

TO: SLE and Out-patient Programs

FROM: Greater San Jose Outreach Subcommittee of
Narcotics Anonymous

SUBJECT: NA Newcomer Workshop

The Greater San Jose Outreach Subcommittee of Narcotics Anonymous (NA) is trying to increase awareness of the Newcomer Workshop as a resource and encourage regular participation from SLE and Out-patient Programs. Specific information is provided below:

Narcotics Anonymous
Newcomer Workshop
Every Thursday Evening 6:00 to 7:00 p.m.
Grace Baptist Church
484 E. San Fernando Street, San Jose
Fireside Room—Enter on San Fernando St.
Presented by:
Greater San Jose Outreach Subcommittee

The Newcomer Workshop is a clearly formatted question and answer meeting facilitated by NA members. It is specifically designed to provide a relaxed orientation for people new to the Narcotics Anonymous program, or for those simply interested in learning more about the 12-step recovery process.

The following topics are discussed at the Newcomer Workshop from the perspective of NA as a whole (rather than individual experience):

- **Meetings & NA Membership**
 - Different types of NA meetings and how to find them
 - 3rd Tradition (the only requirement for NA membership)
 - Total abstinence as defined by NA
- **Speaking and Sharing at NA meetings**
 - Format of sharing at meetings
 - Appropriate behavior at meetings
- **How NA Works**
 - Overview of the 12 Steps and 12 Traditions
 - Sponsorship and a Support Group
 - NA Service
 - The concept of a Higher Power
 - NA Literature

Each participant is given a literature “packet” that includes a meeting schedule, “White Booklet,” and several NA informational pamphlets. Refreshments are provided.

For flyers or more information, please contact either:

Public Information Committee – Curt S. at (408) 370-9363
Outreach Subcommittee – Steve M. at (408) 297-8082

GREATER SAN JOSE AREA NARCOTICS ANONYMOUS NEWCOMERS WORKSHOP

Introduction

- Welcome to the Newcomers Workshop of NA

Introduce those leading the workshop and explain the type of meeting

- Serenity Prayer (explain)
- Court Cards - *READ*:

Court cards will be signed and ready for you at the end of the workshop. Please be aware that the signing of court cards is a courtesy, provided by NA, it is not mandated. We never endorse, finance, or lend the NA name to any outside organization. We cooperate with, but never affiliate with entities such as courts, hospitals, recovery houses, or other 12 step programs.

(Reference 6th Tradition; Mention that some meetings do not sign Court Cards – 4th Tradition)

- NA Related Announcements

(Does everyone know what an NA related announcement is? Choose someone to explain.)

Meetings & NA Membership

- Types of meetings (explain)
(Open vs. Closed; How to use of meeting guide to pick out different types of meetings)

- Home Group (explain)
(Way to get to know people; Introduction to service; Business meetings; Difference between group and meeting)

- NA Membership - *READ*:

The 3rd Tradition states the only requirement for membership is a desire to stop using. Membership is not automatic when someone walks in the door, or when the newcomer decides to stop using. The decision to become part of our fellowship rests with the individual.

- Readings at meetings: What is the NA Program, Who is an Addict, Why are we Here, How It Works, 12 Traditions, Just for Today (explain)
(Reference Who, What, How and Why IP)

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- Total Abstinence - As defined by NA
(Reference last paragraph of How It Works; Could also use Bulletin "Regarding Methadone an Other Drug Replacement Programs")

- Clarity Statement - *READ:*

At NA meetings we introduce ourselves as addicts. When our members identify themselves as "addicts and alcoholics" or talk about living "clean and sober" the clarity of NA message is blurred. To speak in this manner suggests that there are two diseases, that somehow one drug is separate from the rest, requiring special recognition. Our identification as ADDICTS is all inclusive referring to the disease of addiction, allowing us to concentrate on our similarities not our differences.

(Have someone read; Reference 1st and 5th Traditions; Reference What is the NA Program)

- Newcomers: NA meetings will ask if there are any newcomers in their first thirty days of clean time (explain)
- 7th Tradition (explain)
(Reference What's the Basket For? IP)

Speaking / Sharing at NA Meetings

- Sharing at meetings (explain) - *READ:*

In NA meetings we share in a general way our life experience. We deal with every aspect of our addiction, not just it's most obvious symptom: our uncontrollable drug use. The aspects of our disease are numerous. By practicing this program, we each discover the ways in which our addiction affects us personally. Regardless of the individual effects of addiction on our lives, all of us share some common characteristics although we may have used different substances. Our primary purpose is to carry the message to the still suffering addict. That one purpose, clear and powerful, stands alone in our collective consciousness as the only thing that really matters. With that, all is possible, and miracles happen.

(Have someone read; Reference 5th Tradition)

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- BEHAVIOR STATEMENT (Tradition 4 page 155 It Works How and Why) - *READ:*

It's also important to consider how we're viewed by society. When NA meetings first began in many places, it was illegal for addicts to meet under any circumstances. Even where meetings are legal, the public often views groups of addicts with alarm. Until NA has established a good public reputation, it may be difficult for addicts to find meeting places. If our behavior as NA members is still destructive and selfish, we will once again have difficulty meeting openly. We help protect our reputation as a fellowship when we use our meeting facilities with respect, keeping them clean and in good repair. We should take care to act like good neighbors, conducting ourselves respectfully...If the public reputation of Narcotics Anonymous is somehow impaired, addicts may die.

(Have someone read; Provide examples)

- Things not to do in an NA meeting (explain do's and don'ts)
(Basically everything that has been done in this workshop)
 - Cross talk
 - Disruptive Behavior (explain) - Violence both verbal and physical will not be tolerated
 - Unattended Children; this impairs our relationships with facilities. Please try to bring something quiet for your children to do during the meeting, or ask for help.

How It Works

- How It Works
(Reference 12 Steps, 12 Traditions; Reference How It Works reading out of Who, What, How, and Why IP; Use How It Works reading to outline points below)
- Sponsorship (explain)
(Use Sponsorship IP)
- Support Group (explain how to get numbers and use them)
- Service (explain how NA is run by volunteers)
(Provide examples of basic service; Reference 2nd, 9th, and 10th Traditions)
- Higher Power (explain spiritual not religious program)
(Reference 6th Tradition)
- NA Literature (explain cost for some)

GREATER SAN JOSE AREA NARCOTICS ANONYMOUS NEWCOMERS WORKSHOP

1. Basic Text
2. It Works How and Why
3. Step Working Guide
4. Just For Today
5. Little White Book (FREE at Workshop)
6. Booklets (Other)
7. Ips (FREE)

Closing

- What NA is not - *READ*:

NA is not a religious movement, an employment agency or a social service organization. We have no paid social workers. NA does not prescribe or pay for treatment for addicts; does not run hospitals, recovery houses or any other outside enterprises. Narcotics Anonymous is here to help any addict who wants to stop using.

- Here are some tools that work for us - *READ*:
 - **Come to 90 meetings in 90 days and don't use in between.**
 - **Read some NA literature everyday. Our pamphlets and meeting schedules are free and our basic text and other books are for sale.**
 - **Get a sponsor. If you don't know what that is, ask somebody after the meeting and read the pamphlet on sponsorship.**
 - **Get phone numbers and use them.**
 - **Most importantly, KEEP COMING BACK!**
- Close the workshop with Third Step Prayer
(Reference 3rd Step)