

THE
NA Way
MAGAZINE®

THE INTERNATIONAL JOURNAL OF NARCOTICS ANONYMOUS



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• [Relationships](#)

• [Guiding Principles IDT](#)



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

The idea of prayer and meditation is foreign, unattractive, or just scary to many of us when we arrive in NA. Our personal experiences color the way we approach the idea of spirituality as we work our way through the Steps, and as we study and share with others we find a path that makes sense to us in our recovery. And our personal path is often influenced by the work we're doing for the NA Fellowship.

This issue of *The NA Way* includes, as usual, shared personal experiences that remind us that we're not alone on this journey. And our Fellowship Development section reminds us that as NA begins to take root in new places, those NA members are not alone, either. In each issue we share details about how NA is growing and developing around the world—and the ways in which NA World Services helps to foster emerging NA communities. In this issue, we've taken some pages directly out of the *NA World Services Annual Report* to highlight a couple of those growing NA communities (and we encourage you to check out the current and past annual reports at www.na.org/AR2016 for a wealth of information about your World Services.)

De J. Editor

PS.: We're planning an issue featuring YOUR local NA newsletters. Please add us to your mailing list or email to naway@na.org. We'll choose from material we receive before the end of July 2017. And please send us your newsletter guidelines, too. We are collecting them to share at na.org/localresources.

IN THIS ISSUE

Feature	3	Fellowship development	14
• Relationships		• Thailand	
Sharing	4	• East Africa	
• Moment		Basic caption context	16
• Journey		Calendar	17
• Gravity		NAWS Product Update	19
Picture this	7	Coming Soon	20
Guiding Principles:	9		
The Spirit of Our Traditions			
Service center	13		



Electronic subscribers can click here for additional content.

Cover photo: Artwork from Convención de Baja California de NA, October 2016

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.

Relationships

The "Recovery and Relapse" chapter of our Basic Text says, "Relationships can be a terribly painful area." When I had eight months clean, my wife packed up, took our two sons, and left the state. I used her leaving me as an excuse to use. My Higher Power told me to ask for help. In desperation I asked my brother who had nine years clean to come and get me. I went from New York to Virginia and made that long walk for a white keytag at a meeting, and I've stayed clean 18 years now.

Once at an NA convention during the "How It Works" reading of the passage "There is one thing more than anything else that will defeat us in our recovery," someone yelled, "RELATIONSHIPS!" Many others and I chuckled; we laughed together through identification. But an oldtimer told me, "This is a God-given program. We don't add words. It's not a laughing matter; many have used or died from the pain of broken relationships."

In early recovery I shared about the pain of my breakup. NA told me, "Don't use, don't harm yourself or others, keep coming back, it's going to get better." NA showed me how to become a not-there-with-them father. I had thoughts of giving up. It did get better through working the program—even if getting better just meant another day clean.

Years later, my brother, at 22 years clean, got divorced and left the state to be with a woman he had met on the internet. They got married. A few years later they had problems and things went south. He relapsed and struggled to stay clean. My thoughts at that time were that I had 17 years clean, so it was my turn to drive 14 hours to get him like he did for me.

It wasn't meant to be. He sent me a message saying he was tired. He overdosed on pills and alcohol and died.

They say "Recovery and Relapse" is a relapse-prevention chapter. My deceased brother told me when I was new, "When you hear a Basic Text quote in a meeting, read the paragraph before and after that line that says relationships can be a terribly painful area. That's the hit." He was right. When you're not going through the pain, it's easy to say, "Don't give up five minutes before the miracle," or "Hold on, don't use, it gets better." No matter what, staying clean is always first. Over the years, through the ups and downs, what has never failed me is prayer and the chapter, "Recovery and Relapse."

Roger R, Virginia, USA



Artwork: Michelle G, California, USA

Moment

I was skeptical of meditation when I first arrived in NA, and for some time into recovery. Being skilled at finding logical rationalization to support my resistance to effort, I adopted a line in the "How It Works" chapter of our Basic Text: "For those of us who do not pray, meditation is our only way of working this step." I felt unique: I was one who did not *meditate*, so prayer was my only way of working this Step.

As I studied Step Eleven, I asked my sponsor and others, "Why meditate?" The answer is simple: If I want the full benefits of NA, I must be willing to practice the entire program, not just selected parts. Of course, I don't *have* to meditate; I can settle for limited benefits of a limited program if I choose. Our literature describes some of these benefits: "Quieting the mind through meditation brings an inner peace" and "emotional balance is one of the first results of meditation." The Eleventh Step does not say we sought through prayer OR meditation, so I began to practice.

I began shaky and uncertain at first, with the same opening, but narrow, mind with which I began each step. It took almost a year before I recognized subtle, yet profound changes meditation was providing. For me, subtleties don't often work. I needed complete unmanageability before I could admit I needed help. So it was with meditation. I needed an undeniable and bold experience, and my first such experience was in nature.

I was sitting on a bench atop a steep, forested cliff, overlooking a Pacific Ocean sunset. I got quiet, found freedom from my self-centered thought, and became more aware of my surroundings. I felt and heard the loud and powerful driving wind as it came in from the ocean and up the cliffs, through the hair on my arms and head. I smelled the salt of the sea that permeated everything. I saw the energy of this magical place bringing joy to all as couples walked on the beach far below and children played in the water and sand, dogs chased each other, and waves crashed endlessly. I saw the sun

sinking, before my very eyes, into the distant water.

Then, for a brief moment, the sun stopped sinking! Dogs stopped chasing each other, children stopped playing, and couples stopped walking! The constant driving wind, my breath and my heartbeat, stopped—for a moment, an eternal moment. I knew then, and I know now, that the wind was not and is not constant. The sound, the sights, my heart and feelings, none are constant. The entire reality is beating, in perfect rhythm, and I am a part of that beat. I could no longer deny my place in this universe, nor could I deny the value of meditation. My mind had opened enough to stand down and allow my spirit to fully experience. I was awake!

Today, meditation is a daily practice. I still have profound experiences, but they are the exception rather than the norm. For the most part, nothing happens—and I am completely at peace with that. I have come to recognize through prayer and meditation that most of the time I am dominated by my selfish, narcissistic, and insatiable ego; however, my ego does not define me. I am blessed with the



Lion Rock, Auckland, New Zealand
Photo: Sue H, Sydney, Australia (2012)

ability to set aside the demands of ego and enter a state of freedom from self-obsession through the practice of prayer and meditation.

My ego is so used to trying to exploit all it encounters that it is generally unaware of my body, except as a tool for gratification. My ego is appalled by my body's frailty. It does not want to consider the ways of my liver or kidneys. My ego typically orders my body around, like a bully, commanding it to stay faithful to its tasks. Now, in the quiet of meditation, my ego is confused and diminished as it surrenders to nothing more distinguished than inhalation . . . and exhalation . . . inhalation . . . and exhalation. My ego has no recourse except to give up some of its demands on my consciousness.

Eventually, I focus on the tremendously unremarkable fact that I am breathing. The challenge posed by sitting quietly and doing nothing other than existing is extraordinary. I am drawn to distraction as I strive to attend only to my breath. I sense my mind shooting this way and that on its frantic itinerary. When all of my attention is momentarily directed toward my breathing instead of my ego's incessant demands, it slowly begins to give up some of its claim to my consciousness and lets in data that it normally filters out. I become aware of things that have nothing to do with my usual concerns: my heartbeat, breath, skeleton, limbs, and blood, and my true surroundings.

Suddenly, the grass is greener, the snow more brilliant. All has stopped for the moment as I recognize the rhythm to which I belong—recovery and unity with a loving Higher Power, our planet, and all its inhabitants. I know I don't need to meditate, but now I want to. "Without this step, it is unlikely that we could experience a spiritual awakening, practice spiritual principles in our lives or carry a sufficient message to attract others to recovery." Just for today, I am ever grateful for "the benefit of the spiritual wealth that we have found." I am awake.

Anonymous

Editor's note: All literature quotations in this article are from the Step Eleven essay in the Basic Text chapter "How It Works."

Journey

My name is Mathieu and I'm a recovering addict from Laval, Quebec, Canada. I have been clean for 21 months now (October 2016), and the journey has been just great, but I came a long way before I started to realize how much the disease of addiction had a stranglehold on my life.

My first contact with the Fellowship occurred in 1996 when I was 18 years old. I served my Fellowship through my home group, but it was the only thing I did to get better. Putting no effort into my personal recovery brought me to a relapse in 1998. The same thing occurred in 2000 and 2001. I came back for an eight-year-clean run and I actually did get involved in my personal recovery at the time, but I didn't keep working my program.

Procrastination is a particular defect of character in my life—always pushing to tomorrow what I could've done today. The disease is insidious, sneaky. And even if I was serving NA through service committees and meetings, even if I was clean for eight years, even if I was an accepted, responsible, and productive member of society, doing all of these things wasn't a replacement for working a recovery program.

When I came to the rooms, I was "catalogued" as a kid . . .

My disease took me to a period of five long and dark years starting in 2010. In the midst of it, I married a woman and stayed with her for 15 months until she wanted to divorce. It isn't something I am proud of today. But it was the way my Higher Power wanted me to get out of denial and come back to the rooms. I had it all and I lost it all: a girlfriend, two extraordinary kids and a third one on the way, a house, a job, and friends. I lost it all because of my addiction and because of two things: I didn't work the program and I let my disease dominate me.

It was in 2015 that my Higher Power sent me help. My best friend, the first

person who introduced me to NA back in 1996, came to live at my house on 12 January 2015. On that day I decided I wasn't going to use anymore, because my friend was still clean (and still is today). But it took me two months of "being clean by myself" before I went to my first meeting in five years. When I identified myself as a suffering addict, I knew but one thing: If I wanted a different result from the past 15 years in NA, I needed to act differently. So, I found a new sponsor.

It was clear between us that I wanted him to guide me through my Step-working process. I went to a lot of meetings. I served the Fellowship. I did a lot of different things with a different attitude—and that brought me different results. In fact, as soon as I started working the Steps, everything got different, better. I had some good moments and bad moments, but I stayed clean. While I was working the First Step, I learned that denial was really strong in my life. I also came to understand that I had reservations, something that I didn't quite understand at first until I saw a particular reservation that was leaving the door open for me to relapse. Today, I can say that I'm grateful for my sponsor and my friends for helping me stay clean through this period.

Service has also been a big thing in my life. When I came to the rooms, I was "catalogued" as a kid, a young person. I guess it was just ironic that I served with the Youth Convention of NA. I've learned how to deal with egos and with people, and how to work with a team. Also, by applying the Steps and the spiritual principles in my service work today, I learn how to deal with myself. I can have a greater ego than everybody else, so, since I could see this, I wondered if it was something I should bring into a service committee.

I try really hard to stay humble, to accept that whether you have experience or not, you're still part of that team, and I will be the first to help you. I've learned how to really commit to service work, and even if I'm not that young anymore today, I still have ties that bind me with them—my friends, my allies, my squad. The Youth Convention has been my true NA family throughout these 20-some years. It is my home away from home. It was also, at one point, the only thing

helping me stay clean. I've made a lot of friends through the years, and I've lost a lot of them, too. But the fact remains that the Youth Convention is something greater than me that helped me through all those years, saving a lot of people from active addiction, helping us become better people, and preparing us to face life on life's terms. We push each other to the limits of what we can handle, involving ourselves in all sorts of ways. The only thing left to say to this Fellowship that keeps saving my life each and every day is the ultimate expression of my gratitude: Thank you.

Mathieu F, Quebec, Canada

Editor's Note: Originally published in Payam Behboodi (Iran), Winter 2016 (titled "Reservation")

Gravity

So, there I was one day, a recovering addict who had decided to break up a bed frame with a sledgehammer. I had to take the bed frame to the dump and figured it would fit more easily in my car if it was in pieces. As I used the sledgehammer, I thought about how it relied on gravity to be more effective.

It was then that it occurred to me how gravity is a lot like God as I understand Him.

While gravity is not something physical that I can see, it is there all around me. And so is God as I understand Him. While I cannot *see* gravity, if I am willing to look for evidence of it, the evidence is there for me to observe. I can see the evidence; I can even hear the evidence if I understand what I am listening to. And so it is the same with God as I understand Him.

Gravity is a power greater than me. And so is God as I understand Him.

It occurred to me that, surely, there must be some difference between gravity and God as I understand Him. And there is.

While gravity is a powerful force that drags down the physical, God as I understand Him is a Powerful Force that lifts up the spiritual.

I share this meditation, with love, with all my fellow recovering addicts. Keep coming back; NA needs you.

Pete H, North Carolina, USA

Coming Soon!

NA Way Newsletter Edition

In an upcoming NA Way we'll feature material from YOUR NA communities' newsletters! If you want to be included, please add us to your newsletter distribution list or email copies directly to us at naway@na.org. With the material we receive before the end of July 2017, we'll choose a selection of articles from YOUR newsletters to include in the newsletter edition.

And while you're taking care of getting your newsletter to us, please send us your newsletter guidelines, too. We are collecting guidelines to be shared in the Local Resources area of our webpage (na.org/localresources).

Thanks!

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.

Rooms

I have read the word *rooms* many times in our *Just for Today* book, but I didn't understand the meaning of that word. Here in Iran, we have so many members attending meetings that we gather in big amphitheaters or salons, which are not the same as rooms, and that's why I didn't get the word *rooms*.

I have had this question in mind since I started my recovery, and the word was always confusing to me since I started helping with translation of NA literature for our members in Farsi. Alongside my translation duty, I had a chance to serve as our ASC secretary in the Alborz Area (18th Area).

During the second year of my service, I felt I should go and visit some of those groups in remote villages. There are three remote meetings in our area, located in small villages: Shahrestanak, Nesa, and Kondor. I chose one of them—the Nesa group—and asked my friends to go with me, but everyone was busy that night. So, I drove the 70 kilometers (about 44 miles) on my own. I felt lifted on the way, as it was a kind of spiritual experience. Finally, I found the meeting that was held in a school alongside the Chaloos Road. (What a beautiful road!)

The room was small but adequate. There were only nine members in a six- or seven-square-meter room (about 65-75 square feet). I was amazed by hearing their experiences. At the end of the meeting the leader called on me, and I shared my feelings with them, too. After the meeting I talked to members and servants of that group. They were surprised by my attendance there.

The next morning, at the end of my homegroup meeting, I talked to my sponsor about the Nesa meeting, and I asked how our ASC could help that small, remote village. After a long conversation, my sponsor told me, "The real recovery takes place in small, intimate circles of addicts."

To be honest with you guys, I thought I was there to help the Nesa group and those members, but the one who really needed help was me. After this spiritual experience, I found the real meaning of *rooms* in my heart and in our literature, and this helped to improve my continued translation service.

Yes, sometimes it takes six years in recovery and service to understand the meaning of only one word.

Anonymous, Karaj, Iran



Top: Chaloos Road near Kiraj, Iran
Bottom: Nesa Group, Iran

Among the sakura flower trees

Let me introduce our home group called "With Fellowship Group." The group is in the Japan Region. At first, we began the Sumida Group on Wednesdays in September 2006, but then we started another meeting on Sunday afternoons in 2009. Now we have two meetings in two different places each week in Tokyo.

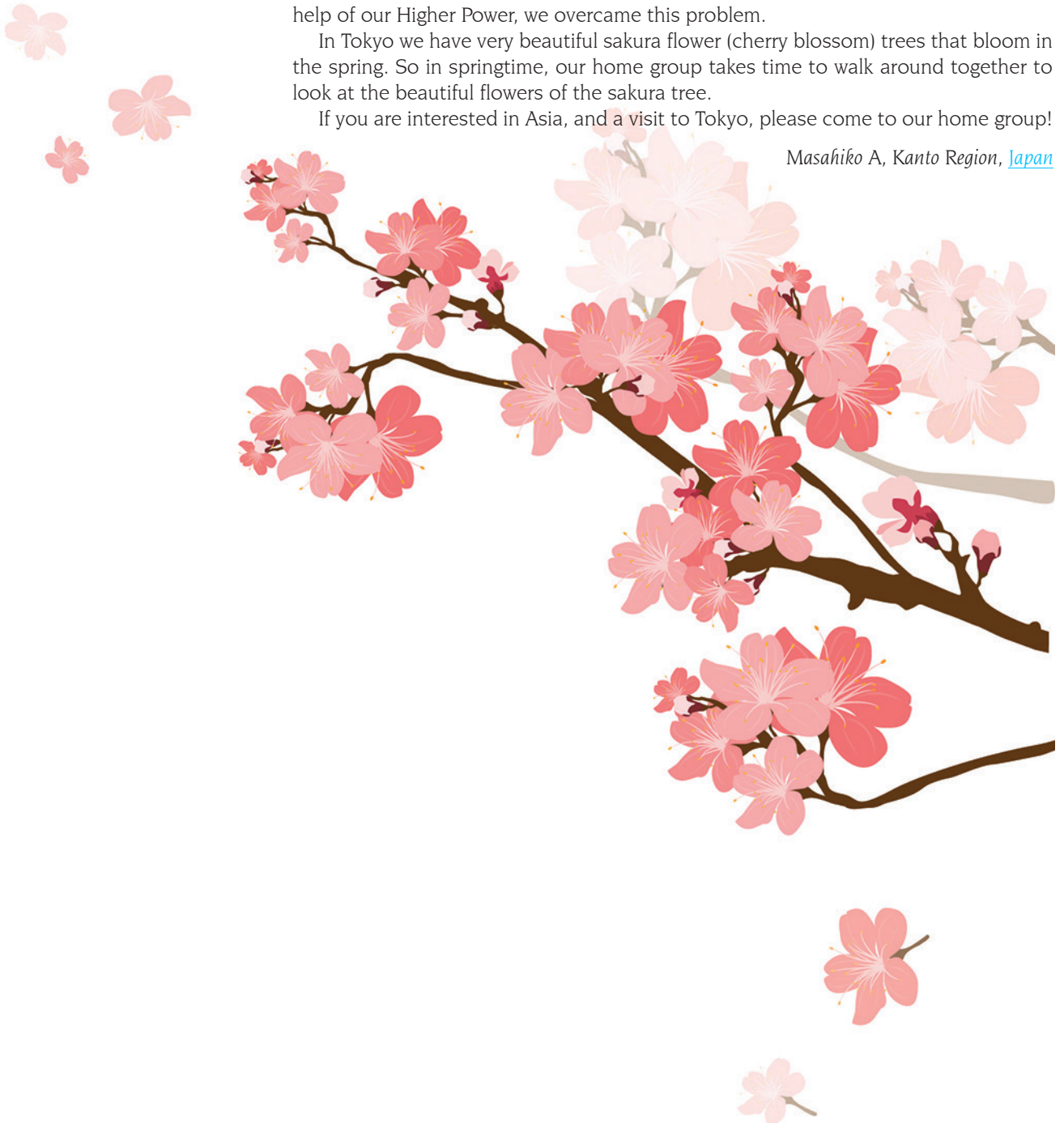
The Sunday meeting is a Step-study meeting, and we read from and share about *It Works: How and Why*. We included this information when we registered our group with NA World Services, and in their records they identified the group name as "It Works: How and Why Study Meeting," so that is how it is now.

We had a crisis when there was no one who could be of service; however, with the help of our Higher Power, we overcame this problem.

In Tokyo we have very beautiful sakura flower (cherry blossom) trees that bloom in the spring. So in springtime, our home group takes time to walk around together to look at the beautiful flowers of the sakura tree.

If you are interested in Asia, and a visit to Tokyo, please come to our home group!

Masahiko A, Kanto Region, [Japan](#)

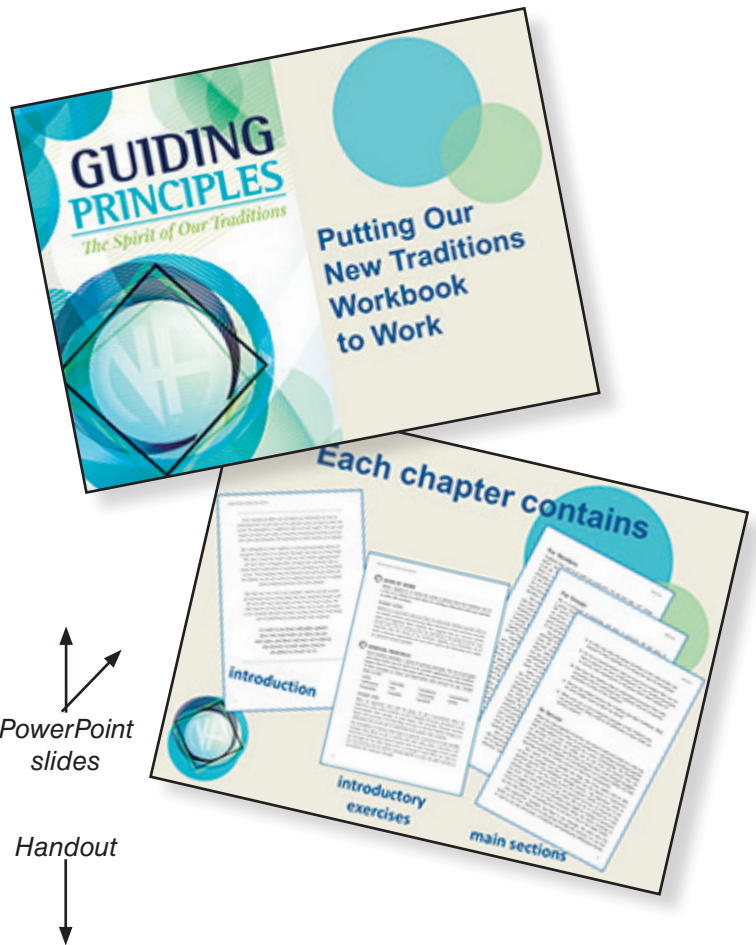


Remove this section. Workshop. Discuss. Contribute. Unify.

Issue Discussion Topics are the focus of conversations and workshops among recovering addicts in NA communities around the world focus. These discussions encourage us to think more deeply about relevant topics, consider new ideas and approaches, and help build unity within our groups and service bodies. The 2016–2018 IDTs are:

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

A discussion outline and some supporting materials on How to Use *Guiding Principles* are included here. You'll find complete IDT workshop materials on this, the other current topics, and past topics at www.na.org/IDT. Help shape Fellowship-wide resources and services by sending the results of your discussions to worldboard@na.org.



PowerPoint slides

Handout

5 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.

All IDT resources can be found at www.na.org/IDT

Guiding Principles: Putting Our New Traditions Workbook to Work

Session materials: *Guiding Principles* notes sheets x 3, Tradition Five handout, copies of *Guiding Principles: The Spirit of Our Traditions*, ground rules, facilitator’s instructions, Traditions and Concepts summary sheet.

Introduction to session

10 minutes

(Slide 1) The 2016 World Service Conference overwhelmingly approved our new Traditions workbook, *Guiding Principles: The Spirit of Our Traditions*. Our hope is that this new resource will improve the understanding and application of the Twelve Traditions throughout Narcotics Anonymous as members study ways to practice these principles in their personal lives and recovery, in NA groups, and in service to NA at all levels. This workshop is designed to introduce members to this new piece of literature and provide an opportunity to participate in the sort of discussion the book aims to inspire.

(Slide 2) What’s in the Book?

The Traditions workbook has pieces and parts designed to work together or separately. (See Tradition Five handout.)

Each chapter...

- Begins and ends with short readings on one Tradition
- Includes two introductory exercises:
 - “Word by Word” encourages a focused look at words and phrases that make up each Tradition.
 - “Spiritual Principles” invites us to explore some of the principles associated with each Tradition in writing or discussion.
- Contains three main sections, each applying a Tradition to a different area of our lives in recovery:
 - “For Members” includes an essay on the applications of a Tradition to our personal recovery, followed by questions suitable for writing or discussion.
 - “For Groups” essays will be most relevant for groups as they seek to understand and apply the Traditions. It includes questions that may be useful for a group inventory.
 - “In Service” sections look at the Tradition from the perspective of service bodies. The questions in this section are intended to prompt discussion in service workshops.

Large-group icebreaker

20 minutes

(Slide 3) Using the “Spiritual Principles” exercise in the workbook, let’s take a few minutes to consider the principles within Tradition Five. Ask a volunteer to read Tradition Five and the text below from the Tradition Five handout.

Tradition Five: 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.

All IDT resources can be found at www.na.org/IDT

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.

(Slide 4) Go around the room picking from the list of principles and discussing how it can be applied to homegroup service.

Small-group discussion

30 minutes

To practice making use *Guiding Principles*, divide the room into three sections and ask each one to discuss the question on their notes sheets from the “In Service” section of either Tradition One, Two, or Three. [It may be helpful to divide the room in advance of the workshop by placing the notes sheets for one of the three Traditions on each table.] (Slide 5) Remind everyone that discussions like this could be part of any service meeting or NA event, or take place before or after a recovery meeting.

Have each group choose a facilitator and a recorder and remind them to review the ground rules and facilitator’s instructions. Let everyone know that we will be collecting the notes from their discussions, so ask them to write clearly.

Ask a member to begin each table’s discussion by reading the Tradition and the Tradition excerpt from the handout. (Each of the excerpts is the first paragraph of the “In Service” section of *Guiding Principles* for that Tradition.) Each member then takes turns briefly sharing their experience and ideas in response to the question. The facilitator may ask members to clarify or expand on their thoughts, but should allow everyone to share before any cross talk, debate, or discussion.

Tradition One: Discuss: Does our NA community work together in a spirit of unity? How can we build or enhance a spirit of unity?

Tradition Two: Discuss: What does a good group-conscience process look like? What would an observer notice about decision making in our service body?

Tradition Three: Discuss: Who is missing from our meetings? How and why do outside issues affect opportunities for addicts to recover in NA in our community?

Small-group feedback

30 minutes

Call on as many tables as time allows to share some of the high points of their discussions.

Remind each table to leave their discussion notes so their responses can be compiled.

(Slide 6) Remind everyone that in workshops they may do in the future, they can take pictures of their notes with their phones and send them to wb@na.org.

Resources for this and other workshops can be found at www.na.org/IDT.

All IDT resources can be found at www.na.org/IDT

Guiding Principles: Putting Our New Traditions Workbook to Work

Small Group Discussion Questions

Tradition One: Our common welfare should come first; personal recovery depends on NA unity.

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 that helps addicts stay clean gives us a sense of belonging. The friendships we develop in service are unlike any in our lives—not because it’s always easy or pleasant, but because we work hard, walk through struggles, and solve problems together. In contributing to our common welfare, we find meaning and joy. In creative action we find love and purpose.

Discuss: Does our NA community work together in a spirit of unity? How can we build or enhance a spirit of unity?

Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Groups focus on our primary purpose: to carry the message to the addict who still suffers. Service beyond the group carries out some secondary purposes: creating meeting lists, getting literature into facilities, or putting on a dance. Each of these, in turn, supports our primary purpose. NA service is always connected in some way to our group purpose, and is under the same direction: Our leaders do not govern, service is not authority, and the ability to serve depends on the trust of those around us.

Discuss: What does a good group conscience process look like? What would an observer notice about decision making in our service body?

Tradition Three: The only requirement for membership is a desire to stop using.

Everywhere that addicts suffer, our message is the same: an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. There is a clear connection between the Third Tradition and the Fifth: we want all to feel welcome, and we want to do our best to carry the message. Our task in service is to ensure that addicts have the opportunity to recover in Narcotics Anonymous. The Third Tradition reminds us of that “any addict” in our message: we work to ensure that NA recovery is available to us all. Tradition Three asks us to return again and again to the question, “who is missing?” and reminds us that every addict with a desire to stop using is important to us.

Discuss: Who is missing from our meetings? How and why do outside issues affect opportunities for addicts to recover in NA in our community?

We’re collecting your thoughts. Please leave this sheet for us or email a picture of it to wb@na.org. Thank you!

All IDT resources can be found at www.na.org/IDT



Meeting search

Technology constantly changes so much that it's hard to keep up—and we've *really* noticed that at NA World Services since the introduction of the Find a Meeting service at www.na.org and the NA Meeting Search and NA Recovery Companion apps.

Meeting information available on our website and the apps is supplied by you—NA members, groups, areas, and regions. Currently, only 42 service bodies (of thousands worldwide) provide regular meeting updates. Meeting data for the rest of NA remains unreliable at best.

Internet access and smartphone ownership are widespread and are a common way to find information. By the end of 2016, nearly 386,000 people had downloaded the NA Meeting Search and NA Recovery Companion apps. These can be useful tools when traveling or just to hit a different meeting—IF the data is accurate. But, too often, meeting info in the apps sends people to empty rooms with locked doors. NA members may be used to such glitches, and most of us know to call the local helpline or consult the area or regional website to get current info. (Note: Our search tools recommend starting with those, but we know a GPS-powered search app draws us in and is so much more convenient—again, if the data is accurate.)

We hear more and more stories from frustrated members using the internet to find NA meetings. One member shared that his smartphone helped him to emerge from homelessness, but it was not particularly helpful to him in finding NA meetings.

And what about new members? The apps and our website can help them find and get to meetings. Whether they do or not depends on you. We have the technology, but we need a human touch: correct meeting information from you.

What can you do?

Check out the meeting info we have for the areas where you live.

1. Search na.org/meetingsearch or use the NA Meeting Finder or Recovery Companion app to see the most current data provided to NAWS.
 - ? Is the information accurate? Congratulations! Now, ask your friends or sponsees in other parts of town or nearby communities to do the same.
2. If the information isn't accurate, contact your area or regional service committee and let them know about the discrepancy you've discovered.
 - ✓ Ideally, you'll find that your local service body has a trusted servant dedicated to updating schedules throughout the service system. If not, you could suggest assigning that task to someone or—better yet—volunteer to take on that duty yourself!
 - ✓ We want your updates and have tried to make it as easy as possible for you to get them to us! Once your service body identifies someone to take on the task, she or he can contact us at webupdates@na.org. We'll send a spreadsheet listing everything we show for your area or region, along with instructions for updating the data and getting it back to us. If it's updated at regular intervals (like monthly, bimonthly, or quarterly), together we can ensure better meeting data accuracy.
3. Raise awareness of the problem and be a part of the solution. Discuss the importance of maintaining current meeting data at your home group's business meeting and at your ASC and/or RSC meetings. Consider setting up a system for providing updates to NAWS and to your local and regional meeting directories.

While the notion of accurate data may not thrill you, the outcome of this should.

It means more addicts will find their way to meetings. That's a goal we can all get behind, right?!

Thanks for helping to make this a reality.

The group is the most powerful vehicle we have for carrying the message."

Basic Text, "Tradition Five"

Growing NA— 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. Clear and ongoing communication, connection, and collaboration are necessary to stay abreast of our constantly developing Fellowship to be clear about what World Services can and should do and what a neighboring NA community or service body might better handle. In many cases, NAWS helps connect people initially, bringing together disparate NA members and communities. And then, slowly but surely, those communities build upon those initial efforts and NAWS provides ongoing support as needed. The whole process activates growth of the individuals and service bodies involved—and of NA's capacity to serve and reach the addict who still suffers.

For many years, NAWS has been committed to helping members in the Middle East, including Iran, come together to better understand how to support each other and how NAWS can help. They are a great example of how collaborative Fellowship support helps us all carry the NA message much more effectively. NAWS is currently engaged in similar work—characterized by long-term commitments and slow but sure growth—in India, Russia, Africa, and Southeast Asia. We could write books about our experiences providing Fellowship support. Instead, we offer two notable highlights directly from the 2016 *NAWS Annual Report*, snapshots of two NA communities—Thailand and East Africa—and the efforts mounted in both places to produce the Basic Text in their own languages.

Fellowship Support in [Thailand](#)

Expatriates have often played a role in getting NA started as the message spreads around the world. Without taking anything away from the important role nonnatives have played, it's important to recognize that sustainability of an NA community

depends on the program taking root in the local population. To that end, Fellowship development activities work both from outside of NA—meeting with government entities and treatment professionals to build an understanding of NA, for example—and at a local NA level—supporting the local community's efforts and their translation committee's work so that the message can be carried in the native language.

Thailand's NA community and NAWS' efforts to assist its development have largely followed this pattern. Unfortunately, Thai NA for Thai addicts has had a rocky start. Meetings of Thai speakers have sprung up from time to time, only to be preyed upon by drug dealers or squeezed out by government crackdowns on addicts. At the close of this fiscal year, we understand that the native Thai NA community currently holds one Thai-speaking meeting in Bangkok. It's a start, but with only one meeting, the prospect of recovering in NA remains tentative for Thai addicts who don't speak English.

Experience tells us that translation of the Basic Text has often been the key to NA's growth in local populations. A [local translation committee](#) (LTC) made up of bilingual, biliterate members in Thailand had completed the prerequisite work—a glossary of NA terms and a few IPs, starting with #1: *Who, What, How, and Why*—a few years previous. This work allows an NA community to engage in the productive struggle of understanding NA concepts on a deep level in order to convey them accurately in another language. Having accomplished that, the Thai LTC turned their attention to translating the Basic Text (BT) several years ago. With occasional support from WB and Asia Pacific Forum (APF) members, and access to a professional translator and proof-reader made possible with NAWS' support, the Thai LTC was successful in shepherding the Thai BT to publication. Tim-

ing could not have been more perfect; the Thai Basic Text was distributed at the APF meeting in February 2016 to the delight of all in attendance. As the publisher of literature on behalf of the Fellowship, NAWS is committed to producing the text and ensuring that literature is available locally. It is our sincere hope that the Thai BT will activate unprecedented growth in the Thai NA community.

Fellowship Support in East Africa

One of the most significant service accomplishments of the fiscal year was the completion of a draft Basic Text in Swahili. Swahili is spoken widely throughout East Africa including in Kenya, Tanzania, Zanzibar, and Rwanda. Addicts in Kenya, Tanzania, and Zanzibar are continuing work to finalize the text, but even in its present draft form, it will help NA in East Africa grow and strengthen. The translation process in Narcotics Anonymous, like so much in the way we do service, is not necessarily quick or easy. Our concern is that the work be faithful to our principles and that decisions be made according to a group-conscience process. To come to agreement about how to translate terms like *addict*, *sponsor*, *recovery*, or *clean* that may not have easy correlatives in a different language is itself a challenge and can take time. This work happened several years ago for Swahili. When this fiscal year began there were already several informational pamphlets (IPs) translated into Swahili.

Several of those IPs were developed in a face-to-face workshop in Mombasa, funded by World Services. But when we looked at producing a book-length piece it seemed clear a different approach needed to be taken. NA translations are always accomplished through the efforts of three bodies—a local translation committee (LTC) made up of committed members who are native speakers, contracted professionals, and NAWS staff. While there are some things that are consistent—for instance, IP #1 is the first translated piece published in every language—other things vary a great deal from language to language and project to project. Coming to agreement on a process to translate the Basic Text into Swahili wasn't easy. Some members wanted to meet virtually and translate the text together, line-by-line on video calls. Others felt that would take too long and wanted to hire a translator to do an initial draft and have the local translation committee look over the draft

and copyedit it. We facilitated several meetings with the members of the LTC to try to negotiate agreements. The fact that the LTC is multinational and that both travel and internet connectivity can be challenging in some places didn't help.

We were committed, however, to helping them to negotiate a process and a text that was agreed upon by all of the NA communities involved. Part of what “by addicts, for addicts” means is that NA literature is a product of our own efforts as members. It speaks our language—the language of the heart—and that's something that professional translators cannot give it without recovering addicts' personal experience. What's more, coming to agreement on the language we use to describe our recovery is a process that cements unity within a language community. As challenging as the process can be, the result is a shared understanding of the concepts of recovery and the words we use to describe them.

The process was complicated in East Africa by translations efforts outside the LTC. Motivated by the same desire for self-determination that animates most of our service efforts worldwide, the addicts in East Africa formulated a plan and put it into action. A professional translator was selected by the committee and funded by World Services to produce a draft Basic Text, and then the LTC reviewed the draft and agreed on copyedits as a committee. As a result, a Swahili draft of the Basic Text was ready for distribution by May 2016, and the committee is working on final proofs to the draft. We hope to have a final version of the Swahili Basic Text published in the 2017 fiscal year.



Kenyan members and the first shipment of the Swahili draft BT

[Click here to see the current and past NAWS Annual Report.](#)

Basic caption contest winner

Thank you to everyone who participated in the Basic Caption Contest!

The winning submission is from

Steve S from North Carolina, USA:

Progress, rather than prrrfection.



Photo: Irene C, County Westmeath, Ireland

And some other notable entries:

Now, depending on how you look at it, I either have 2 people years or 18 cat years clean.

Becky W, Nevada, USA

• • • • •

Don't you wish YOUR cleantime was in cat years?

Diana J, North Carolina, USA

• • • • •

Be vigilant of your recovery. If you lie down with dogs, you get up with fleas.

Jeff L, Oklahoma, USA

• • • • •

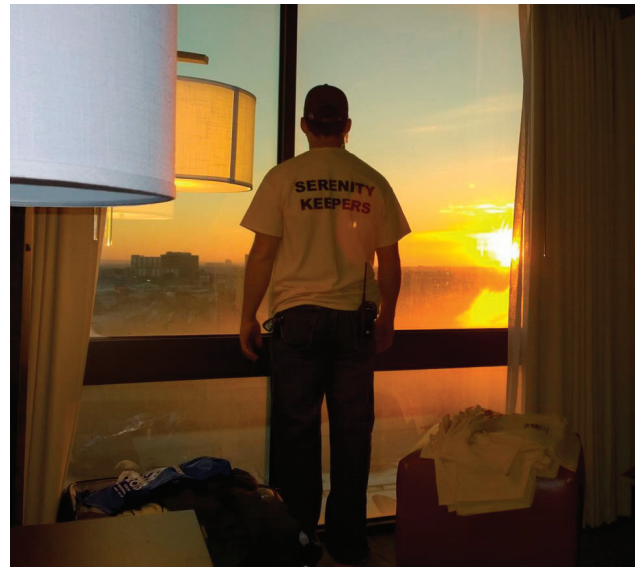
I kindly ask y'all not to bring any catnip into the meeting or to use laser pointers for the time being. Now, let's start the meeting.

Evgeny K, Moscow, Russia

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.



First Esperanza Convention; San Antonio, Texas

Photo: Gilbert L, Texas, USA

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. Visit www.naway.org for more information on submissions and the author release form.



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. (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

Alberta 2-4 Jun; Edmonton Area Convention 32; Radisson Hotel & Convention Center Edmonton, Edmonton; eana.ca

Newfoundland 9-11 Jun; First Newfoundland and Labrador Area Convention; NLHHN Provincial Learning Centre, Saint John's; carna.ca/events.php

Nova Scotia 19-21 May; Central Nova Area Convention 14; Holiday Inn Hotel & Convention Centre, Truro; centralnovaarea.ca

Denmark

Skanderborg 4-6 Aug; Convention & Camp 10; Audonicon, Skanderborg; namidtyjlland.dk/konvent/index.htm

Indonesia

Bali 2-4 Jun; Bali Area Convention; Hotel Puri Saron, Seminyak, Kuta, Bali; na-bali.org

Japan

Osaka 21-23 Jul; Japan Regional Convention 13; International House, Osaka; jrcna13.org/english.html

Kenya

Mombasa 19-22 May; East African Convention 5; Plaza Beach Hotel, Mombasa; ea-na.com

Norway

Kongsberg 26-28 May; Oksnetreff; Oksne, Kongsberg; nanorge.org/arrangementer

Poland

Wroclaw 28-30 Apr; European Service Learning Days 2; Hotel Slask, Wroclaw; edmna.org

Portugal

Lisbon 6-7 May; Lisboa Area Convention 13; Forum Lisboa, Lisbon; www.na-pt.org/xiii-clisboa

Portimao 22-24 Sep; European Conference & Convention 33; Portimao Arena, Portimao; eccna.eu

Russia

Moscow 4-6 Aug; Russian Zonal Convention 2; Concert Hall Rossiya, Moscow; na2017.ru

Spain

Madrid 26-28 May; Spanish Regional Convention 35; Hotel Aida, Hotel Torrejon, Torre Hogar, Madrid; narcoticosanonimos.es

Sweden

Stockholm 25-27 Aug; Sweden Regional Convention 30; Fryshuset, Stockholm; nasverige.org

Switzerland

Zuerich 26-28 May; Zuericonvention 5; GZ Riesbach, Zuerich; narcotics-anonymous.ch

United Kingdom

Aberdeen 27-28 May; East Coast of Scotland Area Convention; Hilton DoubleTree, Aberdeen; ukna.org/events

Birmingham 6-9 Jul; United Kingdom Convention 28; Hilton Birmingham Metropole, Birmingham; convention.ukna.org

Glasgow 4-6 Aug; Scotland-Glasgow & West Coast Area Convention 18; GoGlasgow Urban Hotel, Glasgow; ukna.org/events

United States

Arizona 26-28 May; Arizona Regional Convention 31; DoubleTree Resort, Scottsdale; arizona-na.org/arcna

2) 28-30 Jul; Southeastern Arizona Convention 3; DoubleTree, Tucson; natucson.org/convention.html

California 2-4 Jun; First Unity Sisters' Women on Fire Campout; Grover Hot Springs State Park, Markleeville; sierrasagena.org/calendar

2) 2-4 Jun; Fanning the Flames; Hilton Express, Tracy; calmidstatena.org

3) 2-4 Jun; Ride 4 Recovery; Trinity River Resort & RV Park, Lewiston; NARide4Recovery.com

4) 7-9 Jul; California Inland Regional Convention 19; Westin Mission Hills Resort, Rancho Mirage; circna.com

5) 14-16 Jul; Napa/Solano Women's Spiritual Retreat; Golden Pines Resort, Arnold; napasolanona.org

6) 11-13 Aug; Mountain High Campout; Camp Richardson, South Lake Tahoe; sierrasagena.org

Connecticut 23-25 Jun; East Coast Convention 21; Connecticut College, New London; eccna.org

Florida 27-30 Apr; Fun in the Sun Convention 39; Boardwalk Beach Resort, Panama City Beach; funinthesunconvention.org

2) 28-30 Apr; Daytona Area Convention 18; Hilton Daytona Beach/Ocean Walk Village, Daytona Beach; dacna.org

3) 28-30 Apr; Recovery in Paradise Spiritual Retreat 25; Sugarloaf KOA, Sugarloaf Key; floridakeysna.org/pages/spiritual_retreat.php

4) 6-9 Jul; Florida Regional Convention 36; Rosen Centre Hotel, Orlando; frc-na.org

Georgia 9-11 Jun; Peace in Recovery Convention 27; Marriott Convention Center, Augusta; csra.grsna.com

2) 3-6 Aug; Midtown Atlanta Area Convention 26; Renaissance Concourse Atlanta Airport Hotel, Atlanta; midtownatlantana.com

Indiana 19-21 May; I Found a Home Campout 30; Camp Red Wing, Muncie; naindiana.org

2) 26-29 May; We Grow with Love 25; Camp Alexander Mack, Milford; naindiana.org

3) 9-11 Jun; Northeast Indiana Area Convention 5; Hilton Hotel, Fort Wayne; neiacna.com

Iowa 7-9 Jul; Iowa Regional Convention 34; Dordt College, Sioux Center; iowa-na.org

Kansas 2-4 Jun; Clean & Serene Summer Serenity Campout 31; kansascityna.org

2) 30 Jun-2 Jul; Mid-America Regional Campout; marscna.net

Louisiana 19-21 May; Louisiana Regional Convention 35; Crowne Plaza, Baton Rouge; lrcna.org

Massachusetts 5-7 May; Martha's Vineyard Area Celebration of Recovery 28; Island Inn, Oak Bluffs; mvana.org/celebrationofrecovery

Michigan 6-9 Jul; Michigan Regional Convention 33; Radisson Hotel, Kalamazoo; michigan-na.org/mrcna

Missouri 4-6 Aug; InTents Campout 2; Indian Creek Group Campground, Monroe City; stlna.org

Montana 16-18 Jun; Montana Gathering 29; Symes Hot Springs, Hot Springs; namontana.com

2) 14-16 Jul; NA@10K Meeting & Campout 5; Parkside Campground, Red Lodge; namontana.com

Nevada 14-16 Jul; California Arizona Nevada Area Convention 23; Riverside Hotel & Casino, Laughlin; canana.org

New Hampshire 23-25 Jun; Fellowship in the Field Campout 27; Apple Hill Campground, Bethlehem; gsana.org

New Jersey 16-18 Jun; Greater Philadelphia Regional Convention 29; Crowne Plaza, Cherry Hill; naworks.org

2) 4-7 Aug; New Jersey Regional Convention 32; Westin Princeton at Forrestal Village, Princeton; njrcna.com

New Mexico 18-21 May; Rio Grande Regional Convention; Marriott Pyramid, Albuquerque; riograndena.org

New York 26-28 May; Heart of New York Area Convention 13; Holiday Inn, Liverpool; honyana.org

2) 2-4 Jun; Brooklyn Area Convention 2; Hilton Long Island/Huntington, Melville; bcna.org

North Carolina 16-18 Jun; North Carolina Family Reunion; Hilton North Raleigh Midtown, Raleigh; capitalareancna.com

2) 14-16 Jul; New Hope Area Convention 24; Durham Marriott City Center, Durham; newhopeconvention.com

Oregon 4-7 May; Pacific Cascade Regional Convention 23; Kah-Nee-Ta Resort and Spa, Warm Springs; pcrnaxxiii.com

Pennsylvania 2-4 Jun; Tri-Area Convention 2; DoubleTree, Monroeville; tri-area.org

2) 22-25 Jun; Living Recovery Group Campout 9; Rickett's Glen, Benton; nabeehive.org

South Dakota 5-13 Aug; Sheridan Lake Campout; Squirrel Group Campsite, near Hill City; sdrna.com

Tennessee 5-7 May; NA in May-BBQ Competition & Campvention; Meeman-Shelby Forest State Park, Millington; nainmay.org

2) 4-6 Aug; NA1997 Platinum Celebration; Holiday Inn Downtown (Beale Street), Memphis; nagroupna@yahoo.com

Texas 26-28 May; Texas State Convention 15; Overton Hotel & Conference Center, Lubbock; tscna.org

Utah 9-11 Jun; Southern Utah Area Convention 10; Hilton Garden Inn, Saint George; nasouthernutah.org/suacna-convention

Virginia 27-29 May; Marion Survivor's Group Campout; Hungry Mother Lutheran Retreat Center, Marion; Marion Survivor's Group; 139 W. Main St; Marion, VA 24354

2) 21-23 Jul; Blue Ridge Area Campout 36; Natural Chimneys Campground, Mount Solon; branacampout.org

3) 4-6 Aug; Almost Heaven Area Convention 31; 4-H Center, Front Royal; na2day.tripod.com/genericflier31.pdf

Washington 21-23 Jul; Peace in the Pines; Camp Tokiwanee Lost Lake, Tonasket; gclana.org

Wyoming 26-28 May; Upper Rocky Mountain Regional Convention 18; Radisson Hotel, Cheyenne; umrna.org

The NA Way Magazine

NAWS News

Reaching Out

NAWS Email Updates

Just for Today

daily email

e-subscribe:

no printing costs

no mailing costs

direct email delivery

Send us your...

GROUP MEETING FORMATS

NA groups around the world conduct meetings in their own special ways. Many NA members are seeking new ideas for their home groups, and we're always updating the Local Service Resources webpage at www.na.org/localresources. So, please send us your meeting formats and other materials that help you do what you do—and that might help other NA groups do what they do, too!

fsmail@na.org

FS Team
PO Box 9999
Van Nuys, CA 91409

fax: 818.700.0700
(attn: FS Team)

NAWS Product Update

NEW
REDUCED
PRICE



2017 JFT Calendar

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 \$7.00/6.49 €

Special JFT Bundle

while supplies last
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A special hand-numbered, limited quantity collector's edition, commemorating the two millionth copy of *JFT*. Item No. 1115B Price US \$33.00/26.49 €



Estonian

IP #11: Sponsorlus

Item No. ET3111 Price US \$0.24/0.21 €



Behind the Walls

Za kratami

Item No. PL1601 Price US \$0.95/0.82 €

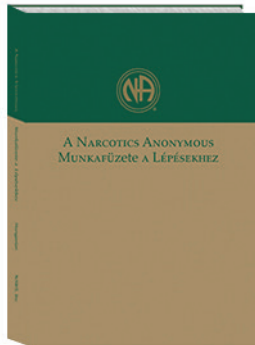
Hungarian

The NA Step Working Guides
A NA Munkafüzet a lépésekhez

Item No. HU1400 Price US \$8.50/7.50 €

Group Reading Cards (Set of 7)

Item No. PL9130 Price US \$4.60/4.25 €



Portuguese

IP #29: Uma Introdução às Reuniões de NA

Item No. PO3129 Price US \$0.24/0.21 €



Spanish

IP #26: Accesibilidad para aquellos con necesidades adicionales

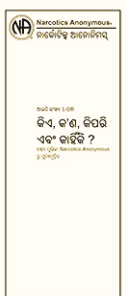
Item No. SP3126 Price US \$0.24/0.21 €



Odia

IP #1: କିଏ, କ'ଣ, କିପରି ଏବଂ କାହିଁକି ?

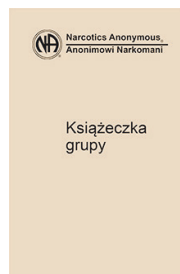
Item No. OR3101 Price US \$0.24/0.21 €



Polish

The Group Booklet
Książeczka grupy

Item No. PL1600 Price US \$0.95/0.82 €





Slovenian

IP #2: Skupina

Item No. SL3102 Price US \$0.31/0.26 €

IP #7: Ali sem odvisnik?

Item No. SL3107 Price US \$0.24/0.21 €

IP #16: Za novinca

Item No. SL3116 Price US \$0.24/0.21 €

IP #22: Dobrodošel v NA

Item No. SL3122 Price US \$0.24/0.21 €



TRY IT TODAY!

Recovery Companion App

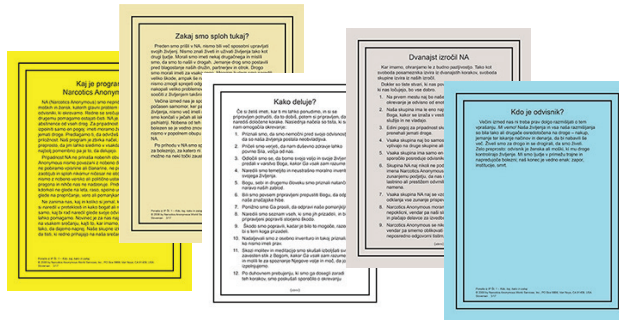
available in English, Portuguese (Brazil), Russian, & Spanish

A companion app to support recovering addicts in daily life. Includes IP #9, *Living the Program*, *JFT* meditations, cleantime calculator, meeting locator, group reading cards, tools to help contribute financially to NA, call your sponsor, read NA literature... and much more. Available on:



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Item No. 1101LN Price US \$11.55/10.00 €

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Narcóticos Anônimos

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Spanish

Concordance Line-Numbered Basic Text

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Danish

Just for Today

Revised to the Sixth Edition Basic Text

Bare for i dag

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Spanish Basic Text

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