



APRIL 2019

VOLUME THIRTY-SIX ♦ NUMBER TWO



- [NA in Cuba](#)
- [First NA Service Day!](#)
- [New SPAD principles and quotes](#)



From the editor

The growth of NA is proof of the power of our message.
Guiding Principles, Tradition Eleven

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."

NA World Services, Inc.
PO Box 9999
Van Nuys, CA 91409 USA
Telephone: (818) 773-9999
Fax: (818) 700-0700
Website: www.na.org

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Are you reading this [NA Way Magazine electronically](#)? We hope you are so that you can enjoy the additional content and features of the e-zine—and so that you can help carry the NA message electronically by forwarding it to NA friends and sharing it via social media.

This issue features Fellowship development and personal recovery stories from NA Cuba. It's been six years since our last major Cuba coverage here in *The NA Way*, and a great deal has happened since then, including the First Cuba NA Convention!

There are exciting things happening in the rest of the world, too. Looking for ways to participate in writing NA literature or service material? Want to seek or offer ideas and support from or to other NA communities? Would you like to engage local members in meaningful discussions about NA issues? Check out the [Service Center](#) page for ways to do all of these things. And don't miss a great story from above the Arctic Circle and one about a group that focuses on the Eleventh Step.

There are some other BIG and NEW EVENTS, too: [NA's First Service Day](#) (1 May 2019) and the [First NA PR Week](#) (3–9 June 2019).

Happy reading, serving, and recovering!

[De J. Editor](#)

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Electronic subscribers can click [here](#) for additional content.

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.

My HP knows

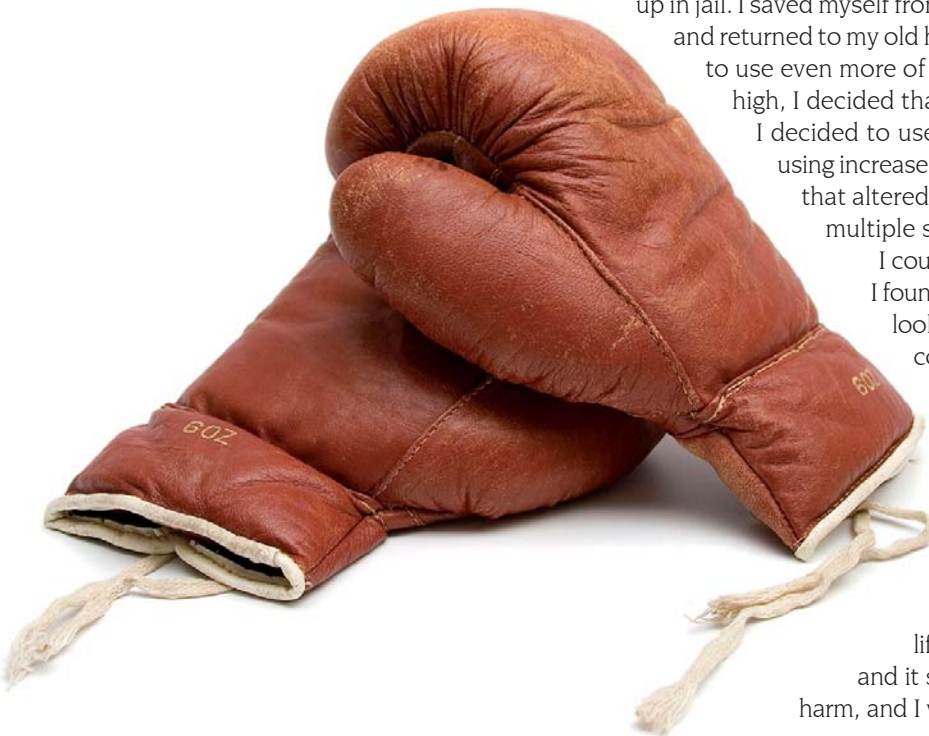
I am an addict born in Havana, Cuba, in October 1981. From a very young age, I realized the problem I had. My parents stopped living together when I still didn't really have the use of reason. We wandered with my mother from house to house without having a stable home. My mother was my great executioner in those first years of my life, hitting me mercilessly almost for fun. She said I reminded her of my father, who was playing Don Juan, having women and children wherever he was. My mother hit me with belts, sticks, and whatever she could lay her hands on, building my uncontrolled hatred for her. Everything she did to me, I did to my classmates. I was hyperactive, with much anger and powerlessness, but above everything, I was very scared and insecure.

At age ten I learned to box, and I became very good at it; I made it to the provincial academy and won several tournaments. Boxing gave me the tool I was looking for to bust everyone's faces, so I was happy and I showed no fear. I was strong on the outside, but inside I was still a fearful coward, and I had no idea why. I came across drugs at age 14 or 15 and experienced those first indescribable sensations.

By the time I was 20 years old, I was a little bit crazy—stealing, cheating, and doing everything necessary to get the substance I wanted, which at that time was a combination of drugs that fed my aggressive personality. I don't remember being freed of my fears and insecurities a single day during my active using. My grandmother used to tell me I was unstable; I would tell her I was on a bad streak or that others envied me and wouldn't let me prosper. I told everyone to leave me alone with my drugs because I was not going to change. Nothing else mattered to me.

At the age of 25 I was a father and I had some money. My father took me to work with him. During that time there was a raid and many addicts and drug dealers ended up in jail. I saved myself from going to jail, but I continued using. I lost my family and returned to my old house in a marginal neighborhood where I continued to use even more of my favorite drug combination. One day when I was high, I decided that one of those two drugs was driving me crazy and I decided to use the stronger one on its own. That was brutal. My using increased considerably, and I continued using any substances that altered my mind. I ended up in jail for a short time and had multiple stays at the psychiatric hospital in Havana.

I could not stop using and my life was a disaster. One day I found my pregnant wife walking aimlessly down the street looking for a place to use. I felt nothing but annoyance. I convinced her to go home, and I pawned the television to buy drugs. Another day I went to my grandparents' house and attacked my 80-year-old grandfather so violently that I knocked him out cold and I took the money he had saved. I still remember the expression on his face. My disease worsened. I practically lived on the streets, spent weeks without seeing my family, and I was completely dedicated to committing crimes. The most terrible thing was that I liked that lifestyle. I thought it made me strong. I was a delinquent and it seemed that I had a pact with the devil. I did a lot of harm, and I was not even arrested.



Along the way, I was introduced to self-help groups. At 19, I met AA, which was beginning to gain strength in Cuba. I could stay clean for a month, and for me that was a feat, but I didn't stick with it, and I continued to use another ten years. On 17 March 2010, I encountered the NA group Solo por Hoy (Just for Today), in the neighborhood where I used. At the beginning, it was difficult, and I told myself that this group of crazy people couldn't teach me anything because I already knew everything, but I had never been more wrong in my life. I was home; I no longer had to suffer.

In NA, for the first time, I found something I had never had—a sense of belonging and people who cared about me. In spite of this, it took me four more years of suffering. I was sick and tired of being sick and tired, and I attended the group every day, but I could not stop using. Every day I listened to what NA offered to me, but I did not use those tools. It was as if I forgot everything they told me when I left the meetings.

One day a sponsor told me to name all the negative things in my life, but I was surprised when he then asked me to name the positive things, and I did not have any. That was my first spiritual awakening. After some time I found a positive thing: perseverance. I kept coming back, and one day I discovered I hadn't thought about drugs all day long. It was exciting, and I decided to start using the basic tools the program gave me. I went to meetings; shared my experience, strength, and hope; and read the literature—the Basic Text. Nevertheless, despite all of this this and not using, I still had fears and despair. I didn't want to tell anyone my most intimate secrets. One day my football team was eliminated from the World Cup in Brazil and I went out to look for drugs; luckily I couldn't find any. I had a few months clean, and for the first time in my life I had the desire to use but did not because there were no drugs. In that moment I heard an inner voice tell me it is possible to stay clean, and for the first time, I heard the voice of my Higher Power. I had found my guide, and I was never alone again because I had a power stronger than myself. I shared with him my secrets, my anguish, my shame, and my fear. I got a sponsor and I was ready to work the Steps.

When I consciously began to work NA Steps, it was a fiasco. I wrote gigantic dialogues full of disease, and my sponsor wisely explained to me the importance of being concise in what I wrote. What makes me an addict is not the drugs but the disease of addiction. I came to understand this by working the Steps with a sponsor who had more experience and who could help me when the questions got tough; and, yes, they do get tough. So far, I have worked Steps One through Five, and it is like embarking on a spiritual journey. For a stubborn person like me, the Third Step was a nightmare, and it has been hard to admit that I was like a hurricane for my family, which practically ended their existence. Today I understand the work of the Steps as a method of recovery, but it is impossible for me to recover if I do not live in accordance with the spiritual principles that are a part of the Steps and Traditions. It can be very easy for me to be clean

and live dirty. I have learned this through self-discovery, and I am aware of that.

Service has been a fundamental factor in my recovery. The first time I served in my community was in my home group. I started as the coffee server, and I ended as group secretary, important experience that led me to participate in the service structure when I was three years clean. NA in Cuba was in a growth process and, due to the lack of trusted servants, we adopted aspects of the service system proposals, including a local service board (LSB), with the help of members from another region. For us this made the most sense instead of having area service committees, and it was successful. In a short time, we became an established region and we joined the [Latin American Zonal Forum](#). Our region grew stronger, and we began to hold training workshops on Steps, Traditions, and so on. We held two annual events celebrating the arrival of the NA message to Cuba, and we continued to grow.

After being of service in the region, I was invited to participate in the Latin American Zonal Convention held in Chile in 2017, where I met many addicts from different regions who all had lots of service experience, which was beneficial for both my community and me personally. One night, sitting in the lobby of the hotel, an addict interested in NA Cuba's growth suggested to me the idea of holding a convention, and the idea sounded great to me.

I remember that as one of the most important moments in my life because, at that time, I had hoped to start a new life and not return to my country. I was determined to stay in Chile despite this idea of holding a convention that could help NA grow in Cuba. I locked myself in my room and I cried as I had never cried in my whole life. Almost without any strength, I asked my HP to send me a signal so I would know what to do, and at that moment, a seagull almost hit me in the face. I was puzzled, but I saw this as another spiritual awakening. I understood that my community still needed my service. It was my natal birthday, a great day, and even more of a blessing that I was to share that day on the topic "A Leap of Faith." I will never forget it.

My sponsor told me that day that God never closes a door without opening another, and I took all of my experiences back to my country. My HP knows what he does and he knows why he does it. Now I am here in Cuba with my recovery brothers, preparing to celebrate our First Cuba Regional Convention of NA (CRENACUB). And I am grateful for being clean, for being an NA member and living as such, and thankful to my HP and a little bit of my own effort, just for today.

Jordann C, Havana, Cuba





SHARING

Luz y Vida



Bob W, New York, USA

I am an addict and my name is Cesar. I was introduced to Narcotics Anonymous in 2011 on the island of Cuba, my homeland. At that time, the NA community in Cuba was very young and was in its second attempt to develop on the island—unlike me, who could no longer keep track of my attempts to stop using drugs. The only difference was that this time, everything was fine around me. My wife and I were doing okay in our marriage, and my daughter and the rest of my family didn't know anything about my problem.

But I was so tired. After two years of continuous despair, I had lost all hope. I didn't even try to say, "This was the last time," and I thought this confinement of my disease was what I could expect for the rest of my life. Thank God, in one more attempt to seek help, I went to a treatment center where I had been in the early 1990's. I didn't know it then, but there I found the support of one of the two people in the health field who supported Narcotics Anonymous in Cuba at that time. What are the chances of this happening? I do not know, but I believe that my higher power was with me, even when I didn't know of his existence in my life.

Unfortunately, I went straight from there to using drugs once again, but something was different in me. I had an NA card with an address, a phone number, and lots of hope. Thanks to you, that was the last time I used. A couple days later I arrived at my first meeting in a group in Havana called Luz y Vida (Light and Life). To my surprise, there were other addicts who, like me, didn't want to use drugs anymore. It was very shocking to me because every addict I knew prior to this wanted the opposite. I didn't understand much, but I knew this was my last chance, and I took advantage of it. I started attending meetings regularly in three of the four groups that existed in Cuba at that time; the fourth group was in a province outside the capital.

Experience and literature were scarce, but one addict's desire to help another one was immense. I quickly became involved in the Fellowship and did what they suggested, taking care of my recovery and serving others. Those who were already there when I arrived showed me what to do by setting an example. Thanks to all those who have put a grain of sand in the growth of NA in Cuba, today we have eight groups in the country, seven of them in the capital, where the drug problem is more severe. There have been workshops, retreats, and small conventions and, finally, thanks to the trusted servants and to the endless desire to help another addict to stop using drugs and find a new way of life, we had our first regional convention, which exceeded the expectations all of us had in every way. I hope it has also surpassed the expectations of every person who visited our island giving us their support. We continue working to keep the groups open and the spirit of NA alive, which was planted in Cuba in the 1990s in the first, but not last, version of Narcotics Anonymous Cuba. I am very grateful to my predecessors and especially to the members who were waiting for me in my first meeting of el Grupo Luz y Vida.

Cesar A, Florida, USA

Why I stay

I remember when I first got clean, people used to say, "We come to meetings to find out what happens to people who don't come to meetings." We know all too well what happens to people who don't come to meetings. We read about them in the newspaper, we see them in the jail rags, we hear about them from other people who have relapsed and who have come back. We have attended funerals for many of them.

I have had two recent emotional realizations. I moved to Sarasota when I was 18 months clean and there were a few people with between three and five years clean. I thought they were the gurus. There was one man who was like "Papa" to all of the people getting clean, and even though he was in his mid-thirties, at the time, we all thought he was old. He was married to another recovering addict and they had two beautiful, healthy, happy boys. He owned a successful business and life was good. And then he and his wife began to drift away from NA.

I was in a meeting several months ago and I heard this voice say my name, and I turned around and it was him. He was older and thinner than I remembered, and his eyes looked sad. He told me he had started abusing prescription medication with 20 years

clean and had been struggling for eight years to find his way back to NA. He had decimated his health, his teeth, and his marriage. His beautiful boys (now adults), who never knew their dad in his using, were disappointed and angry. He told me that he came to meetings for six months before he saw somebody he knew. He is back and clean, but the relapse and the shame, remorse, guilt, and fear associated with the relapse nearly killed him.

This morning I got a phone call from a friend, a woman I used to sponsor. She and her husband had moved away from the area, and they gradually began to pull away from NA. After they moved, I would hear all of the reasons and justifications for them not going to NA meetings. She told me this morning that she is drinking heavily, that her world has gotten small, and she feels alone. I sponsored this woman for ten years and she was one of my best friends. She served this area and sponsored many women who are long-term members today. She started drinking just shy of 20 years clean.

I stay because it has been my experience that this shit kills people. I stay because I am grateful for the gift, and I could serve this Fellowship for the rest of my life and never be able to repay what I have been given. I stay because NA has become my way of life. I stay because I

have a healthy and realistic respect for the disease of addiction—and I know what happens to people who do not go to meetings.

Kristi F, Florida, USA

Happiness

Rock bottom and *happiness* are both such subjective terms, but also two intangible places most people work their whole lives to move towards or get away from. Who would have thought you could find one within the other, but that's exactly what I did.

Growing up in a white, middle- to upper-class town as a Korean minority sounds like it should have come with many hardships. On the contrary, my life was filled with endless opportunities to try sports, music, or anything I desired. I was adopted as a baby and raised by two of the most loving parents, who provided me with a warm and loving childhood, and an older brother who I looked up to more than anything. I went to an NSYNC concert as a kid, wore cool clothes as a teen, and got a car when I was in high school. I always thought this was the best of both worlds: I was a minority, but lived the life of white privilege. I would laugh with my friends and almost cherish the

Basic caption contest

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.



fact that I was a “bad Asian.” I couldn’t eat with chopsticks or speak a word of Korean, and I made myself as close to the others people in my life as possible. Blending in, being like everyone else, going unnoticed; this made me *happy*.

This *happiness* eventually led me down a very dark road. I started drinking and smoking weed when I was 13 years old. It started out as getting harmlessly stoned after school, eating too much pizza with friends, and watching silly videos, unable to control our laughter. However, over time, I went from smoking my “harmless” drug to tabs, lines, capsules, and, eventually, syringes. My downfall came quick and it came hard.

Even with all the wide-open doors available to me, I always chose drugs. My parents had no idea about this other life. I was good at lying, I was good at sneaking around, and I thrived on it. I was a functional addict and I was damn good at it. I bragged about being able to out-drink the boys, or being able to snort more lines, or trip for more days at a time. Such false and pointless accomplishments—but I truly prided myself on them. I traded my body for free drugs, brought knives to drug deals, and drove hours for just one high. I shot up right before my college finals, and made dean’s list for that semester. I was hopelessly in love with dope, but I wasn’t an idiot. The giddiness I would feel going to pick up or when I was setting up a syringe was like nothing else, and the high itself indescribable, euphoric, surreal. But after thousands of dollars shot into my arm, I was a skeleton; I couldn’t even recognize myself in the mirror, I was so sunken in. I hid my arms, which were covered in track marks and bruises, but I thought I had found it again—*happiness*. Little did I know, the only thing I had found was my rock bottom.

This time, happiness led me into a detox and rehab center, meetings, and sponsorship. It led me to self-hate, which eventually turned, into self-love. I’ve been clean now for almost six years (as of March 2019). Some days are easier than others. I still struggle with depression and anxiety, and romanticizing a person I no longer am today. I purposefully numbed myself for so many years because I didn’t want to feel anything,

but I realize now how amazing life can be when I’m present not just physically, but mentally, too. I’m able to empathize and cry because of a sad story and express my emotions freely without needing a constant shield. I’m able to genuinely smile at the nature, simplicity, and beauty within this world. I’m able to laugh at the silly things my cat does without having to worry about getting my next high. As someone who has lived her whole life believing she found the secret to happiness, I’ve learned that there is no secret and there is no destination. *Happiness* is an ongoing, lifelong process.

I’m a woman, I’m a minority, and I’m a recovering addict. Not one of these defines me, but together they make up who I am. I’m perfectly imperfect; slowly but surely, though, I’m learning to love myself for exactly who I am.

Olivia L, Massachusetts, USA

Living life the NA way

Hi, my name is Felipe and I am an addict in recovery and a member of NA. I was a patient in a mental health hospital where I had gone voluntarily. While I was hospitalized, I was introduced to the NA message by my therapist. I felt very bad at that time and I felt completely defeated. I even came to believe that I would never recover from that physical, mental, emotional, and spiritual debacle. My body would not stop shaking and vibrating, and my mind constantly thought only about self-destructive matters: drugs, delinquency, death, etc. I was really in a grave state due to my addiction to drugs and to my obsession and compulsion to use substances, including alcohol. I didn’t eat or nourish myself. In that institution I was diagnosed with neuropathy and with a number of other diseases. Neuropathy is a disease that attacks the central ner-

vous system and drains the body of all its vitamins and energy.

During that time my obsession, my insecurity, my solitude, and my spiritual emptiness made me not want to live. As I am writing this, I feel like I really want to cry and my eyes are teary because I never thought I would be able to stop using drugs, lose the desire to use, and discover a new way of life. Today I am 31 years old, and I have been clean for one year in NA. I am happy! The achievements, the progress, the growth, and the spiritual development that I have obtained are all indescribable.

My fellow members, my friends and brothers in NA Cuba, give me a lot of love every time I share with them. The most important thing is to continue searching inside, discovering and finding myself, learning from my past so I will not repeat that past again; and as a result I can remain drug-free and live life the NA way. Thank you to all of NA in Cuba, to the Latin American Zonal Forum, and to NA World Services for all your help and support. More will be revealed!

Felipe, Havana, Cuba*

Reprinted from [The NA Way Magazine](#),
April 2013



* Name has been changed to protect identity.



FELLOWSHIP DEVELOPMENT

FD above the Arctic Circle

During the summer of 2018, I flew from Oslo, in the south of Norway, to Tromsø, way up in the north above the Arctic Circle, where there was an NA convention happening. Our [Norwegian Regional Fellowship Development Subcommittee](#) was invited to hold a couple workshops. The North Area consists of nine groups spread out over 1,192 kilometers (about 740 miles), if you drive through Sweden and Finland, and even longer if you drive through the mountainous area of Norway. The climate there is rather rough: I departed Oslo with a temperature of 25 Celsius (77 Fahrenheit), and landed in Tromsø with 7 Celsius (44 F).

Still, Narcotics Anonymous exists up here, with the NA community alive and kicking. Members travel to the convention from afar, from groups spread out up in the north, to some members from the south taking on the journey. Some on motorbikes travelled for days.



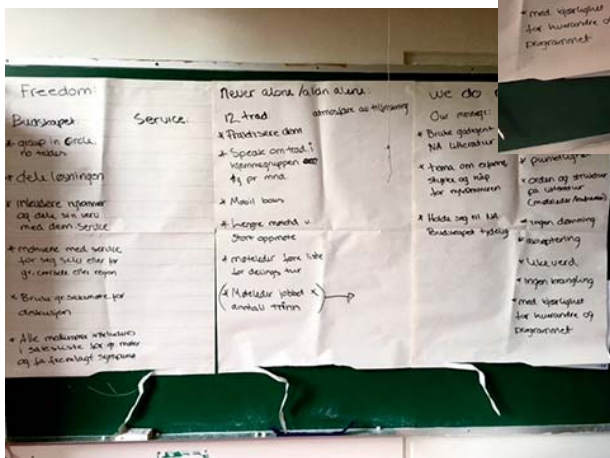
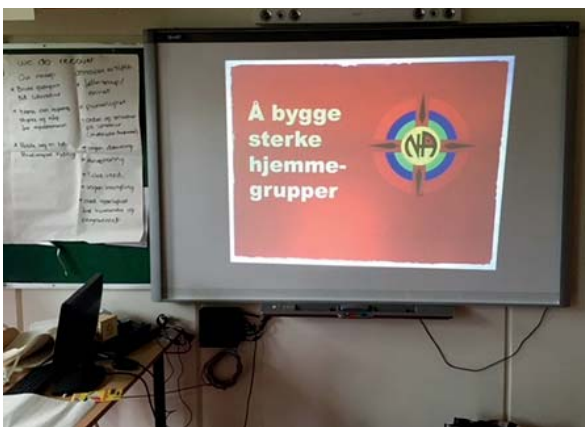
We were asked to facilitate a workshop on the [Issue Discussion Topic](#), Atmosphere of Recovery in Service, so I translated the NAWS presentation and materials into Norwegian. I was a bit anxious about how this would work, since it was the first time I had done this workshop. Three tables were filled with members working in groups, and we had some interesting answers and lively discussions.

The next day we covered Building Strong Home Groups, and we were pleased that 15 members participated. This session was a bit more thorough and detailed, but the members were actively involved, shared solutions, and expressed gratitude for this kind of workshop taking place.

The rest of the convention was filled with speaker meetings, entertainment, and a countdown, and the energy level and enthusiasm were quite high.

Fellowship development is quite important in the scattered areas of the Norwegian Region. Some groups and even areas are quite isolated. Still, NA seems to be growing even up here. After all, addicts are everywhere.

Monica A, Moss, Norway



Photos: Joe T, Oregon, USA

NA in Cuba

The history and development of NA in Cuba was featured in an article by Mauro G of Venezuela in the [April 2013 NA Way Magazine](#):

NA in Cuba was first known to be established in January 1999 and functioned until 2004. For a long time we had not received any information about NA in Cuba, but we heard there was activity sometime in 2009, so in mid-2010...NA members who were visiting Cuba from Canada, Ecuador, Panama, Puerto Rico, USA, and Venezuela made contact...and we began to receive requests for help from Cuban members...The [Latin American Zonal Forum](#), along with [NA World Services](#), planned a series of Fellowship development events for NA Cuba. The first gathering (March 2011) was in the town of Aguada de Pasajeros, Cienfuegos, Cuba. We returned for a second event in Havana in November 2011, followed by a third event in Havana in September 2012...We are grateful for everyone who has cooperated unconditionally with NA Cuba! Together we are united without borders, carrying the NA message to the addict who still suffers!

Since then, Cuba's NA community has continued to grow and strengthened with the support of dedicated NA members, the LAZF, and NAWS. In January 2017 and 2018, Cuban members gathered for an event to celebrate the 18th and 19th anniversaries of the arrival of the NA message in Cuba. In August 2018, approximately 200 cruise passengers were warmly welcomed by the Cuba NA community as part of a NAWS-hosted pre-NA World Convention cruise to Cuba.

Today there are eight active groups, 22 weekly meetings, and approximately 180 members. As a developing community, Cuba has found it helpful to adopt parts of the Service System Proposals in their service structure. A local service board (LSB) and two group support forums (GSFs) make up the Cuban Region. In January 2019, the First Cuba Regional Convention was held in Havana with more than 500 attendees—far exceeding their expectations! Approximately 60 Cuban NA members participated in this milestone event, which was also supported by members from Canada, Israel, Italy, Netherlands, Russia, Sweden, Tanzania, the United States, along with members from most of the Latin American regions.



Cuba Project 2012, Latin American Zonal Forum, Unity Without Borders

At the First NA Cuba Convention, we asked members,

“What has your sponsor been telling you over and over and over?!”

Write the Steps, read the Traditions, and live my life with the principles of the program.

Ernesto (10 months clean)

Work with the newcomer. *Anonymous (2 years clean)*

Using is not an option no matter what. *Dayrom (1 year clean)*

Keep coming back. *Joel (2 years clean)*



Jose Luis A, San Juan, Puerto Rico



Andrey G, California, USA



Bob W, New York, USA





Andrey G, California, USA



“How do you understand and practice this principle in your life today, and how is this different from the way you understood and practiced it in the past?”

LOVE: I can only give love with spiritual principles. In the past, I bought acceptance with my family by giving them material things and I thought that was like giving them love. I was very confused. I felt love for the first time in the NA groups, and as I began to change, I felt love. *Kiko (7 months clean)*

ACCEPTANCE: I honestly never practiced it, because I felt as if I was less than everyone else. I admitted I was sick, and I today I can accept myself a little bit more. *Yaquelin (41 hours clean)*

UNITY: I understand unity as something that it is practical. I always try to maintain unity in my home group, and in service meetings, and I practice it with my family. In my home group, there was a time when I was resentful with some members and I would not do my service in the best way. After some time I realized that in spite of the differences, I must stay united with the group. After I accepted this, I grew spiritually and I was able to help the group move forward. *Lester (3 years clean)*

SURRENDER: When I accept that today I am an addict in recovery, I surrender, and I begin to practice and to live the NA way, by attending meetings and only changing one thing in my life: “everything.” *Carlos (2 years clean)*

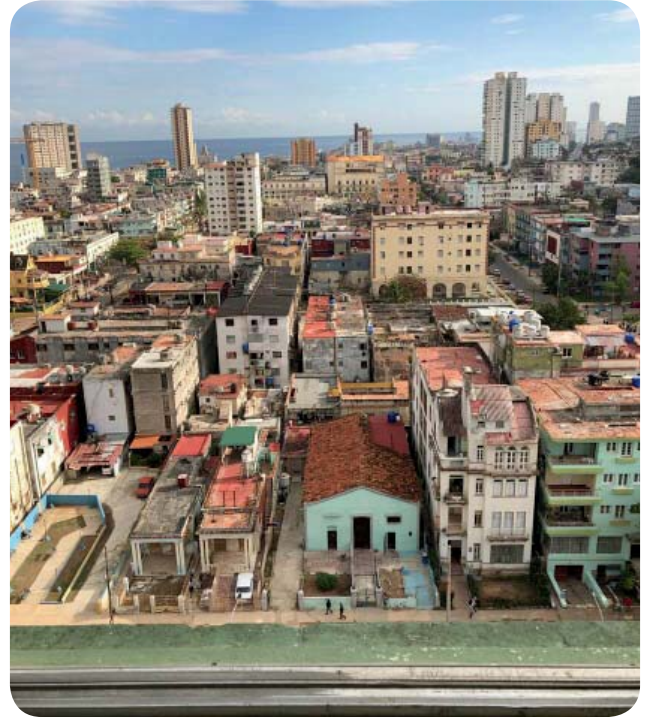


Love in NA

I have never received so much love in my life as I have received in NA. Perhaps I never knew what love was until I arrived to NA. Recently I was told that a video we made during the first Latin American Zonal Forum event here in Cuba was shown during the 2012 World Service Conference. We watched the video here several times and I became very emotional. When the video was made, I never imagined that it would travel so far. Then we had the second LAZF event in November 2011, and just recently in September 2012 we had the third LAZF event to help NA in Cuba. Each of these events has enjoyed great success. Now in NA in Cuba, we have six groups, ten weekly meetings, more than 60 members, and one local service committee that provides PR/PI and H&I services. Thank you for all the love that you have given us. I hope to continue seeing you so I can share the rest of my life with you. With love,

Yanela, Havana, Cuba*

Reprinted from *The NA Way Magazine*,
April 2013



Bob W, New York, USA

Please don't stop

I have been part of the organizing committee for the three cooperative events brought to us by the Latin American Zonal Forum for NA Cuba. I want to thank the LAZF and NA World Services for their help. NA began in Cuba in 1999, but then closed down from 2004 until 2009. We began again in 2009. We thought we were isolated, alone, incapable of communicating with you. However, one day several NA members began to show up separately in our local meetings from NA communities in Ecuador, Panama, Venezuela, Canada, and other countries, and that's how we linked up and truly connected with NA in the rest of the world. I never dreamed of having NA literature in my house or in our groups because our average salary here in Cuba (for those of us who earn the most money in our jobs) is ten to fifteen dollars per month—and that's close to what it costs to buy one NA book, like the Basic Text. We also don't have free access to the internet or to other NA literature, and that created despair and hopelessness, but when we started to receive help from the LAZF and NAWS, everything became easier and more accessible for us. Today we know we can count on you. In NA in Cuba we are not alone. NA is much bigger than what we believed. We are together and we are spiritually united with all of you. Please don't ever stop coming to visit us and to share with us.

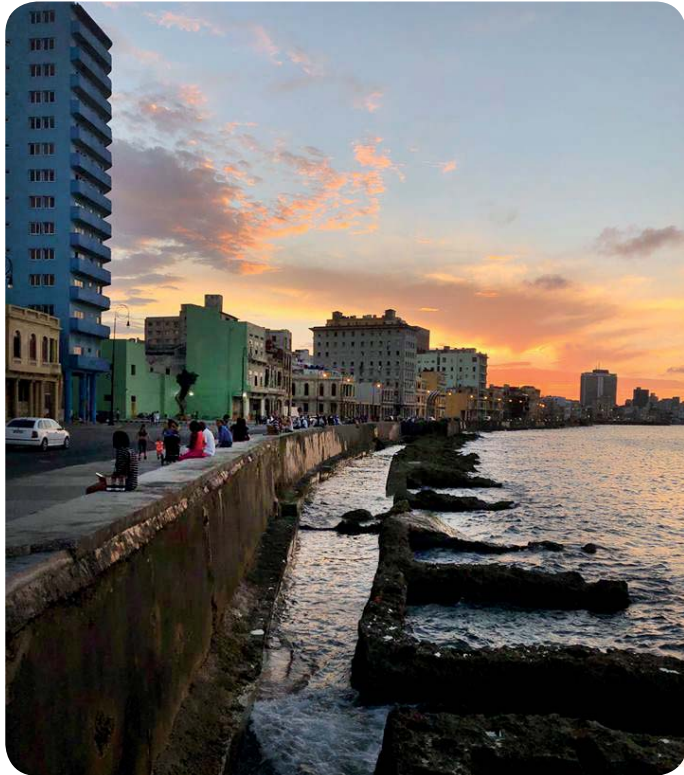
Javier, Havana, Cuba*

Reprinted from *The NA Way Magazine*,
April 2013



Bob W, New York, USA

* Name has been changed to protect identity.



Bob W, New York, USA

A beautiful gesture

During the third LAZF event for NA in Cuba in September 2012, I was given a copy of *It Works: How and Why* as a gift. I was told that a member from Venezuela who has been clean in NA more than 25 years sent it for me, and he was suffering from a grave illness that would probably soon take his life. He asked one of the trusted servants from Venezuela to give his book to the person who was leading the opening meeting of the event. That day, thanks to God and to the NA way of doing things, I was being of service. I was very happy when I was given that book. I didn't have a copy of *It Works* and it would have been a long time before I would be able to buy it even though NA literature is currently sold at a low price due to the economic situation we experience here. Afterwards, I decided to send a letter to the NA member in Venezuela who gave me the book to thank him for such a beautiful gesture and to tell him how fortunate I was to enjoy and benefit from his gesture. I am soon going to celebrate one year clean, and I love NA. It is really the only thing that is worth it. Here in NA, I found my mate, my work, my best friends, everything. They saved my life. Thank you so much!

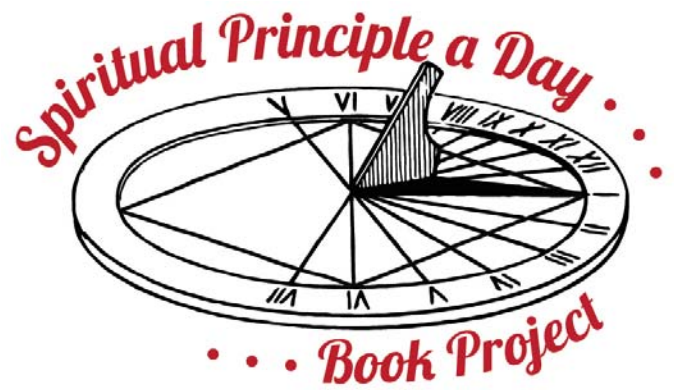
Dalian,* Havana, Cuba

Reprinted from *The NA Way Magazine*,
April 2013



Stella S, Massachusetts, USA

We've got a new book in the making!



*compiling our experience
with applying spiritual
principles in our daily lives*

Visit www.na.org/spad for opportunities to submit material online and/or find the materials you can use to host a workshop, large or small.

We'll solicit material with rolling deadlines on various spiritual principles over the next three years. The project webpage (www.na.org/spad) will be updated regularly to reflect the current focus. Our hope is that interested members—on their own or in groups—will workshop the spiritual principles being focused on at any given time, and send in the writing they collect. Consider planning regular get-togethers with your friends, sponsees, or home-group members to contribute to this effort, or working through your local service body to form a project-based workgroup or ad hoc committee. As we produce drafts based on your words and ideas, we'll ask the Fellowship to review the work and offer additional input. All of this is a long way of saying: We need you! Thanks in advance for pitching in.

Principles & quotations to work on through June 2019:

***Forgiveness • Kindness • Perseverance • Practicality • Respect
Responsibility • Service • Simplicity • Understanding***

www.na.org/spad

You can submit your input online
(www.na.org/spad),
by email (spad@na.org),
or by mail (SPAD; 19737 Nordhoff Place;
Chatsworth, CA 91311 USA)



SERVICE CENTER

NA World Services web meetings are a great way to:

- connect with other NA members in service to share ideas and experiences.
- contribute to NA's growth where you live and around the world.
- develop tools to help service bodies better serve our Fellowship.
- participate in carrying the NA message to addicts seeking recovery.

All members are invited to join ongoing web meetings hosted by NA World Services. Some of the web meeting discussions have resulted in new service tools, such as:

- ✓ Public Relations: Phonenumber Basics [www.na.org/PR]
- ✓ Local Service Toolbox: Consensus-Based Decision Making (CBDM) Basics [www.na.org/toolbox]
- ✓ Conventions and Events: The Program Committee & Development of the Program [www.na.org/conventions]

And we're continuing to work on other tools and resources, so we invite your participation and input. Visit www.na.org/webinar for more information and to participate. We need your ideas and input!



Issue Discussion Topics

IDTs are subjects that members in NA communities around the world discuss to encourage deeper thinking about relevant topics and to help build unity within groups and service bodies. In addition, the results of these discussions can be sent to the [World Board](#) to help shape Fellowship-wide resources and services. We encourage you to engage members in your NA community in workshops or conversations on the three 2018–2020 Issue Discussion Topics:

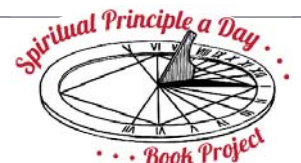
- Carrying the NA Message and Making NA Attractive
- Attracting Members to Service
- Drug Replacement Therapy (DRT) and Medication-Assisted Treatment (MAT) as It Relates to NA

You'll find workshop outlines, PowerPoint presentations, handouts, and other materials to help you hold IDT discussions or workshops at www.na.org/idt. Please send the results of your workshops to worldboard@na.org.



Spiritual Principle a Day Book Project

We're also collecting input from members on a selection of spiritual principles. Please consider submitting your experience of living by spiritual principles. Visit www.na.org/spad for more details and workshop materials, and to submit input through an online form.



Mental Health/Mental Illness Informational Pamphlet

Interested in another literature project? Find out about and contribute to the Mental Health/Mental Illness informational pamphlet project by visiting www.na.org/mhmi.



Special Days in NA

The 2018 World Service Conference approved motions to have "special days" similar to what we have done with Unity Day. Please consider and discuss how you and your NA community would like to celebrate these days and send your ideas to worldboard@na.org.

- Service Day: 1 May 2019
- Public Relations Week: 3–9 June 2019
- Unity Day: 1 September 2019
- Sponsorship Day: 1 December 2019

Stay current with everything about the World Service Conference.

Updated regularly with deadlines, surveys, documents, and projects:

www.na.org/conference

SERVICE DAY

*Being of
loving
service is
living
spiritually.*

*Living Clean,
Chapter Three,
“A Spiritual Path”*

At the request of the 2018 World Service Conference, we will have special days similar to Unity Day.

Service Day is scheduled for 1 May, **Public Relations Week** is the first week of June (3–9 June), **Unity Day** is 1 September, and **Sponsorship Day** is 1 December. Moving forward, these will be annual celebrations.

We encourage you to consider and discuss how your community will celebrate these days.

If you have ideas for activities related to these special days, please send your comments to worldboard@na.org.



WEDNESDAY • 1 MAY 2019





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.



The Eleventh Step ...and Then Some

The Eleventh Step *and Then Some* Group started on 11 September 2006, with a mustard seed of an idea from a longtime (now deceased) member in Philadelphia, Pennsylvania. With the opening of our doors, every Wednesday evening came an opportunity for people to share their experiences of improving and maintaining a conscious contact with a Higher Power of their own understanding.

Identifying our group as an Eleventh Step meeting made us concerned that people who haven't worked the Eleventh Step might think they're not welcome. In recent years, we have seen just the opposite! An influx of new people in recovery attend the meeting. We believe—and have seen—that newer members are able to gain deeper insight into and a solid foundation in the spiritual principles of the NA program.

Few Narcotics Anonymous meetings exist on college campuses. Our home group provides literature to further the message of Narcotics Anonymous to the student body, and we provide materials or literature resources to students and student counseling center staff. If a student needs help, we are not far away.

By design and by group conscience, ours is an open meeting, so all are welcome. There is always room for anyone seeking recovery. Our little chair and an ample supply of literature reminds us of this.

Paula B, Pennsylvania, USA

First Narcotics Anonymous Public Relations Week

3–9 June 2019

We All Are PR

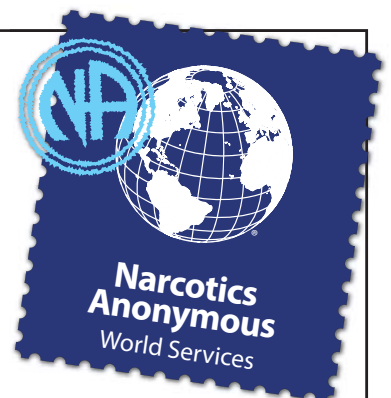
Area, regional, and zonal PR subcommittees are encouraged to plan activities to increase awareness of PR service and of NA.

Save 10% on select PR tools until 31 May 2019.

For info and ideas: www.na.org/pr_act

Questions? worldboard@na.org

Send PR Week pix: pr@na.org





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.)

Barbados

14-17 Nov; Barbados Area Convention; Barbados Beach Club, Christ Church; speaker tape deadline: 31 Jul; nabarbados.org

Belarus

23-25 Aug; First Belarus Area Convention; Minsk City Palace of Culture, Minsk; na-rb.by

Canada

Alberta 17-19 May; Unity Begins with U; Acadia Recreation Centre (ARC), Calgary; chinookna.org

British Columbia 3-5 May; South Vancouver Island Area Convention; Saanich Fairgrounds, Saanichton; svina.ca

2) 14-16 Jun; Serenity by the Lake; Morning Star, West Kelowna; <http://www.bcna.ca/>

Ontario 10-12 May; Ontario Regional Convention 32; Ambassador Hotel & Conference Centre, Kingston; orcna.ca

Denmark

2-4 Aug; Convention & Camp 12; Audonicon, Skanderborg; namidtyjylland.dk

Lithuania

17-18 Aug; Baltic Convention 17; Kulturos Fabrikas, Klaipeda; lietuvos-na.lt

Portugal

1-2 Jun; First Linha de Sintra Area Convention; Centro Cultural Olga Cadaval, Sintra; na-pt.org

Switzerland

19-21 Jul; European Conference and Convention 35; Park Platzspitz, Zurich; eccna.eu

United Kingdom

25-26 May; East Coast of Scotland Area Convention; The Hilton DoubleTree, Aberdeen; ukna.org

United States

Arizona 24-26 May; Arizona Regional Convention 33; Scottsdale Double Tree, Scottsdale; arizona-na.org

2) 16-18 Aug; Productive Members of Society Women's Spiritual Retreat; Cabins on Strawberry Hill, Strawberry; event info: Productive Members of Society Group; PO Box 27301; Phoenix, AZ 85061

California 3-5 May; Greater East Los Angeles Area Convention 5; DoubleTree Whittier, Whittier; greatereastlosna.com

Florida 24-27 May; Gold Coast Area Convention 29; Bonaventure Resort & Spa, Weston; goldcoastna.org

2) 21-23 Jun; Area de Habla Hispana del Sur Florida Convention 12; Hotel Ramada Marco Polo Resort, Miami; ahhsf.org

3) 21-23 Jun; East Coast Convention; Florida Gulf Coast University, Fort Myers; eccna.org

4) 4-7 Jul; Florida Regional Convention 38; Rosen Centre Hotel, Orlando; frca.com

Georgia 22-26 May; A Little Girl Grows Up Women's Convention; Atlanta Hilton Hotel, Atlanta; alittlegirlgrowsup.org

2) 19-21 Jul; Peace in Recovery 30; Marriott Augusta Hotel & Suites, Augusta; csra.grscna.com

3) 8-11 Aug; Midtown Atlanta Area Convention 27; Hilton Atlanta Airport, Atlanta; midtownatlantana.com

Kansas 4-7 Jul; Mid-America Regional Campout 41; Chautauqua Park, Beloit; marscna.net

Louisiana 17-19 May; Louisiana Regional Convention 37; Clarion Inn, Covington; lrcna.org

Maryland 17-19 May; Spiritual in Nature Retreat; Camp Letts, Edgewater; nefaspiritualretreat.com

Massachusetts 12-14 Jul; First Greater Worcester Area Convention; Sheraton Framingham Hotel & Conference Center, Framingham; Speaker tape deadline: 30 Apr; gwacna1.wixsite.com/gwacna1

2) 2-4 Aug; In the Spirit of Unity; Tower Square Hotel, Springfield; wmacna.org

Michigan 4-7 Jul; Michigan Regional Convention 35; Shanty Creek Resort, Bellaire; michigan-na.org

New Jersey 7-9 Jun; Greater Philadelphia Regional Convention 30; Crowne Plaza, Cherry Hill; naworks.org

2) 2-4 Aug; New Jersey Regional Convention 34; Crowne Plaza, Cherry Hill; njrcna.com

New York 3-5 May; Buffalo Inner City Convention 2; Buffalo Grand Hotel & Convention Center, Buffalo; nawny.org

2) 13-16 Jun; Rochester Area Convention 25; Rochester Riverside Hotel, Rochester; rochesterny-na.org

North Carolina 31 May-2 Jun; Greater Charlotte Area Convention 29; Sheraton Downtown, Charlotte; charlotte-na.org

Ohio 24-26 May; Ohio Convention 37; Cleveland Marriott East, Warrensville Heights; nabuckeye.org

Oregon 3-5 May; Pacific Cascade Regional Convention 24; Ashland Hills Hotel, Suites & Convention Center, Ashland; pcnaconvention.org

South Dakota 2-11 Aug; Sheridan Lake Campout 25; Squirrel Group Campsite, Hill City; event info: 605.787.2872

Tennessee 16-18 Aug; Greater Nashville Unity Convention 15; Millennium Maxwell House Hotel, Nashville; www.nanashville.org

Texas 16-19 May; Rio Grande Regional Convention 30; Wyndham El Paso Airport Hotel and Water Park, El Paso; riograndena.org

2) 24-26 May; Texas State Convention 17; Radisson Fort Worth North-Fossil Creek, Fort Worth; tscna.org

Utah 31 May-2 Jun; Southern Utah Area Convention 12; Hilton Garden Inn, Saint George; nasouthernutah.org

2) 7-9 Jun; Celebration of Recovery; American Legion Hall, Vernal; nautah.org

Virginia 3-5 May; Rappahannock Area Convention 2; Hospitality House Hotel, Fredericksburg; rappahannockareaofna.com

2) 24-27 May; Marion Survivors Group Campout 24; Hungry Mother Lutheran Retreat Center, Marion; event info: mfisher71@hotmail.com; Marion Survivors Group; 139 W Main Street; Marion, VA

NAWS Product Update

Service Day Celebration Lapel Pin

Commemorating the first worldwide NA Service Day, this full-color lapel pin is available in limited stock and for a limited time starting the first week of April.

Item No. 9600 Price US \$5.00/4.45 €



Twelve Steps, Traditions, and Concepts posters set

Redesigned posters available in a reduced size (17.5" x 23")—just right for groups and service bodies with limited wall display space.

Item No. 9170 Price US \$5.00/4.45 €



Afrikaans

Basic Text (Fifth Edition)

Narkotika Anoniem

Item No. AF1101
Price US \$8.30/7.25 €

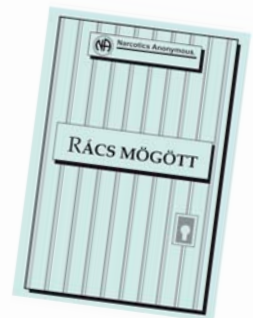


Hungarian

Behind the Walls

Rács mögött

Item No. HU11601
Price US \$1.00/ 0.87 €



Danish

It Works: How & Why

Det virker: hvordan og hvorfor

Item No. DK1140
Price US \$9.55/8.40 €

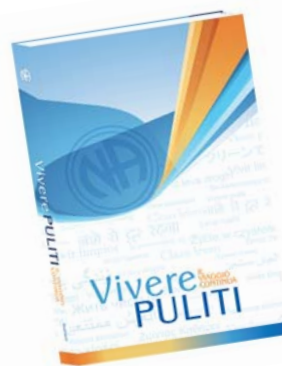


Italian

Living Clean: The Journey Continues

Vivere puliti: Il viaggio continua

Item No. IT1150
Price US \$10.35/8.15 €





Odia

IP #7: ମୁଁ ଜଣେ ନିଶାସକ୍ତ କି ?

Item No. OR3107 Price US \$0.25/0.22 €

Zulu

IP #16: Kubalutha abasha

Item No. ZU3116 Price US \$0.25/0.22 €

IP #22: Siyakwamukela
kwa-Narcotics Anonymous

Item No. ZU3122 Price US \$0.25/0.22 €

NA Service Prayer poster
Added to our existing paper set.
(recently redesigned for easy readability)

Portuguese

Item No. PO9078 Price US \$1.55/1.45 €

Portuguese (Brazil)

Item No. PB9078 Price US \$1.55/1.45 €

Spanish

Item No. SP9078 Price US \$1.55/1.45 €



Coming Soon!

Arabic

It Works: How & Why

إنه ينجح

Item No. AR1140 Price US \$9.55/8.40 €

Chinese

Basic Text (Fifth Edition)

匿名戒毒会

Item No. CH1101 Price US \$8.30/7.25 €

Latvian

Basic Text (Fifth Edition)

Anonīmie Narkomāni

Item No. LV1101 Price US \$8.30/7.25 €

Discontinued

30th Anniversary Basic Text

The 30th Anniversary Basic Text has been removed from our inventory, and may be available again at a future date.

Gold, Pearl, and Black Triplate Medallion

Will be discontinued when current supply is depleted.

