RE: To all the newcomers

A few useful suggestions... and where they come from...

**AVOID PEOPLE, PLACES AND THINGS**
Basic Text Page 15: "Old friends, places, and ideas are often a threat to our recovery. We need to change our playmates, playgrounds and playthings."

**COME EARLY AND STAY LATE**
Basic Text page 252: "We were into service work, emptying ash trays, setting up and cleaning up meeting halls. We would get there early and leave late..."

**DON'T USE... GO TO A MEETING**
Basic Text page 10: "...we suggest that newcomers keep coming back and come back clean."
IP 23 "Staying Clean on the Outside": Instead of picking up that first drug, we do the following:
* Don't use, no matter what
* Go to an NA meeting

**GET AND USE A SPONSOR**
Basic Text Page 55: "We have found it helpful to have a sponsor and to use this sponsor"
IP #16 "For the Newcomer": "We suggest that you look for a sponsor as soon as you become acquainted with members in your area."

**GET A HOMEGROUP**
Basic Text Page 54: "We find our place in the Fellowship, and we join a group whose meetings help us in our recovery."
Basic Text page 95: "Attending our home group provides encouragement from the people that we get to know."

**KEEP COMING BACK, IT WORKS!**
Basic Text Page 9: "We have learned from our group experience that those who keep coming to our meetings regularly stay clean."
Basic Text page 148: "Keep coming back, it works."
IP #22 "Welcome to Narcotics Anonymous": "KEEP COMING BACK - IT WORKS!"

**90 MEETINGS IN 90 DAYS**
Basic Text Page 53: "A meeting a day for at least the first ninety days of recovery is a good idea.

**USE THE PHONE**
Basic Text Page 54: "...get and use telephone numbers..."