Each chapter contains

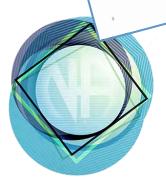
Unity changes us. When we rise above our differences we start to unity changes us, when we rise above our offerences we start to understand who we are, how we fit and how much we have to offer the understand who we are, how we fit and how much we have two new and the removal. The annual and understand the department of additional residence of grade removal. understand who we are, now we fit, and now much we have to offer the world. The degradation of addiction robs us of self-respect. The care and world. The degradation of addiction robs us of self-respect. World. The degradation of addiction robs us of self-respect. The care and respect we show each other in Narcotics Anonymous reminds us of our particular white many the properties of the proper respect we show each other in Narcotics Anonymous reminds us of our own value and humanity. The experience of unity restores us to dignity.

Our willingness to come together in unity and anonymity means we Our willingness to come together in unity and anonymity means we recognize that each of us matters. The Basic Text tests us in Step Eight. recognize that each of us matters, the basic text tells us in step tight "We want to look the world in the eye with neither aggressiveness we want to look the world in the eye with neither aggressiveness nor fear," Then, in Chapter Nine, the Basic Vext mentions, "We no nor tear. Then, in chapter kine, the Basic lext mentions, Type no longer need to make fools of ourselves by Standing up for nonexistent. ionger need to make tools or ourselves by standing up tor nonexistent virtues. These passages describe freedom from animosity. When we have tools or ourselves by standing up to money to the standard freedom from animosity, when we have tools of the standard freedom from animosity when the standard freedom from the standard freedom fr virtues. These passages describe freedom from animosity. When we feel dignity, we are not turned by a passing breeze, and we no longer and dignity, we are not turned by a passing breeze, and we no longer from the defend of the passage from th

We often say "our unity is our strength," and it's true for us both We often say "our unity is our strength," and it's true for us both as individuals and as a Fellowship: We draw personal strength from MA writer Miller brown when well as the control of as inanviauais and as a revioneship, rive draw personal strength from NA unity. We know that today we don't have to go it alone. We NA unity. We know that today we don't have to go it aintie, we walk together on this path, and the addict yet to come will follow Walk together on this path, and the abunct yet to come will roudy in our footsteps. We draw strength, courage, and honor from being part of something so much greater than ourselves.

 $_{
m NA}$ unity is our bond with fellow addicts: those who came before us, those who are nusse who came repore us, more who are here today, and those who have yet to find us. Our practice of unity makes room for all addicts to recover in NA.

introduction



Guiding Principles: The Spirit of Our Traditions

WORD BY WORD

Define, expand on, or clarify the words or phrases from this Tradition, one at a time or in relation to each other, for writing or discussion with your sponsor or other NA members.

Example: welfare

Welfare is a word that's used more than it's understood. Welfare typically refers to our health, comfort, and well-being. Many definitions of this word also mention safety and happiness. When Tradition One suggests that our common welfare should come first, it's telling us that the well-being of the group should be more important than the desires of the individual. Together, as a Fellowship, we all share a common responsibility for each other and for the Fellowship that makes our personal recovery possible.

SPIRITUAL PRINCIPLES

Each Tradition embodies a variety of spiritual principles. The list of principles and values below may be useful as we consider applications of this Tradition. Explore them in writing or discussion with your sponsor or other NA members. If other principles or values not listed below seem relevant for you, include those as well,

* unity *surrender · acceptance *commitment * selflessness · love * anonymity * safety · goodwill hospitality *empathy

Example: unity

When we experience unity with the group, we call it commitment. When we experience unity within ourselves, we call it integrity. Of course, this doesn't come automatically, Each example of unity begins with surrender. Personal recovery begins with surrender to the First Step; surrender to the First Tradition brings us to understand that we are part of something much greater than ourselves.

The atmosphere of recovery that helps us welcome newcomers is made possible through unity. When we are in conflict with each other, when a meeting is full of tension or bitterness, it doesn't matter what we say: A message of hope won't get through. On the other hand, unity is a message in itself. When we walk into our first meeting and see addicts coming together in unity, the spirit touches us even before the words get through.

introductory exercises

For Members Tradition One asks us to shift our perspective. For the first time, "we" comes to let go. W There is a I principles o or the desir for us to th For Groups learn throug NA is a program of attraction, and unity is attractive. We feel unity in members at The wor and clear a We receive th start unders we haven't e Traditions I understand v a meeting c gives us hope in the group's Listening fo 8. In what ways does this group contribute to NA unity locally and house, the shows another way a define that may had dieurifolius? to solutions The group I. In what ways does this group contribute to NA unity locally and beyond? Is there anything we're doing that may be disunifying? together in meetings and greater tha 9. Are we in communication with our local service bodies? How can we had no improve the flow of information? For our manhous narrichness carry the me Serving, shar I. Are we in communication with our local service bodies? How can we help to improve the flow of information? Do our members participate on the order and rommunicate to the order about what's order on? Coming each other fellow addicts help to improve the flow of information? Do our members participal in service, and communicate to the group about what's going on? from our e not the only 10. How does this Tradition help us understand anonymity? How does to the tradition? How do we marries to the possi membership I. How does this Itadition help us understand anonymity help us understand this Tradition? How do we practice take responsi sease, but make sure the opportu 11. Discuss any bridges between this Tradition and other Traditions. What an antido When the are clear and afraid. a source and ard the 12. What more can we do to bring the principles of this Tradition into our groun effortes What could we do differently to better fittin our requirement leed ea 4. What more can we do to bring the principles of this Iradition into our group efforts? What could we do differently to better fulfill our message of p nity we cannot ex first walk in helpful. The a In Service understanding When we come together in service, we connect with each other in a vital way. is more power When we come together in service, we connect with each other in a vital way. Most of us feel better when we are productive, and doing something together addicts etay clean gives us a consent following. The friendshing just looking f Most of us feel better when we are productive, and doing something together that helps addicts stay clean gives us a sense of belonging. The friendships of the productive are in the any in the friendships. of us, the mes that helps addicts stay clean gives us a sense of belonging. The friendships of the form o tools we have we develop in service are unlike any in our lives—not because they are and solve problems and but because we work hard, walk through struggles, and solve problems to contributing to our common works are we find empathy, patid always easy or pleasant, but because we work hard, walk through struggles, and solve problems together. In contributing to our common welfare, we find and solve problems together. In contributing to our common we meaning and joy. In creative action we find love and purpose. One of the the experience canng ana joy, in creative action we that tove and purpose. Our vision statement includes the hope that every addict will be able The state according and their according to the according we've experie Our vision statement includes the hope that every addict will be able entiring a property and that every member has the chance to experience t attentive, an to hear the message and that every member has the chance to "experience convicts when and fulfillment through service." We experience unity in convict work as narr of a greater whole in convict to our Spiritual growth and fulfillment through service. We experience unity in service when we see our work as part of a greater whole, in service to our management of the contract SCIVICE when we see our work as part of a greater whole, in service to our primary purpose, and connected to our personal recovery. In whatever way to the control of the c primary purpose, and connected to our personal recovery. In whatever way we serve, our vision must be at the center. We can be so focused on a last our way to manhave who might to willing our information. we serve, our vision must be at the center. We can be so focused on a task Vision is immersion, and too members who might be willing or interested. The content of the co that we neglect to reach out to members who might be willing or interested. Vision is important, and we must constantly adjust our focus-zooming in the tack at hand and milling back to one how it fire in the larger frame. Vision is important, and we must constantly adjust our locus—zooming in the task at hand, and pulling back to see how it fits in the larger frame.

Our experience, strength, and hope is our message. We share how MA Our experience, strength, and hope is our message. We share how NA in our lives. When we're just going through the motions, we can feel to hostifiate and inetitations (Horth nanol londor). works in our lives. When we're just going through the motions, we can feel it—and so can the newcomer, A hospitals and institutions (Hall) panel leader

main sections

Each group has but one primary purpose— to carry the message to the addict who still suffers.

Each Tradition embodies a variety of spiritual principles. The list of principles and values below may be useful as we consider applications of this Tradition. Explore them in writing or discussion with your sponsor or other NA members. If other principles or values not listed below seem relevant for you, include those as well.

integrity	responsibility	unity	anonymity	commitment
empathy	service	purpose	open-mindedness	surrender
fidelity	consistency	vigilance	passion	compassion
security	hope			

Example: consistency

Consistency is a spiritual principle that keeps us doing what we do. It begins with the refrain, "Keep coming back!" Coming to meetings regularly helps us stay clean, and it also carries a message of hope: We keep coming back because it works. The group depends on its members, and members depend on the group being true to its purpose. Showing up consistently, sharing honestly, and treating others with respect all further our primary purpose. A consistent message is powerful. When our actions and message are clear and consistent, our groups cannot fail.