

...ead of looking only at their own...
...ge of hope and freedom to new communities in the coming...
...can have a means to participate. ...**encouraging our spouses to get involved**...
...ing selfless service. ...an ever-growing, ever-healthy fellowship which embraces every addict, regardless of...
...my native language and it's always a shock to meet with the American culture. Thank you for keeping the miracle alive for our kids,
...at you are feeling is all our love from the WSC 2008! ...that we continue to work collectively to... our practical foundation toward,
...to reach our vision of providing the resources and abilities to experience recovery through...
...**l for your willingness to carry the torch into the future of NA.** Please go forward with the knowledge that you are loved, resp
...y those of us that have come before you. I hope the IP's for young people... helped you... NA community, and that young
...All the people around you love this recovery thing as much as you do, so... get loud... We must learn
...with professionals in the medical field, churches, and our communities. I... that the work... before you...
...ry community along Europe has a place to share its experience. As we... grow, we... be afraid of change as long as that
...e fellowship to improve on how we currently carry the message of NA... board... the tradition... concepts, we ha
...**example to those who will follow you.** By being willing to learn... the vision of... and the message of... addicts who car
...o help guide you in your efforts to develop and grow the fellowship toward... evolve and be completely embraced by...
...ome after you. Freedom is also our responsibility as delegates of a world... time and effort this conference will serve...
...er addict waiting to hear our message. I hope... All members who arrived [at WSC] before...
...of recovery. Be strong and do your part of this... money for NA... technology, v
...as my own homegroup. **I hope our work has broadened our base to reach a higher point of freedom.** Dear fell
...DM creates. It wasn't always this way, but we know that... connection with the human spirit. In a time of...
...age of instant everything we do not lose our touch with... with God. This is a love that will pass the test...
...is our interaction with the human spirit; which is our... Can... he message to the addict who still suffers...
...ome, first of all I hope you feel that we all have the same ob... objective. The topics in this conference...
...cuss a method that is more precise everyday which can help... accomplish... the objective welcome and enjoy...
...best to find **the spirit of unity which will guide us** to be... through... they have come through... you to be resp
...f your recovery. Sometime someone said to you: In NA dreams... the world and in your region. Smile, trust the process...
...u to help so NA's doors continue to open more and more around... this has been very valuable... recovery as I have
...e, bring a sweater, cry... wish, talk slowly, be loving, follow your conscience, feel, hug a lot, talk slowly, phone you
...n the miracle we have. I... invol... local service since I got...
...carry the message individually. I feel... honored to get to serve at a...
...ssage at this World level. I... still su...
...e. 2) to bring back to my reg...
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OUR VISION OF OUR FUTURE



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From the editor

I once started a new meeting and sat alone week after week, wondering if anyone would ever come. Eventually, the group grew so much that we had to move to a larger space. As time passed, I stood, pregnant, in the closing circle of that home group; then with my son in my arms, and eventually, with him hugging my leg while we prayed out. Today he's 18. He knows the Serenity Prayer and where addicts can find help.

While living that experience, I wasn't thinking about creating history or pursuing a vision; I was just living life on life's terms in NA. Our futures—and NA's—are created with simple efforts like this. We begin with willingness, dedication, and faith. Where recovery is needed, our members serve. Like our founding members, we work together bringing change and ideas that help NA grow in the world as we create "Our Vision, Our Future."

De J, Editor

The electronic *NA Way Magazine* is now enhanced with additional content and features not available in the print version. To e-subscribe, visit us at www.naway.org.

Cover: Background text is excerpted from letters written from WSC 2008 participants to WSC 2018 participants.

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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.

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

The future begins here

My name is Faik and I come from Macedonia, but I have been living in London for a long time now. Many times since I got clean I have been awestruck seeing a Higher Power at work, and this is one of those times.

I go back to Macedonia to visit family and friends on a regular basis, and I always wanted to carry the NA message there. NA had not been established there yet, but it seemed I never had a suitable opportunity. Last year I was going through a bit of a difficult period in recovery, so I took some time to travel in the former Yugoslavia. I started from the top, visiting friends from the fellowship in Croatia, Serbia, and Montenegro. These are all very young NA communities, and I've been involved in their development in some capacity all along.

Traveling along the Adriatic coast, I arrived in Montenegro and went to their meeting. The group here started with one addict, just out of detox, who had a book that explained how NA works. Armed with that, he told other addicts about NA and that they could get clean. Their first meetings were held in their bedrooms or living rooms, and this lasted for a while until they found their current meeting place.

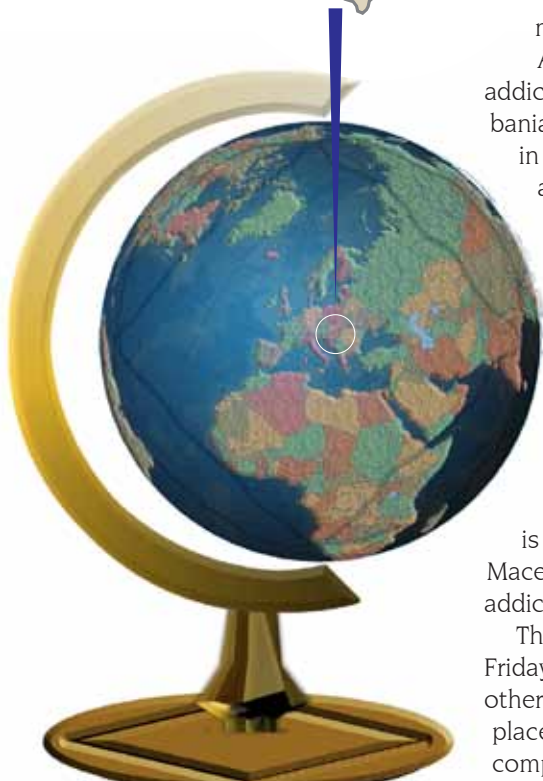
While there, I stayed with a family of a using addict whose parents know about NA. His mother, with the help of some NA members, started a parents' group, using the twelve-step program to deal with their sons' and daughters' using. It is so humbling listening to her explain how she understands Step One and how she was going mad until she came across concepts such as powerlessness and a Higher Power.

After about a month of travel I got to Macedonia, settled in, and went to visit addicts in three needle-exchange locations. One is used by Macedonians, one by Albanians, and one by the Roma Gypsies. The picture is all too familiar and very bleak in those places. The addicts look like they just came from the front lines, and there are ten- to eleven-year-old kids who are full-blown addicts.

I kept showing up at these places, carrying our message, not being sure what would come out of it. Some were receptive and had never heard about NA, but they could see I was one of them. They couldn't believe they could get clean just by having the desire to stop using, and that NA was free. I kept doing what we do—being myself, allowing HP to carry me on and do my best.

I had about seven days left there, and we agreed to have a meeting. On Tuesday, 12 October 2009 at 11:00 am, we had our first meeting. Only one addict turned up. "Oh, what a failure," I thought. I still went on to do the meeting, knowing it was what it was—part of NA history. Later on that day we arranged another meeting for Thursday, and six people came. Although the country is divided along religious lines left over from the civil war, it was a mixed meeting, Macedonians and Albanians sitting together, sharing the desperation of being using addicts. It went really well; they could see there was something happening in that room.

Then I had three days left, and we arranged another meeting for the next day, on Friday evening. I had exhausted my own story, and I wanted them to see there were other clean addicts in NA. We held the meeting in the office of this needle-exchange place and I noticed they were using a voice-over Internet protocol (VoIP) on their computers. I figured I might be able to get one of my NA friends from London to speak



at the meeting using this videoconferencing technology. I made some phone calls and sent a few emails, and we were set to have our first VoIP meeting. That evening, there were eight of us in the meeting in Skopje—three addicts joining from London, two from Belgrade, two from Croatia, and one from Montenegro. It was just amazing, and the hair on my neck still rises as I write this.

We agreed to have meetings Tuesdays and Fridays. We would do it via the Internet and see how it went. A couple of days later I was back in London. I started to find speakers for the meetings, and many friends joined the group to support us. Since then it has been an incredible journey. I really was not sure if they were going to keep it going. They kept turning up, and for addicts struggling to stop using, they've done really well. Now addicts from the UK, Amsterdam, Denmark, the US, Moscow, Bulgaria, Croatia, Serbia, and Montenegro tune in to take part in carrying a message of recovery. Some are isolated, so it is their only means of making a meeting.

We are all getting ready to go to a convention in Sarajevo (Bosnia) this weekend (15 January 2010), and three addicts from the Macedonian fellowship are coming there as well. They can't wait to get there. There is such a great energy building up to this. Addicts from all the different former Yugoslav republics are converging to celebrate and share NA recovery in this town that was so devastated by war. There are many of our British friends coming over, some Hungarians, and even two great guys from New York. We also organized a fund for newcomers who could not afford it and raised enough for ten more addicts to attend the convention. All of this is thanks to this beautiful fellowship we call Narcotics Anonymous. It gives us back so much more than just our lives.

Faik G, England, United Kingdom

Postscript

When I first went to a recovery meeting in beautiful Trogir, Croatia, the NA Fellowship had been going for a few years, but it was a shock to them to hear some of us share about the concept of complete abstinence. Three and a half years later, quite a few of them are clean and the fellowship keeps growing. Last August, the NA community in Belgrade, Serbia, had its first convention and many of us went. They are also developing and are practicing the program based on complete abstinence, having learned from the experience of their fellow addicts in Croatia.



Subscribers to the electronic NA Way can click here to read a related story.

Knit one, write one

Cast on, knit, purl, repeat. Prayer, resentments, fears, assets. Throughout my recovery I have found myself in a revolving door of defects and unhealthy relationships. Working the steps has gifted me with the awareness that everything changes, and freedom in any area is possible. Through the help and guidance of my sponsor (who I often refer to as “the wisdom keeper”), I have been working on a Fourth Step centered on my relationship with my mother. Until recently I continued to participate in this unhealthy relationship, engaging in defects as a result of fear, only to find pain and disappointment on the other side. So I began this journey.

I am much like a new student who collects books, paper, and pens before the school year begins. I prepared myself with all the tools I would need to approach this step. I pulled out my new basic journal and questioned if it was too beautiful to fill with all my mom-related secrets and demons. It was kindly suggested to me that perhaps this journal was beautiful enough to *contain* my mother. I removed my copy of *Working Step Four in Narcotics Anonymous* from the bookshelf, pen in hand. I invited my higher power’s presence and asked for the strength to be honest. I began to write.

Awareness of my ability to change, forgive, and accept became so clear that I had to step away just to absorb it. It was then I knew I wasn’t entirely prepared for this Fourth Step. I thought of my sponsor who often says, “Change a thought, move a muscle.” I decided it was time to move a muscle. I drove myself to the knitting store and picked up a pattern, yarn, and some knitting needles, and began a project. I returned home and began to knit. Cast on, knit, purl, repeat. I knitted my way row after row, following the directions of my pattern until my hands hurt. With each row, I could see that these green balls of yarn, which only moments before sat on a store shelf, were being formed into something beautiful. I could see the progress I was making and kept thinking of the end result, a beautiful jacket. I wanted to finish this project so I could enjoy the fruits of my labor.

And as I continued to knit, purl, repeat, I thought of my mom. I thought of all the years I have held on so tightly to my fears and resentments. I knew it was time to put down the knitting and go back to my writing. As I wrote, much like my knitting project, I thought of the end result. I imagined the freedom possible from the pain and demons I have kept hidden for so long—so long, in fact, that I didn’t know they were there. I considered what a gift it would be to simply accept my mom. I wrote, committed to each question, knowing that the door to freedom lay within my ability to be honest. When the pain or awareness became too great, I closed the journal and picked up the knitting. This knitting project was my outlet to all that became present in this Fourth Step. Depending on where I was, you



would find a blue leatherette journal next to a pair of knitting needles and green yarn. The awareness I gained about my relationship with my mother, and about who I am and why I do some of the things I do, has been enlightening and life-changing, to say the least.

Everything is connected to something else. And so it is that as I wrote this heartfelt, honest step regarding my mother, I became increasingly aware of my own role as a mother. Recovery is always interesting, so the dynamic of me being a mother whilst working on my role as a daughter created energy between my son and me. I could see all the connections of my own struggles that I was blindly passing on to my son. And for the first time in my almost ten years of recovery, I was able to let go.

Parenting is one of the hardest jobs I have ever had. It pulls at my heartstrings. Sometimes I'm unappreciated, and I always question whether I'm making the right choices. As I continue to knit and write, my son is present for all of it. To my surprise, he asks me to teach him how to knit, and together we sit watching television before bedtime, knitting. As I work through my Fourth Step and knitting project, he is working just as hard and enthusiastically to finish his first project, a hat.

My Fourth Step is a gift to myself, to find freedom from things that caused me pain over the years. It is a gift to my mother, for me to finally accept who she is. It is a gift to my son, to strive to be a better, more understanding mother, and to accept who he is. It is awareness, forgiveness, enlightenment. It is a green jacket from balls of cotton yarn. It is a beginner's blue-and-white hat. It is the trust and the love shared between a sponsor and a sponsee. It is what recovery is all about, and also why I show up for meetings and service commitments. It is a message of hope and a promise of freedom.

Jenny D, California, USA

Why, Dad?

I began using when I was twelve years old, and used for 36 years; my clean date is 20 February 2006. I had many opportunities to find recovery, but I refused to change. The events of my life are not very much different from those of many of my fellows in NA. What it takes for an addict to find recovery may be as diverse as our personalities. For me, it took devastating events and my eleven-year-old asking, "Dad, why does this have to happen?"

I decided to try to quit using and be more of a father to my son. I said a prayer to anything or anyone to help me quit using, but I could not do it no matter how hard I tried. One day, as my son and I were walking to a ballpark, suddenly, a drunk driver jumped his car onto the sidewalk and ran me over, missing my son by inches. The driver was a using acquaintance who ran me down intentionally because he was angry with me for not sharing my drugs with him.

Both of my legs were crushed. I was hospitalized 87 days, followed by a year of lying on my back, wasted on pain medication. I had 18 surgeries within a year, and had a chance of losing my left leg. I traded pain meds for my drug of choice, so my body couldn't heal itself.

I was living in a motel with using going on all around me, wanting to stop using for my son. I found an NA meeting and stopped using completely, no matter how much my legs hurt. I had been going to NA for about a month when I found a new surgeon who was willing to help me without any payment. This doctor saved my leg, warning me that if I didn't stop using, all his work would be worthless. I made a promise to my son and doctor that I wouldn't use.

Very early one Sunday morning my son was trying to sleep, but the partying noise was relentless, and people knocked on the door trying to get me to party with them. I did not use that day. I looked down at my son and said another prayer to anything or anyone: "Please get us out of this dirt hole of a place."

In the next hour, there was a fire and the motel burned to the ground. I was homeless again. A relief agency gave us \$300 and a three-day stay at another bad

motel. But I had been to NA meetings every day for the previous month, and one of the members insisted that we stay at his house instead. I went to a meeting every day with him.

I had my final surgery while staying with this friend. I told my surgeon I was an addict, but he insisted that I would go into shock without the IV pain medication he prescribed in the hospital due to the nature of the surgery. I had a major battle with the pain medication, but after three days I was released with oral pain meds.

I was in great pain, with plates and screws in my leg, but I knew the strength of my addiction. I learned to manage my physical pain by practicing the principle of acceptance. When I completely accept these facts, just as I accepted that I am an addict, and surrender to the powerlessness that there is nothing I can do about the pain, it goes away. I can almost run today, just not very far. And the pain "ain't no big deal."

My prayers had been answered and I was never alone, not one moment. Today, I have learned so much about my son and myself through sponsorship and step work. I have learned about my higher power and how to practice being spiritual. My son is in high school now, and just won the medal of excellence in a program he participates in. He is earning all A's in school. I am still living with the same NA fellow, and we are the best of friends.

Thank you to those who have served before me so that I may find recovery. Thank you, NA, for helping me with my pain inside and out. My son says, "Thank you, NA, for giving me my dad back." I will serve this fellowship with my life.

David G, North Carolina, USA

Subscribers to the electronic NA Way can click here to read an update on David's recovery.

Hugs – a choice

Hi, my name is Henry C. My clean date is 1 February 1996. With your help, this past February I celebrated my fourteenth year of recovery.

Some people know me as the person who has chosen not to hug at NA functions or meetings. I waited a year or so to write this because I was being treated for hepatitis C and could not get to a spiritual state to write from a loving and caring place. I talked with my sponsor,

“Hugs, not drugs” is a slogan, not a part of our literature. Hugging is mentioned a few times in our books in the spirit of hugs being something that may help us, not a requirement or expectation.

my good friends, and my HP to try to make an informed choice. I meditated quite a lot, waiting to feel that conscious contact and clear message from my HP. Then, lo and behold, last Sunday at my home group, the message came to me. I now feel it is time for me to share my feelings about my choice not to hug and why I believe this is a choice.

There was a child abused repeatedly by a relative. The youngster was afraid to speak of the abuse. The family visited the relative often, and each time the relative would embrace the child he had abused. The child tried to refuse, but his parents, not knowing of the abuse, insisted that he accept the hug. Later, the grown child found himself at an NA meeting where everyone wanted to hug him. When he denied them a hug, he was questioned or judged. He was not ready for the hugs yet, and had every right to say “no” and still be welcomed.

We don’t know everyone’s story. This terrible situation did not happen to me, but I felt the same as that child. When I did not wish to hug someone, I was asked, “What is wrong with you? Why don’t you want to hug?” This is not the

spiritual association I have with entering someone’s personal space. When we hug we are entering a person’s personal space, and I believe it is proper to offer or ask for a hug. I didn’t believe I had to explain. It’s just how I felt—I did not want to hug everybody all the time. I began to think it was an obligation, that I was doing something wrong, or I didn’t belong in NA.

I know the spiritual importance of human contact and how we isolate ourselves. During a relapse, a friend came to my house and got me out of the basement where I had been barricaded. She was afraid I was going to die and asked if

we could hug. At that point I felt human, wanted, and worthwhile.

As I mentioned, I was moved to write this after my home group meeting. A member was suffering terribly from addiction and other ailments, and seemed hopeless. I feared he might harm himself or die. After the meeting, I took some time to talk with him. I could see he was still distraught. I told him I had chosen not to hug for over a year because of my personal feelings. I told him about the line in the Basic Text about offering a hug because words were not enough. This was that spiritual moment. I asked if I could give him a hug, and he said “yes.” He cried and thanked me, and I thanked him right back. I hope it made a difference for him, but I know it helped me. I saw him a week later celebrating a birthday.

I know that not every situation calls for a hug. If you like it and wish to do it a thousand times, that’s your choice, too. I will wait now to see what my HP decides I should do about hugging.

Henry C, Ontario, Canada

The way it was, the way it is

On 4 October 2009 I reached eleven years of life without drugs, and I am grateful.

In my last days of active addiction, I searched for death. I had been to hospitals, clinics. I had been taken to church, to healers. I tried different types of therapies. I can’t explain why none of these things worked for me. The honest desire to stop never arrived.

I didn’t know how to live without drugs and I couldn’t imagine functioning without them. If I spent any time without using, with the help of some of those resources I mentioned before, I would find myself in an emptiness that was impossible to fill. I felt an unbearable sense of apathy with myself and with all the disasters that I had caused. I only thought about disappearing from this world, and because I never had the courage to kill myself, I believed I would die using.

I can’t explain why, but one day I wanted to stop. That is why I believe in God—because someone like me, who only wanted to die or to live drugged up, one day wanted to stop. How can I not believe in God? Perhaps when I realized that my despicable life would not end and drugs had not worked for such a long time, there were two choices left: live clean or live in agony. It was then that I had a desire to stop using; I took the first step and it was a relief.

To admit that I could not do it any longer, that I needed help and needed to surrender, was very painful, but this pain was different. This pain came accompanied by great relief.

After being clean for a while, I recovered the desire to live. The motive to live started to appear slowly and progressively. Each day I noticed the difference a little bit more. I was told I was not a bad person, that I was ill and I could recover; that I was worthy and there was a God who loved me, the most despicable and undervalued. That same God loved me. How crazy. The truth was that I didn’t understand anything and my matters related to God weren’t that sound, but

very deep inside, I believed. God loved me, protected me, and would do for me what I could not do for myself.

That is the way it was and the way it is. God surrounded me with people who came from the same place I came from, people who believed in me and who were willing to help me. I hope this God of love blesses our program and us, and that we keep coming back.

María Isabel G, Montevideo, Uruguay

That look

I was introduced to NA in November 2000 when nothing else had worked for me, though I thought I had it all under control. I did not stay, but there was something that troubled me at that meeting. I saw peace and serenity in the eyes of those addicts, or maybe it was calmness and hope. I don't know; I have never found the words since then to explain "that look" that so many of you know so well.

Two months later I had to go to a detox, by imposition of my fiancée at the time. When I left the clinic I searched for what had caught my attention there and in NA. I went to different meetings in town and stuck with members who had that look. I found out they were the ones who were always available to help, who were trusted servants in their groups and regional functions. Above all, they kept their commitments with their own families.

In the beginning, I did service the best I could just to stay close to them. I raised my hand for my first position in my home group, and got subsequently involved in many different services to the NA Fellowship. The types of service I like most are for my home group and those related to events. I've had three sponsors along the journey. They all taught me a lot about service and helped me with the steps and with my life.

Although I go to as many meetings as possible, I always preserve my life as a productive citizen. In May 2003 I married the most wonderful person my HP has put in my path. In December 2006 I got a university degree in my hometown. In July 2007 I received another gift—my

son, who is playing with his toy car right beside me as I write this. Maybe he has inspired me to write these lines. A moment ago, while he was playing and I was reading the latest *NA Way*, I went to the bathroom to wash my face and noticed a look in the mirror that just 24 hours ago I was looking for in other people's faces. I realized that when I practice the principles in all areas of my life and have had a "spiritual awakening" as a result of these steps, and when I try to carry this message to another addict, I get everything I have ever dreamed of. All this I owe to and share with you. I see life from another perspective, and now even I have "that look."

Sidney L, Jundiaí, Brazil

Our choices, our future

Recovery for me is very much about choosing wisely and knowing why I make the choices I make. Something as simple as the choice of my home group has taken on a much greater meaning for me today. I chose my home group, certainly for convenience, but also because there is considerable cleantime among its members.

I have come to understand today that recovery is both a practical discipline and a theoretical one. In order to become well-versed in recovery, I believe I need to have a desire to stop using, an understanding of what I need to do for my recovery, the necessary tools, and willingness to use those tools on a consistent basis.

It's true of anything I wish to try. For me to improve my tennis game, I must have a desire to play. A basic understanding of the rules and mechanics of the game is required (i.e., the layout of the court, how to hold the racquet, how to serve the ball, etc.). I need to practice. It is important that I play people of a higher skill level as this will motivate me to push myself, to try my hardest, to play to the best of my ability. Playing at this level will sharpen a whole set of new skills for me, like asking for help and following direction, to name but two. As I become

more skilled in my play, my desire to continue to improve begins to take on a life of its own. It is also true that playing tennis with those whose expertise is less than my own is also good exercise. This sharpens a whole set of equally important skills such as learning patience, a desire to be of service to others, and a truer understanding of the phrase "we can't keep what we have unless we give it away."

I never would have believed that such a simple choice as home group selection could have such wide ramifications for the quality of my recovery. I have been fortunate to witness and have modeled for me what I believe to be quality recovery. The truth is told in a very real way. This has caused me to become more reflective about the choices I make in my life today, and about the desire to choose wisely.

Kevin V, Ontario, Canada

Subscribers to the electronic *NA Way* can click here to access the "Building Strong Home Groups" worksheet.



Basic Food Groups

Banana Group



Cool Aid



Fellowship Group

Each group is autonomous—including the choice of a group name. We'd like to introduce you to several groups that may whet your appetite for recovery.

Cappuccino Group



Cookies Anonymous Group



Cool Beans Group

Cherry Group



Couch potato group



Cold Turkey Group

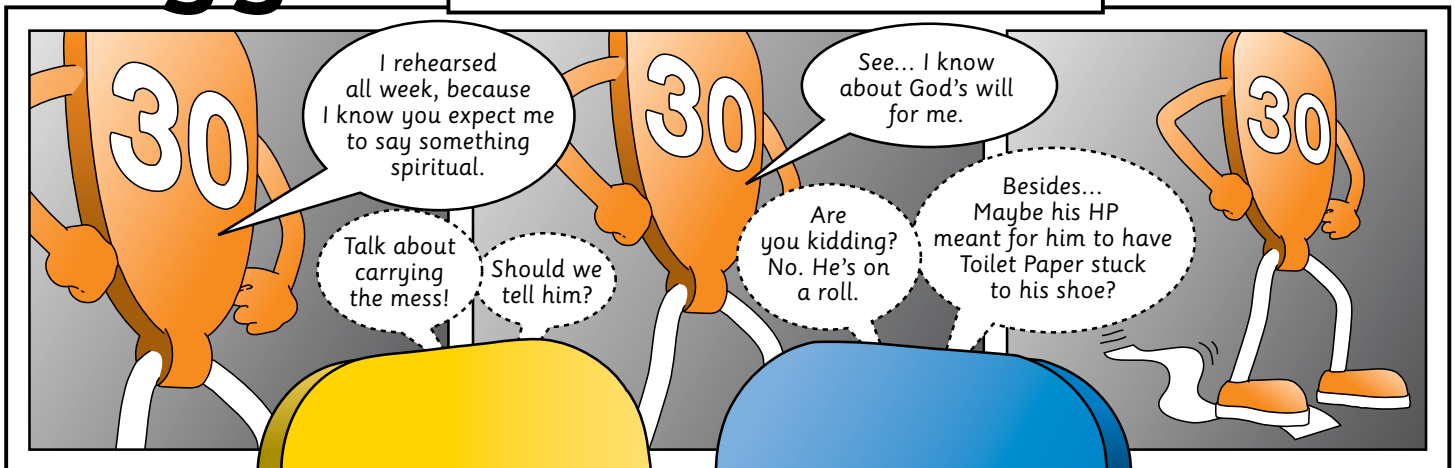
BAZAR BERSERK BANANAS GROUP



Tagged

"God likes a good laugh"

volume 1 - no. 2



Mike C - California, USA

OUR VISION

***We're no strangers
to helping each other.
It's what we do in NA.***

NA Cambodia

We have one group with three meetings per week in Phnom Penh, our capital city. Attendance averages about eight or nine per meeting. There are three loner members who meet with visitors outside of Phnom Penh. Most members are Cambodian newcomers with between three and 18 months, who attend meetings after treatment, but many stop coming after several months.

Our service structure has one group for the whole country, and we do not have any subcommittees, nor have we hosted any events. We have one member with service experience. Currently there are no translations projects because we feel it is vital that a Cambodian member who understands the program help in the translation, and we do not yet have a member ready to do this. Also, because most newcomers can't read, we have taken a verbal approach with less emphasis on literature.

We had our best year at trying to carry the message to Cambodian newcomers in 2009. We introduced the idea of NA to dozens of people, but our NA community is struggling due to two long-term members leaving Cambodia and another relapsing. Our hope lies in the future and continuing this NA community.

Excerpted from Cambodia report to Asia Pacific Forum, February 2010

NA South Korea

Attempts to start NA meetings in South Korea began as early as 2003, but reports were that meetings could not maintain stability at that time. Regular communication with an English-speaking NA member in Seoul, South Korea, was reestablished through a NAWS worldwide workshop in December 2009. There are now regular weekly meetings in three major cities in South Korea: Seoul, Incheon, and Pusan. Each meeting has ten to twenty regularly attending members. This photo is of the first anniversary of the Pusan group. We are thrilled to have direct contact and a door opening to begin carrying translated literature to the addicts there. We are now identifying translators and proofreaders to help with communications and draft review/editing.

NAWS Translations update



***We know the power of coming together
to carry NA's message.***

My Ethiopian home group

I came to NA about 13 years ago. While I was practicing the steps suggested by AA, my studying led me to our fellowship. I was convinced that NA was the exact fellowship for me. Right away, we formed an NA group, the first in Ethiopia—even in East Africa. We translated our Twelve Steps and Twelve Traditions. Many addicts were attracted and started exercising the steps with the help of English NA literature, but there was no literature in Amharic, the native language of our country. Today we have two draft IPs we use that are being reviewed for production at NAWS. Most members of the group are not able to make contributions or purchase NA literature. The group has not contributed money to an area, region, or NAWS because of the economy here, where more than 98 percent of the people live in severe poverty. Our home group struggled with this for a long time; there were no other groups or individual NA members to help. Even though we are not active in donations, at least we are able to serve the NA Fellowship with our knowledge and labor.

Ananiya H, Western Harrarge, Ethiopia

NA Kenya

The NA fellowship here goes back to the 1990's when addicts who met in AA tried more than once to establish NA meetings in Nairobi. A Friday night group floundered and eventually faded off. On occasion the group would get literature from NA World Services, in the late 1990s, but there was no consistent contact, so the group and members were not fully equipped with NA resources.

Around 2003 the fellowship experienced an upsurge in membership. By then the group had registered with NAWS, which led to literature, and there were enough members to set up Wednesday and Saturday meetings. These groups didn't survive long, and they weakened the Friday meeting. Also, some members relapsed and others relocated, leaving the fellowship on its knees. By 2005 the Friday meeting was barely functional, with very low turnout. This remained the case until around 2007 when there was another round of growth and consistency in membership, leading to the start-up of a Thursday and a Saturday meeting. Neither of those meetings lasted, but the Friday meeting survived.

In 2007-2008, members agreed to reestablish contact with NAWS for literature, set up an email address for the group, and focus on strengthening the Friday meeting. Members practiced the Twelfth Step to let more addicts know that a way out through NA exists; and members fostered growth by consistently attending meetings and contributing in other ways.

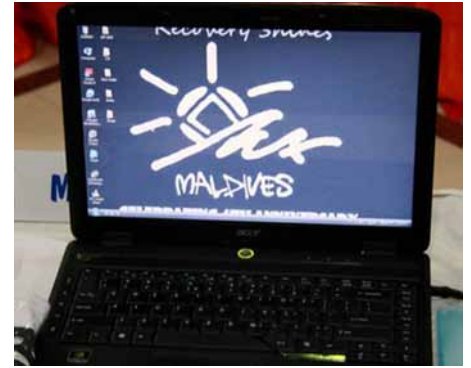
Today, that same Friday night meeting that struggled to survive is the New Dawn Group. We have supported members around the country with starter kits, leading to 24 meetings in the country today. Recently a starter kit was sent to Dar es Salaam, Tanzania, and that meeting is stabilizing. Some members from Nigeria who lived here for a while went back to their home country, where NA has yet to grow roots; but we, together with South African trusted servants, have been trying to connect the scattered members in Nigeria. A group starter kit was also sent recently to Rwanda in an effort to foster NA there.

Attendance still fluctuates sometimes, but no matter what or how many we are, the doors remain open in the spirit of attraction, for we keep what we have by giving it away.

Josphat K, Nairobi, Kenya

Local service bodies worldwide are working hard to carry the message. We can realize our vision if we all work together.

OUR FUTURE



NA Maldives

- ❖ ASC formed: Male Area Committee of Narcotics Anonymous
- ❖ World Unity Day phone hookup to WCNA 33 in Barcelona
- ❖ Fellowship development event in Male and Addu
- ❖ Newcomer workshop in Addu
- ❖ NA Addu's second anniversary
- ❖ H&I service weekly at government detox centre on a nearby island
- ❖ Newcomer and traditions workshops in MACNA
- ❖ Literature shortage in southern area
- ❖ Members developing understanding of service, traditions, literature, program
- ❖ Local translations committee working on IP No. 1
- ❖ Nine meetings per week including a step study meeting
- ❖ Male Area: 10–15 members
- ❖ Addu Area: 60–70 members
- ❖ Members with cleantime/service experience: 8
- ❖ Average newcomers per meeting: 1
- ❖ Two Male meetings are about 10 minutes apart (the city is only 2 km [about 1.25 miles] square).
- ❖ Addu and Foahmulah are about 20 nautical miles apart, accessible only by sea.
- ❖ Male and Addu are 750 nautical miles apart, accessible by sea and air.

Excerpted from Maldives report to Asia Pacific Forum, February 2010

Gathering for the 30th

Our 30th WSC will be the most diverse gathering of NA communities in our history. The conference joins regional delegates with the World Board, the NAWS executive director, and members of the human resource panel. This year, the conference's 114 seated regions will also welcome two guest regions: Denmark and Lithuania. "Conference deliberations serve the needs of a diverse membership of different languages and cultures, and address how to provide effective services to NA groups around the world." (*A Guide to World Services in NA*) To this end, in the months leading up to this vital event, NA members, groups, service bodies, and conference participants devote thousands of hours to read, discuss, collect, and distribute information and ideas. On these pages, we present some of those unique, commonly shared, and eye-opening experiences included in the regional reports submitted in preparation for the 30th WSC.

The most commonly identified challenge in regional reports was attracting NA members to become (and remain) actively involved in service work. Some regions report that they no longer rely on "the warm body." Instead, they are working to match the right person with the job at hand. Some service bodies invited past trusted servants to become re-involved in service, sometimes in advisory positions, and sometimes to revitalize dormant service committees. Others recruited long-term members with previous service experience to balance the knowledge level within a committee.

Several regions reported a commitment to training and mentoring. One region focuses its meetings on training RCMs, and encouraging them to train GSRs. RCMs have session profiles and regional support to hold workshops at the area level, and some areas dedicate 30 to 60 minutes of each ASC meeting to training.

A variety of changes and improvements in the way they conduct business is helping some regions to better carry

the message. Many have transitioned to consensus based decision-making, fostering more open and thorough discussions and decisions. We also heard from regions who are reforming their structures or reexamining their policies and procedures. Practical solutions like using follow-up lists, the regional website, teleconferencing, and email are helping service bodies to improve their organization and communication between meetings.

Just as we share our individual recovery with newer members, many regions share their experience with younger NA communities. This may be as simple as donating literature or as involved as reaching out to distant groups that share the same language, helping to establish meetings, and helping new communities organize their own region.

Conveying information about NA is a public information/relations basic. One region provides its areas with a well-organized display board for use at NA or community events. Attending or displaying at professional conferences helped regions dispel myths and misconceptions about NA by demonstrating the global, diverse nature of our fellowship. The Sixth Edition Basic Text, youth and parent/guardian IPs, and the service pamphlet, "*An Introduction to NA meetings*," were cited as resources that "opened a lot of eyes" about NA.

When an addict is able to experience the NA message in his own language and culture, he has the chance to experience our new way of life. Translating NA literature represents a major expenditure of resources, and many regions reported great success in this area. Some are just getting started with IPs, others are working on the White Booklet, while still others are progressing on book-length projects. Recognizing that not everyone is reached through words, one region completed their first pamphlet for indigenous members, which includes graphics and images to share the NA message.



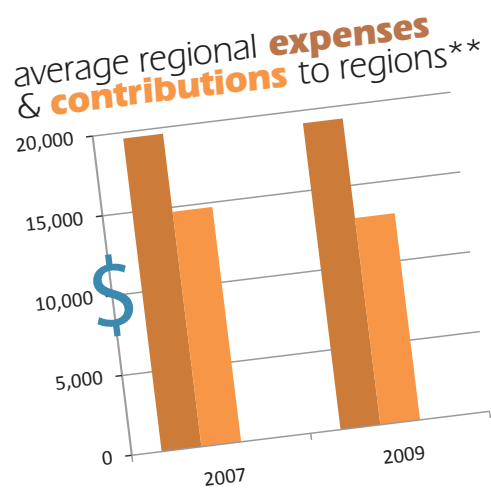
57,912 meetings per week*

957 areas

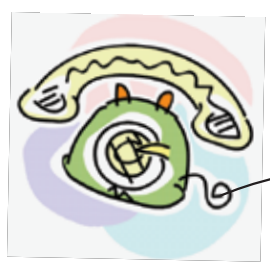
114 seated regions

World Service Conference

"In each biennial meeting of the World Service Conference, **our fellowship comes together** in one place at one time to share **experience, strength, and hope** with each other."



95%
regions with websites



regions whose areas have phonelines **77**

69 regional phonelines

42
regional service offices

at the WSC...

cups of coffee **2000+**



720
finger-lickin' donuts

bagels smeared with cream cheese **864**



363 lbs of fruit

*Data on these two pages extracted from 2010 regional reports. Percentages, averages, and totals are based on information submitted in 106 regional reports (100 from seated regions). **Reflects contributions to regions from areas and groups.



Photos:

Mid-Atlantic Regional Learning Conference:
Helge B, Berlin, Germany

British Columbia Fellowship Development Days:
Jim H, British Columbia, Canada

Latin American Zonal Forum: Johnny L, California, USA

Asia Pacific Forum: Ron B, Victoria, Australia
Shamik C, Kolkata, India

European Delegates Meeting: Craig R, Pennsylvania, USA

SERVICE

Jimmy K and other founding members discussed “forming a service body aimed at ensuring the continuation and growth of Narcotics Anonymous.* With their commitment and vision, their successors’ service, and our present-day efforts, NA is the worldwide fellowship we now know. NA members gather around beach bonfires, crowded tables in community centers, church basements, and hotel meeting rooms to serve and support our fellowship. Just a few of those recent events are reflected here.

**Miracles Happen,
“Building a New Foundation”*



Living Clean: The Journey Continues

In response to the first round of review and input from the fellowship, Chapter One is being extensively revised and the outline has been reordered. “Living Spiritually” is now the third chapter, and the book will end with “The Journey Continues.” We appreciate all the feedback from the fellowship on this new book.

Review and Input Period 1 April–30 June 2010

Three more chapters of “Living Clean” will be available for review and input 1 April–30 June 2010 (“Living Spiritually,” “Our Physical Selves,” and “Relationships”). When this material is released, there will be a link on the project page (http://www.na.org/?ID=Living_Clean_Project) for members to download the material and a link to submit input on the chapters. NA communities will want to allow enough time to review the material, as these chapters are approximately 15–20 pages each.

Your Contributions

Later this spring the two remaining chapters will be drafted. And there is still time for additional input on all of the chapters. Your input contributes to our goal of having a book that reflects our members’ experience of recovery in NA. We invite you to hold input-generating workshops using the session profiles located on the project page.

Discussion Board

There are 650+ members on the Living Clean Discussion Board at <http://www.naws.org/lc/>. The discussion board allows members to contribute and participate regardless of their physical location. Members in Mumbai, India, have the same opportunity as do members in Miami, Florida, USA, for involvement in this book. We invite you to join the discussion board to share your experience, strength, and hope.

Please visit the Living Clean Project page at
http://www.na.org/?ID=Living_Clean_Project

Picture this

NA communities are invited to send photographs of their meeting places. We especially welcome photos that include meeting formats, recovery literature, posters, dirty coffee cups, and anything else that makes the meeting place look "lived in." Sorry, we cannot use photos that identify NA members. Please tell us about your meeting, its name, the location and city, how long it has been in existence, and what your format consists of (speaker, participation, etc.).

Capture the banner

These shots were taken at the Woodlands Home Group in the Houston Area. The group maintains ten weekly meetings at this facility and has been in existence for 23 years. It is the third oldest continuing group in Houston, and has an average attendance of 25 members per meeting.

The banner on the left is the homegroup banner. In Houston, a homegroup banner can be "captured" by another home group that also has a homegroup banner. To do this, the capturing group must send five of its members to the "surrendering" home group's meeting. To recapture their banner, the group then has to send five of its members to the other group's meeting. Of course, if ten members go, then they can get their own banner back and capture the other group's banner!

This is a great Houston custom that helps with group outreach efforts and encourages members to branch out to other groups.

Gary M, Texas, USA



A fifteen-year-old group

Our group is called Grupo Renacimiento (Rebirth Group). It was founded on 19 October 1994, the second group that opened in Santiago, Chile. We have meetings on Mondays, Wednesdays, and Fridays at 8:00 pm. The meeting format has members share for seven or eight minutes about their recovery that day. We have twelve to fifteen homegroup members, and we have newcomers arriving almost all the time. We painted the room recently to give it a fresher look.

We give newcomers a welcome keytag and two informational pamphlets. Members who are celebrating cleantime also receive a keytag, and they can choose an IP that they want to have.

Claudio V, Santiago, Chile

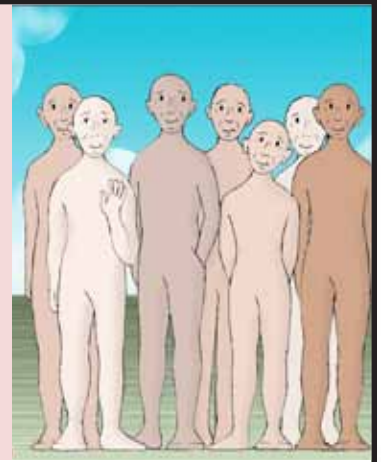




**A New
NA Way Comic Strip**

**It's time for a change in
The NA Way Magazine.**

**Share the NA message of recovery
through your creativity and wit.**



EMAIL electronic documents (AI, EPS, PDF, PSD) to naway@na.org ♦ FAX black/white artwork to 818.700.0700, attn: NA Way
MAIL to The NA Way; PO Box 9999; Van Nuys, CA 91409 ♦ Published submissions will be © NA World Services





CALENDAR

Multi-day 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/?ID?=comingup-toc. (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.)

Canada

British Columbia 21-24 May; Spring Clean 30; Camp Sunrise, Langdale; 604.724.0584

Nova Scotia 12-18 Jul; Annapolis Valley Area Pig Roast and Campout 21; Blomidon Provincial Park, Blomidon; 902.692.1031

Ontario 21-23 May; Ontario Regional Convention 23; Holiday Inn Select, Windsor; 519.419.0658

Prince Edward Island 13-15 Aug; Prince Edward Island Area Convention 3; University of Prince Edward Island, Charlottetown; 902.894.3277

Saskatchewan 30 Apr-2 May; Central Saskatchewan Area Convention 24; Saint Joseph's Hall, Saskatoon; 306.652.5216

Denmark

Skanderborg 30 Jul-1 Aug; Midtjylland Area Convention and Camp; Audonicon, Skanderborg; www.nakonvent.dk

Germany

Berlin 30 Apr-2 May; Berlin Area English Speaking Convention 2; Berliner Stadtmission, Berlin; www.b-open-na.de

21-23 May; Deutschsprachige Regional Convention 27; Kfh, Aachen; www.dcn.de

Indonesia

Bali 18-20 Jun; Bali Area Convention 10; Puri Saron Hotel, Seminyak; www.na-bali.org

Israel

Dead Sea 2-4 Sep; European Convention and Conference 26; Royal Hotel Dead Sea, Dead Sea; www.eccna26.org

Japan

Kanagawa 20-22 Aug; Japan Regional Convention; Yokohama Red Brick Warehouse; www.najapan.org/minami-kanto

Mexico

Nuevo Leon 6-9 May; Convención Regional de Mexico 13; Hotel 88 Inn, Monterrey; www.namexico.org.mx

Baja California 9-11 Apr; Convención Area Baja Cachanilla; Hotel Crowne Plaza, Mexicali; 686.216.3799

Panama

Colon 16-18 Jul; Panama Regional Convention 8; Radisson Hotel, Colon; www.napanama.org

Peru

Cuzco 21-23 May; Peruvian Regional Convention 16; Hotel de la villa Hermoza, Cuzco; www.naperu.org

Portugal

Porto 7-9 May; Portuguese Regional Convention 20; Seminario de Vilar-Porto, Porto; www.cp-na.org

Puerto Rico

San Juan 23-25 Jul; Region del Coqui Convencion 21; Conrad Condado Plaza, San Juan; www.na-pr.net

Spain

Andalucia 4-6 Jun; Spain Regional Convention 29; Hotel Reina Cristina Paseo Conferencia, Algeciras; 34.609.403363

Turkey

11-13 Jun; First Middle East Convention; Grand Sile Hotel, Istanbul; www.namecl.com

United States

Arizona 28-30 May; Arizona Regional Convention 24; Phoenix/ Mesa Marriott, Mesa; 480.678.0428

California 14-16 May; Greater LA Area Heart to Heart Men's Retreat 2; Camp Whittier, Santa Barbara; 213.435.5794

2) 28-30 May; San Diego Imperial Counties Regional Convention 25; Town and Country Resort and Convention Center, San Diego; sandiegona.org

3) 28-30 May; Greater LA Area Convention 5; Airport Hilton Hotel, Los Angeles; www.glaana.org/events.htm

4) 4-6 Jun; River Cities-916 North Areas Ride 4 Recovery; Sierra Bible Camp-Lake Almanor, Canyon Dam; 530.227.7625

5) 2-5 Jul; California Inland Regional Convention 12; Renaissance Palm Springs Hotel, Palm Springs; www.circna.com

Connecticut 7-9 May; Straight from the Hip Group Women's Retreat 6; Incarnation Retreat Center, Ivoryton; 203.592.3041

2) 11-13 Jun; No Mas Group Never Alone Campout 4; Camp Claire, Old Lyme; www.ctna.org

3) 18-20 Jun; Bronx Area Convention 8; Stamford Hilton, Stamford; www.bronxareana.com/bxacna

Florida 11-13 Jun; Regional Convención Latina Del Sur de la Florida. 5; Marriott Hollywood Beach, Hollywood; www.convencionlatina.com

2) 25-27 Jun; East Coast Convention 14; Florida Gulf Coast University, Fort Myers; www.eccna.org

3) 1-4 Jul; Florida Regional Convention; Hyatt Regency, Jacksonville; www.floridarso.org

Georgia 30 Apr-2 May; Little Girl Grows Up Women's Convention 2; Renaissance Concourse Hotel, Atlanta; www.grscna.com

Iowa 2-4 Jul; Iowa Regional Convention 27; Holiday Inn Dubuque/Galena, Dubuque; 563.564.5820; Speaker Tape Deadline/Info: 15 May/563.599.9793;

Kansas 2-5 Jul; Mid America Regional Campout 32; Lucas Park Campground, Wilson Lake; www.marscna.net

2) 16-18 Apr; Chesapeake/Potomac Regional Convention 24; Ocean City Convention Center, Ocean City; www.cprcna.org

3) 14-16 May; Baltimore Area Convention 9; Baltimore City Convention Center, Baltimore; www.baltoareana.org

Michigan 1-4 Jul; Michigan Regional Convention 26; Valley Plaza Resort/ Best Western Inn, Midland; www.michigan-na.org/mrcna

Minnesota 16-18 Apr; Minnesota Regional Convention 17; Hilton Garden Inn, Mankato; www.mnnac17.com

2) 28-31 May; Upper Midwest Region Spiritual Refreshment; Fair Hills Resort, Detroit Lakes; www.umrna.org

Mississippi 30 Apr-2 May; Foglifter's Group Fellowship under the Stars Campout; Roosevelt State Park, Morton; 601.842.6550

Nebraska 28-31 May; Nebraska Region Run For Fun 30; Alexandria State Lakes, Alexandria; www.nebraskana.org

2) 18-20 Jun; Great Plains Area Mid-Summer Nights 20; Sandy Channels State Recreation, Elm Creek; 308.293.8536

Nevada 16-18 Jul; California-Arizona-Nevada Area Convention 18; Riverside Resort and Casino, Laughlin; 863.604.0550

New Jersey 16-18 Apr; Ocean Area Convention 5; Quality Inn, Toms River; 908.814.6735

2) 28-30 May; New Jersey Regional Convention 25; Crowne Plaza, Cherry Hill; www.njrcna.org
New York 4-6 Jun; Albany-Rensselaer Area Promise of Freedom Campout 2; Camp Scully, Wynantskill; www.abcdrna.org/campout
North Carolina 14-16 May; Down East-Inner Costal-Crossroads Areas Convention 5; City Hotel and Bistro, Greenville; 252.468.8114
2) 4-6 Jun; Capital Area Family Reunion 21; Doubletree Hotel, Rocky Mount; 252.937.6888; www.capitalareancna.com
Ohio 2-4 Jul; Dayton Area Convention 8; Crowne Plaza Hotel, Dayton; www.dascna.org
Texas 28-30 May; Texas State Convention 8; Doubletree Hotel, Austin; www.tscna.org

Utah 25-27 Jun; Southern Utah Area Convention 3; Hilton Garden Inn, Saint George; 435.313.2438; speaker tape submission deadline: 15 May; www.suana.org
Virginia 28-31 May; Marion Survivor's Group Campout 14; Hungry Mother State Park, Marion; 276.646.8462;
Washington 28-30 May; Washington Northern Idaho Regional Convention 25; Doubletree Hotel Spokane City Center, Spokane; www.wnima-reg.org
West Virginia 7-9 May; Mountaineer Regional Convention; Cedar Lakes, Ripley; www.mrscna.org
Wyoming 14-16 May; Upper Rocky Mountain Regional Convention 11; Holiday Inn, Rock Springs; www.urmrna.org

NAWS PRODUCT UPDATE

Brazilian

Institutional Group Guide
Guia para Grupos
Institucionais

Item No. BR-2115 Price US \$3.70

Croatian

IP No. 2: *Grupa*
 Item No. CR-3102 Price US \$0.26

IP No. 5: *Još jedan pogled*
 Item No. CR-3105 Price US \$0.21

IP No. 19: *Prihvaćanje samog sebe*
 Item No. CR-3119 Price US \$0.21

Danish

IP No. 9: *At leve programmet*
 Item No. DK-3109 Price US \$0.21

NA Groups and Medication
NA-grupper og medicin
 Item No. DK-2205 Price US \$0.26

Finnish

It Works: How and Why
Se toimii: Miten ja Miksi
 Item No. FI-1140 Price US \$7.70

Filipino

IP No. 7: *Adik ba ako?*
 Item No. FL-3107 Price US \$0.21

IP No. 11: *Sponsorship*
 Item No. FL-3111 Price US \$0.21

IP No. 14: *Ang Karanasan ng*
Isang Adik Ukol...
 Item No. FL-3114 Price US \$0.21

IP No. 16: *Para sa Baguhan*
 Item No. FL-3116 Price US \$0.21

Hindi

Basic Text
नारकॉटिक्स एनॉनिमस
 Item No. HI-1101 Price US \$7.50

Hebrew

Disruptive and Violent Behavior
התנהגות אלימה ומפריעה
 Item No. HE-2204 Price US \$0.21

Indonesian

IP No. 16:
Untuk Pendatang Baru
 Item No. ID-3116 Price US \$0.21





Marathi

Keytags

Welcome – Multiple years
Item No. MR-4100 – 4108
Price US \$0.45/each



Portuguese

An Introduction to NA Meetings

Uma introdução às reuniões de NA

Item No. PO-2201 Price US \$0.21

Twelve Concepts Poster

Os Doze Conceitos de Narcóticos Anônimos

Item No. PO-9077 Price US \$2.85

Seven Poster Set

Now available to include Twelve Concepts poster
Item No. PO-9070 Price US \$8.60

Latvian

IP No. 16: *Jaupienācējam*
Item No. LV-3116 Price US \$0.21

Just for Today

Gift Edition

A thoughtful gift with the title debossed in chocolate brown on a caramel-colored leatherette cover. Present and display this beautiful volume in a matching gift-box sheath

Item No. 1114 Price US \$15.75



Specialty items (limited supply)

Acrylic Medallion Holders

Stunning, crystal-clear medallion display embedded with artwork from the Commemorative Basic Text or, for a limited time, artwork inspired by WCNA 33 in Barcelona: Amor sin fronteras (or insert your own artwork). Displays front and back of medallion. *Limited supply.*

Item No. 6099 (Basic Text art) Item No. 6098 (WCNA 33 art) Price US \$25.00/each



CD-Case Calendar

Inspire love daily with this 14-month calendar (Oct 09 – Dec 10). Decorated with some favorite quotes from NA literature and unique artwork designed for WCNA 33: Amor sin fronteras – Love without Borders. *Limited supply.*

Item No. 9500 Price US \$7.00



Postcard Set

One dozen ways to share a message of love, recovery, and your own personal thoughts. This package includes twelve postcards inspired by the theme of WCNA 33 in Barcelona: Amor sin fronteras – Love without Borders. *Limited supply.*

Item No. 9501 Price US \$5.50

