting. I can still clearly remember the chairperson reading aloud from the card, saying, "If you are still using drugs and carry that or the tools with you, please leave them outside, and

then you are welcome back in.” As I heard it I burst into tears, as there is no place with such a welcoming, even in our homes with our parents who love us.

当我回到北京后，根据上海会员给我的信息，通过北京的AA会找到了几个在北京居住的NA会员。大约在2005年北京终于有了第一个NA会议，虽然我们的语言不通，但是这并不是障碍，我们的小组也因此得名“友谊的奇迹”。

The Shanghai NA member gave me information about how to find NA when I returned to Beijing. Through Beijing’s AA meeting I found a few NA members who live there. In 2005, the first NA meeting in Beijing began. We could not understand each other’s language, but that wasn’t an obstacle; therefore our home group was named “The Miracle of Friendship.”

但是虽然那个时候我已经离开毒品有2年多的时间，但是我并清楚酒精对我的影响，我每次开会都在报自己的清醒天数，每次会议都会读到这句话，“如果你抱着酒精区别于其他毒品的态度，你会再次成为一个上瘾者”，但是我却好像没有见过这句胡一样，我还在继续喝酒，而且我饮酒的问题以及开始时却严重了。幸运的是在一次会议上，一位NA的老会员听到我对酒态度的分享，在结束会议之后，他拿着资料过来告诉我，我不能计算我的清醒天数因为我还在喝酒。那时候我虽然很气愤，但是我更在乎我的清醒时间。现在我已经不记得我到底是哪天停下来的，但是我的住帮人告诉我，然我选一天，我要确定那天我没有喝酒就行。为了安全期间，我把它定在了2006年6月18日，那个年份我确定我没有喝酒，那个日期是我出生的生日，每年我都在过这个生日。

At that time, although I had already stayed away from drugs for more than two years, I understood the influence alcohol had on me. Every time I went to a meeting, I announced my cleantime, and at

every meeting we would read this sentence from the meeting readings: “Thinking of alcohol as different from other drugs has caused a great many addicts to relapse.” But it was like I didn’t hear that sentence: I was still drinking alcohol, and my drinking problem was getting worse than when I first started. It was lucky that in one meeting an old NA member heard me sharing about my attitude toward using alcohol. After the meeting, he showed me some literature and told me that I could not count my cleantime because I am still drinking. Although I was furious then, I do really care about my cleantime. Because I could not remember the exact day when I stopped drinking altogether, my sponsor told me that I could choose a day, a day that I was certain I did not drink. Just to be sure, I chose 18 June 2006 because I was certain I had stopped drinking by then. And that day is also my day of birth, so I have celebrated my birthday like that every year since then.

在中国因为吸毒问题的违法性，NA会议很难得到本地其他组织机构的帮助，还好我们有个会员认识一个饭店的老板，人很好，每次开会我们都用他们的包房一边吃饭一边开会。现在在北京的NA的会议已经10年了，以前会议经常只有2个人的时候，而现在北京的会员已经有10多个人，平均每次会议都有6-8个人不等，大部分都是中国人。在网路上每天都有NA会议，5-8个人都是中国人。我们在北京、武汉、西安，深圳等地都有中国会员。这些中国会员大部分都在依靠AA的帮助获得康复，但是我们知道，我们更需要NA的会议，NA的清醒牌，NA的住帮人，NA的资料，NA的康复计划。

Due to the fact that using drugs is against the law, it is very difficult to get help from local organizations to run NA meetings. Nevertheless, we have a member who knows a restaurant owner who is very kind and who let us use the restaurant’s private dining room to run our meet-

ing. NA meetings in Beijing have now been active for ten years. In the past there was a period of time when there were only two members in the meeting. Today the number of members in Beijing has risen to more than ten people, with an average of six to eight people at the meetings, most of whom are Chinese. There are also Chinese NA meetings online daily with five to eight members—all Chinese. We have Chinese members in Beijing, Wuhan, Xian, and Shenzhen. Most of these Chinese members rely on AA’s help to recover, but we all know we need more NA meetings, NA keytags, NA sponsors, NA literature, and the NA recovery program.

这次参与APF大会让我非常的震撼，原来全世界有这么多的NA的会员，为NA的发展，尤其是那些还没有NA的国家。中国在册吸毒人员的统计官方数字是258万，而现在中国NA会议却寥寥无几，每次看到有旅游的会员来到我们的会议，听他们讲述在他的国家他的城市有很多会议的时候，我都会感到到哭，因为我相信那就是中国的未来，我相信有一天中国的成瘾者也可以在需要的时间和地点找到一个会议。

Earlier this year I participated in the [Asia Pacific Forum](#) meeting and I was surprised that there are so many NA members around the world who care about the development of NA, especially in those countries that still don’t have NA meetings. The official number of drug users in China that I am aware of is 2.58 million. However, there are only a few NA meetings in China. Every time I see visitors come to our meeting, I listen to them talking about how many meetings there are where they live. When they share that, I feel my tears because I believe that is the future for China. I believe one day all the drug addicts in China will be able to find a meeting at the place and time they need it.

Xueli L, Beijing, China

# Right place, right time

I had the coolest, most spiritual NA experience I've had in quite a while recently. One of our local groups had four birthday celebrations. I don't normally go to that particular meeting (even though it's an awesome meeting), but I went that night for the birthdays. It was a huge meeting. I sat down and looked across the room and saw a lady who looked familiar, but I couldn't figure out where I knew her from. I didn't think I had seen her at meetings. At the end of the meeting she shared that she had just gotten out of prison, and then it clicked for me that she had been in the women's facility where our H&I services started taking meetings a year ago this month!

She shared that although she has a year clean, someone told her it didn't count since she was in prison. I thought, "WTF? People can recover in prison, too—and she was going to meetings there!" She picked up a white keytag, but then after all the anniversary medallions were given out, the chair stood up and said, "There is another one-year medallion to be given and, yes, prison cleantime counts; so come and get your medallion!" It just tears me up and gives me chills every time I think about it.

Out of the six panel members for that H&I commitment, five of us were at the meeting that night, which is amazing in itself. I'm not saying God put all this together—her being there, us being there, the medallion—but it certainly was a special God moment for me, another spiritual awakening, another "H&I does make a difference" moment.

So, this is a plug for H&I in our area: There are several open panels and folks really wanting NA to bring in meetings, but there are no willing people to provide the service. Why, I wonder? We have a large NA community in Memphis, which is obvious by all the meetings, some of which are rather large. The women's prison panel goes in twice a month. Wouldn't it be awesome to be able to go every week? Many of us got clean in a prison or treatment facility; I know I did, and H&I service is how I show my grati-

tude. I've not done H&I all the years I've been clean; I've been of service in other areas, too, but H&I has been a big part of my service experience. I'm grateful the opportunity came up for us to go into this women's department of corrections facility and that I just happened to be at the right place at the right time (an H&I learning day) to be called out about how my service was needed. And I stepped up to the plate again for H&I.

Lucy O, Tennessee, USA

## Surrendering old ideas

I don't remember the last time I shook my fist and cursed someone out for cutting *you* off in traffic, or the last time I plotted revenge against a stranger for cheating on or hurting someone else I didn't know. But by God, you just try to do it to *me*, or someone I love, and I get ANGRY! How dare you! When did I decide it was beneficial to become so full of myself? When was the last time it helped me become a better person by deciding you were a crappy person? I think it was when I decided it was all about ME.

Through addiction, narcissism, and a dozen other "isms," I lost my sense of objectivity. If it wasn't about me, then I wasn't interested, and I couldn't relate. In fact, I was pretty good at making anything about me, just to have something to be upset about. I was the first to find fault in you because I was riddled with fear and insecurities regarding myself. I didn't realize I was the perfect example of "you spot it, you got it!"

I was in denial. And since I lived in this false reality for so long, I learned that when I refuse to see a problem with my thought or action, I am incapable of changing. That is a scary thought. I always believed I was in control, when in actuality I was dependent upon fear and resentment to stay the same, even though it was causing me an incredible amount of emotional pain. I was physically broken and spiritually bankrupt, but I couldn't admit it.

Resentment is simply the way I react to my past. Let's break that word down

for a more detailed understanding. *Re* means to do it again, and in French *sentir* means "to feel." So, when I resent, I compulsively feel everything bad over and over again. It's funny because I notice I don't really do it with good feelings, just bad ones. When I resent, I literally choose to refeel wrongs that have been done to me without, of course, being able to go back in time and change any of it. What exactly is the point of doing that?

Because then I get to be angry! Anger is my default emotion. It's how I react to everything. Notice I didn't say act, I said react, indicating a lack of conscious awareness of my own behavior. Anger has always been my best defense against hurt, embarrassment, confusion, or anything that I didn't like to feel. Anger took the responsibility off me, and put it on whatever pissed me off. Once that happens, I ultimately lose my capacity to be rational. Most likely I often feel justified, but justifiable anger is the most dangerous kind. By thinking this way I make it personal again, because it's all about me, me, me, and what was done to ME! The peaceful Buddha might say, "You will not be punished *for* your anger; you will be punished *by* your anger." A similar sentiment reminds me that "holding onto anger toward someone is like drinking poison and expecting them to die." Silly, right?

## ...the way I treat others speaks volumes...

Sure, but this type of thinking builds over time into an enormous tornado of self-centered delusion, often before I even realize what's happening. Through working the Twelve Steps with my sponsor, I recognize now that what I was really trying to avoid all my life was feeling fear. I used anger and resentment as a flimsy shield against being vulnerable and authentic. I was afraid of not mattering, of not being accepted as I was, of my own feelings, and I was afraid of not being worthy.

How do I get over this fear? I interpret my life by using the thoughts in my head, which creates the arena I have for

choosing my own behaviors. I can blame you all day long, but in the end it was my decision to act a certain way or say a certain thing. I've learned that when we learn to live without the impending fear of being out of control, we actually regain a sense of stability that can only come with objective awareness. By continuing to think this way, I start to see things as they are, and I become responsible for myself.

It has always been an interesting concept to me to be afraid of the unknown, because I certainly was, and so many people are. Nowadays, I am personally more afraid of what I have already lived through than anything that could happen to me clean and in recovery. I think what I am actually doing when I say I am afraid of the future is just refeeling something that I have already experienced, and I project that feeling into some imagined situation. Whether I had an emotional letdown, I had a failure, I was lied to, I lost someone, or someone broke my trust, what I am doing is reserving all those old feelings in negative anticipation. So, imagining a "future resentment" actually becomes "fear" as I know it. It's completely irrational and frankly isn't a fair thing to do to myself or anyone else. Remember, there is a difference between danger and fear. Danger is real, while fear is merely a lack of faith. The "unknown" isn't real yet and may never be. The only thing that is real is "now."

I also don't have to be afraid of my past. It's over. It was what it was. When I attach present feelings to my past in a negative manner, I am only limiting the experience I actually had. Who I was in active addiction has made me who I am today. Understanding that both the successes and difficulties had to happen exactly the way they did in order for me to grow is acceptance. I am not angry anymore; I am grateful. I'm not saying I don't ever experience fear, but when I become aware that I am afraid, I figure out why, and I realize that thoughts and projections can't hurt me unless I let them. By learning to be specific about my fears, I actually get freedom. When I know exactly what it is I am afraid of, I have choices that I wouldn't have considered otherwise. I can take positive actions in faith, and I never have to panic again. By changing the way I think,

I get to decide how I want to act, and by behaving differently, I feel better. Isn't that the point of it all?

Becoming less self-centered and more God-centered removes the incredible burden I carried for years. I am no longer a victim. I don't have to keep my defenses up anymore. It's not me against the world or me against God. We are all one. Things don't happen *to* me anymore; they happen *for* me. I don't say, "Why me?" today; instead I say, "Why not me?" Narcotics Anonymous has taught me that I am an equal on this Earth—no less and no better than anyone else. Changing perspective allows me to grow into what my Higher Power intended, and the way I treat others speaks volumes in terms of spiritual maturity. Today I realize I don't have to be kind and loving toward all—I *get* to be kind and loving toward all, including myself. The spiritual principles of recovery turn the me into we, and remind me that I am not alone or unique and that there is a solution for every problem.

Polly RJ, Tennessee, USA

## OF service and IN recovery

I am a grateful addict who is grateful to be clean today. I was scared to write an article for the *NA Way*, thinking I have nothing to share; no one will want to read what I write; I am not a writer (other than service reports, of course). That lie is dead today. I do have things to say that have value, and I can do anything that I set my mind to. This program has shown me that.

I didn't lose everything before coming to Narcotics Anonymous. I still had the job, the marriage and the house, the car and the kids, but I didn't have myself. I had no idea who I was or what I wanted in life, and I had no connection to anyone or anything. My marriage meant nothing to me, and neither did my children. They only got in the way of my using. I was in a spiritual void, and that is what brought me into the NA Fellowship.

For my first six months clean, I seemed to think that I could get recovery by just

going to meetings. I had a sponsor but didn't take her suggestions. I didn't work Steps, and I didn't have a connection to a higher power. I was clean, but words like *recovery* and *serenity* were alien to me. At just under six months clean, I was totally crazy and acting out with all sorts of behaviors. Because of these behaviors, I lost the marriage, the house, the kids, and the dog. The only thing I managed to keep was my job, I think because my boss felt sorry for me.

This was the motivation I needed to start doing the work. I finally took my sponsor's suggestion and opened the *Step Working Guides* and started to write. The changes weren't immediate, but things did slowly start to get better. I wasn't feeling as lost and alone anymore; I was building connections.

Today I am very involved in Narcotics Anonymous, having been of service to our Fellowship from the time I was eight months clean, and never stopping. It started with my partner going to an area service meeting and talking about the controversy being discussed there. It sounded right up my alley, so I followed along the next month, and the rest is history! I have been involved in service for our Fellowship ever since at the group, area, regional, zonal, and world levels. All have been rewarding, and I have learned so much!

For a period of time, I was so involved in service that the rest of my program suffered: I wasn't working the Steps, I wasn't attending a lot of meetings, and I became self-righteous and egotistical. It was gently pointed out to me by one of the women I did service with that I was putting people off and scaring newer people away from service. This caused me to take a look at my actions. I recommitted to all the aspects of our program and worked the Twelve Steps of NA, focused on why and how I do service. The benefits of doing this were tremendous. It was proven to me yet again that I can work our Twelve Steps around any issue in my life, that the dope is just a symptom of my disease, and I have to keep ever vigilant.

Today I am the facilitator (chair) of my area service committee. We open the meeting with introductions, just like most meetings, but we also answer a question

when we introduce ourselves, such as: What is your favorite spiritual principle? How did you find Narcotics Anonymous? What is your favorite reading? What is your favorite Tradition and why? Questions like these break the ice and help us get to know our fellow trusted servants better. We have found it is more difficult to act out at the area table if you just share that your favorite spiritual principle is love or kindness.

**...the things that  
come out of my  
mouth are spiritual  
and kind and  
helpful.**

I have recently had some major upheavals in my life, in that someone very close to me relapsed after we had been in and working this program together since I first got clean. This person was involved in the Fellowship, going to meetings, doing service, and doing Step work, but relapse still happened. It rocked my world, and I didn't think I knew what to do, but it turned out that I did know what to do. I called members of my support group and my sponsor, and I asked for help. I reached out to my higher power and asked for help. I immersed myself in the program, going to meetings every day and connecting with people every day. I was just starting Step Four again, and that changed the focus of my writing; things happen when they do for a reason. I won't say I have gotten through

this, because this journey is not over yet, but I am getting through it with the help of my HP, my sponsor, and my support group. Luckily, the person in my life who relapsed is clean again, and there is hope again for the future. I keep saying that my HP has a plan, and I just have to be willing to do the work. I just wish once in a while my HP would give me a clue what that plan is!

The gifts the program of Narcotics Anonymous has given me are never-ending, and so amazing. I find myself talking to friends or sponsees, and the things that come out of my mouth are spiritual and kind and helpful. I never thought that would happen.

Change is upon me again because a service position I have been doing for a while now has just ended. I have met a lot of people who are truly dedicated to this Fellowship, and in trying to make it better for us all they inspire me greatly. I carry a little bit of each of them in my heart. I look forward to what lies in store for the future—only my HP knows! Today I prefer to be OF service, instead of IN service or DOING service. It's all in my perception: I am OF service, and IN re-

covery. This helps me to stay grounded in the solution, being of service for the right reasons, with the right intentions, and sharing kindness and love.

I am here to tell you that you can get through anything clean. I have not had to pick up since the first day I walked through the doors of Narcotics Anonymous. I have survived losing a relationship, losing my children to their father, getting a few back (only to have them move back to their father again), death of friends, relapse of people close to me, and a whole bunch of small challenges. As long as I stay connected to the Fellowship and my HP, picking up is a choice I choose not to make today.

*Deb N, British Columbia, Canada*

*Photo: Flavio A, Minas Gerais, Brazil*



# Guiding Principles: The Spirit of Our Traditions

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In the years since our Basic Text was written, we have grown from a small, primarily English-speaking Fellowship concentrated in North America to a truly worldwide Fellowship, with literature published in 49 languages. Technological advances have made it possible and much more practical for members in countless NA groups around the world to provide input to help shape our literature. In the July 2016 *NA Way Magazine*, we discussed some of the ways in which the development of *Guiding Principles: The Spirit of Our Traditions* was groundbreaking. We received input from members speaking half a dozen languages from more than 13 countries, made possible in part due to the simplicity of jotting down some thoughts on a page, snapping a photo with a mobile phone, and emailing the information to the World Board. We certainly look forward to more exciting uses of technology and a more inclusive literature-development process in the years to come.

The process and participation for this project were not the only groundbreaking aspects, however. While many other twelve-step fellowships also use the Twelve Steps and Twelve Traditions, and many others have created step-working guides, NA seems to be the very first to create a guide for studying and working with the Twelve Traditions. Our goal as a Fellowship is not to be unique and different, but being the first organization to take on a particular type of project means we were forced to pave the road we wished to drive on. Some of our members had a very clear idea in 2010 regarding what a Traditions workbook would consist of, but many other members had other views. Together, as a Fellowship, we envisioned something new that took shape in review drafts and was refined by input to become *Guiding Principles*.

*These spiritual principles and practices can guide us in our decisions in service and throughout our lives.*

*Guiding Principles, "Introduction"*

Our new book on the Twelve Traditions can be described as a "modular" text, meaning that it has parts and pieces that can be used in a variety of ways. Every chapter starts and ends with a reading that can be used as a personal meditation, as a topic for a recovery meeting, or to discuss in a service setting. The chapters include exercises called "Word by Word" and "Spiritual Principles," which would work well as personal writing exercises or as a discussion in a group business meeting or service committee meeting. Finally, each chapter includes sections for members, for groups, and for use in service. These sections offer thoughts about what we have learned and experienced as a Fellowship related to each Tradition, as well as questions for writing, discussion, and workshops.

We are very excited to hear about your experiences using our Fellowship's newest book. In the review and input process, we received a great deal of helpful feedback regarding how the exercises and questions worked for personal use, for group inventory, and in workshops. We're hopeful that the book will be helpful as a way to further explore, understand, and practice our Twelve Traditions. One of the Fellowship Issue Discussion Topics (IDTs) for this Conference cycle is devoted to how to make use of *Guiding Principles*, so we hope members who want to know more about the book will participate in these workshops. We strongly encourage all who use it to pass along your experiences, along with any suggestions you have for others about ways they can make the most of their work in this book. To share your feedback, please email us at [worldboard@na.org](mailto:worldboard@na.org).

For more information about the Guiding Principles IDT (and the other IDTs), please visit [www.na.org/IDT](http://www.na.org/IDT) where we'll be posting workshop/discussion outlines and other resource materials.

## Sample questions from *Guiding Principles, "Tradition One"*

### Questions for Members

The questions below offer a way to begin—or continue—the process of writing, reflection, and discussion of this Tradition with your sponsor or other NA members.

*What does NA unity mean to me? How does my personal recovery depend on it?*

### Group Inventory Questions

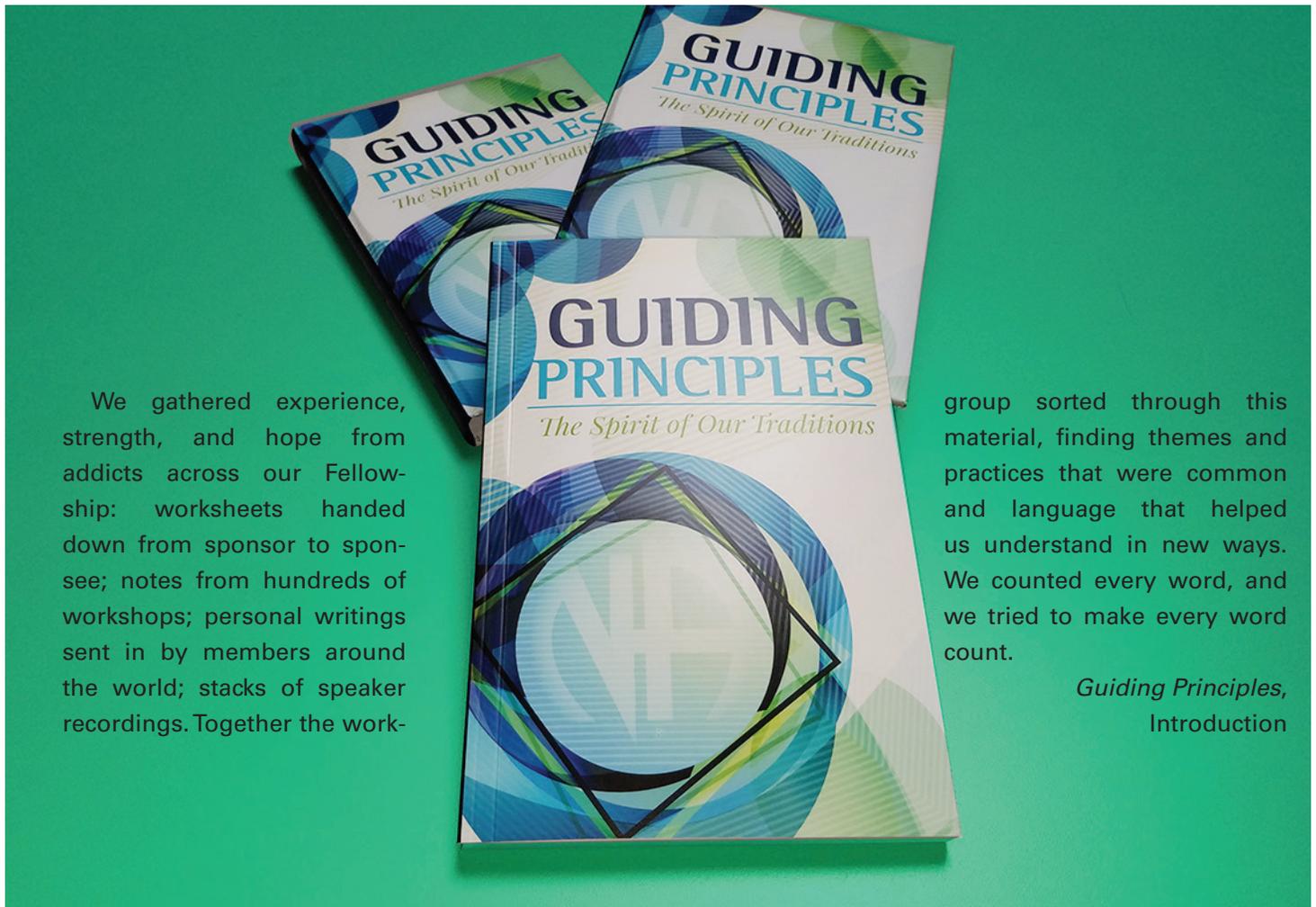
The questions below offer a way to begin—or continue—a service discussion or workshop focused on this Tradition.

*What is our common welfare as a group? How does unity enhance our primary purpose?*

### Workshop Questions

The questions below offer a way to begin—or continue—a service discussion or workshop focused on this Tradition.

*How do the services we carry out benefit our common welfare? In what ways do we contribute to a sense of unity, locally and beyond?*



We gathered experience, strength, and hope from addicts across our Fellowship: worksheets handed down from sponsor to sponsee; notes from hundreds of workshops; personal writings sent in by members around the world; stacks of speaker recordings. Together the work-

group sorted through this material, finding themes and practices that were common and language that helped us understand in new ways. We counted every word, and we tried to make every word count.

*Guiding Principles,*  
Introduction



# Who is NA?

## 2015 Membership Survey

Do you ever wonder how your fellow NA members ended up in the chair next to you? Maybe you'd like to know the average age or cleantime of NA members, how many of us are of service, or the average number of meetings members attend per week. That information is available in the NA Membership Survey.

At every NA World Convention since 1996, NA World Services has distributed surveys to get a sense of the makeup of our membership. We collect these data to provide information about our Fellowship, strengthen our public relations efforts, and learn more about how and where we carry our message of recovery. The survey was distributed at WCNA in Rio de Janeiro, Brazil, last June, and it was also available for members to participate online or via mail or fax. In 2015, 22,803 members responded to the survey, the largest number to date.

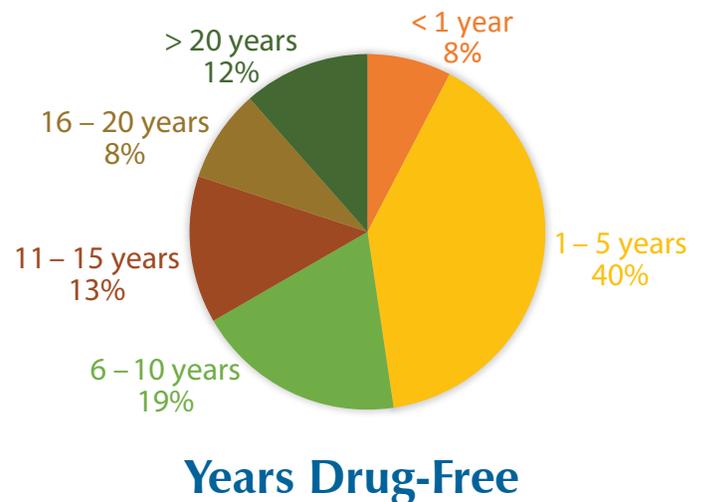
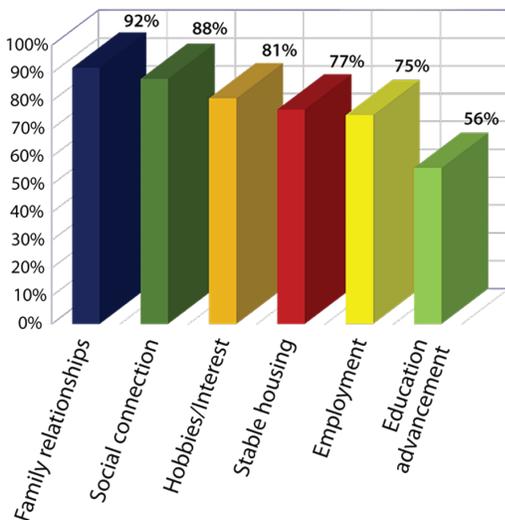
Another first in 2015 was a cooperative effort between NAWs and the **European Delegates Meeting (EDM)** to complete the membership survey. The EDM asked members throughout Europe to respond online, and from the numerous responses from those members, a European membership survey was created. In addition to providing a snapshot of the European NA community, EDM representatives used the survey results to provide information about NA in a first-ever presentation to the European Union Parliament in June 2016.

Highlights of the worldwide survey, along with some comparisons between the European and general surveys, include:

- Since 2011 the percentage of males has increased by 4 percent in our worldwide survey. It's not clear whether the number of women is decreasing or women just aren't completing the survey.
- The average age of survey respondents is 48.
- Only 6 percent of worldwide survey respondents are Hispanic.
- Eighty-five percent of respondents said they have a sponsor, while 42 percent said they do not sponsor others.
- Nearly one-third of our members still attend other fellowships.
- Primary drugs used are consistent across the two surveys. Opiates are the number-one drug used. Second-highest used worldwide is cocaine and in Europe is alcohol.
- On the worldwide survey, under "drugs used regularly," 79 percent reported alcohol.
- Respondents who have relapsed since beginning their recovery in NA was 38 percent; decreased 3 percent since the 2013 survey.
- Worldwide, the most common influence to attend NA is treatment centers. In the European survey, 25 percent identified NA members and 20 percent indicated treatment centers as their source of influence.
- The list of influences to stay in NA continues to be dominated by identification with other members.

Both the worldwide and European surveys are available as pamphlets from NA World Services, and are also available online at [www.na.org/pr](http://www.na.org/pr).

## Quality-of-Life Improvement Areas



# Service Center

## Recovery in the online spotlight

The widespread use of apps, social media, websites, online discussion boards, and other types of technology have presented a variety of opportunities and challenges for us in NA. Many individuals use social media to connect with family and friends, share their personal experiences and opinions, and interact with other NA members. And many NA service bodies are either using social media or considering it.

Our Eleventh Tradition reminds us to "maintain personal anonymity at the level of press, radio, and films." And while our Twelve Traditions were written years before social media were even conceived as the commonplace resource they have become, the principles of the Eleventh Tradition apply because our behavior—both off- and online—can reflect on NA. The way we present ourselves, our language, and the way we interact with others online can affect how nonmembers or prospective members perceive NA.

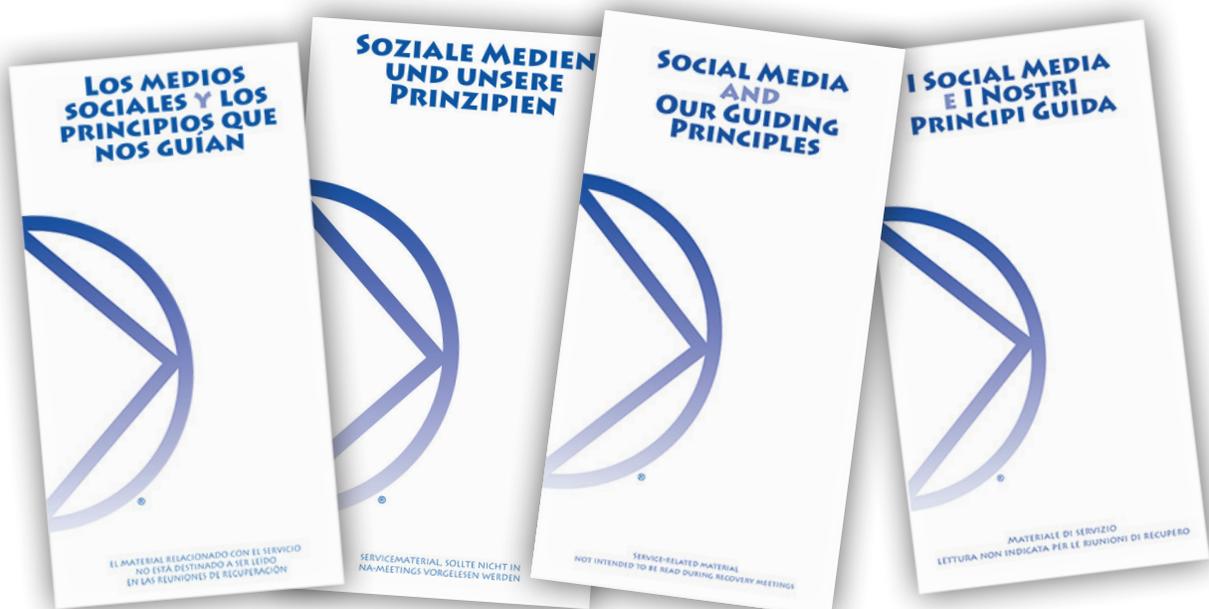
The service pamphlet *Social Media and Our Guiding Principles* offers NA members' experiences and best practices using social media. The pamphlet suggests considering questions like "What is the level of my visibility in this medium? Am I in the public eye, or is this a private forum?" The answers to these questions can vary and may be influenced by the site we're using, privacy settings, and so forth.

In addition to [\*Social Media and Our Guiding Principles\*](#), other helpful resources include:

- The *Public Relations Handbook*
- *PR Basics*
- Traditions essays from *It Works: How and Why*
- Our new book, *Guiding Principles: The Spirit of Our Traditions*
- 2016–2018 Issue Discussion Topic Social Media and Technology: Applying Our Principles. This IDT will focus on challenges and successes in applying NA's principles when using social media both as individual members and as service bodies. Please visit [www.na.org/IDT](http://www.na.org/IDT) where we'll be posting this and other Issue Discussion Topic materials and information.

*With NA's public image and the anonymity and privacy of our members at stake, it is crucial that those of us who choose to use these resources take great care in doing so.*

[\*Social Media and Our Guiding Principles\*](#)



# Fellowship development

Everything that NA World Services (NAWS) does is a part of Fellowship development and A Vision for NA Service drives all of our efforts. Communication, connection, and collaboration are all necessary for effective FD, so it's always important to stay abreast of our constantly developing Fellowship to be clear about what World Services can and should do—and what might be better handled by a neighboring NA community or service body. This requires ongoing collaboration and communication. In many cases, NA World Services helps connect people initially, bringing together disparate NA members and communities—and then those communities, supported by local members grow exponentially.

Such has been the case on the African continent in recent years. After the 2012 World Service Conference (WSC), the South Africa Regional Delegate (RD) contacted NAWS to discuss developing a zonal forum in Africa. Around that same time a member from Kenya involved in service and literature translations also got in touch with NAWS with similar questions. As the South Africa RD said in an October 2013 *NA Way* article, "This was definitely a case of our Higher Power's perfect timing."

As it happened, World Board members and NAWS staff would be facilitating workshops at the first EACNA, so the World Board took advantage of the opportunity to help bring together NA members in Africa during that time, too. And what started out as a meeting of members from Kenya, South Africa, and Tanzania soon developed into a two-day gathering with 19 NA members from eleven African countries and communities. World Services funded travel and meeting costs so that these members could attend, and at this now-historic meeting, the Afri-can Zonal Forum was born. Since then, NAWS has continued to support these efforts by helping to make Afri-can Zonal Forum meetings happen, donating and/or providing subsidized literature to the developing NA communities, and being available to share experience and guidance as NA grows in Africa.

As usually happens, there are challenges and successes in the development process. And, as has happened in development of NA in many other parts of the world, World Services provides initial support and then steps back as the local members and service bodies carry forward the growth of NA where they live.

In this issue, we offer updates from two countries in Africa: Uganda in eastern Africa and Nigeria in the west.

## Connections in Uganda

For about one year now, we have seen a growth surge in Uganda NA, especially in Kampala, our country's largest city. We attribute this growth to our members' outreach efforts and NA World Services' continued support of our NA community.

Beginning around July 2014, our members made a conscious decision to work really hard to grow NA. We began reaching out to local treatment centers and hospitals. As hard to believe as it may seem, most of our treatment centers had either never heard of NA or did not think NA was appropriate for their clients. As a result of our efforts, there is now an NA group that meets three days per week at Uganda's only government-funded treatment center. This is an open meeting where all addicts are welcome; however, we are working to help the clients accept responsibility for leading and chairing the meeting. Our prayer is that as clients leave the treatment center they continue to support this group and help establish it as a permanent and strong NA group.

We have two other well-attended Kampala-based meetings per week, one on Sunday, and one on Monday. On Wednesday we have an H&I meeting in a privately funded treatment center. Because of the success of this meeting, this treatment center now transports some of its clients to our open weekly NA meetings. This is their way of exposing clients to outside meetings and helping them to meet potential sponsors. This is the first time a treatment center here has ever transported clients to our meetings. We are extremely grateful for this gesture.

A social media chat group where members can post questions and comments at any time and get feedback and suggestions from other members is also a great tool for us. This chat group includes members from across the globe, so it often includes exchanges with members from outside of Uganda with many years of recovery and service experience.

Our most recent PR effort was an amazing experience. On Saturday, 10 September 2016, NA had a booth at our country's first ever addiction recovery walk and rally held in Kampala. More than 300 people attended, including recovering addicts and addicts who could benefit from recovery, family members of addicts, treatment professionals, and government officials. Because of ongoing support from NAWS and the efforts of a member who travels to Uganda from the USA quite often who helped get literature from NAWS to us, we had more than enough NA literature and keytags to distribute at the walk/rally. We also displayed NA books at our booth and passed out meeting lists. It was such a joy to have so many people stop to ask and learn about the NA program.

A very special surprise at the event occurred when a group of addicts from Masaka, a Uganda village more than three hours away from Kampala, approached us asking for literature. Though some of us had heard of the NA meeting in Masaka, this was the first time any of us had met members from this group. Needless to say, we were all excited and spent several moments hugging,

laughing, and sharing recovery. At the end of the walk/rally, all of the recovering addicts present agreed that this was one of the best days ever for NA in Uganda. Thank you, NAWS and NA members around the world, for ongoing support of Uganda, and long live the spirit of NA in East Africa!

Derrick M, Uganda

## Nigerian hope

I'm Joseph, Alternate Regional Delegate for Nigeria at the Afri-can Zonal Forum (AZF). It'll be difficult for me to paint a clear picture of what's going on in Nigeria, without starting from the AZF. It was at this meeting in Cape Town two years ago that I met the beautiful people from NAWS and my fellow delegates from all over Africa. At that time, we had two H&I meetings in Kaduna: one at the residential rehab center of the federal neuropsychiatric hospital and the Milestones Group, in Kaduna. In Lagos, we had a group that met on and off from time to time.

After the AZF meetings, we kept in touch with NAWS and requested some literature to help us grow the Fellowship in the Kaduna Area. Kaduna Metropolis is approximately two hours from Abuja (Nigeria's capital), and about five from other major state capitals in Northwestern/central Nigeria, including Minna (Niger State), Jos (Plateau State), Kano (Kano State), Lafia (Nasarawa State), and Katsina (Katsina State). The two treatment Centers in Kaduna where we had NA groups that meet regularly also receive clients from these surrounding states, so it makes sense that if members are introduced to NA while in treatment, they will be able to begin NA groups when they got back to their home states with some support.

We thought long and hard, and prayed and hoped and put the plan into action. We distributed copies of the Basic Text, the NA Step Working Guides, *It Works: How and Why*, and group starter packets to members who were committed to starting an NA group.

Over time, a meeting got started at the national drug law enforcement agency office in Minna. Unfortunately, it was not structured like an NA group. While some recovering addicts were a part of the group and it had been named Narcotics Anonymous, law enforcement officials who were counselors there organized, supervised, and participated in the meetings. Also the Kaduna group slowly began to be run by treatment staff at that facility, and the group meetings became less and less NA in their structure.

At my home group (Milestones Group), we discussed these challenges, and the slow growth. Our (mine especially) zeal and enthusiasm to see the kind of rapid growth my friends from East Africa described made me forget that NA is a spiritual program, directed and supervised by a higher power, which is not me. We appointed a group service representative who worked with me attending meetings of any NA groups in our area, and helping the groups develop the NA structure. The GSR and I also attended

professional programs where we distributed NA information pamphlets and answered questions from treatment professionals interested in understanding how NA works. We started with the Kaduna group, and over time, this group got back on its feet and now meets Mondays, Wednesdays, and Fridays.

Zaria is about 45 minutes away from Kaduna Metropolis. It is a college town, with several tertiary institutions located there, but there were no NA groups in Zaria. We learned of a recovery house which would be opening, and we reached out to them requesting a space to meet on Sunday afternoons. We are unable to pay to rent the space, so we instead offered to help with the construction work at the recovery house as our means of payment. We were able to meet up with the secretary of that group for the first meeting last month and we made literature available to them. We hope more members will come into the rooms with the resumption of school.

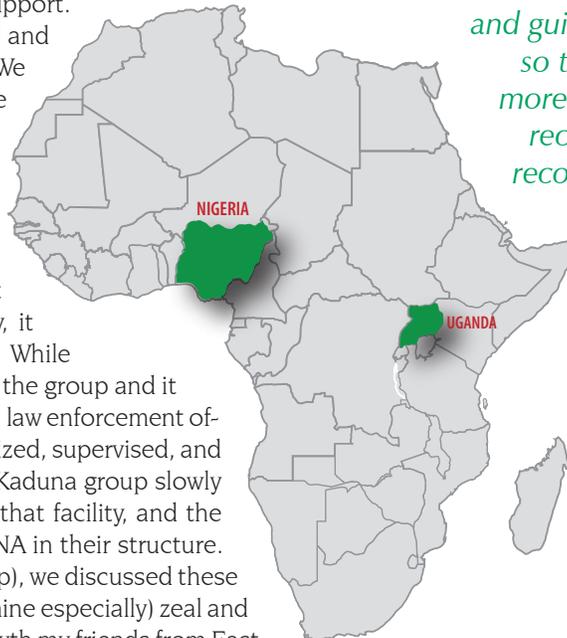
For Abuja, we met up with some guys eager to get a group started, and also gave them literature, have made ourselves available to support them in any way we can, and set plans for a first meeting in mid-September. We set up a chat group for members from both treatment centers in Abuja.

We have a renewed hope that NA will grow in Nigeria. We requested literature from NA World Services, and in less than two weeks we had nine boxes of literature at our doorstep. I cannot stress enough how supported we feel by NA World Services and our worldwide NA Fellowship throughout this process.

Joseph I, Nigeria

*The basic purposes of our world services are communication, coordination, information, and guidance. We provide these services so that our groups and members can more successfully carry the message of recovery and so that our program of recovery can be made more available to addicts everywhere.*

*A Guide to World Services in NA*



## The Afri-can Zone includes

Ethiopia	Rwanda
Ghana	South Africa
Kenya	Tanzania
Lesotho	Uganda
Liberia	Zanzibar
Namibia	Zimbabwe
Nigeria	

# Russian-speaking NA around the world

Transit Forum is an online discussion group helping recovering addicts to enjoy being in service and to not feel isolated living far away from Russian-speaking NA groups. Transit's foundation dates back to December 2013, and was established to create unity among recovering addicts all over the world who speak Russian. We meet regularly via online video and we also communicate using social media, via texting/messaging apps, and by phone.

During the past two annual gatherings, called the International Russian-speaking Forum, we were able to meet with each other in person. The first such event took place at the Baltic NA Convention in Tallinn, Estonia, in 2014. The second Forum was held at the 25th Anniversary of NA Russia in St. Petersburg, in July 2015.

Today, addicts from 23 different countries are connected via Transit Forum. We have one primary purpose: to carry the message of recovery to the addict who still suffers . . . in Russian, no matter where he or she lives. Any addict willing to join Transit Forum is welcome to carry the NA message by getting involved in their local subcommittees like H&I, PI, activities, financial, information, translation, and the Transit Forum newsletter.

All of us are just beginners in our new experience of being in service in Transit Forum. Nevertheless, we are full of energy, creativity, and willingness to carry the message that any addict, anywhere, seeking recovery can find it. We experience the joy of being able to understand each other on the level of unity and compassion.

God loves us recovering addicts, despite geographical borders, and we are willing to carry this love to any addict, anywhere. NA love doesn't know borders.

For information, please visit: [www.na-tranzit.org](http://www.na-tranzit.org) or email [na.tranzit@gmail.com](mailto:na.tranzit@gmail.com)

## Issue Discussion Topics

Issue Discussion Topics are subjects that recovering addicts in NA communities around the world focus on in discussions and workshops throughout each two-year conference cycle. These conversations encourage us to think more deeply about relevant topics and help build unity within our groups and service bodies. In addition, sending the results of your discussions to the World Board can help shape Fellowship-wide resources and services.

The IDTs for the 2016–2018 cycle are:

- Atmosphere of Recovery in Service
- Applying Our Principles to Technology and Social Media
- How to Use *Guiding Principles: The Spirit of Our Traditions*

Please visit [www.na.org/IDT](http://www.na.org/IDT) where we will be posting information and workshop materials to help you hold your discussions on these topics.



## Get More, Give More

Many thanks to all of you who helped us out during the recent subscription database cleanup. Through this effort, 7,176 duplicate subscriptions were discontinued. This will save thousands of dollars in printing and postage costs. Thank you for your continued support of *The NA Way* and for printing, posting, and sharing the electronic version of our quarterly recovery journal.

Adjust your subscription at

[www.na.org/subscribe](http://www.na.org/subscribe)

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

Thank you for supporting  
*The NA Way Magazine*

# 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. Please send submissions to [naway@na.org](mailto:naway@na.org).

## Brimming with history

The [Pioneer Valley Area](#) coffeepot carries a great deal of history. It was originally the coffeepot for the now-defunct Friday night meeting in Ludlow, which was also one of the original groups of our area. The group originally hosted more than 40 addicts each meeting, but for several reasons—including growth in all the surrounding areas—attendance dwindled to four or fewer, so more than ten years ago the group folded and donated their coffeepot to the area in the hope that other groups would use it during group anniversaries or for area events. This coffeepot has been used for innumerable group anniversaries, NA functions in both the Pioneer Valley and Western Mass areas, and on occasions where large attendance is expected at meetings. One of the original Ludlow meeting home group members is the keeper and maintainer of the coffeepot and was a group member at the Ludlow meeting when the coffeepot was originally purchased.

The Pioneer Valley Area is located in the strip between Worcester and Springfield, Massachusetts. It also overlaps in part with the Western Massachusetts Area. There are currently 14 groups, with twelve groups regularly attending the area service committee meetings. Our ASC meets on the second Monday of the month, at 7:00 pm in Chicopee, Massachusetts. We mainly use Robert's Rules of Order, though we have been trying to shift to consensus-based decision making, so our policy has been shifting to reflect these changes.

The PI subcommittee is very active and is the lifeblood of our area. Pioneer Valley PI recently joined forces with the Western Massachusetts PR Subcommittee in order to serve both areas and to provide a clear and consistent message in both areas. We have an active H&I subcommittee that regularly meets all of its commitments, though recently it has had to turn down new requests, as adding more would stress this tiny area beyond its limits. We have had many committees as needed through the years, though recently our Events Committee was placed on hiatus until we can get some more interest from members.

The area was formed sometime between 2002 and 2004 in a split from the Western Mass ASC. Our significant challenge is that ours is a small area surrounded by two larger areas. We have always struggled financially, but have always been able to fulfill our obligations to groups and meet our expenses as an area. A success is that we often have better than 75 percent participation of our groups at the area level. Even with a convention going on in the Western Mass Area at the time of our last regional meeting, we had members from seven different home groups helping to cook, clean, set up, and break down the RSC meetings.

Ray L & Ada C, Massachusetts, USA





# CALENDAR

Multiday events and those occurring between publication dates are printed according to the schedule posted online. To enter events or to access event details, visit the online calendar at [www.na.org/events](http://www.na.org/events). (If you don't have Internet access, fax or mail your event info to 818.700.0700, attn: NA Way; or *The NA Way*; Box 9999; Van Nuys, CA 91409 USA.)

## Barbados

**Christ Church** 11-13 Nov; First Barbados Area Convention; Divi Southwinds Beach Resort, Christ Church; [nabarbados.org](http://nabarbados.org)

## Colombia

**Itagüi** 12-14 Nov; Medellin Area Convention 5; Itagüi - Antioquia, Itagui; [nacolombia.org](http://nacolombia.org)

## Dominican Republic

**Bavaro** 11-13 Nov; Quisqueyana Regional Convention 15; Caribe Club Princess Beach Resort & Spa, Bavaro; [nadominicana.org](http://nadominicana.org)

## India

**Gangtok** 24-26 Nov; Sikkim Area Convention 4; Hotel Rendezvous, Gangtok; <http://naindia.in/sacna-iv/>

## Oman

**Muscat** 11-13 Nov; Middle East Convention 4; Safer Ballroom at Alkhuwair, Muscat; [namec.org](http://namec.org)

## Venezuela

**Estado Carabobo** 18-20 Nov; Venezuela Regional Convention 9; Hotel Suite Caribe, Puerto Cabello, Estado Carabobo; [navenezuela.org](http://navenezuela.org)

## United States

**Alabama** 20-22 Jan; Central Alabama Area Convention 20; Hilton Garden Inn East Chase, Montgomery; write: Central Alabama Area; Box 230531; Montgomery, AL 36123

**Connecticut** 6-8 Jan; Connecticut Regional Convention 32; Hilton Stamford, Stamford; [ctnac.org](http://ctnac.org)

**Georgia** 24-27 Nov; West End Area Anniversary 30; Renaissance Concourse Hotel, Atlanta; event info: 404.887.8033

**Illinois** 11-13 Nov; Greater Illinois Regional Convention 20; Wyndham City Centre, Springfield; <http://centralillinoisna.org/index.php/gircna/>

**2)** 5-8 Jan; Chicagoland Regional Convention 29; Hyatt Regency McCormick, Chicago; [crocfn.org](http://crocfn.org)

**Maryland** 25-27 Nov; Free State Regional Convention 24; Hunt Valley Inn/Wyndham Grand, Hunt Valley; [fsrcna.org](http://fsrcna.org)

**Michigan** 11-13 Nov; Macomb Area Convention 6; Wyndham Garden Sterling Heights, Sterling Heights; [michigan-na.org/macomb/](http://michigan-na.org/macomb/)

**Missouri** 27-29 Oct; Saint Louis Area Convention 9; Sheraton Westport Chalet, Saint Louis; [stlna.org](http://stlna.org)

**New York** 6-8 Jan; Nassau Area Convention 14; Long Island Marriott, Uniondale; [nacna.org](http://nacna.org)

**North Carolina** 6-8 Jan; Western North Carolina Area Convention 32; Crown Plaza Resort, Asheville; [wncna.org/convention](http://wncna.org/convention)

**2)** 20-22 Jan; Down East/Inner Coastal/Crossroads Area Convention; DoubleTree, Atlantic Beach; [ncregion-na.org](http://ncregion-na.org)

**Ohio** 25-27 Nov; Greater Cincinnati Area Convention 21; Millennium Hotel, Cincinnati; [nacincinnati.com](http://nacincinnati.com)

**Oklahoma** 13-15 Jan; Norman Winter Convention; Sheraton Midwest City Reed Conference Center, Midwest City; [nwc.wascokna.org](http://nwc.wascokna.org)

**Pennsylvania** 10-13 Nov; Start to Live 34; Bayfront Convention Center, Erie; [starttolive.org](http://starttolive.org)

**2)** 11-13 Nov; Delaware County Area Convention 3; Clarion Hotel & Convention Center, Essington; [nadelco.org](http://nadelco.org)

**3)** 18-20 Nov; Reading Area Convention 3; Holiday Inn, Morgantown; [www.rascna.org](http://www.rascna.org)

**South Carolina** 11-13 Nov; The Journey Continues 5; [www.portcitynaconvention.com](http://www.portcitynaconvention.com)

**2)** 18-20 Nov; Ultimate Convention; Landmark Hotel, Myrtle Beach; [crna.org](http://crna.org)

**3)** 25-27 Nov; Serenity Fellowship Reunion; Sea Mist Resort, Myrtle Beach; [capitalareancna.com](http://capitalareancna.com)

**Tennessee** 24-27 Nov; Volunteer Regional Convention 34; Chattanooga Marriott, Chattanooga; [www.vrc34.com](http://www.vrc34.com)

**Texas** 13-15 Jan; Esperanza Area Convention 3; Tropicano Hotel Downtown Riverwalk, San Antonio; [eacnasa.org](http://eacnasa.org)

**Vermont** 11-13 Nov; Champlain Valley Area Convention 27; Sheraton Hotel & Conference Center, Burlington; Event Info: 802.862.4516; [cvana.org](http://cvana.org)

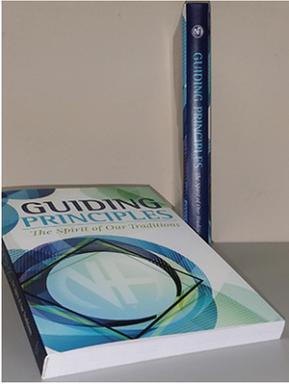
**Virginia** 20-22 Jan; Area of the Virginias Convention 35; Hilton Richmond Hotel, Short Pump; [www.avcna.org](http://www.avcna.org)

**Wisconsin** 3-5 Feb; Greater Milwaukee Unity Convention; Hyatt Regency, Milwaukee; [namilwaukee.org](http://namilwaukee.org)

## Help create YOUR NA Way

Please share your recovery experience with the NA Fellowship: stories, views on NA matters, photos, and your original recovery-oriented artwork. We also love to receive your local NA community's newsletters. Electronic documents (including text documents, jpg, gif, pdf, etc.) may be emailed to [naway@na.org](mailto:naway@na.org). Visit [www.naway.org](http://www.naway.org) for more information on submissions and the author release form.

# NAWS Product Update



## Guiding Principles: The Spirit of Our Traditions

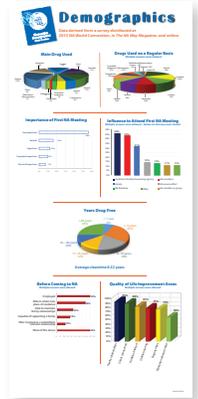
Our Twelve Traditions are a set of guiding principles for working together. NA's newest Fellowship-approved book contains tools, text, and questions meant to facilitate discussion and inspire action in our groups, in workshops, and in sponsorship. This book is a collection of experience and ideas on how to work through issues together, using the principles embodied in the Traditions.

Item No. 1201 (Hardcover) Price US \$11.00/9.70 € Item No. 1202 (Softcover) Price US \$11.00/9.70 €

## Demographic Poster (for I-stand)

updated 2016 statistics  
for your PR efforts

Item No. 9092 (35"x84") Price: US \$33.00



## Estonian

IP #7:

*Kes, mis, kuidas ja miks*

Item No. ET-3107 Price US \$0.24/0.21 €

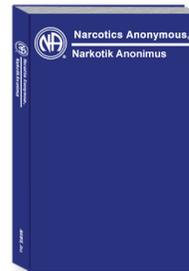
## French

IP #24: *L'argent, ça compte le principe d'autonomie dans NA*

Item No. FR-3124 Price US \$0.53/0.46 €

IP #28: *Financer les services de NA*

Item No. FR-3128 Price US \$0.35/31 €



## Indonesian

Basic Text (5th Edition)  
*Narkotik Anonimus*

Item No. ID-1101 Price US \$7.90/6.90 €

2015 Membership Survey  
*Survei Keanggotaan*

Item No. ZPRID1001 Price US \$0.30/0.27 €

Information about NA

*Informasi Mengenai NA*

Item No. ZPRID1002 Price US \$0.30/0.27 €

## Korean

IP #19: 자아 수용

Item No. KO-3119 Price US \$0.24/0.21 €

IP #23: 외부에서  
단약 상태를 유지하기

Item No. KO-3123 Price US \$0.24/0.21 €



(2016 Versions)

*NA: A Resource in Your Community*

*Une ressource près de chez-vous*

Item No. FR-1604 Price US \$0.40/0.37 €

2015 Membership Survey

*Enquête sur les membres de NA*

Item No. ZPRFR1001 Price US \$0.30/0.27 €

Information about NA

*Informations à propos de NA*

Item No. ZPRFR1002 Price US \$0.30/0.27 €



## Polish

**IP #13: Przez młodych uzależnionych, dla młodych uzależnionych**

Item No. PL-3113 Price US \$0.35/0.31 €

**IP #14: Doświadczenie jednego z uzależnionych z akceptacją, wiarą i poddaniem**

Item No. PL-3114 Price US \$0.24/0.21 €

**IP #28: Finansowanie służb NA**

Item No. PL-3128 Price US \$0.35/0.31 €



2015 Membership Survey

**Encuesta a los miembros**

Item No. ZPRSP1001  
Price US \$0.30/0.27 €

**Information about NA  
Información sobre NA**

Item No. ZPRSP1002  
Price US \$0.30/0.27 €



## Ukrainian

**IP #5: Інший погляд**

Item No. UA-3105 Price US \$0.24/0.21 €

## Portuguese

*Twelve Concepts for NA Service*

**Doze Conceitos para o Serviço em NA**

Item No. PO-1164 Price US \$2.05/1.80 €



## Coming Soon

**Guiding Principles:  
The Spirit of Our Traditions**

Hand-numbered Limited Special Edition

Features decorative inside cover, Japanese paper, and full-color chapter starts. A shimmering varnish finish and an "epoxy dome" medallion decorate the textured cover. Includes a coordinating debossed leatherette bookmark.

*will be available this December*

Item No. 1205 Price US \$30.00/26.50 €

## 2017 JFT Calendar

*will be available this December*

Get your daily recovery inspiration and encouragement with excerpts from our *Just for Today* book. 4.25" x 5.25" tear-off pages with easel.

Item No. 9500 Price US \$11.75/10.40 €

## Russian

**IP 2: Грызна**

Item No. RU-3102 Price US \$0.31/0.26 €

## Spanish

2016 Versions

**Un recurso en su comunidad**

Item No. SP-1604 Price US \$0.40/0.37 €

**IP No. 28: La financiación de los servicios de NA**

Item No. SP-3128 Price US \$0.35/0.31 €



## Hungarian

*The NA Step Working Guides*

**A NA Munkafüzete A Lépésekhez**

Item No. HU-1400 Price US \$8.50/7.50 €

## Polish

*The NA Step Working Guides*

**AN Przewodnik do pracy nad Krokami**

Item No. PL-1400 Price US \$8.50/7.50 €

